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THE ^{Abi} INDIAN NATUROPATH

THE OFFICIAL ORGAN AND GAZETTE

:: OF ::

THE INDIAN NATUROPATHIC ASSOCIATION.

A Health Magazine expounding the Philosophy of
Naturism and the several Systems of Nature Cure.

PUBLISHED MONTHLY.

Vol. I. } BEZWADA (INDIA), July 1926. { No. 1.

PRINCIPAL CONTENTS.

The Second All India Naturopathic Conference, Cawnpore, 1925.

The Annual Report of the Indian Naturopathic Association.

The Objects of the Indian Naturopathic Association.

An Appeal.



Annual Subscription Rs. 4.)
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{ Free to Members of
the I. N. Association.

1926.

TO OUR READERS.

Our Readers are earnestly requested to kindly show this Journal to their friends, and also to furnish us with the names and addresses of any ladies or gentlemen of their knowledge or acquaintance, who may be interested in the cause of Public Health or Nature Cure.

Those of our Readers who are themselves Thinkers or Workers in the field of Nature Cure, and can help us in our Service to Humanity, are particularly invited to communicate with us and kindly send in their valuable contributions for publication in the succeeding issues of "The Indian Naturopath."

Ladies or gentlemen, desirous of becoming Members of the Indian Naturopathic Association, are recommended to make use of the form of application at P. 27 of this issue, or to write to the undersigned who shall be happy to furnish them with the necessary printed forms of application.

EDITOR,

"The Indian Naturopath."

Registered No. M.

Annual Subscription Rs. 4.

THE INDIAN NATUROPATH

THE OFFICIAL ORGAN AND GAZETTE

— OF —

THE INDIAN NATUROPATHIC ASSOCIATION.

Motto: यतः प्रवृत्तिर्भूतानां येन सर्वमिदं ततम् । स्वकर्मणा तमभ्यर्च्य सिद्धिं विंदति मानवः ॥

From Whom is the emanation of beings, By Whom is all this pervaded,
Worshipping Him by his native action, Man attaineth unto perfection.

Bhagavad Gita, Ch. 18, V. 46.

Vol. I.

BEZWADA (INDIA), July 1926.

No. 1.

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THE INDIAN NATUROPATH.

OURSELVES.

We owe an apology to our friends and well-wishers for our inability to bring out "THE INDIAN NATUROPATH" earlier. Certain essential preliminaries had to be gone through, before we could think of the 'Official Gazette.' With all our best efforts in that direction, we could not procure, until 3-3-1926, the registration of the Association under Act XXI of 1860. Besides, the economic difficulties of a newly organised body are too well known. The loftiness of its aims, the public utility which is its ideal, and the intense sympathy which it

commands from so many quarters through out the country, - have yet only equipped the Association with just enough funds to commence the publication of its Official Gazette, the chief link in its constitution and the very first item of its manifold propaganda. Perfectly conscious of the infinite possibilities for success lying hidden in the womb of the Naturistic Movement, we confidently await the developments soon to come under the unfailing guidance of the All-wise Providence.

The 2nd All-India Naturopathic Conference.

CAWNPORE, DECEMBER 1925.

The above Conference was invited to Cawnpore by Ayurveda Visarada, Vydyasastri, Kavi Ratna, Dr. Ram Narain Varma, L. M. S., Physician and Surgeon in charge of the Arya Samaj Charitable Dispensary at Cawnpore, who organised a large and well-represented Reception Committee including a good number of Allopaths, Homeopaths, Biochemists and Naturopaths, as also many sympathisers of the health movement. The President of the Committee was Dr. Manindra Mohan Dass, L. M. S., and M. D. (Homeo), a leading medical practitioner of the city. It is a clear sign which augurs well for the future of Naturopathy in India, that prominent members of even the Allopathic and Ayurvedic branches of the Healing Professions have been impressed with the merits of Naturopathy as actually to invite an All-India Naturo-

pathic Conference. Sincere and heartfelt thanks are due to the Secretary, Dr. Ram Narain Varma, but for whose initiative enterprise and self-sacrifice the Conference would not have been possible, and to whose energy, tact and winning manners the success of the Conference and the excellent arrangements in connection with it, are solely due.

Originally, the Conference was programmed to run from 26-12-1925 to 28-12-1925. But, as all the expected Delegates from the distant places had not arrived in time, the Conference had to commence its sittings only from 27-12-25. Mr. K. W. Bhairavamurty, B. A., the President of the Indian Naturopathic Association and the President-Elect of the Conference, and other Andhra delegates including Mr. N. Hanumayya, the Editor of "Prakriti" and the

THE SECOND ALL INDIA NATUROPATHIC CONFERENCE, CAWNPORE, Dec., 1925



Mr. N. K. Saksena, Budaun. Mr. Ram Narain Varma, Cawnpore. Dr. J. D. Nigam, Cawnpore. Dr. P. Acharya, Agra. Dr. Manindra Mohan Dass, Cawnpore. Mr. K. W. Bhairavamurty, Bezwa. Mr. N. Hanumayya, Bezwa. Mr. K. Veerasalingam, Bezwa. Mr. Lala Parshad, Cawnpore. Mr. P. M. L. Varma, Buda. Mr. Behari Shrivastava, Nagpur. Mr. Depin Behari Shrivastava, Nagpur.

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General Secretary, I. N. Association, arrived by the Punjab Mail on the evening of 26—12—1925. Other Delegates from Nagpur, Gwalior, Agra, Allahabad, Budaun, Bareilly, Farukhabad and other places, arrived by the morning of 27—12—1925. Letters of sympathy were received from several Prominent Naturopaths of other Provinces, including Dr. B. P. Madon, Health Home, Santa Cruz (Bombay); Prof. M. V. Krishna Row, Director of the Health and Physical Culture Institute, Bangalore; Dr. D. Rangacharyulu, Nature Home, Bapatla (Madras); Mr. A. Anantayya, Shimoga (Mysore State); Dr. P. D. Raju, M. D., F. R. H. S., Proprietor of the Cure All Institute, Madras; Dr. B. S. Gopala Row, Proprietor, Hydro-chromopathic Institute, Rajahmundry (Madras); Mr. P. Govindarajulu, Assistant Director of Survey, Masulipatam (Madras); and some others. Dr. M. B. Godbole, N. D. (America), of Poona city, and Dr. Khan Chand Deva, M. D., of Lahore, though expected, could not come up to the Conference owing to unavoidable circumstances. Babu Nirmal Chandra Chatterjee, B. L., the Secretary of the Nature Healing Association of Bengal, Calcutta, could not attend the Conference being pre-engaged for Madpur on Naturopathic Propaganda Work during the Christmas vacation, but forwarded an official report of the Bengal Association for being read at the Conference.

27—12—1925.

The Conference commenced its sittings at 5 P. M. on 27—12—1925 in the Congress Pandal No. 3, at Tilaknagar, Cawnpore. The hall was filled by nearly 2000 people, in-

cluding the Delegates. Mr. K. W. Bhairavamurty, B. A., the President-elect of the Conference, was in the chair. Dr. Ram Narain Varma, the Secretary of the Reception Committee, read out the Address of Welcome. The President then opened the Conference, delivering in English an eloquent and instructive lecture explaining the true meaning and scope of Naturopathy and the need for its universal propagation; which speech was, for the benefit of the English-ignorant section of the audience, translated into Hindi by one of the Delegates, Mr. Prem Mohan Lal Varma, M. A., L. L. B., M. R. A. S., of Budaun (U. P.). After the close of the President's opening lecture, Pandit Bansidhar Pathak of Bareilly (U. P.), gave a thrilling speech in Hindi, on the needlessness of drugs and on the supreme efficacy of the simple but well-directed application of Water and the other elements.

As it was already 7 P. M., the Conference was adjourned to the next day.

28—12—1925.

The Conference re-assembled at 4 P. M. on 28—12—1925 in the Accessory Pandal No. 3, in the Congress Camp. Mr. K. W. Bhairavamurty, B. A., was in the chair.

The first portion of the day was taken up by a number of speeches in Hindi. Pandit Bhagirathi Swamy, Ayurvedic Physician, Farukhabad, in a sonorous and thrilling voice, addressed the audience on the importance of mass health as the foundation for national prosperity, and the promise of Naturopathy in that direction. He was followed by Mr. Prem Mohan Lal Varma, M. A., M. R. A. S., of Budaun,

who treated the audience with a learned discourse on physical culture and its various aspects. Dr. Prakriti Acharya, Naturopath, of Agra, then spoke on water and its applications, as a panacea for all diseases. Mr. N. K. Saksena, of Budaun, delivered a speech on the different systems of Nature-cure.

The above speakers were succeeded by Babu Umesh Chander Chatterjee, from Bengal, who, in a most thoughtful and absorbing speech in English, held the audience spell-bound for nearly half an hour, explaining the nature of Will Power, and its high potency in the eradication of all ills, physical, mental and spiritual.

