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The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

Editor : Dr. P. VENKATRAMAYYA, N. D.

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The Indian Naturopath, Bezwada

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INDIAN NATUROPATH

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Vol. XII

BEZWADA — November, 1941

No. 11

PROPER ADJUSTMENT

By Dr. B. LUST, M. D., N. D.

The whole secret of the art of living can be expressed in two words: proper adjustment. A man who knows how to adjust himself to his surroundings and to his fellowmen will be well received and becomes successful. A man who remains a misfit will run into suffering and misery.

Now, no human being is able to create for himself or herself absolutely ideal surroundings. There is no woman, never has been and never will be, who has a perfect husband, perfect children, a perfect home, perfect clothes, a perfect income and perfect friends. He that complains that one or the other of the above requirements is wanting, is foolish and does not understand how to tackle his life.

To strive to have everything to one's liking is not as wise as to suit oneself and to like only things within reach.

Do not attempt to probe too deeply into your hearts and minds. Love is a matter of belief, not of knowledge. Keep the distance. Respect the privacy of opinion and feeling. Many a love has been killed by the foolish desire to tear the veil from the soul of your partner.

A man marries the girl he loves. Once she is his wife, he invariably discovers that the circumstances of his relation have undergone a sudden and complete change. This is as it should be. For a husband would soon become tired of a girl who would

remain his sweetheart and nothing else. The wife must grow up to the husband.

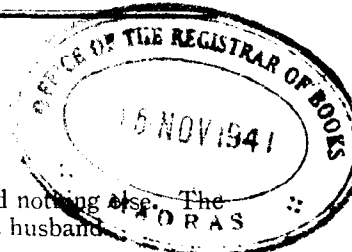
Years go by at least until a man knows his wife, until he is mature enough to appreciate her fully. There seems to be some law according to which we first have to pass through a period of weariness and antipathy in married life, before we come to the full realization of actualities and finally to the happy consonance and harmony with our companion.

In order to utilise all the good that is in marriage, there are needed above all, Patience, Practice, Self-discipline, and Will power, just as one has to take many tedious tiresome lessons in order to play the piano to get some fun out of it.

If two young people conscientiously strive to come to the proper adjustment of their differences of opinion, sentiment, belief, manners, idiosyncracies, then time and devotion will result in happy marriage. And in such a union the husband will soon recognize that the wife of the house holds greater treasures in her hands than any other human being.

For she has love, love which is infinitely more than just the love of family relationship, or friendship. A love which permeates your body mind and soul and becomes part of yourself.

No husband who ever was truthfully in love will approve of companionate or trial



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marriages. Whoever truthfully loves, loves a human being. She loves him, and him only, and he loves her and her only. A husband who really loves his wife takes care of her and her children. She is an asset, not a liability, his companion, not a burden, his comrade not a slave. He loves to labour and strive for her, and to share his life with her. And he knows that she is an inspiration and a help to all things he undertakes.

All talk about companionate marriage, or trial marriage is based on a misconception of what love really is. True love and friendship for ever strive to perpetuate themselves. A union that is contracted as a temporary trial or 'marriage de convenance' is built upon shifting sand, because it is contrary to human nature. The wife needs and desires the husband as her own, and the husband desires his wife entirely as his own. That was the case from the beginning of human life on earth.

The institution of monogamy is deeply rooted in Nature. It prevails because the largest majority of men are essentially monogamous. The law protects marriage. This

is as it should be and despite all the jokes and criticisms which are told about this most sacred institution, husband and wife keep with each other. For it is still easier to get along with one wife or one husband than with several.

True love outlives passion. It is the foundation on which the family rests and carries the full weight of responsibility. Untrue love, on the other hand, founded as it is on sensual lust and animal appetite, seeks its gratification in passion and has a short life.

Marriage is a compromise. Forbearance and conciliatory spirit make it a success. Selfishness destroys it, and jealousy, stubbornness and all the little weaknesses of the character deal in the last fatal wounds.

So I say, believe and trust you each other. Be as you are and let your partner be as he is, but nevertheless remain true and devoted to each other. But above all hold fast to your belief in the thing called love which is greater than man and has God's blessing.

Why should you discourage Poisonous Drugs?

By BIKSHU SWAMI

Patients are very eager to get their diseases cured; and in their eagerness to get a cure they adopt all sorts of means, not knowing the effect of treatment. Doctors too are very keen to cure their patients; it may be the consideration of name, fame, money or sympathy that prompts the physician to heal the patient at a moment's notice. It is always to the credit of the physician to find a ready cure to his patient. The patient too has the greatest satisfaction when he is cured soon. The whole world praises the doctor when he can readily cure the patient.

