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THE
SECRET OF HEALTH

A MONTHLY JOURNAL
FOR
PRESERVATION OF ONE'S HEALTH.

Vol. 2

OCTOBER 1924.

No. 1.

*"God made your Body and He made it Great
It has a guest of might and high Estate
Keep the Shrine noble, handsome, high and whole
For in it lives God's Guest, a kingly Soul"*

EDITED BY

Ayurveda Vaidya Ratnakaram Pandit

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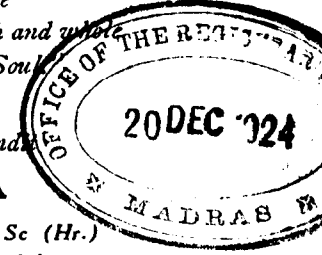
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Prameha is a very dangerous disease; it eats into the very system of the patients suffering from this fearful disease. The food we eat is converted into Semen on the 30th day and the waste of this Semen in some form or other is what is called Prameha. 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, Dysmonorrhagia, 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.

(A) 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 Buboës on both sides. Then it develops into hard Ulcers and Buboës 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 Buboës 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 *etc.*, 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.

21. (H) Patients using this Amruta Ratnakaram are not required to be confined to bed nor prevented from bathing

THE SECRET OF HEALTH

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"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."

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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.

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"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."

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"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.*

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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. ample 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 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 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.

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No. 1.

A Successful Treatment for Eczema

It may seem paradoxical to mention so protean a disease as "salt rheum" and speak in the same breath of a successful treatment—meaning by this a single plan of treatment applicable to all cases. But, if the reader will follow me closely, I think that the apparently impossible phase in this will come to appear possible.

More than a hundred years ago, Bateman defined eczema as "a non-contagious eruption, generally the effect of irritation, whether internally or externally applied, occasionally produced by a great variety of irritants."

Beyond a mere intensive study of the protean manifestations of eczema and a definition of them, and a pathological classification into their various symptomatic appearances objectively, nothing of great importance has been added through the years to the foregoing definition.

Thus, we see that, whether eczema appears as erythematous, popular, vesicular, pustular, or as some

further classification of the latter into "rubrum," "squamosum," "fissum," or indeed, "hypertrophic," we may still rest securely upon the original definition of Bateman, knowing that, in the end, we have only to deal with an inflammation of the lower layers of the skin, or of the dermis.

The inflammation may have been brought about by undigested particles of food which, entering the thoracic duct from the lacteals of the intestinal mucosa, carried thence into the blood by way of the vena cava, and unable to be eliminated by any of the other emunctory channels, are attempted to be thrown out by way of the skin of the individual.

Eczema may have been brought about by chemical irritants. It may be an occupational disease. But, whatever may have been the exciting cause, I wish to emphasize again that we still have to deal with simply a more or less chronic inflammation of the true skin, or dermis. It may be taken for granted, therefore, that no search, with the object of revealing the special cause in each case of eczema, will have been directed amiss, especially if it has the happy fortune to make known whether dietary indiscretion was the etiological factor (in which case a proper regimen should be instituted and enforced), or if the handling of irritant chemicals, as in one's occupation might have caused it (in which case rubber gloves should be resorted to or some other means of protection adopted) or if, finally, some other agent should have been determined to have acted to cause the disease and against which adequate measures may be prescribed. Whether or not it has the happy fortune, as

above stated, such an intensive investigation should be made in each case that presents itself for treatment.

Tuberculosis or syphilis may each have a share in the causation, and any treatment adopted will have to be formulated with a view to this fact.

Seeing, then, that we have to deal, as far as the objective symptoms go, with a simple inflammation of the dermis, the medicinal treatment (it may as well be said now as at some time later on) will necessarily be locally applied.

Let us now see what such a local treatment may be called upon to deliver to the seat of the inflammation.

First, let us turn to Dorland for information as to the exact definition of the various high-sounding terms applied by common consent to the various pathologic manifestations observed on the skin of eczematous patients:

1.—*Erythematous*: of the nature of erythema, i. e., a morbid redness of the skin, due to congestion of the capillaries, of many varieties.

2.—*Papular*: consisting of, characterized by, or pertaining to a papule, i. e., a small, circumscribed elevation of the skin.

3.—*Vesicular*: composed of, or relating to, small, sac-like bodies; pertaining to, or made up of, vesicles on the skin—small circumscribed elevations of the epidermis containing a serous liquid, i. e., blisters.

4.—*Pustular*: pertaining to, or of the nature of, a pustule, i. e., a small elevation of the cuticle filled with pus or lymph; (a) compound pustule—one which is made up of more than one chamber; b) secondary pustule—

one, which is preceded by a vesicle or papule; (c) single pustule—one which consists of a single cavity.

Malignant Pustule, or anthrax, need not be considered in the present discussion.

The inflammatory action in eczema is practically always chronic: cases appearing to be of an acute nature being more than likely acute exacerbations of a chronic affection.

Having an inflammation of the dermis, or cutis, with an overlay of congested capillaries in the epidermis, or cuticle, the primary need is, for a medicine exhibiting anti-inflammatory qualities. One would seem to be ideal for the purpose which, by acting upon the vasomotor nerve filaments, causes dilation of the capillary structure thus facilitating the escape of the stagnant blood current towards the heart and lungs for purification. C. M. J.

