

Indian Naturopathy

Vol. 2, No. 9, Sep 1941.

3

1941-12-9

1941-12-9

1968

Annual Subscription Rs. 1-8-0

THE

Foreign Sh. 3, or \$ 1

INDIAN NATUROPATH

The Official Organ and Gazette of The Indian Naturopathic Association

Vol. XII

BEZWADA — September, 1941

No. 9

Editorial Notes

More Vegetables & Fruits

The finding of the National Nutrition conference of America that the Human being needs *twice as much green vegetables and fruits as they consume now* as detailed in the "Hindu" editorial published elsewhere is a great truth which most of us are ignoring to the detriment of our health.

The food of an average Indian consists only partly of green vegetables. The proportion of green vegetables to the other articles of food is now-a-days on the decrease, and what is more worse is the process of "*frying*" universally adopted throughout India. Frying of vegetables not only renders the live and sustaining aspect of the vegetables null, but also converts the same into an undigestible mass. Another blunder is the removal of water oozed in the cooking process from vegetables, and the process of peeling.

The maxim enumerated above will be a boon to Humanity when adopted.

Meat Versus Vegetables.

From the war between Nations has evolved the struggle between vegetable diet and meat diet. In Europe people are adopting a vegetarian diet doing away with meat dishes compelled by war conditions. Substitutes are being invented for the various meat items. Imitation meat has been

prepared from plant extracts. This food is sold in powder form so that it might be convenient for transporting purposes.

Germany has taken the lead in this enterprise and has undertaken manufacture on large scale. And their food experts claim that this form of food is cheap, convenient, nutritious and possesses high calorific value.

This experiment is highly illustrative of the basic principle, vegetarian diet is more healthy, nourishing when compared with the meat diet. Our ancients bear a witness to this and also to the fact that vegetarians are not lacking in fighting element, a pre-requisite of a soldier. We foresee the future when all nations, civilians, as well as soldiers will realize the futility of meat diet and resort to the vegetables as the best suited diet to the Human organism.

* * *

We welcome the gesture of our Dr. A. V. K. Murty, who has undertaken to tour Nizam's Dominions with a view to spreading the gospel of Naturopathy and studying the movement in H. E. H's dominions. Such tours we are sure will be of great value, in spreading the cause of Naturopathy.

A brief survey of the tour of Dr. Vithaldas Modi, is given elsewhere which we hope will be an example to others in the field.

"HOBBIES MAKE YOU BEAUTIFUL"

No, stamp collecting won't make your nose smaller—but hobbies will bring out hidden beauty, and stimulate you to transform defects into your greatest assets.

'HELENA RUBINSTEIN'

A woman came to my salon recently and asked, with desperation in her voice, to be made over. I looked at her critically and knew there was some thing I must do before I turned her over to my Salon experts—I must find out why it was that this young, slender, well-dressed woman, whose features were very good, somewhat wasn't an attractive, arresting woman.

I talked to her for a while, and it did not take me very long to learn the reason why. She was married, she told me—had a child who was away at school. Of late, she had found, there was very little for her to do. "It was different when we were first married," she said. "I had to take care of the house and the garden—and there was the baby. I used to make most of my own clothes, too. I was always so busy. Now I have a cook and a gardener, my clothes are designed for me. There doesn't seem to be anything for me to do."

I realized now what it was that made this woman drab and unattractive. It was boredom, emptiness. Her face lacked animation or expression. Her conversation was uninteresting.

I admired the dress she was wearing and asked whether she used to dress as well when she made her own clothes. "Oh yes," she said, "I studied designing, you see. I love handling fabrics and colors." When she talked about designing, her face changed perceptibly, her voice was rich with enthusiasm.

"Shall I give you a simple formula for improving your appearance?" I queried.

"Oh yes, please. I'll do anything," she replied.

"Go home and from now on design your own clothes."

"Design my own clothes?" "But what has that to do with my face?" She was frankly puzzled. "How?" "If you say so."

After this woman was a fashion show a few days later. She looked several years

younger and her face was alive with interest. When I spoke to her, the difference became even more apparent. "I'm designing as a hobby," she said. "It's great fun. I go to all the shows and exhibits to get ideas. There doesn't seem to be enough time any more for all the things I have to do. And—look," she pointed to a startlingly original evening gown which was being displayed just then. "That's mine," she said, pride and happiness suffusing her features. "They asked me to lend it to the show."

If you would be a truly beautiful woman—beautiful in the true sense of the word—my advice to you is to get a hobby. It hardly matters what it is, so long as you do it to the best of your ability and not merely in a haphazard fashion. Do you like to take snapshots? Study photography, go to exhibits of photography.

Have you supple skilful hands? Learn to make costume jewelry out of cork, shells, or any materials you have on hand. Have you always wanted to play the piano or the violin?—Go to a music school, read books about your favorite composers, attend concerts and operas.

