

The INDIAN NATUROPATH

FOR HEALTH-PHYSICAL, MENTAL, SPIRITUAL

478

Mr. K. SIVA SUBBA RAO, Kistna Dt.

455



In Consumption



After Naturopathic Treatment

UNDER THE GUIDANCE OF
DR. PUTCHA VENKATRAMAYYA, N. D., D. M.
Editor, Prakriti & Indian Naturopath

ANNUAL SUBSCRIPTION
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BEZWADA
FEBRUARY 1936

Reviews

Defective Sight: ITS CAUSE AND CURE.

By L. KAMESWARAM B. SC. (HONS.)

Publishers:—The Nature Cure Publishing House, Pudukkottai, Via Trichy.

PRICE 3 ANNAS OR 6d CR. 8VO 36 PAGES

The author of this booklet is well known to the readers of the Indian Naturopath. His learned contributions are interesting. Some portions of this booklet have appeared in the columns of our journal. We recommend this booklet to the public.

NEW HISTORY

We are glad to introduce this sister monthly, published from The

New History Foundation, 132 E. 65th St. New York. The Editor is Mr. Mirza Ahmed Sohrab. The Editor strives to propagate the idea of universal brotherhood and peace. The contributors of the journal along with Editor and Sub-editor are all well read and the articles are highly interesting. The subscription is \$1.50 per year.

I. N. A. GAZETTE

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Andhra Naturopathic Academy, Bezwada

SYNOPSIS OF COURSES.

BACHELOR OF NATUROPATHY
(B. N.)

I *Anatomy*—The Skull; Trunk, Extremities, Pelvis, Spinal column.

2 *Physiology*—Digestive system, Nervous system, Circulatory system, Respiratory system, Renal system, The Colon, Skin, Organs of Sense, Brain, The ductles glands.

3 Hygiene—The daily routine, Bath, Clothing, Prayer, Sunlight, Air, Exercise, Rest, Water, Food, Sleep, Sexual Limitations, Care of Children, Construction of Houses, First Aid.

4. Hydropathy—What Sacred Books say about water, Water and its manifold usages, Packs, Baths, Douches, Enema, Drinking of Water, Kuhne's baths, Just's Baths, Sharma's Baths.

5 *Fasting*—The why, when, and who to fast and who not to fast, different types of fasting, rules during a fast, conclusion of a fast and its rules.

6 *Colour-cure*—The suryanamaskar exercise, every drop of blood is the representative of the mighty sun, the seven colours in light, diseases that are caused through lack of colour, the supplying of the lacking colour, charging different articles with colour, chromopathic appliances and their usages, precaution.

7 Physical Culture—The excretory organs in the body, exercise and its relation with the above, how the blood is purified, how the muscles

are toned, how diseases are cured, the quality and quantity of physical culture, the time, age, mode, precaution.

8 *Yoga*—How yoga is beneficial in diseases of the body and the mind, cheapness, the six cleansing applications, *asanas*, *mudras*, *bandhas*,—their use and application, *adhikari*, precaution.

9 *Massage*—The skin, the muscles, the extremity of nerves, capillaries, how diseases are caused through inertia, and inactivity in the above, squeezing, pressing, kneading, patting and other means of massage, its physiological effects over the body, caution.

. *Dietetics*—Amrita, mrita, and nishiddha.

(a) Aharas, starches, proteids, fats, sugars, their nature, their relation in the construction and retention of the body tissue. (b) Vitamins, their necessity in body hygiene, cereals, legumes, nuts, vegetables, grains, fruits and roots, tables of food properties and nutritive values, foods that increase certain diseases in certain persons, foods that decrease certain diseases in certain persons. (c) The quality and quantity of food, cooking and irregularities and deficiencies that come from it, how to refill the deficiencies, various classes of foods in different diseases.

II *Chiro-practice*—The spinal column, the sympathetic system, cerebrum, cerebellum cranial, dorsal, lumbar and sacral regions, the

misplacement of vertebrae, the adjustment of the spinal column.

12 *Back to Nature*—The inner voice, instinct, strength, earth power, light and air baths, natural bath, clay packs, lying on earth.

MASTER OF NATUROPATHY (M. N.)

1 *Anatomy*—Skeleton, Skull, Trunk, Arms, Legs, Hands, Feet, Spinal Column.

2 *Physiology*—Construction and Physiological action of:—

The Brain, Nervous system, Sensory Motor Nerves, Heart, Lungs, Blood-vessels, Digestive system, Skin, Renal system, Colon, Tongue, Nose, Ear, Eye, Sexual system, Foetus, the Ductless glands, the Balancing apparatus.

3 *Hygiene*—(a) Rules to be observed by wife and husband, Brahmacharya, Exercise, Sun and Air baths, Recreation and Rest, Love and Mental attitude.

(b) Rules to be observed in pregnancy, limitations regarding food and recreation, Brahmacharya, Mental Attitude.

(c) Rules to be observed in confinement, Food, Rest, Sleep, Clothing, Labour Room, Cleanliness, Light, Air, Water, Mental Attitude.

(d) Rearing of Children, Lack of Milk, Cultivation of Milk, Milk Foods, Clothing, Recreation, Rest, Sleep, Idiots, Juvenile Criminality, Their Rectification.

4 *Five forces*—(a) *Suryopasana*, *Surva Namaskar* exercises, princi-

ples of power, the two great divisions of Power, Cold Forces, Electrical Forces, Hot Forces (Thermal Forces), Chemical Affinity, Reaction, Neutralization of negatives, Relativity of colours, Colours in relation to power, Diseases that come through cold, Diseases that arise from heat, Curative value of colours in different diseases, The charging of colours in different diseases, Chromopathic appliances and their uses, Caution, The coining of chromo-pathic terms and their abbreviations.

(b) *Treatment*: organs and their diseases; Lungs, Digestive system, Generative system, Sexual diseases, Renal diseases, Skin diseases, Mental diseases, Nerves, Eye, Ear, etc.

5 *Hydrotherapy*—The scientific explanation of and their physiological effect of Baths, Packs, Sweatings, Ablutions, Douches, Gushes, Water-Drinking, Steaming and other applications.

6 *Dietetics*—Matter, Power, Spirit, Evolution, Food components, Proteids, Fats, Carbo-Hydrates, Organic Acids, Organic Minerals, Organic Salts, Acid-binding Foods, Acid-producing foods, Vitamins, Food in relation to the fertility of land, Natural food of man, Fruits, Vegetables, Greens, Cereals, Legumes, Animal foods, Meat, Stimulants, Narcotics, Food adulterations, Wrong diet, Doctors' opinions regarding the curability of diseases with diet, the curability of diseases with natural food, tables showing the different food values in different articles of food.

7 *Diagnosis*—Phrenology, Physiognomy, the five temperaments, Iri-diagnosis, Asta Sthana Pariksha, Spinal diagnosis.

Education and Health

It is now recognised by all that education should aim at the training of the whole man and not merely of his mind and intellect. But the hold of age-long tradition is so strong that not much is done directly or indirectly by schools to make their pupils physically strong and healthy. Many educational authorities simply argue that health depends primarily on the quality and quantity of food, housing and command over comforts of life and several such economic factors over which they have no control whatever and that in consequence they are not in a position to do anything of significance to improve the health of boys and girls. But this is merely a shirking of their legitimate responsibility. For by their failure to pay attention to this aspect of their work they are neglecting one of the sacred duties which has to be discharged by those who are responsible for the proper training of the youth. Rao Bahadur T. S. Tirumurthi drew pointed attention to this, while addressing recently the convocation of the Andhra University. Referring to the graduates of Universities he said: "I have been myself an eye-witness to the haggard look, bent back, sunken eyes, emaciated frame and other signs of poor physique of graduates, who come up in the variegated colours of their academic robes in an impressive procession to bow before the chancellor and take their degrees The large majority of them are physically unfit to weather the cruel storms of many diseases which abound in their neighbourhood."

There are three directions in which educational authorities should move, if they are to do their duty by

the youth of the country in this regard. They must, in the first place, impart a systematic instruction in the principles of health, hygiene, nutrition and in the science of biology. As Dr. Tirumurthi said in the address referred to above, the attention paid to nutrition even in the curriculum of medical studies is inadequate at present. All propaganda carried on by Health Leagues will not prove to be of much use, if "Hygiene school curriculum in all its stages." The inclusion of these subjects in the courses of studies is a matter which is entirely within the scope of the work of school authorities. Universities having medical faculties should provide funds for research in all these directions.

In the second place, those who are in charge of educational institutions should, in regulating the nature and conditions of school work, pay due regard to the health of their pupils. How many schools are there which are ill-housed, ill-ventilated and ill-lighted without provision for pure water to drink, tiffin rooms for taking mid-day meal or tiffin, and latrines kept clean? Children have to spend five to six hours a day in prison-houses like these. Even during the hours of recess they do not find open space to move about. More serious than this is their failure to regulate the hours of work on proper lines. From the lowest to the highest class, in all seasons and during all conditions of weather, pupils have to be in school for at least five hours. For the kind of instruction that is usually imparted in most of our schools, especially in the lower classes, there is no reason why children should be kept for such long

hours. Of course where schooling is a real education, where there is adequate provision for manual work, play, recreation, and group activities, children may spend even ten hours in school. But where school-work is so dull and monotonous, as is the case in the majority of our schools there is no justification whatever for a lengthy school-day. Conditions are worse when excessive home-work is given. Many boys find it difficult to cope with the work set for them unless they spend four to five hours at home on home-work and preparation. Schools intended for girls are worse sinners in this respect than boys' schools.

In the third place, schools should make it a point to train their pupils in habits of health and cleanliness. Instead of pouring instruction on grammar, civics, world-geography and other such subjects to children of the ages of four and eight, it will be better if teachers see that children bathe, put on clean clothes, and avoid bad habits like smoking and chewing and have regular exercise. There should be a new orientation in regard to school-work in general and schools should be prepared to do all they can to promote the health of boys and girls who are in their charge.

[Editorial Columns: Educational India]

The Andhra University College Hostel Literary Association

Under the auspices of the above association, a lecture was delivered on 16-1-35 in the reading room at Vizag. on "Youths and Yoga Asanas" by Dr. Iyyanki Venkata Krishna Murty, N. D.,—(Editor, Physical Culture section, Prakriti). Prof M. Venkatarangayya Garu of the University College presided on the occasion. The lecturer has given practical demonstration of about thirty Yoga Asanas and pointed out how each Asana wonderfully affects a particular part of the body. The lecturer has given a very useful discourse in the following manner:—

"The physic of the modern youth is horrible. His lean legs, hollow cheeks, bent back, and sunken chest makes one shed tears. He is a physical wreck and an intellectual giant. If we look back to our glorious past, we are really compelled to be ashamed of our lethargy in improving ourselves in matters of health, vitality and strength."

