

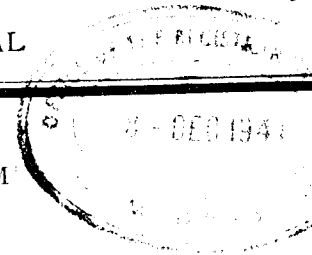
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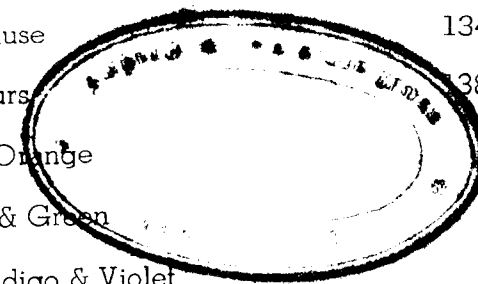
FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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



# CONTENTS

|                                            | Page No. |
|--------------------------------------------|----------|
| How our simple Enema performed miracles... |          |
| where operations failed                    | 133      |
| MYOPIA—Its cause                           | 134      |
| The Seven Colours                          | 138      |
| Red & Orange                               |          |
| Yellow & Green                             |          |
| Blue, Indigo & Violet                      |          |
| Some Stretching Exercises                  | 142      |
| Exercising Vital Muscles                   | 143      |



Vol. XII



BEZWADA (India) - December, 1941



No. 12

At last they requested me to see the patient & I took up my friend & hastened to the patient's house. I saw the patient lying un-consciously on a cot. His eyes, feet & abdomen were swollen. I, thanking God overhead, at once prepared Enema water in order to evacuate the patient's bowels. The man was soon given enema and to my great surprise I saw that along with fecal matter his urine is coming out from the Urethra. I thank God from the core of my heart on this marvellous

result of enema. The patient soon took the sigh of relief and the attendants at his bed-side were taken aback to see this wonderful result. All the yearning miserable eyes which, before my arrival, were glaring the patient, now began to shed tears of joy. On the next day that patient was given tub-bath & poultice of clay which brought such a large quantity of urine from the kidneys that no swelling was observed and the man began to walk slowly.

## MYOPIA - ITS CAUSE

By Dr. R. S. AGARWAL, L. S. M. F., Eye Specialist, DELHI.

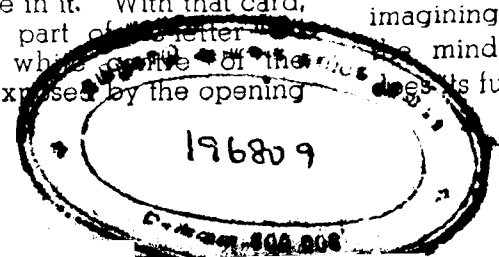
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What we see through the eyes is simply mind's interpretation of the retinal image. We see only what we think, or what we imagine. When the imagination is perfect the sight is perfect and when the sight is perfect the memory is perfect.

Take a Snellen Test Card and hold it at a distance from your eyes at which your sight is fairly good. Look at the white centre of the large "O" and compare the whiteness of the centre of the "O" with the whiteness of the rest of the card. You may do it readily, but if not, use a screen, that is a card with a small hole in it. With that card, over the black part of the letter "O" and note the white centre of the letter which is exposed by the opening

in the screen. Remove the screen and observe that there is change in the appearance of the white, which appears to be a whiter white, when the black part of the letter is exposed. When the black part of the letter is covered with a screen, the centre of the "O" is of the same whiteness as the rest of the card. It is, therefore, possible to demonstrate that you do not see the white centre of the 'O' whiter than the rest of card, because you are seeing something that is not there. When you see something that is not there, you do not really see it, you only imagine it. The whiter you can imagine the centre of the 'O', the better becomes the vision for the letter "O" and when the vision of the letter "O" improves the vision of all the letters on the test card improves. The perfect imagination of the white centre of the "O" means perfect imagination of the black, because you cannot imagine the white perfectly, without imagining the black perfectly. When the mind is at perfect rest, the eye does its function normally.



