

Indian: Naturpals

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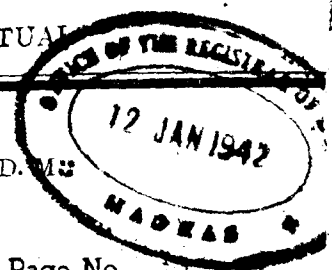
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The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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



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Vol. XIII



BEZWADA (India) - January, 1942



No

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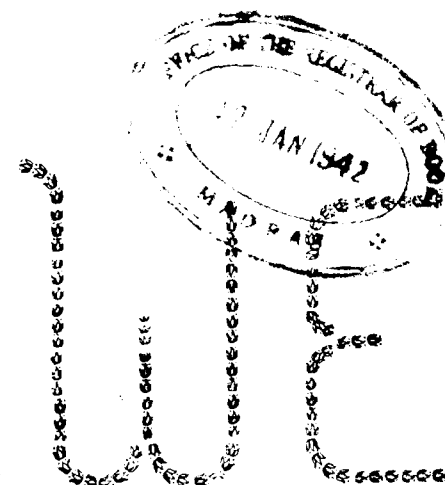
INDIAN NATUROPATH

The Official Organ and Gazette of The Indian Naturopathic Association

Vol. XIII

BEZWADA — January, 1942

No. 1



Wish

all our readers, contributors, sympathisers

and co-workers in the field of
Naturopathy all over the world

A Happy New Year

—Editor

Editorial

The Madras Health Department

Another year's report of the working of the Health Department, is out. But it showed no improvement in the health of the people. The infant mortality has not decreased, but showed a considerable rise instead.

All that you can see as improvement in it, is the rise of the number of vaccinations for the year. Excepting a certain number of inoculations for cholera where epidemic raged war against people, all the work concentrated upon by the department is vaccinations for small pox.

The vast number of deaths in the year, in the province is about 100,000. Average number of people dying from small pox every year is about 7 or 8 thousands or about 8% of the whole number of deaths for the year. The remaining 92% is there, not remedied by the department. No steps are taken to reduce the number of infant mortality in the country. Neither any investigation conducted to enquire into the causes of such a formidable percentage of deaths from infant mortality.

Deaths from maternity and respiratory diseases are increasing every year. No steps are taken to educate the people or to furnish proper measures to reduce the number of deaths, by regular propaganda and by the extension of facilities to the distressed.

The deaths from fever which takes the prominent position in the fatal diseases, is not reduced even in this year. The causes of fever are still a sealed cover to the people, nay to the department. No active propaganda

is carried on by the department to educate the people the methods of hygienic living.

All that the department is doing, is the active administration of vaccination for smallpox. The vaccination is in the beginning, claimed to be powerful enough to immunise from smallpox the person, who undergoes the operation once, for life. No second vaccination was dreamt of in those earlier days. But to-day, in Madras presidency every person should submit to vaccination not only once or twice in his life time, but for every 10 years. Many of the people do not know that the benign Congress Ministry under the iron hand of Dr. Rajan had been kind enough to take measures to protect her people, from smallpox, through vaccination, every ten years. Now, that shows that the operation of vaccination is futile after 10 years and who-ever wants to save himself from smallpox further, must submit himself to the department once more for vaccination.

Does or can any one of the department, from the Director of Public Health, down to the innocent vaccinator guarantee that every child that is vaccinated is quite free from the attack of smallpox?

Is any one of them empowered or authorised to certify such and such vaccine is free from any harmful ingredients and is sure to cause no bad effects on the child vaccinated?

Can any one in the department declare that a certain child is healthy enough to stand the vaccination and no bad effects will spoil the health of the child, after vaccination?

Suppose before vaccination the parents of a certain child complain that the health of the child is not alright, and the child cannot stand vaccination, can any one of the department declare the perfectness of the health of the child, and take the child for vaccination, thus guaranteeing no bad after effects? You will have negative answers for all the questions. Under these circumstances, is it not too much on the part of the department to apply compulsion on the

innocent child of the country? But unfortunately, this is what is actually happening. The people's money, which is intended to improve their health is wasted on an unwanted enforcement of vaccination, which is, not only not improving it but undermining instead. No-where in the world the vaccination is enforced on the people every decade. The people of Madras presidency are super-fortunate to have such a benign health department!

False Positive Reactions in tests for Syphilis.

BY. H. B. ANDERSON

Citizens' Medical Reference Bureau Inc.

With the passage of laws in numerous States during the past few years providing for compulsory laboratory tests of applicants for a marriage license and of expectant mothers, the natural assumption would be that such tests were reliable when the laws were passed or that they could be made reliable soon after the passage of such laws. That these tests are still far from being thoroughly reliable is indicated by numerous articles appearing in medical journals pointing out that the laboratory tests may prove false in persons who are free from the disease.

Says a fringe of 1 per cent Positive Test may be expected.

Coincident with the passage of laws to compel serologic tests, investigations of a number of State laboratories were carried on to determine whether or not they meet with certain standards set up by Federal Government. These investigations are now being extended to private laboratories. However, even though a laboratory be approved the margin of error may be as high as one per cent false positive reports and ten percent false negative reports as indicated by the following declaration contained in an article in *The Ohio State Medical Journal*, December, 1940 P. 1339.

"To qualify as satisfactory a laboratory should attain a sensitivity rating not more than 10 per cent below that of the control laboratory and a specificity rating not less than 99 per cent (based upon false positive reactions)."

One mistake out of a hundred persons tested may not seem a large percentage, but if a total of a million presumably healthy persons are tested at one time and the number of mistakes amount to ten thousand it is obviously a serious problem whether such a large number of persons or even a portion of that number are to be branded as having a disease which they do not have.

The following item in *The Ohio State Medical Journal*, October, 1940, is therefore highly significant:

Interpretation of laboratory Reports of Syphilis.

"The standard serologic tests used in the study of syphilis indicate the presence or absence of reagin at levels, where it commonly occurs in known syphilis.

"In evaluation studies of known syphilitic and negative sera, the standard tests

approach but do not consistently attain absolute specificity. A fringe of 1 per cent false positive test may be expected.

"The serologic reports constitute presumptive rather than determinative evidence for or against the existence of syphilis in a given individual.

"The serologic tests in themselves afford no evidence as to the activity or infectivity of the disease in a given individual.

"The interpretation of serologic tests in the study of syphilis cannot be made apart from the history and clinical findings of the patient."

Says Biologic False Positive Reactions do occur.

An editorial in *The Ohio State Medical Journal* December, 1940, entitled, "Warning About False Positive Reactions in Tests for syphilis" points out very positively that biologic false positive reactions do occur. It says—

"During recent years there has been an increasingly widespread use of routine serologic testing for syphilis in medical practice, in industry, under compulsory physical examination laws, etc. Additional emphasis has been placed on this procedure by insertion in the Selective Service regulations of a requirement that all men given a physical examination at the order of local draft boards must submit to a serologic examination for syphilis.

"There are arguments pro and con as to the value of wide range testing for syphilis. We do not intend to argue that point. But, we do wish to emphasize a point which every physician should know, namely: Biologic false positive reactions for syphilis do occur; meaning that every physician must be on his guard against a hasty diagnosis, especially a false one which is certain to cause numerous complications and tragic problems...."

Some idea of the abuses likely to result from compulsory serologic tests may be gained from the following paragraph in an article by Joseph Earle Moore, M. D., Harry Eagle, M. D., and Charles F. Mohr, M. D., published

in "The Journal of the American Medical Association," November 9, 1940, page 1604.

"When shall serologic evidence of syphilis be doubted? As Stokes humorously puts it, there are instances, in which one (positive Wasserman test will convict a laborer over his own denial, two will make a case against a banker or a railroad president, but three successive positives will scarcely convince the medical adviser of the 'guilt' of a clergyman. True as this, every physician has patients for whom for entirely personal and mostly undefinable and intangible reasons he is hesitant to accept a purely serologic diagnosis of syphilis."

Forty examples of False positive Test reported vaccinia mentioned as one of the Diseases, Giving Rise to False Positive Tests.

The articles by Moore, Eagle and Mohr in "The Journal of the American Medical Association," November 9, 1940, states that, "Within two or three years at least forty examples of biologic false positive tests, either in normal persons or in those with the diseases enumerated; have come under our personal observation." Doctors Moore, Eagle, and Mohr also include vaccinia among the diseases which may give rise to false positive tests. The article reads in part as follows:

"Earlier papers of this series have drawn attention to the occurrence of biologic false positive serologic reactions for syphilis in normal persons and in those with diseases or conditions other than Syphilis. For normal persons it has been estimated on the basis of serologic surveys of large groups of presumably normal white American university students of both sexes, that the incidence of biologic false positive reactions in this particular population group is probably less than 1 in 4,000. As to diseases and conditions which may produce biologic false positive reactions, it has been further pointed out that their probable frequency is known; on the bases of published studies, only in yaws (100 per cent), leprosy (from 40 to 80 per cent) malaria (100 per cent at some time during the infection) and infectious mononucleosis (about 20 per cent).

In diseases or conditions other than these no estimates of frequency are as yet possible, since the biologic false positive reaction in patients with acute infections is often only a transitory phenomenon, recognition of which may depend not on single tests performed at random but on repeated tests, daily if possible, carried out during the entire course of the infection.

Nevertheless, though estimates of incidence cannot be made, characteristic examples of biologic false positive tests have been reported from our own clinic in undermined origin, acute infections of the upper respiratory tract (including pneumonia), vaccinia, infectious mononucleosis, rat bite fever and perhaps typhus fever. Within two or three years at least forty examples of biologic false positive tests, either in normal persons or in

those with the disease enumerated, have come under our personal observation, and twenty one of these have been reported in the two papers already referred to.

"The recognition of such biologic false positive tests is of great importance, in view of the increasingly wide spread use of routine serologic testing in medical practice, in industry and by legislative fiat (as in compulsory premarital and antepartum examinations). It is as thoroughly undesirable to make a diagnosis of and treat for syphilis a patient who does not have it as to miss the diagnosis in one in whom it exists. Every physician is familiar with the social and psychologic tragedies which may be precipitated by the diagnosis of syphilis, and every effort should be made to avoid false diagnosis."

TRIUMPH OVER TROUBLE

Edward Erle Purinton N. D.