The President then made his concluding remarks, bringing the proceedings to a close, and offering, on behalf of the Delegates of the Conference as well as the Members of the Indian Naturopathic Association, sincere and heartfelt thanks to the Reception Committee, and especially to its worthy Secretary, Dr. Ram Narain Varma, for the splendid arrangements that had been made and for the exquisite kindness and courtsey with which the Delegates were treated and accommodated; he congratulated the United Provinces on having had the privilege of signing the Memorandum of Association of the Indian Naturopathic Association, and of thereby

ushering into existence a Registered National Body sworn for the regeneration of India along the lines of Nature, and in conformity with the Divine Intention.

29—12—1925.

There was an informal meeting of the Delegates of the Conference as well as some of the local gentry of the City, including a few patients seeking advice, which gathered in the Gwaltoli Municipal School at about 8 A. M. on 29-12-1925. After professional consultations by patients were over, those present had a free inspection of the Naturopathic Literature and Appliances that were brought to the place by the several Delegates. Next, there was a free discussion about the application and the relative merits of the several systems of Naturopathy. Dr. P. Acharya of Agra, explained at length the high efficacy of a juicy fruit diet along with hot water fomentations in the cure of all diseases. The meeting dispersed at about 1 P.M.

30—12—1925.

At about 9 A. M. on 30-12-1925, a group photograph was taken, at the Gwaltoli Municipal School, of the Officers of the Indian Naturopathic Association for the year 1926, together with the Officers of the Conference Reception Committee and certain other Members of the said Association.

The Annual General Meeting of the Indian Naturopathic Association.

(28—12—1925).

The Annual General Meeting of the Members of the Indian Naturopathic Association was held in the Gwaltoli Municipal School, Cawnpore, at 8 A. M. on 28—12—1925. Mr. K. W. Bhairavamurty, B. A., the President of the Association, was in the chair.

The Annual Report of the Association for the year 1925 was then read to the Meeting by the General Secretary, Mr. N. Hanumiah:

After this, the Official Report of the Bengal Nature Healing Association, explaining the aims, history and progress of the said body and forwarded by the Secretary thereof, was read out to the Meeting by the General Secretary.

Applications for admission to the Membership of the Association were then made by the following gentlemen, who were duly admitted; namely,

1. Dr. Ram Narain Varma, L. M. S., Cawnpore.
2. „ P. Acharya, Naturopath, Agra.
3. Mr. M. Bhatia, Photographer, Allahabad.
4. „ Shivcharan Lal Srivastava, District Board Office, Cawnpore.
5. „ Prem Mohan Lal Varma, M.A., L.L.B., M.R.A.S., etc., Budaun.

6. Mr. Shankar Rao Vithal Rao Kadam Katarnikar, B.A., Superintendent, S. J. Boarding House, Gwalior.
7. „ Depin Behari Shrivastava, Office of the I. G. of Civil Hospitals, Nagpur.
8. Dr. Manindra Mohan Dass, L. M. S., & M. D. (Homoeo), Cawnpore.
9. Mr. Lalta Parshad, of Cooper Allen & Co., Cawnpore.
10. Dr. Bishambhar Dayal Nigam, B.B.M., Chitranshi Medical Hall, Cawnpore.
11. Mr. Nand Kishore Saksena, Legal Practitioner, Budaun.
12. „ Mangal Sen, Ex-Mukhtar, Budaun.

The following Resolutions were then passed; Viz.,

I. "That Mr. K. W. Bhairavamurty, B.A., be the President of the Indian Naturopathic Association for the year 1926."

Proposed by Dr. Ram Narain Varma, of Cawnpore.

Seconded by Mr. M. Bhatia, of Allahabad.

Carried unanimously.

II. "That

(1) Mr. Prem Mohan Lal Varma, M. A., L. L. B., etc., of Budaun;

(2) Mr. N. Hanumayya, Editor "Prakriti," Bezwada; and

(3) Mr. M. K. Veeresalingam, Inamdar, Bezwada;

be the Vice President, the General Secretary, and the Personal Secretary to the President respectively of the Indian Naturopathic Association for the year 1926."

Proposed by Dr. P. Acharya, of Agra.

Seconded by Mr. Bepin Behari Shrivastava, of Nagpore.

Carried Unanimously.

III. "That the printed Memorandum of Association, and a duly certified copy of the printed Rules and Regulations, of the Indian Naturopathic Association, be signed by members present at the meeting at least upto the minimum number required by the Societies' Registration Act, and that therewith the Association be registered in accordance with the said Act."

Proposed from the Chair.

Seconded by Mr. N. Hanumayya of Bezwada.

Carried unanimously.

IV. "That Mr. K. W. Bhairavamurty, B. A., of Bezwada, the President of the Indian Naturopathic Association, be hereby authorised to file the Memorandum of Association and the certified copy of the Rules & Regulations of the Association before the Assistant Registrar of Joint Stock Companies at Masulipatam (Madras Presidency), and procure the registration of this Association; and that a duplicate copy of this resolution (No. IV), bearing the signatures of the signatories to the Memorandum, be furnished to the President for filing before the said Assistant Registrar of Joint Stock Companies at Masulipatam, if necessary."

Proposed by Mr. N. Hanumayya of Bezwada.

Seconded by Mr. N. K. Saksena, of Budaun.

Carried unanimously.

The Memorandum of Association, and a copy of the Rules and Regulations certified to be correct, were then signed by the members and delivered to the President for registration as provided in the above Resolutions.

The Meeting came to a close at 1 P. M.

The Annual Report of the Indian Naturopathic Association for the year 1925.

The origin of the Indian Naturopathic Association dates as far back as the year 1919 when a nucleus of the body was formed at Bezwada with not more than four members who have been interested in the propaga-

tion of Naturopathy. By this, it is not to be understood that there did not then exist, scattered over the Andhra Province, scores of individuals who had long been practising in their person one or the other of a variety of Nature Cure systems. The year 1919 is significant in the history of the Naturo-

thic Movement in India, in as much as it marks the origin of an attempt to bring together, into an organised body, the several workers in the field, and thereby to focus and co-ordinate their private and individual exertions into a national propaganda. A definite start in the direction of Nature Cure has been given to the people of this Province as early as 1897 by Mr. D. Venkatachalapathi Sarma, whose Telugu translation of Loius Kuhne's entire works caused quite a sensation among the people, and rapidly gained innumerable converts to Naturopathy. Of the several systems that had gained ground by the year 1919, were Kuhne's "New Science of Healing," Babbitt's "Chromopathy," Just's "Return to Nature", Diet Cure, Fasting Cure, Physical Culture, Hypnotism, and a few others. Soon after the formation of the nucleus above mentioned, a Telugu Naturopathic Monthly, by name "Prakriti", was started in the same year for propagating the philosophy of Naturism, and for teaching, recommending and popularising the principles and the methods of the different systems of Nature Cure. As the original aspirations of the founders of the Association were not merely provincial but national in their scope, as the provincial vernacular Telugu was not the proper medium for addressing the several communities in this vast Empire, but as an independent English journal on a proper scale was then felt as too costly a venture to be immediately undertaken, an English Supplement to the Prakriti was started within a few months after the commencement of the above-mentioned Telugu Journal "Prakriti." By means of this Supplement, we are happy to note, we were able to approach the leading

workers in the field at different centres all over the country. Within a short time, we had the fortune not only of consolidating the work in the Andhra Province, but even of enlisting the sympathy and co-operation of such notable persons as Dr. B. P. Madon, Health Home, Santa Cruz (Bombay); of Dr. R. D. Gupta, Water Cure Institute, Allahabad; of Dr. Sriram, M. P. L., of Srinagar (Kashmir); of Dr. Ash Kumar Banerjee, M. A., of Calcutta; of Dr. Gangaram Parmanand, D.P., D.O. (America), of Karachi; of Prof. M. V. Krishna Row, Physical Culture Institute, Bangalore; of Dr. K. L. Sarma, B. A., B. L., Nature Home, Pondicherry; of Dr. K. C. Bannerjee, Benares; of Mr. B. Suryanarayana Row, B. A., M. R. A. S., Suryalaya, Bangalore; of the late lamented Pandit D. Gopalacharyulu, A. V. S. etc., of Madras; and a number of others hailing from the sister Provinces. Many of these gentlemen, in appreciation of the humble efforts of the infant journal, have had the generosity to help it more or less steadily by occasional contributions of articles to the journal, as well as of books, money and other encouraging presents. Besides the publication of the journal, the Association exerted itself in a number of other useful directions. A Circulating Health Library was also started for the benefit of those who, though interested in Naturopathy, could not afford to purchase the costly literature. Advice, in all cases, has been given absolutely gratis, in person or by post according to convenience. We are happy to say that these humble efforts did not go in vain. Particularly within the limits of the Andhra Province, the fruit of these exertions was very perceptible and substantial. The