Every thought of effort in the mind, of whatever sort, transmits a motor impulse to the eye; and every such impulse causes a deviation from the normal in the shape of the eyeball and lessens the sensitiveness of the centre of sight. Mental strain of any kind always produces a conscious or unconscious eye strain and if the strain takes the form of an effort to see an error of refraction is always produced. A school-boy was able to read the bottom line of the Snellen test card at ten feet, but when the teacher told him to mind what he was about he could not see the big 'C'. Unfamiliar objects produce eye strain and a consequent error of refraction, because they first produce mental strain. When the strain to see becomes constant, myopia becomes constant, and goes on increasing unless an effort to see is avoided.

The principal cause of myopia is staring or making an effort to see at distant objects. When the objects are regarded with an effort to see more than two parts perfectly at the same time, myopia is always produced. Most patients can demonstrate that when they read the Snellen test card at fifteen feet or further, staring at one point of one letter for two seconds or longer, always lowers the vision. Contributing causes of myopia are:

- 1 Keeping the upper lids raised and blink at long intervals.
- 2 Wrong use of the eyes while reading, writing, sewing, seeing cinema etc.
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It is a general belief that the strain at near-work, reading etc. causes myopia, and it is why the primitive man who used his eye-sight mostly for distance, suffered little from myopia.

Strain at a near point causes hypermetropia while the strain at a distance causes myopia.

It can be shown (1) that a strain to see at a distance produces near-sightedness. Look at a Snellen test card at twenty feet and read it as well as you can. Now strain or make an effort to see it better, and note that the sight, instead of becoming better, becomes actually worse. (2) That the strain to see at a near point does not increase near-sightedness but always lessens it. Look at a card of fine print at six inches from your eyes and read it as well as you can. Now make an effort to see it better, and note that your vision for the near point is lowered, while the ability to read the fine print at a greater distance is improved.

The reading of the fine print, when it can be done without discomfort, has invariably proved to be beneficial and the dimmer the light in which it can be read, and the closer to the eye it can be held, the greater the benefit.

By this means severe pain in the eyes has been relieved in a few minutes, or even instantly. The reason is that fine print cannot be read in a dim light and close to the eyes unless the eyes are relaxed, whereas large print can be read in a good light and at ordinary reading distance although the eyes may be under a strain. When fine print can be read under adverse conditions the reading of ordinary print under ordinary conditions is vastly improved. In myopia it is a benefit to strain to see fine print, because myopia is always lessened when there is a strain to see near objects.

Strain of the mind means loss of mental control, and this is why visual acuity declines as civilisation advances. Under the conditions of civilized life men's minds are under a continual strain. They have more things to worry them than uncivilized men had, and they are not obliged to keep cool and collected in order that they may see and do other things upon which existence depends. If he was allowed to get nervous, primitive man was promptly eliminated; but civilized man survives and transmits his mental characteristics to posterity. A decline in visual acuity at the distance however is no more a peculiarity of civilization than is a similar decline at a near point.

Extensive investigations as to the effect of various styles of print on the eyesight of school children have been made, and detailed rules have been laid down as to the size of the print, its standing, the distance of the letters from each other etc., to lessen the strain of near work upon the eye, leaving the strain to see distant objects unaffected and totally ignoring the mental strain. In spite of all these attempts myopia is progressing

amongst the students' community though the students pass most of their time in reading. This is because the students' minds remain under strain and worries under the present educational system and no education is given to relax. When they look at distant objects with strain myopia is produced.

The remedy is not to avoid either near work or distant vision, but to get rid of the mental strain which underlies the imperfect functioning of the eye, at both points; and it has been demonstrated in thousands of cases that this can always be done. The eyes are made to see with and if when they are open they do not see, it is because they are under such a strain and have such a great error of refraction that they cannot see.

We give herewith a series of suggestive questions & answers.

Q. If the strain to see at a distance is the cause of myopia, then why one eye becomes myopic and the other remains normal or one may become more defective than the other?

A. Of equally good pairs of eyes one will retain perfect sight, and the other will lose it, simply because one eye looks at things without effort and the other does not. Or one makes less effort than the other.