The lecturer then went on to speak on the duty of our educational institutions in training young men for physical efficiency in order that they may be healthy, strong and sturdy. In a hurried survey of the existing equipment for physical education in the University College and other sister colleges affiliated to the university, he lamented the inadequate equipment for physical education and emphasised the need for the introduction of various games and items of physical culture in the said educational institutions. Then Dr. Krishnamurty explained the necessity of physical culture, the meaning of physical culture and said that "physical culture does not mean amassing masses of muscles upon Shoulders. The so-called Sandows are rude and vulgar in their performance of feats of strength. True. They have got the strength of Bheema but their Vinayaka Pot-belly is a sure outward sign of

ill-health. Physical Culture – the use of it is to attain organic vitality, strength of heart, lungs, and kidneys etc." Further the lecturer pointed out the various common diseases that are sapping the life blood of the educated youth of India to-day and suggested simple, effective and natural remedies for the same.

Speaking about Yoga Asanas, the doctor observed that "Yoga stands above all the systems of Nature Cure. It has a message for humanity. It has a sound message for human body, mind and soul. Yoga Shastra unmistakably recognises the interdependence of body and mind. It says that a filthy mind cannot maintain a robust body full of organic vitality and superb health. So Yoga Shastra wisely lays down rules and suggests methods for the training of the mind before one actually should begin the practice of physical culture-Yoga Asanas. So the important fact to be noted is that unless one is pure in mind and thought, whatever physical exercise he may take will be a waste and deceiving oneself."

Concluding, the lecturer wished that every one—especially the youth of the country, the future makers of India—should build strong and sturdy bodies with superb health and vitality.

Towards the end, Prof. M. Venkatarangayya garu in his presidential remarks towards the end of the discourse observed in the following manner.

"I am very glad that the lecturer of this evening has given us a very interesting and fascinating lecture on 'youths and yoga asanas'. Of course to-day we cannot be blind to the fact that our present day youths,

are physically degenerating. I am one of those who believe that education, in order to be complete, should include physical education also. True it is that our universities should take this matter into their heads very seriously and make physical education a part and parcel of our education. As the lecturer pointed out, there is no adequate provision for physical culture and sports in our institution and in our sister colleges. But we are trying our best to introduce many items of sports and physical culture in the near future."

The president further observed, "the lecturer of this evening has not only given us a theoretical idea of the matter but he has greatly supplemented it by his practical demonstrations. In these days people talk and lecture on the platforms but all that is waste and humbug. Unlike those who boast, talk much and do little, the lecturer has shown us that he is not merely a theoretical believer in them, but that he has put them into practice. It is really lucky that you are having him in your midst. During his stay here for the next two years, you can all make the best use of him and consult him on any matter concerning the yoga asanas and, I think, he will be only too glad to help you as best as he can. A proper physical development of the body and the strengthening of the nerves and muscles is absolutely a part of our education.

The president concluded by saying that he is very glad to hear the lecture which was so interesting and instructive.

The meeting then terminated after the secretary of the union proposed thanks to the lecturer and the president.

Proceedings of the Annual General Meeting

OF THE
ASSEMBLY OF I. N. A., HELD AT THE
HEAD OFFICE BEZWADA ON 15-I-1936.

Dr. K. W. Bhairavamurty B. A.,
N. D., was in the chair.

Members present :

- Dr. K. W. Bhairavamurty, B. A.,
N. D.,
" P. Venkatramayya, N. D.,
" A. Govindarao, N. D.,
" A. Balamukundadoss,
" Seetharamavadhuta, N. D.,
" Iyyanki Venkataratnam,
N. D.

Resolution No. 1. For the year
1936 the following gentlemen be the
office bearers of the Association.

- 1 Dr. K. W. Bhairavamurty, B. A.,
N. D., Bezwada, President.
- 2 " J. I. Nandi N. D., Patan
(N. Gujarat) Vice-President.
- 3 " P. Venkatramaiah N. D., D.M.,
Editor, Prakriti, Bezwada
General Secretary.
- 4 " A. Govindarow N. D.,
Bezwada, Joint Secretary.
- 5 " I. Venkataratnam N. D.,
Bezwada, Personal Secretary
to the President.
- 6 " S. N. Rai N. D., L.M.I. PH. & S.
Calcutta, Secretary, Propa-
ganda Department.
- 7 " Sarma K. Lakshman B. A.,
B. L., N. D., Pudukottai
Secretary, Social Service
Department.

Resolution No. 2. Resolved that
the General Secretary's report be
adopted.

Resolution No. 3 Having regard
to the fact that the legislature of the

I. N. A. OFFICE,
BEZWADA,
15-I-1936.

Indore State is about to pass a
Medical Act requiring compulsory
registration of persons practising
the treatment of diseases and that a
Bill viz. Bill No. 4 of 1935 is actually
before it whereof a copy has been
placed before this meeting by the
general secretary; and having regard
to the fact that the system of Naturo-
pathy does not find express mention
in the bill in the category of the
authorised systems of treatment
mentioned therein; although particu-
lar systems of Naturopathy namely
chromopathy and bonesetting are
specially mentioned in the bill, the
general secretary is hereby authorised
to submit a representation to the
president of the Indore Legislative
committee stating the clear claims of
the comprehensive systems of Natu-
ropathy including all its subsystems
and requesting the necessary amend-
ments in the bill before it is passed,
so as to give definite recognition to
Naturopathy.

Resolution No. 4. This meeting
has read with appreciation the special
letter dated 9-I-1936 addressed to
the Editor, The Indian Naturopath,
by Dr. Shivanath Rai and six other
gentlemen from Calcutta making
valuable proposals for the improve-
ment of the Indian Naturopath, the
constitution of an editorial board
and other important matters. The
council of this association is requested
to give special consideration to the
said letter.

(Sd.) K. W. BHAIKAVAMURTY,
President.

(Sd.) P. VENKATARAMAYYA,
General Secretary.

How To Lead A Happy Life?

Dr. K. A. N. SARMA N. D. Manager, "Prakriti"

Do you want to become healthy,
wealthy, happy and peaceful-minded?
Do you want to lead a natural and
spiritual life? Do you want to im-
prove your power through love on
mankind and on every living-being
and thus purifying your soul as our
ancestors did in Grihasta Ashrama?
Do you want to enjoy the beauties of
nature? Do you want to lead an
ideal happy life? If you are really
anxious and eager of having all these
virtues, then listen.

From this moment become a fruiti-
arian. Promise and take an oath for
yourself not to take any animal food.
Live completely upon nature's foods-
fruits, nuts and vegetables. Please
note that fruits, nuts and vegetables
only are the natural foods of man.
Do not forget that things other than
these three varieties are unnatural
and degenerating foods of mankind.
You may feel any doubt why other
foods are not natural? I say: all are
natural foods. Milk is a natural food.
Grains and leaves are natural foods.
Animals' milk is only natural to their
calves. Human milk is only natural
to the children of the human race.
Hence animals' milk is not natural
to men. Grains are not the natural
foods of a man. They are for the
birds and animals. Leaves are not
even natural foods of man which are
for some birds and animals. Fishes
are also within nature. They are also
nature's foods but they are not the
natural foods of men but of some birds
as cranes and eagles. All the above
nature's foods are not natural to man.
In this way nature has defined and
divided the foods for every living
being. Nature had ruled that man's

food comes only from trees. Those
who do obey these laws of nature
shall become natural men and others
unnatural. "Adam and Eve" says
the Holy Test "are the first couple
on earth" and that all of us are of
their descendents. God had sent them
to the earth and ruled them to live
according to some natural rules. He
told them to eat certain fruits only.
But their fall had come when they
became greedy and glut some un-
natural food and led an unnatural
life. They had become sinners. If
man really wants to become
natural, he must obey all the rules of
nature, of taking natural diet, pure
water, pure air, having pious mind
concentrating upon God, the real
originator of all the universe. Then
only he shall become happy, natural
and shall be able to reach the real
goal of life.

Begin, try to reach the goal.
Grow your garden. What for are you
seeking now in your daily life and
what for are you leading a lamen-
table unnatural life and undergoing
many inconveniences, is for daily
food. Give up from to-day to waste
your precious life time in leading an
unnatural life for food. Get it in a
more natural way. Grow a garden.
An acre of a garden is sufficient for
the maintenance of a man. Plant
different kinds of trees yielding fruits
in different seasons as well as nuts
and vegetables. Live completely upon
these foods. Live under the shades
of trees. Take in fresh air. Drink
pure water. Concentrate your mind
upon God. You can enjoy and be
charitable to others.

If you shall obey nature's laws, it shall supply you all you need. "Nature a mother," Oliver Goldsmith sings, "kind enough to all, still grants her bliss at labour's earnest call". Mother nature shall be at your call to help you in all of your needs. Begin to-day, leave off all your foul towns, return to nature, grow your garden, live upon fruits, nuts and vegetables supplied by your mother nature. Breathe the pure air naturally scented by flowers. Take the sun and air baths. Throw away all of your garments. Sleep on your

mother's lap (earth). Hear mother nature's voice and enjoy her real beauty. Turn away your mind from all unnatural world. Concentrate upon the universal God and reach the real goal of life.

Dr. Just, Engelhardt and many families in America and Germany are leading their lives in this way. They reached their goal of life. Many families in the Andhra Province also are becoming successful in ascending the mountain of life and in reaching the goal.

Our Department of Answers to Questions

Readers will be very glad to learn that Dr. S. J. Singh, M. A., B.Sc., N. D. (Lon.) Editor "Medical Talk for the home" has very kindly consented to conduct a Question Department in our pages. This will give opportunity to the public and to every Naturopath in India and abroad to derive the fullest benefit from Dr. Singh's advice at the very nominal price of an year's subscrip-

tion to the Indian Naturopath. Subscribers can now have absolutely free advice through this new Question Department of ours. If you are not a subscriber already, enlist yourself at once and have all your health problems solved without further expense. Questions for the Question Department are to be sent to the Editor, Indian Naturopath.

—Editor.

Directory of Naturopaths

Dr. Singh is compiling a Directory of Naturopaths in India which he intends to publish very shortly. As this will be an unique publication of reference for Naturopaths, every individual Naturopath is requested to send in the following particulars about himself without the least delay.

1. Name; 2. Address; 3. Whether practising or not; 4. If so, for how many years; 5. Degrees or Diplomas possessed; 6. Name or names of the Institutions who granted the degree or diploma; 7. What method

is more generally followed? 8. What apparatuses and arrangements there are for the patients? 9. Are indoor patients taken? If so, the charges levied per bed, per room etc. Does this charge include, lodging, fooding etc., or not? 10. Any consultation fees? 11. Fees for calls inside the city? -outside? 12. Treatment charges generally for outdoor patients.