What is trouble? The introduction to triumph. This definition though not in the dictionary belongs to the memory. So if you are having trouble you can wisely and cheerfully remember what trouble is.

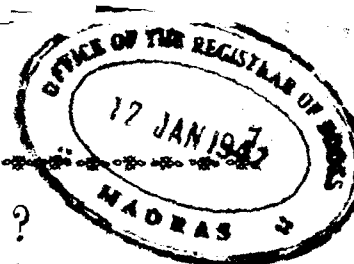
When do we most need to smile? When we are facing trouble. Then cheerfulness would be a bracer most timely, but then is when we hardly ever smile. Trouble would be met not with gloom but with gladness. Why? Because gladness gives hope and zest for the conquest of trouble.

If soldiers defending their nation hereto quit marching and fall down moaning, they would be punished by defeat. Anybody attacked by trouble should meet the foe with a smiling face. A victor has the vim of a clear true view. His mental vision would never be clouded by sadness, worry or fear. Nothing looks to him like dismay or discouragement.

Victor Hugo said that "trouble overcome is strength gained". Verily a wise

conclusion. When triumph appears trouble disappears. Trouble is a challenge to exercise the powers that we have but might not have used fully. Does an athlete view with alarm a gymnastic apparatus? No. He views it with joy, then makes it make him stronger. When we regard trouble as a health exerciser for the mental and the moral physique, no longer do we think of it as trouble. Misuse or disuse of trouble is what really constitutes trouble. This truth discounts trouble.

Fame is often the result of making fortune out of misfortune. World leaders in different lines of achievement have demonstrated this fact. Some of them past eighty or ninety years of age had in middle life disease pronounced incurable, but they announced it was wrong pronounciation and then proved the correctness of their announcement. Others including famous millionnaires had to content with poverty or business failure, then proceeded to build vast fortunes, thereby showing that neither poverty nor failure is unconquer-



THE INDIAN NATUROPATH

DO WE NEED GIANTS?

P. V. R.

THE INDIAN NATUROPATH

able. He who cannot be downed will be crowned.

An experience that looks unfortunate should be understood, then it ceases to look unfortunate. The Common human troubles are disease, pain, loss, poverty, failure. Each has a fortunate aspect in retrospect if made over by conquest.

Disease can be overcome. The rational cure consists largely of location and removal of the cause of ailment. Resistance should then be increased by the natural and providential use of air, sunshine, water, food, sleep and exercise. Thousands of health seekers have conquered and cured diseases called incurable. People are often healthier after sickness than they were before. They learn during sickness how to live so as to prevent a recurrence of disorder and disease. Thus they build health for the future. An ailment should lead for betterment. Look it over and see how truth is triumphant.

Pain can be overcome. Pain gives a friendly warning, so should be not fought but heeded. What is wrong? Make that right and pain will depart. A common error of Americans in the presence of pain is to eat or drink a poisonous drug that merely stops the sensation of pain but never approaches the cause of it. Nobody can afford to loose pain while the reason for it remains. We conquer it by casting out the cause of it. A life natural and perfect needs no pain, therefore has none.

Loss can be overcome. Almost anything lost can be restored, or replaced by a possession more valuable. A great loss frequently turns out to be a great gain. Every loss should be regarded as a lesson more than a loss. If we learn the lesson we lose the loss. Is not the loss of a loss worth having? A happy loser would answer with a firm affirmative. A loser who becomes a chooser is no longer a loser.

Poverty can be overcome. The first instrumentality would be study of the science of economy, so that each dollar will be worth about twice what it used to be. Then the cultivation of ability and opportunity to earn more would tend to offset and eliminate poverty.

Failure can be overcome. The activation of intelligence, conscience, courage, patience, perseverance, hope, ideality and industry should create success. Failure is a minus indication. Every body who fails should ask himself this vital question. What essential factors in success have been lacking, and how can they be supplied? The logical scientific answer would point reliably to creation of success. Failure is overcome by efficiency.

Have you trouble of any kind? If so how will you consider it not as a foe but as a forerunner of good fortune? A great adventure is to take advantage of adversity. Everybody should and nearly every body could. How can you, now or hereafter? When you have this question answered effectively for yourself, life will mean to you good luck.

By giants I mean very strong people who are only fit to defeat or contest with equally gigantic people. They are useful to us only as exhibits of extraordinary strength. Many of them are almost unfit for daily needs of life. Some of them acquire their strength only for the sake of contests and tournaments. The majority of such people with gigantic strength neglect the elementary principles of hygiene and may be detected as samples of ill-health. You may come across with very strong people with pot bellies. Some of them are reported in the daily papers, to have met with a sudden death due to the collapse of the heart. Any one who knows Prof. Rama murty naidu --the world famous Indian Hercules, will shudder to learn that he had to have his leg amputated due to a diabetic ulcer over it. But such a strong man to have met with such an unfortunate condition may not cause you any astonishment, when you take pains to investigate into the stories of so many athletes of old. For many of them passed to the other world in their thirties and forties of life. Neglect of ordinary rules of hygiene in their zeal to the acquisition of extraordinary strength was the main cause of it. Many of them ate abundance of meat, with no vegetables or greens to counteract the concentrated meat. Some of them ate abnormal quantities of proteins & fats, of vegetable and animal kingdoms, with little care to their assimilability and their bodies' needs.

A proper exercise should be conducted in moderation and regulation. The exercise should be such that will not only build the muscle but keep the functions also in good condition. The old time Dand and Bhaski taken with proper deep breathing will do well as a good exercise.

The Suryanamaskars, revived by the Chief of Oundh will answer well as a best means of physical culture. The old time asanas are also very good not only for the proper functions of the body, of the healthy, but useful to the patient as well. The Sarvangasanam and Paschimatanasanam

work wonders in an unhealthy man. They restore not only the physical body; they are very good for mental body. They remove the impurities from the blood, which feeds the brain; so the mental faculties increase. The nervous system becomes very efficient and the senses will be very keen.

A man should acquire not only the physical strength, but mental power in addition; so that a man's strength may not bring on destruction.

There is another picture-- people gifted with very high mental talents, but with frail bodies. All their physical energies are burnt away in mental furnace and they cut very weak pictures. They cannot attend to the ordinary needs of life. If they unfortunately beget children they have got very weak people with very big heads. These heads are squeezed out of the narrow pelvices of their poor mothers, at their birth, showing a tendency towards premature development and idiocy. It is an account of this that many mental geniuses of the world are without or with very stupid children.

So it is always wise to choose a course of exercise in which both mental and physical organs receive their proper share of development. It is always wise to take any exercise only in moderation so that one may receive a normal development of his mental and physical capacities. Any exercise done in excess may not be conducive to the proper health. So one should take care to see that his health is not interfered with, while his body or mind is improving in strength.

Such people are needed. They are an asset to their families as well as to the nation which is fortunate enough to have them as its members.

If you look into the pictures of Queen Victoria, G. B. Shaw, Ramsay Macdonald, Rabindra Nath Tagore, Jawharlal Nehru, Bernarr Macfadden, Herr Hitler and Bulusu Sambamurthy, you will know what a combined development. Such people are needed for any country.

THE GLUTTON & THE YOGI

The Yogi--

eats a little,
drinks very little
and breathes properly
He purges but once a day
and that very little
He suffers not
He thinks and meditates
for the people in silence.

The Glutton--

eats much
drinks too much
and can breath but little
He purges many times in very large
quantities and yet always suffers
He thinks and meditates about nothing
but his food
and boasts, and talks
very loudly about himself.

Chromopathy in Septic Wound

K. V. BHAGVAT

Case — Septic wound

Sex:—Female.

Age:—33 years.

Date of injury 10-11-41.

Treatment begun 20-11-41.

Cause—A prick of tin sheet, at the time of opening a soldered tin, at the tip of the right hand middle finger. The prick had led to some haemorrhage which stopped after a while and the wound being of a generally common occurrence was neglected. Instead of healing and getting better it began to swell and become painful and the patient became feverish. The swelling was growing up above the fore-arm and had reached the elbow joint, after covering the whole palm by the time I saw the patient. The whole arm was extremely painful and the pain had attacked the glands in the arm pit and the groin.

When I saw the patient on the 20th, the reddishness of the skin of the injured finger had given place to a whiteness showing that puss had formed inside.

The temperature was 101 Degrees F.
Pulse " 110 per minute.

A septic wound & all concomittant symptoms.

So this was a case for treating with the green colour. At once a green bottle was

found out and filled with good clear, than a water and placed in the sun for five the on a wooden stool. Thus the med. being prepared and one dose of it was given in the morning at 6 a.m. On asking the patient, how she felt after about two hours no change was the reply; so another dose was administered. After the lapse of about ½ hour after the second dose the patient herself told that the pain in the finger and the arm pit had much reduced and that she was generally feeling more comfortable. So the doses of the green water were pushed on every two hours till she had taken six doses. By night the patient was feeling quite comfortable and had regained her spirits so much that she was very willing to get the abscess on the finger opened at once. So it was opened with a clean knife boiled in water, the puss squeezed out and the wound washed with water, into which some neem leaves had previously been boiled. The wound was bandaged with a clean gauze. Next day the dressing was untied. The swelling of the finger had completely disappeared. The white dead skin was cut off with scissors. In four days the finger had improved so wonderfully that it began to look quite normal. The patient was being given doses of green water all those days.

The green water doses were always warm and not cold.



Our Mail Bag

From K. V. Bhagvat
Pearl Merchant
GIRGAON, BOMBAY 4
2nd December 41

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The Editor,
"Indian Naturopath,"
Bezwada.

Dear Sir,

In the interest of Naturopathy and other allied pathies and in the interest of our monthly magazine, I forward to you the following complete history of a case for publication.

The case was treated by my friend, a young fresh graduate of Ayurveda. After his graduation he was spending some days in my neighbourhood when I coaxed him to read the books, in English & Vernacular, on Chromopathy & Hydropathy which I had in my possession. He was good enough to read them and as my luck or his luck or his patients' or perhaps the luck of all of us combined together, would have it, as soon as he returned to his village house which is about 50 miles from Bombay, there in front of him were two cases, of his nearest relatives, his

mother & his grand mother. The young medical graduate was quick enough to discover that they were good cases for Chromotherapy and at once set about treating them and was crowned with splendid, unexpected success in an astonishingly short time.