Q. Is it not that excessive use of the eyes for near work that causes strain on the lens, and consequently myopia is produced and eyeball is elongated?

A. When there is a strain on the lens, there should be a change primarily in the shape of the lens and not that of the eye ball; and if the lens changed becomes more convex then hypermetropia should be produced and not myopia. Elongation of the axis of the eyeball is produced by the abnormal action of external muscles.

There are six muscles on the outside of the eyeball, four known as the "Recti" and two as the "obliques". The obliques form an almost complete belt around the middle of the eyeball. The obliques are the muscles of accommodation and are concerned in the production of myopia. Their contraction elongates the eye-ball. All abnormal action of these muscles is accompanied by a strain or effort to see. With the relief of this strain the action of the muscles becomes normal, myopia disappears.

Q. If the muscles outside the eyeball control the proper functioning of the eye, then are they not tired by the constant use of the eyes like other muscles of the body, consequently produce the defective sight?

A. The use of the muscles does not necessarily produce fatigue. Some men can run for hours without becoming tired. Many birds support themselves upon one foot during sleep, the toes tightly clasping the swaying bough and the muscles remaining unfatigued by the apparent strain. Fable tells of an insect which hung back downward for ten months from the roof of its cage, and in that position performed all the functions of life, even on mating and laying its eggs.

The fact is that when the mind is at rest nothing can tire the muscles and the eyes, and when the mind is under a strain nothing can rest them. Anything that rests the mind will benefit the eyes. Almost every one has observed that the eyes tire less quickly when reading an interesting book than when perusing some thing tiresome or difficult to comprehend.

Q. Is myopia congenital, that is from birth, or hereditary? Are bad health and bad sexual habits not the cause of myopia?

A. Myopia is rarely congenital. It is not hereditary but is acquired. You can see many children having perfect eyesight though their parents had high myopia. You can see many other children suffering from myopia though their parents had perfect eyesight. The picture of a family group illustrates the effect of mind upon vision.

Many persons having bad health or having bad sexual habits do not suffer from myopia. There are many others who have good health and muscular body, and suffer from high myopia. These things can increase the strain if it already exists in the person or can produce a tendency to strain.

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All diseases that can be cured by orange colour can be cured by this colour if the dose is doubled or repeated. Dyspepsia and indigestion are cured with the aid of this colour.

### GREEN

Those that possess this cooling colour are a bit overweight, inert and possess a carefree attitude. People with green aura are ambitious, progressive, and talented. Those that possess an abnormal green colour are cured by orange colour.

Diseases that arise from want of green colour can be cured by green colour. They are sensitive, irritable with red tinge in eyes and nails and their urine is yellow. Almost all venereal diseases, namely syphilis, gonorrhoea, bubo, lumps and chancre are cured by green colour; Smallpox, itch, dandruff, ringworm, eczema are cured by this colour. All eye disorders in which irritation, inflammation, pain and opthalmia are present green is highly efficacious. Wounds, ulcers, abscesses, cuts, burns, scalds, and all other diseases with or without inflammation, irritation, pain, pus and suppuration are miraculously cured by green colour. Broken limbs are restored by this adhesive colour when it is locally applied externally. Green

## Blue, Indigo and Violet

### BLUE

People with too much of blue in them are very stout and obese and in slow wits. They are often short lived owing to overweight.

Blue stands for truth and one with a light blue aura is analytical, while one with blue aura is strong willed and blue indigo aura denotes truthfulness.

Blue or white urine, white nails and white eyes are the diagnosing symptoms for an abnormal blue colour which are curable by the red colour. Blue deficiency is diagnosed by inflamed or red eyes; bloody hair, dry skin and thinness of features. The urine is red and often the sputum is thick with black or hardened feces. Irritable or sensitive temper followed by inflammations at the extremities are the symptoms. All venereal diseases namely syphilis, gonorrhoea, lupus, Bubo, chancre, are cured by administering blue colour. Hallucination, raving

is very useful in spermatorrhea, leucorrhea, nymphomania, irritation, and inflammation in the genitals, and is beneficent in the cure of scantiness of urine, hacking cough, dysentery, diarrhoea, scarletina, diphtheria, typhoid, plague and cholera. In all endemic and epidemic diseases green is very advantageously made use of. In stings of insects and in the bites of poisonous animals green poultice and green water administered internally works wonders. In all eruptive fevers green colour is second to none. In India all eruptive fevers are thought to be due to the anger of a certain goddess and medicine is withheld for such patients. The superstition has got a basis. All eruptive fevers are real healing crises and after every attack the patient is healthy for a very long time. No such disease is dangerous and has got a good prognosis if chromopathy is taken aid of. Even diphtheria if chromopathically treated is not at all fatal.