All the above information should be sent direct without delay to:

DR. S. J. SINGH,
57, Gwynne Road, LUCKNOW.

The 5th All-India Naturopathic Conference

TO BE HELD IN LUCKNOW DURING
THE ALL-INDIA CONGRESS SESSION IN MARCH 1936.

Readers will be very glad to learn that Dr. Singh is organizing an All-India Naturopathic Conference to be held in Lucknow during the All-India Congress Session that will be held on 23rd, 24th and 25th March, 1936.

Naturopaths all over India and others interested in Nature Cure are requested to enlist themselves as Delegates and partake in the Conference to make it a grand success.

The Delegation and Visitors' Fees have not yet been fixed up definitely but they will be very nominal just to enable the organizers to meet the expenses that will be incurred. Thus every one interested can come forward and join the Conference.

Mahatma Gandhi has been approached to guide the deliberations of the Conference and, if possible, also to preside. Naturopaths from outside India have also been invited and it is hoped that Dr. Benedict Lust, Father of Naturopathy in America, shall be reaching here in time, since he has already been planning a visit to India for some time past. So do not miss this unique



DR. S. J. SINGH, M. A., B. SC., N. D., (LOND.)

opportunity of witnessing this fifth All-India Naturopathic Conference which is expected to be an unique thing.

Since the Conference is being held during the All-India Congress Session, it gives all a very decided

advantage that those going in for the Conference can simultaneously have the advantage of visiting the congress session as well.

It is also proposed to hold a comprehensive Nature Cure Exhibition. Naturopaths and others can send in their ideas and exhibits now; anyway these ought to reach Dr. Singh by the 10th of March 1936; your intention to send any exhibits must, however, be communicated now without delay.

As there will be very limited accommodation, you are advised to reserve your seat now. Just intimate your ideas and intention to partake in the Conference immediately upon receipt of this announcement to Dr. Singh and you will then hear from him in due course. His address is:

DR. S. J. SINGH,
57, Gwynne Road, LUCKNOW.

Under the auspices of the Indian Naturopathic Association, a college for the training of Naturopaths is existing by name "The Indian College of Naturopathy" at 100 Harrison Road Calcutta, with Dr. Shiv Nath Roy as its principal. Every year students are taking courses and coming out as trained doctors. This year's candidates that are successful in the examinations held by the said college, are listed hereunder.

—Editor.

The Indian College of Naturopathy

100, HARRISON ROAD, CALCUTTA.

REPORT FOR THE YEARS 1934—35.

1 *Admission*—21 students joined the college in its several sections.

2 *Graduation*—The following candidates have completed their respective courses and passed the tests and have been conferred with the degrees mentioned along with their names:—

1 Dr. P. V. S. Sarma D. Hd. Teacher, High School, Gadwal, Raichur Dt., N. S. Railway.

2 Dr. P. Anand Rao N. D., Balaji Peta, P.O. Berhampur-Madras

3 Dr. B. M. Bhattacharya Agnihotri D. Hd., D. Dt., D. Chm., D. Ph., D. Elec., & D. Ms., P. O. Pawagadh, Gujerat, Kathiawar.

4 Dr. N. Sarabheswariah D. Chm. L.N.P., V. Korapad, P. O. Balapanur, Distt. Cuddapah-Madras.

5 Dr. Suraj Nath Sapru D. Chm. 162 Civil lines, Cawnpore—U.P.

6 Dr. Sri Ranga Charlu N. D., Chatram St. P. O. Gadwal, District Raichur (Nizam's Dominions.)

7 Dr. P. C. Rao N. D., 1049 Thipparaju St., P.O. Nellore (Madras).

8 Dr. Motumal Dandumal Basantani B.A., D.Hd.c/o m/s Dandumal Udhandass, Typists, Sukkur—Sindh.

9 Dr. Lakshmi Narayan Bharati L. N. P., P. O. Jamalpur, District Monghyr—Behar.

10 Dr. M. Chaman Lal Sharma L. Hd. P., P. O. Ajnala, District Amritsar—Punjab.

11 Dr. Jogindar Singh Jodhka L. Ch. P., P. O. Kamalia Distt. Lyallpur—Punjab.

12 Dr. Ali Ahmad Khan L.N.P. Mumtaz Chauk, P. O. Montgomery—Punjab

13 Dr. Nalini Kanta Guha L. Hd. P. Makhtar, P. O. Madaripur, Distt. Faridpur—East Bengal.

14 Dr. Moti Singh L.N.P., P.O. Nawashahr—N. W. F. P.

15 Dr. Kaushal Kumari L.Ch.P., Lady Naturopath, P. O. Arifwala—Punjab.

16 Dr. Raghbir Singh L. Hd. P., Testing officer, 34, Wellington St.—Calcutta.

3 *Oral classes*—Regular classes of the Licentiate Section are being held daily since January 1935.

4 *Donation*—Dr. Raghbir Singh L. Hd. P., a graduate of the college has promised to donate a sum of one thousand rupees on opening the proposed Naturopathic Sanitarium attached to the college. For this purpose at least fifteen acres of approved land and a sum of rupees ten thousand are absolutely necessary. Interested persons may correspond with the principal of the college.

5 *Affiliation of Naturopathic Educational Institutes*—It is hereby notified that the College Board has framed a number of rules for affiliating Naturopathic Educational Institutions, which shall be published in near future.

The Principles and Practice of Naturopathy

BR. DR. T. M. SCHIPPELL

(Continued from the last issue).

Hydrotherapy is known as 'water cure' and water is the fluidic agency of all organic life. No living function is performed without it. Natural healing gives distinctive use to the therapeutic use of water. The induction of the blood circulation and all secretions through scientific application of hot and cold packs, as the specific requirements of the case may demand, is a powerful agency in overcoming stasis, infections, congestions or fevers.

Another wonderful application for a condition of this kind, even in an acute attack of appendicitis, is to use a lemon ground up, skin and all, and add to it two teaspoons of Epsom Salts, heated in a utensil that is not aluminum. Put this between two cloths and use as a poultice. It is a powerful agency in removing infection or any of the above mentioned congestions, and will immediately eliminate pain and bring the pus formation to the surface. In an emergency this is a very beneficial treatment. It can also be used for tooth-ache, tonsillitis, quincy sore-throat and congestion of any kind. Regardless of where the pain may be, it brings immediate relief.

In Hydrotherapy we must not forget the efficacy of the foot bath. By using one cup of Epsom Salts, putting the feet into the hot bath for ten minutes, you bring on better lung and kidney action and get instant relief in an attack of angina pectoris or any so called 'heart disease', which is only a symptom of a cause in some other part of the body, and

by relieving the cause the symptoms are automatically taken care of. For an S. O. S. call this is of vital importance to know.

Through the scientific uses of water the excessive wastes and toxic poisons of the body may be cleansed through the circulation of the blood stream. Much can be said about encouraging and aiding the vital powers and functions of nutrition, assimilation and digestion through the use of hydrotherapy.

Now, in the laws and operative energies in organic life, the physical means and agencies are earth, air, sunlight and water, and every function of the human organism proceeds through an electrical impulse. It is positive and negative held within the magnetic embrace of the personality. All chemical reactions are electrically achieved. All cell life activity is electrically achieved, as well as the circulation of the blood and the process of nutrition and elimination. All nerve functions are electrically achieved. The cerebro spinal nervous system is negative. Usually, the left side of the cerebrum is positive, and the right side is negative. The left side of the body is usually negative and the right side positive. The brain is itself positive in correlation to the body and negative in creative physical function.

So, Electrotherapy, or healing through electricity is manifestly and fundamentally a material means of healing. Its therapeutic value is well-known. Diathermy and sinusoidal

each have their scientific application in Naturopathic practice.

Then, Thermotherapy, is a healing through heat with infra red ray or the wonderful fever blanket of Dr. Henry Gross, and the oil bath cabinet. Three years ago, it was learned for the first time how to break up the molecules of the oil to form it into a mist fine enough to enter the dermal glands and dissolve the deposits there. And as our skin is the greatest organ we have, and is the most neglected, through this therapeutic treatment we can accomplish much in the organism by relieving the congestion in the lungs and in the kidneys by releasing the so-called 'brakes' and bringing on normal activity in these organs.

I cannot stress enough the value of the treatment through the infra red ray pads, the therapeutic value of this blanket of Dr. Gross, which creates a fever in the system, burns up the debris and oxygenizes the blood stream, and also this oil bath treatment.

The artificial sunlight is of vital importance, especially in the East in the winter time, when natural sunbaths are out of the question.

Then, there is the Chromotherapy through the color vibrations of the solar spectrum. The vibratory rate of each color has its own specific therapeutic value. And again in such use is the infra red ray and ultra violet ray, which are at the opposite ends of the spectrum.

Much can be said of Iridology diagnosis, how the iris of the eye mirrors one's health and also locates the pathological condition of the patient, registering the past and

present history of the patient's ill health, as well as that which will make the future pathological conditions in the body. I have used this method of diagnosis for many years. Also the Kuhne's facial diagnosis, but at present I am using the Homo-Vibra Ray diagnostic instrument.

Radiotherapy or Vibratherapy is also a branch of electrotherapy, realizing that all cosmic manifestations and organic life are maintained through the given specific vibratory rates of etheric and electrical energy. The functioning system of all the vital processes has its own vibratory rate. The condition of every gland, organ, the nervous system, functions of the blood stream, heart, and its circulation, and every function of the various parts of the organs, as well as the eyes and ears, can be ascertained. Knowing its vibratory rate, each part of the body can be systematically and accurately diagnosed to find out at what rate of vibration it is functioning, also getting the differential blood count and the urine analysis at the same time, and the various so called 'disease rates' and their location in the body.

Too much stress cannot be laid on the value of this Homo-Vibra Ray diagnosis, and many here at the convention should become acquainted with this wonderful way of treating the patient with his own energies, realizing that this step-up system amplifies the energies and the personal rate of vibration in the system. Here again disease rates are only low rates of vibration, and each individual has his own personal rate of vibration with which he was born. Through this method of treatment we can amplify that

personal rate of vibration and heal the patient with his own energies by dissipating all the low rates of energy.

This is worth while investigating as I can tell you of many clinical experiences where I thought it would be an impossibility to raise up the patient from his sick bed, as his spark of life was so low; and yet I am happy to state that many of them have been returned to health conditions. I could fill a book with these clinical experiences and many of them have only been diagnosed through a specimen of their blood, they being too far away and too sick to come. Many of them have also been treated through the broadcasting system. Investigate this.