When I say that hobbies make you beautiful, I mean that they cause actual changes in your physical appearance. Oh, stamp collecting may not make your nose smaller, or your eyes larger or take inches off your waistline—but what will these things matter if your face radiates energy, if your step is springy and your conversation spicy and varied? Besides, when your interests widen, you meet more people, go more places, and become more conscious of the way you look. Soon you find yourself taking exercises to remove that extra waistline poundage; soon you learn how to apply make-up so that your former defects become your greatest assets. And before very long, you find that you have grown younger, wiser, and lovelier,

:: SIGHT ::

BY

Dr. V. DONDA SAHEB

Let us discuss briefly about short sight and long sight especially, as they are developing and spreading by leaps and bounds day by day in spite of the advanced medical science. They are threatening the keen observer that the whole human world will become blind in course of time. Well educated and cultured people are falling prey to them, and are suffering from them thus becoming blind, and consequently wearing glasses. Short sight and long sight are becoming common and natural day by day. One will not be troubled much, if old people become victim to them and if they wear glasses, but youths are becoming Victims to them, and they are becoming blind, and are wearing glasses. Even well educated and cultured young ladies are contracting them, and are becoming blind, and consequently they are also wearing glasses. Even many young students are suffering from them and wear glasses. In consequence, different sorts of glasses are developing and spreading abnormally day by day. Even efficient and eminent doctors are suffering from eye diseases and are wearing glasses. Will it not reflect upon their profession? Poor and illiterate people do not fall prey to them as educated and cultured people, and they do not wear glasses, though they do not follow health principles. People who suffer from them cannot read and write without the use of glasses. Are they not blind? Do they not develop into actual blindness gradually, if they are not prevented or cured soon at the early stages? Many people are actually becoming blind. Short sight and long sight are stages of blindness. They are becoming like contagious diseases day by day. Nay, they are becoming more than contagious diseases. Short sight, long sight, and glasses were not so prevalent in former days as now, because people are becoming lazy and gluttonous now-a-days.

Doctors say that short sight and long sight are chiefly caused by want of proper nourishment, proper ventilation, etc. If so, how is it that many rich people, young and youthful students fall prey to them? Are they not aware

of the Health principles? Are they not observing them so? If so, how is it many poor and illiterate people and animals are free from their attack, though they did not know and follow Health principles? Many poor people are not suffering from them even at the old age. In view of these facts, one is convinced that diet is the chief cause for them; or over-eating, frequent eating, sedentary life, too much reading and writing are the chief causes for them.

One may lose sight, if eyes are affected. Eyes are also affected by diet, if one does not regulate diet and digestion properly. We know that the chief cause of diseases is the absence of balance of diet and digestion, and they will disappear, if patients observe simple and light diet, exercise and fasting. Diseases depend upon the prevalence of foreign matter in the body. Diet is converted into foul matter, if it is not well digested. One does not get diseases, if one maintains the balance of diet and digestion properly. Eye diseases also cannot be cured, unless the patient observes strict diet at least. If diet is not restricted, and if patient indulges in diet often, diseases develop further, the patients suffer from them severely, and they may lose sight. We are aware of many such cases and complaints.

We know that diet causes health & ill-health. It gives life. It takes away life. It builds up the body. It destroys the body. It becomes poison medicine and nector. It has both good and bad effects. Doctors do not know that diet is the chief cause and effect of diseases. They are under utter confusion.

Different sorts of glasses are developing and spreading more and more day by day. Many youths are using them even for slight defect, which can be easily prevented and cured without any kind of medical treatment and glasses, if one makes slight change in his diet. The use of glasses is attracting others more and more day by day. One is following another. It is rather becoming fashion of the day. Some feel as if they are elevated when they wear glasses.

196 207

LM 11/12/9

N 41.12.9

Of course, one may use them, if his sight is very defective and incurable. But many are using them for mere *fashion*, good personality, and attraction. It is very bad. We know habit is very bad and harmful, and it cannot be avoided easily, if one is once accustomed to it. Consequently, natural sight will be lost, and he becomes unnatural and blind. He cannot read and write even for a short time without their use. He must depend upon them. Hence, glasses are doing more harm than good.

Doctors are doing more harm than good, because they advise people to wear glasses even for slight defect, which can be easily rectified and cured without any kind of medical treatment and glasses. I observe, many young people doubt their sight, even though they possess good sight partly because of the fear created by the doctors and partly because they desire to wear glasses, and consequently they run to the doctors to get their sight examined. Doctors also doubt their sight, and prescribe glasses, to them. They leave no body without prescribing some sorts of glasses to them. They do not disappoint them. It is so happening every day. People are actually buying blindness, unnatural blindness, and unnecessary blindness. In addition, doctors are setting very bad and harmful example, because all the doctors are wearing some sorts of glasses. It attracts others to follow and to imitate them. They misguide others. It reflects upon their profession. First, they must set good example to others. They must possess good sight. If they find their sight defective, they must cure it. If they are not able to cure their own defect, how can they be able to cure other's defect? It is ridiculous.

As "Prevention is better than cure", one may escape from their attack, if one avoids over-

eating, frequent eating, sedentary life, too much reading and writing, and if he regulates diet and digestion properly. One should avoid reading and writing continuously for some weeks and months. Many students are studying so, especially in time of examination. Young students especially should take interest in one game or other. The more one takes exercise the better. If one feels them or their symptoms, he should change diet or restrict diet till they disappear. If not, they may develop into short sight or long sight or other eye diseases. If he follows these plain and simple principles, one need not fear of their attack and trouble. He need not run to the oculists and specialists. He does not require operation, medicines, glasses, and artificial sight. He need not waste money.

In the case of other eye diseases, the patient should avoid heavy diet like eggs, milk, ghee, curd, meat, fishes, beat, pork, potatoes, oil and ghee preparations, etc, and they should take simple and light diet once or twice a day. Vegetable diet is better. Fruit diet is still more better. Exercises like walking and brisk walking in the morning and evening is essential. The more one observes exercise the better. The more one simplifies the diet the better. It is better, if he fasts once or twice a week especially at night times. "Fasting is the best medicine." It is the medicine of medicines. It is the doctor of doctors. Too much reading and writing should be avoided. Poisonous medicines and dangerous operations should be avoided. Too much use of medicines is very bad and harmful; they spoil eyes and sight. Operation is more dangerous than medicines. Many patients lost their sight by operations, and consequently they are repenting for it. The effect depends upon the observation of these principles.