The medical profession is the noblest one and every physician has the sacred duty to perform. He has the duty to heal the patient but his treatment should not poison his patient and create new diseases.

doctor is a blessed person when he cures people of their ailments, but he becomes a cursed being when he ill-treats his patients. The doctor may be efficient enough; he may have the best sympathy for the patient, but he is bound to do the least harm to his patient. Physiology has advanced, psychology has advanced and every science pertaining to the human body has advanced, but to the utter disappointment of all, the secret working of the human system very little is known. This is the confession of the best experienced physicians. The human system is so much complicated that the many physicians many a time are at a puzzle, not knowing what to do. The action of drugs have been theorised and demonstrated, but how often simple drugs have not poisoned and damaged the human system? With all the available education and long

standing experience the best physician will have to confess that poisonous drugs have often damaged the system and in some instances endangered life. Admitting that doctors have done more good than harm even then it is not to the credit of the doctor to create a new disease or to kill a single individual. The affected person may be the only son of the father and as a result of the complication or death the doctor is responsible for the grief of the family; the doctor is cursed and he becomes a sinner.

It may be argued in favour of the doctor that it is impossible to avoid this kind of short-coming while treating patients but when there is the possibility of avoiding damages to the body one is not justified in resorting to the harmful method of treatment. Or one may be justified in using harmful poisonous drugs when every other method has failed. It is a pity that a large number of physicians resort to poisonous drugs and harm the patients knowing there are better methods of treatment. Of course we may excuse those who are quite ignorant of better treatment with non-poisonous drugs or drugless treatment.

In the first place the physician is to be well versed in the causation of the diseases. Once the cause of the disease is known treatment becomes easy. Collection of impurities in the system is the main cause for every disease. Disease is only the attempt of Nature to get rid of the impurity from the body. If this natural law is understood by the physician his treatment will be directed to help Nature to get rid of impurities from the body. If it is understood that impurity means poison, treatment must be such as to clear off poison.

Only clean and pure water can purify dirty place, not the impure water. Only pure air can purify a foul smelling dirty place, not impure air. Only pure vegetable food builds, nourishes and cleanses the body, not the impure foods like meat, alcohol etc. In the same manner only drugs which are non-poisonous, pure and healthy can cure diseases, not the unhealthy poisonous drugs. If disease means collection of poisons in the body, poisonous drugs cannot eradicate

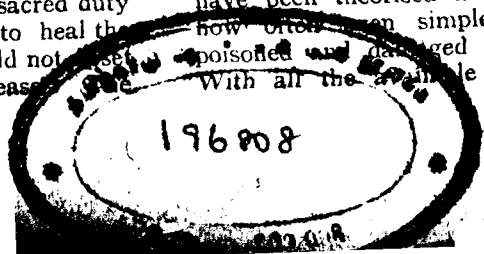
poison from the body and heal the patient. Poison will only poison the body and complicate the disease.

The physician should have sound principles in the treatment of diseases. It is a sound principle in treatment to help Nature. There is a strong agency in the body to cure diseases and the physician's attempt must be only to help the healing power already in man. Nature wants to get rid of the impurities and the symptoms like cough, headache, loss of appetite, diarrhoea, vomiting, fever, etc. are several attempts of Nature to heal the body. If this principle is understood by the physician he will not encourage poisonous drugs.

Physicians using poisonous drugs claim they can readily heal the patients. We see face to face some diseases are being readily cured with poisonous drugs like mercury, opium, bromides, iodides etc. Though there has been a ready cure with these poisonous drugs in certain cases, the injurious effects are to be closely observed. In many instances the cure is only temporary, not radical. Drugs like opium, bromide etc. act as anaesthetics and pain relievers, but do not eradicate diseases. A morphia needle may give a ready relief in all kinds of local and general pains, severe cough, spasm etc. certain mercury or arsenic preparation may suppress Syphilis for some time, but the effect on the system is disastrous.

Cumulative action of drugs is to be carefully studied by every physician. A simple drug like pepper or ginger if continuously administered affects the bowels, the urinary and genital organs. A single dose of quinine has produced deafness. What to talk of deafness in a large number of cases as a result of continuous administration of quinine! Every physician knows the disastrous effect of digitalis on heart and blood vessels. A large number of people at young age have shaky teeth and unhealthy gums as a result of administration of mercury and its preparations.