membership rapidly rose to about 600 in the year 1920. By bringing the new knowledge to the door of every village home, by encouraging those that already practised the one or the other system of Naturopathy, and by affording a free platform for the frequent expression and interchange of views and experiences, the journal has really succeeded in encouraging and popularising the free resort to Nature Cure, so much so that at this day we are proud to declare that, within the Andhra Province at least, Naturopathy is without exaggeration able to compare itself favourably with any other system of therapeutics as much in popular favour as in the effectiveness of the cures produced. This success was, in a great measure, facilitated and augmented by the unaided and individual exertions of certain ambitious and enthusiastic devotees of Naturopathy, who had long been practising as Nature Cure Doctors in different parts of the Province. Conspicuous among these are the famous names of Dr. A. Balamukunda Dass of Bezwada; Dr. B. S. Gopala Rao of the Hydrochromopathic Institute at Rajahmundry; the late lamented Zamindar, Chirumamilla Bhanu Prasada Naidu Garu, the Patron-founder of the Kuhne Water Cure Institute at Guntur; Yogi Siddhappa, the founder and proprietor of the famous Siddha Asrama at Hindupur; Mr. R. Gopala Krishnayya who successively worked at Guntur and Ongole, and is now at Tenali; and the late lamented Mr. T. Narayana Row Naidu, the enthusiastic missionary of the Kuhne Water Cure. Encouraged by the favourable conditions thus produced, a good many Nature Homes and Hospitals have recently come into

existence at Tenali, Bapatla and the like, which owe their origin to the private ventures of enthusiastic professional gentlemen. Special mention deserves to be made in this connection of the name of the famous Andhra, Dr. G. V. Krishna Row, whose name is a bye-word all over India, and who, after having practised as a Kuhne Water Healer at Bombay and also in the United Provinces, and after having gone to Germany, England and America for acquainting himself with the Naturopathic work in those countries, has finally returned to his native place and settled himself at Bezwada where he is now practising as a Kuhne Water Healer. This, in extenso, is the History of the several efforts for the introduction and popularisation of Naturopathy in the Andhra Province, whereby it has gained for itself a status and popular patronage which can stand favourable comparison with that enjoyed by any other system of therapeutics, foreign or indigenous. Within the City of Madras itself, there have, of late, been working no less than three Naturopathic Institutes worked respectively by Dr. P. D. Raju, M. D., Dr. T. Rama Row, and Dr. T. Balakrishnan.

The efficacy of Nature Cure, and the purifying influence of a Natural Mode of Living, have attracted not only secular people, but even a good many religious institutions where plain living, high thinking and spiritual discipline is the order of the day. Three such institutions within the Andhra Province may be mentioned here by way of illustration, viz., the Sadhana Asrama near Bezwada, the Hatha Yoga Asrama at Enuguvanilanka near Narsapur, and the Santi Asrama in the Totapalli

Hills near Pithapuram, where a fruit nut and raw vegetable diet is the daily menu of the members, and Hydropathy the only resort in the case of disease. There are other institutions also, more or less of a similar type.

Mention may be made here that, recently in August of this year, a Provincial Section of the I. N. Association by name "The Andhra Provincial Naturopathic Association," has been organised by the earnest labours of Mr. I. V. Ramanayya of Bezwada, who has all along been one of the pillars of the movement in the Province, for the better and more efficient propaganda among the masses in the Andhra Province.

So far, mention has been made only of the progress of Naturopathy in the Andhra Province. But it is not to be thought of that the Andhra is in any real sense the pioneer of Naturopathy in all India, or the only Province where the Naturopathic Propaganda is taken up as a life-mission and worked out by devoted souls who have thereby brought untold relief to suffering humanity.

In the Tamil Province, we find the great pioneer, Dr. K. L. Sarma, B.A., B.L., who has given up his legal practice, and taken to the propagation of Naturopathy as a religious duty. It is through his efforts that the whole of the Tamil Province became awakened to the transcendental merits of Naturopathy. The Naturopathic Association now existing in the Indian State of Pudukota with a good number of members and with a pretty decent library is really his creation, not to speak of the numberless converts to Nature Cure scattered all over the

Tamil Province and claiming his discipleship.

In the Indian State of Mysore, Prof. M. V. Krishna Row, Mysore State. the Editor of the "Physical Culture Magazine," and the Director of the Health and Physical Culture Institute, has been, under the distinguished patronage of the Ruling Chief, radiating the light of Drugless Healing by treating a large number of patients and preaching druglessness.

In Bengal, there has been in Bengal. existence for some years the "Swabhava Chikitsa Sammelan" (i. e., the Nature Healing Association) of Bengal, which has been working under the lead of some prominent philanthropic gentlemen of Calcutta, including some Lawyers of the Calcutta High Court and particularly the Editors of the famous popular daily "The Amrit Bazaar Patrika." A detailed report of the history and work of this Association, furnished by its Secretary, Babu Nirmal Chandra Chatterjea, B. L., will be read out to you shortly. Apart from this Association, there exist a number of private gentlemen like Babu Ash Kumar Banerjea, M. A., and Dr. H. C. Das, D. Ch., convinced of the correctness and efficacy of Nature Cure and zealous of its propagation, to whose individual labours owes much of the progress that Naturopathy has till now been able to make in Bengal. The latter of these two gentlemen is an America-retained graduate, holding the degree of Doctor of Chiropractic.

Glancing across the width of this vast country and examining the conditions in Bombay, Baroda and Kathiawad, we find that even there the people have not at all been

Bombay, Kathiawad, Baroda.

slumbering, but that Naturopathy has been making a steady advance by the efforts of enlightened and devoted souls.

Dr. B. P. Madon, Santa Cruz (Bombay), of well-known fame, has been the pioneer of western Naturopathy not only in Bombay but even in respect of all India. He forms, even to this date, the sole gateway through which all American Naturopathic light, literature and inventions have so gloriously made their way into this country. His Health Home and his Circulating Library have been the cause of the enlightenment and inspiration of many a veteran whose name now adorns the long list of devoted and self-sacrificing advocates of Nature Cure in this country. His Naturopathic Health Home might perhaps be correctly described as the very first of its kind in this land. Srijat Govind Amrut Vaidya of Amreli (Kathiawad), the retired Revenue Divisional Officer, has had such an irresistible conviction and personal enthusiasm for Naturopathy that, even at his advanced age of over sixty, he is now actually going from place to place carrying the banner of Naturopathy, advocating its high merits, and spreading its practice among the people. More than 16 years ago, this gentleman conceived the idea of forming a Naturopathic association and even drafted and printed a set of rules for its guidance, but the plan fell through owing to the lack of sufficient understanding and appreciation of Naturopathy by the people in those early days. But his persistent labours all along have since revolutionised the mentality of the people, and to-day we can count many an individual loud

and grateful in the praise of Nature Cure. Srijat Bhogilal T. Vakil, and his son Dr. Mahadev Prasad, M. D., N. D. (America), have founded the Naturopathic journal "Dhanvantari" in Guzerati, the vernacular of the Province. Through its medium and by means of the famous Hospitals which they successively worked with so much credit and popularity at Ahmedabad and Bombay, they have greatly augmented the success of their predecessors and cleared the way for a more thorough-going and systematic propaganda. Dr. Mahadev Prasad is now practising at Bombay as a strict Naturopath. Within the Indian State of Baroda, Dr. Jatashankar I. Nandi, N. D., of Mehsana, a member of the local Bar, had such a personal appreciation and earnestness for Naturopathy that he took the trouble to graduate himself as a Doctor of Naturopathy from the American School at New York, and is now doing his best towards the propagation of Nature Cure.

In the Maharashtra Province, Dr. S. B. Bapat of Poona has spent over a decade carrying on Naturopathic propaganda. In the same city, Dr. Godbole, N. D. (America), has for some time past been conducting a Hospital equipped for the treatment of patients by Methods of Electrotherapeutics.

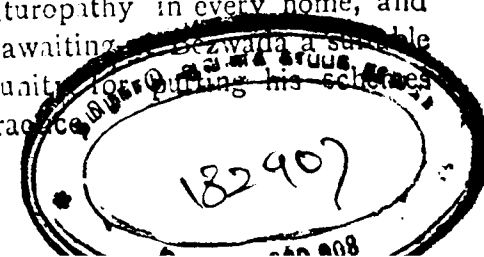
Dr. Gopal Ramachandra Date of Jalgaon, in the East Khandesh, has been the author of a voluminous work in the Mahratti language on the subject of Water Cure, which has had a wonderful effect in bringing home to the people the magical potency of Hydrotherapy.