AGES OF ATTACKS

(SET BY MODERN DOCTORS)

Diarrhoea while young comes;

Measles at seven the crisis sums;

While Appendix destroys later joys,

And at thirty we live like toys.

Fair forty and there is Cancer,

For Gout you must at fifty answer,

Sixty sees us in a pathetic state,

And seventy brings the verdict
"too old to operate"

THE DEFENSES OF THE BODY

(Continued from the last issue)

The Lungs

The lungs constitute a splendid body of defense, not only through the elimination of carbondioxide and the absorption of oxygen, but through the elimination of aromatic poisons by the mucous membrane. This fact is clearly shown in the malodorous breath of a person suffering from constipation. The fecal odor of a constipated baby is in strong contrast with the sweet breath of a normal infant.

When the pulmonary mucous membrane is called upon to eliminate excessive quantities of colon poisons, and especially when certain irritative poisons are present, the breakdown of this line of defense is manifested by asthmatic attacks. In this class of asthmatics, the skin has the characteristic dingy tint which is associated with intense autointoxication. The patient is usually emaciated and always has putrid stools. Internal stasis is always pronounced, even though the patient some times suffers from chronic diarrhea or alternations of diarrhea and constipation.

The Blood

The blood may be mentioned as the tenth line of defense, although it certainly is not tenth in its relative importance. The white cells of the blood are the sworn enemies of germs of all kinds; and when the germs have invaded the body, these vigilant sentinels attack them much as well-trained watch dogs assail strangers who undertake to invade the premises which they are guarding.

The 30,000,000,000 white cells found in the blood are constantly engaged in capturing and destroying invading bacteria. It is this protective means alone that enables us to live in the midst of environments swarming with bacterial enemies of every description. When these cells are greatly diminished in numbers or are overwhelmed by the numbers of invading bacteria, or benumbed and crippled by bacterial poisons circulating in the blood, this line of defense is in part broken down, and the body becomes an easy prey to its germ foes.

Certain of the white cells (macrophages), as pointed out by Metchnikoff have for their function to act as scavengers picking up and carrying away and destroying foreign particles found in the blood vessels and tissues which might otherwise become sources of obstruction. When the blood and tissue fluids become saturated with poisons, through the breaking down of the various lines of defense which have been described, these macrophages may attack them, treating them as foreign bodies. In other words, when the cells become badly damaged through the influence of retained or extraneous poisons, the macrophages undertake to treat them as rubbish and remove them. Metchnikoff maintained that it is by these means that degenerations of the brain, kidneys and other essential cells take place. Thus, a means intended for the body's defense becomes the means of its destruction, but also contains various opsonines, enzymes and other anti-bodies which are of the highest importance in combating attacks of invading bacteria. As long as these subtle substances are present in sufficient

LM 2, N 2011

1941-12-10

1960

amount, the blood is so inhospitable to bacteria that they cannot thrive in it; but when the blood becomes saturated with germ poisons, as in autointoxication, this defending power of the blood is largely lost—the resistance is low.

An individual in this condition often recognizes the fact that his defence is broken down, and will say to his physician, "I am sure that my blood is out of order, for when I suffer a slight injury to the skin, it does not heal as promptly as usual, but mends very slowly, or becomes a chronic sore." In such cases, pimples appear upon the face, eczema or some other form of skin disease develops which is indicative of a state of lowered defense. A coated tongue, decay of the teeth and pyorrhea are other indications of

this same condition. So long as the blood is in a state of high resistance the saliva possesses the same properties and prevents the growth of bacteria in the mouth. The teeth remain intact, the gums are healthy, the tongue is clean and the breath is sweet. Hence the condition of the tongue and the teeth are an indication of great importance as regards the state of the body's defense, particularly in relation to the condition of the blood.

When the odor of tobacco hangs on the breath, it is evident that the liver and kidneys and other defenses have broken down, so that the nicotine remains long in the blood. When the breath has a fecal odor, it is, in the same way, an indication that the blood is saturated with fecal poisons.

NUTRITION

One does not think of America as a half-starved country; nor is it one, compared with India of which the classical statement that millions do not know the luxury of two meals a day is still as true as when it was first uttered. But, judged by absolute standards, America too is found wanting. When recently a million men were subjected to medical examination, as a consequence of the Draft, it was found that as many as 3,80,000 were "unfit for general military service under present standards." That has set the medical and public health world of America buzzing. A National Nutrition Conference was held in May in Washington, and one of the findings of that body was that in order to give every one in the U. S. a satisfactory diet "we would need to consume twice as much green vegetables and fruits as we do now; 70 percent more tomatoes and citrus fruits; 35 per cent more eggs; 15 per cent more butter; 20 per cent more milk." The Food and Nutrition Committee of the National Research Council has set up an authoritative measure of what an all-round balanced diet should provide. It would include one pint of milk for an adult and more for a child; a serving of meat; one egg or some suitable substitute such as navy beans; two vegetables, one of which should be green or yellow; two fruits, one of which should be rich in vitamin C, found abundantly in citrus fruits

and tomatoes, besides bread. It is worth noting that all these items or suitable substitutes which may be dictated by religious or other sentiment are available in India though not, of course, as abundantly as in America, if you take into consideration her population. The problem that faces us is essentially the same in kind as that which faces America, though far bigger in magnitude. The proposals made by the American Conference for the improvement of the nutrition position are therefore of great interest to us. The Conference suggested, among other things the translation of basic requirements "into terms of everyday foods and appetising meals suitable for families and individuals at different economic levels;" vigorous nutrition research; more widespread education in nutrition of doctors, dentists, social service workers, teachers, etc.; the mobilisation of every educational method, including the cinema and the radio, to reach the layman; and above all, "vigorous and continued attack on the fundamental problems of unemployment, insecure employment and rates of pay inadequate to maintain a decent standard of living." The problem is infinitely more difficult in India than in America: by the same token, it is a challenge which no Government that regards itself responsible for the people's welfare can afford to shirk.