Thalamotherapy has its distinctive use in naturo healing through various vibrations of the solar spectrum through the eye upon the optic thalamus. The optic thalamus is not only the organic instrument of light within the brain whereby there is sight and vision, but it is also a specific centre of nerve function, focal to the nervous system and which connects with all the parts of the bodily organism. The therapeutic application of a selective color of the spectrum upon the optic thalamus has its reaction upon the entire nervous system and thereby reaches and influences certain bodily functions in behalf of their restoration and health.

Dietetics is also a scientific branch of natural healing. The foods taken into the body for its sustenance and renewal are all a cosmic product of its own laws and living energies transfused and prepared in organic form with perfect adaptation to the needs of the living organism. Wisdom is to be exerci-

sed in the selection of these variously proportioned foods to produce normal functioning and energy and normal efficiency.

We are all acquainted with the fact that the bony structure has a greater proportion of calcium and the brain and nerves have more phosphorous, and when there is an undue lack of proportion that makes up the differential of vital strength, there is a tendency to break down either the structure or the vital function. It is necessary to make up any such lack of the elements in the cell salts through such selection of foods as will repair the weakness and overcome the disturbance of the vital function.

This science of nutrition gives due attention to the maintenance of a full complement of vitamins and chemical production of the hormones.

In 1912, I began the study of diets. Up to 1920 I had waded through thirty-three dietetic classes, and I practiced all the diets on my own body and found them all wanting. At that time I attended a class of six weeks ten hours a day, including Sunday and found that the body contains eighty-four elements and the blood stream sixteen, and in order to build a good, strong, health cell we need all these elements at each meal, so the cells would not break down into disease rates. Then I realized that the thirty-three diets I had been taught before were all pathological diet systems. They were for specific disease rates to eliminate disease. How to have a harmony health diet was another question. That which will make you well will keep you well, so since then I have been using the harmony diet with all my patients

(REPLY)

20th December 1935.

To Mr. Hari Ganesh Ambekar.
Dear Sir,

Your letter of 27-11-'35 to hand. Immersed in multifarious activities, I could not reply you earlier.

You are welcome to our camp but not as a student, as the medium of instruction shall be TELUGU. We shall treat your brother of hydrocle. We DO NOT include herbal remedies in nature-cure. Whichever diet does not create mucus in the system that is mucusless diet. Raw vegetables, some nuts and fruits are mucusless articles. Citrus fruits and vegetables come under blood cleansing articles. You will have to bring to the camp your clothings, eating and drinking utensils, one enema can, one flower watering can, two towels, 1 woolen blanket, 2 extra cotton bed sheets. You must come there prepared to bear all your boarding, and medical expenses, of course, my advice free.

I am,

Yours in Naturopathy,
GENERAL SECRETARY.

6th November, 1935.

To DR. PUTCHA VENKATRAMAYYA,
General Secretary, I. N. A.

Bezwada, S. India.

My Dear Doctor:

It gives me a great deal of pleasure to inform you that I have just finished reading every word of the several copies of the "Indian Naturopath" which you were so kind to send me. I really think that the "Indian Naturopath" is a wonderful publication and should be read by every lover of Natural Life and by every practitioner of Naturopathy.

I have spoken to several Naturopathic friends about the receipt of the publications and all are very anxious to read them. I shall lend them the copies and I believe that some of them will become members of the I. N. A. and give your organization their support. You will hear from me later about this. The remarks of Dr. P. N. Gopala Pillai on pages 139-143 of the I. N. are very good; they give to all members and readers good advice how to build up the institution and I hope that they will bring the desired results. Of special interest also were the reports of your activities at the Third Naturopathic Training Camp and I admire the officers of the I. N. A. for their good work for the benefit of humanity. I very much wish that I could attend these Training Camps and hope that, should I ever return to India, I may then have an opportunity of spending a month with you at one of these camps. The Telugu magazine "Prakriti" has also aroused my interest. The size, the paper, the illustrations and the refined appearance leads me to believe that it is a very valuable medium in transmitting good and clean information to the readers. There are not many real GOOD Naturopathic magazines in existence and I must take this opportunity of congratulating the Indian Naturopathic Physicians on their excellent work. I am very happy to have been able to forward to you my application for membership in the Indian Naturopathic Association.

Hoping to hear from you again and trusting that we shall be exchanging many letters in the future, I am very

Sincerely yours,

Dr. Arthur Schramm,
(Los Angeles, Calif., U. S. America)

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and in constructive health lectures, as well as on myself,—and this is it.

At every meal the fruits and vegetables have to be included, as well as honey, oil and protein food, together with a minimum of starch. So the diet I prescribe for every patient, as well as for my own table and myself, is to have the juice of two oranges and one lemon, a tablespoon of honey, either in the orange juice or some other way, at each meal. The proteins include the pulverized nuts, because when a patient begins to change his diet the lacteal glands are no longer functioning and all other glands are so to speak 'fired down' so that they no longer have the power to thoroughly digest nuts in their original state, nor have the patients the grinders to chew them up; so in the pulverized state the nuts instantly dissolve and go into the blood stream. Otherwise, half of the vital part of the nut is lost in the elimination process. We use beans, peas, lentils both in the fresh and the dried state, also cheese in the mild form. The yolk of an egg is permitted in the orange juice, and eggs, if the patient wants them at first in some other form. Some of you will say that eggs are hard on the kidneys, but remember that I said to take the juice of two oranges and one lemon, which alkalizes them or acts as a catalizer for your food, and therefore, is permissible for any so called 'disease'. But I want to repeat that nuts in the pulverized form is one of the best proteins. The patient finally gets acclimated to their use and stays put.

At first we use a gill of cream a day but no milk, as the majority of you know of what milk consists. We are not analyzing foods but are giving you a harmony health diet.

We permit one starch of the whole food grains, potato, baked or boiled in its jacket. We include the beet and parsnip, as well as egg plant in the straches. Also whole rice used in any form that may be desired. The smallest quantity of butter, possibly an inch square for the dinner, three vegetables of the succulent variety cooked in oil, steamed or baked, a raw vegetable salad, and I always stress the use of grated carrot and turnip in the salad for its great food value, as we know that under the skin of the turnip we have the vital processes for heart action and it relieves many heart conditions.

At each meal we have one dried fruit, such as raisins, figs or dates. At breakfast we always include celery for it is easy to have on hand.

I always claim that if you want to build a building or a cell in the body, you need workmen, plenty of them, and they are the fruits and vegetables. You need building material and that is the protein, honey, and oil, as well as the cream. You need a minimum amount of cement, or starches. If you continue on a diet of this kind with all of your patients, you will have a harmony health diet which in time will do more for the body than anything else you can do. We have health or disease according to the food we eat. This builds up the metabolism.

If the patient is very weak and low, we have all the wonderful vitamin foods. One teaspoon of these vitamins is equivalent to three pecks of vegetables in their raw state, and a patient can not eat fast enough or long enough to build up his body with his diet alone; so by including these vitamins with all three meals a day, look at the wonderful work

you can do. I have had wonderful results and have been using them for fifteen years.

Then when we realize that the glands are the energizers in the body and the suprenal glands and thyroid glands are the most important and are the first to break down, and as the thyroid gland is the gate to the brain, we see what it means to the memory and mental faculties when this is not functioning. The suprenal glands working in conjunction with the thyroid, and the medulla or centre of the suprenals, throw their hormones into the circulation of the blood and through the heart, and when they are too low in their activity, that is the origin of all the so-called 'heart trouble.' Then again the cortex of the suprenal glands, or the exterior part, throw their hormones up to the

brain and the sympathetic nervous system, forming a sheathing over the nerves, and this nervous system reaches out to the arms and limbs. We have many cases of paralysis and many rheumatism and painful conditions due to the cortex of the suprenal glands not functioning properly or being low in function.

The old school of medicine is a system of treating symptoms only. Their method of treatment is to relieve the symptoms, but they do not eliminate the cause which makes the symptom. Naturopathy begins at the beginning, which is the cause back of the symptom, and we release the cause. It is a system of re-chemicalizing, re-mineralizing, rejuvenating, regenerating and house cleaning, which brings the body back to a normal health condition.

Correspondence

From Hari Ganesh Ambekar,
BRAHMAPURI, C. P.,
27th, Nov. 1935.

To
The General Secretary,
I. N. Association.

Dear Doctor Sahib,

I am a subscriber to The Indian Naturopath and live on a diet nearest to uncooked. I wish to join your camp at Madanapalli.

1 Shall I be permitted to join your camp?

2 Will you treat my brother who is suffering from H. G. Will one month be sufficient for the cure?

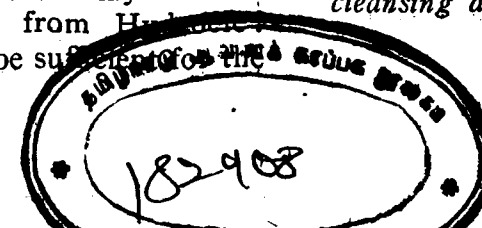
3 Will you kindly publish rules for the guidance of patients, visitors, and guests in the I. Naturopath?

4 Can herbal remedies be included in Naturopathy? I find that some Naturopaths do take help of some herbs.

5 What is meant by *Mucusless diet*, and what articles are included in it?

6 What articles of food or vegetables or fruits do come under *blood-cleansing diet*.

Yours faithfully,
(Sd.) H. G. Ambekar,



Dr. P. Venkataramayya, M.D., D.M.,

EDITOR

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5. To propagate the philosophy of Naturism; and, to work for the re-organisation of human life, effort and culture on a natural basis.
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- [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.
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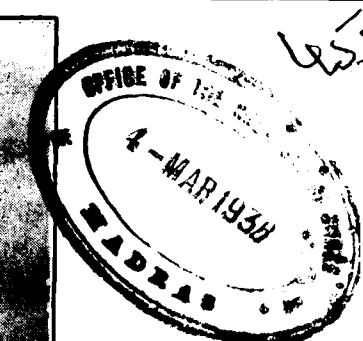
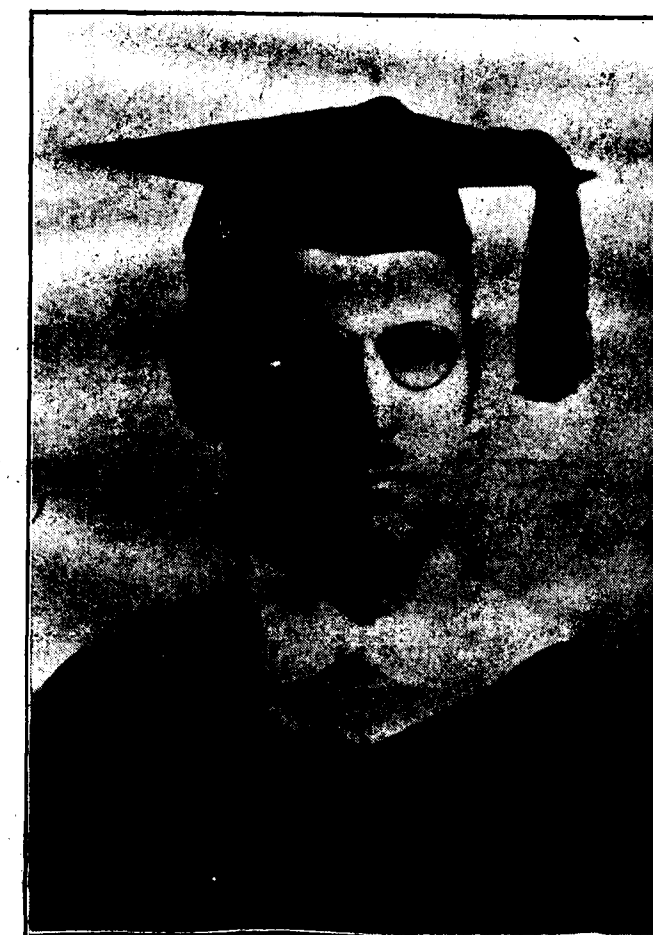
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Dr. P. Venkatramayya, N. D., D. M. Genl. Secy., I. N. A., at the A. G. Press, Bezwada.