ECZEMA CURE

Our Amruta Ratnakaram has been tried on Several Eczematous patients and it has been found that it restores the emunctory glands of the skin to their normal efficiency. Price for a complete course of one month Rs. 15.

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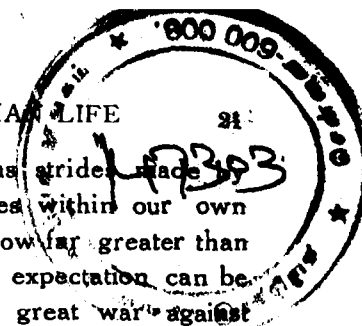
Why? because of the tremendous strides made by medical science in civilised countries within our own times. Your "expectation of life" is now far greater than it has ever been before. And this expectation can be increased if further progress in the great war against disease can be achieved.

An astounding measure of such progress has been made since last year, according to reliable information. Here it is proposed to tell just how this may indicate that the average man's chances for a long and healthy life are leaping ahead by still greater bounds.

Announcements of new cures for many physical ailments have been flooding the country for the past few weeks. Seldom in the history of scientific medicine has there been such a bewildering succession of reported victories over this or that malady.

Heart disease, pneumonia, cancer, tuberculosis—scarlet fever, diphtheria, paralysis and influenza—to mention only the most striking—are giving way to the frontal charge now being launched against them by the organised and independent forces of medical and surgical sciences. New and more powerful agencies have been discovered and devised. New and more efficient methods of employing the older agencies have been invented and developed.

If all these reports could only be depended upon to fulfil the hopes they have aroused, if all these cures could really cure infallibly—our suffering humanity would soon be well on the road to a physically normal existence. Sickness and weakness would soon be defeated, their malignant forces for ever banished.



It can safely be said that the average length of life increases in direct proportion to the advance of sanitary and medical practice. In Europe the "expectation of life" (that is, the average span which any person might expect to live) has doubled within the last 350 years. In pre-war Germany, where medical science had reached its highest development, the rate of increase in life expectation had increased at the rate of twenty seven years a century.

May we then expect that our present and immediate wave of medical achievements will serve to prolong the average person's life by a greater and greater number of years? By weighing the promises of each "advance" carefully against the ravages of the particular scourge it purports to combat we shall be able to arrive at some rough conception of the significance of the whole struggle against the failings of the human body.

Let us then examine the discoveries in the order of the importance of the illnesses they seek to control or eliminate.

Heart Disease

The United States census for 1922 shows that within the preceding ten years deaths due to diseases of the heart have increased from 14 to 16 per thousand persons. Tuberculosis used to be the chief cause of death in the United States. But Tuberculosis deaths have decreased from sixteen to nine per thousand. Heart disease, therefore has taken the unenviable position of the prime factor in American mortality.

The heart is not a delicate organ. Every ten years it beats more than 378,000,000 times. It must be built

toughly to withstand this inconceivable wear and tear. For this reason medical men have discovered the heart can withstand also certain direct surgical operations. The best remedy for many serious cardiac ailments is a major operation. The difficulty is that such an operation may be extremely dangerous. Nevertheless, Drs. Theodore Tuffier and Alexis Carrel, of the Rockefeller Institute for Medical Research, have already operated safely on the heart valves of animal. They have declared, in addition, that "the operation will be much less dangerous in the future because the details of the technique have now been thoroughly established."

For the purpose of making still easier and safer operations of this nature, a recent invention of Dr Duff S. Allen, of George Washington University should prove of great value. This is called the cardioscope, and it was recently described before the American Association of Thoracic Surgeons at their Chicago meeting. It is an instrument with which to look at the heart. It consists chiefly of novel arrangement of a small electric lamp and a series of lenses. It is introduced through an incision made above the portion of the heart which must be subjected to the operation, and it gives the surgeon a highly magnified and accurate view of the organ. Thus he can make a reliable diagnosis on the patient's condition and accurately map out his surgical procedure.

Working To Control Pneumonia

Upon the success of this new instrument may depend the possibility of substantially lowering the number of serious cases of heart trouble. Pneumonia claims 90,000 victims yearly in the United States, and 8000 in New York

city alone. A definite expectation that the number of these victims will be materially decreased is held out by a most important discovery made by Dr. Lloyd D. Felton, assistant professor of preventive medicine and hygiene in the Harvard Medical School. It is a method of concentrating the disease-fighting elements in the "pneumococcus serum" which is employed against the germs of the malady. The new concentrated solution has already been used with encouraging result in sixty cases at the Boston City Hospital and in about sixty more in various New York and Brooklyn hospitals. Several otherwise skeptical physicians have declared that this will assure at least a 25 per cent. and possibly 50 per cent. reduction in the pneumonia death rate.

May Soon Conquer Cancer

Cancer, the "red plague," wipes out at least 200,000 lives every year. There are 70,000 victims yearly in the United States alone, 6,000 in New York, where no fewer than 15,000 new cases are reported every twelve months—more than 1000 a month. Dr. Charles H. Mayo of the Mayo Clinic at Rochester, Minn., has declared that cancer is increasing at the rate of 2½ per cent a year.