Editorial from 'The Hindu'.

REGULAR DIET

BY

GANGA SAHAI

Doctor of Biotrophy (Science of Live Nutrition) America.

Regular diet consists of fruits, vegetables, and nuts which should be live (unfired) and not dead (cooked). The morning diet, if one cares to eat, should always be of acid fruits, such as grapefruits, oranges, lemons, tomatoes, strawberries, etc. Acid fruits are electric; they recharge the human body with electricity and magnetism, inciting the sleeping organism into action. Acid fruits never cause acidosis or intensify rheumatic susceptibility; on the other hand, they drive out and eliminate the waste matter from the system which has produced the rheumatic condition. All other kinds of breakfast foods cooked and patented and sold in the markets, are made of cereals, and therefore they are all disease forming foods.

Early in the morning when the day's work, at home or in the office, begins to pile up, our responsibilities demand to give an early start and finish it before the day is over, otherwise, the work will be left behind. If the stomach is weighted down by eating manufactured and home made cooked breakfast food, the brain will refuse to work because too much nerve force is required to digest and pass on that heavy food put in the stomach early in the morning. A person may have sour stomach, gas pressure about the heart or the whole train of painful symptoms, caused by eating the hard-to-digest breakfast meal. Very often the starchy food, early in the morning, causes the boss to be unkind to his employees, or creates some kind of misunderstanding between husband and wife sending each other to hell or heaven. For this reason, if any one needs breakfast, the morning meal should begin with sun-kissed acid fruits. Acid fruits are alkaline and they increase the alkalinity and neutralize the acidity of the stomach. They build up a great resisting power of the body against all the diseases of science. Fruits are digested quickly with less nerve force which should be saved to begin the day's work in the morning with strength, vitality, and healthy

condition of mind and body. Majority of the people think that they don't feel any strength unless they eat breakfast. But please remember that food never gives strength; on the contrary, food consumes all the strength, as it is often noticed in the case of taking a nap after lunch hours. The source of strength is Life Force (Prana) and not food. Therefore let no one bank fire early in the morning by stuffing his stomach with dead, heavy foods like ham, eggs, toast, oatmeal, rice, bread, milk, coffee, etc. Brain-workers should avoid breakfast entirely, in order to let his brain work properly.

Noon meal should consist of sub-acid or sweet fruits, such as apple, apricots, peaches, figs, melons, banana, etc. If a person is doing hard labor, he may eat vegetables at noon, such as cabbage, lettuce, green peas, (mutter), fresh lima beans, fresh corn from the cob, etc. All starchy, cooked foods and milk at noon hour, produce sleepy brain, which can be noticed among the school children who feed themselves upon milk and cooked starch at lunch hours. Milk turns into a hard substance as soon as it goes into the stomach which very often is distended by this habit of milk drinking.

In the evenings, one may eat any kind of fresh vegetables, such as lettuce (kahu), spinach (palak ka sag), cabbage, carrots, turnips, etc. Vegetables purify the blood and furnish the needful alkaline salts and vitamins. The stems and leaves of vegetables are very rich in alkaline salts and should make a substantial part of our dietary. Fresh vegetable juices prepared by vegetable grinding machine possess a great therapeutic value when they are used in feeding the toothless patients as well as children suffering from different diseases. *Fresh cabbage* is a very valuable food and is easy to digest, more so than boiled or cooked cabbage—strange, isn't it, but it is a fact. Fresh cabbage is a muscle builder—valuable food for

the laboring man. Cabbage is also a good food for the enamel of teeth. *Spinach* is rich in calcium salt which builds up and nourishes the teeth. Lettuce (kahu) is rich in iron which is essential for the body. *Celery* is rich in organic salts and takes the place of table salt when it is eaten with other green-leafy vegetables. *Carrots* are rich in starch and sugar and also in organic salts. *Uncooked Potato* may give a great surprise, and some may be horrified to see it eaten unfired. You have already learned that the food which does not appeal to the sense of taste should not be eaten. We know that unfired potato will not taste good to anyone yet it possesses a great medicinal quality in correcting indigestion, fermentation, hemorrhages in the true skin, and several other ailments. Potato contains large portion of phosphate of potash, magnesia and chlorine, but it has only a small percentage of iron and lime; therefore, it may be eaten, if one so desires, with green-leafy vegetables to make up that deficiency. One or two walnut size of potatoes, eaten once in a while with their skin and by biting them with the teeth, will clean up the stomach and intestines with a good evacuation in the morning.