Green works as a substitute for blue or indigo if the dose is increased or the same dose is repeated more times. Blue may be made use of in place of green if the dose is reduced. Indigo may be substituted if green colour is not available.

hydrophobia, insanity, apilepsy, hysteria, St. Vitus dance, Nymphomania, premature maturity are miraculously cured by persistently using this colour. Stings of bad insects and scorpions are cured by this colour. The bite of mad dogs and foxes causes much distress and is a subject for much anxiety. We can prevent from one getting mad by the bite and even if one is mad, he is cured of it by this colour. Spermatorrhea, leucorrhea, gestritis, appendicitis, ulcer in the duodenum, ulcer, laryngitis, pharyngitis, pleuritis, nephritis, and all other inflammations and ulcerations of the internal parts are cured by oral administration of the blue charged substances. Jaundice, Billiousness, nausea, vomiting, heart burn, angina pectoris, are successfully cured by this colour. Blue charged water as a gargle in cases of cankerous mouth, inflamed or tender gums and both ache, is advantageous. Ophthalmia, conjunctive, inflamed eyes and photophobia, are

cured by washing the eyes with blue charged water. Almost all open sores are cured by applying blue light or blue charged water on them. Being highly antiseptic, the suppuration in a wound is arrested, impurities are driven out quickly in the form of pus and quick healing is the result. It is indispensable in India as the country is a hot one. It works as a preventive against cholera, bubonic plague, small pox, malaria, typhoid, pneumonia, influenza and all other contagious diseases when they are prevalent. Even after the advent of any of the diseases above mentioned, blue works very successfully in putting down the diseases. None of them are fatal if they are treated with blue colour from the beginning. Blue light baths in the sun will successfully draw out the poisonous substances from the body and is very beneficial in cases of syphilis, jaundice, and roughness of skin. For hair culture, blue is a boon to the fair sex. The falling of hair, dandruff, alopecia, premature ripening of the hair are all cured with blue charged water or oils or persistently rubbed into the scalp. As a cosmetic against acne and pimples blue colour is very efficient.

If red is the symbol of fire, blue is the symbol of water. God-Protector-Vishnu is said to be of blue colour. The sky is of a blue colour. The water that is covering three fourths of our planet is symbolic of the blue colour. Without moisture, the nerve action cannot take place. Vascular circulation is spoiled if a necessary quantity of the electric blue is wanting. The free distribution of lymph can not also take place in a body deficient of blue. The majority of diseases in India may be said to be cured by judicious application of blue light. Retention of urine, inflamed conditions of the bladder, and urethra, scantiness of urine, prostatitis, colitis, dysentery, diarrhoea, menorrhagia, blood vomiting, hemorrhage, dry cough are some of the many diseases curable by blue light. Being an antiseptic colour, disease germs cannot thrive in blue colour. Diseases said to be the product of disease germs are prevented and cured by this colour. Pulmonary tuberculosis in its early stages is successfully cured by this colour. A number of cases of the Tuberculosis of the intestines is also successfully cured by me by the administration of blue colour, with a choic diet. To avoid a long list the chapter

closed. Students may by now pick up the clue to find out the correct application of the blue colour.