At the same time this distinguished Surgeon holds out only the hope, but the definite expectation, that we shall be well rid of the disease in a few years. This opinion he delivered at the recent opening of New York City Cancer Institute and he amplified it in an interview with the writer.

"Research work is steadily progressing toward a cure," he said, "and I believe it will be discovered within

a few years. It may consist of some serum or it may lie in the improved application of radium or X-rays.

Medicine has conquered the great plague of the past. We have wiped out the Black Death, which killed every other person in London in 1350 and smallpox, which killed every tenth person in New York in 1800. We are on the right track. Diseases which attacked and destroyed masses of people in great waves of contagion have been dealt with successfully. Now we must prepare to banish those which attack individuals, which do not spread, which cannot be combated in masses. This we can only do by concentrating our attention on the individual sufferer rather than on the disease as a whole. Education of each individual member of society must go hand in hand with medical research.

"Cancer, although it is as old as human history, is one of the individual diseases; it is not communicable. It is a bolshevik cell which attacks and destroys the healthy cells which are living in a normal way. We know how these cells start their growth but not why. There are men who think they have a curative serum now. Others place their faith in radiation."

A Serum For Scarlet Fever

Scarlet Fever is now the worst remaining menace to child life, since the discovery of a serum which prevents diphtheria. There are 100,000 cases of it annually, in the United States and of these 3000 to 4000 succumb. A serum for its prevention has at last been developed, however, by a series of brilliant discoveries and researches. In January of this year Dr. George F. Dick and

his wife, Dr. Gladys Dick, of the John Mc Cormick Institute for Infectious Diseases in Chicago, who have been working on the problem for several years, announced the isolation of the desired serum, which may give immunity to the disease.

Chlorine For Pulmonary Attacks

Diphtheria, as is well known, already well under control. Inoculation against the disease is accomplished among our children through the injection of a toxin-antitoxin, followed by what is known as a triple toxin-antitoxin. A new test known as the Schick test has lately been developed and adopted. It determines if the child is naturally immune from the disease. If so no further inoculations are necessary. This new method will accomplish a saving of 25 per cent, in the cost and time of the administration of preventive measures.

SWARAJYA.

THE VALUE OF SEA-BATHING

Sea-bathing, on account of its stimulating power, may be placed at the head of those means that regard the care of the skin, and which surely supplies one of our first needs by opening the pores and so making the nervous system more vigorous. Sea-bathing has two important advantages. The first is that, beside its great healing power in cases of disease, it may be indulged by those who are perfectly healthy as the means most agreeable to nature for strengthening and preserving health. In this case it may be compared to bodily exercise, which can remove incurable diseases. The next advantage is,

the noble, grand and indescribable prospect of the sea connected with it, and which, on those not acquainted with it, has an effect of bracing up the nervous system, and producing a beneficial exaltation of the whole frame. It is a clear fact that the physical effects of sea-bathing are greatly increased by this impression on the mind, and that a hypochondriac (nervous person) may be half cured by residing on the sea-coast, and enjoying a view of the grand scenes of nature which will there present themselves, with a daily dip in the stimulating element itself. The author would be glad to read in the "Secret of Health" more about sea-bathing from the esteemed readers of this Journal.

K. A. D.

SPECIFIC FOR SNAKE BITE

"About 5 tolas of tobacco should be mixed with ten tolas of water and the liquid portion should be drunk, throwing out the drugs. If the man bitten by a snake is senseless, the tobacco water should be poured down his throat, or if lock-jaw has set in, it should be passed through his nostrils. In about five minutes after the administration of the liquid portion, the man will commence vomiting; as the vomiting continues, the effect of the poison will be all removed and in about an hour or so the man will be alright. It is generally known that no snake will pass through a tobacco field. Tobacco is the antidote for poison."

Hoping this aforesaid antidote would be useful to the public world.

K. A. D.

Is Rejuvenation Without "Steinach" Possible?

The desire of old people for rejuvenation finds its expression in the tale about the fountain of youth which is well known, at least in the Germanic nations. The northern Germanic tribe had a goddess Idhun, who guarded apples. Whoever came into possession of these acquired the everlasting youth of the gods.

The home of this goddess was Brunnakr, that is fountain field, the place with the spring of youth, which vivifies everything. In all German folklore, the fairy tale of Frau Holle's fountain is found, where the souls of the newborn children come from; also life. It is assumed that it is identical with the fountain of youth of the olden tale, where old folks who bathe in it are made young again.

In the heroic poem, "Wolf Dietrich", the fountain of youth stands on a high mountain; one half is cold, the other warm. Into this, the rough-skinned Elsie jumped, praying to God to protect her. She submerged and rose as Frau Sigminne, the most beautiful woman in all lands. The rough skin she had left in the fountain.

The Meistersinger and shoemaker, Hans Sachs, of Nurnberg, dreamed, in one poem, of the fountain of youth which contains warm and cold water. If a man were even eighty years old and were to sit in that water for one hour, his mind, heart and limbs would become

young again. All those who had jumped in, came out, one hour later, beautiful, fresh and healthy. When he was about to climb in, himself, he awoke and had to laugh; for, as he says, no herb grows on earth to rejuvenate old Hans Sachs.

Some Truth in Dreams

Yet, after all, there is something of truth in the tale of the fountain of youth. To be sure, the fanciful dreams must be put aside and the rejuvenation taken relatively.