It is the reading of such cases that makes our magazine more interesting to all readers and latterly I have greatly deplored the want of that particular class of reading matter in our magazine. Leaving aside the particular cases I am forwarding herewith for publication please make it a point to include one or two cases from all parts of the country and from all doctors, practitioners and any other persons who take an interest in the subject in every issue of our magazine. It is these concrete cases that attract forcibly the attention of laymen as well as medical men. So I again emphasise that do you make it a point to give one or two cases in every issue. It will certainly make the magazine more popular: not only that, but I go still further and say that you should even pay for such contributions. I am sure it will pay in the long run.

Yours faithfully,
K. V. Bhagvat.

Diphtheria in the light of Statistics

Diphtheria could be stamped out. In this respect it was different from measles, or whooping cough, influenza or cerebro-spinal fever.

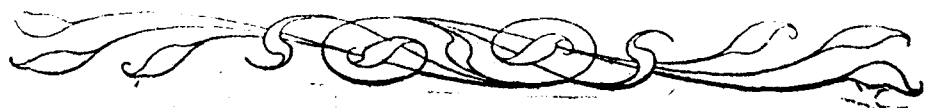
This statement was broadcast by Sir Wilson Jameson, Chief Medical Officer of the Ministry of Health, on 5th May, 1941, when appealing to parents to have their children immunised. It is, therefore, interesting to note whether the death-rates for diphtheria and the other two essentially children's diseases which he mentioned afford any justification for this statement.

Diphtheria immunisation was started in this country in the year 1920. According to the Registrar-General's Statistical Review, the average death-rate from diphtheria per million living at ages under 15 years for the years 1916-20 was 449. The death rate for the last recorded year, namely, 1938, was 310. It will thus be seen that with an ever-increasing amount of immunisation the death-rate has only declined from 449 to 310. During the same period, the measles death-rate declined from 665 to 180; whooping cough from 509 to 126.

It should be noted that at the beginning of this period there was a greater loss of life from each of these two diseases than from diphtheria; but after 18 years of immunisation the only apparent result is that the death rate from diphtheria, instead of being less than that of measles or whooping cough, has become equal to the combined death rates of these other two diseases.

It is also interesting to see that in Scotland during the year 1936 the deaths from diphtheria were 387. The total recorded for 1940 was 672. It is noteworthy that during these five years, when immunisation was practised with increasing intensity, and the annual number of deaths from diphtheria rose from 387 to 672, another disease chiefly affecting children, namely, scarlet fever, declined progressively year by year, from 172 deaths in 1936 to 35 deaths in 1940.

In the light of these statistics diphtheria immunisation makes such a poor show that to the onlooker it seems that those in authority ought to have it removed and more stringent sanitary measures put in its place. But, instead of this, parents are still being urged to have their children immunised, the arguments in favour of this practice leading parents to assume that the treatment has been perfected and that the trial stage has long been passed. This is far from the actual state of affairs, and it is not too much to say that diphtheria immunisation is still in the experimental stage. Examples are given, chiefly from other countries, to show the apparent success of this so called preventive treatment, but even the prophylactic used in those instances may differ from what is being used in this country. That is to say, the one in most common use, as a number are being tried. Of what value, then are these statistics? Until the authorities have agreed upon the universal adoption of one particular preparation, warranted to be of a certain standard, and it is administered in a uniform manner, statistics given in favour of diphtheria immunisation in general must be quite valueless.



At the present time medical authorities are still discussing (1) the best preparation to use; (2) the number of doses to give; (3) the correct amount of the dose; (4) the best method of administering it; (5) the time which should elapse between the doses; (6) the time when immunity to diphtheria is supposed to start, after the last injection; (7) the length of time that the alleged immunity will last; (8) the means of ascertaining whether the child has been really immunised.

As the majority of children do not have diphtheria, the fact that an "immunised" child has not taken the disease cannot be regarded as evidence of immunity derived from the treatment. Therefore, the medical profession has to fall back on the Schick test—a method which has been largely discredited and widely discontinued—as a means of trying to ascertain whether immunity has been achieved.

Dr. John Tudor Lewis, an authority on the subject, expresses the opinion, in a letter published in *The Lancet* of August 23rd, that "the routine use of the Schick test is untenable". The reasons Dr. Lewis gives for this are, briefly, that Doctors who are carrying out the immunisation treatment have not had the experience which is necessary for the performance and interpretation of this test. Secondly, the Schick test requires two extra visits for parents and Doctor and causes extra expenditure of time and material, which he considers would "seriously hamper the work of effective propaganda." Dr. Lewis adds that "no guarantee of absolute immunity can even then be given".

It cannot be too often pointed out that the alleged immunity conferred on children by this practice is pure supposition, and that it is impossible to provide any incontrovertible proof that the treatment is efficacious.

TETANUS

THE USELESSNESS OF ANTI-TETANIC SERUM

BY VALENTINE KANGGS, L. R. C. P., etc.

Among the many fascinating structures found in the human body the nervous mechanism is outstanding. It consists of an intricate co-ordinating centre, the brain, from which, via the spinal cord, emerge a vast network of filaments called nerves. These, like wires, connect the brain to every nook and corner of the body. It is through the action of the brain, from impulses transmitted along the nerves, that we sense discomfort and pain, and are able to use our muscles and limbs for locomotive purposes.

The cerebro-spinal nervous system is actuated by a minute electric current, which can be sensed and measured by means of a sensitive galvanometer. In order that this current should function, it is necessary that the entire nervous system should be insulated. It is for this reason that the brain, spinal cord, and all the nerves, from the large trunks to the minutest filaments, are covered with a thick fibrous membrane or sheath. This may be likened to the insulating material which electricians use on the wires carrying electric current into our houses. And, like the electrician, Nature takes the most elaborate precautions to keep the membranous covering intact.

The many bodily tissues connected to the nerves are enveloped in a slowly-circulating fluid known as the lymph. This may become infected or contaminated as a result of disease. This bodily lymph is not allowed to enter the encased nervous mechanism unless it has been filtered through the sheaths. Nothing must impair the smooth working of the vital nervous system.

Dire results follow any penetration of an unhealthy lymph stream into the sacred inner precincts of the enclosed nervous mechanism. It is one of the things which we have to dread when the venereal disease called syphilis is contracted, or when cerebro-spinal fever (infantile paralysis) occurs. In

both these generalised disorders the minute virus appears to be able to evade the filtering process.

Tetanus, or lockjaw, unlike these generalised diseases, is due to a *localised* penetration of the nerve sheaths. It is the outcome of injury and not of disease. Severe wounds, especially if neglected, have the effect of eroding and thus opening up the nerve sheaths in the vicinity of the wound. The septic virus then penetrates along the uncovered nerve filaments. It runs up underneath the sheath and thus disorganises the whole nerve. This induces a condition of localised tetanus. If, however, the virus is very virulent it may extend to the spinal cord. When this happens the full symptoms of generalised tetanus occur. Some cases of tetanus have originated when the wound has healed. This would rather suggest that some septic condition was still at work in the deeper parts of the healed wound.

How strongly the nerve sheaths resist destruction, following ordinary wounds contracted in civil life, is shown by the comparative rarity of tetanus. Few doctors in ordinary practice ever see a case. It is when war comes, with the dreadful wounds caused by shrapnel, shell fragments, and other devastating debris, that tetanus becomes a common after-effect. Add to this the delay and difficulties connected with first aid and it is only a step to that highly *septicaemic* conditions which opens up the nerve sheaths.

If the reader uses his reasoning powers after noting the above facts he will surely come to the conclusion that not one particular germ (the *bacillus tetani*) but a motley array of eroding germs are the causative factor in inducing tetanus. It is absurd to tie down the cause to a bacterium which seems to be universally present without doing any harm.

The powers that be should discard their antitoxin prophylactic and pay far more attention to the treatment of septicæmic wounds, so as to cope with and nullify the *mixed* eroding bacteria which are a dominating factor of such wounds.

A solution of sulphate of magnesia (Epsom salts), used as a lotion or compress,

is strongly recommended as a remedy. It has a strong affinity for carbon and a powerful osmotic property, so that it quickly nullifies the eroding action of the septicæmic bacteria. The American naturopaths discovered this fact some forty years ago and the present-day doctors are just beginning to find it out.

OUR DOCTOR'S TOUR

Dr. A. V. K. Murty on his North India tour to study the movement of Naturopathy, went to Hyderabad from Warangal.

At Warangal he found a very enthusiastic Naturopathic Social worker in Mr. Dacha, who has been striving every nerve to popularise the system of Nature Cure especially among the poorer classes. He has cured about eight thousand cases during the last two years as a result of which Naturopathy has become so popular in Hyderabad and Secunderabad that even the lay man knows his address. As Mr. Dacha has been

specially employing colour cure, he is popularly known as Rangwala.

Mr. Dacha has been treating the patients almost free of charge, and so the movement has been all the more known very well among the poorer classes who require the system of Naturopathy most at the present state of world affairs than at any other time.

Rich Nawabs also go to Mr. Dacha in times of medical need and have been much benefited.

Dr. A. V. K. Murty proceeds to Gulberga from Hyderabad.

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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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FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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

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The Indian Naturopath, Bezwada

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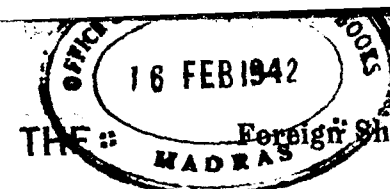
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The Official Organ and Gazette of The Indian Naturopathic Association

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BEZWADA — February, 1942

No. 2

GANGRINE

(By C. V. Chetti, 'Nature Cure', Vellala Street, Vepery, Madras.)