Dr. L. V. Malebennur of Dharwar in the Karnatak, Dr. R. V. Kamalapurkar of the Kolhapur State, have been successfully working Naturopathic Homes in the said places, advocating Nature Cure and treating a large number of patients. It is our duty to make mention here of the Maharajah Saheb of the State of Dhar who, himself a naturopath, has been exerting his valuable influence in favour of the propagation of Nature Cure.

In the State of Kashmir, Dr. Sri-ram, of Srinagar, has in a very creditable way been serving humanity by carrying the banner of Naturopathy particularly along the lines of Physical Culture.

Last in order, but certainly not the least in value, comes the esteemed contribution of this very Province. Dr. R. D. Gupta, late of Lucknow, but now of Rasulabad (Allahabad), has been for many years conducting the Water Cure Institute of well-known fame. But the most important work on a large scale, so far as our information goes, is that of Mr. Soti Krishna Swarup, M. A., L. L. B., late of Moradabad, who has long been carrying on an extensive propaganda for the spread of the Kuhne System of Water Healing. He has given to the people a Hindi translation of Kuhne's "New Science of Healing" and other works, interest in which has spread like wild fire among the people, resulting in a thorough inculcation in them of the principles of Natural Healing. Retired from active professional labours, this gentleman has now settled himself in his proprietary village of Bijnor, where

he is now proposing to organise a Kuhne Water Cure Society, and lay the foundations for a big Healing Institution. This gentleman had, for some time, the benefit of personal collaboration with the well known Andhra gentleman above-mentioned, Dr. G. V. Krishna Row, B. A., who, ever since his collegiate life, has become a staunch votary to the Louis Kuhne System of Water Healing, and has made his influence felt at more than one centre in the country. Born and educated in the Andhra Province, he early went out to Bombay where, with the aid of Mr. Horniman then of the Bombay Chronicle, and that of a few wealthy and influential Parsi gentlemen, he founded the famous "All India Khune Water Cure Institute" which worked very successfully for a time, until his departure in 1919 to the continent of Europe for a personal study of the system as taught and practised in the very Institute of Louis Kuhne at Liepsic in Germany. Having finished his task there, he went over to England and spent some time with Mr. Eugene Sandow, discoursing on Physical Culture. Then he crossed the Atlantic and went over to America for acquainting himself with the methods of the several systems of Nature Cure, whose number is legion and all of which are so very ably harmonised, adapted, and wonderfully worked by the Gigantic Veterans of the United States, like Dr. Benedict Lust, Dr. Kellogg, Dr. Lindlahr etc. He returned to India fired by the great ideal of universalising Naturopathy in every home, and is now awaiting a suitable opportunity for putting his schemes into practice.



Mention may be made here of the valuable contribution of Dr. Jang Bahadur Singh, who is working a Water Cure Institute at Ajodhya, in a Home at Lakshman Ghat on the very bank of the beautiful River Sarju.

Above all, the greatest impetus in the direction of Simple Diet and Nature Cure has, in recent times, been given to the country as a whole by the inspiring example of the personal life of Mahatma Gandhi, and that of the Asrama that is now being run under the Mahatma's immediate supervision on the bank of the holy River Sabarmati. The above influence has produced in the country numerous Fruit-eaters and a large number of Simple Life Colonies.

From what has been stated above, it is not to be imagined that what is now to be found existing and progressing in the country is only Naturopathy as discovered and expounded by European and American savants, or that Naturopathy is something altogether exotic to the land and is only recently imported into the country by the efforts of a few westernised individuals. A careful study discloses to us the fact that the several Systems of Yoga, and the vast Scheme of personal domestic and social Hygiene and Sanitation enjoined by our Dharma Sastras, are but systems and injunctions based upon a thorough grasp of the fundamental Nature Cure Laws governing our well-being. There can be no doubt that all these are so many Nature Cure Systems, each capable of conferring upon man the best of mundane life free from all physical and mental ills. But the principles and practices advocated by these Systems, which

Ancient indigenous Systems of Naturopathy.

are capable of purifying, vitalising and beatifying life in all planes, and which once formed the warp and the woof of the daily life of every Aryan, have however, during the course of long ages, fallen into disuse, and have almost been forgotten by the people in general. But it is most gratifying to learn that these Systems have not altogether died out, but have been preserved intact with the utmost care and reverence, being found exclusively in Holy Custody and resorted to by an infinitesimal minority only for purposes of Spiritual Purification and Self-discipline. It is very necessary for the regeneration of India, nay, for the benefit of the whole Human Race, that these Systems should be redeemed from the oceanic depths of oblivion and neglect into which they have sunk, and that they should be thoroughly investigated and explained in the light of modern science, so that they may receive ready appreciation, and, by proper resort, become capable of conferring inestimable blessings upon mankind. This indeed is one of the avowed objects of the Indian Naturopathic Association. It is an encouraging and happy sign to see that Yogi Kuvalayanandaji has recently established a Research Institute on modern lines at Lonavla near Bombay, for the express purpose of investigating, scientifically interpreting and thereby redeeming, from possible ruin, the ancient System of Ashtanga Yoga. The monthly journal in English, published by the said Institute and entitled "Yoga Mimamsa", wherein are duly recorded the investigations made in the Institute from time to time, is well worth the careful study of every thoughtful student and well-wisher of Naturopathy.

The above is a brief narrative of the stray exertions towards the propagation of Naturopathy that until now have been made by people in the several parts of India, of course quite independently, and without each knowing what the other is doing, or being in any way influenced in his work by the other. These events are a clear indication that, above and beyond the voluntary efforts of particular individuals, there are some irresistible transcendental influences at work, which have decided that, for our regeneration, the ancient Holy Culture of the Rishis is again to flow through this land, once more purifying and vitalising the National Life, and elevating India's sons into a Nation well worth the heredity of their Holy Ancestors and the admiration of the sister Nations of the World.

In order to make these stray and localised efforts really telling in their effects, it is indispensable that all these must be brought together and mutually coordinated in such a manner that they result in continuous, steady and successful cooperation. In other words, if Naturopathy is to gain for itself the true position it deserves in the estimation and popularity of the people, and if thereby it is to confer its inestimable blessings on the Nation, it is absolutely necessary that the private and isolated efforts of the large army of earnest workers in the field in different parts of the country, should be coordinated and focussed into a mighty public and national movement. It is with this end in view that the Indian Naturopathic Association has been ushered into existence nearly seven years ago. Although its operations in the beginning did not extend very much beyond the limits

of the particular Province of its birth, it is very encouraging to see that of late it is really coming to its own, and that, by the sincere and hearty cooperation of the workers in the other Provinces, it has gradually become a really All India concern which it was originally intended to be.

A Popular Organisation for Health Propaganda on a national scale is at present a serious desideratum for this country, having regard to the awfully debilitated condition of the average physique of the people; to the frequent havoc-making visits of fatal epidemics like the Cholera, the Small Pox, the Influenza, and the Plague, which annually reap a terrible harvest of human deaths in more than one part of this vast Empire; and particularly to the colossal ignorance and indifference of the masses concerning all hygienic and sanitary observances so very vital to the maintenance of their physical well-being. Of course, such ignorance and indifference of the masses is, in a greater or less degree, common to almost all the Nations of the World. But, especially among the more civilised and scientifically advanced Nations, the evil effects of such ignorance and indifference are, in a large measure, counteracted by Acts of the Legislature distinctly enjoining certain fundamental observances, and providing punishments for disobedience; by extensive propaganda for mass enlightenment conducted at public expense under the immediate control of the Government; and, what is perhaps most important of all, by the several minute and excellent details in the planning of towns, houses, and even public conveyances

A popular National Organisation for Health Propaganda.

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such as steam-ships, railway-carriages and the like; which details clearly evidence a most scrupulous reverence for hygienic and sanitary laws and for their strict observance in all cases at any cost, and are relentlessly enforced by all Public Authorities and Quasi-public Bodies. The supreme blessing of such detailed arrangements is that they not only induce, facilitate and promote healthy practices in the people, but, by continued and systematic though compulsory accordance, tend to develop stray and unintentional acts into a kind of second nature in the people;—indeed a public asset of abiding and inestimable worth. We learn that, in certain cities in Europe whose high standard of cleanliness even prohibits indiscriminate spitting in the thorough-fares, public spittoons, (not to mention decently maintained public privies, lavatories and even baths), are fitted up in the streets for the use of the public. How easy and pleasant is obedience to Nature under such circumstances! How easy perhaps is Heavenly life in Heaven! But such thorough-going public sanitary arrangements have yet to remain the distant dream of publicists in this country. A very depressing contrast to such a state of things is presented by the towns in this country, wherein public privies and lavatories are mostly absent, and in those very rare cases where they do exist, they are not fit for the use of any order of creation higher than the filthy swine, and are so stinking and dirty that no self-respecting lady or gentleman is under any circumstances tempted to step into them. How impossible, in such an environment, would it be to obey the injunctions of Nature, in open defiance of

legislative prohibitions against public nuisance so zealously enforced by the ubiquitous presence of the Police-man! How perverted and unhygienic become in consequence the habits of the townsmen; and how damaged their health!