The idea came to me, for the first time, about twenty years ago, when I was assistant in the medical clinic in Zurich (Switzerland), with Professor Eichhorst. The Clinic served first of all for teaching purposes, but, being a part of the Kantons-Spital (a public institution, maintained by the government), it was necessary to receive patients even though they might not contribute anything for the instruction of students. An agreement made it possible to send our patients, at small cost, to the sulphur spring at Baden, in the Canton of Zurich. We referred there on one occasion an old man whom nothing ailed but his great age. After the cure, he presented himself and, to our astonishment he had become years younger; as he himself felt and asserted proudly.

Later on, I received the impression that such results occur especially in persons who had never "taken the waters". They may probably be observed in all thermic springs, that is, in the natural warm springs. The German poet, Justinus Kerner who, for a time, was attending

physician in Wildbad, a thermic spring in Wurtemberg, gave an enthusiastic description of the place and emphasized that, though it was not possible to scald, in that spring, either pigs or fowls, it was feasible to bring eggs almost to hatch.

He sang :

Wie Lenzeshauch wird's dich durchbeben ;
Frag' nicht, wie diese Kraft man heisst,
Du kehrest ein neuer Mensch, in's Leben
Und sprichst : Das Tut des Wildbad's Geist.

A breath of spring, it trembles through you—
Ask not whence comes this source of might ;
New man am I, from Nature's own brew—
And this I owe to Wildbad's Sprite.

First of all, of course, are to be considered *thermae* that have a temperature sufficient to use the water direct for bathing.

A special place is occupied by the brine baths containing carbonic acid. On looking over the summer patrons in Bad-Nauheim, it will be seen that the majority of the guests are old or elderly persons. That is natural, because arteriosclerosis is a process peculiar to age and the presclerotics are prematurely old. Originally, only such patients were sent to Bad-Nauheim who, having passed through attacks of acute polyarthritis, still, retained traces of articular rheumatism or had valvular lesions. Then came patients with nervous afflictions of every kind and, finally, patients with arterial sclerosis or presclerosis predominated.

Steinach's Aims and Results

What does Professor Steinach attempt to attain and what has he accomplished ? I take my information from a good, popular article in the "Didaskalia", the supplement to No. 90 of the *Frankfurter Nachrichten* (April 1, 1923) which was written for this paper by Dr. Peter Schmidt, of Berlin, the associate of Professor Steinach, in Vienna, at the request of the latter.

Doctor Schmidt says : In this article, "I do not address those who demand miracles and sensational happenings and who imagine 'rejuvenation' to mean the growth of blond locks on their bald heads and eternal life in the fullness of youth ; but, those readers who...will rejoice that it has been possible in a large number of cases to 'allay the troubles of premature age and of timely age, to postpone old age and to prolong the joy of work and of life.'"

In his book, "Rejuvenation," Steinach adds to his fundamental observations in rats a detailed description of his first observations in man. Even then, in his small clinical material, he observed all those changes that were noted later on in hundreds of cases. In these old, withered, tired, emaciated men, there was a rapid improvement in weight, the skin became firm, the growth of hair and of nails became stronger. Troubles incidental to senility disappeared, and the *vita sexualis*, which had been extinguished, was restored.

These manifestations were soon confirmed and extended by the surgeon Lichtenstern, of Vienna, in a larger number of cases. He observed, above all, the

improved appearance of the integument which, before the operation, had been dry and scaly, affected with senile skin changes and which after the operation promptly became elastic and firm and no longer showed pathological changes. He observed also a new growth of dark hair, a cessation of the senile trembling of the extremities and notable improvement in serious cardiac trouble (cardiac asthma) which had existed for years before the operation.

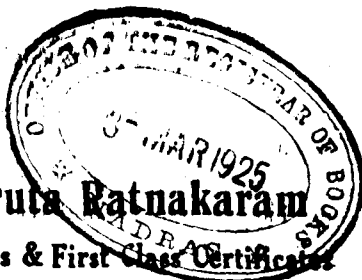
As to the methods of examination, Doctor Schmidt says, among other things: "Regular examination of the blood pressure and of the muscular force of the heart was of great importance, because, in civilized persons, the growing old is to be referred mainly to changes in the cardiac and circulatory system. A further possibility for objective examination was presented by determining the vision and the potency.

"For this operation are first suitable, as a matter of course, all persons who have grown old normally (in so far as they have not become too old) and, above all, persons who grow old prematurely in part or in toto, with commencing calcification of the arteries, with loss of hair, and with diminished potency. More recently, attempts have been made in addition to these indications, to influence, through operation on the puberty gland, maladies like diabetes mellitus and others which are associated with disturbances in glands with internal secretion. Many cases of mental and nervous diseases have been improved by the operation."

(To be contd.)

C. M. C.

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A Treatise on Amruta Ratnakaram

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AMRUTARATNAKARAM

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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 Sastraic Medi-
cines is as extensive as unequalled and can be judged
from its Therapeutic properties.

This excellent Ayurvedic Amruta is a heavenly
Nectar 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 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.

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 in the urethra 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, Dysmonorrhœa, 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 Gonorrhoea 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 AMRUTARATNAKARAM and taking into consideration the manifold good results derived from it, it may indeed be called HEAVENLY NECTAR.