FOR HEALTH - PHYSICAL, MENTAL, SPIRITUAL

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RE. 1-8-0



BEZWADA
MARCH
1936

DR. ARTHUR SCHRAMM, N. D.
LOS ANGELES, CALIFORNIA U. S. A.
A LOVER OF INDIAN SCHOOL OF NATUROPATHY.

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The Official Organ and Gazette of The Indian Naturopathic Association.
A Monthly Health Magazine, expounding the Philosophy of Naturism
and the Several Systems of Nature Cure.

VOL. VII

BEZWADA (India) — March 1936

No. 3

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Andhra Naturopathic Academy, Bezwada

THE 3rd SURYOPASAKA SIBIRAM

We are glad to announce that our 3rd Annual Sowrayagam will be held in Vundi, West Godavary Dist. under the kind patronage of Mr. Yerra Chendra Row, a rich land lord and banker of the locality. The usual routine of worship of the Sun God will be observed all the twelve days. The evenings shall be utilised for the propagation and the teachings of the Sun-cult and Chromotherapy. Mr. A. Narasimharow Naidu B. A., L. T., Deputy Inspector of Schools has kindly consented to open the function. Mr. J. Sree Ramamoorthi, the well known propagandist of the Surya namaskar cult is one of the secretaries of the function. The other is Dr. K. Durga Ganapathi Rao L. M. P.

In the camp Suryanamaskar Exercises shall be taught. Advises and treatment shall be given free to Patients.

Intending visitors and partakers shall correspond with the secretary and come to the camp a day earlier to attend the function.

Only raw-diet will be supplied to all those that attend and no cooking will be permitted in the precincts of the camp.

P. VENKATA RAMAYYA,

Captain

Address of the Secretary :

JOSYULA SREE RAMA MOORTHY,
Suryanamaskar Propagandist,

Vundi P. O. : : West Godavary Dt.

How to get the maximum strength from rice

Dr. C. BHANUMOORTI B. A., L. T., N. D.,

Head Master, Bd. High School, Repalle.

Rice as a staple food, has come to stay. No amount of preaching can induce people to take to wheat even once in the day, though wheat is known to contain a higher percentage of proteins and salts than rice. It therefore behoves us to learn the best method of taking rice so that we may get the maximum strength from it.

The Chinese and the Japanese are rice-eating nations in the East. The fact that the short Jap could beat the stalwart Russian, in the great Russo-Japanese war, some thirty years back, puzzled the statesmen and scientists of Europe and America. Investigations were made and it was found that the Japanese eat whole-rice without allowing any of the important food stuffs in it to be drained off.

The process consists in (1) merely removing the husk keeping in tact every particle of bran. Recently a special mechanism in the form of a grinding stone was devised and instituted at Bezwada, by which only husk is removed and all the bran is kept in tact with the rice grain. (2) Soaking this unpolished brown rice in water—in which the rice is to be boiled—for two to three hours (3) and then boiling the rice without draining off any congee (solution of starch) from it. It will be wholesome if rice is cooked in an earthenware vessel instead of in a metal pot, as then, no metallic poisons enter into the boiled rice.

Another point which should be borne in mind is, that the preliminary washing of rice should also be dispensed with. Scrupulously observing

the above instructions in preparing rice for food, will enable rice eaters in South India to maintain their health in good condition and to get the maximum-strength from eating rice.

It may also be noted, that the average Japanese lives entirely on 'whole-rice' and vegetables and the vegetables he eats are so cooked, that not a drop of water in which they are cooked is drained off. Fish and meat are beyond the means of ninety per cent of the people of Japan. They indulge in these dainties, as a luxury once in a month and rarely oftener than once in a fortnight.

The question arises as to, which of the various strains of rice is to be preferred.

'Dry rice and wet rice' are the two major sorts in rice. It is found that those strains that take a longer time to ripen contain stronger food-stuffs, than those that take a comparatively shorter time to reach the harvesting stage. Wet rice, it appears, is a much stronger food than 'dry rice' which latter sort is therefore prescribed as a light food to convalescing patients and to ladies immediately after confinement.

The purpose of this article is served, if the readers of the Indian Naturopath spread, the gospel of the proper manner of preparing rice as an article of food. Let them understand that this is the most important reform that has to be introduced into every South Indian household, in these days of slow degeneration, both of the classes as well as of the masses.

PREPARE NOW FOR The 5th All-India Naturopathic Conference

PREPARATIONS for the All India Naturopathic Conference to be held at Lucknow are a-brisk. Dr. S. J. Singh, who is organising the Conference, is busy day and night with the affairs of the Conference.

Reception Committee.

A Reception Committee is being formed for which, among others, the following prominent gentlemen of Lucknow have already given their consent.

- 1 The Hon'ble Raja Sir Ram Pal Singh.
- 2 The Hon'ble Dr. Nageshwar Sahai, Raja Sahib of Sandila.
- 3 H. H. Shri R. S. Narayan Swami.
- 4 The Hon'ble Mr. Justice Zia-ul-Hasan.
- 5 The Hon'ble Rao Raja Pt. Shyam Behari Misra.
- 6 The Hon'ble Rai Bahadur Pt. Sukh Deo Behari Misra.
- 7 Pt. Girja Shanker Misra, Sub-Judge.
- 8 Rai Sahib Pt. Sukh Deo Tewari Retd. Inspector of Schools.
- 9 Miss E. M. Dube, Principal, Mahila Vidyalaya Intermediate College.
- 10 Pt. Bal Kishen Pane, Principal, Kanyakubja Intermediate College.
- 11 Mr. Shanker Lal Agrawala, Prof. of Economics.
- 12 Pt. Brajmohan Tewari, Prof. of English.
- 13 Mr. B. P. Vajpai, Prof. of Economics.
- 14 Mr. Jiva Nand Dhoundyal, Director of Physical Culture.
- 15 Dr. Ram Krishna Sharma.

Dates.

The dates for the Congress session have now been definitely fixed for April 12th and 13th. The Naturopathic Conference, therefore, will also be held during April on any of the days between the 9th and 13th of the month. The exact date or dates will be announced later as soon as decided upon.

Nature Cure Exhibition.

It is also proposed, as announced in our last issue, to hold a comprehensive Nature Cure Exhibition. Naturopaths and others are requested to send in their ideas and exhibits now; anyway these ought to reach Dr. Singh by the 20th of March, 1936. Your intention to send in exhibits, however, must be communicated now immediately upon receipt of this announcement as that will facilitate making the necessary arrangements.

Railway Concession.

Lucknow is situated in the United Provinces on the Bank of Gumbi. The Lucknow station is on the East Indian Railway. As most of the railways allow concession during the Easter holidays, and as the Naturopathic Conference will be held during the Easter days, it will be possible for you to materially reduce your travelling expenses by booking your tickets at the concession rates. The regular single journey third-class fares to Lucknow from the following principal stations of India are like this and you will be able to get a concession on these figures.

	Rs. a.		Rs. a.
Bezwada	16—3	Bombay	14—3
Delhi	4—9	Howrah	7—6
Lahore	8—3	Karachi	17—12
Madras	Rs. 21—14		

Encouraging Messages.

A number of encouraging messages are being received from all over India which go to show that there will be a good deal of attendance and the session will be a success. Mr. L. Kameswaran, B. Sc., Secretary of the Pudukotah Naturopathic Association, will deliver a lecture on OUR ANTI-TUBERCULOSIS CAMPAIGN. And Mr. R. D. Gupta, propounder of the conductivity theory of disease, will read a paper on THE IMPORTANCE OF NATURE CURE. Other Naturopaths and interested persons who desire to deliver a speech or lecture at the Conference are requested to communicate their intention to Dr. Singh without any more delay.

Appeal 1.

To The Hon'ble President, Indore State Legislative Committee,
Indore (C. I.)

Subject:—Indore Medical Bill (No. IV of 1935) now before the Committee — Non-mention of Naturopathy therein and absence for express provisions relating to Naturopaths—Just claims of Nature Cure—Amendment of the Bill prayed for.

BEZWADA,
27—1—1936.

Honoured Sir,

I. In pursuance of a recent resolution dated 15-1-36 of the General Assembly of the Indian Naturopathic Association (a copy of which is annexed hereto), I have the

BOOK NOW

You are requested to book accommodation for yourself now. Because due to the All India Congress session being held simultaneously, there will be a great influx of visitors to Lucknow during those days, and it may be difficult to get suitable lodging arrangement, etc. unless arranged for previously. All communications with regard to the Naturopathic Conference should be sent to Dr. S. J. Singh, 57, Gwynne Road, Lucknow, from where all necessary particulars can be had without any kind of obligation.

Nature Cure Directory

As it is proposed to make the Directory an illustrated one, those Naturopaths who have got their blocks and can afford to send them, should send them now to Dr. Singh so that they may be included in the Directory.

honour to submit to you the representation next herein after following, of which the special consideration of the Indore Legislative Committee is humbly and earnestly prayed for.

2. The Indore Medical Act is now on the anvil of the State Legislature and is soon to become law, immediately on the completion of the Legislative Committee's impending deliberations over the Bill (No. IV of 1935).

3. The said Bill provides for the compulsory registration, under its

provisions, of all practising Physicians and Surgeons, to whatever school they may belong - Allopathic, Ayurvedic, Unani, Homeo-pathic or otherwise; and it subjects all persons, not so registered, to special disabilities including prohibition from practice.

4. The eligibility for such registration is expressly conferred by Secs. 12 and 13 of the Bill upon all duly qualified (Allopathic) Medical Practitioners, (Ayurvedic) Vydyas, (Unani) Hakeems, and Homeopaths; the required qualifications being set out in the said Sections read with the two Schedules A and B annexed to the Bill.

