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A Treatise on Amruta Ratnakaram

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AMRUTA RATNAKARAM

(THE BEST BLOOD PURIFIER AND NERVINE TONIC)

Is pleasant to take, creates good appetite, produces Strength

AN ALL ROUND NERVINE TONIC

PREPARED SCIENTIFICALLY BY

Ayurveda Vaidya Ratnakaram Pandit

Dr. N. V. S. SARMA.

Ph. D. Sc. M. D., (Hom). M. D., (Ayr) D. Sc (Hr)

Managing Director and Senior Physician

It is prepared under advanced and up-to date
method by our expert whose experience in the Sas-
traic Medicines is as extensive as unequalled and
can be judged from its Therapeutic properties.

This excellent Ayurvedic Amruta is a heavenly
Nector for all Acute and Chronic diseases of either sex
and cures all ailments (both Acquired and Constitu-
tional) connected with the reproductive organ. There
is no need to describe the composition of AMRUTA

RATNAKARAM and to speak in detail of the various diseases that are cured by the use of this specific.

We may mention in particular that our specific has produced unique and very gratifying results in the following cases.

(a) It keeps the liver in its normal condition and prevents the Bile from being deranged. Bile when deranged produces the worst diseases that man is heir to such as Burning sensation of the soles of the feet and hands, Acidity, Colic Pain, Jaundice, Billiousness, Eruptions, Various kinds of Impurities of Blood, etc.

(b) Bad Liver creates Acidity and Bad Blood, and Bad Blood is the root of all diseases. One of the symptoms of Dyspepsia is that the sufferer cannot digest anything but light food. The food that he eats is not properly assimilated and digested, but is converted into Acid. It cures surely all kinds of Colic Pain in the Liver, Spleen, Sides and Tomouric Gulmo, Heart and many other diseases, keeps the Liver in proper order and checks Bitter and hot belching and occasional vomiting of Bile.

(c) It cures most wonderfully and magically Gout with its concomitant symptoms, the Rheumatic pains in any part of the body in the Lumber region (i.e.) Lumbago in the Nerves, Muscles, Joints, Testicles, Legs, Arms and Fingers and Neuralgic pain in the Head, Face, Occiput, Ears, Mouth, Teeth,

Stomach, Bowels, Liver and Spleen and Rheumatic Sciatica and Paralysis of different types.

(d) It thickens the Vital Fluid and remedies General Debility and gives full energy and as such it acts as a Tonic. It also cures Debility of the Brain and Nervous Debility of all kinds brought on by Youthful Indiscretions of young men. It cures loss of cheerfulness and memory and tends to improve active habits by bringing on gradually Health, Liveliness, etc. It cures impotency, Loss of Power and Retention. It increases the Vital Fluid admirably and restores the semen to its normal condition and acts like magic in strengthening and invigorating the prostrated system.

(e) This is the best remedy for Checking Nocturnal Emission and night Dream. Nocturnal Emission has become the general complaint of almost every student living in the land. Amruta Ratnakaram subdues the unnatural excitement both of the mind and the organ, cools the Head and the unnatural irritation of the stomach. It cures Nocturnal Emission with its concomitant symptoms, viz. Loss of Appetite and Taste for food, Habitual Constipation, Vertigo, Black spots around the eyes, Brain Fag, Cheerlessness, unwillingness to do one's duty, Irritability of temper, the fact of the eyes getting Sunken, Discharge of Semen at the sight and Touch of women etc. If patients subject to the wasting and fatal disease neglect it at the outset, it eats into their very Vitals and brings on many other diseases along with them even Impotency and their

condition goes on from bad to worse, till at last it spoils life once for all and makes conjugal life a curse.

(f) It most effectively stops the discharge of Semen before and after passing urine and stool of patients suffering from Gonorrhœa and all other diseases of the Urinary organs. It also makes normal the urine of those who pass urine resembling Lime-Water and Milk. It acts like a magic in remedying the Black and White Discharges of women suffering from Leucorrhœa. It cures without fail all the Twenty Varieties of Prameha no matter whether they are considered Curable or Incurable. Moreover it is an excellent remedy for Stricture, Jaundice, Low chronic fever that affects the very system of the patients, Diabetes of all kinds, Albumenorrhœa. It increases the bulk of the body, the quantity of the Vital Fluid, strength and complexion of the patient's body.

Prameha is a very dangerous disease; it eats into the very system of the patients suffering from this fearful disease. The food we eat is converted into Semen on the 30th day and the waste of this Semen in some form or other is what is called Prameha. The unfortunate patient should lose no time to check the progress of this fearful disease. If neglected at the outset simple prameha may develop into Gleet, Stricture, Diabetes of all Kinds-Albumenorrhœa, Impotency, etc. It causes the free flow of urine, allays the burning sensation while passing urine and stops the running in of the poisonous matter through the Urethra most admirably. Gonorrhœa is that which is contracted by its

victims by coming in contact with women of ill-fame and women infected with the Gonorrhœa Virus.

This Amruta cures Gonorrhœa most successfully and surely. It heals the sores within the Male Organ and begins to stop the running of the poisonous matter, Pus at once.

Gleet is the painful development of Gonorrhœa. Men attacked with this disease pass with urine hard thread-like semen to the length of one or two inches. They do not pass natural urine but along with urine they pass phosphates, Semen and many other substances. Stricture is the out-come of gleet. Constant running of poisonous matter through the urethra obstructs the free passage of urine. A white Substance like milk and lime water which is nothing but phosphates is seen in the urine passed by patients attacked with Gonorrhœa and Prameha. It is nothing but the refuse of the undigested food eaten by the dyspeptic. Diabetes is the most fatal out-come of excessive Indulgences, Gonorrhœa, Gleet, syphilis, etc. If not detected at its incipient stage and if the causes of disease are not removed betimes it takes a very dangerous turn bringing death at last.

The most obstinate disease that very frequently destroys the health of Females is Leucorrhœa i. e., white discharge. Females of India very frequently become subject to the diseases of Leucorrhœa, Dismorrhagia, etc. The causes are not very far to seek. Excessive indulgence and contact with polluted husbands and mental, moral shock or emotion are the root causes

of this disease. The unfortunate husbands who contract Gonorrhœa or Prameha should think very seriously that by coming in contact with their wives, they are destroying the health of their wives. Amruta Ratnakaram heals the ulcers within the Female organ from which pus passes constantly in the shape of white Semen and as soon as these ulcers are healed up the white Discharge is checked and the patient is gradually restored to her normal health. It is incapable of curing not only Leucorrhœa but Dysmenorrhœa, Amenorrhœa, Menorrhagia, Sterility, Metritis, Displacement of the uterus, general debility and many other Female diseases too numerous to mention. It removes not only the diseases mentioned above but all concomitant symptoms of those all, viz. Palpitation of the heart, sinking sensation, Dullness of appetite, Backache, Fainting and unnatural discharges of Blood and Semen. They increase the Bulk of the body and make the lean and the lanky corpulent and fat. They make women Beautiful and lovely by removing all their diseases.

It checks the excessive Menstrual flow of women during and after menstruation and cures the pain that the patient feels before and after it. It has a wonderful efficacy of curing irregularity in periods, and Scanty and painful discharge of menstrual flow. It brings on periods in females who fail to have them even when they attain age. The Urinary diseases of the Females may be the cause of the Sterility of the Females. To remedy sterility, those causes must be removed. By the use of Amruta Ratnakaram Barren Women become blessed

with good healthy children. It removes all the complaints of women that stand in the way of their giving birth to children. It prevents Habitual Abortion if used before pregnancy. This is the safest and most harmless remedy for females during and after pregnancy for almost all the diseases.

(g) It cures Chronic Bronchitis and Asthma, Raktapitta and all other kinds of Phlegmatic affections even Pthisis, the king of all diseases, are all cured by the administration of this Sovereign remedy. In Pthisis, it is both Curative as well as Preventive. It is very beneficial in cases of Cold, Cough, Asthma and even in loss of voice and Pthisis accompanied by fever. Though the attack of cold is a simple and even ordinary disease yet it should not be neglected, in as much as this simple cold can bring about all kinds of diseases that Man is heir to—even Pthisis. It is an excellent remedy for simple Cough, Cold and Fever as well as for Asthma and Consumption.

(h) It cures surely and permanently Syphilis and the dire consequences of this dirty disease. Most of the Leprosy cases met with in the land are due to the poison of Syphilis found latent in the patient's body. The poison begins to develop gradually into worst kinds of skin and other diseases, even Leprosy, Impotency, Loss of manhood, Diabetes and other nervous and wasting diseases such as Paralysis, Pthisis, etc.

If the patient has intercourse with a woman suffering from Syphilis, he Contracts the Chancres along with

Ulcers and buboes on both sides. Then it develops into hard Ulcers and Buboes also increase in numbers and they remain hard till the recovery of the patient. If proper remedies are not taken in time the patient is attacked with Shivering Fever and Buboes also develop and Ulcers spread very quickly. If the patient had any constitutional disease previous to the attack Chancre, then at this stage the whole penis is attacked with ulcers. It is sometimes Confounded with Gonorrhœa as pus begins to flow through the urethra and the patient feels severe burning Sensation while passing urine.

It cures Syphilis not only in their first, secondary and other stages but cures the Worst consequences of Syphilis viz., Impurities of Blood—Not to speak of the ordinary Kind of Skin diseases, such as Itches, Scabies, Billious Eruptions, Cracks, and Fissures in the Skin, Eczema, Excrescences on the Skin, Herpes of all kinds and in any part of the Body, Gangrene of the Flesh, Urticaria, Ulceration, of any kind but even Leprosy which requires a serious handling and attention of every one.

(i) Patients using this Amruta Ratnakaram are not required to be confined to bed nor Prevented from Bathing nor going out in the Sun's Rays; but it can be used in the Ordinary course of Life by any one and every one.

(j) It purifies the IMPURE BLOOD of those Patients who are Suffering from Influenza, Pneumonia, Malarial Fever, etc., from time to time and who have

become Hopeless of cure, by Increasing the Red Corpuscles of the Blood and by Removing the Poison Radically from the System.

(k) As AMRUTA RATNAKARAM contains purely Ayurvedic Medicines such as Chandrodaya, Tamba, Muktya, Pravala, Swarna, Abrak and Loha Bhasmas besides very valuable and effective vegetable ingredients, and are harmless and pure, every one, no matter WHETHER YOUNG or OLD, MALE or FEMALE may use it SAFELY and SECURELY. In View of the EXCELLENT RESULTS DERIVED from AMRUTA RATNAKARAM and taking into Consideration the Manifold good results derived from it, it may indeed be called HEAVENLY NECTOR.

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The following Certificates are published for the information of the Public :—

i. Dr. L. C. BURMAN, M.A., Ph. D. Sc., Bio., Lit. D. Sahitya Shastri, Vidyabhushan, Etc, President, The Educational Institute. (Allahabad City) 21—9—23).

“*Amruta Ratnakaram* prepared by Ayurveda Vaidya Ratnakaram Pandit, Dr. N. V. S. Sarma M.D., (Ayr.): D. Sc., (Hr.) Managing Director and Senior Pysician of the Ayurveda Siddhasaraman of Madras, Marvellously purifies the blood and serves as a nervine tonic in all bad cases. I can safely recommend it to those who have had their brains enfeebled in any way and lost the retentive power of Memory.”

ii. Ayurveda Ratna Pandit Dr. T. D. S. Murti D. Sc. (Ayr.), President Founder, 'Academy of Aryan Science' and the Editor of the Akademi, Tiruvendhipuram. (1—1—24).

“I had the pleasure of visiting the 'Asramam' on 1—1—24. I tried the various preparations of this 'Asram' amongst my patients and found them efficacious. I also tried the all-round medicine. 'Amruta Ratnakaram' in some special cases of ailments (i.e. Digestive, circulatory and thoracic diseases) and found the same to be true to its description by Ayurveda Vaidya Ratnakaram Pandit Dr. N. V. S. Sarma, Ph. D. Sc., M.D., (Hom) M. D. (Ayr.) D. Sc., (Hr.) I can safely recommend to the public the various preparations of this 'Asram.' As the proprietor of this Asram prepares personally every medicine

and at the same time is willing to give a real description of the process of each medicine to real doctors I need not say it adds more to my recommendation.

He does his work unostentatiously. His medicines similarly effect cure unobservedly.

To say more is superfluous. I wish all success to this Asramam and its useful work under the supervision of the learned Pandit Dr. N. V. S. Sarma. Ph. D. Sc., Etc.

iii. MR. V. COOMARASAWMY. *Extra Clerk*, P. W.D. OFFICE, *Klang* F. M. S., Dated 21st january, 1924.

I sincerely certify to all concerned the fact that I got down first 2 phials of Amruta Ratnakaram for a trial as a patent medicine, and I myself consumed these phials of medicine and greatly appreciated the result of it and brought the fact to the notice of some of my friends near by and they also had consented to use this medicine. For their use I got down over 20 phials of Amruta Ratnakaram and some special medicines also from Dr. N. V. S. Sarma Ph. D. Sc. M. D. etc. Managing Director and Senior Physician of the Ayurveda Siddhasaramam of Madras, and the result of this valuable medicine was so wonderful that all of them had appreciated this as an effective tonic and cure of almost all kinds of ailments in their constitution.

I further certify that I am regularly using this as a tonic so as to keep up my body strong and healthy in my old age of over sixty years.

Ayurveda Siddhasramam.

Our principal and important Medicine 'Amruta Ratnakaram' has been awarded several Gold Medals and First Class Certificates of Merit by the following Ayurvedic Conferences and Industrial Exhibitions held from the year 1919.

1. The Dravida Ayurveda Viadya Sammelana Conference and Exhibition, Tiruvendipuram, South Arcot District, 1919.
2. The Tamil Vaidya Conference and Medical Exhibition, Tinnevely, 1921.
3. The Industrial Exhibition, Bezwada, 1921.
4. The Bhagalpur Exhibition, Bhagalpur, 1922.
5. The Indian Industrial Exhibition. Karachi, 1922
6. The Bellary Industrial and Agricultural Exhibition, Bellary 1923.
7. The Second Tamil Vaidya Conference and Medical Exhibition, Madras, 1923.
8. The Second Karnataka Provincial Conference and Exhibition, Bijapur, 1923.
9. The Baroda Exhibition. Baroda, 1923.
10. The Mangalore Industrial Exhibition, Mangalore, 1923.
11. The Jatiya Maha Mela Exhibition, 1923.
12. The Indian Industrial Exhibition Poona, 1924.

Press Opinions.

The Calcutta, Medical Journal—November, 1923.

The Secret of Health edited by Ayurveda Vaidya Ratnakaram Pandit Dr. N. V. S. Sarma M. D, (Ayr) D. Sc (Hr) naturally attracted our attention most and we had carefully gone through the pages. We have no hesitation to say that every page is full of interest and one would not stop till he finishes the volume. We wish every one of our readers would get hold of a copy and enrich his knowledge of medicine and science from this valuable journal. We wish we had space enough to quote some of the very striking passages from this Journal.

The Ayurveda Siddhasramam of which the Vaidya Ratnakaram Dr. is the Managing Director and senior Physician has wonderfully prepared specifics and cures for Cholera, Delirium, Leprosy, Hydrocele, Leucoderma, Dyspepsia, Consumption, Impotency, Rheumatism and Paralysis, Sterility in women, Elephantiasis, Diabetes and even Plague.

We wish the enterprise grand success, which is bound to come from all that we could gather out of this Journal and we trust we will be provided with a regular supply of the same for our medical members to enjoy in "fresh fields and pastures new."

Annual Subscription is Annas Twelve only and the Editorial and Publishing offices are at 411, Mint Street, Madras. Post Box 1236.

D (Ayr) D Sc (Hr). The Journal is nicely got up and contains valuable information under the several heads of Health, Hygiene and Medicines coming under the category of Ayurvedic Siddha System of Treatment.

We quite appreciate the laudable object of the Editor in bringing forward such a useful journal at a time when 'study of AYURVEDIC medicines is being rejuvenated. We congratulate him on his efforts and highly recommend his valuable production to the general public who are sure to be benefited. The object of the Editor in fixing a nominal subscription of annas Twelve per year is with a view to make the journal reach the hands of all rich and poor alike. A sample copy of this journal can be had free on application to the Editor. "THE SECRET OF HEALTH" 411, Mint Street, MADRAS.

'The New Call' Sunday October, 1923 Cannanore Says :-

'The Secret of Health, Edited by Dr N. V. S. Sarma, 411, Mint Street, Madras. We have great pleasure in acknowledging with thanks receipt of a copy of the first issue of this monthly Journal. It is well got up and contains articles, among others, on Vaidyam or the Art of Medicine, Health, Fasting. The object of the Journal is said to be to revive and reinforce the Ayurvedic Siddha System of treatment. Its annual subscription is annas twelve, and we hope all those interested in the study and rejuvenation of Ayurveda will encourage this new enterprise. We wish it every success. A free sample copy can be had from the Editor.

CONTENTS.

	PAGE.
I. TREATMENT OF PULMONARY TUBERCULOSIS	17
II. PLANTS AND DRUGS TAMARIND	28
III. COFFEE DRINKING	29

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THE SECRET OF HEALTH

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No. 7.

Treatment of Pulmonary Tuberculosis

It may be thought out of place to see
other methods described here about the Treat-
ment of Tuberculosis than an Ayurvedic one; but
considering the general way in which the disease has
been treated by Mr. Walter B. Metcalf M. D. of Chicago,
Illinois, we considered it advisable to print the text
as it is, with our Editorial remarks. Along with it, we
have given the best treatment for the disease under the
Ayurvedic Science.

By Mr. Walter B. Metcalf. M. D. of Chicago

The treatment of tuberculosis is the most complex
undertaking in the practice of medicine. It not only
includes the multiple vagaries of the disease, but re-
quires the best selection from the most formidable array
of methods, agencies and remedies found in any field of
medicine. It would be easier to enumerate the things

that have not been tried than to mention the ones that have been recommended. Yet, we dare not stop trying to find a better treatment. Speed the day when an immunizing agent is discovered.

There are three important things to be considered in the treatment of tuberculosis. They are, the time, the place and the remedy. These form the great trial in our struggle against this, the most aggressive and insidious enemy that attacks mankind. There is no disease that the physician is called upon to treat which requires so much resource and ingenuity as tuberculosis. In undertaking to treat a case, he assumes the responsibility of generaling one of the greatest of fights, the waging a battle of life for a life against an enemy whose history of carnage is awful. He who takes upon himself this responsibility must needs have a great deal of fortitude.

The physician who is successful in the treatment must know human nature with all its variations. He needs to be an optimist of the first water.

The treatment is long and tedious and requires proper supervision.

Relapses are liable to occur, the patient must be advised of this and must co-operate in his treatment. He must be in sympathy with his regulations; therefore, must be told of the value and advantage of the rules and regulations.

The stage of the disease influences the nature of the treatment.