Tomato is the most useful herbal fruit and stands first in its usefulness for health. It is rich in organic salts and offers a delicious taste to anyone when it is fully ripe. Tomato cleans the stomach, intestines, kidneys, and liver. Those who are suffering from cancer, liver troubles, diabetes, and Bright's disease should make friends with tomatoes. *Cucumber* stands next to the tomato in being a very useful herbal fruit for health. Although it contains 95 per cent of water, yet it is rich in organic salts, such as potash, lime, magnesia, and iron. Some have met with unpleasant experiences by eating cucumber, but there is a very good reason for it. Why? When the system is full of toxic matter produced by eating cooked and seasoned food, there is no doubt that cucumber, nature's intended food, will drive out the poison with pain which is wrongly understood as being caused by cucumber. If the blood is rich in alkalinity and is free from the wastes of all cooked foods, cucumber will never do any harm. Cucumber is very useful in repairing the pyorrhea condition if it is eaten right; it also has a very beneficial effect

upon the kidneys. *Sweet Corn* is said to be the king of all vegetables and it is a real starchy food if it is eaten fresh, uncooked from the cob after it is picked. Cooking destroys the natural sweetness and makes the corn tough. *Nuts* are the fruits of the trees, bushes, and of plants, and they make the best protein and fat food. Nuts are rich in phosphorus, potash, and in magnesia, but they are deficient in sodium, lime, and chlorine. Therefore nuts should be eaten sparingly at a time or they can be eaten with green-leafy vegetables to make up for the deficiency of their organic salts. Some people blame the nuts because they are indigestible, but nature never intended to produce nuts for giving indigestion. The gorilla, ape, and monkey eat nuts but they are never heard of suffering with indigestion. When you eat too many nuts, or if you eat them with cooked food, they always give indigestion. Indigestibility of nuts is also due to the weakened organs and weakened secretions of the liver and pancreas, caused by eating cooked food. Shelled nuts, sold in the market, lose their best meat and volatile oil after being exposed to air. Nuts should be bought when they are in the shell and should be eaten as soon as they are taken out of the shell.

Banana is a very good food and it is easily digested when it is ripe and juicy inside and a little green outside, especially on the tips and on the skin. When it is all yellow outside with black spots, the juice is turned into a solid mass of starch which loses its juicy taste and is not easily digested. Banana has very little lime and iron, but it contains enough quantity of potash, sodium, and chlorine. Many athletes prefer to live on bananas than to live on meat and milk. *Carob (kharub)* is the greatest life sustaining food of the ancients. It contains so much organic sugar that it is, sometimes, crystallized in the pockets of the pod. Its fibrous element is most useful to give a roughage to the intestines. Carob is a complete food by itself and it is easily digested. In cases of diabetes, kidney and digestive troubles, the sugar of carob is very beneficial. By chewing carob we get an abundant supply of saliva which helps the digestion. *Legumes* (fresh beans, peas, lentils, peanuts) are very wholesome if they are eaten in natural state

especially by laboring men and athletes because they are good muscle building food. Cooked legumes are very injurious to the human system, because they are rich in nitrogenous matter and saturate the blood with destructive acids. Legumes contain a large amount of phosphate of potash and magnesia but they are deficient in sodium, lime and iron. They contain high percentage of protein and carbohydrates but lack alkaline elements; therefore, they should not be eaten too much at a time.

Among fruits, *apple* is the king of all fruits. It is an excellent food for brain owing to its large gift of phosphorus. Apple is also rich in sodium which protects against diseases, such as jaundice, indigestion, and inactivity of the liver. *Pear* is laxative and it has the same chemical composition of the apple, except it contains more sugar. *Peaches* when ripe are relished by all; they contain largely the organic salts of lime and soda. *Lemons* are rich in lime and will take the place of table salt; they also make a cooling, refreshing drink. *Grape and fruit (chakotra)* tastes a little bitter, owing to its large content of potassium; it is a good breakfast food and a friend-in-need in case of indigestion. *Orange* is a valuable food for growing children because of its large endowment of lime and magnesia which are bone-building elements. *Grapes* and *Prunes* are good food to correct many diseased conditions. *Figs* are rich in iron and are as valuable as apple. *Olives* offer great protection against all diseases; they are rich in potassium and are a great blessing to ailing humanity. *Berries* (all kinds) are rich in iron and calcium. *Persimmons* are winter fruits and are rich in sugar, producing heat and energy. *Mango*, the king of tropical fruits with its native home in India, is rich in vitamin and important minerals. No other fruit on this planet compares with mango in sweetness and delicacy. Mango brightens up the eyes, tones up the nerves, stimulates the digestion, strengthens the intestines, fortifies the heart, enriches the blood, and vivifies the whole system. Fresh mangoes are too perishable to stand long distance shipment, but the Oriental Cannery Company of India has discovered a plan to preserve mangoes in the form of pulp, without any chemical preservative or sugar to ship them to far distant countries. It is canned

untouched by hands and under perfect sanitary conditions at the plantation in India from the highly selected and cultivated mangoes after they are picked up. It is preserved all fresh without being cooked, and therefore it retains all its organic salts and natural flavor, under a new achievement in the art of canning. It is highly endorsed by the Physical Culture Institute of Nutrition of New York and other journals and authorities of England. If anyone in the United States of America desires to taste this Golden Fruit of Golden Climes, he can order two small cans of Mango-Pulp, imported into this country, by writing me a letter and enclosing \$ 1-20 which will also cover all the mailing and insurance cost to any part of the United States of America.