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

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 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, P. W. D. OFFICE, Klong, 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 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."

vi. Mr. C. P. JOSEPH, F. M. S. Rys. Tampin, F. M. S., Dated 26th October 1924.

"Sometime back I got down a month's supply of your heavenly medicine 8 phials of Amruta Ratnakaram and a dozen of Tonic pills and 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."

vii. S. NAVARATNAM Esq. Yatiyantota, Ceylon, Dated 15th December 1924.

There is no doubt that your medicines Amruta Ratnakaram & Araku Chandhanath thailam you sent me sometime back are having miraculous effect in my system. There is a radical change in my health. It was only nine days since I began. I had the said oil bath last Saturday. I have nothing to grudge of. All going well. Hope you will keep up your standard and show to the world "Look Here!"—
There are Indians and Indians.

I expect that you will go strong. Let God bless you in all your undertakings.

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, Calcutta, 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 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, Post Box 1236. Madras.

ii. *New India, Madras. (Monday Oct. 8th '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 of 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. sample copy can be had on application to the Editor, 411, Mint Street, Madras.

v. *The "Hindu" Madras—27—10—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 Says.*

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 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.

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'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. 2.	NOV. & DEC. 1924.	Nos. 2-3.
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The New year of Our Journal

Time and tide wait for no man, and the 1st year of our existence, in spite of our being handicapped in the onward race of our spiritual evolution did not tarry even for a moment to enable us to make amends for the wrongful actions of our past lives. It has vanished from our sight into that mystic region of eternity far beyond the keen penetration of mortal eyes. At the dawn of the out going year what fond aspirations did we cherish in the inmost depths of our hearts,—what visions bright did loom before our eyes—all that could cater to the fancy of human beings stood at the threshold of the year and began whispering into our ears the hopes of health, wealth and honour, but alas! our visions and hopes have not been fully realized.

Should we weep for the wrongs Nature has inflicted on us for our aberrations from the path of duty? No we should be like heroes in the strife and march onward with all the consciousness of triumph to the goal of our fond aspirations.

Perhaps some of those who were the idol of one's heart have shuffled off their mortal coils during the year, leaving a place vacant in the chamber of one's heart.

Him we have to remind that death is the fore runner of a new life, a life of eternal bliss free from all the taints of wordly anxieties. Why should we then pine away our days in bereavement. ?

Looking back over the way we have come through this vale of worries and anxieties, we should like to ask every young person to cultivate two qualities, to be idealists and enthusiasts, for if we study history, we shall find that every one who has attained success no matter in what career or calling, has always had these two ingredients in his character.

Idealism is the quality that we specially need in this sordid, matter-of-fact age. An ideal is an idea on a very high plane- It is taking the idea out of the common place, and lifting it to those regions where it soars away from the earthly, from all that hold it or drags it down, and lives and expands in a pure atmosphere nearer to skies, nearer to what is great, lofty and holy.

Enthusiasm the another ingredient in one's character which makes the possessor to attain prominence. What is the definition of an enthusiast? It comes from the Greek words—"Emtheos" in God, i.e., Spirit of God dwelling in us, that which likens us to God, that which carries us thro every difficulty, surmounts it, that which makes us feel that nothing can really drag us back, but that everything will lift us forward and carry us on and give us the power to achieve. Whenever wordly "ennui" will appear to weigh heavy upon you, look upon your ideal, and run the race of life, with all the enthusiasm born of the indwelling Spirit of God in you and success will be yours.

Our young men are further seen to be carried away along the currents of wordly sorrows and troubles. Whenever such waves break in upon them, they find it very difficult to brave the dangers; *then we should ask to cultivate joy in life*: Never be cowed down before the enormity of worldly sorrows, for as human beings, they will naturally overwhelm us with all the tremendousness of their gravity. Cultivate always the habit of enjoyment, and instead of looking always upon the dark and difficult side, no matter what it may be, try and cultivate the habit of looking at the bright side, and the best side *and let there come up into your lives a sort of constant attitude of trying to live happily, even though your circumstances may not always be favourable*. We have thus extracted and added in brief here from the counsels of our wise men of old in Ayurveda about the 1st secret principle in preservation of health, that is the action of mind over matter which according to our sages the primary cause of all our ailments, as an adjunct to our review of the past year.

We do not wish to recapitulate again all the events of the past year and thereby to tire the patience of our numerous readers, but we have to express our heartfelt thanks to our numerous readers and well-wishers whose favours have enabled us to extend our circulation all over India, Ceylon, Burma and F. M. States, etc.

This is the 2nd volume *Thus far has the ship of our magazine weathered the storms, which assail every vessel that ventures to spread its sails on the ocean of publication*. It has sailed steadily on, under an ever freshening breeze of popular favour, and has reached an unexpected circulation.

We own that we have had many failings in the discharge of our onerous task—unavoidable as they are owing to the imperfections of human nature. We therefore beg to apologise for those shortcomings of ours. The second year should be a favourable one by all auguries and we start on it with a quiet assurance of continued success.