Sri Sundaram Pillai, Rice Merchant, Kumarakkoil Street, Cuddalore O. T. was not able either to walk a few yards or to stand on his legs because of a huge swelling in his left ankle. His leg was a hard mass of wood without sensation in the outside but with an excruciating killing pain in the interior. He was crawling with his hands and backside. Under allopathic treatment he was medicated for over two years where it was diagnosed to be gangrene or bonegrowth and hopeless of a cure. Medical advice was for amputating or operating his leg if necessary after an ex-ray. He came to Madras for that purpose and happened to stay with the author for a night. Any amount of argument with the patient in favour of Nature cure was ineffective. At last the author asked him to delay for one day when he will do something slight which might give him some relief and if he did not find any change that day he might go to his allopath with whom he had already fixed up. Agreed! The next morning an enema of hot and cold with a mild steam bath to the leg were quite sufficient to influence the patient from his preconceived resolve. He had sound sleep that night and the next morning the author posed as if he did not care for the patient. For, what he wanted was that the next move should come from the patient. Verily! it did come at 9 A. M. that day. The patient smilingly said "Sir! I feel somewhat relieved and I shall try your treatment for about a week before I again decide to put myself under the X-ray doctor". During

that one week further courses of a preparatory diet, sun, steam and cold baths with the inevitable daily clay poultice and occasional enemas reduced the internal pain to such an extent that the patient was not concentrating all his attention on his ankle. The author gave him to understand that the subsequent week would be one of aggravation. A course of partial fasting on fruit juices and tender cocoanut water for 3 days combined with all the daily enemas baths and nightly earth bandages made the hard mass something like an irregular inflated toy balloon, with a suppurative appearance on all sides and the whole mass giving him an awfully burning sensation as if produced by live fire. Next week he was put on mere fruit juices and tender cocoanut water alone with daily enemas which were getting out large quantities of old retained stools. Exactly 21 days after commencing the treatment the mass gave way of its own accord expelling in all about 3 to 4 seers of puss and blood all at a stretch. It should be noted here that such an expulsion did not make the patient any the weaker as would surely be the case had he undergone an operation. Nature's action was clearly visible at this stage. All the poisons in the interior by a subtle process were being forced to the surface as the healing process of Nature commenced from within. The matter was being pushed out every day making sensible or painful, the insensitive mass. Further course of a week's treatment with cooked vegetables for one meal and edible fruits for the other with cocoanut oil

(Continued on page 17.)

A Case For Birth Control

(By A. P. PILLAY)

"We cannot throw on the Deity the responsibility for bringing unwanted children into the world and leaving them to the State to clothe, feed and support by outdoor relief."

It is almost a truism to say that the number of children to a couple should depend not only on the mother's health but also on the father's earning capacity.

Available statistics show that the infant mortality rate varies inversely with the income of the father. If the income of the husband is low, he cannot procure adequate medical aid for his wife at the time of confinement. This naturally leads to increased maternal mortality. It is not meant that poor people should have no children, but that they should have only as many children as they could afford to bring up in health and in moderate comfort. A good father should aim at leaving his children in a higher social level than his own, if not, at least in his own. A man of a low income group should, therefore, control conception after his wife has had one or two children.

Contra-Indications For The Use Of Contraceptives

There are no medical contra-indications for the use of approved contraceptive methods. If, however, harmless methods are used, the use of contraceptives does not lead to sterility or any other untoward effects. Unprejudiced gynaecologists subscribe to the view that when a couple who was using a contraceptive gave up the practice deliberately or by carelessness even on one occasion, the wife has become pregnant. I have seen this again and again in my practice.

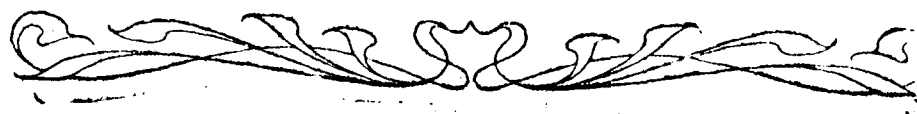
Other Objections

It would serve no useful purpose to enter into questions, such whether as a knowledge

of contraceptive methods would lead to increase of promiscuity or a deliberate shirking of parenthood by physically and eugenically healthy couples. The principle to be considered when advocating any reform is whether it will be misused by the minority. As to the sinfulness or otherwise of contraception, there is no difference of opinion at present. The difference of opinion is only as regards the methods used. The Roman Catholic Church has now accepted the principle of contraception, only they condemn "artificial" methods. Those who can practise the "natural" methods successfully and without ill effects on their health may do so, only, on the whole, these are not so effective as the so-called "artificial" methods. The main contention is that in certain conditions, the wife should not become pregnant.

"We cannot throw on the Deity the responsibility for bringing unwanted children into the world, and leaving them to the State to clothe, feed, and support by outdoor relief. The morality of birth control depends on the motive. The good citizen wants to do his best for his children and for his country. If he has reason to think that his children are not likely to be healthy in mind or body, or if it is plain that there is no longer room for large families in the class of the nation to which he belongs, it is his duty to act in accordance with that knowledge."

(Extracts from 'Birth Control Simplified')



HOW INCURABLE DISEASES ARE CURED ?

By Dr. PUCHA

Many patients come to us in our daily practice, after they are declared incurable in almost all the systems of medicine. After a few months stay in naturopathic clinics they go home relieved of their diseases. How this happens needs a detailed explanation from us. As long as the patients follow the said systems of medicine we also say that the diseases are surely incurable. In their clinics they cannot but face a fatal death. The doctors are not wrong.

But here, in a naturopathic hospital, we take a diametrically opposite course of treatment. We fast the patients whom an allopath conventionally feasts with all sorts of foodstuffs, thought to be nutritious or rich in nutritive elements. We allow the patient to take exercise where an allopath would prescribe a "stay in bed". We allow the heart to work, where an allopath would prescribe sedatives. We allow the nervous system to rest when the allopath prescribes a stimulant such as strichnine. I wish to make myself clearer through the demonstration of the procedure we had followed for the cure of certain diseases.

A lady in her forties had an abscess on her dorsal area. There were swellings on the left and right sides of the spine. After a few days treatment in Ayurveda she was presented to the allopath. A few of the profession assembled and declared an operation of six inches into six inches inevitable. They could not guarantee a cure as the abscess was of a bad type and as the patient was a diabetic.

The husband of the patient happened to be a friend of mine. He knew also how incurable diseases were being cured by me in Naturopathy. He brought her to me.

I educated them how she had the diabetes and how the wrong and negative diet was primarily responsible for her disease. She was given cooked vegetables for her morning meal and fruits at other times. She came to me with burning irritation on

and around the abscess. I advised cold cotton compresses on the abscess, with frequent changes. With every application of the cold cotton compress, she used to feel some relief and whenever the irritation began, the compress was replaced by another cotton compress moistened in very cold water. Days went on and the pain finally abated and the abscess had increased in size. It became softer day by day and in a week and a half it broke open. Purulent pus came out in small quantities for some days and ceased to come out further. The abscess grew in size and the whole dorsal area had also swollen. It was tender and soft. I began to think that even the vegetables did not agree with her and prescribed oranges, batavias, grapes, and pomagranates for her diet. After another week the abscess once again broke open but very small quantities of pus began to come out.

I gave her mild violet chromo-disc applications on the abscess from the start. This time I increased the power and duration of the application. After a few days such applications, enormous quantities of obnoxious pus came out of the wound. Then she could not stand the power of the disc and so I reduced the duration and the power of the disc and changed the colour to blue. The wound became wider and covered an area of six into nine inches.

The patient became a skeleton almost, and began to feel the fruit diet insufficient. I asked her to resume to her old diet of cooked vegetables in the morning along with the usual fruit diet. The wound began to heal from the extremes and in a month the whole area was completely covered. She was given a lukewarm enema every day from the beginning almost to the end. She was taking a cold Kuhne sitz bath in the morning and another in the evening for a month and afterwards the evening sitz bath was replaced by a hip bath.

After the whole area was completely closed, she was given whole meal wheat bread along with the cooked vegetables in

he morning. She was given the whole meal wheat bread in the evenings also after some more time. I took care to give her cooked vegetables and bread in the ratio of 3:1 whenever bread was given. In the afternoon she was taking fruits sumptuously.

She was taking her whole body bath every day with hot water and her weekly oil bath was encouraged. Any system which does not search for the basic cause of a disease and try to rectify the error, is sure to fail in the cure of any disease. The system ignorant of the details in the science of dietetics cannot but fail in the long run.

Owing to the dietetic changes made in the present case the sugar in the urine disappeared in a month. Any system which does not take care to keep the patient on exclusive vegetable or fruit diet could not have controlled the sugar in such a short period and the cure would have been impossible. She went home completely cured of the disease. It is about 2 years and she is alright now without the least trace of sugar.

I shall try in these columns how such cases declared incurable by other systems of medicine, have been cured by us in our system.

Chromopathy of the Hindus

Walter Seth Kipnis, N. D., F. A. C. N., National Secretary, A. N. A.

CHROMOPATHY is a modality in the same sense as electric current is a modality, a measurable and governable application of a powerful healing measure to diseased, demagnetized and exhausted mind and body.

Electricity is a gross force, a force powerful in its action and compared to colour, is like a tempest is to a palmy autumn breeze; as an overwhelming odor to an undefinable unanalyzable, ethereal ether of a tropical fruit. Chromopathy is one of the fine forces, and as such not appreciated as fully, not understood as clearly, as the grosser expressions of another form of force or energy.

It is impossible, on account of the thousands of laymen and laywomen into whose hands this article will fall, to go into a protracted discussion of the application of this modality, and the writer believes that the information given in an article of such brevity as this, would be of greater harm than good, if applied by a layman. The attempt and the scope of this brief paper, is to show the antiquity of this method and the ramifications of its uses, the values of which have not been realized. The modern Hindu is the sole nation whose exact and concise writings, go far into antiquity and whose thorough and scholarly investigations, are drawn on here for the purpose of illustration.

The ancient Aryan invaders of India were, before the adoption of a code of ethics, Vedas, were Sun worshipers. They worshipped the Goddess Usha, the Goddess of Dawn as she preceded and announced the coming of the All Healing Sun. They worshipped the God AGNI, as the conserved energy of the Sun. They worshipped SURYA, the great Sun God as the great energizer, and as the visible expression of the infinite and incomprehensible Brahma, the breath, the Soul, the beginning and end of all.

The breaking up of sun-rays into its constituent parts, occurred before written record was established. Having learned of the wonderful value of sun as a healer, the Pundits (priests) proceeded to experiment with the constituent parts of the sunbeam. Through the innumerable years that have passed since those days of experimentation, a system was evolved, a complicated, well-tested system, which has been used for the healing of millions of people, and found to prove its undiminished value as ages passed.

Hindu science never paused in its onward progress. It may have lagged, it may have stumbled, it may have fallen but it carried on. Through conquests, through holocausts, through famine and poverty, it carried on the proud banner of tested science

to this day that bids fair to bring a renaissance which all the world will benefit by.