### INDIGO

Indigo or deep blue contains a small portion of red of the violet colour and a greater of the blue from the blue colour. Hence it is safer to use this indigo colour whenever blue is indicated. People possessing very delicate health when they are brought into contact with the brightly electrical blue colour often catch cold and feel moody. It is always wise and beneficial to use this colour to children and very old people. Being on the electrical side of the spectrum, indigo can successfully cure all diseases arising from too much thermism. Indigo can be advantageously administered whenever there is a doubt in choosing the colours between blue or green. Whenever vascular diseases are mentioned indigo stands only second to violet in curing them. Broken joints, torn pieces of flesh, concussions and contusions are restored to normal by the administration of indigo colour. All nervous excitements, neurasthenia, neuralgia, raving madness, delirium, hallucination, St. Vitus' dance, nymphomania, hydrophobia are cured by the use of this colour. Hemorrhage, pharyngitis, laryngitis, pleuritis, gastritis, ulcer in the duodenum, inflammation in the gall bladder, colitis, nephritis, scantiness of urine, prostritis, inflammation of the bladder, burning sensation while urination, nausea, vomiting, diarrhoea, dysentery, cholera, plague, small-pox, scarletina, diphtheria and many diseases pertaining to the liver and the bladder are cured by this colour. Gonorrhoea, syphilis, bubo, chancre, cancer, canker lupus, leucoderma, ringworm, eczema, itch, dandruff, alopecia, acne, pimples are also cured by this colour. Wounds, boils, ulcers, and all other open sores are very advantageously cured by this colour. It is an antidote to all painful affections arising from the bites of a honey-bee, scorpion, the fox and the mad dog. As a poultice against snake bite, indigo colour charged water works wonders. Against sun's stroke, Blue light works almost as a miracle. Indigo is contra indicated in rheumatism, anæmia, mania, coma, and all other affections arising from too much electricity. —To be continued in next issue.

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## SOME STRETCHING EXERCISES

Frequently we see cats and dogs, and other such animals, extend the front legs far forward, and then stretch the spine, perhaps several inches. Cats frequently place the front feet on some object several inches above the floor, so the back can be arched downward still further. And then you see the rear legs stretched far backward, probably front and rear legs extended at the same time—and the paws reached as far as possible. Frequently the head is extended, the neck being stretched to its limit.

Stretching exercises are splendid for the preservation of youth. The nerves are benefited, and there are some effects to be derived from stretching movements that cannot be secured from other exercises. Exercise in general is specifically a muscle-contracting activity, and secures its effects upon the circulation and nerves through this contraction; the circulation is improved by the blood being driven out of the muscles, and more or less a vacuum is produced when the muscles are relaxed. Also, a demand for more blood and nourishment creates an attraction somewhat like capillary attraction, which speeds on the arterial blood.

### Beneficial Effects.

Stretching may be accomplished by contraction of some muscles, but the muscles that are contracted oppose those that should be stretched; there can be no contraction and stretching of the muscles at the same time, as one can readily understand. And while the contraction necessary to produce the stretch is helpful—as any normal contraction is helpful—it is the stretch itself that has a peculiar beneficial effect.

If we carefully observe our muscles, we see that many of them are in a state of partial contraction. The trouble is that we use our muscles in a contracted way, and never, or rarely, or at least insufficiently, make real efforts to relax them. As a consequence the nerves are mildly poisoned, and, thus irritated or stimulated, they become less responsive to new conscious impulses for more vigorous or alert movements of the

muscles. Because of all these conditions, the nervous energy is being expended continuously and needlessly, and the poisons responsible for the production of old age are being continuously manufactured, and are constantly present. Prematurely, we become stiff and awkward, we lose our grace of movement, the elasticity and flexibility of youth.

### Some Exercises.

Here are a few stretching movements which will prove useful to all who care to take the trouble to do them:—

1. Stand erect, heels together, arms at sides. Step forward with left foot and raise arms to horizontal. Inhale deeply while lifting shoulders, then bend down into the next position.

2. This position means touching the floor while keeping the knees straight and the abdomen in, the bend being from the hips only. Then bring arms upward and above head, and backward while inhaling. Repeat till tired.

3. Standing with one foot in advance, heels flat, sway the body forward and raise upward on the toes. Come back to the erect, and repeat.

4. Sit on the floor, and, with fingers clasped, knees straight and feet apart, reach alternately beyond the left and right toes, getting a good stretch on the back. Clasp the hands over the foot, and pull, giving still greater stretch.