5. Section 14 of the Bill extends the eligibility for registration to persons other than those mentioned in para 4 Supra, provided such person has been practising in the State for 10 years with Allopathy, Ayurveda, Unani or "any other system"; the words "any other system" being interpreted by the Explanation appended to Sec. 14 as including "(a) (1) Chromiopathy or (2) any other such system, as well as (b) (1) Bone-setting and (2) successful treatment of special diseases."

6. The Bill makes no express mention whatever of the world-famous system of Naturopathy or its practitioners. The Bill leaves it a matter of doubt as to whether Naturopaths are to be deemed ineligible for the required registration, or may claim it in an indirect and apologetic manner by successfully proving the kinship of Naturopathy to chromopathy and seeking inclusion under the denomination of "any other such system" as per clause a (2) of the Explanation to Sec. 14. Even this resort (in the case of the Naturopath,) is subject to the other condition laid

down by the said Explanation "that at the time of making application, he has been practising in the State for the last ten years."

7. On behalf of Naturopathy, it is most respectfully submitted:—

(a) That Naturopathy is a comprehensive system of Drugless Healing, embracing within its scope several specific Drugless Sub-Systems of Healing; such as, Hydropathy (water healing); Chromopathy (light and colour cure); Chiropractic (healing by spinal correction); Electrotherapeutics; Dietotherapy; Osteopathy (Bone-Setting); Physical culture; Suggestive therapeutics (Healing by Faith, Hypnotism and Auto-suggestion); Indian Yogic Methods; and so on.

(b) That each of the said Sub-systems, though fundamentally identical with the other Sub-systems of Naturopathy in its basic principles, in its conception of health and disease, and in the general method of treatment, differs from them only in the special character of its Remedial Agents and in the Technique of their application; such Remedial Agents being Earth, Water, Heat, Light, Air, Electricity, Animal Magnetism, Diet, Exercise, Massage, Fasting, Special Movements, Faith, Concentration, Suggestion etc. Each of these Sub-systems is self-sufficient and thoroughly efficient in the treatment of disease, and can vie with any other system, Naturopathic or otherwise, in healing all diseases - acute or chronic.

(c) That Naturopathy being a drugless system and its remedial agents being in the most part freely available in nature, it is, and can afford to be, the cheapest of all systems of healing. It uses no poisons

or other dangerous things, and is absolutely harmless. These qualities, coupled with the sure and easy success attainable with the fundamental insistence on systemic cleansing and hygienic living common to all its sub-systems, have been responsible for its ever-increasing popularity. As a result, Naturopathy is widely practised in almost every country; and in India alone, there are at present several hundreds of competent Naturopathic practitioners in the states and in British India, successfully treating the public.

(d) That Naturopathy is the result of the latest world-wide researches, conducted by competent servants of all lands in the light of the revelations of Modern Science and the inspiration of the Yogic and other Ancient Mystic systems, into the structure and functions of the Human Body, the true nature of disease, the working and the potentialities of human vitality, the deep meaning of human instinct, the interaction of the Natural Forces inside and outside the human organism, and the fundamental harmony between the Individual and the Infinity of Natural Environment enveloping on all sides.

8. With a view to the promotion of Naturopathy, and to the co-ordination and discipline of the Naturopaths in the country, the Indian Naturopathic Association came into existence about 20 years ago, and has since been doing valuable work in several directions. The Indian College of Naturopathy at Calcutta, since founded by its able and self-sacrificing principal, Dr. Shiv Nath Roy N. D., L. M. I., P. H. & S. etc., etc., in the year 1928 under the auspices of the association, has been giving sound and elaborate training to stu-

dents of Naturopathy hailing from all parts of India, and qualifying them for degrees granted by the college in Naturopathy and its sub-systems.

9. It is just, and necessary in the interests of humanity, that Naturopathy, being what it is, should be expressly recognised by law and registration granted, as a matter of right, to the duly qualified practitioners of its several sub-systems, in the same way as it is granted to those practising Allopathy, Ayurveda, Unani, and Homeopathic systems.

10. The persons now in India professing to practice Naturopathy being of all grades of competency and incompetency, and even the degrees in Naturopathy which some of them profess to hold being granted by foreign institutions of varying respectability, either a degree conferred by the Indian College of Naturopathy or a certificate of competency issued by the Indian Naturopathic Association, should, it is humbly submitted, be laid down as an essential qualification for the grant of registration to any one practising Naturopathy; these two being the only institutions now in India of an expert character, competent to make the technical declaration with authority and responsibility.

11. Chromopathy and Bone-setting being already recognised in the Bill, the Bill has recognised the principle of Drugless Healing as standing at least on a footing of equality with the Druggish or Non-Naturopathic systems, and entitled to have a free hand in the world in coming to the relief of diseased and distressed humanity. It would only be a proper step in the right direction, and the doing of full justice to Naturopathy,

the Mother Science of Drugless Healing, if, not only two of her sub-systems viz., Chromopathy and Bone-setting, but Naturopathy herself in her full stature comprehending all her sub-systems, is clearly recognised by law.

12. As the bill now stands, even the practitioner of "Chromopathy or any other such system, as well as Bone-setting" etc. can not claim registration, unless he has been practising in the state for the last ten years. This restriction is perhaps intended as a safeguard assuring the practitioner's competency, in the absence of a definite degree or other qualification from a recognised institution. But having regard to the qualification

proposed in para 10 supra, this safeguard of 10 years standing may be dispensed with.

In conclusion, I respectfully invite the close attention of the Indore Legislative Committee to the several facts and proposals set out in the foregoing paragraphs, and pray that the necessary alterations be made in the bill before it becomes law, so as to give a freehand to the Naturopaths also in their humble services to suffering humanity.

I have the honour to remain,

Honoured Sir,

Your most obedient servant,

P. VENKATRAMAYYA,

General Secretary, (I. N. Assn.)

APPEAL 2

To The President, Legislative Council, Indore State.

Respected Sir,

I am advised by my College Council to approach your honour and to lay before your honour the incomplete representation of *Naturopathy*, in all its present day branches and sub-branches in Indore State's Bill No. 4 of 1935 for the registration of the medical men in the Maharaja's State.

My College Council appreciates the utility, desirability and necessity of such a bill for sieving out the quacks from the profession, and whole-heartedly supports the passing of the bill.

It is only in the details that I beg to approach and request you to very kindly change the two headings of "*Chromopathy*" and "*Bonesetting*" to "*Naturopathy*" in all its present day branches and sub-branches as

practised in England, Germany, France, United States of America and other progressive countries of the world.

I hope my request will be graciously heard by your honour and adequate steps taken to fully represent Naturopathy in all its branches in the above bill. Naturopathy is the science which is being practised from the ancient times (as proved by the Vedas) up to the present day. It cures the so-called "Incurable" diseases, such as Phthisis, Cancer, Glaucoma, Funachism by Birth, sterility of ladies, Leprosy etc. and rejuvenates the shattered human body due to old age and prolongs life.

100, Harrison
Road,
Calcutta,
19th Feb. 36

I beg to remain,
Sir,

Yours for Health,
SHIV NATH RAI,

Principal.

Indian College of Naturopathy,

What is Naturopathy?

BY

DR. ARTHUR SCHRAMM, N. D., D. C., D. N. SC., N. PH. D., PH. C.,
STAFF MEMBER, ALTA VISTA HOSPITAL,
5114-5116 El Rio Avenue, Eagle Rock, Los Angeles, California.

After my letter has been printed in the November 1935 issue of the "Indian Naturopath", I received quite a few letters from Naturopaths from all parts of India desiring more information on the subject of Naturopathy. They all seemed to believe that the science of Naturopathy is still in its infancy in India and some of them wanted my definition of the word "Naturopathy". I do not share their opinion that this science is new in India, nor is it NEW in any part of the world. For example, Phytotherapy (the use of Herbs) has been in use from time immemorial and so have other adjuncts of Naturopathy.

Osteopathy, Chiropractic, Sanipractice, Naprapathy, and all the other systems of Therapy are ADJUNCTS of Naturopathy. Neither of them constitutes really a science in itself. Although there are slight variations in the definition given to Naturopathy in the different countries and even in the different states of the U. S. A., it may be well to quote for the information of all practitioners and students the definition given to Naturopathy in the capital of the United States of America, Washington, D.C., which is printed in the "Congressional Record", page 6147, Vol. 74 No. 61, of February 25th, 1931.

"Naturopathy is not the invention of any human mind; it does not place its origin at any given date, but is the accumulation of knowledge

pertaining to natural methods of living and healing throughout the centuries. Naturopathy is more than a system of curing aches and pains; it is a complete revolutionizing of the art of living.

"Naturopathy is the philosophy of healing basing its treatment of all physiological functions and abnormal conditions of the body on the natural laws governing the body. The success of Naturopathy is due to the fact that they do not rely on one method of treatment but must include in their work all that is good in the different systems of natural healing.

"Naturopathy as approved in the Act of February 27, 1929, hereafter shall comprehend and embrace and be composed of the following acts and practices and uses of the physiological and mechanical and material sciences of healing, as follows: Iridology, diagnosis, and the practice of physiological, mechanical, and material sciences of healing; the physiological and mechanical sciences, such as the mechano-therapy, articular manipulation, corrective and orthopedic gymnastics, neurotherapy, psychotherapy, hydrotherapy, and mineral baths; electrotherapy, thermotherapy, radiotherapy, phototherapy, chromotherapy, vibrotherapy, thalamotherapy, and official dilatation and other stimulation of the sympathetic nervous system through the orifices, and dietetics, which shall include the use of foods of such biochemical tissue-building

Products and cell salts as are found in the normal body; and the use of vegetable oils and dehydrated and pulverized fruits, flowers, seeds, barks, herbs, roots, and vegetables *uncompounded* and used in their natural state.

I believe that this definition should be adopted by all Naturopathic Physicians and Naturopathic Associations in every country and the general public should be educated along these lines. Naturopathy does not contemplate drugs and surgical operations, nor is it within the science of practice. We do not prescribe

drugs as a part of our treatment, nor do we advocate or perform surgical operation upon our patients. We teach and practise that the living body is a vital machine, and that the retention of waste products in the body and the non-elimination of drugs are considered the most underlying causes of disease, so that we cannot consistently prescribe them.

It shall give me great pleasure to receive more letters from Indian Naturopaths and I shall be happy to answer them to the best of my ability.

Querries and Replies.

Thermolume is a sweating apparatus for the whole body through which coloured rays of the sun fall on the body. The colours are so arranged as every colour falls on a portion of the body which has got the highest affinity for that so that the body not only eliminates poisons

from the body but receives the affinitising and health giving colours of the sun at the same time.