The treatment is an individual matter for the physician. He uses the methods, agencies and remedies that have served him best. The writer, for that reason, will refer only in a general way to methods and remedies that he has found the more valuable in discussing the subject. It is not the plan in this outline to give the minute details with the needed variations from day to day or as complications occur. It also is an individual matter with each patient and is subject to frequent change. The physician must be alert and ready to take advantage of every opportunity to move forward.

THE TIME

Time is a most important factor in the treatment of tuberculous disease. This statement is supported by the following facts:

First, the great prevalence of the disease.

The average tuberculosis mortality from the registration area of the United States shows a rate of little more than 100 deaths per one hundred thousand population.

Tuberculous infection occurs in ninety-five percent of our people by the time they reach adult life: probably 10 to 15 percent of these develop the disease at some time during their life. This would indicate that between 10 and 15 percent of our people are the victims of manifest tuberculous disease. It is our work to discover it early.

Second, if the applied treatment is of value, its

efficiency is in direct ratio with the early stages of the disease.

Tuberculous disease begins so insidiously that the process of destruction may be going on for months or years without our knowledge, and its discovery may be accidental. Tuberculous disease is frequently covered or masked by some other malady, the signs and symptoms of which point to or tend to indicate some other infection, and the true nature of the infection is overlooked. We find tuberculous disease masquerading under the guise of frequent colds, bronchitis, influenza, asthma, malnutrition, digestive disorders, phobias, neurasthenia, or some other conditions the symptoms of which are more illuminating.

Sweany reports three cases of tuberculosis, in which the concomitant diseases caused the dominant symptoms and the tuberculosis played a minor role, far less so than surface appearances would indicate. These cases illustrate the importance and frequency of associated conditions in tuberculosis.

The unskilled, the careless or the lazy physician sees only the illuminating or easily recognized and interpreted symptoms and things, and overlooks or neglects or fails to find the real cause for these symptoms and signs.

A disease that kills one out of every seven of his patients should not be the last one looked for in his

attempt to make a correct diagnosis and properly prescribe for his patients. The possibility of tuberculous disease should be uppermost in his mind when making an examination, and I feel sure that this is the practice of every physician specializing in tuberculosis. It should be the motto of every general practicing physician, for he is the one, usually, who is the first to see those who are known to be ill, as well as to have a frequent opportunity to observe other members of the family who may not know that they are ill. The family physician holds the high position of guardian of their health.

The time was when we said, "the examination of the sputum will settle the question". As we know tuberculous disease today, it does not always settle the question. The physical signs which we feel and hear, have up to the present time, constituted the essential basis of all systems in the diagnosis of pulmonary tuberculosis. But, mere degrees in variation of vocal fremitus and resonance, in the changes of the percussion note, in the altered breath sounds, in the varying character of the adventitious sounds, signify much or little, according to the skill with which we can translate the language of physical signs into the objective conditions in the underlying tissues themselves. Physical signs which we feel and hear are often hard to interpret and leave plenty of scope for erroneous conjecture.

In an effort to make an early diagnosis, we must advance another step if we are to take the best possible

advantage of time as a factor in the treatment of tuberculosis. We may do this if we will give careful consideration to the evidence secured by symptoms as elicited by experienced history taking. If the symptoms thus elicited are given the value they deserve, they can be relied upon as an early evidence of tuberculous disease.

A physician can detect enough evidence from the history upon which to make a diagnosis of tuberculous disease, if he possesses an average amount of skill, and if he will be careful, not careless; diligent, not lazy. How often does he take a careful history and make a chest examination of patients who consult him about a cold?

Has he the right, because of his lack of skill or through carelessness or laziness, to allow the time for his patients' recovery to go by? In other words, he is often to blame for his patients' lost opportunity to get well. This is little short of criminal.

THE PLACE

It may be the home, many times it *must* be the home and in a certain percent of cases this is by far the best place. It has been suggested that, as soon as a diagnosis of pulmonary tuberculosis has been made, the patient be taken away from the climate in which the disease developed. This suggestion does not seem reasonable in view of the fact that climate is not implicated as a causative factor in the etiology. The advan-

tages of a change of climate or of a sanatorium are often offset by the depression that comes from homesickness or from being constantly with those who are sick. In and about the home are many comforts and things to occupy the attention, that are not at all detrimental, and they serve to keep the mind from becoming self-centered and thus make for recovery.

On the other hand, the educational value that comes from a residence in a sanatorium is, of course, of great benefit. If we could send the majority there, it would be ideal. But, we cannot. If we could send them there for even a few months, much good would be done along the line of protecting the "innocent bystander" and help in constructing a good foundation upon which to rebuild. One objection to sanatorium treatment is that the further treatment is often neglected when they return home. The gap between sanatorium treatment and re-occupation often leads to relapse. With home treatment, the average duration of treatment is longer and there are fewer relapses. The very ill should be treated in a sanatorium if the best results are to be obtained. A change of climate is, in my opinion, of the least value, and should not be considered, except in a very few exceptional cases. According to Liebesny, the capillary circulation becomes slower at high altitudes. The selection of a climate requires individualization. In the advanced stages especially those with cavities high altitudes seem to aid in their evacuation and thus lessen the amount of absorption. It is no longer necessary to defend the

fact that pulmonary tuberculosis can be successfully treated in any climate and that good results are not dependent upon ideal climatic conditions so much as upon skilled medical supervision.

Certain types of cases have a better prognosis at low altitudes. **If the climate plays a part in the treatment of tuberculosis, the home climate is by far the most valuable all things being considered.**

THE REMEDY

We have no specific for the treatment of tuberculosis. The treatment is best summed up under the term "general treatment". This includes protection from all injurious factors, systematic increase of the depleted forces and stimulation of energetic resistance, plus a well considered stimulation therapy.

1.—INJURIOUS FACTORS

Elements of fatigue are a causative factor and form one of the classic symptoms of tuberculous disease. The first requisite of the physician is, to determine what factors have lowered, or are continuing to lower, the resistance, of each individual patient. This implies great demands on his training, experience, and resourcefulness and an infinite attention to details.

Great care is required to avoid massive re-infection. Failure to do this is one of the very common causes for the chronicity to the disease. All other foci of infection must be removed if possible. Impaired nutrition and

lowered resistance, incident to intercurrent disease, seem to be the most potent factors in activating such infections and causing tuberculous disease.

2.—SYSTEMATIC INCREASE OF THE DEPLETED FORCES

1.—*Rational Feeding*: All individuals thrive best on a mixed diet. The food should be nutritious and energy producing and rather rich in fats. The amount of food given will depend upon the requirements of the individual patient, but there should be a correct balance. The tuberculous individual often shows a marked aversion for certain foods. The gastrointestinal tract must be kept in good condition. This is best done by careful regulation of the quantity and variety of food with strict enforcement of proper intervals between feedings.

There are good reasons for an alkaline treatment in tuberculosis, and this can be largely accomplished through the dietary.

Frequent examination of the urine is urged. If there is an excess of indican and a high degree of acidity, the digestive organs are being overtaxed.

2.—*Open Air*: Air is the most important substance in the conservation of life. The consumptive needs air most, and all that he can get. But he should not be made to suffer while getting it, nor should he be exposed to extremes that are so severe as to take away all of his powers for recuperation in keeping his body warm.

3.—*Rest and Exercise in Proper Graduation*: Rest is a fundamental principle in the treatment of tuberculosis. It includes rest of body and mind. Rest of the body slows respiration and circulation and relieves fatigue when due to physical effort. Advanced cases should be kept in bed until activity has ceased, when brief sitting-up periods may be followed by regular walks, then systematic exercise. These exercises should be so arranged as to aid pulmonary ventilation. If fatigue is due to fear or worry, limited occupation would correct and produce mental rest. Care should be taken to consult the needs and tastes of the patient. Where convalescence is more rapid, exercise is desirable as soon as the patient feels able to take it.

3. STIMULATING THERAPY

Pulmonary tuberculosis, as presented for treatment, usually represents a mixed type of infection and our treatment must be varied.

A true specific against tuberculosis can effect a cure only in the incipient cases, those without mixed infection. As far as possible, symptoms should be controlled by management rather than by medication.

Before closing this article on 'Tuberculosis', we think it better to add a few lines about the latest discovery of its treatment. This novel tuberculosis treatment is introduced by Dr. Owen F. Paget. The claims made for this treatment are not without justification. This system consists simply of sniffing dead bacilli and taking a rest.

Mr. Hubert. C. Buttrum of Stenning, Sussex, who has tested the cure now writes to M. S. Journal:—"I began this treatment six weeks ago and without a doubt I feel a better man to-day. The result so far is that my temperature is lower and my pulse slower. I cough much less, feel better and look better. Sickness has stopped. At the beginning of my treatment, I was spending the whole of my time in bed. Now I am getting up for 10 hours every day. My whole out look on life has changed." If such be the case of utilizing a product of experiment as experiment, what do you think will be the effect of a recipe prepared according to the directions of Yogins and Sages, for the preparations of our Ayurvedic Science are not the results of guess, chance or accidents of experiment in trial, but prescriptions of Trikalagnas (Knowers of Past, Present and Future)? Hence the efficacies of our Ayurvedic and Siddha Medicines are accurate, definite, and true to descriptions and effects are certain in all climes and in all temperaments.

From perusing the description of disease and its treatment in other *pathies* even laymen can know the principles underlying the cure to such maladies. With that knowledge our selection of Ayurvedic cure to similar disease can better be appreciated.

We have received several testimonials for our Tuberculosis cure and the efficacy of our recipes which are published elsewhere in our journal for perusal of our esteemed readers. Hence we recommend our

'Amruta Ratnakaram' with special 'Swarna Basmah' for this disease as it has cured many patients of consumption. (Gallopings and mild type.)

Editor.

Plants and Drugs

TAMARIND

(Vol. I. N: 6, page 34 continued).

- i. The thick syrup of pulp boiled will heal up swellings when coated with bearable heat.
- ii. The leaves well cooked and strained may similarly heal up swelling in ankles, joints &c., when applied and bandaged.
- iii. Common Salt (Sodium Chloride) and the bark may be fried as above stated in a new pot to white ash. It is a good recipe for colic or indigestion if taken in 1 or two grain doses.
- iv. The ash of bark is used for purifying (Talc) தாள் copper etc.. as per Ayurveda.
- v. This is a good liquifier of blood if coagulated, (pulp).
- vi. It is used in several other yogas (compounds) which will be described when it comes under other drugs, to be described in our journal.

T. D. S.

Coffee Drinking.

The habitual use of Coffee as a beverage has long been condemned by Homeopathic physicians and also by Physiologists who have based their conclusions upon the effects of Coffeine in experimenting animals. This antagonism not only to coffee but also to the cue that cheers zteax, has found its way into text books of dietics and on reading, for instance Robert Hutchison "Food and the Principles of Dietics", one believes that one's long established coffee habit, even though it consists of the breakfast cup of coffee, is foolish to say the least.

It is said for instance, that coffee and tea both retard peptic digestions, and there is small comfort in the information that the digestion of the white of the eggs, ham, salt beef and roast beef was much less in effect than of the lamb, fowl or bread. Fortunately, coffee seemed actually to aid the digestion of eggs and ham and thus there may be an excuse for the coffee at breakfast when this consists of the articles.

J. H. Kellogg ("The New Dietics". Page 72 of January issue of Clinical Medicine) is even more uncompromisingly antagonistic to coffee and condemns it absolutely tea, cocoa and especially cocoa cola.

Under these circumstances, a report will be of interest that deals with certain investigations, the results of which tends to show that coffee is not the vile hell broth that some would have us believe, but there is actually considerable benefit in it. The report found on page

195 of this issue of Clinical Medicine will be read with interest by many and it may cheer them to think that they may continue with their coffee drinking, provided that it does not palpably interfere with their health. In this, as in many other things, the exercise of a modicum of common sense seems to us to be indicated. If Nausen has been led by his experience to take a decided stand against the use of stimulants and narcotics of any kind from tea and coffee, to tobacco and alcoholic drinks and if he declares justly that it must be a sound principle that one should live in one's natural and simple way as far as possible, *especially when life is a life of severe exertion in one's extremely cold climate* (Italics are ours)...one should always remember that circumstances alter cases and that the conditions of life that we are forced to lead must govern our habits, at least, to a certain extent. True, it is very desirable that one should lead a natural and simple life as far as possible. However, the "as far as possible" contains the hitch. How can you lead an entirely natural life in Chicago, in New York, St. Louis or even in Philadelphia? How is it possible to hold one's place on the turmoil of our modern daily life and live naturally and live simply? The thing cannot be done,

As a matter of fact, we live highly under artificial conditions and must adjust our habits in a manner as to 'stand the gaff' in spite of the unnatural but simple circumstances under which we live, work, and have our being."

I do not mean to say that we should obtund our

sensibilities or dull the edges of our intellects by narcotics, but I do believe that the reasonable and moderate indulgence in a gentle stimulant like coffee not tea makes it possible for us to maintain our ability to cope with the difficulties of our daily life. By moderate indulgence, I mean, as far as I, personally, am concerned, one or two cups of tea or coffee a day. It is true that many people consider that 2 or 3 cups at a meal, three times a day, moderate. I must consider that I do not agree with that kind of moderation. I would fix a minimum of six cups of coffee a day. Considering that each cup contains from $1\frac{1}{2}$ to 2 grains of Coffeine, that would involve a daily dose of that potent alkaloid of from 9 to 12 grains per diem. That, I apprehend, would, in time inevitably obtund the sensitive nerves, while they would stand the gentle stimulation of from 3 to 4 grains a day with ease.

I may be begging the question, and I may make excuses for a habit that I know to be not natural (I refuse to call it unnatural), simply because I like it. I admit the impeachment, but I plead, as before, the necessity of living under circumstances and conditions that are not natural and for that reason, remedies may be defensible that are open to objection, if you want to put a fine point on it.

On the other hand, there may be comforts to the friends of coffee in the undoubted fact that, at least some of the antagonism to coffee and a good deal of its condemnation is dictated by motives that are far from

being disinterested. We remember the advertising slogan of a certain "coffee substitute". "There is a reason". That substitute is surely harmless and undoubtedly nutritious; also to many palates it is extremely insipid and even objectionable. There are other substitutes, like the decoffeinized preparations which are like Hamlet without Hamlet and Rome without the Pope.

After all is it quite so necessary or even desirable that we should lead absolutely natural and simple lives? I venture to say that such a thing is not found anywhere on God's Footstool, not even among the aborigines and alleged savages. These delightful 'children of nature' all of them, have found means to overcome the tedium of natural existence that help them to kick over the traces in some way or another. It may be a heretical observation, but it seems to me that it is not in man to be natural, nor does the simple life appeal to us when it means giving up every thing that is pleasant.

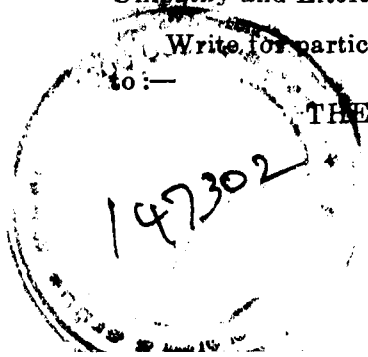
What's the use of living, if we don't get fun?

Another cup of Coffee-please.

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Is pleasant to take, creates good appetite, produces Strength.
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PREPARED SCIENTIFICALLY BY

Ayurveda Vaidya Ratnakaram Pandit

Dr. N. V. S. SARMA.

Ph. D. Sc. M. D., (Hom). M. D., (Ayr) D. Sc (Hr)

Managing Director and Senior Physician

It is prepared under advanced and up-to date
method by our expert whose experience in the Sas-
traic Medicines is as extensive as unequalled and
can be judged from its Therapeutic properties.

This excellent Ayurvedic Amruta is a heavenly
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and cures all ailments (both Acquired and Constitu-
tional) connected with the reproductive organ. There
is no need to describe the composition of AMRUTA

RATNAKARAM and to speak in detail of the various diseases that are cured by the use of this specific.

We may mention in particular that our specific has produced unique and very gratifying results in the following cases.

(a) It keeps the liver in its normal condition and prevents the Bile from being deranged. Bile when deranged produces the worst diseases that man is heir to such as Burning sensation of the soles of the feet and hands, Acidity, Colic Pain, Jaundice, Billiousness, Eruptions, Various kinds of Impurities of Blood, etc.

(b) Bad Liver creates Acidity and Bad Blood, and Bad Blood is the root of all diseases. One of the symptoms of Dyspepsia is that the sufferer cannot digest anything but light food. The food that he eats is not properly assimilated and digested, but is converted into Acid. It cures surely all kinds of Colic Pain in the Liver, Spleen, Sides and Tomouric Gulmo, Heart and many other diseases, keeps the Liver in proper order and checks Bitter and hot belching and occasional vomiting of Bile.

(c) It cures most wonderfully and magically Gout with its concomitant symptoms, the Rheumatic pains in any part of the body in the Lumber region (i.e.) Lumbago in the Nerves, Muscles, Joints, Testicles, Legs, Arms and Fingers and Neuralgic pain in the Head, Face, Occiput, Ears, Mouth, Teeth,

Stomach, Bowels, Liver and Spleen and Rheumatic Sciatica and Paralysis of different types.

(d) It thickens the Vital Fluid and remedies General Debility and gives full energy and as such it acts as a Tonic. It also cures Debility of the Brain and Nervous Debility of all kinds brought on by Youthful Indiscretions of young men. It cures loss of cheerfulness and memory and tends to improve active habits by bringing on gradually Health, Liveliness, etc. It cures impotency, Loss of Power and Retention. It increases the Vital Fluid admirably and restores the semen to its normal condition and acts like magic in strengthening and invigorating the prostrated system.

(e) This is the best remedy for Checking Nocturnal Emission and night Dream. Nocturnal Emission has become the general complaint of almost every student living in the land. Amruta Ratnakaram subdues the unnatural excitement both of the mind and the organ, cools the Head and the unnatural irritation of the stomach. It cures Nocturnal Emission with its concomitant symptoms, viz. Loss of Appetite and Taste for food, Habitual Constipation, Vertigo, Black spots around the eyes, Brain Fag, Cheerlessness, unwillingness to do one's duty, Irritability of temper, the fact of the eyes getting Sunken, Discharge of Semen at the sight and Touch of women etc. If patients subject to the wasting and fatal disease neglect it at the outset, it acts into their very Vitals and brings on many other diseases along with them even Impotency and their

condition goes on from bad to worse, till at last it spoils life once for all and makes conjugal life a curse.

(f) It most effectively stops the discharge of Semen before and after passing urine and stool of patients suffering from Gonorrhœa and all other diseases of the Urinary organs. It also makes normal the urine of those who pass urine resembling Lime-Water and Milk. It acts like a magic in remedying the Black and White Discharges of women suffering from Leucorrhœa. It cures without fail all the Twenty Varieties of Prameha no matter whether they are considered Curable or Incurable. Moreover it is an excellent remedy for Stricture, Jaundice, Low chronic fever that affects the very system of the patients, Diabetes of all kinds, Albumenorrhœa. It increases the bulk of the body, the quantity of the Vital Fluid, strength and complexion of the patient's body.