5. Another "sitting" stretching exercise. Start with the heels on the floor, arms down, then bring the arms up to the side, and raise on the heels, stretching body upward and arms outward as far as possible. Then swing the arms to the front, and lower the body until the full squat position is reached. Raise to the upright position, and then relax before repeating.

### Their Value.

What, then, are the beneficial effects of stretching? When we place a pull upon the two ends of a muscle, we remove much of the causes of old age. We overcome even the partial contraction, stretch the individual muscle cells and the muscle fibres, take the strain and pressure off the blood-vessels, and straighten the kinds in these, so that the blood flows in and through the muscles more nearly normally, and this sweeps out the cell waste. We also stretch the more or less cramped nerves, and wash out the poisons that are irritating and over-stimulating them. They, and every structure concerned with the muscles and their activity, are brought back a short way to towards their original condition of youth.

### The Route to Youth

One of the effects of stretching is the "limbering up" of the spine: the contracted muscles and ligaments are loosened and stretched and the whole spine and spinal system of nerves are stimulated. Repeated regularly and sufficiently, such stretching

effects will be certain to carry the middle-aged quite a distance back over the route to youth. But if the diet, hygiene, and mental habits are all such as to rush one pellmell toward premature middle-age, even youthifying stretching cannot do a great deal toward counteracting them. Stretching may be done at any time of the day, and should be done more than once. But the most satisfactory times are after awakening, and at the end of the day. After a period of inactivity, stretching reanimates the body, and removes that tired feeling. A good plan, while lying on the back, is to reach as far as possible over the head with the fingers, and downward with the toes. Also, reach as far as possible with the arms out at the sides. Stretch as if trying to touch something just beyond reach. Then keep the hip level on the bed, bring one hand across the body, and reach far to the opposite side. Stretch for all your worth! Twist and writhe in different directions, and stretch to the limit each time. Be certain that the muscles stretched are made as long as they can be pulled.

## EXERCISING VITAL MUSCLES

We have to admit that some persons owe their youth to the inheritance of extraordinary vitality from their ancestors. Such people are often able to break every law of health, and still maintain unusual vital vigour. They are spending the vitality of their forefathers, and the children of such parents usually have to pay the penalty.

The laws of life are definitely fixed, they cannot be changed and it is our duty to interpret them for our own good.

You cannot be completely alive in every sense, unless your blood circulates frequently throughout every part of the body. When the muscles of the body are exercised, they become renewed; they are made over again, and the process of growing old is greatly retarded. It is therefore plain that the muscles of the body must be used with a reasonable amount of regularity. There should be no over-straining or over-training. The body is developed, strengthened and perfected by the regular use of the muscles.

The exercise of the muscular system of the body is a most important factor. Three-quarters of the weight of the average individual is made up of muscular tissues. We cannot maintain these muscles in health, without exercise, and they never acquire their full growth unless they are properly exercised.

### Exercises.

Here are a few exercises which are easy to do, and wonderful in their results. We will begin with a neck exercise, which is interesting to women, for a beautiful neck is the epitome of beauty. Once the neck begins to sag, *adieu* face beauty, for the two are closely allied.

#### No. 1.

Turn head around as far as you can in comfort to the right, then make two or three endeavours to turn the head still farther to the right. Relax, and repeat same exercise to the left. Maintain an erect position

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The reading of the fine print, when it can be done without discomfort, has invariably proved to be beneficial and the dimmer the light in which it can be read, and the closer to the eyes it can be held, the greater the benefit.

shoulders back, chest expanded. Continue this exercise, right and left, until fatigued. And please be sure to breathe fully and deeply and to expand the chest to the fullest capacity at frequent intervals.

## No. 2.

Bring chin backward and downward as far as you can. Then make several efforts to bring farther downwards. Try to touch your chest with your chin.

Keep chest erect, and head backward as far as possible while making the movement. After making a few attempts as suggested, turn the head a little to the right, and then to the left, keeping the muscles tense while making the movement.

## No. 3.

Bring head back as far as you can, and make several efforts to bring farther back. After continuing these efforts a few times, roll head far to the right, and far to the left. Keep muscles tense while making these movements.