Organic Iron is needed by our bodies to distribute the oxygen for combustion and digestion as well as for constructing the red blood. Lettuce, spinach, strawberries, cabbage, radishes, onions are rich in iron, respectively. *Organic sodium* salt holds an important place in the blood, neutralizing all the waste acids in the system which will accumulate otherwise. Obesity is generally caused by food lacking in sodium salt. Foods rich in sodium are spinach, radishes, strawberries, carrots, cabbage, lettuce, cucumbers, apples, figs, respectively. *Organic magnesium* is needed in the body for the construction of bones and cartilage. It gives flexibility to bones and elasticity to the muscles and tissues. Curvature of the spine is due to the lack of magnesium salt in food. Foods rich in magnesium are spinach, lettuce, almonds, cucumbers, corn, walnuts, figs, respectively. *Organic calcium* is the most essential salt in building and nourishing the bones and teeth. Our teeth decay when there is a deficiency of this salt in our food. It also neutralizes the waste acids. Foods rich in calcium are spinach, cabbage, lettuce, radishes, grapefruits, oranges, carrots, figs, respectively. *Organic potassium* is essential in building the muscles and softer tissues. Foods rich in potassium are lettuce, olives, grapefruits, cucumbers, spinach, radishes, cabbage, potato, respectively. *Organic phosphorus* is found abundantly in the bones and cartilage and in small quantity in the brain and nerves. Foods rich in phosphorus are spinach, cucumbers, cabbage, almonds,

onions, apples, respectively. *Organic sulphur* is needed for the construction of hair, nails, cuticle, and nitrogenous (proteid) matter. Foods rich in sulphur are spinach, cauliflower, cabbage, radishes, cucumbers, onions, potatoes, figs, respectively. *Organic silicon* is found throughout the whole body. It is needed especially in the growth of hair, finger nails, cuticle, and enamel of teeth. Expectant mother, if she cares to protect her own teeth and also to supply the demand of the teeth of her unborn child, should eat food rich in silicon, such as lettuce, spinach, strawberries, cucumbers, onions, cherries, respectively. *Organic chlorine* is found in the hydrochloric acid which is secreted as an intestinal antiseptic. Foods rich in chlorine are spinach, lettuce, radishes, cabbages, cucumbers, carrots, cocoanuts, respectively.

HOW TO EAT. Nature never equipped human beings with knives, forks, and spoons which are the product of improved-degenerated civilization, only to fill the bank books. Nature has equipped every man, woman and child with teeth and fingers to hold and bite the food. Therefore, the only thing we need is to wash the vegetables and fruits and then bite them and chew. The fruits which have soft skins, such as potatoes, cucumbers, apples, peaches, tomatoes, etc., should never be peeled. Cucumbers and potatoes have a great quantity of organic salts concentrated in their skins and therefore they should be eaten by biting them with the teeth. Carrots also should be eaten like cucumbers; they will clean the stomach from all fermentation and eliminate the waste matter through evacuation. Peanuts (unfired) are also very good to prevent fermentation of sweets and starches, if they are eaten a *few* at a time.

Dr. G. R. Clements, a great health philosopher and advocate of the Science of Orthopathy in America, gives a unique rule of how to eat, which seems to be in perfect harmony with the plan of nature and is worth while to be followed. Dr. Clements says, "EAT WHATEVER YOU WANT TO EAT, WHENEVER YOU WANT TO EAT, BUT OBSERVE THESE THREE FUNDAMENTAL RULES OF OUR DIET PRESCRIPTION. 1. ALL FOOD MUST BE UNCOOKED. 2. ALL FOOD MUST BE UNMIXED. 3. ALL FOOD MUST BE UNSEASONED." Unseasoned means the food which is not fried upon

fire in butter, oil, and condiments. If anyone has an objection to Rule 1, by questioning how to eat those varieties of foods which cannot be eaten unless they are cooked, Dr. Clements' answer is, do not eat that which does not appeal to the sense of sight, taste, and smell, because it is not your food. Isn't that full of wisdom? Of course it is. May the Divine Father of the Christians and the Divine Mother of the Hindus shower all blessings upon Dr. Clements, long health, prosperity, knowledge, eternal happiness and joy, who gives to humanity something worth while to know.

Since the discovery of fire, many varieties of food are grown with the intention to cook them to eat. The substance which we cannot eat in the natural state is not our food and was never intended for the human race. To the above three rules of Dr. Clements, with due respect and reverence for his teaching, I wish to add one more, — *Eat less at a Time*. In this commercial age of mass production, every farmer is raising food to cash in the crop instead of for feeding and pleasing the stomach. Therefore, many of us are fascinated by the large quantity of food piled up in the markets and stores. As a matter of fact, the human stomach needs very little food, in order to let the brain work. Lower animals eat a lot because they don't have to use the brain. Consuming more food than our digestive system requires, the so-called civilized man has shortened the span of his life by digging his grave with his teeth, while the primitive man uses his teeth to maintain his health, strength and longevity.

It is to be remembered that each kind of food demands a particular activity of the digestive glands. When there is more than one variety of food in the stomach, the gastric juices are caused to be in confusion, like an employee, who becomes nervous and excited when the crazy boss orders him to do four or five things at a time. Average meal consumed by the individual consists of bread, rice, well seasoned vegetables, meat, eggs, soup, pickles, sweets, fruits, tea, coffee, and beetle leaves of the Hindus, and chewing gum of the Americans. If we mix all this mess in a vessel and after heating it to the temperature of the body, and if we leave it for an hour or two, we will see all the signs of putrefaction and decomposition with a foul odor. If this muddle of food is left

still longer, we will see the boneless worms crawling all over the vessel. Now, exactly the same condition results when such a hash of dead foods goes into our stomachs, compelling us to see the dentist to have the teeth pulled because we have foul breath.