Prameha is a very dangerous disease; it eats into the very system of the patients suffering from this fearful disease. The food we eat is converted into Semen on the 30th day and the waste of this Semen in some form or other is what is called Prameha. The unfortunate patient should lose no time to check the progress of this fearful disease. If neglected at the outset simple prameha may develop into Gleet, Stricture, Diabetes of all Kinds-Albumenorrhœa, Impotency, etc. It causes the free flow of urine, allays the burning sensation while passing urine and stops the running in of the poisonous matter through the Urethra most admirably. Gonorrhœa is that which is contracted by its

victims by coming in contact with women of ill-fame and women infected with the Gonorrhœa Virus.

This Amruta cures Gonorrhœa most successfully and surely. It heals the sores within the Male Organ and begins to stop the running of the poisonous matter, Pus at once.

Gleet is the painful development of Gonorrhœa. Men attacked with this disease pass with urine hard thread-like semen to the length of one or two inches. They do not pass natural urine but along with urine they pass phosphates, Semen and many other substances. Stricture is the out-come of gleet. Constant running of poisonous matter through the urethra obstructs the free passage of urine. A white Substance like milk and lime water which is nothing but phosphates is seen in the urine passed by patients attacked with Gonorrhœa and Prameha. It is nothing but the refuse of the undigested food eaten by the dyspeptic. Diabetes is the most fatal out-come of excessive Indulgences, Gonorrhœa, Gleet, syphilis, etc. If not detected at its incipient stage and if the causes of disease are not removed betimes it takes a very dangerous turn bringing death at last.

The most obstinate disease that very frequently destroys the health of Females is Leucorrhœa i. e., white discharge. Females of India very frequently become subject to the diseases of Leucorrhœa, Dismorrhœa, etc. The causes are not very far to seek. Excessive indulgence and contact with polluted husbands and mental, moral shock or emotion are the root causes

of this disease. The unfortunate husbands who contract Gonorrhœa or Prameha should think very seriously that by coming in contact with their wives, they are destroying the health of their wives. Amruta Ratnakaram heals the ulcers within the Female organ from which pus passes constantly in the shape of white Semen and as soon as these ulcers are healed up the white Discharge is checked and the patient is gradually restored to her normal health. It is incapable of curing not only Leucorrhœa but Dysmenorrhœa, Amenorrhœa, Menorrhagia, Sterility, Metritis, Displacement of the uterus, general debility and many other Female diseases too numerous to mention. It removes not only the diseases mentioned above but all concomitant symptoms of those all, viz. Palpitation of the heart, sinking sensation, Dullness of appetite, Backache, Fainting and unnatural discharges of Blood and Semen. They increase the Bulk of the body and make the lean and the lanky corpulent and fat. They make women Beautiful and lovely by removing all their diseases.

It checks the excessive Menstrual flow of women during and after menstruation and cures the pain that the patient feels before and after it. It has a wonderful efficacy of curing irregularity in periods, and Scanty and painful discharge of menstrual flow. It brings on periods in females who fail to have them even when they attain age. The Urinary diseases of the Females may be the cause of the Sterility of the Females. To remove sterility, those causes must be removed. By the use of Amruta Ratnakaram Barren Women become blessed

with good healthy children. It removes all the complaints of women that stand in the way of their giving birth to children. It prevents Habitual Abortion if used before pregnancy. This is the safest and most harmless remedy for females during and after pregnancy for almost all the diseases.

(g) It cures Chronic Bronchitis and Asthma, Rakta-pitta and all other kinds of Phlegmatic affections even Pthisis, the king of all diseases, are all cured by the administration of this Sovereign remedy. In Pthisis, it is both Curative as well as Preventive. It is very beneficial in cases of Cold, Cough, Asthma and even in loss of voice and Pthisis accompanied by fever. Though the attack of cold is a simple and even ordinary disease yet it should not be neglected, in as much as this simple cold can bring about all kinds of diseases that Man is heir to—even Pthisis. It is an excellent remedy for simple Cough, Cold and Fever as well as for Asthma and Consumption.

(h) It cures surely and permanently Syphilis and the dire consequences of this dirty disease. Most of the Leprosy cases met with in the land are due to the poison of Syphilis found latent in the patient's body. The poison begins to develop gradually into worst kinds of skin and other diseases, even Leprosy, Impotency, Loss of manhood, Diabetes and other nervous and wasting diseases such as Paralysis, Pthisis, etc.

If the patient has intercourse with a woman suffering from Syphilis, he Contracts the Chancre along with

Ulcers and buboes on both sides. Then it develops into hard Ulcers and Buboes also increase in numbers and they remain hard till the recovery of the patient. If proper remedies are not taken in time the patient is attacked with Shivering Fever and Buboes also develop and Ulcers spread very quickly. If the patient had any constitutional disease previous to the attack Chancre, then at this stage the whole penis is attacked with ulcers. It is sometimes Confounded with Gonorrhœa as pus begins to flow through the urethra and the patient feels severe burning Sensation while passing urine.

It cures Syphilis not only in their first, secondary and other stages but cures the Worst consequences of Syphilis viz., Impurities of Blood—Not to speak of the ordinary Kind of Skin diseases, such as Itches, Scabies, Billious Eruptions, Cracks, and Fissures in the Skin, Eczema, Excrescences on the Skin, Herpes of all kinds and in any part of the Body, Gangrene of the Flesh, Urticaria, Ulceration, of any kind but even Leprosy which requires a serious handling and attention of every one.

(i) Patients using this Amruta Ratnakaram are not required to be confined to bed nor Prevented from Bathing nor going out in the Sun's Rays; but it can be used in the Ordinary course of Life by any one and every one.

(j) It purifies the IMPURE BLOOD of those Patients who are Suffering from Influenza, Pneumonia, Malarial Fever, etc., from time to time and who have

become Hopeless of cure, by Increasing the Red Corpuscles of the Blood and by Removing the Poison Radically from the System.

(k) As AMRUTA RATNAKARAM contains purely Ayurvedic Medicines such as Chandrodaya, Tambra, Muktya, Pravala, Swarna, Abrak and Loha Bhasmas besides very valuable and effective vegetable ingredients, and are harmless and pure, every one, no matter WHETHER YOUNG or OLD, MALE or FEMALE may use it SAFELY and SECURELY. In View of the EXCELLENT RESULTS DERIVED from AMRUTA RATNAKARAM and taking into Consideration the Manifold good results derived from it, it may indeed be called HEAVENLY NECTOR.

This Unique GUARANTEED preparation stands Unrivalled in the Whole Medical World and as such we offer Guarantee to the Patients with an honest conviction that it will surely produce the desired effect.

This was prescribed by our Rishies for all incurable and intractable diseases which humanity has to suffer. It is prepared to suit all climates, all races and all ages. A noteworthy feature of this medicine is that there is no restriction of diet and on the other hand it requires a good and strong nourishing diet. Numerous Unsolicited Testimonials have been received in Proof of its Efficacy.

Price Per Phial Rs. 5 (Five) only.

For a complete course of one month 3 phials, Rs. 15.

The following Certificates are published for the information of the Public :—

i. Dr. L. C. BURMAN, M.A., Ph. D. Sc., Bio., Lit. D. Sahitya Shastri, Vidyabhushan, Etc, President, The Educational Institute. (Allahabad City) 21—9—23).

“*Amruta Ratnakaram* prepared by Ayurveda Vaidya Ratnakaram Pandit, Dr. N. V. S. Sarma M.D., (Ayr.): D. Sc., (Hr.) Managing Director and Senior Physician of the Ayurveda Siddhasaraman of Madras, Marvellously purifies the blood and serves as a nervine tonic in all bad cases. I can safely recommend it to those who have had their brains enfeebled in any way and lost the retentive power of Memory.”

ii. Ayurveda Ratna Pandit Dr. T. D. S. Murti D. Sc. (Ayr.), President Founder, 'Academy of Arya Science' and the Editor of the Akademi, Tiruvendhipuram. (1—1—24).

“I had the pleasure of visiting the 'Asramam' on 1—1—24. I tried the various preparations of this 'Asram' amongst my patients and found them efficacious. I also tried the all-round medicine. 'Amruta Ratnakaram' in some special cases of ailments (i.e. Digestive, circulatory and thoracic diseases) and found the same to be true to its description by Ayurveda Vaidya Ratnakaram Pandit Dr. N. V. S. Sarma, Ph. D. Sc., M.D., (Hom) M. D., (Ayr.) D. Sc., (Hr.) I can safely recommend to the public the various preparations of this 'Asram.' As the proprietor of this Asram prepares personally every medicine

and at the same time is willing to give a real description of the process of each medicine to real doctors I need not say it adds more to my recommendation.

He does his work unostentatiously. His medicines similarly effect cure unobservedly.

To say more is superfluous. I wish all success to this Asramam and its useful work under the supervision of the learned Pandit Dr. N. V. S. Sarma. Ph. D. Sc., Etc.

iii. MR. V. COOMARASAWMY. *Extra Clerk*, P. W.D. OFFICE, Klang F. M. S., Dated 21st January, 1924.

I sincerely certify to all concerned the fact that I got down first 2 phials of Amruta Ratnakaram for a trial as a patent medicine, and I myself consumed these phials of medicine and greatly appreciated the result of it and brought the fact to the notice of some of my friends near by and they also had consented to use this medicine. For their use I got down over 20 phials of Amruta Ratnakaram and some special medicines also from Dr. N. V. S. Sarma Ph. D. Sc. M. D. etc. Managing Director and Senior Physician of the Ayurveda Siddhasaramam of Madras, and the result of this valuable medicine was so wonderful that all of them had appreciated this as an effective tonic and cure of almost all kinds of ailments in their constitution.

I further certify that I am regularly using this as a tonic so as to keep up my body strong and healthy in my old age of over sixty years.

Ayurveda Siddhasramam.

Our principal and important Medicine 'Amruta Ratnakaram' has been awarded several Gold Medals and First Class Certificates of Merit by the following Ayurvedic Conferences and Industrial Exhibitions held from the year 1919.

1. The Dravida Ayurveda Viadya Sammelana Conference and Exhibition, Tiruvendipuram, South Arcot District, 1919.
2. The Tamil Vaidya Conference and Medical Exhibition, Tinnevely, 1921.
3. The Industrial Exhibition, Bezwada, 1921.
4. The Bhagalpur Exhibition, Bhagalpur, 1922.
5. The Indian Industrial Exhibition, Karachi, 1922.
6. The Bellary Industrial and Agricultural Exhibition, Bellary 1923.
7. The Second Tamil Vaidya Conference and Medical Exhibition, Madras, 1923.
8. The Second Karnataka Provincial Conference and Exhibition, Bijapur, 1923.
9. The Baroda Exhibition, Baroda, 1923.
10. The Mangalore Industrial Exhibition, Mangalore, 1923.
11. The Jatiya Maha Mela Exhibition, 1923.
12. The Indian Industrial Exhibition Poona, 1924.

Press Opinions.

The Calcutta, Medical Journal—November, 1923.

The Secret of Health edited by Ayurveda Vaidya Ratnakaram Pandit Dr, N. V. S. Sarma M. D, (Ayr) D. Sc (Hr) naturally attracted our attention most and we had carefully gone through the pages. We have no hesitation to say that every page is full of interest and one would not stop till he finishes the volume. We wish every one of our readers would get hold of a copy and enrich his knowledge of medicine and science from this valuable journal. We wish we had space enough to quote some of the very striking passages from this Journal.

The Ayurveda Siddhasramam of which the Vaidya Ratnakaram Dr. is the Managing Director and senior Physician has wonderfully prepared specifics and cures for Cholera, Delirium, Leprosy, Hydrocele, Leucoderma, Dyspepsia, Consumption, Impotency, Rheumatism and Paralysis, Sterility in women, Elephantiasis, Diabetes and even Plague.

We wish the enterprise grand success, which is bound to come from all that we could gather out of this Journal and we trust we will be provided with a regular supply of the same for our medical members to enjoy in "fresh fields and pastures new."

Annual Subscription is Annas Twelve only and the Editorial and Publishing offices are at 411, Mint Street, Madras. Post Box 1236.

ii *New India, Madras (Monday Oct 8th, 1923) Says:—*

We are glad to welcome into the ranks of monthly magazines this useful medical monthly Edited by Dr. N. V. S. Sarma M, D, (Ayr) D, Sc, (Hr,) Managing Director and Senior Physician at Ayurveda Siddhasramam. The first number published this month contains useful articles on the art of medicine, health, fasting, plants and drugs and acute rheumatism. The object of the journal is to convince the public how to preserve one's health free from all diseases and also the value of the efficacious medicines prepared according to Ayurvedic science.

The annual subscription is very cheap being 12 annas.

iii *The Practical Medicine' Delhi Nov. 1923 Says:—*

The Secret of Health—Under this title is issued a monthly Journal by Dr. N. V. S. Sarma, M, D. (Ayr.) D. Sc. (Hr.) from 411, Mint Street, Post Box 1236, Madras. The annual subscription is only annas twelve and the paper is brought about for popularising Ayurvedic Medicines prepared under the Siddha Ayurvedic System. It is intended to deal with matters concerning health and hygiene and the first issue of October 1923 contains useful information on the subject. We wish this new comer a success in the field.

iv *'The Swarajya', Madras (17-11-23) Says:—*

'The Secret of Health'—This is a monthly Journal edited by Dr. N. V. S. Sarma, M. D. (Ayr) D. Sc, (Hr,)

Managing Director of Ayurveda Siddhasramam. The first issue contains a number of interesting and instructive articles on Health, Fasting and Acute Rheumatism. The annual Subscription is fixed at the nominal rate of 12 as. A sample copy can be had on application to the Editor, 411, Mint Street, Madras.

v, *The Hindu of Madras—27—13—23 says as follows:—*

The Secret of Health:—A tiny monthly which aims to convince the public of the importance of health and of the efficacy of Ayurvedic Treatment. Edited by Ayurveda Vaidya Ratnakaram Pandit Dr, N V S Sarma, Managing Director and Senior Physician, Ayurveda Siddhasramam, Annual Subscription 12 As.

vi *The Medical Times, London. February 1924.*

A new monthly journal entitled The secret of Health edited by Dr N. V. S. Sarma has lately appeared. It is devoted to preservation of health, expounding the Siddha Ayurvedic system of Medicine. The copy sent to us is instructive and interesting and this little journal should certainly appeal to many practitioners in India where it should have a successful career. The subscription is twelve annas per annum and a specimen copy will gladly be sent free on application to Dr Sarma at 411, Mint Street, Madras.

The Princely India Delhi 13-13-23 Says:—

We have great pleasure in acknowledging receipt of a copy of the Monthly Journal "THE SECRET OF HEALTH" recently published by Dr N. V. S. Sarma, M

D (Ayr) D Sc (Hr). The Journal is nicely got up and contains valuable information under the several heads of Health, Hygiene and Medicines coming under the category of Ayurvedic Siddha System of Treatment.

We quite appreciate the laudable object of the Editor in bringing forward such a useful journal at a time when study of AYURVEDIC medicines is being rejuvenated. We congratulate him on his efforts and highly recommend his valuable production to the general public who are sure to be benefited. The object of the Editor in fixing a nominal subscription of annas Twelve per year is with a view to make the journal reach the hands of all rich and poor alike. A sample copy of this journal can be had free on application to the Editor. "THE SECRET OF HEALTH" 411, Mint Street, MADRAS.

'The New Call' Sunday October, 1923 Cannanore Says :-

'The Secret of Health, Edited by Dr N. V. S. Sarma, 411, Mint Street, Madras. We have great pleasure in acknowledging with thanks receipt of a copy of the first issue of this monthly Journal. It is well got up and contains articles, among others, on Vaidyam or the Art of Medicine, Health, Fasting. The object of the Journal is said to be to revive and reinforce the Ayurvedic Siddha System of treatment. Its annual subscription is annas twelve, and we hope all those interested in the study and rejuvenation of Ayurveda will encourage this new enterprise. We wish it every success. A free sample copy can be had from the Editor.'

CONTENTS

	Page.
I. Proper Time for Moving the Bowels...	17
II. Alcohol and the Human Body ...	22
III. Alcohol (Its evil effects as related by Great Men) ...	26
IV. Coffee is Vindicated ...	27

In the morning the contents of the rectum are discharged that have been accumulating all the previous day and during night. Then the contents of the large bowel have a chance to push on, down into the descending colon, to the sigmoid flexure. Sometimes they will go farther and, possibly, a second voiding occurs during the day. So much the better. Mostly, though habit has brought it about that the peculiar association of circumstances, that sequence of events that impresses it upon our subconscious that there is some garbage to be emptied out, does not come about again until next morning. Especially during the night time, that descending colon and even the upper rectum are filled with feces, often being put on a stretch, when they would be much better off if there were nothing in them and their tired muscles might have an opportunity to relax.

When the descending colon is full to the sigmoid flexure or complicated bend in the colon or down the liquid that should pass out with fecal matter (without stay) are reabsorbed by the system and carried direct to the liver. This demands of that organ a greater work to perform than nature has designed, hence it becomes sluggish and the system is then soon filled with bile and impurities. This absorption leads to a great many symptoms; impoverished blood; sallowness, furred tongue, foul breath, white of eyes turn yellow, and in excessive cases irregular heart action, dizziness, headache, piles, fistula, gravel, diabetes, and all forms of kidney, liver, stomach, and intestinal trouble. An over distended caecum, or sigmoid flexure may produce dropsy, numb-

ness, or cramps in lower extremity, and many other ailments.* Hence our request to take the better way *that of cleaning out at night*. All day long, the contents of the bowels have been pushing down and down aided by the upright position that we naturally assume during waking and working hours. Then on retiring the rectum is cleaned out. The time just before going to bed is conducive to deliberate action; there is no hurry, no train or car to be caught, nobody waiting for you—except the bed. The mind is much more at rest. So, plenty of time may be taken for this important operation. Even that quantity of feces that has accumulated in the descending colon has a chance to descend further down, into the rectum, and to be expelled.

Now the lower end of the intestinal tube is empty. On assuming the horizontal position the muscles of colon and rectum are loose, relaxed. They have a chance to rest; they are not kept at a stretch as is the case when the bowel is filled with feces.

Know what happens to a rubber band that is kept at a stretch all the time? The intestinal muscles are not exactly rubber bands but often, they might as well be. Certainly, if they never have a chance to rest, they must get very tired. In fact it is my opinion that many cases of constipation are made worse by our failure to defecate at night, and reversely I am satisfied partly from experience that many cases of constipation can be cured

by adopting the habit of timing the defecation properly on retiring.

It may be learned easily enough. No straining is necessary, only a sufficient degree of concentration on the task on hand. We know that in most cases we can bring about the act of defecation by thinking of it, and without straining. In refractory cases a small (one pint not more) enomia of cool water may be taken in the sitting posture, to start things. That will bring action with a rush. And not only the water will come down, but whatever else may be in the lower bowel.