The oldest structure wherein colour is used for healing purposes, and which is still in use, is the famous Akbar Hamam (Akbar's Baths). The walls of this bath house are coloured, and those suffering from different ailments take their steam baths in the rooms of the colour which is considered beneficial for their particular illness.

The present day treatment rooms are built so that the light falls into the room both through the ceiling and through the walls. The walls are arranged so that light comes from some side at different parts of the day, the parts where the sun does not strike being shut off. The room contains in its ceiling and walls, frames wherein panes of glass or silk can be inserted. These are removable and are applied as per type of illness which it is desired to treat.

(Occasionally two colors are applied, falling on the exposed body either on different parts of the anatomy, or blending on the part of the body.

The colours used are six in number. White, which is the blend of colours is also used either alone or in combination with other colours in various proportions to reduce or alter the value of the colour it is mixed with.

For the purpose of treatment, the day is divided into six parts, and the application of certain colours and shades at these various times, is either recommended or prohibited.

These colours are applied not only through glass or silk, but also by having various oils such as mustard, linseed, sesame, ghee and so on, receive the rays for a period of time and then being rubbed on the body give off the color they were treated by.

In the same fashion as the oils are treated, waters are prepared, and thus we have the example of Cummin, Cardinum, Omum and other waters, prepared for the treatment such as is given by use of treated oils.

One can see, by the few examples given of the treatment, that in mode of application of the colour, the multitude of varieties of shades, the division of all that by time and by the instrumentalities through which these colours are applied, that this science, has been profoundly studied, and has tremendous possibilities.

It is to be hoped, that the vast researches of the ancients, will again be available to the suffering humanity, through the adoption of chromopathy, as one of the important hand-maidens of the great healing art.

"NATURE'S PATH."

Continued from page 13.

and wet bandages to the sore put the patient on his legs. On the 29th day he began practising standing for a time and on the 40th day he walked with the help of a walking stick. His avocation at Cuddalore compelled him to go there on the 45th day. After a month he wrote to the author that the wound was completely healed and he was

walking without any help. The Author had the pleasure of meeting him after a year when he could see no trace whatsoever of his having once suffered from the so-called bone growth or gangrene. This is only one of the many marvels that "Nature" works on man.

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Second Anniversary Celebrations

The second Anniversary of Aurogya Sadanam of Patamatalanka was celebrated on Sunday the 30th Nov, 1941, under the presidentship of Sri Chunduri Venkata Reddy garu, B. A., of Bezwada.

Though the Sadanam is a bit away from the town, people from various parts of Andhra Desa came in large numbers. At 8 A. M. the procession was taken out. There was prayer at 8-30 A. M. by Brahma Sri Palaparti Narasimham Garu. He discussed about the relations between God and the human beings, and how the health of human body plays an important part in attaining moral as well as spiritual elevation.

Afterwards, there was an exhibition in Shatkriyas by Yoga Vyayama Vidhyardhi Simha, Prof. A. Pandu Ranga Rao of the Sadanam, and he was assisted by some of his students.

At 10-30 there was a grand feast with the following fruit combinations: Coconut, Plantains, Guava fruits, dates, oranges, Soaked wheat, green gram and gram-ground: nuts and coconut milk. The feast was followed by Harikadha by Sri Yohanu Bhagavathar of Bezwada. All went through him with rapturous ecstasies.

At 3 P. M. Yoga Praveena Dr. V. Nageswara Rao (B. A. Class) of Aurogya Sadanam exhibited and explained the various natural treatments such as sun baths, thermolime baths, electric light baths, foot baths and various kinds of shower baths and douches according to Kellog.

At 4 P. M. the meeting was held under a big banyan tree just before the Sadanam. In the beginning the Annual Report of Aurogya Sadanam or Health Home was read by Maharshi Seetharama Avadhuta garu, the proprietor and the chief doctor of Aurogya Sadanam of Patamatalanka.

Dr. Vadapalli Murahari Rao lectured on the defects of medicine and its dangers to humanity. Dr. K. Adinarayana Sarma gave a lecture on the birth of Naturopathy and its benefits to mankind. And he added that it is this Naturopathic Hospital (Health Home) that has its full development in the whole of Andhra Desa, nay in India, and it is to this Sadanam that every Andhra and Indian should have to help for its development and utility to all poor and rich alike. Dr. V. Krishnam Raju gave some striking examples of cures he affected by natural methods, which were left out entirely hopeless by so called eminent medical doctors, and dwelt on the generosity of our Mother Nature. Mr. K. Suryanarayana explained the various natural treatments. Mr. D. V. Krishniah, B. A. (Com.) expressed his pleasure in seeing such a big Nature-cure Hospital and such a great Naturopathic movement in Andhra Province, and hoped to see next year the delegates from all parts of India. Mr. P. Venkatanarayana explained the life and work of Maharshi Seetharama Avadhuta garu. Dr. Vallabhaneni Nageswara Rao B. A. dwelt at length on the possible defects of medicine and how it is harmful instead of being good to humanity and explained clearly the gulf of difference between medicine of to-day and Naturopathy.

In the middle of the meeting there was an exhibition in Yoga Asanas and Suryanamasars, Indian exercises, Indian fencing, muscle control and muscle movement by Yoga Vyayama Vidhyardhi Simha. He won the admiration of one and all. This was followed by lectures on this Vyayama Kala by Mr. Koderu Raju, wrestler and Mr. Garrey Veera Raghava Sandow, who exhorted that every one should make exercise part and parcel of his daily programme. Sri Chunduri Venkata Reddy garu B. A., who presided over the function appreciated the great work of the Maharshi.

Vote of thanks were given to all, for making the function a success.

WALKING FOR HEALTH.

For many ages walking has been considered to be one of the best forms of exercise. There is no other exercise so much promoting health as walking. Every part of the body is thoroughly employed and perfectly brought into play. The circulation of blood becomes so vigorous that even the delicate veins and arteries are fed by it. Both the body and mind are animated by this simple form of exercise.

Walking is an efficient tonic for ordinary ailments. It digests the richest food we eat and cures indigestion. Sleeplessness disappears if one walks a dozen miles every evening. Pale and bony people who are of weak constitution become muscular and strong, if they walk regularly a score of miles every Sunday. It is a simple and practical rule of health. When it is regularly taken, it cures many diseases, such as indigestion, constipation, chronic headache, grippe, insomnia, nervous debility, etc.,

Walking has made many stunted people grow tall. It increases the height and weight of the person, developing the body at the same time in equal proportions. Mr. Pearman the fastest walker of America, grew tall and strong by this simple exercise. His table of growth is strikingly astonishing. I furnish the same for the benefit of our readers.

Age	Height	Weight
14 years.	5ft. 1 inch	85 lbs.
17 "	5-3 inches	99 "
20 "	5-6 "	120 "
24 "	6-1/2 "	147 "
27 "	6-3 "	169 "

'A walk of fifteen miles' says Mr. Pearman "every Sunday morning will keep the doctor away and bring big dividends in the form of development of body and sound health."

To maintain a proper degree of physical fitness, walking is quite essential. When it is taken with pleasure and ease, it serves as the best form of recreation. People who are

worried by the cares and anxieties of the world find it highly beneficial to take a gentle walk in the fields.

"Many miles you walk more years you live." That is the motto of the present Americans. Longevity is the special gift of walking. Many people who had been shattered down by ill-health covered a great distance daily and recovered their health and long life. I shall here try to illustrate a few great walkers taken from Smiles' works.

The philosopher Hobbs improved his health by walking and lived to a grand old age of 92 years.

Immanuel Kant—the German philosopher who was of a feeble constitution, carefully attending to the laws of health was able to live till the age of eighty by persistent walking.

The well-known American author Timothy Dwight was suffering from brain disease. He was a studious scholar and a great brain worker. In consequence of this he lost his eye-sight. He was advised to walk and before long was able to cure his brain disease and recover his sight.

William Hotton of Birmingham was a great worker and walker. He spent most of his leisure in walking. While he was in his seventy-eighth year he walked a distance of 601 miles in 35 days with ease. In his 88th year he wrote in his diary, "At the age of eighty-two, I considered myself a young man. I could without much fatigue, walk forty miles a day." In his ninetieth year he was walking a distance of ten miles a day. He always regarded his walking power as a test of his vitality and I think it is true. He lived till the age of 92 years.

Many of the literary men such as Wilson, Southey, Goldsmith, Wordsworth, Scott, Dickens and Rousseau were famous walkers. Once Prof. Wilson went to a dinner party at Edinburgh from Kelso which was 52 miles off.

Walking increases weight and reduces fattiness to moderation. It will make the fat tender, the old younger, the young stronger and more muscular. It has been considered to be one of the best exercises, for one cannot over-exert himself in it.

A FEW GENERAL HINTS ON WALKING.

- (1) Walk in winter in noon and in summer morning and evening.
- (2) Walk to hilly places and open fields.
- (3) Walk slowly in the beginning and gradually increase the speed.

What And How Should We Eat

We live in the world of science, but we eat un-scientifically. We take pride in using delicacies and complicated mixtures of foodstuffs. This method of ours is very detrimental to our health. Lower creatures and uncivilised tribes are real followers of nature, while we, the so-called civilised go against nature. The lower creatures do not require delicacies or narcotics. They are content with their simple fare.

x x x x

The horse is well satisfied with his meal of oats or corn with the result that it scarcely gets ill. Most of the animals, if they are left to select their own food, prefer to take it directly from the bosom of their mother nature. And we see that from the simple foods thus obtained, the lower creatures derive great energy, and the elements out of which to construct bones and muscles.

x x x z

The tribes living in jungles have their habits very simple and their wants few. They have none of the puddings, pastries, species and the like but compare their

(4) Walk along with a steady pace with arms swinging at the ribs, head raised and chest lifted.

(5) Walk a good deal with your hands before.

(6) Walk with a humorous companion if possible.