A drunkard does not readily come under chloroform. People with tobacco, opium, morphia, cocaine or ganja habit are



not readily cured of their diseases. Such is the effect of these drugs!

There is a common saying among Indian people that once a patient takes allopathic medicine other medicines will not have effect. It is not only allopathic medicine but every kind of poisonous medicine, especially metallic preparation.

Bromides when administered in epileptic and other fits seem to check the fits but in the long run the same drug becomes ineffective. The same effect may be seen in iodides, opium and other preparations. Poisonous drugs will never give a radical cure and the disease generally reoccurs and the same remedy becomes ineffective if administered a second or third time.

Nature cure has often been difficult or a failure on account of accumulation of

poisonous elements in the body; where poisonous drugs have not been administered Nature cure is very easy or simple herbs work very well.

There is one favourable theory in favour of poisonous drugs. The drug may be poisonous, but it may act as an antidote for the disease, but this theory does not help much as it is impossible to determine the exact quantity of the antidote to neutralize the poison of the disease. In a large number of cases the poisonous antidote acts more as a foreign and poisonous element and damages the system.

In consideration of the above facts both the physician and the patient will always discourage poisonous drugs but resort either to drugless Nature cure or to simple harmless herbs.

AHIMSA VYAYAMA SANGHA

The well-known ex-revolutionary and now a staunch Gandhite, Sardar Prithvisinhji has recently started with the blessings of Gandhiji, the Ahimsak Vyayama-Sangha. Rambag, Malad, Bombay.

"The object of the Sangha is to save the country through physical training in a manner which will, while making the people physically strong, energetic and active, impart appropriate cultural training to their minds

and intellect and make their life devoted to truth, non-violence and service.

"Seth Rameshwardas Birla and other important personalities of Bombay have joined the Managing Committee of the Sangha. The annual class for would-be workers has already begun where physical training and lectures on different subjects are being given. The institution has made an appeal to the youths of the country to join its annual classes without delay.

ONE WAY TO GET INFANTILE PARALYSIS

Children are especially susceptible to infantile paralysis, and Waldemar Kaempffert, Science editor of the New York Times, states that children who have had their tonsils

removed are especially susceptible to it. Evidently as Mr. Kaempffert says, the removal of the tonsils means that "a guardian of the alimentary tract is gone"

V. F. H.

OUTWITTING ARTHRITIS

LILLIAN R. CARQUE

"They say only the stubborn get arthritis. I say it takes that stubbornness to fight it," states Miss Mildred Lager, tireless and enthusiastic Founder and Director of the House of Better Living in Los Angeles, whose dauntless courage and uncompromising spirit caused her to pursue unflinchingly a course of resistance which culminated in her triumphant conquest of Arthritis—Public Enemy No. 10. Statistics show unanswerably that over one and one-half million persons in the United States become victims of arthritis yearly, many remaining disabled.

Unheeded went years of misunderstood, unspeakable wretchedness termed rheumatism in the early stages, followed by a futile attempt to stem the onrushing tide of soreness and swellings. Finally stiffened fingers were exasperatingly evident. Then hands, wrists, elbows, feet and knees became very much enlarged and deformed; her left hand was badly drawn; her elbows and right arm were ankylosed—ie. locked—a pathetic figure indeed! The uncomfortable assurance was also given her that she must bear this intolerable burden stoically, for she would never be able to use her right arm again. Profoundly discouraging also was the statement of a medical advisor that her unfortunate indisposition would make her more and more crippled.

Then followed two and one-half years of doctoring of every description; Miss Lager availed herself of all possible remedies and subjected herself to everything recommended to ameliorate her condition. Indeed, she assumed the status of an amiable guinea pig with no tangible results but that of a flattened pocketbook. But her's was not the role of the weak-kneed and cowardly swimming with the current and bemoaning her lot with mournful countenance. No longer did she view critically and resentfully the grotesque awkwardness of her fingers; she likewise steadfastly refused to resign herself into becoming a helpless, palpitating human fragment. So she flung her then puny strength into a brave beginning

of a great battle over peculiarly vicious forces that persisted in holding her captive and in frustrating her life.

Like all brave and big men and women of robust fighting spirit, she welcomed her indisposition as a genuine test—a challenge of judgment and courage; it merely excited her determination to outwit her handicap. She had an uncanny capacity for sensing the follies of conventional methods of treating arthritis. With unerring judgment, she gave endless time and intelligent direction to drugless methods—sweats, baths, heat lamps, natural eliminative methods in the form of enemas and colonic irrigations, deep breathing to increase lung elimination, constructive mild exercise, hot packs and compresses, proper rest, relaxation, sleep and sunshine. Complete rest and relaxation revivify the system and combat lowered vitality and nerve exhaustion; overstrain and overwork are known to aggravate the condition. All unnatural nerve pressure must be relieved.