The chromodisc is an apparatus to focus the powerful sun's rays through coloured medium which disperses any bad humours from any local part of the body.

Yoga Asanas

AYYANKI VENKATA KRISHNA MURTY N. D., (I. N. A.)
Editor: Physical Culture Section, Prakriti.

YOGA has a complete message for the human world which no other system of physical, mental or spiritual culture can boast of. Yoga has a message for the human body, human mind, and also for the human soul. In Yoga Shastras the old adage "Sound mind in a sound body" is unmistakably recognised. The interdependence of body and mind is realised by the science of yoga. The comprehensive school of yoga realising the equal importance of body and mind lays down rules for mental hygiene and prescribes Asanas that are of utmost value for attaining physical perfection and health which increases the power of the mind. While

acknowledging the interdependence of body and mind, yoga sastra holds that the influence of the mind on the body is far more powerful than the influence of the body on the mind.

The Yogic system of physical culture aims is to secure greatest longevity with highest physical efficiency and maximum brain power. Yoga as a system of preventive exercises is simply marvelous as it keeps the whole nerves and glandular mechanism in the healthiest condition. Even as a system of therapeutics, Yoga stands above all the other types of "Naturopathy". It is peculiarly fitted to cure chronic disease

such as constipation, dyspepsia, headache, piles, heart disease, consumption and a host of other chronic dangerous diseases. Impotence in young men can invariably be cured and certain types of sterility in women can be easily removed. No other system of treatment can boast of being unique to the yogic system of physical culture. Mental disorders can best be set right by yogic therapeutics. Such is the excellent and matchless power of these "ASANAS".

Asanas are divided into two important groups - Cultural and Meditative. Those who take to the practice of Asanas can also be divided into two groups, namely persons who take up the practice of Asanas merely for their physical well-being and those who take to it for their spiritual advantage also.

Asanas form the third item of the Yogic curriculum. Yamas and Niyamas form the first two items. Yamas and Niyamas should be practised, if one wants to reap the maximum benefit by the practice of Yoga Asanas :—

अहिंसा सत्यमस्तेयं ब्रह्मचर्यं परिग्रहः यमः॥

Inoffensiveness, truthfulness, non-stealing, continence, and non-receiving are the Yamas. (Patanjali II-30 Yoga Sutras).

शौच सन्तोषतपः स्वाध्ययेश्वर प्रणिधानानि नियमः॥

Purification, contentment, mortification, study and complete self-surrender to the God are the Niyamas. (P. Y. S. II - 32).

Now friends, I wish to explain to you at some length the importance of practising these Yamas and Niyamas as a preparatory step for practising the Yoga Asanas or any physical culture for the matter of

that. For this we must study the interdependence of body and mind. The old proverb "sound mind in a sound body" undoubtedly brings back to our minds the immense influence our mind has upon our body. Our everyday experience tells us that generally strong and healthy persons are of quiet temperament, while weak and unhealthy persons, and others who suffer from chronic diseases, are of irritable temper and are of passionate nature. For instance take the case of a person who is suffering from chronic consumption. His health will be deteriorating day by day and the disease will be eating every day, every hour, even every minute into the very vitals of his body. Then, can you imagine the impatience he displays? the rage and fury he exhibits? the passion and brutishness that he shows towards his wife and children at the slightest provocation? I would like to relate an instance of my own experience with a High School Teacher. When I was studying at Taylor High School, Narasapur, there used to be a teacher who was a chronic consumptive. Immediately after entering the class room, he used to question one of the students; then, if he did not answer, the teacher said next, next, next and so on until a dozen or so stood without any answer. Then he came down to them from his seat and thrashed one by one to his heart's content. Such a cruel and barbarous treatment we had to undergo under that able teacher! It happened thus because he was irritable in temperament on account of his ill-health. That emotion of anger he was not able to control until he gave vent to his emotion, in that barbarous and inhuman way. Such is the powerful effect of body upon the mind.

The influence of the mind upon our body can also be proved upon equally convincing basis. The emotions greatly tell upon the health of body. Love, anger, greed, infatuation, elation, hatred, jealousy, envy, fear, disgust, distress, regret, remorse, despondency, despair, confidence, hope, shame, pity, admiration, reverence, devotion and gratitude, are all emotions that make and mar our very beings. All these will be experienced by us in our daily life of turmoils, sorrows, joys and pleasures. In a sudden fit of some passion, we lose our control and our body shakes; when lost in rage, we tremble and finally in the reaction we are exhausted and feel very weak. When lost in the passion of mirth and joy, we feel doubly strong, energetic, and full of vigour. Our vernacular proverb joy leads to strength brings back to our mind the influence of mind upon our body and tells us unmistakably how emotions act upon the body.

In the same manner every emotion has its own effect upon the health of our body. When the emotions are very violent, fatal results may also take place. In this connection I wish to quote a passage of a London physician from a Madras Weekly - Sunday Times:—

"When you are overtaken by grief by the loss of some beloved one, it is quite essential that you should get rid of this by sharing it with others. When the steam is at high pressure, it must be reduced if the boiler is to be kept safe. Similarly, there must be some outlet to human emotions"

The emotions must have their play, whether or not you wish or appear to control them.

You may control your outward appearance so as to deceive on-lookers - just as a card player learns to do - but the effect is there or you would not be a normal human being.

Now what is the effect of this "controlling" or repressing of the emotions? "How is this control attained?". In only one way. Simply by the exercise of another nervous force—the will.

Does this take energy, nervous force? Yes, just as surely as any other mental action. And so the effect upon the nervous system is such that, while the experiencing of an emotion may be enjoyable or otherwise, nevertheless it is a tax upon a system just the same, and fatigue follows the use of the nerves, just as it follows the use of the muscles.

Thus, a highly strong individual not only experiences all the emotional thrills of his fellows, but experiences them to their utmost limit. If, added to this, there is the tremendous effort on the part of the will to control the emotion, then is the nervous system under double strain.

Many a man and woman has died of a "broken heart" due to pent-up grief, the fatigue products of which actually damaged the nervous system, and thus the various organs of the body.

It is, perhaps, very self-satisfying to feel that you always have your emotions under control, but that satisfaction is being purchased at a high price indeed."

So, if you must control all emotion in the presence of others, let loose when you can get alone.

I believe that the evidence put forth up to now is sufficient to establish the interdependence of body and mind. But if we consider this question of interdependence of body and mind a little deeper, we will be able to know that the mind has the strength to rise superior to all the influences of the body. This can be illustrated by many every day occurrences. On the festival day the Mohammadans walk on fire on account of the intense feeling of devotion to religion. Though they suffer physically, their will power is so intense at the moment that they become dead for the time being to all the external influences and injuries done to the body. Again we read and hear the glorious histories of martyrs who did not move an inch when lathies poured on them rains of beats in the recent Civil Disobedience Movement.

But quite contrary to this experience we see persons of strong and sturdy bodies being paralysed if they are overcome by fear. We hear and read that the healthiest bodies are shattered, the handsomest persons turned pale on account of the loss of their beloved people.

All these facts go to prove and convince us that even when there is interdependence of body and mind, the influence of mind on the body is far more profound than the influence of the body on the mind.

Now, knowing as we do the immense influence of the mind on the body, the practice of Yogic Poses cannot be undertaken without undertaking in the first place the training of our mind. Is it not a vain and utopian hope to think of building powerful thyroid and sexual glands by the practice of SARAVANGA-ASANA, if we allow our mind to

wander in the realms of sexual vices and pleasures? Can Sirasasana provide us mental tranquillity, if we allow the canker of worries to eat into the very cells of our brain? I am sure you will emphatically answer these questions in the negative.

So, in conclusion, physical training will never give the desired results unless and until it is backed up by mental training. That is why in the science of Yoga, Yama and Niyama are given the first and second places respectively.

At this point I shall do well to lay down some rules which should be observed by an ardent student of Yoga Asanas.

RULES TO BE OBSERVED DURING THE PRACTICE OF ASANAS.

1 Any one suffering from any kind of serious disorder is advised not to take to the practice of these Yoga Asanas except under expert advice.

2 "Slow and steady wins the race" is the sound principle in regard to Yoga Asanas under any circumstance. Jerks both violent and mild should be necessarily avoided.

3 The two, namely regularity and punctuality which will enable you to be perfect in these and reap the benefit within a reasonably short period, are essential.

4 Asanas should be only practised in the evenings, with a light stomach, better after a full bath.

5 The student will do well to take up other muscular exercises with

these but there should at least an interval of thirty minutes between the two.

6 Care should be taken to see that the total amount of energy spent does not strain the system.

7 In all the asanas normal breathing should necessarily be maintained.

8 There should at least be an interval of one or one and a half hours between the practice of Asanas and the partaking of any solid food.

9 Non-irritating, non-stimulating and healthy food alone must be taken.

10 Drinking of alcohol, coffee, tea, cocoa etc. should necessarily be avoided, if the maximum amount of benefit is to be ensured.

11 The Yoga Asanas can be practised by even the fair sex. In the case of females, it is advisable to suspend all the yogic exercises during menses.

12 Boys and girls under 12 should not take to the practice of the yogic postures.

"The Defects in the Naturopathic Field"

By Dr. P. N. GOPALA PILLAI B. A., N. D., (Cal) N. M. N. D. (NEW YORK)

Sastam Kottai, Travancore.

It is doubtful whether our Naturopathic pioneers and Naturopaths look well, wisely well, into the Naturopathic field and try to understand its real position at present. Most of the Naturopaths who are satisfied with some surface study of the situations, think and believe that we are in some safe road of success or glory and nothing evil exists in the Naturopathic field. But an intelligent and careful observer of the field could tell that the field is not so even and smooth as is imagined by these surface thinkers. The evils that exist in the field are so numerous and intolerable as to make even the most hopeful and wise Naturopaths quite restless, gloomy and anxious. It is the duty of intelligent men, I believe, to point out these evils and to invite due attention of the noble sons of Naturopathy to these evils that threaten us at every turn and every moment. The following are some of the prominent defects in the field,

Naturopathy as a side-string: One of the intolerable evils in the Naturopathic field is the thoughtless and merciless adoption of Naturopathy as a "side-string" or side business by men of some very responsible professions. The Directory of Indian Naturopaths which roughly tells us of the position, status and rank of Naturopaths, convinces us of this truth. Among Indian Naturopaths we have at present men from all professions and trades of India. We have Naturopaths from amongst Lawyers, School masters, Engineers, Mechanics etc. working as Naturopaths in the field. These Naturopaths hold Naturopathy only as their side-string and work as part-Naturopaths or half-Naturopaths. Lawyers and School masters, Engineers and Mechanics, who have thus come to Naturopathy, have indeed come through their love for the science, and through their personal experiences in the science. We are to

appreciate and admire these men of talents, of good motives and of personal merits for all their love and sympathy for the science. We are to be even grateful to some of our pioneers who have come from these lines and have done much for Naturopathy as authors and propagandists. But we are here to see how Naturopathy stands as a side-string with these men and how it fares with them.