Of course the habit may not always be acquired easily. It may take time. Still it is one of the most sensible things that we can accustom ourselves to; and surely it is worth the effort.

I have said, that the best time for cleaning out the rectum and lower colon is at night on retiring. It follows that, whatever assistance is given, by means of drugs to secure that daily movement should be timed so as to become active *at night*. In some patients, a laxative taken at noon will work just about at bed time. In others, one's daily tasks may be sadly dis-arranged by an unforeseen urge towards privacy.

However the part of wisdom will be to instruct our patients to observe the number of hours a certain laxative drug requires to act. At any rate it is not enough to dispense some X Y or Z Pills and say, take these as you need them. Let him take note of the time that passes

between dose and effect. Then let him space the dose so that the effect will come at the *proper period*. As I have said elsewhere no straining should be indulged in; only a mental effort—the physical result will follow in time. It is possible to accustom ourselves to it. What I mean is, that the course of events can become as much a habit as every other habitual act or series of acts.

Now if artificial assistance is required, the drugs need not be so very drastic in action. *A slight stimulation will usually suffice*. The effect will come when the events take their course. Habit is a great thing—a second nature.

It is clear from the above facts that it is wrong to order laxative drugs to be taken at night, on retiring, so to let them "work while you sleep" and secure a movement of the bowels the next morning as we usually did hitherto. Changed environments require change of habit.

"Move your bowels at night"

BY

T. D. S.

from C. M.,

Great minds like heaven are pleased in doing good, though the ungrateful subjects of their favors are barren in return. Rowe.

Our Laxative pills taken at proper time will act as nicely and effectively to bring night defecation habit.

Price per phial of 20 pills Re. 1

(Ed.) From the above one may understand that the medical science of the Non-Hindus is in its experimental stage still without decision. It is this science that speaks of Ayurveda as empiric. Thousands of years before this when all other nations were in savage state the science of Ayurveda laid down definitely that we should have two fecal evacuations and six urine in (24 hours) a day. That is, we should move our bowels once in the morning and once in the evening without the stay of fecal matter and consequent fermentation in the colons.

Under the light of the above article we can see and appreciate our ancients' true definiteness and truer scientific basis of their statements.

Hence our recommendation of our night pills.

Alcohol and The Human Body

INJURIOUS EFFECTS ON BLOOD.

Sir Thomas Barlow, president at the session of the Commonwealth Temperance Convention recently, when several interesting and important speeches were made on the scientific basis of the temperance movement, said alcohol was always a narcotic and it had no right to the designation of stimulant. People might think that at one period it was surely a stimulant. It produced excitement, but research explained that when alcohol once got into the stomach it very quickly reached the blood and attacked the nerve system affecting first the higher nerves which control the intellect and will. When these were

narcotised the lower nerves were apt to be without control. That explained the excitement.

Sir Thomas described the important work done through the Central Liquor Board which was set up during the war to consider the effect of alcohol on efficiency. It appointed an advisory committee composed of physiologists of the highest standing a committee which at the end of the war was transferred to the Medical Health Committee and which has produced a volume full of invaluable information.

The experts showed that alcohol was not a stimulant but a narcotic. They showed clearly that its tendency was to depress or paralyse, in the sense of lessening vigour and vitality. "We are not so much concerned with drunkenness as to show that moderate doses of alcohol taken at regular intervals over long period lessen the efficiency of the nervous system and that it has no proper place in the reconstruction of the world. If we are going to be an efficient country and keep our heads up in any struggle for industrial supremacy we shall need all our wits, and must get rid of everything that hampers and hinders us in the smallest degree."

FOGS THE SIGNALS

Alcohol had a certain value as a fluid food. It was rapidly absorbed into the blood and quickly oxidised. It did contribute a certain amount of fuel to the body but the amount was small and as a means of keeping the body warm alcohol was most delusive.

"Alcohol fogs the signals. It makes a man think he is doing uncommonly well in all sorts of ways when he is not doing nearly as well as before." Alcohol lessened the power of resistance to diseases such as typhoid and pneumonia, and the same weakening of resistance was noted with regard to accidents and war wounds.

Dr. Mary Scharlieb said it was extremely important that the medical profession should take the right view on this subject and have the courage to put that view before their patients and the public. Alcohol was not a food. They knew it was no use ordering it to bolster up a weak diet. It was not a remedy to be applied for temporary heart failure fainting or to aid the action of a heart temporarily impaired by serious illness or an operation.

It was quite true that a moderate dose made a person feel more comfortable. So did a moderate dose of morphia, but people would not play with morphia as they did with alcohol. Lord D' Abernon's Committee had proved the evil effect of alcohol when regularly taken so that the system was never free. They found that the effect was worse when taken on an empty stomach. That was why liquor was not allowed to be sold at early morning hours. They found that taken late at night it induced heavy sleep, and that was why it was not allowed to be sold at a late hour. "I believe we now order alcohol," she said, "with the same feeling of care and responsibility with which we order arsenic and strychnine."

CHANCES AGAINST PNEUMONIA.

Mr. Arthur Evans, surgeon and lecturer in surgery at Westminster Hospital, discussed the action of alcohol on the blood. Why was it, he asked, that a man could get pneumonia when he was well and when he was worse could begin to get better? The answer was that an organism entered into the blood and multiplied at a ferocious rate till the blood was teeming with it. If that were all that happened, infection would mean death but something else happened that might meet and beat the poison.

A man suffering from typhoid was also manufacturing a body immune from typhoid, and that, plus something in the blood serum, produced something else that could destroy typhoid bacteria. Elaborate experiments carried out on a very large number of people showed that when there was alcohol in the blood there was a marked diminution in the number of immune bodies and their complements, and that means a marked difference in the fighting quality of the blood. The experiments showed a marked diminution even when the persons observed took only from three to three and a half ounces of clares per day over a period of many weeks.

There would be deaths from pneumonia anyhow, said Mr. Evans, but statistics went to show that among a hundred total abstainers suffering from pneumonia eighteen might be expected to die. Out of a hundred intemperate persons the deaths might be fifty two.

'Alcohol,' he said, 'cannot improve the quality of anybody's blood.' (Manchester Guardian)

ALCOHOL.

(Its evil effects as related by great men)

(1) Napoleon Bonaparte; "It is only a sober army that can succeed," and "the foe is less to be feared than wine."

(2) Field-Marshal Lord Roberts, V. C., K. G., K. P., "Alcohol confuses prompt judgment.....hastens fatigue lessens resistance to disease and exposure "

(3) Honourable Mr. Lloyd George said during the European war: "We are fighting Germany, Austria and Drink, and as far as I can see, the greatest of these three deadly foes is Drink.....Drink is doing us more damage in the war than all the German submarines put together."

(4) Honourable Sir Deva Prasad Sarvadhikary, Kt. M. A., B. L., C. I. E., L. L. D.: "Let it be carefully understood that we are not unmindful of the great need for educating the people as to the real dangers which the use of alcohol and narcotics brings in its train....."

(5) U. Teiktha of Moulmein, "Intoxicating liquors not only endanger the physical body, but also endanger the soul."

(6) G. Sims Woodhead. M. A., M. D., Professor of Pathology in the Cambridge University. : "There is abundance of evidence that the children of alcoholic parents

often exhibit great lack of mental ability, lowered vitality and physical weakness, often of a very serious character."

(7) E. L. Fisk M. D., "Alcohol numbs the sense of fatigue and so deceives the user. It is not a stimulant but a narcotic."

(8) T. Laitinen Lecturer. "Prolonged administration of small doses in men (15 c.c.) is sufficient to lower vital resistance, especially to typhoid fever."

(9) Ulrik Quensel in his book of "The Alcohol question from a Medical Viewpoint says; Work and alcohol do not belong together, especially when the work demands wideawakeness, attention, exactness and endurance,

(10) W. E. Gladstone, late Prime Minister of England; "It has been said that greater calamities are inflicted on mankind by in temperance than by the three great historical scourges,—war, pestilence and famine."

KEKI H. DINSHAW,

Coffee is Vindicated

Coffee is a beverage which, properly prepared and rightly used, gives comfort and inspiration, augments mental and physical activity, and may be regarded as the servant rather than the destroyer of civilisation.

It seems to be well established that ingestion of caffeine as it occurs in beverage coffee, (that is, properly prepared coffee) does not have any harmful influence.

Caffeine is not habit-forming in the sense that constantly increasing quantities are required in order to secure stimulation. It is not a "drug" or a narcotic poison.

These are three of the outstanding statements in the exhaustive report of Professor Samuel C. Prescott,

head of the Department of Biology, and public health of Massachusetts Institute of Technology. The institute has just completed, at a cost of \$ 40,000, a three-year investigation of coffee.

This study of coffee, Professor Prescott states "has been carried under my direction with the aim to clear up many disputed questions and traditions, regarding its compositions and physiological action, and the best methods of preparing beverage coffee from the roasted bean."

"Disputed questions and traditions" alone have been solved in the course of long studies and a number of persistent bogeys have been laid as well.

"It may be stated," the report reads in part, "that after weighing the evidence, a dispassionate valuation of the data so comprehensively surveyed has led to no conclusions that coffee is an injurious beverage, for the great mass of the human beings."

Quite the contrary are the following deductions taken from the report:—

"The history of woman experience, as well as the results of scientific experimentation, point to the fact that coffee is a beverage, which properly prepared and rightly used, gives comfort and inspiration, augments mental and physical activity and may be as servant rather than the destroyer of civilisation.

"Coffee has a remarkable and stimulating and fatiguerelieving effect due to the action of coffiene which acts on the central nervous system.

"It promotes heart's action mildly, increases the power to do muscular work; and increases the power of concentration of mental effort, and is therefore an aid to sustained brain work.

"The action of coffeine might be likened, for purposes of visualization, to lubrication of machine, although the analogy is not perfect.

"It is not followed, except in excessive quantity, by undesirable after-effects.

"It does not draw on the physical reserves of the body, and in general may be looked upon with no objection as a mild stimulant.

"Unlike other stimulants, coffeine does not have a depressive after-effect. The activity of the organism is speeded up for a time, then returns to a normal level at which it was working before stimulation. In fact, many individuals find with advancing years that smaller quantities will suffice. It is not a "drug" or a narcotic poison.

The average cup of strong coffee contains about $1\frac{1}{2}$ to $1\frac{3}{4}$ grains of coffeine. This is ample in some individual to give a quicker heartbeat, hence in the circulation and activate more pronounced mental processes. Other individuals may require two or four times as much to provide the same degree of stimulation. "If individuals are especially sensitive to tea or coffee, its use, extremely limited amount is not to be recommended. In this respect, it should be treated in exactly the same manner as are many kinds of food, meat, shellfish, eggs, milk or food which do not 'agree' with one person or other. These food idiosyncracies, as they are called, are now known to be not uncommon.

"It sometimes happen that coffee can be taken clear but not with cream. In this case, the suggestion that the disturbance is due to the inability to take care of the fat is obvious. The same difference is often noted in the use of cocoa and chokolate, the latter with its high fat content being more difficultly taken only as indicator and not absolute.

"A rabbit is not a man," it is explained, but the data obtained confirm in a general way the results so frequently explained in the literature on coffeine, namely the small repeated doses are without harmful effect on the general metabolism and, in view of our findings

and those of others, it seems to be well established that ingestion of coffee, as it occurs in beverage coffee, does not have any harmful influence."

The result of the rabbit tests are presented in an interesting way in the report which states.

"Like many components of foods, as pure as proteins or fats, the quantity introduced into the body may be so graded as to secure results which may class as desirable, tolerable, objectionable or lethal, the last-named being the amount that interferes with the normal working of the body sufficiently to produce death.

"It was found that doses of coffee, similarly graded, produced a similar train of effects. The amount of coffee which is lethal to a rabbit depends upon the body weight of the animal. The lethal dose is determined for the mature rabbits of normal size as 0.242 grams. per kilogram of body weight. It was found that there was some difference in result when pure coffee was given in an aqueous solution and when given in the form of strong coffee containing equal amount of coffee. In general animals had a higher tolerance for pure coffee in water.

"Assuming the same tolerance per kilo in the case of man, it would require an amount of coffee equivalent to that contained in 150 to 200 cups of ordinary strong coffee taken at one sitting to be lethal to a man, weighing 150 pounds. These figures cannot be regarded as absolute as certain variations are found, some animals having markedly increased tolerance over the average for their body weight. The condition of the animal unquestionably plays a very important part in these matters, as may be expected.

"With doses corresponding to the quantity of coffee normally used by a coffee drinker, no injurious or deprecatory effect was noted. The pure coffee in these experiments was prepared in the laboratory

from the same kind of coffee, in order that no question of the kind of coffee could arise.

"Speculation on the reasons or the increased coffee tolerance with the coffee infusion over that when pure caffeine in water was employed, as well as certain other observations on the chemistry of caffeine, suggests that caffeine may exist in beverage coffee in a different form that in which it occurs when ultimately extracted, purified and then dissolved in watery solution.

"It is conceivable that the caffeine in beverage coffee may exist, in part, in free solution and, in part, in physical or chemical combination with other substances, thus delaying the rate of absorption. It is also possible that protective substances exist in coffee which lessen the effect of excess caffeine ingestion."

Most surprising, according to Professor Prescott, was the absence of any important information on the methods of preparing the beverage in the great mass of coffee literature, studied. A digest of more than 700 articles, books and technical papers was made.

"Analytical chemists have examined coffee with reference to the composition, the elements found and the compounds in which they occur," he states, "Government and state analysts have examined it with reference to the adulteration. Physiologists and pharmacologists have studied the action of coffee on the human or animal body, its stimulating effect on muscular action, on the heart, kidneys and the nervous system. Medical men have written at length, as to its effects on the general health of the consumer. In addition there is a considerable amount of literature of descriptive character but of little service in the task of getting at truth regarding this important food adjunct.

"Critical examination of all this literature shows

many conflicting opinions, much work open to attack from the standpoint of exact method of because of conclusions hastily drawn from insufficient data, isolated observations, or hearsay evidence.

On the other hand, the most careful detailed analyses and extended studies have demonstrated that coffee is a natural product of exceedingly complex character, varying greatly in its properties and action according to source, ripeness, method of curing and roasting, and especially according to the method of the extract used as beverage or for physiological tests.

"There is no immense amount of conjecture and suggestion, but relatively but little improved fact, based on exact data, carefully tested methods and standardized conditions. Very few authors have studied the subject from the standpoint which now seems most important—that of the method of preparing the beverage itself."

This survey of literature included most of the report published in English, French, German, Spanish, and Italian, and the brief extracts from these articles exceeded a thousand typewritten pages. They form a valuable historical contribution to the subject. Professor Prescott points out, even if they do not yield the store house of proved fact that had been anticipated when the investigation was undertaken. Much was learned from them, however as is indicated in a paragraph of the report which reads;

"The time and the space do not permit a recital of the great masterpieces of literature, music and art which have been produced under its beneficent exhilaration, or more than a suggestion as to the place coffeeine containing beverages take in the dietary of the progressive nations of the earth."

Printed at the Kalanilayam Press, G.T., Madras.



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AMRUTA RATNAKARAM

(THE BEST BLOOD PURIFIER AND NERVINE TONIC)

Is pleasant to take, creates good appetite, produces Strength

AN ALL ROUND NERVINE TONIC

PREPARED SCIENTIFICALLY BY

Ayurveda Vaidya Ratnakaram Pandit

Dr. N. V. S. SARMA.

Ph. D. Sc. M. D., (Hom). M. D., (Ayr) D. Sc (Hr)

Managing Director and Senior Physician

It is prepared under advanced and up-to date
method by our expert whose experience in the Sas-
traic Medicines is as extensive as unequalled and
can be judged from its Therapeutic properties.

This excellent Ayurvedic Amruta is a heavenly
Nector for all Acute and Chronic diseases of either sex
and cures all ailments (both Acquired and Constitu-
tional) connected with the reproductive organ. There
is no need to describe the composition of AMRUTA

RATNAKARAM and to speak in detail of the various diseases that are cured by the use of this specific.

We may mention in particular that our specific has produced unique and very gratifying results in the following cases.

(a) It keeps the liver in its normal condition and prevents the Bile from being deranged. Bile when deranged produces the worst diseases that man is heir to such as Burning sensation of the soles of the feet and hands, Acidity, Colic Pain, Jaundice, Billiousness, Eruptions, Various kinds of Impurities of Blood, etc.

(b) Bad Liver creates Acidity and Bad Blood, and Bad Blood is the root of all diseases. One of the symptoms of Dyspepsia is that the sufferer cannot digest anything but light food. The food that he eats is not properly assimilated and digested, but is converted into Acid. It cures surely all kinds of Colic Pain in the Liver, Spleen, Sides and Tomouric Gulmo, Heart and many other diseases, keeps the Liver in proper order and checks Bitter and hot belching and occasional vomiting of Bile.

(c) It cures most wonderfully and magically Gout with its concomitant symptoms, the Rheumatic pains in any part of the body in the Lumber region (i.e.) Lumbago in the Nerves, Muscles, Joints, Testicles, Legs, Arms and Fingers and Neuralgic pain in the Head, Face, Occiput, Ears, Mouth, Teeth,

Stomach, Bowels, Liver and Spleen and Rheumatic Sciatica and Paralysis of different types.

(d) It thickens the Vital Fluid and remedies General Debility and gives full energy and as such it acts as a Tonic. It also cures Debility of the Brain and Nervous Debility of all kinds brought on by Youthful Indiscretions of young men. It cures loss of cheerfulness and memory and tends to improve active habits by bringing on gradually Health, Liveliness, etc. It cures impotency, Loss of Power and Retention. It increases the Vital Fluid admirably and restores the semen to its normal condition and acts like magic in strengthening and invigorating the prostrated system.

(e) This is the best remedy for Checking Nocturnal Emission and night Dream. Nocturnal Emission has become the general complaint of almost every student living in the land. Amruta Ratnakaram subdues the unnatural excitement both of the mind and the organ, cools the Head and the unnatural irritation of the stomach. It cures Nocturnal Emission with its concomitant symptoms, viz. Loss of Appetite and Taste for food, Habitual Constipation, Vertigo, Black spots around the eyes, Brain Fag, Cheerlessness, unwillingness to do one's duty, Irritability of temper, the fact of the eyes getting Sunken, Discharge of Semen at the sight and Touch of women etc. + If patients subject to the wasting and fatal disease neglect it at the outset, it eats into their very Vitals and brings on many other diseases along with them even Impotency and their

condition goes on from bad to worse, till at last it spoils life once for all and makes conjugal life a curse.