## No. 4.

Stand erect with both hands behind your back. Now bend downward and touch your left heel with the fingers of your right hand. Stand erect, relax, then bend down, and reverse the notion, touching the right heel with the fingers of the left hand.

## No. 5.

Interlace your fingers at the back of the right knee. Now endeavour to lift upwards, but do not allow the toe of the right foot to leave the floor. Relax, and repeat from ten to fifteen times, relaxing fully between each effort. Then take the same exercise with the fingers interlaced at the back of the left knee.

## No. 6.

Stand erect, with the hands clasped behind the back. Twist the body and bring the right shoulder as far to the right as you

can, at the same time turning the head, endeavouring to look behind you. Make several efforts to turn still further. Relax, and then take the same exercise round to the left.

The physical body is undoubtedly stimulated by these helpful, strengthening exercises, and the development of physical power tremendously increases one's possibilities in the mental field. One must have energy at the back of one's mental efforts. Enthusiasm and ambition fade away into nothing unless one has a vital, vigorous body.

## A Few Essentials

One of the great essentials in building beauty is to assure yourself a continuous supply of pure air. Open your windows widely, in your bedroom especially. Be sure of supplying yourself with pure fresh air in the night, at least. Do not be afraid of open windows. Try to get away from the draught illusion. Many people are afraid of draughts. After all, a draught is nothing more than a current of fresh air. Confined air is a menace. Wherever you be, try to insist upon a free supply of pure air.

**Tell me what you eat and I will tell you what you are.**

This statement contains a world of truth. Dietic habits of the average individual are grossly diverted and perverted. It is well, though, to emphasise that no one can develop or retain unusual health, unless a certain amount of knowledge of dietetic principles is acquired. Farmers have learned, by feeding their stock with certain kinds of food, to bring about dependable results in the way of growth and vital vigour in their domestic animals. The same rule can be applied to the human race. Certain foods bring about definite results in certain individuals, and similar results can be depended upon in others.

Bathing is of considerable importance. The body must be kept clean to retain its health. Common decencies of life demand the bath as a means of bodily cleanliness.

## The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR  
HEALTH PROPAGANDA

Its objects are :

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

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

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

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

5. To propagate the philosophy of Naturism, and to work for the re-organisation of human life, effort and culture on a natural basis.

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

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

In particular,

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

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

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

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

[e] To organise a corps of volunteers prepared to render full-time service to the cause of Naturopathy.

[f] To found Naturopathic Societies wherever convenient and to affiliate the same to this Association.

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The purpose of this monumental work is to show clearly that the world is run not by gross matter alone but by the finest element called spirit or *Atma* in correlation with matter. That finer forces are more potent, penetrating and enduring in their results is the slogan of the whole work. Finer elements such as Light, Color, Air, Mental Power, Electricity are brought forward for the eradication of human ailments—physical, mental and spiritual. Ways and means are shown for uplifting the human race from the lower levels of hellish living, now forced into, by ignorance as to the basic laws of sane living.

It is a teacher, doctor, friend and a benefactor as it demonstrates in clear terms that health and happiness are mere matters of course and need not be sacrificed for want of money. It relieves the ordinary family man from the drudgery of spending vexatious hours in the doctor's waiting room and from the inhuman doctor's bills.

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**The Chromopathic Institute, Bezwada.**

Printed & Published by Dr. P. Venkatramayya, N. D., D. M., General Secy. I. N. A.  
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At last they requested me to see the patient & I took up my friend & hastened to the patient's house. I saw the patient lying un-consciously on a cot. His eyes, feet & abdomen were swollen. I, thanking God overhead, at once prepared Enema water in order to evacuate the patient's bowels. The man was soon given enema and to my great surprise I saw that along with fecal matter his urine is coming out from the Urethra. I thank God from the core of my heart on this marvellous

result of enema. The patient soon took the sigh of relief and the attendants at his bed-side were taken aback to see this wonderful result. All the yearning miserable eyes which, before my arrival, were glaring the patient, now began to shed tears of joy. On the next day that patient was given tub-bath & poultice of clay which brought such a large quantity of urine from the kidneys that no swelling was observed and the man began to walk slowly.