We in cordially thanking those gentlemen whose interest and enthusiasm has made this journal a success, add that their desires to extend the scope of this journal a little wider—As there seems to exist a hankering for a cheap periodical which will present to the reader in a nutshell information on diverse subjects. At present the people of this country not only want to store up their minds with abstract learning but they stand in need of something which will be useful to them in the hard struggle for existence.—beyond medicine and allied subjects will have due consideration from us in this 2nd. Volume.

May this year of ours be to all our readers a happy, and useful year.

Editor.

Is Rejuvenation Without "Steinach" Possible?

(To be contd.)

The Mineral salts of the Thermae

Since my article is intended merely for a program, I have cited the foregoing in abstract and will now give examples from the material which I have collected, adding to that my own view of the matter.

On reading Doctor Schmidt's discussions, it will be found that the cardiac and vascular system, the skin and hair, and the potency occupy the foreground. It is too well known to require detailed discussion that the carbonized brine-baths, especially the natural ones, and especially the thermæ, more particularly a certain group (which I know in Bad-Nauhiem)—namely those containing calcium chloride and magnesium chloride exert a favourable influence upon the function of the arteriosclerotic heart and vessels. I wish to point out that patients who, on starting the cure in Bad-Nauheim, have small quantities of sugar in the urine lose this usually, no matter whether we assume the cause to lie in the pancreas or in cerebral arteriosclerosis. Here, then, there is a decided agreement with the Steinach operation.

We may go further. The natural carbonized brine-baths contain, as their name implies, carbonic acid and brine; that is to say, salts. When the action of artificial carbonized baths was compared with that of natural carbonized brine-baths, differences were noted. The explanation is very simple. The natural spring contains salts, the artificial carbonized bath does not. Even if table salt (NaCl) were to be added to the artificial carbonized bath, the effect still would differ because the natural springs contain mixtures of salts. Among these natural springs again, there are some that contain gypsum (calcium sulphate) and others that contain calcium chloride and magnesium chloride. Now, the springs containing calcium chloride are most effective for treating cardiac patients, especially those with arteriosclerosis.

The action of baths containing gypsum must differ from that of those with calcium chloride, since the two kinds of springs are entirely different, chemically and physically. My studies have led to this conclusion. I have, for years, maintained this in my lectures on the development of the watering places and, more recently the difference between the two kinds of spring is mentioned by other balneologists. It seems to me that especially the improved blood supply of the liver depends upon the saline content; then, since calcium chloride is the most effective salt, it enjoys particular importance. In all probability, a process of rejuvenation, as it is produced by natural springs, depends upon calcium chloride in still another way, as I shall mention later on.

I do not deny that carbonic acid exerts an effect upon the arteriosclerotic heart and vessels. However, this has been too greatly emphasized. In the process of rejuvenation, the carbonic acid has a somewhat different importance; as I have recently outlined in a small article published in the *Zeitschrift für die Gesamte Gerichtliche Medizin* (Vol. 11. No. 6)

Action of Carbonic-Acid Gas

It was reported, in 1747, concerning the Selzerbrunnen near Grosskarben (which is a spring situated in the neighbourhood of Bad-Nauheim) that after cleaning the fountain, when the water had been pumped out, people who were below in the bottom of the well become unconscious. It does not seem to have been realized the practical jokes that were perpetrated there were

reprehensible. The victims were poisoned with carbonic acid, and it is noted that marked priapism occurred.

On reviewing the literature on carbonic-acid intoxication, I have failed to find any reference to priapism. There exists an *external* effect upon the genital organs, which, indeed, has been utilized in watering places. Kuster declares, in the "Jahrbuch für Deutschland's Heilquellen" (previous to 1855), concerning the action of the carbonic-acid gas (*not*, water) bath: "In male patients, especially in older people, who claimed to have passed their sexually active period years ago, there occurs as a rule, a pollution." The same has been noted as "by no means rare" by Vogel ("Gasbader zu Franzensbad," 1847).

Occasionally, I am told of sexual stimulation after using the carbonized water baths in Bad-Nauheim. One old man assured me that his potency, which had been lost, had been restored.

Formerly, CO₂ gas baths were administered in Bad-Nauheim in which the lower part of the body was surrounded by CO₂ gas. The *Revue des Deux Mondes* for May 15, 1855, says: "There is one peculiarity of the Nauheim baths, both the carbonized brine baths and the gas baths, which should not be passed by silently. The patient may stretch himself out in careless comfort in his carbonated brine bath, the water of which is constantly being renewed and sprayed in large volume and in which the pearls of carbonic acid rise constantly; or he may take a carbonic-acid gas bath—it never fails that he is conscious all over his body of an agreeable titillation and pleasant prickling in the skin which gives rise to sensations that defy the

decrepitude of age as well as of premature impotence (Rotureau, "Die Mineralpuelled zu Nauheim," translated by Bode, Friedberg, 1856).

Hence, the external administration of CO₂-containing gas baths and water baths also will tend to restore potency.

To return to the calcium chloride and to saline mixtures containing it, there are natural springs with such saline mixtures which are employed for drinking cures; for instance, Sodenthal and Suderode. If the brine is evaporated by heat and the sodium chloride is removed, there remains a brown liquid which is called mother-lye. In the springs containing calcium chloride, this salt remains in the mother-lye because it is for more soluble than sodium chloride and does not precipitate. The mother-lye of Bad-Nauheim and that of Kreuznach are famous. They are not found frequently and French springs, for instance, do not contain any mother-lyes containing chloride of lime.