(f) It most effectively stops the discharge of Semen before and after passing urine and stool of patients suffering from Gonorrhœa and all other diseases of the Urinary organs. It also makes normal the urine of those who pass urine resembling Lime-Water and Milk. It acts like a magic in remedying the Black and White Discharges of women suffering from Leucorrhœa. It cures without fail all the Twenty Varieties of Prameha no matter whether they are considered Curable or Incurable. Moreover it is an excellent remedy for Stricture, Jaundice, Low chronic fever that affects the very system of the patients, Diabetes of all kinds, Albumenorrhœa. It increases the bulk of the body, the quantity of the Vital Fluid, strength and complexion of the patient's body.

Prameha is a very dangerous disease; it eats into the very system of the patients suffering from this fearful disease. The food we eat is converted into Semen on the 30th day and the waste of this Semen in some form or other is what is called Prameha. The unfortunate patient should lose no time to check the progress of this fearful disease. If neglected at the outset simple prameha may develop into Gleet, Stricture, Diabetes of all Kinds-Albumenorrhœa, Impotency, etc. It causes the free flow of urine, allays the burning sensation while passing urine and stops the running in of the poisonous matter through the Urethra most admirably. Gonorrhœa is that which is contracted by its

victims by coming in contact with women of ill-fame and women infected with the Gonorrhœa Virus.

This Amruta cures Gonorrhœa most successfully and surely. It heals the sores within the Male Organ and begins to stop the running of the poisonous matter, Pus at once.

Gleet is the painful development of Gonorrhœa. Men attacked with this disease pass with urine hard thread-like semen to the length of one or two inches. They do not pass natural urine but along with urine they pass phosphates, Semen and many other substances. Stricture is the out-come of gleet. Constant running of poisonous matter through the urethra obstructs the free passage of urine. A white Substance like milk and lime water which is nothing but phosphates is seen in the urine passed by patients attacked with Gonorrhœa and Prameha. It is nothing but the refuse of the undigested food eaten by the dyspeptic. Diabetes is the most fatal out-come of excessive Indulgences, Gonorrhœa, Gleet, syphilis, etc. If not detected at its incipient stage and if the causes of disease are not removed betimes it takes a very dangerous turn bringing death at last.

The most obstinate disease that very frequently destroys the health of Females is Leucorrhœa i. e., white discharge. Females of India very frequently become subject to the diseases of Leucorrhœa, Dismenorrhœa, etc. The causes are not very far to seek. Excessive indulgence and contact with polluted husbands and mental, moral shock or emotion are the root causes

of this disease. The unfortunate husbands who contract Gonorrhœa or Prameha should think very seriously that by coming in contact with their wives, they are destroying the health of their wives. Amruta Ratnakaram heals the ulcers within the Female organ from which pus passes constantly in the shape of white Semen and as soon as these ulcers are healed up the white Discharge is checked and the patient is gradually restored to her normal health. It is incapable of curing not only Leucorrhœa but Dysmonorrhœa, Amenorrhœa, Menorrhagia, Sterility, Metritis, Displacement of the uterus, general debility and many other Female diseases too numerous to mention. It removes not only the diseases mentioned above but all concomitant symptoms of those all, viz. Palpitation of the heart, sinking sensation, Dullness of appetite, Backache, Fainting and unnatural discharges of Blood and Semen. They increase the Bulk of the body and make the lean and the lanky corpulent and fat. They make women Beautiful and lovely by removing all their diseases.

It checks the excessive Menstrual flow of women during and after menstruation and cures the pain that the patient feels before and after it. It has a wonderful efficacy of curing irregularity in periods, and Scanty and painful discharge of menstrual flow. It brings on periods in females who fail to have them even when they attain age. The Urinary diseases of the Females may be the cause of the Sterility of the Females. To remedy sterility, those causes must be removed. By the use of Amruta Ratnakaram Barren Women become blessed

with good healthy children. It removes all the complaints of women that stand in the way of their giving birth to children. It prevents Habitual Abortion if used before pregnancy. This is the safest and most harmless remedy for females during and after pregnancy for almost all the diseases.

(g) It cures Chronic Bronchitis and Asthma, Raktapitta and all other kinds of Phlegmatic affections even Pthisis, the king of all diseases, are all cured by the administration of this Sovereign remedy. In Pthisis, it is both Curative as well as Preventive. It is very beneficial in cases of Cold, Cough, Asthma and even in loss of voice and Pthisis accompanied by fever. Though the attack of cold is a simple and even ordinary disease yet it should not be neglected, in as much as this simple cold can bring about all kinds of diseases that Man is heir to—even Pthisis. It is an excellent remedy for simple Cough, Cold and Fever as well as for Asthma and Consumption.

(h) It cures surely and permanently Syphilis and the dire consequences of this dirty disease. Most of the Leprosy cases met with in the land are due to the poison of Syphilis found latent in the patient's body. The poison begins to develop gradually into worst kinds of skin and other diseases, even Leprosy, Impotency, Loss of manhood, Diabetes and other nervous and wasting diseases such as Paralysis, Pthisis, etc.

If the patient has intercourse with a woman suffering from Syphilis, he Contracts the Chancre along with

Ulcers and buboes on both sides. Then it develops into hard Ulcers and Buboes also increase in numbers and they remain hard till the recovery of the patient. If proper remedies are not taken in time the patient is attacked with Shivering Fever and Buboes also develop and Ulcers spread very quickly. If the patient had any constitutional disease previous to the attack Chancre, then at this stage the whole penis is attacked with ulcers. It is sometimes Confounded with Gonorrhœa as pus begins to flow through the urethra and the patient feels severe burning Sensation while passing urine.

It cures Syphilis not only in their first, secondary and other stages but cures the Worst consequences of Syphilis viz., Impurities of Blood—Not to speak of the ordinary Kind of Skin diseases, such as Itches, Scabies, Billious Eruptions, Cracks, and Fissures in the Skin, Eczema, Excrescences on the Skin, Herpes of all kinds and in any part of the Body, Gangrene of the Flesh, Urticaria, Ulceration, of any kind but even Leprosy which requires a serious handling and attention of every one.

(i) Patients using this Amruta Ratnakaram are not required to be confined to bed nor Prevented from Bathing nor going out in the Sun's Rays; but it can be used in the Ordinary course of Life by any one and every one.

(j) It purifies the IMPURE BLOOD of those Patients who are Suffering from Influenza, Pneumonia, Malarial Fever, etc., from time to time and who have

become Hopeless of cure, by Increasing the Red Corpuscles of the Blood and by Removing the Poison Radically from the System.

(k) As AMRUTA RATNAKARAM contains purely Ayurvedic Medicines such as Chandrodaya, Tambra, Muktya, Pravala, Swarna, Abrak and Loha Bhasmas besides very valuable and effective vegetable ingredients, and are harmless and pure, every one, no matter WHETHER YOUNG or OLD, MALE or FEMALE may use it SAFELY and SECURELY. In View of the EXCELLENT RESULTS DERIVED from AMRUTA RATNAKARAM and taking into Consideration the Manifold good results derived from it, it may indeed be called HEAVENLY NECTOR.

This Unique GUARANTEED preparation stands Unrivalled in the Whole Medical World and as such we offer Guarantee to the Patients with an honest conviction that it will surely produce the desired effect.

This was prescribed by our Rishies for all incurable and intractable diseases which humanity has to suffer. It is prepared to suit all climates, all races and all ages. A noteworthy feature of this medicine is that there is no restriction of diet and on the other hand it requires a good and strong nourishing diet. Numerous Unsolicited Testimonials have been received in Proof of its Efficacy.

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i. Dr. L. C. BURMAN, M.A., Ph. D. Sc., Bio., Lit. D. Sahitya Shastri, Vidyabhushan, Etc, President, The Educational Institute. (Allahabad City) 21—9—23).

“ *Amruta Ratnakaram* prepared by Ayurveda Vaidya Ratnakaram Pandit, Dr. N. V. S. Sarma M.D., (Ayr.): D. Sc., (Hr.) Managing Director and Senior Physician of the Ayurveda Siddhasaraman of Madras, Marvellously purifies the blood and serves as a nervine tonic in all bad cases. I can safely recommend it to those who have had their brains enfeebled in any way and lost the retentive power of Memory.”

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and at the same time is willing to give a real description of the process of each medicine to real doctors I need not say it adds more to my recommendation.

He does his work unostentatiously. His medicines similarly effect cure unobservedly.

To say more is superfluous. I wish all success to this Asramam and its useful work under the supervision of the learned Pandit Dr. N. V. S. Sarma. Ph. D. Sc., Etc.

iii. MR. V. COOMARASAWMY. *Extra Clerk*, P. W.D. OFFICE, Klang F. M. S., Dated 21st January, 1924.

I sincerely certify to all concerned the fact that I got down first 2 phials of Amruta Ratnakaram for a trial as a patent medicine, and I myself consumed these phials of medicine and greatly appreciated the result of it and brought the fact to the notice of some of my friends near by and they also had consented to use this medicine. For their use I got down over 20 phials of Amruta Ratnakaram and some special medicines also from Dr. N. V. S. Sarma Ph. D. Sc. M. D. etc. Managing Director and Senior Physician of the Ayurveda Siddhasaramam of Madras, and the result of this valuable medicine was so wonderful that all of them had appreciated this as an effective tonic and cure of almost all kinds of ailments in their constitution.

I further certify that I am regularly using this as a tonic so as to keep up my body strong and healthy in my old age of over sixty years.

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Our principal and important Medicine 'Amruta Ratnakaram' has been awarded several Gold Medals and First Class Certificates of Merit by the following Ayurvedic Conferences and Industrial Exhibitions held from the year 1919.

1. The Dravida Ayurveda Viadya Sammelana Conference and Exhibition, Tiruvendipuram, South Arcot District, 1919.
2. The Tamil Vaidya Conference and Medical Exhibition, Tinnevely, 1921.
3. The Industrial Exhibition, Bezwada, 1921.
4. The Bhagalpur Exhibition, Bhagalpur, 1922.
5. The Indian Industrial Exhibition, Karachi, 1922
6. The Bellary Industrial and Agricultural Exhibition, Bellary 1923.
7. The Second Tamil Vaidya Conference and Medical Exhibition, Madras, 1923.
8. The Second Karnataka Provincial Conference and Exhibition, Bijapur, 1923.
9. The Baroda Exhibition. Baroda, 1923.
10. The Mangalore Industrial Exhibition, Mangalore, 1923.
11. The Jatiya Maha Mela Exhibition, 1923.
12. The Indian Industrial Exhibition Poona, 1924.

Press Opinions.

The Calcutta, Medical Journal—November, 1923.

The Secret of Health edited by Ayurveda Vaidya Ratnakaram Pandit Dr, N. V. S. Sarma M. D, (Ayr) D. Sc (Hr) naturally attracted our attention most and we had carefully gone through the pages. We have no hesitation to say that every page is full of interest and one would not stop till he finishes the volume. We wish every one of our readers would get hold of a copy and enrich his knowledge of medicine and science from this valuable journal. We wish we had space enough to quote some of the very striking passages from this Journal.

The Ayurveda Siddhasramam of which the Vaidya Ratnakaram Dr. is the Managing Director and senior Physician has wonderfully prepared specifics and cures for Cholera, Delirium, Leprosy, Hydrocele, Leucoderma, Dyspepsia, Consumption, Impotency, Rheumatism and Paralysis, Sterility in women, Elephantiasis, Diabetes and even Plague.

We wish the enterprise grand success, which is bound to come from all that we could gather out of this Journal and we trust we will be provided with a regular supply of the same for our medical members to enjoy in "fresh fields and pastures new."

Annual Subscription is Annas Twelve only and the Editorial and Publishing offices are at 411, Mint Street, Madras. Post Box 1236.

ii *New India, Madras (Monday Octr 8th, 1923) Says:—*

We are glad to welcome into the ranks of monthly magazines this useful medical monthly Edited by Dr. N. V. S. Sarma M, D, (Ayr) D, Sc, (Hr,) Managing Director and Senior Physician at Ayurveda Siddhasramam. The first number published this month contains useful articles on the art of medicine, health, fasting, plants and drugs and acute rheumatism. The object of the journal is to convince the public how to preserve one's health free from all diseases and also the value of the efficacious medicines prepared according to Ayurvedic science.

The annual subscription is very cheap being 12 annas.

iii *The Practical Medicine' Delhi Nov. 1923 Says:—*

The Secret of Health—Under this title is issued a monthly Journal by Dr. N. V. S. Sarma, M, D. (Ayr.) D. Sc. (Hr.) from 411, Mint Street, Post Box 1236, Madras. The annual subscription is only annas twelve and the paper is brought about for popularising Ayurvedic Medicines prepared under the Siddha Ayurvedic System. It is intended to deal with matters concerning health and hygiene and the first issue of October 1923 contains useful information on the subject. We wish this new comer a success in the field.

iv *'The Swarajya', Madras (17-11-23) Says:—*

'The Secret of Health'—This is a monthly Journal edited by Dr. N. V. S. Sarma, M. D. (Ayr) D. Sc, (Hr,)

Managing Director of Ayurveda Siddhasramam. The first issue contains a number of interesting and instructive articles on Health, Fasting and Acute Rheumatism. The annual Subscription is fixed at the nominal rate of 12 as. A sample copy can be had on application to the Editor, 411, Mint Street, Madras.

v, *The Hindu of Madras—27—13—23 says as follows:—*

The Secret of Health:—A tiny monthly which aims to convince the public of the importance of health and of the efficacy of Ayurvedic Treatment. Edited by Ayurveda Vaidya Ratnakaram Pandit Dr, N V S Sarma, Managing Director and Senior Physician, Ayurveda Siddhasramam, Annual Subscription 12 As.

vi *The Medical Times, London. February 1924.*

A new monthly journal entitled The secret of Health edited by Dr N. V. S. Sarma has lately appeared. It is devoted to preservation of health, expounding the Siddha Ayurvedic system of Medicine. The copy sent to us is instructive and interesting and this little journal should certainly appeal to many practitioners in India where it should have a successful career. The subscription is twelve annas per annum and a specimen copy will gladly be sent free on application to Dr Sarma at 411, Mint Street, Madras.

The Princely India Delhi 13-13-23 Says:—

We have great pleasure in acknowledging receipt of a copy of the Monthly Journal "THE SECRET OF HEALTH" recently published by Dr N. V. S. Sarma, M

D (Ayr) D Sc (Hr). The Journal is nicely got up and contains valuable information under the several heads of Health, Hygiene and Medicines coming under the category of Ayurvedic Siddha System of Treatment.

We quite appreciate the laudable object of the Editor in bringing forward such a useful journal at a time when 'study of AYURVEDIC medicines is being rejuvenated. We congratulate him on his efforts and highly recommend his valuable production to the general public who are sure to be benefited. The object of the Editor in fixing a nominal subscription of annas Twelve per year is with a view to make the journal reach the hands of all rich and poor alike. A sample copy of this journal can be had free on application to the Editor. "THE SECRET OF HEALTH" 411, Mint Street, MADRAS.

'The New Call' Sunday October, 1923 Cannanore Says :-

'The Secret of Health, Edited by Dr N. V. S. Sarma, 411, Mint Street, Madras. We have great pleasure in acknowledging with thanks receipt of a copy of the first issue of this monthly Journal. It is well got up and contains articles, among others, on Vaidyam or the Art of Medicine, Health, Fasting. The object of the Journal is said to be to revive and reinforce the Ayurvedic Siddha System of treatment. Its annual subscription is annas twelve, and we hope all those interested in the study and rejuvenation of Ayurveda will encourage this new enterprise. We wish it every success. A free sample copy can be had from the Editor.

THE SECRET OF HEALTH

A MONTHLY JOURNAL

Vol. I

JUNE & JULY 1924.

Nos. 9 & 10.

The Physical Weakness

[We here reproduce what is found in 'Physical culture' (Vol. IV N. 4), for our reader's perusal as it contains a deep and detailed discussion of the Subject].

The young man who finds that his physical powers are weak, owes it to himself to inquire at once into the cause. Physical weakness may be, and often times is, inherited; but even inherited weakness can generally be measureably overcome. By consultation with a physician, and by the reading of good books on hygiene and physical culture, a young man may acquire an intelligent understanding of his own physical needs and so modify his diet and direct his efforts and exercise as to effect a great modification of his inherited weakness, and sometimes by care and perseverance even to acquire a strong bodily vigor, and enjoy a long life of uninterrupted good health. Indeed, in an extended period of close observation the writer has been impressed

with the fact that, of the men who die before they reach the age of thirty years, the majority are of those who have been gifted by nature with the best physical endowments. It is often said that it is the best swimmers who are most frequently drowned. They venture, they take risks, they oftentimes become foolhardy, and drowning is frequently the result. The same is true of young persons possessed of greatest physical endowments. With a sense of great bodily vigor they fail to become intelligent upon the subject of hygiene and health, they neglect to cultivate or even to care for their physical powers, they expose themselves to colds, become irregular in their habits, ignore and defy all laws of health and consequently oftenest fill early graves. The man who has a comparatively weak body, and whose physical powers are not much above the average, if he has learned how to take care of his health, and how to develop his physical powers, has a fairer chance for long life and good health than the man who has the largest natural endowment, but who, because of ignorance, unknowingly violates or openly defies all the laws of health.

Where physical weakness has not been inherited it has oftentimes been acquired, and sometimes is even self-inflicted. Too often the food is rich and indigestible, sometimes it is unwholesome, and not infrequently it is rendered thoroughly indigestible by improper cooking. Two meals should be taken daily, separated by intervals of not less than seven hours. The hours for eating should be observed with careful regularity, and no food should be taken between meals. If, within a period of two or three hours after eating, food is taken into the stomach, that which was eaten at the previous meal and is well advanced in the processes of digestion, is arrested in its preparation

for the intestines by having fresh and undigested food poured into the stomach, and, as a result fermentation sets up and that which should be given to the intestines in a wholesome and proper state is turned over to those organs soured and fermented, and, as a consequence headache follows, and an insufficient nutrition is the inevitable result. These irregularities produce nervous debility, and often result in producing chronic indigestion and dyspepsia. Take your food at regular hours, masticate it thoroughly and exercise great care not to over-load the stomach. Remember that most of the ills to which flesh is heir have their origin in the stomach, and that as a nation one of our great sins is stuffing and fretting.

Another cause of physical weakness is often found in the character or the quantity of sleep secured. A fullgrown adult, who is in good health, and whose physical and intellectual powers are not overworked, will generally require about eight hours of sleep. The wise man however, if he feels that his physical condition demands more than that amount of sleep will be sensible enough to take it. Every physician knows that when his patient sleeps naturally and plentifully he is likely to recover rapidly.

The general tendency among young men is to devote the hours designed for rest and sleep to social enjoyment, and oftentimes to exhausting and even debasing amusement and recreation. Unless you are naturally a very lazy person, you are not likely to take more sleep than your constitution requires; but always remember that lazily lying in bed in the morning is not sleeping. It is a pretty safe rule to sleep or to remain in bed only so long as you can sleep soundly. At all times also remember that the first hours of the night

are more rich in physical invigoration and healthful benefits than the hours after midnight. And get up promptly in the morning when you awake.