## MYOPIA - ITS CAUSE

By Dr. R. S. AGARWAL, L. S. M. F., Eye Specialist, DELHI.

Before coming to the nature of the cause of myopia, it is important to learn the normal function of the eye.

The act of seeing is passive. Things are seen, just as they are felt, or heard or tasted, without effort or volition on the part of the subject.

What we see through the eyes is simply mind's interpretation of the retinal image. We see only what we think, or what we imagine. When the imagination is perfect the sight is perfect and when the sight is perfect the memory is perfect.

Take a Snellen Test Card and hold it at a distance from your eyes at which your sight is fairly good. Look at the white centre of the large "O" and compare the whiteness of the centre of the "O" with the whiteness of the rest of the card. You may do it readily, but if not, use a screen, that is a card with a small hole in it. With that card, over the black part of the letter "O" and note the white centre of the letter which is exposed by the opening

in the screen. Remove the screen and observe that there is change in the appearance of the white, which appears to be a whiter white, when the black part of the letter is exposed. When the black part of the letter is covered with a screen, the centre of the "O" is of the same whiteness as the rest of the card. It is, therefore, possible to demonstrate that you do not see the white centre of the 'O' whiter than the rest of card, because you are seeing something that is not there. When you see something that is not there, you do not really see it, you only imagine it. The whiter you can imagine the centre of the 'O', the better becomes the vision for the letter "O" and when the vision of the letter "O" improves the vision of all the letters on the test card improves. The perfect imagination of the white centre of the "O" means perfect imagination of the black, because you cannot imagine the white perfectly, without imagining the black perfectly. When the mind is at perfect rest, the eye

functions normally.

Every thought of effort in the mind, of whatever sort, transmits a motor impulse to the eye; and every such impulse causes a deviation from the normal in the shape of the eyeball and lessens the sensitiveness of the centre of sight. Mental strain of any kind always produces a conscious or unconscious eye strain and if the strain takes the form of an effort to see an error of refraction is always produced. A school-boy was able to read the bottom line of the Snellen test card at ten feet, but when the teacher told him to mind what he was about he could not see the big 'C'. Unfamiliar objects produce eye strain and a consequent error of refraction, because they first produce mental strain. When the strain to see becomes constant, myopia becomes constant, and goes on increasing unless an effort to see is avoided.

The principal cause of myopia is staring or making an effort to see at distant objects. When the objects are regarded with an effort to see more than two parts perfectly at the same time, myopia is always produced. Most patients can demonstrate that when they read the Snellen test card at fifteen feet or further, staring at one point of one letter for two seconds or longer, always lowers the vision. Contributing causes of myopia are:

- 1 Keeping the upper lids raised and blink at long intervals.
- 2 Wrong use of the eyes while reading, writing, sewing, seeing cinema etc.
- 3 Fear, anxieties, worries and physical discomforts.
- 4 Imperfect imagination and distorted thoughts.
- 5 Excess of sexual appetite.

6 Constant use of the spectacles. Common sense tells us that as the sight of a myopic patient is good at the near point, the use of the spectacles will naturally increase the strain.

7 Insufficient nourishment.

8 Looking at the teachers and other persons who use glasses as they are supposed to be under strain, the children being greater imitators, try to strain in the same way.

It is a general belief that the strain at near-work, reading etc. causes myopia, and it is why the primitive man who used his eye-sight mostly for distance, suffered little from myopia.

Strain at a near point causes hypermetropia while the strain at a distance causes myopia.

It can be shown (1) that a strain to see at a distance produces near-sightedness. Look at a Snellen test card at twenty feet and read it as well as you can. Now strain or make an effort to see it better, and note that the sight, instead of becoming better, becomes actually worse. (2) That the strain to see at a near point does not increase near-sightedness but always lessens it. Look at a card of fine print at six inches from your eyes and read it as well as you can. Now make an effort to see it better, and note that your vision for the near point is lowered, while the ability to read the fine print at a greater distance is improved.

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