Succinctly, every channel of elimination must be kept open to aid Nature—skin, lungs, kidneys and bowels. The activity of the skin is particularly important; hence the need for sponge baths and friction. The liver should be stimulated to a more normal function. It is imperative that fermentation and putrefaction be diminished to lowest levels with compatible food combinations. Self-poisoning due to faulty elimination and menacing acid wastes, poisonously hostile, must be effectively routed out. Miss Lager opposes deep massage for sore joints, for Nature if not impeded in her zealousness to house clean, has the capacity to reduce knobs and lumps to a fluidic state and carry them off via the normal avenues of excretion. Gentle massage and electricity have proven their merit. Because exercise aids in strengthening abdominal muscles, in overcoming prolapsed conditions and in stimulating circulation, it should be taken as much as possible, but with caution in or exhaustion. The arthritis needs plenty of water to encourage its elimination; distilled water

is preferable if there is arthritis deformans, cautions Miss Lager.

But her suffering was not completely assuaged until it was supplemented by fasting and followed by rational dietetic treatment. Spiritual serenity, moral fortitude and a positive conquering mental attitude were equally paramount in helping her earn her winnings in successive struggles. But let Miss Lager speak for herself: "No one will know the thrill I had when my arm straightened and the swelling went down and stayed down; the first time I walked five miles; the first time I put on skates and struck out across the rink. I was alive again—every moment was a thrill! Life was good. I had won. It was worth all the time, effort and denial I had been through, and I would be willing to give up certain things for the rest of my life."

The fasting regime adhered to by Miss Lager was a juice diet fast; this might not be interpreted as a true fast, for in total abstinence from food one has resource to water only. None the less, Miss Lager observed that fruit juices exerted a more salutary influence than that achieved by water alone. This is because fruit juices provide light yet sustaining nourishment, quickly and readily assimilated and utilized by the body. Their beneficent nutrients are found almost exclusively in their juices; the dry pulp left after the expression of the juice contains almost nothing except cellulose and a little protein. Abounding in protective minerals and vitamins, fruit juices preserve and increase the alkaline reserve in the blood stream.

So orange juice was taken by Miss Lager every two hours, while awake. Her health improved markedly, persuading her to continue her fruit juice fast for four weeks. Of course this restrictive dietetic program was accompanied by plenty of sleep, rest, sponge baths to keep the skin active and artificial irrigation to rid her organism of all encumbrances lodging in the intestines. She also drank her required quota of distilled water. All was done on schedule time. The consummation of this four weeks' regime found her twenty pounds lighter, but free

from pain; the lump under her right knee, which she accepted with resignation as a permanent fixture, passed out into history; her elbows straightened.

Miss Lager recommends any kind of juice, but gratifying results are obtained with those not too heavy in natural sugar. Grape and berry juices are best ingested in diluted form. Heading Miss Lager's list as the more desirable fruit juices for the arthritic are grapefruit, orange, tomato and pineapple. While vegetable juices have won justly enthusiastic acclaim among health seekers, it is Miss Lager's firm belief that acid fruit juices are best when one subjects himself to a rigid fasting and eliminative program.

Celery juice, however, is ideal because it contains more than four times as much organic sodium as it does calcium. Sodium is an effective solvent of calcium, and hence celery juice has proven itself invaluable to the arthritic in dissolving and removing years of accumulated non-functional calcium lodging in the cartilage of the joints. It is, moreover, beneficial in rheumatism, sister affliction of arthritis, and efficient as an eliminant of irritating drug poisons, indicates Dr W. H. Graves in his *Medicinal Value of Natural Foods*. A pint a day may be profitably added to the diet. Dried powdered celery in the form of tablets may beneficently replace fresh celery juice if the latter is not conveniently available.

If the weather is chilly, the juices may be heated and warm water used. It is best not to mix juices, insists Miss Lager. She suggests only one kind of juice during the fast throughout a single day. If relished, she recommends that the juice be varied from day to day, but maximum results have been noted when the same juice is partaken of for three or four days.