Restlessness or sleeplessness during the night is always a bad symptom whether the individual be regarded either as sick or well. Your sleep should be sound, and not broken. It should not even be disturbed by dreams. If you suffer from nightmare, have the sense of falling, or have dreams in which the events are full of perplexity and cause great mental anxiety during sleep you may be assured that your stomach contains some undigested and possibly indigestible food, which was eaten at the evening meal or during the day, and you should carefully set yourself to discover what that article of diet is. It is possible that your stomach may be able to digest meat eaten in the evening but there are many stomachs which will not digest meat taken at the evening meal and consequently it must lie in the stomach, where it will be sure to set up irritation and cause discomfort when awake and unrest when you attempt to sleep. The stomachs of some people will not digest fish, some refuse to receive milk and appropriate it. Rich pastry is always injurious, and to some stomachs fruit and especially bananas give subsequent uneasiness if taken in the latter portion of the day.

If at any time your sleep is troubled and broken, rest assured there is always some adequate cause and, you should lose no time in determining what it is. Generally it will be found in the character or quantity of the food eaten during the waking hours which preceded. Every young man should learn to be observant of the effects of what he eats. When you suffer from headache or feel weak

or worthless or without animation or ambition, there is some cause for it and you will usually find that cause by a careful review of the past twenty-four hours, or at least of the forty-eight which have preceded.

A single bed is always to be preferred, both for married and unmarried people. Where two persons sleep in the same bed, the one who has the stronger physical power is likely to absorb the vital forces from the weaker one. Where either is afflicted with any tendency to consumption, has any skin disease or other malady, he is likely to impart its evil influences, if not its actual contagion, to the individual who shares his bed with him. The sleeping room should always be exposed to the sunlight. The apartment should be thoroughly ventilated during the day, and there should be an ample supply of fresh air throughout the entire night.

As we have already intimated, physical weakness may be due to physical excess and to self-inflicted causes. At some period during childhood or subsequent years most young men have learned, whether from their boy associates, from some accidental cause, such as sliding down a banister or climbing and descending trees, or because of an unnatural sexual irritability, something concerning the unmanly and debasing practice of self-pollution. In our institutions of learning, and even in our colleges and universities, masturbation and self-pollution, and other forms of self-imposed degradation and defilement, are practiced among many of the students, and sometimes even to an alarming extent. The practice is revolting and degrading, and, if continued, is ruinous in its results. It weakens the intellectual, debases the moral and thoroughly undermines the physical

man. The practice is not only a sin against God, but a sin against all that is high and holy in man's nature, and most thoroughly destructive of all the possibilities which coming years have in store for the unhappy individual.

The most fruitful source of self-pollution is ignorance. If parents were faithful in the discharge of their duty to their children in this respect, the evil would be generally corrected. The silence of most parents is both foolish and culpable. The person who leaves child to learn from vicious companions in an unhallowed way what they should have received from the lips of father or mother is guilty of grave neglect, and loses the best opportunity of a parent's life to establish the mind of the child in purity and virtue. Mrs. Alice Lee Moque, herself the mother of three boys, in writing upon this subject aptly and correctly says:

"Ignorance is a deadly sin. In this enlightened age we must recognize that ignorance is not innocence, and remember that to forewarn our boys is to forearm them. The truth, properly told, has never yet harmed a child; silence, false shame and mystery have corrupted the souls and bodies of untold millions."

We have learned even of educated and cultured young men at the age of twenty-five and thirty who, through ignorance, have fallen into this terrible vice. Thousands of boys and young men who are intelligent and well informed upon other subjects, are in total ignorance upon the nature and design of their reproductive organs, and fall into and continue in this most degrading and ruinous vice simply because they are profoundly ignorant.

Where a young man has inflicted physical weakness upon himself by a course of sexual defilement and physical debasement, his only security is in its immediate and complete abandonment. This needs a thorough and overmastering determination to bring his lower nature into subjection to his higher intellectual and moral natures, a calling upon God for forgiveness for the past, salvation for the present and grace and victory for the future. Any young man who continues his evil practice may be sure that he is steadily undermining his physical powers, destroying his health, softening his brain, weakening his intellect, converting himself into an imbecile, and preparing himself either for the insane asylum or an early place in the cemetery. If the course is persisted in, the results are inevitable. The sin and its consequences are inseparable. Well might a young man in such a condition cry out and say, "Whither shall a young man cleanse his way?" and the answer must be given, "By taking heed thereto, according to Thy word." Such an one needs to hear and heed the injunction. 'Abstain from fleshly lusts, which war against the soul.'

In many instances—and we think we can safely say in most instances where there is sufficient moral manhood left to desire to be free from this sinful and destructive practice, and where a young man will rise up in the dignity of his manhood and declare that he will be free, that he will put the monster under his feet, that he will fight if needs be until death for his victory, that he will regain his physical, intellectual and moral powers, such a young man has reasonable hope of success, and, with the blessing of God, he is sure to be crowned with the eventual victory over his passions, and may even gain back, if persistent and faithful

through a course of subsequent years, that which distinguishes the victor upon the field of battle and restore to himself his regained manhood and powers.

What we have now said with reference to the general prevalence of vice has been said in order that we might be perfectly candid and frank with young men, and also that we might remove the possibility of their being unduly alarmed; that they might be removed beyond the possibility of their being deceived by books, pamphlets and circulars which are sent broadcast over the land by persons whose only purpose is to mislead, alarm and defraud those who should simply be made intelligent and helped according to their need.

While what we have said is true, there is upon the other hand, no little danger lest young men might be greatly harmed should they become wholly indifferent to the matter of emissions and the loss of semen. No man can afford to be entirely indifferent to these matters. Every man should, by careful observation, vigorous physical exercise, regular bathing and judicious diet, seek to reduce emissions to the minimum, and in every way seek to reabsorb and use in his own system the sexual fluid which is so important to his highest physical, intellectual and moral well-being.

Every young man will best understand this subject when he has learned the nature and office of the glands which secrete, or take from the blood, the fluid which, after being secreted, is transformed and undergoes such changes as are necessary to convert it into sexual fluid. These glands in the human system are very much what the laboratory is in a large chemical establishment. The fluid, which is abstracted from the blood, in a manner which we can neither understand nor explain is made to undergo such chemical

and vital changes that it becomes entirely different from what it was when it was abstracted. After these changes have taken place, it is again poured back into the system to supply such requisites as are absolutely essential in order that the entire body may be kept in perfect health. It will be seen, therefore, that the sexual fluid is needed for constant use in the physical laboratory of the body. It is very possible that if one could live in that state of mental pureness and at the same time care for his body as God has intended that it should be cared for, it might be possible for a man with perfectly normal sexual development to go for periods of months, and possibly for years, without any loss of the sexual fluid. Such a condition may not be absolutely ideal, but we confess that in our researches we have never yet to find such an individual, and the statement made by quacks that in the closing part of his life Sir Isaac Newton affirmed that never in his entire life had he lost a single drop of sexual fluid cannot be sufficiently substantiated to make the statement creditable even in this given instance.

The importance, however, of struggling for that ideal physical perfection is recognised by all who seek the most perfect physical and intellectual development. Whenever athletes are under training for some contest which will demand the most perfect physical development and the best possible powers of endurance, even the married among them are required not only to abstain from all sexual indulgence, but are often also required to leave their homes and take up their abode where, as far as possible, they shall be removed from the sexual stimulus and excitement which comes from the presence and even from the sight of women.

The Mosquito

(Is it a friend or an enemy).

The sons of Adam are exposed to many enemies especially in India. Is it the lion, the leopard, the tiger, the wolf, the cobra, the manatee, the panther, or some other of the beasts of the forest who, between them, kill thousands of people annually? It is the Mosquito—the common mosquito—which appears so tiny as a speck of dust, still has the power to spread malaria from man to man and cause the death of innumerable every year. It also ruins the health of millions more. We must know that there are two kinds of mosquitoes. The anopheles convey malaria and other diseases. The other is culex which is harmless. Extra care is required in the case of anopheles, because it injects malaria germs into the system and so destroys and almost puts a stop to our circulation of blood. The harmless and the dangerous kind of mosquito greatly resemble each other. So in order to detect the dangerous mosquito, then we will have to examine their posture. The harmless kind of mosquito stands with its body parallel to the surface on which it is resting.

In our days, it is not a very great problem to prevent the breeding of mosquitoes. I shall enumerate a series of simple rules which would prevent the breeding of mosquitoes. A little negligence of these simple rules would lead us to the grave (i) As the mosquitoes come out at night time there should be proper netting all over the bed. I

MORE ABOUT THE MOSQUITOES

27

there is no curtain for the bed, the mosquitoes will enjoy a heavy feast of our blood and in return, will inject malaria germs and render us quite helpless after sleep. The victory attained in the building of Panama Canal was not owing to the staff of engineers but it was due to the reduction in the death rate among the workers, which at first was very great owing to the bite of mosquitoes. (2) Have no ditches either of rain water or of dirty water about the house. (3) Put some kerosine oil on water that is dirty or that cannot be taken away or covered. (4) Never keep tin cans or rubbish things near the kitchen. Keep the kitchen perfectly clean. (5) Visit the doctor occasionally and take quinine daily. Take purgative. Castor oil is the best.

In short, no one would ever get malaria unless bitten by a malarial mosquito. Clearly, the most due thing to do is to get rid of the mosquitoes as far as possible, and to prevent those that remain from biting us.

K. H. D.

* * *

[Edl. We recommend Chitatta decoction in place of Quinine].

More about the Mosquitoes

(Soliloquy of the Anopheles).

"I am not one of those creatures which grow slowly from birth to full size, as beasts, fishes, birds, and many insects do. I have to undergo different stages each quite new from the last stage. Once I was sitting on the bed of

Mrs. Bloodful. My mother came to me and told me the following :—

‘Me dear daughter let me tell you your eventful history of your birth. You were hatched from boat-shaped eggs laid in a dirty can, containig rain-water, which was near the kitchen door. You were too small for the human eye to see. In this stage people named you larva. In about a week you came out of the can in quite a different form.’ In the meantime Mrs. Bloodful came with her crochet to sit on the bed. We respected her by leaving the bed atlonce. Then my mother sat on Mrs. Bloodful’s hand and wanted to suck the blood but before she could do so she was caught and put to death most fatally. I escaped fairly well. I am very sorry at the death of my mother. Can we do anything dear reader! against the will of God. We are helpless. Now with weeping eyes and with a moaning tone I will describe to you my family and all other things. I have millions of brothers and sisters, some of them born in gutters, debris, puddles of water, dirty flower pots and such other places. As I am a female mosquito of the anophele’s type I am fond of sucking blood with my hollow tongue which is specially adapted for the purpose. The aforesaid Mrs. Bloodful is so very poor that she does not even afford to keep bed curtians so I with my sisters feed to our heart’s content by sitting on the uncovered part during her sleep and in return, as a compensation, we inject malaria germs into her body. Let us confess that we are harmless at first but when we suck the blood of a person, having malaria, we suck in malaria germs with it. You all will be astonished to know that the germs breed in our body, after a couple of days we bite another person and so he gets fever and if he is not very cautious he dies. Mrs. Bloodful is a very cruel woman

because she pours kerosine oil into the dirty water to kill our sons and daughters. Poor souls! they are deprived of the beauties of Nature, for they are put to death while they remain in their teens only. We are experts in spreading many diseases. It is a pity that our male partners, brothers, die in a few days; they do not like blood; they feed on rotten things only. While we continue our blessed life of blood sucking and poisoning for a month. I have only one daughter, who escaped from the giant kerosine oil. She is now married and looks after me.” It is afterwards related and recorded by her daughter that her mother died of old age during the summer season.

“Thus ends this strange, and eventful history.”

KEKI. H. DINSHAW.

[Edl. We recommend the use of our ‘Fever Cure’ for all attacks of Malaria. Price Per Phial Rs. 3].

How to Preserve Your Eyes

Modern eyes are overtaxed by dust and acid in air by the strain of reading particularly when the print is bad, by the fierceness of modern light, by the prevalence of the wrong colours and the absence of the right colours, by the muscular tension due partly to nerve strain and by toxæmia itself—that is to say by the poisoned condition of the blood stream which feeds the eye and should take away from the eyes their waste matter.

A few hints must suffice here.

The first of all these must be attention to the foods and drinks, to the washing of the eyes and to every method of cleansing the body. This is essential. Too often the "specialist" will deal with the eye alone as if it were an organ all by itself unconnected with the rest of the body whereas the health of the eye depends largely upon the health of the whole body.

Narcotics like coffee, cocoa and tea are poisons and must be first abandoned. The most important that affects the whole body is that unknown mysterious and atrocious effect of masturbation or excessive sexual intercourse. This causes mental disorders and makes life a monotonous burden. Further this will lead to various disorders of the eye like short-sight etc. To prevent such things the best way is to lead a pure life and thus try to avoid them.

Most people need to relax their eyes. They can do this as a muscular exercise or by looking to a distance or by

imagining something in the distance. It is a great mistake to go on with the eye focussed in the same way for too long a time together. The focus of the eye should be changed from time to time.

As to light it is a terrible problem, modern light being so fierce. Good lamplight was not so bad nor was good gas-light, but the cruel electric-light in the metallic filaments is atrocious. The best artificial light is indirect, the light being screened below or thrown up by a reflector upon a white ceiling the top of the walls also being whitened. This gives a light almost like daylight. Another plan is to cut off the fierce rays by coloured glass or silk. Some prefer an orange colour, others an incandescent colour for the light to pass through. The position of the light should be carefully chosen. It is generally agreed that if it is not a top indirect light, it should be behind and to the left side. Of all colours the most soothing colour is green as we get it in nature in the fields.

A useful plan is to take a towel or handkerchief, dip it in cold water, and hold it over the forehead and eyes for a time.

There is no justification for raising an out-cry against the practice of reading in bed. Provided that the lights be good and the book held at the proper angle, less physical energy is used than if one were sitting up at a table.

We must remember that the state of the eyes not only is the result of the general health but also influences the general health in turn and especially if the eyes are wrong, there is often a tendency to headache and depression.

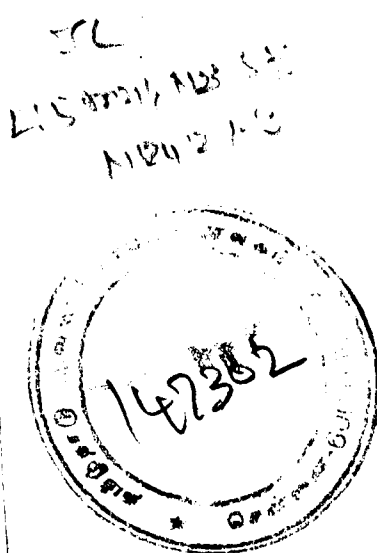
It would be advisable to give some exercise to the eyes. The best way is to turn in the various directions upwards

and downwards, sideways and diagonally and lastly in a circular motion in the two directions from the left and from the right.

When one has returned home from office or college the dust contained in the eyes can be removed best by plunging them in a basin of cold water. Thus we can get much relief to the eyes.

One must not be too faddy in the care of the eyes ; but—on the other hand it is madness to neglect them, as most people do.—
(Swarajya.)

[Edl. In cases of eye-troubles such as redness, ulceration, watering of the eye, shortsight, sore-eye and putulent discharge, we recommend the use of our 'Nethra Bindu'—A phial costs Rs. 2].





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Ph. D. Sc., M. D. (Ayr). D. Sc. (Hr.)

Managing Director and Senior Physician.

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2 THE SECRET OF HEALTH

RATNAKARAM and to speak in detail of the various diseases that are cured by the use of this specific.

We may mention in particular that our specific has produced unique and very gratifying results in the following cases.

(a) It keeps the liver in its normal condition and prevents the Bile from being deranged. Bile when deranged produces the worst diseases that man is heir to such as Burning sensation of the soles of the feet and hands, Acidity, Colic Pain, Jaundice, Billiousness, Eruptions, Various kinds of Impurities of Blood etc.

(b) Bad Liver creates Acidity and Bad Blood, and bad Blood is the root of all diseases. One of the Symptoms of Dyspepsia is that the sufferer cannot digest anything but light food. The food that he eats is not properly assimilated and digested, but is converted into Acid. It cures surely all kinds of Colic Pain in the Liver, Spleen, Sides and Tumouric Gulmo, Heart and many other diseases, keeps the Liver on proper order and checks Bitter and hot belching and occasional vomiting of Bile.

(c) It cures most wonderfully and magically Gout with its concomitant symptoms, the Rheumatic pains in any part of the body in the Lumber region (*i. e.*,) Lumbago in the Nerves, Muscles, Joints, Testicles, Legs, Arms, and Fingers and Neuralgic pain in the Head, Face, Occiput, Ears, Mouth, Teeth, Stomach, Bowels, Liver and Spleen and Rheumatic Sciatica and Paralysis of different types.

(d) It thickens the Vital Fluid and remedies General Debility and gives full energy and as such it acts as a Tonic.

AMRUTA RATNAKARAM

8

It also cures Debility of the Brain and Nervous Debility of all kinds brought on by Youthful Indiscretions of young men. It cures loss of cheerfulness and memory and tends to improve active habits by bringing on gradually Health, Liveliness, etc. It cures impotency, Loss of Power and Retention. It increases the Vital Fluid admirably and restores the Semen to its normal condition and acts like magic in strengthening and invigorating the prostrated system.

(e) This is the best remedy for Checking Nocturnal Emission and night Dream. Nocturnal Emission has become the general complaint of almost every student living in the land. Amruta Ratnakaram subdues the unnatural excitement both of the mind and the organ, cools the Head and the unnatural irritation of the stomach. It cures Nocturnal Emission with its concomitant symptoms *viz.*, Loss of Appetite and Taste for food, Habitual Constipation, Vertigo, Black spots around the eyes, Brain Fag, Cheerlessness, unwillingness to do one's duty, Irritability of temper, the fact of the eyes getting Sunken, Discharge of Semen at the sight and touch of women etc. If patients subject to the wasting and fatal disease neglect it at the outset, it eats into their very Vitals and brings on many other diseases along with them even Impotency and their condition goes on from bad to worse, till at last it spoils life once for all and makes conjugal life a curse.

(f) It most effectively stops the discharge of Semen before and after passing urine and stool of patients suffering from Gonorrhoea and all other diseases of the Urinary organs. It also makes normal the urine of those who pass urine resembling Lime-Water and Milk. It acts

like a magic in remedying the Black and White Discharges of women suffering from Leucorrhœa. It cures without fail all the Twenty Varieties of Prameha no matter whether they are considered Curable or Incurable. Moreover it is an excellent remedy for Stricture, Jaundice, Low chronic fever that affects the very system of the patients, Diabetes of all kinds, Albumenorrhœa. It increases the bulk of the body, the quantity of the Vital Fluid, strength and complexion of the patient's body.