The value of walking is inestimable. Everyone has to walk to maintain his body in perfect condition. The healthy man ought to walk to keep up his health. The weak man must walk to become strong. The sickman should walk to cure his disease. Hence walking may be everybody's hobby. Let every man try to WALK as much as he can and enjoy its blessings.

physique with those of city living civilised persons, and what we find weak, emaciated, bloodless, sickly caricatures, moving and living a life of a wretch. Look at the peasants toiling in their fields in the heat of the sun and you find them the healthiest, the heartiest and the happiest because their wants are not greater than their needs and they are content with simple foods.

x x x x

It clearly shows, therefore, we should normally experience no inconvenience or difficulty in digesting one or even two kinds of food at one meal. It is a very wrong notion to have a variety of dishes and if meat, milk, bread, butter, puddings, seasoned foods, cabbage, potatoes, fruit are taken at the same meal, the stomach becomes confused and the result is indigestion and fermentation. The simpler and the fewer the dishes the better the health. Complex dishes and dainties should be thoroughly avoided. The food preparation must be solely a mouth preparation. Fruits, nuts, cereals with addition of milk are best suited to man's natural dietic needs.

SEX - EQUALITY

(By V. S. MUDVEDKAR)

Ordinarily, she would take pleasure and pride in being the devoted wife of a man superior to herself—strong and brave, intelligent and rich, passionate and generous—rather than handsome, gentle, and chaste.

That women should have the same liberty of sex as men, sounds quite plausible; and the opposite party's cry that such liberty will destroy the happiness of home life, will demolish the beauty of social life, appears equally justifiable.

The history of the human race however:—

(1) The lives of the greatest men and women, in history and mythology.

(2) The institution of prostitution—over the entire world, almost from the beginning of time.

(3) Crimes like kidnapping of girls and commission of rapes

(4) The daily street incidents of men being eager to have a look at women; whereas, women, far from similarly being eager to look at men, taking this attitude of men as an insult if not a crime.

(5) The state of celibacy on the part of man notwithstanding the natural limitation on his appetite and the easy unnatural means available for appeasing it being generally considered as a higher feat of self-restraint than on the part of women with her greater capacity in this respect and fewer means of appeasing it.

(6) The bad custom of old men marrying young girls and the phenomenon observable in this respect in the lower animals, apart.

All these things would appear to go to prove conclusively that man is by nature far more passionate and fond of variety in sex than woman.

Woman—?

2. Woman is by nature an incarnation of the softer qualities of weakness, lightness, neurosis, dependence, patience, superstition, sanctity, ceremony, timidity, and delicacy, modesty, beauty, sympathy. Ordinarily, she would take pleasure and pride in being the devoted wife

of a man superior to herself—strong and brave, intelligent and rich, passionate and generous—rather than handsome, gentle, and chaste. She might perhaps, in a fit of rivalry with man demand equality in respect of beard or moustache, rather than in respect of sex. It would also be illogical to suppose that woman, who is weaker or milder than man in all the equalities of human nature—exceptions of course excepted, is stronger or equally strong with man in respect of sex impulse alone.

Man and Woman

This is not however to say that women should never dream of that kind of liberty or fondness for variety, while men should go on wallowing in lewdness without let or hindrance, but that, in the majority of cases, woman does not, as a natural urge, require that liberty: while on the other hand, slight or stealthy transgress on the part of man in this respect is pardonable. In other words, this is merely an explanation of a natural phenomenon—improveable and abuseable, by man as by woman—which to extremists on either side appears inexplicable. If a section of women of today—rather a section of men on their behalf—be bawling about that liberty, as a natural right with men, it would appear to be due to the following three causes:—

(1) Plausibility of the phrase "equality."

(2) Incompatibility of the match-or unsuitability of the male partner,

(3) Exceptional cases among women who may perhaps be more passionate than men.

Sex Equality

4. I do not know whether anywhere in the world the principle of sex-equality has actually been given a full and fair trial, and how it has succeeded. But from the tales of divorces in the advanced Western countries unions of free

love, marriages by trial, separations for experiment, etc. and the reactions produced in countries where a trial to this principle appears to have been given, as in Russia, it appears that however happy those people might in other respects be, in the matter of what is known as the happiness of "home life"—one of the highest if not the highest pleasure of life—their condition, of both men and women, is extremely pitiable.

5. As for the incompatible matches, their examination—physical and sexological—and if possible even psychological and temperamental—of both the parties before marriage, thus determining their suitability to each other in this respect, as by means of negotiation in other respects would appear to overcome this difficulty to a large extent.

Advanced Beloveds

6. As for the remaining class of exceptions really standing in need of sex-liberty—which

would be very small if the above precautions are taken before binding the parties by marriage—they are entitled to have that liberty. But then there should be no humbug about it—no hypocrisy in it. They will not be. And if possible they may be given a better, more appropriate or pleasing name—as free, generous, private or advanced beloveds or "My Dears" or Darlings.

They should not deceive the lay public by concealing their real creed, marrying men of the traditional or common creed, and then divulging and acting up to their own special creed. In other words, they should not envy or aspire to the position of normal wives, of the majority of men—to whom their wives are the queens of homes—"Karbharinis" or "Grihalaxmis," the goddesses of man on earth—the last resort of peace and consolation of the labouring, wandering, sweating struggling, battling, consuming life of the erring yielding, impetuous, adventurous, outdoor-duty man.

Henry Havelock Ellis

The name of Havelock Ellis has been a household word in almost every part of the civilized world. His death removes from our midst one of the greatest scientists of the age who combined the laborious research of Darwin with Huxley's lucid power of expression.

Sex has always had an appeal to man. Any little piece of writing pertaining to sex excites his curiosity. Yet a generation ago, none could read or write or talk about sex openly, because it was taboo in decent society. Mr Ellis was the first to teach us how to speak and write about it in a reasonable way and in a scientific attitude of mind, though in the beginning he too had his troubles in a pharisaical society.

Havelock Ellis was born in Croydon in 1859. His father was a ship's captain and took the child with him on a voyage round the world when he was 6, visiting Australia and South America.

As a lad he was interested in languages learning German and Italian outside school hours.

When he was 16, he sailed again with his father to Australia where he stayed for four years on account of his health. He taught in New South Wales and in 1877, ran a private school at Grafton. Later he was head of a State school at Sparkes Creek, the "Kanga Creek" of his only novel. As a youth he read much on religion and became an agnostic.

Returning to London in 1881, he studied medicine at St. Thomas's Hospital, taking his degree in 1889. Meanwhile he joined the progressive Association for which he compiled "Hymns of Progress" and the Fellowship of the New Life where he met his future wife Edith Lees. At this time he wrote for reviews and magazines, and edited the Mermaid Series of Elizabethan Dramatist and the Contemporary Science which went on till 1914 and for which he wrote "The Criminal."

In 1889 he visited Paris where famous men including De Gourmont who later had his books translated into French and pronounced him "the most advanced man in England." His first book

"The New Spirit" appeared in 1890. In 1891 he married Miss Lees. Their union was a "semi-detached marriage." They were economically independent, both had their homes and they simply promised never to deceive each other.

"The Nationalization of health" and "Men and Women" (1894), were the preludes to Ellis's "Studies in the Psychology of Sex" which were inaugurated in 1897, in those days regarded as a scandalous publication, the author and publisher being branded as perverters of public morals. No direct action was taken against them, but Bedborough, a bookseller who had sold the book to a disguised detective in a private house was prosecuted. As a matter of fact, Ellis's book was written in technical language for specialists sent for review only to medical and scientific periodicals and published at a high price with the result that it was practically unknown to the general reader till the proceedings were instituted. After these he suspended the sale of the book and decided not to publish the remaining volumes in England. The prosecution injured his reputation for a time, since ill-balanced persons counted him the victim of every perversion he investigated. By an irony of fate a judge in a court of morals in America dismissed a prisoner with a small fine

on condition that he read those very books which had been pilloried in England 12 years before. The latter volumes in the series were issued in America and Germany where his work was much more appreciated than in England. In his books on sex he avoided the extremes of the prurient and the preacher. He did not believe like the Freudians, that the sexual impulse was the sole root of every emotion and aptitude.

His "World of Dreams" was the first English book to contain a full exposition of the views of Freud and Breuer on hysteria. His other books include "The Nineteenth Century," "A Study of British Genius," "Affirmations," "The Soul of Spain," which recalls Keyserling's "Travel Diary," "The Dance of Life" and "The Task of Social Hygiene," showing what may be accomplished by social effort in breeding a finer type of individual.

After his wife's death he lived by himself in a flat at Brixton where he did his house work, cooked his own meals and cooked them well. There he received letters and books from every continent, although he never emerged into public life. He was free from the banal ideas and childish emotions which move the great masses of men.

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Savagery of Vivisection

The Anti-Vivisection League of the Netherlands Indies sends out an impassioned appeal for support in its fight against the horrors of vivisection, to which so many thousands of helpless animals succumb annually on the mistaken plea that their pain is necessary for the health of mankind. If in one institution alone an appalling number of animals, running into six figures, are yearly sacrificed to what is nothing more than a degrading superstition, dare anyone face an even tentative total of all the animals thus sacrificed in all the institutions the world over?

The Pasteur Institute at Bandoeng, Java, uses about 200,000 animals a year for purposes of vivisection. Every year all over the world humanity causes millions of animals to suffer and be tortured in a fruitless search for health.

"Do you approve of this abuse of animal life? Do you think that man has a right to inflict such cruelty? That he has the right to destroy other lives for the advantage of his own? Or have you the same mentality as Hitler, who uses weaker creatures for his own ends and sacrifices them for his own lust for power? You have no right to condemn him if you act towards the animals, who cannot defend themselves, in the same way as he treats his weaker fellow human beings, declare these anti-vivisectionists in Java.

"Vivisection is a terrible evil which must be uprooted, and the least of our humane duty is to fight for the animals deprived of their rights."

x x x
George Bernard Shaw, brilliant writer, who has conquered England with his pungent wit and devastating exposure of hypocrisy, cant and national weaknesses, throughout his plays and books speaks out

on behalf of our sub-human kindred: "Once allow irresponsible persons an absolute right to spread torture and death all round them, if only they will promise you the millennium, and you will land in dynamite in politics, just as you are already landed in vivisection in science. The question is one of human character: you have got to make up your minds whether you will live your life honourably or not. I dogmatically postulate humaneness as a condition of worthy personal character."