Because of the absence of bulk, enemas are highly desirable to flush the colon of its morbid wastes. Miss Lager has found hot tub baths and heavy sweat baths to be enervating during a fast, despite the fact that they have proven their merit as eliminative measures in regular non-fasting routine. One need not be bedridden, though severe exercising

should not be indulged in; walking is excellent. If unable to be active, circulation may be encouraged by heat through agencies of hot water bottle, electric pad or blanket. Manipulation and light massage also keep the blood circulating freely. A note of caution is sounded by Miss Lager, namely that no one should be subjected to the so-called juice fast for a long period of time without the supervision of a doctor who utilizes the fasting technique and who understands it.

"Mind Over Platter" is Miss Lager's earnest dietetic recommendation to the arthritic. The recipes and menus outlined in her *Menus and Diet Aids for the Arthritic* are attuned to the every need of one so afflicted. Through constant experimentation, Miss Lager can demonstrate irrefutably that the consumption of certain foods aggravate soreness and swellings. This points to the absurdity of clogging the body further with those very constituents it is exerting a tremendous effort to neutralize and expel from the organism. Hence where arthritis is due to metabolic disturbance, food allergy tests determine unmistakably which foods the system can and cannot tolerate. The diet should be varied to cope with such individual idiosyncrasis.

In Miss Lager's own case, she has determined as most desirable such edibles as are low in calcium and high in phosphorus, sulphur and sodium. Hence those fruits and vegetables should be selected that contain a minimum of starches and sugars—not exceeding ten per cent. Fortunately tablets containing vegetables and minerals high in phosphorus, sulphur and sodium are now available. Garlic, either fresh, in dried powdered form or in the consistency of garlic oil is acknowledged as effective in diminishing fermentation and putrefaction of foods in the colon, and is suggested by Miss Lager also as an excellent source of sulphur.

On her restricted diet, Miss Lager warns against all dairy foods because of their high calcium content, barring unsalted butter and thick whipping cream with about forty per cent butter fat. She has observed arthritics who have been on a milk diet

respond at once when put on a calcium-free diet. It is Miss Lager's earnest conviction that in the case of arthritis deformans, where there is wrong calcium metabolism, starches, sweets and milk are decidedly objectionable. "If the body cannot take care of calcium, if it forms nodules, if it goes wild as they say, why add more?" pointedly remarked Miss Lager.

For every arthritic, Miss Lager insists: "Very little salt—none if possible save a true vegetable salt: no vinegar, spices, tea, coffee, alcohol, etc.; no heavy starches—cereals, breads, cakes, pies, cookies, crackers, desserts or starchy vegetables; no sweets such as candy and sugar; on a strict diet, I would say no sweets at all; no dates, honey, etc. Stewed fruits or plain gelatine dissolved in fruit juice may be used for dessert."

One and one-half pounds of fresh fruit may be consumed daily, taken preferably in uncooked form; do not peel. If raw fruit is distressing, it may be cooked or consumed in the form of juice, though cooked fruit has often been found by some arthritics to be as distressing as the fresh. No sweetening should be added, she insists. The fruits suggested by Miss Lager are: "Apples, apricots, berries, cherries, grapes, grapefruits, loquats, melons, nectarines, oranges, pears, passion fruit, peaches, pineapple, tomatoes and papaya." A small dish of stewed or canned fruit, minus sweetening will add variety to the arthritic diet; the fruits indicated by Miss Lager for stewing are: "Unsulphured apricots, figs (black and white) prunes, pears, peaches, raisins, nectarines, currants (highest in phosphorus), berries, cherries, baked apple or apple sauce."

Topping Miss Lager's list of vegetable juices which exert their greatest therapeutic potency in arthritic pathology are: "Celery, cucumber, carrot, spinach, watercress and parsley." For soups, broths, purees, stews, etc., Miss Lager's recommendations are the following low starchy vegetables: "Asparagus, beet tops, celery, cucumber, chayote, endive, greens, eggplant, bean sprouts, lettuce, mallow, okra, oysterplant, pumpkin, small beets, small carrots, small parsnips, small turnips, spinach, small string beans, summer

squash, turnip tops and zucchini. As immature vegetables have less starch, small tubers such as beets, carrots and tiny small beans are emphatically preferable. Salad vegetables served plain or with a small amount of salad oil, olive oil or mashed avocado are; "asparagus, celery, cucumber, endive, lettuce mallow, oysterplant, parsley, small beets, small turnips, small carrots, spinach, tomatoes, watercress, ripe olives." For those whose colon is inflamed, a teaspoonful of powdered okra with each meal will provide mucilaginous soothing bulk.