What kind of Organisation, then, would be most fit to take up this Health Propaganda so very badly needed by the Nation at present? The several systems of healing, Naturopathic, Allopathic, Homeopathic, Ayurvedic, Unani or otherwise, have each its own Code of Hygiene and Sanitation, evidencing a clear apprehension, in greater or less degree, of the fundamental laws of health, and of the need of their observance. But, so far however as the Non-Naturopathic systems are concerned, in actual practice and especially in the hands of professional physicians, the remedial branch has entirely eclipsed the preventive one; so much so, that nowadays these systems have practically become the resort exclusively of sick people, and only very rarely care to concern themselves with the healthy, or in any manner seek to regulate the details of their life. This most regrettable one-sidedness is responsible not only for the universal popular ignorance of hygienic and sanitary laws, but for the firm suicidal conviction which people show in their lives that they can afford to live at random as the wind blows, or as pleasure fancy or fashion may dictate; provided that, in the case of illness, they be careful enough to procure the timely services of the Doctor with his remedial means and appliances. This false and mischievous outlook engenders and encourages persistent sinning against Nature, the horrible fruition of which is not merely

the eruption of numerous destructive pestilences, but the serious and permanent undermining of the Nation's physical and mental vitality. The aim and business of Naturopathy, however, is altogether different. To its eye, both in theory and in practice, Prevention and Cure are not two different things, but merely two aspects of the same thing. The very thing that prevents also cures; and, the very thing that cures also prevents. A correct understanding of the laws of our being, with a strict regulation of life into complete conformity with these laws, constitutes the entire outfit of the Naturopathic Doctor, wherewith he so very successfully tackles any and every evil in our existence. His therapy consists more of enlightenment and counsel, than of technical treatment by the application of special nostrums. Hygiene and Sanitation are the indispensable handmaids of every true system of Naturopathy. A national Naturopathic organisation would therefore be the most suitable platform whereon the Country's attention and energy may be effectually focussed in the direction of the most needed Health Propaganda. The perfection of the true Science of Health by promoting investigation into the laws of natural living and into the methods of natural healing, is one of the avowed objects of the Indian Naturopathic Association. It is earnestly hoped that, by a fitting response and cooperation from the public, the Association will soon become established as the paramount national Health Propagandist for all India, awakening the people to a proper appreciation of Sound Health as the indispensable foundation for every other achievement; teaching them the easiest, cheapest, simplest, most effective,

and, at the same time, most natural methods of maintaining or recovering their health; and successfully fighting against the numerous vices, epidemics and other pests that cripple the Nation in its march to perfection.

As it was felt that, for the most effective realisation of the aims of the Indian Naturopathic Association, it was necessary to define its Objects strictly, and to register it under Act XXI of 1860 thereby giving it the required legal status, the Members of the Association, at the Annual Conference held at Bezwada in August 1924, resolved upon the said registration and, in pursuance thereof, referred to a Select Committee the drafting of the necessary Memorandum of Association as well as the Rules and Regulations. It was also resolved to convene an All India Naturopathic Conference, conveniently in conjunction with the then forthcoming Session of the Indian National Congress at Belgaum in December 1924, with a view to obtain the benefit of the consultation and advice of Workers in the other Provinces before the above mentioned Drafts be finally approved and the Association registered on their basis.

Under these circumstances, the First All India Naturopathic Conference was, under the auspices of the Association, held at Belgaum in December 1924 under the distinguished Presidentship of Dr. Mahadev Prasad, M.D., N.D., of Bombay. It was a well represented gathering wherein Delegates from no less than 8 Provinces and States attended and participated in the deli-

The First All India Naturopathic Conference.

berations. In view of certain amendments and modifications suggested at the Conference in respect of the Drafts of the Memorandum and the Rules of the Association, it was resolved at the Conference to reconsider the Drafts at some future time.

Subsequently, that is, during August this year, a Meeting of the Members of the Association was held at Bezwada, whereat the Drafts of the Memorandum and the Rules of the Association, incorporating the amendments and modifications proposed at the Belgaum Conference, were finally approved and adopted as the Memorandum of Association and the Rules and Regulations respectively of this Association, and a resolution made to register the Association on the basis of these before the end of January 1926. The Memorandum and the Rules have since been printed, and got ready for

registration. The Sixth Annual General Meeting of the Association has been decided to be held at this place in conjunction with this year's All India Naturopathic Conference, whereat, after admitting to Membership those gentlemen that may wish to join the Association, the Office-bearers for the year 1926 may be duly elected, and the Memorandum and the Rules, with the names of the Office-bearers so elected being duly entered therein, be duly signed at the said Meeting, and subsequently presented for registration.

This, gentlemen, is, in brief, a summary of the History of the Indian Naturopathic Association up to this moment. It is earnestly hoped that, after registration, the Association will have a steady onward march towards its destined goal, with the sincere and hearty co-operation of all Lovers of Naturopathy.

Reports of Provincial Associations.

(i) BENGAL NATURE HEALING ASSOCIATION.

Modern Development of Naturopathy
in Bengal.

A few years back, Babu Amarendra Nath Chatterji of Uttarpara (Bengal) introduced the system into Bengal and initiated some gentlemen of the locality and abroad in the system. But before he could make a good progress, he was for political reasons interned. One of his followers, Babu Paresh Ch. Chatterjee, B. E. (retired), began to preach the efficacy of the treatment and, about 2 years and a half ago, chanced to see Mr. R. C. Chatterjee, B. L., Pleader, Small Causes Court, Calcutta, who at once took the initiative and began an

earnest and careful study of the system. It is now sixteen months since he has written two invaluable books, viz., "Hydropathy or Water Cure", and "Kshata-Chikitsa by Hydropathy" on the subject which, we are glad to report, have created a great sensation in Bengal, and as a result of their rapid circulation there are now no less than 2500 advocates of Naturopathy in Bengal. It is expected that the number will be more than double in another year from now. We expect publication of more books on the subject from the pen of Mr. Chatterjee, which, when out, we are sure, will be able to create a great revolution in the medical world.

Another small treatise on the subject from the pen of Mr. N. C. Chatterjee, B. L., entitled "*Cheleder Jalachikitsa*", which is meant for the little boys to train them up in the system ere they find their footing in the misleading unnatural systems which are prevalent, saw its light a short-time ago; and the book is expected to pave a broad way for Naturopathy, if the School Masters care to introduce it in their respective schools.

The Association is still in the course of organisation. It will be a very important institution when completely organised.

The following is a List of Office Bearers
for the Current Year.

President.

1. Mr. M. K. Bose, M. A., B. L.
(Sub-Editor, Amrita Bazaar Patrika)

Vice-Presidents.

2. „ K. L. Ghose, M. A., B. L.
(Sub-Editor, Amrita Bazaar Patrika)

3. „ R. C. Chatterjee, B. L.
Secretary.

4. „ N. C. Chatterjee, B. L.
Asst. Secretaries.

5. „ P. L. Mukherjee, B. L.
6. „ N. K. Bose.

The Executive Committee
consist of the above Office Bearers
and

Mr. N. C. Ganguly, B. L.
„ Jagadish Chandra Bagchi,
B. L.

„ S. C. Dutt
„ B. L. Mullick
„ M. C. Roy
„ A. C. Sen
„ S. P. Mukherjee
Dr. K. L. Das, L. M. F.

Our views on the subject of Naturopathy.

To establish the efficacy of Nature Cure on the lines laid down by such masters as Louis Kuhne, Adolph Just, Father Kneipp, Dr. Lindlahr, Yogi Ramcharak, Mahatma Gandhi & others. After having bestowed a considerable thought and attention upon the subject, we have found out an excellent case for the five primordial elements, viz., *सिद्धि, अप, तेज, मरुत, व्योम* (earth, water, heat, air and ether) as remedial agents for curing all human ailments. It is evident from the methods of treatment practically followed by us in multifarious cases that earth, water, heat, air and ether may be turned to good advantage for dealing effectively with all sorts of disorders that flesh is heir to. In a country like India, where the people are so poor, the value of such treatment, entailing upon the patient little or no expense cannot be over-estimated. It is a revelation to us that water can be utilised in such a manner for curing even serious diseases which work ravages upon the human constitution. Among the five elements, water stands out as particularly endowed with healing powers, and its efficacy has been tested in a variety of ways. The Hindus regard water as Narayan (God), and as God is perfect and does not mean to do us harm, so is water pure and harmless. The list of cases cured by us, includes Tuberculosis, Pneumonia, Typhoid, Malaria, Kalazar, Leprosy, Asthma, Rheumatism, Gout, Burns, Blood-poisoning, Sciatica, Dysentery, and even resuscitation after apparent death. That the system richly deserves trial is a proposition fully proved from its scientific basis and the successful results achieved by us. The treatment has been put to the

most searching tests and has not disappointed expectations. It is simplicity itself, and this forms not the least of its recommendation. The simple methods lend themselves to special application to the circumstances of our people; and, we think it is the duty of the Local Bodies to give the treatment a fair trial.