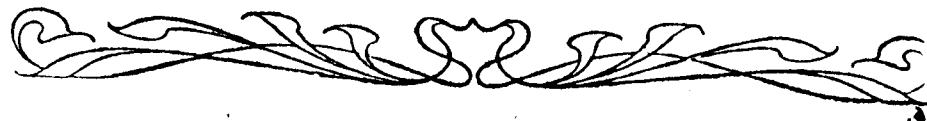
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George Arliss, distinguished stage and screen actor, and a practising humanitarian whose idealism has needed real courage, has said: "The cure of human ailments is being retarded, and the human body is being vitiated by the poison arising from animal experimentations. If you doubt this, I would ask you to think whether it seems possible that God ever intended that animals should be tortured in order that we might be cured of disease. If I believed that, I would have no religion at all. I certainly could not worship such a God."

Save Wild Life.

An Inter-American Convention on nature protection and wild life preservation was ratified by the United States Senate on 12 May 1941. Previously it had been signed by Bolivia, Cuba, Salvador, Nicaragua, Peru, Dominican Republic, Venezuela, Ecuador, Costa Rica, Mexico, Uruguay, Brazil, Guatemala, Chile, and British Guiana.

The scheme envisages the creation of national parks in all the countries of Pan-America in which animal and bird life will be protected and places of beauty and historic interest left untouched.



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

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

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

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

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

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

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

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.

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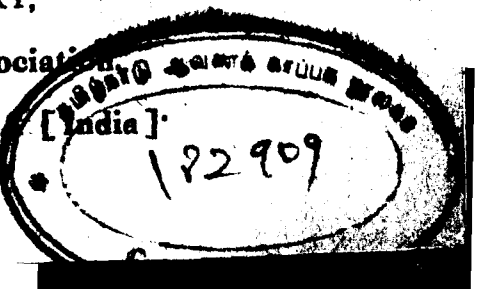
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The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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

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INDIAN NATUROPATH

The Official Organ and Gazette of The Indian Naturopathic Association

Vol. XIII

BEZWADA — March, 1942

No. 3

The Animals — Be Merciful to Them!

Extracts from a broadcast by Bishop L. W. Burt of Sydney. We ought to be thinking of the animals, as we think of our human brethren, every day in the year, but it is well to think specially of them on October 4th, which for thirteen years has been observed in many countries as World Day for Animals. The day is dedicated to St. Francis of Assisi, who loved all creatures as within the brotherhood of life. Justice for animas is the keynote of the day. Bishop Burt said:

When you ask: What should be man's attitude to sub-human creatures? I reply: How do you expect Supermen and Divine Beings to regard you? How should the elder members of a family regard the younger? How should the strong regard the weak or defenceless? Do we not turn in thought and prayer to the Saints and Angels, seeking their guidance and protection? Do we not expect Them to regard us ever and always with mercy and compassion, with understanding?

But when we turn our eyes to the lower rungs of the evolutionary ladder, to the furred and feathered things at the lower stages of evolution, do we find a stream of love and compassion, of mercy and protection, flowing from mankind to our younger brethren, the birds and animals? Here we must hide our faces with shame. Of all beings that inhabit this earth, man is the most ferocious, the most deadly enemy of all living forms. There is not a species from butterfly to eagle, from beetle to elephant, that man does not—when fancy takes him—delight in killing. No living thing is safe from man's greed, his curiosity, his vanity. Not content with killing incredible numbers of God's defenceless creatures daily to supply his self-created wants, numerous birds and

animals are mercilessly killed or maimed and left to die a lingering death, in the name of "sport." Surrounded by this awful cruelty meted out to animal and bird-life, sanctioned and condoned by orthodoxy, it is little wonder that the nature of some people becomes callous and depraved, as is summed up in that saying of the so-called sportsman: "It's a fine day, let's go out and kill something!"

Noblesse Oblige

Little imagination is required to realize that new history was made at the last Coronation in Westminster Abbey, when perhaps a third crown, set with a jewel more brilliant and beautiful than any seen by mortal eyes, was placed upon the head of the Duchess of Hamilton, not by the hands of the consecrating Archbishop, but by the Angel Host, in recognition of her noble deed of declining to wear the traditional ermine for that splendid occasion. Courageously facing the criticism and scorn evoked by opposing conventional custom, and moved by compassion and mercy for defenceless dumb creatures, and with Their Majesties gracious approval, the Duchess of Hamilton pledged her allegiance to the Throne clothed not in ermine but in fine fabric fur. By that noble deed, this champion of humaneness to animals saved

the lives of a number of ermine — these animals are caught by having their tongues frozen to iron bars, and die a cruel death in snow-clad regions of northern Europe and Asia, so that women may wear their furred skins.

Trappers' Cruelties

Millions of animals suffer the torture of being skinned alive because their pelts are said to be more easily pulled off while alive. Untold numbers of fur-bearing animals agonize for days in steel-toothed traps, often gnawing off their own limbs to free themselves. Others are swung in the air by traps invented to prevent them from gnawing off their limbs and escaping. Vile and wicked are the methods employed to procure the soft skins of the unborn young animals. Yet, sometimes as many as 200 little animals suffer agonizing torture and death for the making of a single woman's coat.

Because of the demand for feathers for women's hats some species of birds are said to have become extinct. The plumage of birds is at its brightest and loveliest at the nuptial or mating season. Therefore is it at this season that wholesale slaughter of birds takes place to obtain a higher price for their feathers. In some cases feathers and wings are torn from living birds, which are then thrown to die a lingering death within hearing of their young ones crying out to them for food, for lack of which they too must perish.

Vices of Vivisection

But of all the abominations of cruelty to animals perpetrated by man, none is so revolting as that of vivisection. Yet, according to the opinions of many of the greatest scientists and medical men of this century, the cruelties inflicted upon animals in the name of science and dogged by a terrible nemesis of suffering rebounding upon mankind in new and increasing disease.

One cannot tell to what extent the animals held in the vices of the vivisector's trough, or suffering long-drawn agony in experimental cages, in their extremity feel actual hate towards their callous tormentors. At least we do know that great volumes of mad terror and frenzied agony must constantly be produced in thousands of laboratories for medical research daily throughout each year.

Controversy on the subject of vivisection, and its regulation by law, or its total

abolition, have shown that not all medical men are in favour of it. Answers to a questionnaire sent out to all members of the American Medical Association last year showed that 34 per cent of the regular physicians replying to the questions declared themselves opposed to vivisection, or thought that the practice of animal experimentation did not justify itself by the results obtained.

The Medical World wrote:

"We firmly believe that only when we get away from the physiological or pharmacological laboratory, and go back to the bedside, will we begin to add to our knowledge of disease in man."

A Day of Resolution.

World Day for Animals, celebrated annually on October 4th, is dedicated to S. Francis of Assisi, one of the greatest lovers of animals known in history. Let us make this a vital Kindness to Animals Day by abandoning all callous, cruel ways of being less custom. Forsake all blood-stained fashions and modes of living. Join the ranks of those pioneers of a new age who are a voice crying in the wilderness of thoughtless indifference and selfishness. Follow the footsteps of our Master the Christ in ways of love and compassion. Champion the cause of our dumb, defenceless young brethren, the animal kingdom. Appeal to your fellow-citizens to call a halt to the heinous cruelties daily, hourly, inflicted on animals before civilization is destroyed by inherent evil. Make World Day for Animals a Day of Resolution, following the splendid example of Henry L. Nunn, prominent American industrialist. Here is part of his resolution.

Every sentient creature, even the meanest, is endowed with the love of life and the will to live. I believe it is incumbent upon man, therefore, who has accepted as his most precious precept the Golden Rule, to extend and to embrace within its rule every sub-human creature.....

Personal experience and many years study have convinced me that it is not necessary for our life—even for the pleasure of living—to kill and feed upon the flesh of animals.

If these noble words appeal to your conscience, I can but repeat: "Go on, do likewise."

L. W. BURNETT

Head-aches—Their causes and cure.

In considering 'headaches' it must be borne in mind that in very many instances conditions of this kind are merely symptoms indicative of disease elsewhere.

The dull throbbing headache of constipation, the sharp pain over the eye brows in gastric disorders, and the intense occipital pain associated with pelvic disorders, are well-known examples of symptomatic headaches. Relief from these necessitates a correction of the causative condition.

Migraine (Hemicrania) best described as a sick headache, appears usually at regular intervals, and is said to be frequently associated with toxic conditions of the intestines. It is a personal experience that a sluggish liver is more frequently the predisposing factor. In either event, relief may frequently be obtained by a diet totally devoid of starch foods, and containing many meals of uncooked vegetables and a moderate consumption of uncooked fruits. The frequent use of colon douches may also prove beneficial. In cases where these methods have not given the anticipated satisfaction, spinal manipulations, for the relief of impinged nerves will certainly tone up the whole system, restore complete function of the eliminative organs and bring about complete relief of the condition.

Sinusitis is a condition of inflammation existing in the mucus lining of the hollow bones of the head and face. The pains are characteristic, extremely intense, and continue uninterrupted until some what relieved by a copious discharge from nose and throat; may be localised in one cheek bone or may appear to exist in every part of the head; the face may become extremely flushed and a general feeling 'as if the head had been thoroughly and severely battered' exist.

Such a condition is brought about by the excessive accumulation of mucus within the confined limits of the sinuses (the cavities within the bones.) This in turn results from the inflammation of the mucus membrane lining the sinuses; and this latter is due to excessive blood supply to the part. Excessive blood supply results from faulty nerve reflexes. This then gives the root of the disease. It is therefore, by a restoration to normal of

the nerve reflexes, that the spinal manipulations reduce the blood supply, causing the inflammation to subside and accumulation of the excessive mucus to cease.

Dietary correction has been found useful in some instances of this condition, where inflammation has resulted from toxic blood but if tried should be supervised by an advisor.

Symptomatic Neuralgia, the most common of the neuralgias, is characterised by pain directly above and below the eye-brows on the maxillary (cheek bone) or in the teeth and jaw. This is of a darting, piercing nature and often causes one to flinch momentarily, and involuntarily. Such a condition may follow or accompany anaemia, diabetes or gout, rheumatism or dental disorders, and its cure rests in removal of the causative factor.

This Doloureux usually occurs in middle or advanced life, and is very severe. There are intense darting pains on one side, radiating from the side of the upper lip or nose, through the teeth into the eye, or further up into the brow.

During an attack, which may be precipitated by a breath of cold air, or eating or speaking or laughing and which usually lasts for a few minutes only, the eyes and nose water, and the face flushes. Between the paroxysms, pain of a persistent and dull nature is frequently present.