Recurring once more to Steinach's attempts and referring to the influence of Steinach's operation upon the skin: In Steinach's first experience, in which the vas deferens was ligated, the old rats, whose fur was rough and which were tired and emaciated, became smooth-coated and showed in their entire behaviour the picture of youthful vigour.

Observations in Animals

When, during the war, the fodder for the cattle became more and more sparse in Germany, attempts were made to find substitutes or at least substances that would

effectively supplement the food. The work started with the experiments of Emmerich and Loew who found that guinea pigs fed with calcium chloride not only had more litters but that with each litter, more young animals were produced than in the control animals. This observation proved the influence of calcium chloride upon the sexual function.

Professor Kramer, now in Giessen, working in the agricultural college in the Hohenheim, fed twelve cows with Sodenthaler Spring salt. Of the twelve cows, eleven bore calves, although it had been several years since they had done so.

The records of the Bad-Nauheim Bade-direktion und Saline contains the following letter from Professor Kramer: "For years, I had much trouble with the cows in the barn. The animals did not conceive and sometimes had to be served six or eight, or even ten times. Then, on April 8, of last year, I commenced adding Sodenthaler Badesalz to their food, putting it up in boxes. The animals were permitted to lick the salt as much as they pleased but, apparently, did not do so very much. For several months previously, the supply of food had been rather scant. Hay, chopped straw and grass (the latter being very slight) constituted the sole feed. Bran was given only in very small quantities and was soon exhausted. We are situated at an elevation of 400 meters, open to the north and east, because of which the entire Filder Plain is very unfriendly. For this reason, considering that it was at the beginning of the pasturing period and that the weather had been continuously damp, the unwholesome appearance of the cows caused us to anticipate

considerable losses. These, however, failed to take place, to our surprise. On the contrary, the animals acquired smooth and glossy coats, such I had never before seen them. Three cows, which I had bought in July in the Allgau and which looked about as rough as wind and weather can bring it about only in the Alps, made a better appearance after only a few days; a few weeks later, even those who had smiled at my purchase couldn't understand it. The transformation was simply incredible.

My older cows also continued to look better and especially the smooth, glossy hair was striking. The weight also was favourable and the animals looked well nourished.

It was particularly curious regarding the question of pregnancy. For the first time, in my experience, all these animals, with one exception, became pregnant. They all calved in spring, seeing that they conceived in July and August.

On a large estate, in Gross Zimmer despite the scant feeding during the war, the supply of calcium chloride caused a larger production of milk, per cow, by 1.1 liter. The animals lost their rough hair, they looked smooth and glossy and were in good flesh.

With Nauheim mother-lye, also, good results have been obtained; which were evident, especially in the direction of a gain in weight.

"Steinach" Without Vasoligation Possible

It will be seen that, without the Steinach operation, results similar to his were brought about. I might refer

to a report by Kramer who treated a female dog with Sodenthal water during the war, when bone food was scarce and, after years of barrenness, the animal had a litter of six puppies.

The question, whether rejuvenation is possible without "Steinach", may be answered affirmatively if Steinach's own definition is adhered to, namely, that rejuvenation means the relief of troubles incidental to premature and timely growing old. C. M. J.

Dyspepsia

Most of the ordinary complaints are connected with **Dyspepsia** as the cause. If proper digestion takes place and the stomach performs its functions regularly very few diseases can disturb our health. I may even go so far as to say that if digestion remains unimpaired and the system protected from the influence of undue cold, the person will enjoy an almost exceptional state of body and mind. But unfortunately the process of digestion is very complicated and a little error in diet or a little disorder of the regular discharge of the functions of the stomach and liver deranges the whole process at the cost of our health.

The physiology of digestion is mainly concerned with the functions of the stomach and the intestines. It will be our object in this article to make it as popular as possible by avoiding scientific terms. In so doing, some facts of medical interest will be left out but as we are dealing only with lay men we cannot do otherwise:

Conditions that are necessary for healthy digestion.

1. The food received into the mouth should be softened by the mechanical tearing and grinding of the teeth and by the liquifying and chemical action of the Saliva.

2. After undergoing the process of softening by the mouth, the food descends into the stomach where it is further liquified into a semifluid called **chyme** by the action of the gastric juice, i. e., a fluid secreted by the stomach, as the saliva is secreted by the mouth. The chief ingredients of the gastric juice are pepsin, Hydrochloric or lactic acid. The above is called the stomach digestion.

3. From the stomach the food which is already converted into chyme, passes on into the small intestine whose opening begins from a duct in the right side of the stomach. Now commences what is called intestinal digestion. The chyme passing from the stomach into the small intestines becomes subject to the chemical action of bile (from the liver) pancreatic juice (from the pancreas). The Pancreas is an elongated fleshy organ near to and just behind the stomach. The action of the bile and pancreatic juice changes the chyme into a cream-like substance called the **chyle**. The new material is absorbed by the small intestines and pass into the circulation. The undigested and useless portion is propelled thro' the remainder of the intestines (called larger intestines) and is passed off as excretion.