Nature deserves a chance to fix man up, and Nature, we feel sure, will not be found wanting. Bath and Simple Diet go a long way to prolong human life and make it immune from the devastating effects of diseases. Hip-bath, Sitz-bath, Steam-bath and Sun-bath can be made to yield excellent results by the eradication of diseases. If regular baths be taken on these lines, there is then every likelihood of the doctor's profession being gone. We hazard this statement, fortified by the successful results that have all along attended our operations.

(ii) THE PUDUKKOTTAI NATUROPATHIC ASSOCIATION. (1924-1925.)

This Association completes the second year of its existence by this time. It is necessary to give, in a few words, the History of Naturopathy in Pudukkottai before it found expression in the present Association.

In commencing the history of Naturopathy, the great name that is associated with its existence and prosperity in this State is that of Sriji K.L. Sarma, who is now running the "Nature Home" in Pondicherry. He is the very epitome of the history of the movement in Pudukkottai. The great pioneer followed the System of Kuhne for the purpose of curing certain chronic diseases he was suffering from,

We commend the introduction of this system of treatment in every Indian home, and that at once, as the maladies that afflict our countrymen are getting bewilderingly large and as the people cannot afford elaborate and costly treatment.

Another important point which deserves attention is that Naturopathy is based on fixed principles which are universally applicable. It preaches UNITY of diseases and so there is no difficulty of diagnosis. Besides, in the Naturopathic system, there are no unpleasant medicines and no expense to add to the unpleasantness created by the diseases and the use of unpleasant medicines. We whole-heartedly recommend this system of treatment for our poor country.

NIRMALCHANDRA CHATTERJEE,
Secretary.
Bengal Nature Healing
Association.

and, by a series of experiments on himself, has adapted to perfection Kuhne's system to Indian conditions of climate. In the history of Naturopathy, and especially in Hydro-therapeutics, an epoch-making invention was made by the Pudukkottai pioneer, in and by his "Cerebro-Spinal bath" (or "Spinal bath" as he generally calls it) which no modern practical Hydropath can afford to dispense with, in healing any disease of the brain or the spinal chord. He is perfecting his experiments at Pondicherry. He has published several important books on Hydrotherapy and Dietetics. Though he began as an orthodox Kuhnite, he has evolved his own

system of cure which may be said to resemble very closely in purpose, principle and method, the now famous Sanipratic of Washington, U.S.A. He has brought blessings of health to hundreds of suffering persons in this State, and he has raised a band of enthusiasts pledged to his cause.

From about the year 1914, Sjt. Sarma has been the practical exponent of this movement. He has sacrificed even his career as a lawyer, so as to concentrate his energies to this one purpose of Naturopathic Propaganda.

When he went out to Pondicherry, the absence of his inspiring presence was felt by a few who were first his patients, then his pupils, and finally his staunch adherents. A few such idealists form the present Association, and it is going on only under his blessings.

There are several influential Vakils and Merchants who have joined this Association. Most of them practise the principles of Naturopathy. But, efforts are being made to make them more practical. There are about 20 members in this association.

The Association has got a nucleus of a library containing about fifty books, all relating to Naturopathy. The Association is getting the Naturopath from America, the Healthy Life from London, and the Health from Madras. All of them are eagerly read by members and non-members alike.

During the first half of the year, several Naturopathic banquets on nuts and fruits were held on the bank of a big lake here on all full-moon days. Excursions to neighbouring villages were arranged for and successfully

carried out purely for hygienic purposes. The town of Pudukkottai, possessing an advantage of being surrounded on three sides by jungles, affords woody glades and sequestered avenues for the purpose of taking exercise by running etc. in a somewhat unconventional undress. Physical exercise is daily being taken in one of such glades, and several non-member youths resort to this spot early every morning and take physical exercise under the enthusiastic guidance of the Secretary of the Association, Sjt. P. S. Viswanathier.

Several miraculous cures of dysentery, diarrhoea, erysipelas, child diseases, were achieved by the members of this Association. We should not fail to mention how a child-birth was attended to and successfully carried out purely under drugless and Naturopathic methods.

There are many Naturopaths outside the town of Pudukkottai and they are also our sympathisers. Efforts are being made to enlist members, to get more books, and to strengthen the conviction of the members in the efficacy of Naturopathy.

Always holding before us the great facts that life is a synthesis, that Nature abhors specialisms, that therefore drugless specialisms are as harmful as allopathic specialisms, and that life or treatment according to Nature must be spread out through various grades of transition but must always be approximated to Naturopathic principles, we go on striving after the Great Truth with a stout heart and strong enthusiasm.

OM SHANTHI, SHANTHI, SHANTHI.

Proceedings of the Ordinary Meetings of the Council.

Proceedings of the Ordinary Meeting of
the Council of the Indian Naturopathic
Association held at the Associa-
tion's Head Office at Bezwada
on 30-5-1926.

PRESENT :—

1. Mr. K. W. Bhairavamurty, B. A.,
the President.
2. Mr. N. Hanumayya, the General
Secretary.
3. Mr. M. K. Veeresalingam, the Per-
sonal Secretary to the President.
The Proceedings commenced at
2-30 P. M. Mr. K. W. Bhairava-
murty, B. A., the President, was in
the Chair. The following agenda
were taken up; namely,

I. Subject :—Admissions to Free
Membership under Reg. 11 (iv).

Resolution. (No. 1). "That the
following gentlemen be admitted, un-
der Reg. 11 (iv), as Free Members of
the Association for the year 1926
only; namely,

1. Dr. Agra Balamukunda Dass,
Naturopath, Bezwada.
2. Mr. Basavaraju Seetharamiah,
F.T.S., Municipal Teacher, Bezwada.
3. Dr. Seetharamavadhuta, Sadha-
nasrama, Padamatalanka, Bezwada."

II. Subject :—Nominations to Ho-
norary Membership under Reg. 13.

Resolution. (No. 2). "That the
Council hereby nominates under Reg. 13,
the following gentlemen for election
by the Assembly as Honorary Mem-
bers of the Association; namely,

1. His Holiness, Sri Swami Brah-
mananda Saraswati, Bindumadhav
Ghat, Benares.

2. His Holiness, Sri Swami
Rama Tirtha, Harischandra Ghat,
Benares."

III. Subject :—Exempting, under
Reg. 36, Mr. P. M. L. Varma, M. A.,
M. R. A. S. etc., the Vice President,
from residence at the Head Quarters
during the present tenure of his Office
as required by the said Regulation.

Resolution. (No. 3.) Exempted.

IV. Subject :—Fixing, under Reg.
45 (4), the maximum limit of the
amount of the Association's money,
which the Treasurer may, from time
to time, retain in his hand for the
purpose of meeting miscellaneous and
non-recurring items of expenditure.

Resolution. (No. 4). "That the
maximum limit shall be Rupees One
Hundred only."

V. Subject :—Specification of Re-
gisters and Account Books to be
maintained, and Forms for the same.

Resolution. (No. 5.) "That no
express resolution of the Council
seems necessary on the matter; and
that the General Secretary or the
Treasurer, as the case may be, has
inherent discretion to open and main-
tain such Registers and Account
Books in such forms as he thinks fit,
subject, however, to the control and
supervision of the Council."

VI. Subject :—Certificates of
Membership, and Forms for the same.

Resolution. (No. 6). "That the
consideration of this subject be post-
poned to the Ordinary Meeting of the
Council, to be held in the month of
July next."

VII. Subject :—Publication of the
Official Organ and Gazette, and speci-
fication of details concerning the same.

Resolution. (No. 7). "That the
Official Gazette of the Association,
prescribed by Reg. 84, shall be publish-
ed in monthly issues commencing
from the month of July 1926; and
that the same shall also be entitled
"The Official Organ" of the Associa-
tion."

VIII. Subject :—Specification of
the material, design and other parti-
culars of the Badge of the Association;
and recommendation to the Assembly
to adopt the same.

Resolution. (No. 8). "The Gene-
ral Secretary is hereby requested to
think out and submit to the Council,
at its Ordinary Meeting in July next,
a definite proposal regarding the
particulars of the Badge."

IX. Subject :—Specification of
the material, design and other parti-
culars of the Common Seal of the
Association; and recommendation to
the Assembly to adopt the same.