Prameha is a very dangerous disease; it eats into the very system of the patients suffering from this fearful disease. The food we eat is converted into Semen on the 30th day and the waste of this Semen in some form or other is what is called Prameha. The unfortunate patient should lose no time to check the progress of this fearful disease. If neglected at the outset simple prameha may develop into Gleet, Stricture, Diabetes of all Kinds—Albumenorrhœa, Impotency, etc. It causes the free flow of urine, allays the burning sensation while passing urine and stops the running in of the poisonous matter through the Urethra most admirably. Gonorrhœa is that which is contracted by its victims by coming in contact with women of ill-fame and women infected with the Gonorrhœa Virus.

This Amruta cures Gonorrhœa most successfully and surely. It heals the sores within the Male Organ and begins to stop the running of the poisonous matter, Pus at once.

Gleet is the painful development of Gonorrhœa. Men attacked with this disease pass with urine hard thread-like Semen to the length of one or two inches. They do not pass natural urine but along with urine they pass phosphates,

Semen and many other substances. Stricture is the outcome of gleet. Constant running of poisonous matter through the urethra obstructs the free passage of urine. A white Substance like milk and Lime water which is nothing but phosphates is seen in the urine passed by patients attacked with Gonorrhœa and Prameha. It is nothing but the refuse of the undigested food eaten by the dyspeptic. Diabetes is the most fatal outcome of excessive Indulgences, Gonorrhœa, Gleet, Syphilis, etc. If not detected at its incipient stage and if the causes of disease are not removed betimes it takes a very dangerous turn bringing death at last.

The most obstinate disease that very frequently destroys the health of Females is Leucorrhœa *i.e.*, white discharge. Females of India very frequently become subject to the diseases of Leucorrhœa, Dismonorrhagia, etc. The causes are not very far to seek. Excessive indulgence and contract with polluted husbands and mental, moral shock or emotion are the root causes of this disease. The unfortunate husbands who contract Gonorrhœa or Prameha should think very seriously that by coming in contact with their wives, they are destroying the health of their wives. Amruta Ratnakaram heals the ulcers within the Female organ from which pus passes constantly in the shape of white Semen and as soon as these ulcers are healed up the white Discharge is checked and the patient is gradually restored to her normal health. It is capable of curing not only Leucorrhœa but Dysmonorrhœa, Amenorrhœa, Menorrhagia, Sterility, Metritis, Displacement of the Uterus, general debility and many other Female diseases too numerous to mention. It removes not only the diseases mentioned above but all the concomitant symptoms of those all, *viz.*, palpitation of the heart, Sinking sensation, Dullness of appetite, Backache, Fainting and

unnatural discharges of Blood and Semen. They increase the Bulk of the body and make the lean and the lanky corpulent and fat. They make Woman Beautiful and lovely by removing all their diseases.

It checks the excessive Menstrual flow of women during and after menstruation and cures the pain that the patient feels before and after it. It has a wonderful efficacy of curing irregularity in periods, and Scanty and Painful discharge of menstrual flow. It brings on periods in females who fail to have them even when they attain age. The Urinary diseases of the Females may be the cause of the Sterility of the Females. To remedy sterility, those causes must be removed. By the use of Amruta Ratnakaram Barren Women become blessed with good healthy children. It removes all the complaints of women that stand in the way of their giving birth to children. It prevents Habitual Abortion if used before pregnancy. This is the safest and most harmless remedy for females during and after pregnancy for almost all the diseases.

(g) It cures Chronic Bronchitis and Asthma, Raktapitta and all other kinds of Phlegmatic affections even Pthisis, the king of all diseases, are all cured by the administration of this Sovereign remedy. In Pthisis, it is both Curative as well as Preventive. It is very beneficial in cases of Cold, Cough, Asthma and even in loss of voice and Pthisis accompanied by fever. Though the attack of cold is a simple and even ordinary disease yet it should not be neglected, in as much as this simple cold can bring about all kinds of diseases that Man is heir to—even Pthisis. It is an excellent remedy for simple Cough, Cold and Fever as well as for Asthma and consumption.

(h) It cures surely and permanently Syphilis and the dire consequences of this dirty disease. Most of the Leprosy cases met with in the land are due to the poison of Syphilis found latent in the patient's body. The poison begins to develop gradually into worst Kinds of skin and other diseases, even Leprosy, Impotency, Loss of manhood, Diabetes and other nervous and Wasting diseases such as Paralysis, Pthisis, etc.

If the patient has intercourse with a woman suffering from Syphilis, he contracts the Chancre along with Ulcers and Buboes on both sides. Then it develops into hard Ulcers and Buboes also increase in numbers and they remain hard till the recovery of the patient. If proper remedies are not taken in time the patient is attacked with Shivering Fever and Buboes also develop and Ulcers spread very quickly. If the patient had any constitutional disease previous to the attack-Chancre, then at this stage the whole penis is attacked with ulcers. It is sometimes confounded with Gonorrhœa as pus begins to flow through the urethra and the patient feels severe burning sensation while passing urine.

It cures Syphilis not only in their first, secondary and other stages but cures the worst consequences of Syphilis viz., Impurities of Blood—not to speak of the ordinary kind of skin diseases, such as Itches, Scabies, Billious Eruptions, Cracks, and Fissures in the Skin, Eczema, Excrescences on the Skin, Herpes of all kinds and in any part of the Body, Gangrene of the Flesh, Urticaria, Ulceration of any kind but even Leprosy which requires a serious handling and attention of every one.

(i) Patients using the Amruta Ratnakaram are not required to be confined to bed nor prevented from bathing

THE SECRET OF HEALTH

nor going out in the Sun's Rays ; but it can be used in the ordinary course of life by any one and every one.

(f) It purifies the IMPURE BLOOD of those Patients who are suffering from Influenza, Pneumonia, Malarial Fever, etc., from time to time and who have become hopeless of cure, by increasing the Red Corpuscles of the Blood and by removing the poison radically from the system.

(k) As AMRUTA RATNAKARAM contains purely Ayurvedic Medicines such as Chandrodaya, Tambra, Muktya-Pravala, Swarna, Abrak and Loha Bhasmas besides very valuable and effective vegetable ingredients, and are harmless and pure, every one, no matter WHETHER YOUNG or OLD, MALE or FEMALE may use it SAFELY and SECURELY. In view of the EXCELLENT RESULTS DERIVED from AMRUTARATNAKARAM and taking into consideration the manifold good results derived from it, it may indeed be called HEAVENLY NECTOR.

The unique GUARANTEED preparation stands unrivalled in the Whole Medical World and as such we offer Guarantee to the Patients with an honest conviction that it will surely produce the desired effect.

This was prescribed by our Rishies for all incurable and intractable diseases which humanity has to suffer. It is prepared to suit all climates, all races and all ages. A noteworthy feature of this medicine is that there is no restriction of diet and on the other hand it requires a good and strong nourishing diet. Numerous unsolicited Testimonials have been received in Proof of its Efficacy.

Price Per Phial Rs. 5 (Five) only.

For a complete course of one month, 3 phials, Rs. 15

AMRUTA RATNAKARAM

9

The following Certificates are published for the information of the Public :—

i. Dr. L. C. BURMAN, M.A., Ph. D. Sc., Bio., Lit. D. Sahitya Shastri, Vidyabhushan, Etc., President, The Educational Institute, (Allahabad City) 21—9—23).

"*Amruta Ratnakaram* prepared by Ayurveda Vaidya Ratnakaram Pandit, Dr. N. V. S. Sarma M. D., (Ayr.); D. Sc., (Hr.) Managing Director and Senior Physician of the Ayurveda Siddhasaramam of Madras, marvellously purifies the blood and serves as a nervine tonic in all bad cases." I can safely recommend it to those who have had their brains enfeebled in any way and lost the retentive power of Memory."

ii. Ayurveda Ratna Pandit Dr. T. D. S. Murti, D. Sc. (Ayr.), President Founder, 'Academy of Aryan Science' and Editor of the Akademi, Tiruvendhipuram. (1—1—24).

"I had the pleasure of visiting the 'Asramam' on 1—1—24. I tried the various preparations of this 'Asram' amongst my patients and found them efficacious. I also tried the all round medicine. 'Amruta Ratnakaram' in some special cases of ailments (i.e.,) Digestive, circulatory and thoracic diseases, and found the same to be true to its description by Ayurveda Vaidya Ratnakaram Pandit Dr. N. V. S. Sarma, Ph. D. Sc., M. D., (Hom.) M. D. (Ayr.), D. Sc., (Hr.) I can safely recommend to the public the various preparations of this 'Asram.' As the proprietor of this Asram prepares personally every medicine and at the same time is willing to give a real description of the process of each medicine to real doctors I need not say it adds more to my recommendation."

He does his work unostentatiously. His Medicines similarly effect cure unobservedly.

To say more is superfluous. I wish all success to this Asramam and its useful work under the supervision of the learned Pandit Dr. N. V. S. Sarma, Ph. D. Sc., Etc.

iii. Mr. V. COOMARASAWMY, *Extra Clerk*, P. W. D. OFFICE, *Klang*, F. M. S., *Dated 21st January, 1924.*

I sincerely certify to all concerned the fact that I got down first 2 phials of Amruta Ratnakaram for a trial as a patent medicine, and I myself consumed this phials of medicine and greatly appreciated the result of it and brought the fact to the notice of some of my friends near by and they also had consented to use this medicine. For their use I got down over 20 phials of Amruta Ratnakaram and some special medicines also from Dr. N. V. S. Sarma, Ph. D. Sc., M. D. etc., Managing Director and Senior Physician of the Ayurveda Siddhasramam of Madras, and the result of this valuable medicine was so wonderful that all of them had appreciated this as an effective tonic and cure for almost all kinds of ailments in their constitution.

I further certify that I am regularly using this as a tonic so as to keep up my body strong and healthy in my old age of over sixty years.

iv. Mr. R. S. VISWASAM, Kent Estate, Mahawella R. O. Matale, Ceylon. *Dated 10th August 1923.*

"I have used your medicines for the last two months and I found them good in my case. I will be always very grateful and thankful for the benefit I have derived up to date by your valuable medicines."

"Please send me by V. P. Post 2 phials of AMRUTA RATNAKARAM, 1 phial Netra Bindu and 6 oz. Brihat Maha Dashamul Taila"

"I have recommended many of my friends to deal with you if they want **Genuine Medicines**"

v. Dr. R. N. Sexena, Senior Medical Officer, Central Lunatic Asylum, Agra, *Dated 2nd October 1924.*

"I had the pleasure of trying your "AMRUTA RATNAKARAM" to a patient of **Chronic Bronchitis** with doubtful condition of consumption where I found the results most encouraging and satisfactory in as much as it did immense good in 10 day's time."

"I would like to request you kindly to advise despatch of 2 phials of the above specific of yours to the undermentioned address and oblige."

Ayurveda Siddhasramam.

Our principal and important Medicine 'Amruta Ratnakaram' has been awarded several Gold Medals and First Class Certificates of Merit by the following Ayurvedic Conferences and Industrial Exhibitions held from the year 1919.

1. The Dravida Ayurveda Vaidya Sammelana Conference and Exhibition, Tiruvendipuram, South Arcot District, 1919.
2. The Tamil Vaidya Conference and Medical Exhibition, Tinnevely, 1921.
3. The Industrial Exhibition, Bezwada, 1921.
4. The Bhagalpur Exhibition, Bhagalpur, 1922.
5. The Indian Industrial Exhibition, Karachi, 1922.
6. The Bellary Industrial and Agricultural Exhibition, Bellary, 1923.
7. The Second Tamil Vaidya Conference and Medical Exhibition, Madras, 1923.
8. The Second Karnataka Provincial Conference and Exhibition, Bijapur, 1923.
9. The Baroda Exhibition, Baroda, 1923.
10. The Mangalore Industrial Exhibition, Mangalore, 1923.
11. The Jatiya Maha Mela Exhibition, 1922.
12. The Indian Industrial Exhibition Poona, 1924.

Press Opinions

The Calcutta, Medical Journal—November 1923.

The Secret of Health edited by Ayurveda Vaidya Ratnakaram Pandit Dr. N. V. S. Sarma M. D. (Ayr.) D. Sc. (Hr.) naturally attracted our attention most and we had carefully gone through the pages. We have no hesitation to say that every page is full of interest and one would not stop till he finishes the volume. We wish every one of our readers would get hold of a copy and enrich his knowledge of medicine and science from this valuable journal. We wish we had space enough to quote some of the very striking passages from this Journal.

The Ayurveda Siddhasramam of which the Vaidya Ratnakaram Dr. is the Managiug Director and senior Physician has wonderfully prepared specifics and cures for Cholera Delirium, Leprosy, Hydrocele, Leucomared Dyspepsia, Consumption, Impotency, Rheumatism and Paralysis, Sterility in women, Elephantiasis, Diabetes and even Plague.

We wish the enterprise grand success, which is bound to come from all that we could gather out of this Journal and we trust we will be provided with a regular supply of the same for our medical members to enjoy in "fresh fields and pastures new."

Annual Subscription is Annas Twelve only and the Editorial and Publishing Offices are at 411, Mint Street, Madras. Post Box 1236.

ii. *New India, Madras. (Monday Oct. 8/11/23) Says :—*

We are glad to welcome into the ranks of monthly magazines this successful medical monthly Edited by Dr. N. V. S. Sarma. M. D. (Ayr.) D. Sc. (Hr.) Managing Director and Senior Physician at Ayurvedic Siddhasramam. The first number published this month contains useful articles on the art of medicine, health, fasting, plants and drugs and acute rheumatism. The object of the journal is to convince the public how to preserve one's health free from all diseases and also the value of the efficacious medicines prepared according to Ayurvedic science.

The annual subscription is very cheap, being 12 annas.

iii. 'The Practical Medicine' Delhi, Nov. 1923 Says :—

The Secret of Health—Under this title is issued a monthly Journal by Dr. N. V. S. Sarma, M. D. (Ayr.) D. Sc. (Hr.) from 411, Mint Street, Post Box 1236, Madras. The annual subscription is only annas twelve and the paper is brought about for popularising Ayurvedic Medicines prepared under the Siddha Ayurvedic System. It is intended to deal with matters concerning health and hygiene and the first issue of October 1923, contains useful information on the subject. We wish this new comer a success in the field.

iv. 'The Swarajya' Madras (17-11-23) Says :—

'The Secret of Health'—This is a monthly Journal edited by Dr. N. V. S. Sarma, M. D. (Ayr.) D. Sc., (Hr.) Managing Director of Ayurveda Siddhasramam. The first issue contains a number of interesting and instructive

articles on Health, Fasting, and Acute Rheumatism. The annual subscription is fixed at the nominal rate of 12 as. sample copy can be had on application to the Editor, 411, Mint Street, Madras.

v. *The Hindu of Madras—27—13—22 says as follows :—*

The Secret of Health :—A tiny monthly which aims to convince the public of the importance of health and of the efficacy of Ayurvedic Treatment. Edited by Ayurveda Vaidya Ratnakaram Pandit Dr. N.V.S Sarma Managing Director and Senior Physician, Ayurveda Siddhasramam. Annual Subscription 12 As.

vi. *The Medical Times. London. February 1924.*

A new Monthly journal entitled The Secret of Health, edited by Dr. N. V. S. Sarma, has lately appeared. It is devoted to preservation of Health, expounding the Siddha Ayurvedic system of Medicine. The copy sent to us is instructive and interesting and this little journal should certainly appeal to many practitioners in India where it should have a successful career. The subscription is twelve annas per annum and a specimen copy will gladly be sent free on application to Dr. Sarma at 411- Mint street, Madras.

'The Princely India' Delhi, 13-10-23 Says :—

We have great pleasure in acknowledging receipt of a copy of the Monthly Journal "THE SECRET OF HEALTH" recently published by Dr. N. V. S. Sarma, M. D. (Ayr.) D. Sc. (Hr.) The Journal is nicely got up and contains valuable

information under the several heads of Health, Hygiene, Medicines coming under the category of Ayurvedic Siddha System of Treatment.

We quite appreciate the laudable object of the Editor in bringing forward such a useful journal at a time when study of AYURVEDIC medicines is being rejuvenated. We congratulate him on his efforts and highly recommend his valuable production to the general public who are sure to be benefited. The object of the Editor in fixing a nominal subscription of annas Twelve per year is with a view to make the journal reach the hands of all-rich and poor-alike. A sample copy of this journal can be had free on application to the Editor. "THE SECRET OF HEALTH" 411, Mint Street, MADRAS.

'The New Call' Sunday, October, 1923, Cannanore—Says:—

'The Secret of Health' Edited by Dr. N. V. S. Sarma, 411, Mint Street, Madras. We have great pleasure in acknowledging which thanks receipt of a copy of the first issue of this monthly Journal. It is well got up and contains articles, among others, on Vaidyam or the Art of medicine Health, Fasting. The object of the Journal is said to be to revive and reinforce the Ayurvedic Siddha System of treatment. Its annual subscription is annas twelve, and we hope all those interested in the study and rejuvenation of Ayurveda will encourage this new enterprise. We wish it every success. A free Sample copy can be had from the Editor.

THE SECRET OF HEALTH

A MONTHLY JOURNAL

Vol. 1 SEPTEMBER 1924. No. 12.

OURSELVES

In the year 1923 October when we started this journal we have fully described our object in view. There we have stated "our object in bringing forward the publication of this journal under the name of "SECRET OF HEALTH" is to convince the public how to preserve one's health free from all diseases and also the value of the efficacious medicines prepared according to Ayurvedic Science.

Our Siddhas have wisely stated that medicines prepared of ingredients available in one's (patients) own country (climatic Zone) only will have the desired effect. Unlike in the past we have changed and are daily changing new our places of residence, habits, customs dietics etc. This changed environments require a change in our medical preparations. Our Siddhas fully knowing our future have given alternative Yogas (recipes) to suit such environment. Our Siddhas are Trikalagnanas (knowers of past, present and future) is well proved from this fact alone. It also compares with the fact that the science of medicine should be progressive as stated by wise men of the age.

Among the variety of circumstances that brought our Ayurvedic Science to disrepute now, this fact of not changing or not discovering the right Yogas (Compounds) suited to present time, by vaidyas of this age is the chief one. It is well stated by Rishis, Sages, and Siddhas of old that vaidyas of the time should use their discretion in selecting Yogas (Recipes or compounds) having regard to the time, place and other environments.

The rigid orthodox vaidyas and other uninformed ones who pose to follow in their foot-steps placed no consideration to the above statements of Rishis and hence this disrepute at present.

It is to modify this as stated above we brought this journal into existence.

Since we are closing the first year with this number of the journal and as we are entering the second year of our existence we like to have a short rehearsal of the work done by us in this the Abdapurthi day (anniversary day).

What we did by broad-casting the knowledge of Hygiene and health-preserving through this journal need not be gone through again as it is clear to the readers of our journal. We only want to draw the attention of the public, our friends and readers of our journal to the work done by us through the discovery, preparation and distribution of our well renowned medicine (Yoga) Amruta Ratnakaram and its allied auxiliary recipes. This fact can be learned by the perusal of unsolicited, genuine testimonials received by us and some of which are published elsewhere in this journal. By these one will understand that we are gradually progressing in fulfilling the objects of starting this journal.