A small amount of nut butter or well masticated nuts may be used. The almond and the pecan contain a minimum of starch. The soya bean too is an excellent source of vegetable protein. As nuts, nut butters and soya beans are too rich and concentrated alone, they should be well combined

with salads or cooked vegetables. Following the strictly eliminative fasting regime, Miss Lager's dietetic recommendations permit a tolerance of whole wheat melba or soya bean toast, 100% whole wheat bread, potato baked in the jacket.

It is now Miss Lager's fervent wish to help and guide others similarly afflicted. This desire has culminated in the founding of her Institute, the House of Better Living in Los Angeles, where pervades the spirit of food reform; where heart and mind are geared to the highest pitch in readiness to serve.

(*"Vital Facts About Foods"* by Otto Carque, and wholesome, unadulterated foods can be procured through Natural Brands, Inc., of 4326 San Fernando Road, Glendale, California.)

FAST OF THIRTY DAYS OF SILENCE

BY SWAMI OMKAR

The whole essence of the fast can be summed up in the simple phrase—*Self-Purification*. It is purification within, and without physically, mentally and spiritually, fasting all that is weak and negative within oneself. It is for the recognition of the Universal Self, ignoring the little self. It is realization of at-one-moment, with the All-pervading Truth, denying the evanescent form and name. When everything else fails to help us, it is the simple—Fast that helps us in every possible way by giving us the needed inner strength, to meet the demands

of evolving life and to solve the perplexities of existence.

Fasts tend towards perfection, they improve the health by allowing the vital mechanism of the body a time of complete rest so that both elimination and repair work may go on unhampered, they clear the mind, curb and control the instincts, and naturally lead to God-expression, by giving spirituality full reign. The mind becomes restful, one-pointed and waveless like a still, deep, pool; the result is Perfection or Nirvana—the annihilation of the little self, and the strong assertion of Divinity.

THE INDIAN NATUROPATHIC ASSOCIATION

ANNUAL GENERAL MEETING

The Annual General Meeting of the Indian Naturopathic Association and its Academy will be held at Prakriti Karyalaya Trust Buildings, Bezwada 3 P. M. on 8th December 1941.

All members are requested to attend.

- AGENDA:
1. Election of office bearers.
 2. Programme of work.
 3. Deficit of The Indian Naturopath.
 4. Consideration of Granting of Diplomas and degrees to competent Naturopathic Practitioners.

P. VENKATARAMAYYA,
General Secretary.

Bezwada,
1-11-41 }

THE THREE PRIMARY COLOURS

As the three primary Gunas, 'Satwa, Rajasa and Tamasa' so are the three 'Dhatus' Kapha, Vata, and Pitta ruling in the body. The sun's rays also contain the blue, the yellow and the red colours as the three primary colours of the spectrum. As long as the body can assimilate the sun's rays directly, through the law of chemical affinity, can absorb the different colours necessary for harmonious functioning of the body. It is only when the body is diseased, it cannot partake of the colour necessary for the harmonious functioning of the body. The body craves for the wanted colour. The patient if he has sufficient sense of Colour often chooses right colour so much wanted in the body.

There are three primary systems in the body. The lymphatic system standing for blue colour, the nervous system for the yellow colour, and the circulatory system for the red colour. In turn blue stands for electricity or cold, while red stands for thermism or heat, yellow stands for the voluntary and the involuntary movements in the body. The seven spectroscopic colours have got their representation—the seven 'Dhatus' of the body. In this way whenever a certain 'dhatu' is deficient, the body creates the desire for the refillment of the wanted 'dhatu'. It is the duty of the doctor to choose or to select the wanted colour in the body by correct diagnosis and administer the colour in doses until the body regains power to analyse from the sun's rays the wanted colour and assimilate without the external help. Thus when there is abnormal heat in the body and the electricity is unable to cope with it, the body undergoes a condition from which all the unwanted diseases arise, fevers, of all kinds, inflammations, ulcers, abscesses, insanity, delirium, hallucinations, scantiness of urine, diarrhoea, amenorrhoea, dysentery,

colitis, gastritis, appendicitis, bronchitis, laryngitis, pharyngitis, pleuritis, sinusitis, cancer, carcinoma, syphilis, gonorrhoea, spermatorrhea, ring worm, itch, eczema, dandruff, alopecia and many other diseases. There are also diseases which arise through the abnormal electricity in the body and the thermism is insufficient to cope with it. Such conditions are gout, rheumatism, paralysis, Hemiplegia, encephalitis, diabetes anaemia, cold feet and hands, melancholia, stiffness of joints, writer's cramp and many other diseases.