Resolution. (No. 9). "(a) That the
Council is of opinion that the Common
Seal of the Association shall be made
of brass, and shall bear, in a circle of
two inches in diameter, an inscription
of the name of the Association and its
Head Office, together with an outline
of India, Burma and Ceylon, and the
figure of a blazing sun radiating light
and containing the letter ॐ at its heart,

as shown in the design annexed hereto;
and (b) that the Council hereby recom-
mends the same for the consideration
of the Assembly at its next Ordinary
Meeting."

X. Subject :—Desirability of the
immediate constitution of the Journal,
the Propaganda and the Social Service
Departments under Reg. 90; and the
submission of a report thereon to the
Assembly.

Resolution. [No. 10]. "a. That
the Council believes that it is now time
enough for the Association to take up
a variety of active, effective, yet not
very expensive propaganda for the
purpose of enlightening the public
touching its aims and activities, and
of thereby enlisting its sympathy and
cooperation; that the first three De-
partments mentioned in Reg. 91,
namely, the Journal, the Propaganda,
and the Social Service Departments
may be safely, conveniently and very
profitably constituted and commenced
at once, as they not only do not re-
quire much pecuniary output, but
may, under favourable circumstances,
even earn the ready appreciation
as well as the patronage and support of
the authorities and the general public,
thereby definitely improving its
financial condition and possibly ren-
dering its cherished more costly activi-
ties like the Healing and the Instruction
Departments achievable at a compara-
tively early date; and (b) that the
Council hereby recommends the above
for the consideration of the Assembly
at its next Ordinary Meeting."
The Proceedings came to a close
at 5-30 P. M.

Head Office, } K. W. Bhairavamurty,
1. N. Assn., } Chairman.
Bezwada. } N. HANUMAYYA,
30-5-1926. } General Secretary.



Proceedings of the Ordinary Meeting of the Council of the Indian Naturopathic Association held on 30-6-1926 at the Association's Head Office, Bezwada.

Present :—

1. Mr. K. W. Bhairavamurty, B.A., the President.
2. Mr. N. Hanumayya, the General Secretary.
3. Mr. M. K. Veeresalingam, the Personal Secretary to the President.

The Proceedings commenced at 5-15 P. M.

Mr. K. W. Bhairavamurty, B. A., the President, was in the chair.

The following resolution was passed.

Subject :—Postponement of the First Ordinary Meeting of the Assembly during this year to the month of July 1926, and direction to the General Secretary, under the Explanation to Reg. 50 (a), to convene the above mentioned meeting in the said month. Resolution. (No. 11). "That the First Ordinary Meeting of the Assembly during this year be postponed to July 1926, and that the General Secretary is hereby directed to convene the said meeting accordingly."

The Proceedings came to a close at 5-45 P. M.

Head Office, }
I. N. Assn., } K. W. Bhairavamurty,
Bezwada. } Chairman of the
30-6-1926. } meeting.

N. HANUMAYYA,
General Secretary.

Admissions to Membership.

The following Admissions to the Ordinary Membership of the Indian Naturopathic Association, are hereby notified:—

Name, description and residence of Member.	Date of Admission.	Class of Membership
Dr. Bollapragada Sundara Gopala Row, Hydro-Chromopathic Institute, Rajahmundry.	1-4-26	III
Mr. Darbha Venkata Siva Rama Krishna Sastry, B. A., B. L., Vakil, Masulipatam.	"	"
Mr. Dinavahi Venkata Hanumantha Row, Merchant, Masulipatam.	7-4-26	"
Mr. Gudlavalleti Gopal Rao, Managing Director, Deccan Mill Stores Co., Ltd., Bezwada.	5-5-26	"
Dr. Agra Balamukunda Dass, Hydropath, Bezwada.	30-5-26	Free
Mr. Basavaraju Seetharamiah, F.T.S., Municipal Teacher, Bezwada.	"	"
Dr. Seetharamavadhuta, Sadhana Asrama, Padamatalanka, Bezwada.	"	"
Mr. Iyyanki Venkata Ramanayya, Managing Director, A. G. Press, Ltd., Bezwada.	9-6-26	{ III Life Member

Dr. Gandham Venkata Krishna Row, B. A., Louis Kuhne Missionary and Naturopath, Bezwada.	10-6-26	III.
Mr. Atmakuri Govinda Row, Proprietor of "Ram and Sons", Bezwada.	12-6-26	"
Mr. Yetirajam Sreemivas, Physical Culture Instructor, Bezwada.	14-6-26	"
Head Office, I. N. Assn., } Bezwada. } 1-7-1926. }		N. HANUMAYYA, General Secretary.

Notices of Meetings.

Meeting of the Council.

The Ordinary Meeting of the Council of the Indian Naturopathic Association for July 1926 will be held at 1 P. M. on Sunday the 25th July 1926 at the Association's Head Office at Bezwada, at which the Agenda detailed hereunder will be taken up for consideration and disposal.

Agenda.

1. Admissions to Free Membership under Reg. 11 (iv).
2. Nominations to Honorary Membership under Reg. 13.
3. Certificates of Membership; and Forms for the same.
4. Specification of the material, design and other particulars of the Badge of the Association; and recommendation to the Assembly to adopt the same.

5. Formation of a Corps of Naturopathic Scouts.

Head Office, }
I. N. Assn., } N. HANUMAYYA,
Bezwada. } General Secretary.
1-7-26. }

Meeting of the Assembly.

The First Ordinary Meeting, for this year, of the Assembly of the Indian Naturopathic Association will be held at 3 P. M. on Sunday the

25th July 1926 at the Association's Head Office at Bezwada, at which the Agenda detailed hereunder will be taken up for consideration and disposal.

Agenda.

1. Elections to Honorary Membership under Reg. 13.
2. Creation of the Office of Joint Secretary by an extra-ordinary resolution under Reg. 42; and, election of the Joint Secretary for the current year 1926.

3. Determination, by special resolution under Reg. 83, of the material design and other particulars of the Badge of the Association.

N. B. In the event of the required extra-ordinary resolution being passed at this meeting, the subsequent confirmatory resolution will be moved at a special meeting of the Assembly to be held at 4 P. M. on 31-8-26 at the Association's Head Office at Bezwada.

4. Determination, by an extra-ordinary resolution under Reg. 98, of the material, design and other particulars of the Common Seal of the Association.

5. Constitution, by an extra-ordinary resolution under Reg. 90, of the Journal, the Propaganda, and the

Social Service Departments; and, election of the respective Departmental Secretaries.

6. Appointment, under Reg. 102, of an Auditor for the Association.

7. Empowering the Council, under Reg. 109, to borrow, in the name and on the credit of the Association, either in one loan or in a number of loans as may be expedient, such sum of money as the Council may think fit, so as not to exceed in the aggregate the sum of Five Hundred Rupees only during the current year 1926, for the purposes of meeting such expenses or obligations as the Council may have power to incur, such as:—

(a) Price of stationery and furniture;

(b) Charges for printing the Official Organ and Gazette; and the tracts, pamphlets and other matter issued by the Association;

(c) Expenses incidental to any Propaganda or Social Service; and,

(d) Such other miscellaneous expenditure as the Council may think fit to incur.

Head Office,
I. N. Assn., } N. HANUMAYYA,
Bezwada. } General Secretary.
1—7—1926 }

The Objects of the Indian Naturopathic Association.

1. To promote investigation into the origin and the true character of Evil, and into Nature's Ways of eliminating it.

2. To foster the perfection of the true Science of Health by promoting investigation into the Laws of Natural Living and into the Methods of Natural Healing.

3. To encourage a sympathetic, critical and comparative study of the several ancient and modern, preventive and remedial systems, institutions, customs and practices in the world (whether scientific, philosophical, religious or otherwise), for the purpose of ascertaining their Naturopathic value, if any.

4. To investigate, interpret and redeem the theory and the practice of the traditional Indian Naturopathic Systems of Yoga.

5. To propagate the philosophy of Naturism; and, to work for the

re-organisation of human life, effort and culture on a natural basis.

Explanation. The term Nature indicates the Infinite Power of the All-comprehending, Omniscient and Ever Blessed Reality underlying the Universe. It is this Power that creates, sustains and annihilates, in endless succession, all the Universes that have been, are, or will ever be, in existence. Belonging, as it does, to the Ever Blessed, Nature is of supreme spontaneous beneficence to all creatures. The prime duty and supreme blessedness of every creature consists in learning the true character and direction of Nature and in putting himself into tune with it. This, in essence, is the philosophy of Naturism.

6. To provide moral and, if necessary, legal support to those that live or advocate a life according to Nature; particularly, to persons practising the profession of healing by

Naturopathic methods recognised by this Association.

7. To do all such acts as may be necessary, incidental or conducive to rendering the Knowledge of Nature's Ways and the Blessedness of Natural Life available to people. In particular,

(a) Through the medium of books, journals and pamphlets; by means of lectures and the like; and, if possible, by founding suitable colleges and other institutions of a standard type, to expound the philosophy of Natural Living, and to teach the several systems of Naturopathy recognised by this Association.