Cooked food can only be recommended as a transitory diet, as long as the person does not give it up and become a 100 per cent Live Fooder. Therefore, during this period of transitory diet, a few rules can be suggested to follow: 1. DO NOT MIX STARCHY FOOD (bread, rice, pastries, bananas, carrots, peas, beans) WITH ACID FOOD (oranges, grapefruit, plums, tomatoes, lemons, strawberries.) Starch is digested only in the mouth by the presence of ptyalin (an acute principle of enzyme in saliva). When starchy food is eaten with acid fruit, the acid of the latter destroys the ptyalin, leaving the starch undigested in a state of fermentation. 2. DO NOT EAT PROTEIN FOOD (nuts, meat, eggs, dairy products, peas, beans) WITH STARCHY FOOD (bread, rice, pastry, potatoes, bananas.) Protein food is digested only by the gastric juices of the stomach which are highly acid and destroy the ptyalin of saliva. This action of the gastric juices leaves the starch undigested, creating at the same time a disturbance in the digestion of protein food. The result is that starch and protein foods begin to ferment and putrify in the stomach. 3. DO NOT EAT TWO OR MORE KINDS OF PROTEINS AT ONE MEAL. This means, do not eat nuts, eggs, dairy products, and meat together at one time, because the average digestion can take care of only four ounces of protein a day of the same character, composition, and strength. 4. DO NOT CONSUME STARCHES AND SUGAR AT THE SAME TIME. This means you should not use hot cakes with syrup or honey, bread with jam or jelly, etc. By eating starches and sugar at one meal, the starch is enveloped by sugar which quickly fills the mouth with saliva, but no digestion takes place in the mouth because the starch is disguised with sugar. The result is that ptyalin of saliva cannot act upon the starch, therefore, both are left in a state of indigestion and fermentation. 5. MELONS (watermelon, cantaloup, etc.) SHOULD NOT BE EATEN WITH ANY OTHER FOOD, because they quickly decompose in the stomach giving a feeling

of delightful taste. 6. FAT AND PROTEIN FOOD SHOULD NOT BE MIXED AT ONE MEAL. This means you should not use butter, oil, cream with meat, eggs, dairy products, and nuts. Fat stops the actions of gastric glands in pouring proper gastric juices to digest protein food. Fat also should never be used with starch, such as butter with bread, rice potatoes or milk with bread bananas, oatmeal, etc. Fat envelopes the cooked starch, leaving the latter indigestible. Fat is always digested at the lower end of the small intestine, by which time the starch digestion is completed. 7. DO NOT EAT ACID FRUITS WITH PROTEIN, such as oranges, grapefruits tomatoes, plums, etc., with nuts, meat, eggs, dairy products. Fruits require one hour and a half for complete digestion, while protein food takes three hours or even more for digestion. Therefore, if protein food is mixed with acid fruits, the digestion will be greatly interfered with. Protein food can be mixed with plenty of uncooked vegetables which will increase the gastric secretion and raise the enzyme content of the gastric juices.

The only correct way to eat is, not by following the "don'ts" of combining different foods, but by eating one food at a time—*unmixed, uncooked, and unseasoned*. During the period of transitory diet one should add plenty of fresh vegetables (uncooked) with cooked food to neutralize the toxic effect of the latter. Foods steamed in a water-less cooker are preferable to those cooked and fired upon fire. But please remember that your salvation in attaining immunity against all diseases of science is in becoming a 100 per cent Live Fooder.

We know that man is a social being. He quickly responds to his natural instinct of associating and feasting with others to celebrate his life and worldly events. Therefore, on such occasions, he needs social and formal dinners, prepared with a great mixture of food. For that social purposes alone, he can have various combinations of unfired foods. Since this Science of Live Nutrition has been introduced in America, many recipes of unfired foods have been discovered and experimented with. Today we can find many æsthetic dishes of Live Foods, prepared and served at public places of eating as well as in private families. Until now, there are only two books published in

America which give the fundamental training and many recipes for preparing formal dinners of unfired foods on occasions of social gatherings or wedding banquets. Those books are,- 1. Unfired Food and Tropho-Therapy, by Dr. George J. Drews, price \$ 5-00 or (Rs. 17/10-). 2. Cookless Book by Vera M. Richter, price \$1-00 or (Rs3/10). Both these books can be ordered by writing me a letter with remittance of the correct amount.

Raw-Food:- It is a common belief that the food which is not cooked is "raw." This wrong understanding has scared many people against eating uncooked food which they think may put them into a sick bed. But this is not true. All uncooked foods are not raw foods. "Raw food" is that product of the vegetable kingdom which is unripe or unfinished by the process of nature. As long as the vegetables and fruits do not receive the full consistency of organic salts from the earth, they are called "unripe" or "raw." Now if we eat this "raw food" we are bound to be sick. But as soon as the vegetables and fruits contain the required amount of organic salts and sun-energy (vitamin) from the earth and sun, and also from water and air, they reach a state of maturity and become ripe. These products are then finished, perfect, and ready to be eaten. The majority of the people do not realize that when these ripe vegetables and fruits are cooked upon fire, they become hopelessly "raw", because they are then in a state lacking organic salts and sun-energy (vitmain.) Therefore, this sweeping statement of using the word "raw" for uncooked food cannot be accepted by the Science of Live Nutrition. In other words, cooked fooders are themselves "raw fooders" but the Live fooders eat the Live Food which is ripe and ready to be eaten. There is no doubt there are harsh, acrid, raw, bitter and hot vegetables and fruits growing in the vegetable kingdom. They may be eaten by the lower animals, but man should not taste them on account of their strong alkalinity. Man can eat only those products of the vegetable kingdom which possess a sweet and pleasing taste, and which are mild in alkalinity. Such products are named Live Food, which we strictly discriminate from food which has become dead and raw by cooking it upon fire.

Food is classed into four elements,-

- (1) Protein Foods. (2) Carbohydrate Food.
- (3) Hydro-carbon Food. (4) Organic Salts.