The causes of Dyspepsia are (1) deficient acidity (2) Excessive acidity as manifested in sour eructations (3) Excessive secretion of mucus (a slimy fluid) from the

stomach (4) Torpidity of the glands of the stomach (5) Improper mastication (6) Excessive eating and too short an interval between meals which should not be less than 6 hours (7) Spiritual liquors, tobacco, or coffee (8) Too little outdoor exercise (9) Keeping up of nights (10) Exposure to cold (11) Business or other mental-worry.

But by far the most important factor in Dyspepsia and indigestion is the disorder of the liver. The function of the liver is to secrete bile. The color of bile is of a bright yellow-green and its flow is increased soon after digestion in the stomach begins. About two and a half pounds are secreted per day. If bile be irregularly secreted or be prevented from entering the small intestines the animal becomes feeble, emaciated and finally dies. The following are the uses of bile in the animal economy. (1) Bile assists the Pancreatic juice in preparing fat for absorption (2) It assists in the prevention of decomposition and putrefaction of food during its passage through the intestines. (3) It increases the muscular action of the intestines. The two chief symptoms of dyspepsia to which all others are subordinate are the irregular action of the bowels and impaired appetite. Flatulence, nausea, acid eructations, offensive breath confined or relaxed bowels, fulness after a meal, headache, palpitation, are some of its well-known symptoms. The symptoms of Dyspepsia are so patent that the layman has no difficulty in recognizing them.

T. D. S.

(To continue)

Science of Keeping Fit

Ourselves and The Weather.

There was carried out recently at the Zoological Gardens a study of the influence of weather on men and animals.

Two highly interesting conclusions were reached. The first of these is that cold is not injurious, provided that it is dry cold; the second that damp is not harmful unless it be accompanied by cold.

A damp season, in fact, such as the autumn of the present year, is not necessarily an unhealthy season. The warm winds which have favoured us on most recent days have made the weather "good weather," in spite of the rain.

In other words, the enemy we have to guard against is "rawness," wet cold with its very high cooling power and its quality of penetration.

This kind of weather is now an everyday possibility, and it is therefore a matter of importance to know how to guard against its dangers.

The first point to remember is that "rawness" injures because it occasions a swift loss of heat from the skin. We chill, so to speak, faster than we warm.

This can be prevented by the simple means of retaining in position the layer of air immediately surrounding the skin. A woollen vest with a comparatively high 'neck' is the easiest method of achieving this purpose. For warm air tends to rise and so leaves the body at the highest available point of exit. The "neck" of the vest acts as a door closed against this out-going air. In addition, glove

SCIENCE OF KEEPING FIT

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with gauntlets to close the sleeves may be employed with advantage.

Overcoats for use in raw weather should be supplied, as are most mackintoshes, with wrist straps enabling the sleeves to be drawn tight.

If additional protection is required it can be obtained by applying a sheet of cotton wool to the chest. The wool acts as an airtrap and so retains the body heat in a most effective way.

Two Coats Better than One

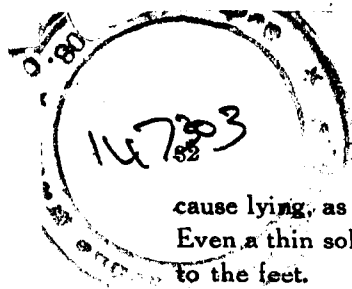
Roughly speaking, cooling power in the atmosphere is resisted better by several layers of thin cloth than by one or two layers of very thick material. The heavy overcoat is not necessarily an advantageous garment. Indeed, by causing its wearer to perspire it may have the ultimate effect of chilling him. The habit of wearing two light overcoats, which is practised in some country districts, is strictly in accord with modern scientific theory.

It is important, in the second place, to remember that for about an hour after a full meal the skin is flushed with blood. Cooling at this time is very rapid, and may in severe weather be fraught with danger.

Thus it is well to eat frugally if one must expose oneself soon afterwards to a raw November day. And it is, in any case, necessary to take special precautions when going out after a meal.

The sense of chill many people feel in a cold dining room after dinner is a warning which should not be overlooked when out-door conditions are unfavourable.

Above all things, the feet must be kept warm. Leaky boots are far commoner than is generally supposed, the



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cause lying, as a rule, in the carelessness of their wearers. Even a thin sole on a damp cold day soon results in chill to the feet.

Such a chill reduces the body temperature, in a most remarkable fashion. Indeed recent research has shown that temperature can be lowered by putting one hand in cold water and then raised by changing the cold water for hot.

Cold Feet

This effect is probably due in part to the action of the nervous system. It serves to illustrate the danger of neglect and the wisdom of the old-world fear of "wet feet."

It is very unwise, on cold, damp-days, to ride on the outside of an omnibus, or to remain, motionless, in any exposed place. When the body is still heat production is reduced both in amount and rate. Heat loss, on the other hand, remains constant or—as in the case of a moving vehicle—is increased. Thus a deficit is inevitable.

This applies also to open motor-cars, which are responsible annually for many chills and not a few deaths. The strong air-currents which tend to "flow" in on the passengers' backs are possessed of relatively enormous cooling power.

All motorists, in raw weather, should wear caps capable of affording protection to the back of the neck—a vulnerable part of the body not necessary to any thing like the same extent. It is this fact, probably, which account for the wide diversity of opinion and influence of cold on the human body. Dry cold is a stimulant, wet cold a profound depressant,—(Times Trade and Engineers).