(b) To found and maintain suitable libraries and museums, and to collect into them books and exhibits teaching or illustrating the principles and practices of the philosophy of Naturism and the several methods of Natural Healing.

(c) For the accommodation of persons desiring a life of serene purity, or treatment for any disease, to found and conduct health-homes or other sanatoria in urban, horticultural, or sylvan environments, and to demonstrate to the world the supreme efficacy of Naturism, by remedying all diseases by Natural Methods.

(d) To establish orphanages, to admit young orphans therein, and to bring them up in accordance with the principles of Natural Living.

(e) To organise a corps of volunteers prepared to render full-timed service to the cause of Naturopathy.

(f) To found Naturopathic societies wherever convenient, and to affiliate the same to this Association.

Explanation:—*Naturopathy* or *Natural Healing* is the Art of procuring the Elimination of Evil by regulating the Life of the Individual into Perfect Unison with Nature. Naturopathy recognises no Physician or Remedial Agent other than Nature. The term "Naturopathy" includes any one of the several "Systems" of Life or Treatment, which help the Elimination of Evil or any particular manifestation thereof by clearing all obstruction to, and even positively co-operating with Nature's Spontaneous Processes towards that end. It excludes all those "Systems" or "Practices" aiming at the Elimination of Evil by resort to **Artificial Aids** which are repugnant to Nature, or which in any manner tend to obstruct, suppress or exhaust the Spontaneous Healing Processes of Nature.

AN APPEAL.

The supreme need for a national organisation like "The Indian Naturopathic Association" must be obvious even to the most superficial thinker, having regard to the profound popular ignorance and neglect of hygienic and sanitary observances so very vital to human welfare; to the vices, the

unhygienic habits and the consequent depressed vitality generally prevailing among the people; to the insanitary conditions obtaining particularly in modern town-life; to the ravages of fatal diseases and widespread epidemics, most frequently making their appearance and annually exterminating

thousands of human beings; to the complicated technicality, besides the other defects, of the drug remedies usually resorted to by the people, and the incidental quackery and imposture most commonly engendered by them; and lastly to the universal poverty of the people and the extreme costliness of the 'qualified' doctors and their drugs, besides their inaccessibility to corners of the country lying remote from fashionable towns and cities.

A perusal of the contents of the foregoing pages, particularly of "The Objects of the Indian Naturopathic Association" and "The Annual Report for the year 1925" discloses the lofty aims of the national organisation and its vast programme of study, research and social service; the realisation of which, however, will not be possible without the heart-felt sympathy and the active cooperation of the public at large. Such an organisation is indeed urgently required, among other things, for investigating into the conditions actually prevailing in the country; for mass enlightenment regarding the requirements of hygiene and sanitation; for effecting an improvement in the sanitary conditions now prevailing in the villages and towns; for teaching the people cheap, simple and effective modes of self-treatment on natural lines; for organising inexpensive health-homes and sanatoria in almost every corner of the country; and, above all, for successfully combating the ruinous vices, destructive epidemics and other serious diseases that are now hideously stalking in broad day-light and preying upon the vitals of the nation.

The most essential preliminary to be achieved by the Association before

undertaking any definite line of investigation or propaganda, is to enrich its ranks by an extensive enrolment of members from the several parts of the country, including both thinkers and workers to cooperate in the labours of the Association, and leading personalities to inspire confidence in the public.

But even antecedent to such successful enrolment and as a necessary means for its achievement, an Official Journal of the Association is an absolute desideratum for carrying the official announcements of the Association, for recording the investigations and other thoughtful contributions by members and the outside public, and for keeping the members and the outside public duly informed of the work and the progress of the Association. The Journal will have to deal with the several Systems of Nature Cure, making an authoritative pronouncement of the principles and the methods recognised by the Association, containing genuine reports of cases treated and cures effected by Natural Methods, arranging for competent advice by recognised Naturopathic Doctors of good standing, containing illuminating articles by competent men of all shades of opinion, and serving as a medium for the free interchange of views and experiences among the members as well as the public. Such Journal is obviously required to be a high class one, competently edited, properly illustrated, responsibly conducted, and worthy of commanding the respect and confidence of the public and the authorities. The Council earnestly hopes that, with the much esteemed cooperation and patronage of the public, "The Indian Naturopath" will ere long develop

into such a full-blown Official Organ of the Association.

The amount of the out-put necessary for the conduct of the journal, and for such preliminary propaganda as public lectures on health topics, the issue of instructive pamphlets, social service in epidemics, the maintenance of a standing Naturopathic Scout Organisation, and the like, is roughly estimated at Rs. 6000 annually, which presupposes a minimum enrolment of 1000 members, at least of the III class. Taking the whole of India into consideration, this number is by no means extravagant. If only intending gentlemen do not neglect or unnecessarily delay, this minimum

enrolment can surely be accomplished before the end of this year.

Ladies and gentlemen, who have the welfare of the country at their heart and who appreciate the high aims of the Indian Naturopathic Association, are earnestly invited, to enrol themselves without delay as members of the Association, and to take their much esteemed part in the further work of the Association and in the resulting invaluable and already overdue service to the Motherland. The Council eagerly awaits the desired response.

Bezwada, } THE COUNCIL OF THE
1-7-26. } INDIAN NATUROPATHIC
ASSOCIATION.

APPLICATION FOR ORDINARY MEMBERSHIP.

To
THE GENERAL SECRETARY,
The Indian Naturopathic Association,
Head Office: BEZWADA.

Sir,

Please enrol me as a _____ class ordinary member for life of the Indian Naturopathic Association. I agree to abide by the Rules and Regulations of the Association, and pay Rs _____ ^{annually} _{in a lumpsum} for my Subscription. The admission fee of Re. 1 and the subscription for ^{this year} _{Life Membership} Rs. _____ is sent ^{herewith} _{by Money Order to you}

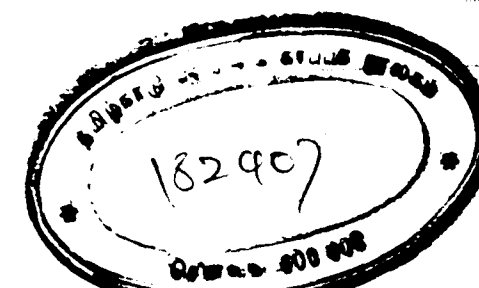
Yours faithfully,

Signature

Full Name _____

Designation _____

Address _____



RATES OF SUBSCRIPTION:—

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BOOKS FOR SALE.

The Objects of The Indian Naturopathic Association	0	1	0
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N. B.—The above mentioned Supplements will be furnished at half rates only to the Members of the I. N. Association.

The Supplement to Vol. VI contains all about the First All India Naturopathic Conference, Belgaum, 1924, including Invitation Circular; Proceedings of the Conference; Presidential Address of Dr. Mahadev Prasad, M. D., N. D., of Bombay; Papers by Dr. K. L. Sarma, B. A., B. L., of Pondicherry, Mr. P. S. Viswanathier, Secretary of the Pudukkottai Naturopathic Association, Dr. P. D. Raju, M. D., of Madras, read at the Conference; Extracts of letters received from prominent Naturopaths, such as Dr. Ash Kumar Bannerjee, M. A., of Calcutta, Dr. Jatashankar I. Nandi, N. D., of Mehsana (R. M. R.), Dr. L. V. Malebennur of Dharwar, Dr. Govind Amrut Vaidya, of Amreli, etc.; besides other interesting articles on Nature Cure.

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The Indian Naturopathic Association, INDIA'S PREMIER NATIONAL ORGANISATION FOR HEALTH PROPAGANDA.

Its Principal Aims are —

- (i) To make a searching enquiry into the Health Conditions in India and their true causes.
- (ii) To study the effective ways of exterminating the ruinous Vices and fatal Diseases preying upon the vitals of the Nation.
- (iii) To work for a thorough-going elementary mass education in the several Sciences relating to the Constitution and Welfare of the Human Being.
- (iv) To broad-cast, among the people, a working knowledge of the several Systems of Nature Cure; i. e. the simplest, the cheapest, universally available, and most effective methods of self-treatment on natural lines.
- (v) To found Health Homes and Sanitaria throughout the country, on as simple and inexpensive a scale as possible, and always on a free basis.
- (vi) To organise a national Corps of Naturopathic Scouts, a sworn band of volunteers, for visiting all places, attending all epidemics, and rendering Free Service to Humanity on all critical and needy occasions.

Don't you think that this is Glorious Service? Are you aware of the thousand avenues for self-culture, and other personal benefits, which all Members of the Association invariably command?

Do you want to be a MEMBER?

For further particulars, apply to —

THE GENERAL SECRETARY,
The Indian Naturopathic Association,
Head Office: BEZWADA.

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