PROTEIN FOODS are legumes, such as beans, peas, pulses, peanuts, nuts, olives, dairy products, meat, eggs, etc. They are characterized mainly by the element of nitrogen; they also contain carbon, hydrogen, oxygen, sulphur, and phosphorus. Protein foods are useful in building the tissues and muscles. **CARBOHYDRATE FOODS** are cereal products, tubers (potatoes, carrots, beets, parsnips, artichokes), a few varieties of nuts, cashewnuts chestnuts, cocoanuts, acorns), and all kinds of sweet fruits (bananas, figs, dates). They are composed of three elements, such as carbon, hydrogen and oxygen. They produce heat and energy, because they are rich in starches and sugars. **HYDROCARBON FOODS** are composed of carbon, hydrogen, and oxygen. They are rich in fats and oil which are manufactured in the body from carbohydrate and protein foods. Hydro-carbon foods are nuts of almost all varieties, fruits (olives, avocado), legumes (peanuts), and other products which cannot be used in Live Nutrition. They contain more carbon and hydrogen and less oxygen than carbohydrate foods. Also, hydro-carbon foods yield more heat than the carbohydrates.

ORGANIC SALTS (ash) are most important in our nutrition. They do not furnish heat and energy because they enter the body as fully oxidized compounds. Organic salts are very essential for the healthy and normal growth of the organism; in other words, they are the building stones of the body. They are very indispensable to form cells, tissues, and bones, giving them firmness and form. They carry life-giving oxygen to every part of the body. They perform digestion and assimilation and purify the blood. They give power of resistance to every cell of the body against all germ diseases of modern science. These organic salts are,- *iron, sodium, calcium, potassium, magnesium, phosphorus, sulphur, silicon, and chlorine*. These salts are found abundantly in all the fruits and vegetables. But when the food is cooked or steamed upon fire, these organic salts become inorganic, returning to rock minerals which cannot be assimilated by the cells of the body. Why? Because the sun-energy is minus.

OUR DOCTORS' TOUR.

Doctor A. V. Krishna Murty, M. A., N. D., Bezwada has started on tour to North India via Nizam's Dominions to study the movement of Naturopathy in different provinces at first hand. The tour began on 20th. last month. He has visited two places, Khammammet and Warangal in the Nizam's Dominions. At Khammammet there is no Naturopathic dispensary of any sort. But there are some people who are interested in the system, patients as well as others whom the doctor met and had personal conversations which increased the enthusiasm of the local people.

Next he visited Warangal where wonderful work is being carried out by one practitioner by name Dr. R. B. Avadhani who formerly practised in Mahabubabad of the same dominions. He has cured some cases of Insanity which were left as hopeless by other systems of Medicine. He has been trying for a case of Measels to prove to the people that it could also be cured in Naturopathy. But as people are of opinion that Measels is due to Amavayam or some goddess no human intervention could be effected. Fortunately or unfortunately for him his own daughter herself was attacked with Measels. With two days treatment of Naturopathy the temperature was controlled and there was no spot on the skin left after it was effectively cured within four days.

Another interesting case of Melancholia is being tried by the local practitioner Dr. R. B. Avadhani. The case is rather interesting. The patient will be in a dull and inactive state for six months in the year and in hyper-active state for the rest of the period. He feels everything impossible and his mind is confused at the slightest work that he wants to undertake. But he is quite alright and well built for all practical purposes. No one who looks at him could say that he is sick or diseased. He is also sane and speaks alright. He always feels worried. His regular routine is simply lounging on an easy chair and smoking away his time.

As the patient is very rich Dr. Avadhani ordered for two coloured rooms one entirely blue and the other red. The walls, ceiling and the doors are to be fully quoted with the two colours and blue and red bulbs are to be switched on and the patient is exposed to the two colours as required.

A thermolumine is also ordered for and it is ready. The treatment is begun only about two days ago.

The results are to be watched very keenly.

Dr. A. V. K. Murty will proceed to Hyderabad.

Doctor VITHALDAS MODI, Ex. Editor of "Jivan Sakha", Ex. Assistant Director of Nature Cure Home, Allahabad and Vice-President, Indian Naturopathic Association is on a Naturopathic Tour. He visited Ujjaini, Indore, Sevagram, Wardha, Bezwada and Rajahmundry till now and is proceeding to Madras and Pudukkottai and then to Poona, Lonavla, Bombay, Ahmedabad, Jaipur, Delhi, Calcutta and then he will return to his home Gorakpur, where he is going to start a Naturopathic Temple and a Monthly Magazine on Nature Cure and Mental Healing for propagating Naturopathy.

7L Mm 2. N 24 IN

196807

Regd. No. M. 2170

PRICE Rs. 20. POST FREE

JUST PUBLISHED

Human Culture & Cure

By

DR. E. D. BABBITT, M. D.,

Subscribers of INDIAN NATUROPATH
will receive this book at the concession price
of Rs. 12 post free.

- Part I Philosophy of Chromopathy and apparatus.
- Part II Sexualogy and Sociology.
- Part III Psychology and Mental Healing.
- Part IV Nervous system and Insanity.
- Part V Diseases of organs and Cure.

578 Pages

150 Illustrations

Printed on heavy antique paper and bound in cloth

For detailed prospectus
apply to:—

The Chromopathic Institute,
Andhra Grandhalaya Press Buildings, BEZWADA.

BOTTLES & CORKS

P. S. DUTT & BROS.,

Manufacturers and Importers of all kinds of
Bottles, Phials, Corks and Capsules etc., etc.,

8, Ezra Street, Calcutta. Telephone - Cal 2133.

Factory: JAYANTI GLASS WORKS, Ltd., (CALCUTTA)

Printed & Published by Dr. P. Venkatramayya, N. D. D. M., General Secy. I. N. A
at the A. G. Press, Bezwada.