Owing to the deficiency of distribution of the nerve energy to various organs in the body, diseases known as the nervous disorders arise. Owing to the deficiency of peristaltic action in the colon, constipation is caused. Owing to the inadequate working of the kidneys, so many urinary complaints occur known as retention of urine, stone in the bladder, granules in the bladder, dropsy, ascites. When the liver doesn't function properly diomaneorrhoea, jaundice, indigestion, dyspepsia result. Through over supply of nerve energy to the liver, fabrial conditions result. When the heart does not function properly, diseases known as cold hands, cold feet, anaemia, melancholia, hypochondria, forgetfulness, colour blindness, and other diseases that arise through inadequate supply of blood sufficient to the distant regions of the body. When the lungs do not act properly morbid conditions of inadequate elimination of carbon-di-oxide ensue, catarrh, cold, wet cough pulmonary tuberculosis, and all other complaints of the bronchial and the nasal passage. When the brain and the nervous system does not work properly, so many diseases known to the medical science as mental and nervous disorders result. To avoid a long list I am closing this chapter.

AROGYA SADANAM — PADAMATALANKA — BEZWADA.

The second anniversary of the above will be celebrated on 30-11-41 under the Presidentship of the Merchant Prince Mr. Chunduri Venkatareddi. All are requested to attend.

HUMAM BODY — A PARADOX

—(: o :)—

It Lives While It Dies And Dies While It Lives

You may as well know you do not see with your eyes. No, your eyes do not see - no more than you take a picture with the lens of a camera. The eye catches the light and focuses it on a sensitive area, but the brain translates it into images. Seeing is the work of the brain, not the eye; just like a snap-shot is made on the film, not on the lens or the shutter, says John Hix in Physical Culture.

Even if your eyes are normal you are blind at the time they are in motion. In order to see, the human eye must be fixed on its subject. When you glance from one column of this paper to another, you do not see the actual shifting of the vision range. All you see is the new picture formed when your eyes come to rest again.

As you read this page you do not see the words or letters that are printed on it. You just see the white space around the letters. The black of the letter reflects very little light, but the white background reflects a lot. Thus, when you look at the letter "O" you do not see a black circle—what you do see is a white disk surrounded by a margin of nothingness and set against a white background.

Mixture Of Colors

A moment ago I told you that you were slant-eyed and colored. That is true. You are colored because you are white. White is a mixture of all colors. If you were bright red or a deep purple you would not be as colored as you are when you are white. The black man you call colored is really just the opposite. Black is the absence of colour. Black men are not colored.

Now about the slant eyes. You think they are a distinguishing feature of the Oriental? No, they are a distinguishing feature of almost every other race except the Oriental. As a matter of fact, the Oriental eye appears to be oblique, not because it is

oblique but because the bridge of the nose, which supports the upper lid, is low. This gives the eye a "slit" appearance, but the eye itself is not as slanted (i.e., not as far off a true horizontal line) as the Caucasian or white eye.

When you claim to have a sixth sense you are being very modest. If you are normal you should have at least ten, and if you want to get complicated you can count fifteen. According to best medical authorities you should be able to see, to hear, to taste, to feel, to smell, to distinguish heat and cold, to sense the movements and position of the body, to sense the balance or tilt of the head, to feel pain in the skin, muscles and blood vessels. The tenth sense includes stimuli from internal organs. You are not conscious of them, but they keep your heart beating, and your lungs pumping, just the same.

A well-functioning nose can distinguish between 6,561 different odors, but the best taster in the world cannot tell the difference between an apple and an onion, or between mutton and beefsteak. You taste them—and most and everything else—with your nose. A single part of vanillin in ten million parts of air can be detected by the human nose.

The only tastes are those which are acid bitter, sweet, and salty. Most delicate differences in taste are really differences in smell.

Your temperature sense is not as good as you may think. You can touch a block of frozen mercury and a red hot iron without being able to tell which is which.

Wrong Finger

Apropos of senses, the practice of wearing the engagement ring on the ring finger is a good joke on somebody. Years ago it was believed that there was a special vein or nerve that ran directly from the heart to

the ring finger of the left hand—hence it was quite appropriate that the engagement ring should be worn there, having as it did a direct connection with the heart which was considered the seat of emotions.

Not long ago scientists took the time to determine the relative sensitiveness of the fingers, and they found that the ring finger is the most senseless finger on the hand. It just goes to show how wrong (or how correct) the ancients sometimes were.