Lawyers and Schoolmasters etc. are indeed men of very responsible professions. The duties and responsibilities of their main professions are so heavy and so great that they could not even find time for any other work, however noble or important it be. Day in and day out, these men are too busy with the serious questions of their courts and schools or offices. It is even doubtful whether they could attend conveniently to their family affairs or personal comforts even. Being too responsible it becomes impossible for them to attend to their "side-string" with proper concentration, interest and enthusiasm. Naturopathy too, which has thus become the subsidiary occupation of many at present, suffers greatly for want of attention, concentration and timely nursings. Thus it is this "side-string" position that spoils Naturopathy at a time when it is to be well protected.

Naturopathy which wins over all the other systems of healing and which demands the noblest attention of all, should not be allowed to go thus as a side-string for its ruin. It should be undertaken by complete and independent Naturopaths who could use their whole time, whole energy and whole wisdom for its progress. Then and then only Naturopathy could prosper in India.

The presence of unqualified men:

The presence of some unqualified men in the field is another evil of the times. Every pioneer in India is well aware of the presence of some unqualified men in Naturopathic field at present. Such men are found in most of the cities, towns and villages of India. These unqualified men, who call themselves as Naturopaths, have set up their Naturopathic practices with some scanty knowledge they have gained from the corners of some Naturopathic books and magazines. The presence of these men and their bold practices have become too trouble-some to true Naturopaths and the Naturopathic system of healing.

It is not easy to tell how these pretenders spoil the science in their explanations and in their practice of it. Every thing precious in Naturopathy becomes worthless and dangerous in the hands of these unqualified men or Naturopathic Quacks.

The wrong explanations of the science, the wrong applications of the system and the bad and dangerous results that follow show that these men are not healers but spoilers of Naturopathy. Even Hydro, Chromo, Dieto therapies and fasting which are the easiest and healthiest branches of Naturopathy become fruitless and dangerous in the hands of these Naturopaths. Naturopathy is made fearful, dangerous and barberous by these men of "little learning." The patients and the public are made to look upon Naturopathy with terror and distrust. The Naturopathic pioneers who learn about the practice and treatment of these quacks are rather astonished to see such men in the field. The evils of

practice of such unqualified men who do not know even the A. B. C. of the science, are numerous and intolerable. It is the duty of Naturopaths who work for Naturopathy sincerely to prevent the practice of such men in the field and resort to other measures that would check the growth of these dangerous Naturopaths.

The over enthusiasm of Naturopaths: The third and distressing evil in the Naturopathic field is the over enthusiasm of certain Naturopaths. Naturopaths are to be sincere, honest and enthusiastic every where-in their families, in their clinics and in their public activities. But some Naturopaths due to their hollowness and want of wisdom, are found to be over enthusiastic in all their lives. I myself have come across with such men who spoil themselves and the field in which they are. The activities and attempts of these over enthusiastic men in the Naturopathic profession only aggravate the evil.

These over enthusiastic or revolutionary Naturopaths have a revolutionary spirit in all their dealings and doings. These men begin their over enthusiasm first in their families, where they are to introduce their reforms. Certainly, Naturopaths are to lead a Natural life. They are to take and guide people to this Natural life. But certain over enthusiastic Naturopaths create troubles in their families and villages by their untimely compulsions. Some Naturopaths compel their wives and children, relations and servants to lead a very natural life i. e. to live upon raw food, to use cold water, to sleep on the ground, to stop cooked food, salt, sugar and chillies all on a sudden etc. without understanding anything about the human psycho-

logy, the artificial life they lead etc. There are instances of Naturopaths who have lost their wives and children, servants and relations through such compulsions and family quarrels. There are instances of Naturopaths who had been considered as mad and crazy by villagers who were unable to understand Natural life or Naturopathy. Reforms are to be introduced in families of Naturopaths only very slowly. People are to be taken to the Natural life only gradually. First of all a Naturopath should understand whether people are in a position to understand and to receive things. We are to take our family people and others to this true Natural life slowly and wisely. The revolutionary measures of Naturopaths will only defeat the purpose. Thus the over enthusiasm of certain Naturopaths in the families has only very bad results. It may cause disgrace to Naturopathy.

Then some Naturopaths are over-enthusiastic in their dealings with patients and in their clinics. In villages and certain towns Naturopathy is still new and strange. Naturopaths are to be very wise in dealing with patients who are very orthodox and strangers to Naturopathy. The use of Hydrotherapy (cold water applications) and fasting cure are still looked upon with terror and suspicion by most of the patients and their relations in certain villages. Some Naturopaths without having any regard to the psychology of patients and their friends give treatment with over-enthusiasm, rashness and so on. Hydrotherapy, fasting cure, sun cure etc. are to be given to patients gently and with a proper understanding of their psychology. Some over-enthusiasts may do these things with rashness and haste and they may become

very unpopular with people and patients who could not catch them. The over-enthusiasm or the hasty prescription of certain Naturopaths have created troubles and quarrels in certain districts of the south and certain villages in Travancore. Thus over-enthusiasm is a thing which Naturopaths are to abandon for the protection of Naturopathy.

Then again the over-enthusiastic Naturopaths commit other blunders in the field. Some Naturopaths who are very revolutionary by nature are found to abuse other schools of healing in public places and public platforms. They abuse and criticise Allopaths, Homeopaths, Ayurvedic men through papers and public platforms. This intolerant and unwise policy of over-enthusiasts is attended with dangers of some great magnitude. Naturopaths are to do the Naturopathic work and propaganda in the most natural way, with love and truth, with calm and patience. Being the true sons of nature, Naturopaths are to live in nature, in love and truth, in peace and plenty at all times.

The low standard in some Naturopathic Institutions: With the intention of popularising Naturopathy, some low standard of admission is introduced in some Naturopathic schools and colleges of India. The present standard of admission is low and not up to the mark. It is true that Naturopathic Institutions should help the lovers and sympathisers of Naturopathy. But Naturopathic lovers and sympathisers should also be capable of helping the Institutions. The colleges are to produce very efficient Naturopaths; and this could be done only in case the standard of admission and the like are raised by the college authorities. The college graduates should be men of satisfactory general

education. Naturopathy is a new science. Naturopaths are to work not only as healers but as fine propagandists as well. They are to shine as authors and lecturers as well besides healers. Naturopathic students or college graduates are men to work in certain centres and districts as pioneers even. They are to be men of great personal merits and of good general education. If the Naturopathic pioneers are weak, inefficient and not up to the mark, Naturopathy cannot gain her ground. Every college graduate should be an all round and very efficient man, bold enough to work in the midst of his enemies—the drug schools and the like, as a fine healer, fine author (writer) and a fine lecturer. If Naturopathy and the colleges expect these from their graduates, then surely the standard of admission should be raised in colleges. Speaking of general education any man below the Intermediate standard may not be fit for a Naturopathic student. If this is over looked Naturopathy may lose its reputation which should not happen on any account. The Naturopathic Colleges and other Institutions which always look for the growth and status of Naturopathy should try to do everything with due dignity and with the proper understanding of the value of Naturopathic science. If the standard of admission to the Colleges, is not raised, Naturopathy will have to lose something precious in it. We know how Homeopathy is spoiled by the students and Colleges in these days for selfish interests. A science loses its worth if the science is made cheap by its exponents. Thus the parent institutions of Naturopathy in India should have this look out for the safety and status of Naturopathy.

(Continued on page 52)

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(Second Series)

(Dr. JATASHANKER NANDI N. D.,)

1. How to obtain sound sleep.

The observance of the following hints ensures sound sleep.

(1) *Sleep out doors* or as near it as possible; open air makes your sleep so sound, that you need less of it than indoors. The greatest of all cures, for every *ill is sleeping out doors*.

(2) *As one hour's sleep before midnight is equal to two hours' after.* Retire as early as you can, never later than 9.

(3) Take your dinner at least 3 hours before bed time.

(4) Always take light food at 6 P. M.

(5) Best sleeping light is none or at best what the stars offer. *Each light consumes 9 times the oxygen consumed by a living creature. Hence have no light.*

(6) Lie always fully stretched on a bedstead.

(7) Sleep alone and naked.

—Edward Erle Purinton.

2. Effects of exercise and temperance on the human body compared.

If exercise throws off all superfluities, temperance prevents them; if exercise clears the vessels, temperance neither satiates nor over-strains them; if exercise raises proper ferments in the humours, and promotes circulation of the blood, temperance gives nature her full play, and enables her to exert herself in all her force and vigour; if exercise dissipates a growing distemper, temperance starves it.

—Joseph Addison.

3. Wisdom's root.

Know, prudent, cautions, self control is wisdom's root.

—Robert Burns.

4. Strongest fence against diseases.

Against diseases known, the strongest fence, Is the defensive virtue, abstinence.

—Benjamin Franklin.

5. Royal road for preventing over-eating.

Make your whole repast out of one dish if you indulge in a second, avoid drinking anything strong till you have finished your meal; at the same time *abstain from all sauces* or at least such as are the most plain

and simple. A man cannot be guilty of gluttony, if he stuck to these few obvious and easy rules. In the first place there would be no *variety of tastes* to solicit his palate and occasion excess, nor in the second *any artificial provocatives* to relieve satiety, and create a false appetite.

—Joseph Addison.

6. The miracle of mastication.

The beneficial effects of mastication are summed up as under:—

(1) Mastication gives exercise to the teeth, making them healthier, sounder and brighter.

(2) Mastication induces the flow of saliva in the mouth which, acting on the insoluble starches, turns them to soluble sugar.

(3) Mastication reduces the food to the finest particles so that it is easily acted upon by the stomach and intestinal juices.

(4) Mastication helps the body to extract all the available nourishment from food, *maintaining it in health and vigour on a smaller quantity of daily rations* and

(5) Mastication induces the flow of gastric juice in the stomach, thus facilitating the digestion of food.

7. Proper exposure to sunshine increases the intellectual out put.

In addition to their beneficial physical effects, the rays of natural or artificial sunlight are experienced as serving the purpose of a *brain food*. The proper exposure of the *naked body* to sunshine increases the intellectual out put.

(Continued from page 51)

Thus we have seen and pointed out some of the evils that threaten Naturopaths and Naturopathic progress. Naturopaths are to think of these evils in the field and try to do every thing in their power first to clear our field of these evils and then to prevent such evils from recurring in the Naturopathic field again.

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name and rested in Peace in the
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May His Soul rest in Peace.
Editor.

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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.

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.

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[a] Through the medium of books, journals and pamphlets, by means of lectures

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