To continue the work, we rely upon the patriotism and generosity of our countrymen and their unstinted patronage and hearty co-operation.

We thank those that extended their patronage and help till now. We further thank them in anticipation of further extension of the same.

As we have priced this journal at 12 annas per year to make it reach all-poor and rich alike—we once more appeal to our friends, readers and countrymen to help us in the enlargement of our journal's circulation consequently in our noble enterprise of redeeming our invaluable Ayurveda to its pristine glory.

We close this at present to resume our next journal (the 1st. of our 2nd. Volume) thanking once more all our friends, patrons and countrymen.

EDITOR.

Mr. C. P. Joseph, F. M. S. Rys. Tampin, F. M. S. in his letter dated the 26th of October 1924 writes as follows.

"Sometime back I got down a month's supply of your heavenly medicine 3 phials of AMRUTA RATNAKARAM and a dozen of TONIC PILLS and I am very glad to inform you that at present I am free from all complaints which I had before and I feel really very strong. I did not think even in my wildest dream that there is a medicine of this nature. Even the Gods who watch the Universe will be pleased with you for distributing such wonderful medicines among your fellowmen. I give my heartfelt thanks from the bottom of my heart and I am recommending the above medicines to all my friends here."

Thanking you in anticipation,

Yours truly,

(Sd.) C. P. JOSEPH.

Vitamine Deficiency in the Causation of Disease

Very important research work on the vitamins in diet has been under way during the past few years. The writer has witnessed some of the investigation going on in this line; namely, the work of Dr. Percy R. Howe, assistant professor of Dental Research at Harvard University. Dr. Howe's work, being particularly directed towards the etiologic factors of dental disease, has found publication in the dental journals. However, what may be termed the by-product of his work, the manifestation of other than dental disease, is extremely important to general medical science. I offer no apology, indeed I deem it a duty and a privilege to direct the attention of my fellows in medicine to Dr. Howe's paper. It was published in *Dental Cosmos*, November, 1921, under the title, "Report on Studies of the Effect of Vitamine-Deficient Diet Upon the Teeth." His remarks upon the vitamins are as follows:

"The three groups of Vitamines given are: the A group of vitamins (or the fat-soluble group); the B group of vitamins (or the water-soluble group); and the C group of vitamins (or the antiscorbutic group).

"The *fat-soluble group* or *A group* is supposed to play an important part in rickets. Curvature of the bones is produced by a deficiency of this group. Mrs. Mellanby has produced irregularities of the teeth by such feeding.

"The *water-soluble group* or *B group* was first noticed for its effect in beri-beri. A deficiency in this group produces profound nervous disturbances. It is the cause of beri-beri. Prompt cure follows the feeding of the vitamins

Its deficiency has not been spoken of in bone disease, but both the symptoms and the autopsies of experimental animals point to a profound calcium disturbance. The nervous symptoms indicate a disarrangement of the equilibrium, expressed in an irritability, between muscle and nerves, which as pointed out by Löeb is maintained by the calcium salts. Autopsies show atrophy of many of the glands of internal secretion whose effect upon calcium metabolism is well known.

"The existence of the third or antiscorbutic group was for a time questioned. This was due to the fact that much of the laboratory work had been done on rats or dogs. These animals are not subject to scurvy as far as is known, but in man, the monkey and in the guinea-pig scurvy occurs, and it has been proved to be identical in all three cases. In the guinea-pig a deficiency of this group of vitamins is shown by swollen and sensitive joints. The teeth become loose, the gums bleed and in cases of longstanding a good flow of pus occurs. The structure of the teeth is markedly affected.

"The *fat-soluble group* is contained in cream, butter, yolks of eggs, cod-liver oil and other fish oils, animal fats, except lard, but not in vegetable fats, in yellow grains and vegetables, in the leaves of vegetables, in whole wheat bread, in wheat embryo, in bananas, in walnuts, in the glandular organs of animals, as liver, kidney and sweetbreads.

"The *water-soluble group* is found in milk, the germs of grains, in eggs, in yeast, in liver and sweetbreads, in muscle meat, in peas, in potatoes and lentils. White flour is deficient in this group.

"The *third group* is the *antiscorbutic group*. This is found in orange juice, lemon juice, lime juice, raw swede juice, raw cabbage, in tomatoes, in green vegetables, in milk, but in rather small quantities. The antiscorbutic properties of milk vary with the diet of the animals. This vitamine is also found in fresh meats in small quantities."

On feeding guinea-pigs with a diet containing a sufficiency of proteins, carbohydrates, and organic salts, but deficient in all three groups of the vitamins, Howe noted the following effects:

"First, the teeth have become extensively decalcified. They are easily penetrated with a sharp but delicate instrument. The teeth readily bend. In some instances, distinct cavities have formed. Ground sections show that the dentine is badly disintegrated. The destructive effects are rapid and severe. This seems to us to be very similar to true dental caries.

"Second, the alveolar process is absorbed, the teeth become very loose, and protrude from their sockets and the articulation is disarranged. Inflammatory and degenerative changes occur in the periodontal tissues; indeed the condition closely resembles pyorrhea. Elsewhere we have shown that the injection of microorganisms into the gums establishes no condition that stimulates pyorrhea. The infection then is not the causative factor but is secondary.

"Third, irregularities of the teeth occur. In one case, the anterior part of the jaw became decalcified. By muscular action, the teeth moved, crossing one another like the letter X. By a return to normal diet, recalcification occurred, fixing the teeth in their abnormal position. Asymmetrical jaws also have occurred.

"Fourth, carious areas are found in the jaws themselves, and in severe cases the head bones are affected.

"Fifth, by keeping the animals for some time upon a vitamine-deficient diet, considerable areas of the jaws become decalcified. Upon a return to a normal diet large plaques of new bone formed. One lower jaw is almost wholly encrusted with new bone. This eventually becomes smoothly laid down.

"Sixth, it is a common theory to associate tooth difficulties with eye troubles. If eye troubles are obscure, the teeth are one of the first things that are held responsible for them. No one seems to think that both tooth trouble and eye trouble might have the same underlying cause, yet xerophthalmia is one of the signs observed as indicating the onset of trouble that follows fat-soluble deficiency. Running eyes occur with regularity in scorbutic feeding. Many of our specimens of guineapigs' skulls show decalcified areas of the bone in the orbit, usually at the base of the teeth.

"In young mothers, whose diets are deficient in respect to vitamins, many eye disturbances are noticed. Some have cloudy spots upon the coatings of the eye. With normal feeding these disappear. One animal was born with no eyes. We have one alive, born with but one eye. In another, opacity of the lens of both eyes has gradually occurred until the animal has become blind. On preparing this eye for sectioning, a circumscribed area dropped out of the lens. The conjunctiva was not affected. His case was diagnosed as cataract. In a mother that had just borne young a similar condition made its appearance in her eye. After feeding her large quantities of orange juice, it entirely

cleared up. Cataract at times follows parathyroidectomy. In water-soluble deficiency the parathyroids often atrophy and parathyroid disturbance is associated with a general disturbance. When we consider how common dental caries is and how many youngsters have eyes that need correcting, we may, in the light of these experiments, reason that a faulty nutritional disturbance lies behind both.

"Joint infection regularly follows deficiency in the antiscorbutic vitamins. As we have stated, the joints become swollen and sensitive. Looseness of the teeth occurs at the same time. The tooth trouble does not cause the joint trouble nor the joint trouble the tooth trouble. Both are indications of the same general disturbance. Givens and Hoffman have made bacterial examination of the enlarged front joints of guinea-pigs fed upon oats alone. They report that they are sterile. They further report that this is also true in the majority of guinea-pigs fed upon the soy cake food. The blood was also found to be sterile. If the leg joint disturbance is made to persist for a considerable period and the animal is then placed on a normal diet, ankylosed joints are produced.

"Nervous conditions are very marked. The animals run round and round in their cages, and through their food snatching a mouthful now and then. They hold their heads to one side. They sway their heads from side to side if picked up, run around in a circle, always one way, and then fall down turning over on their backs, feet uppermost. Upon handling, they show signs of tetany. These effects are attributed to a deficiency in water-soluble vitamins. When we consider that upon autopsy they show atrophy of the glands of internal secretions and that in parathyroidectomy similar symptoms occur, due to a calcium disturbance,

we may reasonably feel that we have here also a marked calcium disturbance. In some of these cases in rabbits the entire skull was carious."

The very important deduction made by Howe is, that dental caries is a process that has for its base a defective nutrition of the structures involved; and that improper diet, especially lack of calcium and vitamins, is to blame. Heretofore, dental caries has been looked upon as having solely a bacterial causation. As an illustration of lack of calcium on teeth development, I recall an experience in my practice, some thirty years since. I was called to prescribe for an old lady; after doing so, her son, showing me his child, eighteen months old, jokingly remarked to me that he intended to take it to the dentist to get a set of teeth for it. The child hadn't cut a tooth! Ten drops of calcium lactophosphate administered thrice daily was followed in a few months by the eruption of a full quota of teeth.

While Howe's work has been primarily guided as an investigation of dental pathology, diseased conditions of other tissues witnessed by him and reported in his paper have a most important bearing on general medicine, and to focus the attention of medical confreres on this portion of his work is the object of this paper. Howe remarks that "Xerophthalmia is one of the signs observed as indicating the onset of trouble that follows fat-soluble vitamin deficiency." This statement recalled vividly to mind a case of joint tuberculosis complicated with ophthalmia, treated by me some twenty odd years ago. cod liver oil (rich in fat soluble vitamins) quickly cleared up the eye trouble and, let me add, protection of the joints, freedom from weight-bearing, together with immobilization for two

years, was followed by complete recovery of the joint tuberculosis.

At the present time, the etiology of rheumatoid arthritis is unknown. In the light of Howe's work, it comes within the field of probability that vitamin deficiency has to be considered as a possible cause.

The manifestations of nervous disease witnessed by Howe are of special interest to the neurologist. It has been my privilege to study some of these results, in his later experimental feeding of monkeys in the Forsyth Research Laboratory. I have there seen epilepsy result from vitamin deficiency. The importance of this, which inaugurates a new chapter in the etiology of this disease, will be discussed in a later paper.

My closing remarks shall touch upon a practical aspect of the subject. In treating patients, in some cases, it is desired to have assurance that they ingest a sufficiency of the vitamins, A, B and C. These patients are ordered to take 80 drops of codliver oil (A, or fat-soluble, vitamin); a half yeast cake dissolved in half glass of water (B, or water-soluble vitamin); and the juice of an orange (C, or antiscorbutic vitamin), twice a day.

C. M. J.

"What is Life?"

Dear Reader! Can we give an answer to the question, asked in all ages, "What is life?" Speculations have been poured forth in numbers, the best philosophers have puzzled themselves about the very extract of life; but we are to confess perforce our inability to disclose the mystery. We know much about Myology, Histology, Angiology, Neurology

and different branches of Anatomy, and also a good deal about the general course of the processes of life; but all this is of very little importance when compared with what we even at present can see as the object of our inquiries. How can we hope to learn about life, when we as yet know not the whole alphabet of the subject, so let us be content with the opinions of great men about life and form our own opinion about life. Volumes might be devoted to the discussion of the subject, but it will only be possible to deal with a few thoughts of a few men. I admire the works of Plato, so I will attempt to place his sound opinion first and foremost. Plato says "With your favour, sir, it is not always the part of virtue or bravery to preserve either your own life or your neighbours. He that is a man in good earnest must not be so mean as to whine for life, and grasp intemperately at old age; let him leave this point to Providence." But we must not forget some of the sweetest lines Shakespeare ever wrote, however, are the words of the old bookworm, Prospero in "The Tempest":—

"We are such stuff
As dreams are made of, and our little life
Is rounded with a sleep."

Now we turn to quite a different view of life in Gray's epitaph, composed for himself

"Life is a jest, and all things show it;
I thought so once and now I know it."
just the contrary and nobler view is taken by others.

Carlyle and Longfellow's sentiments are precisely the same. "Life is real, life is earnest," is too famous.

Pope in his "Essay on Man" rightly puts in:—

"Life can little more supply
Than just to look about us, and to die."

Goth's maxium of life is "The whole art of living consists in giving up existence in order to exist."

Turning to the views of Russell Lowell we see :—

"Life is a sheet of paper white
Whereon each one of us may write
His word or two, and then comes night ;"

And then he proceeds.

"Greatly begin ! Though thou have time
But for a line, be that sublime ;
Not failure, but low aim is crime."

Is life worth living now ? I must ask you. I close, with a remark of Oliver Wendell Holmes, on the proper subject.

"It's faith in something and enthusiasm for something that makes a life worth looking at."

KEHI - H. DINSHAW.

Pathogenesis and Treatment of Epilepsy

The etiology of epilepsy is far from clear. Tillman affirms that there is no epilepsy without anatomical basis or without histological changes. Fisher suggests that the usual inclination in epileptics is due to affliction of the supernal cortex. According to Held, the cause is to be sought in certain epileptogenic poisons, namely external (meat decayed food) and internal (disorders of internal

PATHOGENESIS AND TREATMENT OF EPILEPSY 29

secretion). On the basis of this theory, Held proposed serum therapy in the treatment of epilepsy and, according to his experiments, he observed good results from the injections of serum of immunized guinea-pigs.

Many writers have observed a certain relation between epileptiform attacks and disorders of the internal secretory glands. The endocrine influence in epilepsy was confined by experiments.

Gowers called attention to the fact that the majority of cases of epilepsy have their beginning during the period of puberty. Hypohyper, or disfunction of the pituitary, thyroid, parathyroid, adrenals, as well as of the sexual glands is capable of producing idiopathic epilepsy.

Some authorities suggest that, in addition to the hereditary influence and psychogenic factors, there is an abnormality in some part of the human body. Di Gaspero claims that the blood picture shows a diminution of the leucocytes. Changes were found in the reaction of the blood, in the quantity of albumin, cholesterine, antitrypsin, in coagulability and viscosity. There were observed disorders of metabolism, or oxidation of carbohydrates, albumin and fats. Due to the deficiency of oxidation, the albumin produces acids and toxin products which directly or indirectly cause the attacks. Cabritto observed fits in guinea-pigs caused by hypodermic injection of blood serum taken from an epileptic after the attack. Rhodes has proven the disorder of metabolism of purin which, he claims, is characteristic for epilepsy. The changes in the urine of epileptics were found as follows : an increased excretion of ammonium, of uric acid as well as creatin : after the attack, the amount of urine is increased, the acidity is also increased on account of the excretion of phosphorus and lactic acid.

Tracy noted that, in epilepsy, the sympathetic branch is diseased showing abnormal reactions to measured stimuli, and chronic white spots in the skin (vasoconstrictor spots). Furthermore, it was demonstrated that chronic epileptics with frequent convulsions suffer from a calcium deficiency. This was determined by x-ray investigation.

Gaines, discussing the causes of epilepsy, divided them into three classes: (1) Gross grain lesions, as brain tumors or abscess, bony pathology, fractures and multiple sclerosis; (2) microscopic brain lesions caused by some toxin agent, the result of chronic diseases, metallic poisons, parasites or endocrinopathies; (3) all cases called idiopathic, due to chemical or bacterial factors, may have an anatomical basis with protoplasmatic defects of structure. This probably includes about 80 percent of epileptic cases.

Block states that worms are more frequent in association with epilepsy than in people without: the intestinal parasites may produce reflex irritation by toxins or there may be actual invasion of the brain by the larvae of the worms. Cases have been reported which during life had numerous epileptic-form fits and, on autopsy, showed numerous cysticerci in the brain. The absence of parasites in the stools is no proof of their absence in the brain.

Lerish (Lion) believes that the epileptic attacks are due either to anemia of the brain or to changes in the pressure of the cerebrospinal fluid. Out of 11 cases, he observed 6 with increased and 5 with decreased cerebrospinal fluid pressure. Bourneville points out as a cause of epilepsy in children a forced delivery during labor. Rosett concludes that the epileptic fit is a discharge of midbrain centers when released from the control of the cerebral cortex, and is not a cortical discharge. Cuneo states that the acidosis in

PATHOGENESIS AND TREATMENT OF EPILEPSY 23

epilepsy, which he conceives as liberating the toxin proteose, is due to faulty digestion of starches from deficiency of the alkalization function of the intestinal mucosa and liver, with the consequence that salts of organic acids are set free in the circulation. Lomer believes that the meteorological conditions have a certain influence upon the epileptic fits.

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HELPS FOR YOUNG MOTHERS.

"Don't let people outside the family kiss the baby; never o trample on your child's right as to make it submit to an unwelcome caress from anyone not related to you.

"Don't neglect to know that a child has a natural dislike of "showing off" and if you make it acquire a taste for such proceeding you will have to thank it later for being forward and impudent.

A CURIOUS CURE FOR RINGWORM

Dr. E. F. Skinner of Sheffield Children's Hospital has found a curious cure for ringworm in a mixture of ink and tobacco, and it was remarkable that this had effected cures. This was due to the fact that ringworm was caused by a fungoid growth like mushrooms, and the only way to destroy it was by boiling. Obviously it was impossible to boil a baby, so the skin had to be artificially inflamed. This was what mixture of ink and tobacco accomplished—Hospital.

HINTS FOR MOTHERS.

Don't forget to mix orange, grape or turnip juice with cow's milk when given to the baby. Don't keep baby in a warm stuffy room and then blame pure air because he 'catches cold' when taken out. Don't neglect the Sun-bath. Sunshine promotes growth and cures rickets. Don't forget to give a little water when baby seems fretty. Don't think the baby is hungry when it cries, for it may be crying because it is overfed (usually the case). Don't use soiled towels or napkins. Don't drug the baby with patent medicines nor with strong medicines and stimulants. Don't let baby sleep with an old person. Don't cover baby's face and head with a blanket, shawl or anything else. Don't overdress baby, but keep it warm. Don't keep baby in the arms most of the time. It deforms the baby and enslaves the mother. Don't permit baby to suck its fingers or dummy. Don't teach baby to be afraid of such imaginary objects as the Boogy, map goblins and devils. Don't shut baby up in a dark room or frighten it or deprive it of food as a punishment. Don't throw baby or bounce it or swing it over your head as though it were a lunde or a punching bag.

P. M.

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PROPER TIME FOR MOVING YOUR BOWELS.

For years, we have been taught, and have instructed our patients to use every effort to have a good bowel movement every morning. Patients will tell us or some fellow who boasts of his splendid health, will inform us, that their bowels move like clock-work, every morning on rising or after breakfast, as the case may be. They feel quiet chesty about it too; like the chap who takes a cold tub every morning and everlastingly boasts about it. I do myself, I mean, taking a cold bath or shower; but I do not make a nuisance of myself on that score. I never boast about it, never annoy my friends with that wonderful performance.

However no matter how satisfactory it may be to clean out the human cesspool every day, in the morning, there is a way that is still better, and that is, at night before retiring. Why? Let us see.