The human body keeps itself in pretty good repair except the teeth—which may account for the fact that toothache is the commonest of human ailments, not even excepting colds. Yet, the enamel of a tooth is the hardest substance in your body—so hard, in fact, that it will strike fire with flint.

Who is your closest relative? Your father? Your mother? Neither—that is, if you have a brother or sister. A child is more closely related to his brothers and sisters than he is to either of his parents. Biologically, mother or father and child have only one half common blood, while sisters and brothers have all common blood.

Strange as it seems, in spite of all the discoveries made by medical science in past centuries, the span of human life has not been increased by a single day! You may expect to live to no riper an old age than some of your ancestors did back when ills were treated with crude and worthless—even harmful "remedies"

Don't let this prospect discourage you, however. Where science fails to conquer, nature marches on. The Grim Reaper swings his sickle with the rhythm of a clock—once a second—yet the world's population is increasing at the rate of 50,000 a day! Within 65 years, at this rate, there will be twice as many people as there are to-day! During the past century, man has increased more in number than during all the thousands of years he has been on earth.

With such an unusual body as you possess it is perhaps not difficult to realise that you are dying while you are living—and have been since your first breath. The cells of your body are disintegrating, wasting away. This ever-present death you are experiencing is life itself, so don't worry about it. If you stop living you die—but as long as you are dying you live.

W. R. Hearst Attacks Vivisection

Mr. William Randolph Hearst is making a vigorous campaign against vivisection in his chain of newspapers in the United States of America. The campaign is destined to produce "an incalculable effect" upon public opinion in America. From Mr. Hearst's column, 3 June 1941:

"Our crusades against vivisection in its indiscriminate and unnecessary cruelty have two sets of victims to rescue.

"First, the helpless and harmless animals who are subjected to the cruelty and then that element of our fellow human beings who are contaminated by vivisection—demoralized and depraved by the persistent practice of it.

"Particularly is it deplorable to have young students educated in cruelty and brutality—graduated in sadism.

"But friends, do not think you have an easy task to humanize those addicted to the intoxication of sadism.

"They will claim that you are interfering with the progress of science when you are only trying to make progress real, and to direct it to truly scientific requirements and to continue it to humanized and civilised methods.

"They will try to confuse the issue, and will ask you which you like best, your baby or your dog?

"which is an utterly irrelevant question, because as a result of indiscriminate vivisection both might be sacrificed without any benefit whatsoever to any person or any thing.

"If the vivisectionists cannot convince you or intimidate you, they will endeavour to defeat you in your law-making bodies.

"The vivisectionists are a powerful and determined clique.

"They have considerable political pull, and all a great many politicians care for is their own personal interests. You will have to meet organization with organization, influence with influence.

"This you can do if you are sincere, earnest and persistent.

"You have numbers in your favour, because the vast majority of the American people are good and kind and abhor needless cruelty.

"Your organization for humanity can be as simple and effective as your organization for charity. Why not the same organization?

"The greatest of the Christian virtues is charity, and if charity covereth a multitude of sins, it also includeth a number of virtues.

"Indeed, humanity is the finest form of charity, and in the hearts and minds of Christians and other civilized peoples kindness is next to Godliness."

"It is part of the only true insurance against war.

Vegetables for Vitamins

"On all sides we are urged to eat more vegetables," writes Dr. Margaret Wright in an English newspaper. Indeed, she says, "It is difficult to avoid doing this with meat bacon, and cheese rationed, fish expensive and fruits scarce. What is the effect on health likely to be?"

Dr. Wright answers: "As might be expected, the results of this change in diet are seen more dramatically in children. When children are given a salad meal with whole-meal bread, margarine, cheese, and a glass of milk they are found to become taller and heavier than others who are having ordinary cooked dinners. Not only this; their appearance becomes much healthier, cheeks redder, eyes and hair brighter, and their general spirits more vivacious. These changes are largely due to the protective factors of vitamins supplied by the salad meal."

Two protective factors of major importance are found in fruits and vegetables—Vitamin A and Vitamin C. Dr. Wright states that in both vitamins vegetables are far superior to fruits. The vegetable form of Vitamin A is carotene. This is found in green vegetables, and the denser the green the richer the carotene.

The war has forced the British people to use right foods, and medical experts testify that their health is better than ever before. The people find a physical thrill in pursuing vitamins, specially carotene, which counteracts night-blindness. To be able to see a little further into the dark is a purely physical phenomenon, but a very useful faculty during a blackout.

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