Due to disease of a nervous centre called the 'Ganserian ganglion,' this condition has been found to respond readily to manipulative treatment despite the declaration by the 'orthodox' that surgical measures offer almost exclusive hope of recovery. In many cases of this kind, permanent relief may be brought through the practical application of spinal manipulations. Diet, baths and hygienic living appear in this type of headache to play only a secondary part.

It would be well for those who suffer from some chronic form of headache to scrutinise their habits of living, eating, breathing etc., carefully, and failing to obtain relief from corrections in these particulars, to seek the counsel of the Publisher of this journal.

A. R. Flamings, D. C., B. S. C.

NOTES

ELECTRICITY OR DRAINAGE?

If you go to any modern town you find black out system there, in the place of full illumination. The electricity was courted and brought to our towns, even though there was a natural need for proper drainage schemes. The drainage schemes were put off and the lighting schemes hastened to come in.

Now with a drainage system a town is sure to enjoy better health. There is no further recurring expenditure either to the rate payers or to the municipality. In an electric scheme there is a daily need of further expenditure to the municipality and to the individual ratepayer. With the old system of lighting there would have been ample employment where as with the new scheme much unemployment is created.

Under these circumstances it is always wise for any municipality to look for its needs as to the supply of water and perfection of drainage before it can finally think of an electric scheme for its illumination.

HOW INCURABLE DISEASES ARE CURED

One gentleman aged 60 had a queer disease. For syphilis and other venereal diseases, he had undergone treatment under various systems. Finally he resorted to Homeopathy under a gentleman who practised all systems of treatment from Ayurveda to Unani not leaving Allopathy. He found some relief but finally became a diabetic. He was taking some medicine even for diabetes. He had no relief. Now comes the queer disease. The foreskin of the penis began to grow thicker and thicker. He approached two or three allopathic surgeons. They examined him and told him that if the thickening were to progress, there would be no hole left for urine to come out. And if an operation was to be resorted, being a diabetic the operation might develop into a diabetic ulcer and might prove fatal. If the patient took the risk, the surgeon promised an operation without any guarantee of cure.

The patient in his alarm came to me and sought my advice.

As the surgeon told him, his case was incurable under the system of allopathic treatment. He suffered first from venereal

and then from diabetes mellitus. In his advanced age, his blood was sufficiently susceptible for any fatal disease.

We, Naturopaths perfectly know that if his blood were brought to normalcy in its alkalinity, there would be no danger. To bring that alkalinity we reduce the daily intake of acid producing food material. We increase the bodily resistance by acid binding and alkalising food medicines such as greens and tender vegetables. We administer acid and subacid fruit juices of the citrus and the grape families in liberal quantities. By so doing the extra undigested, uncombusted carbohydrates in the body are sufficiently digested and the wastes properly eliminated.

The following is the treatment followed in the case.

He was given cooked vegetables and greens twice daily to satisfy his appetite which was quite abnormal. The fruit juices were given for his midday meal. A mild steam bath to the penis in the morning before a hipbath of 10 minutes duration. An evening sitz bath was ordered after a like steam bath of 10 minutes. The sitz bath was of 10 minutes duration. A wet piece of cloth was wound around the penis 5 or 6 thicknesses, to be covered again with a flannel wrapper the whole of the day. The inner cloth was moistened whenever it was felt dried up. He was taking orange color charged water, 4 times a day, the dose being half an ounce.

In a fortnight the sugar in the urine was almost gone and the patient began to feel satisfied with lesser quantities of food. In 2 months the thickness of the foreskin was all gone and the skin regained its normal thinness. The skin was movable up and down. The diabetes was also controlled. After 3 months he was again allowed whole meal wheat food with liberal quantities of cooked vegetables and greens. Whenever he suspects any trace of sugar, he gives up the night meal of wheat and partakes of the cooked vegetables and greens. The cure was effected ten years back and he is still fit to go on with his daily duties to his cultivation.

(See Page 35)

SEVEN COLOURS

(Contd. from December 1941 Number)

VIOLET

Violet is half and half red and blue. It may be said to be neither thermal nor electrical. Those that are suffering from too much thermism feel it hot while those that are suffering from too much electricity feel it cold. Whenever there is a doubt between green and yellow it is always wise to choose violet. Violet has a direct affinity for the liver as the liver is a yellow symbol. In all cases of inflammation of the liver and

the gall-bladder, violet colour works almost as a miracle in relieving the system of uric acid by a profuse quantities of urination. No colour is so potent as violet in bringing about this happy transformation. Hence violet is second to none in the treatment of dropsy, anemia, ascites, angina pectoris, giddiness, nausea, vomiting, jaundice, neuralgia, sciatica, mania, tuberculosis in the second stage, asthma, bronchitis, pleurisy, dyspepsia, and indigestion, constipation and impotency.

The Administration of Colour

One who has gone through the previous chapters will naturally put a pertinent question "how to administer the colour"? The foregoing pages will answer the question. To filter the colour from the magnetic Sun's rays a transparent medium is needed. The vehicle on which the power of the colour is to travel should also be selected. For this purpose transparent colour coated glass sheets are used. There are also transparent colour papers available in the market. They are called gelatine papers, or sellu-phine papers. They cannot stand the rain and water. So it is always wise to prefer the glass sheets to the gelatine papers. For, the gelatine papers become colourless when exposed to the hot Sun's rays for more than a week. Anyhow because we cannot get glass sheets in all the colours, the use of gelatine papers becomes inevitable. We get only four kinds of colour glasses namely blue, red, yellow and green. The other three colours should be supplemented from the gelatine papers. We get glass bottles in six colours—blue, indigo, green, yellow, orange and red. I have not seen a violet bottle till now. A violet bottle may not be an impossibility, any how it is very rare. So it becomes inevitable to use a violet bottle. Very thin coloured silk cloth may also be taken aid of when all the other things mentioned above become unobtainable at a remote place. But do not forget we get the minimum results from a silk cloth.

The vehicle on which the colour power should travel may be chosen according to the availability of things. Water is the best vehicle for changing the colour. Water is neither thermal nor electrical being composed of hydrogen and oxygen. It takes the power of the colour as soon as it is exposed to the filtered coloured Sun's rays. Thus water becomes a regular chemical compound, and is powerful enough to cure all physical and mental diseases according to the colour to which it is exposed. Thus it becomes highly stimulating when exposed to the red colour and highly electrical when exposed to the blue colour. In this way power of colour is not reduced when water is exposed. The water may be used internally as medicine and externally for compresses, packs and poultices. Next comes the sugar of milk which is so very well used in the preparation of homeopathic medicines. Sugar of milk or granular pellets made of the same substance are often made use of. They are exposed to the coloured Sun's rays under a coloured glass sheet or in coloured glass bottles. Two or three grains of the substance thus prepared will answer as a dose of medicine. Gingly oil is also a neutral substance. It is said to take the potency of the drug with which it is used. It is often used in Ayurvedic preparations such as medicated oils. Oils kept in coloured bottles become colour charged, and

will answer well as medicines for external applications only.

Gum-arabic well powdered may also be made use of in the same manner. It may be used for external and internal applications. It also answers well as medicine. Being cheap and also neutral in character it may also be taken aid of for charging the colour. Food placed in the Sun for a few minutes before consumption works well as a powerful medicine. Bottle fed children thrive well if the artificial milk is exposed to the Sun before it is actually fed every time. Clothing exposed to the coloured rays of the Sun works wonders in very sensitive people. People if they are allowed to choose the colour of their clothes often select their wanting colours. Coloured

Colour Charging

Water when it is exposed to the coloured Sun's rays becomes colour charged. When it is exposed for a period not less than six hours becomes colour charged and works as medicine. Thus when water is thus colour charged we call the same as blue water, indigo water, red water and so on. We keep the water in transparent glass bottles and expose it to the Sun. This simple process is called colour charging.

Get a clean transparent coloured glass bottle. Secure a glass stopper for the bottle. Any cork may be substituted but a glass stopper answers better as it prevents small bodies such as ants. Get pure cold water from a flowing stream or from any hydrant. Of course the water should be very clean. Else it corrodes the interior of the bottle used. Rain water carefully collected will answer the purpose and will keep for a very long time. Any filtered pure water if it is sufficiently soft may be ordinarily made use of. Salty or hard water, muddy or unclean water should always be kept off. The coloured bottle is filled to three-fourths of its capacity and is corked tight. After placing it in hot sun for six hours it becomes medicine and is ready for administration. It is always better to charge the water for a longer period, say a day or two. Then it gives better results. Water kept in the Sun's

clothes when properly selected will be of much benefit. So it is better for one to become colour sensitive from one's coloured hood. Colour, filtered through a coloured glass sheet or coloured gelatine paper when it falls on the body of the patient, is able to enkindle the powers in the body and empower the latent powers in the body in the restoration and recuperation. Infrequently we come across the sunless days. Electric lights or even kerosine gas lamps may be made use of to create an artificial sun. Any light which is not less than a ten candle power will be of some use in the treatment of diseases if it is used for a long time. I have attempted to mention a number of alternatives till now. One who has got normal talents can choose a method for the time being or create his own substitute.

rays for a longer period works better than that kept for a shorter period. Water kept in the electrical coloured bottles keep for a longer period than those kept in the thermal colours. Water kept in blue coloured bottle will stand for two weeks and that kept in red bottles must be replaced every four or five days. An ounce of water thus charged will be for a dose of an adult. Even for an adult who is not sufficiently strong should be given half the dose and the number of doses will be doubled. In very acute cases such as stroke, we administer blue water every hour with one fourth of an ounce as a dose. For children, old people, and for the weak patients one table spoon of water to be for a dose. Normally four doses a day are sufficient for all chronic patients, acute fevers and all other acute diseases such as dysentery, malaria, typhoid etc., six to ten doses are sufficient. For cholera a table spoonful of blue water should be administered every half an hour till the purging and vomiting is checked and till urination sets in. Water may be colour charged in many other ways; Water placed in white pieces of cups with a filtering glass sheet over it when exposed to the Sun takes the place of colour bottle charged water. Very transparent glass cup or cups made of bronze-metal, silver or nickel may be used with a filtering

glass sheet over it. It is always necessary to keep such water longer in the sun than the water in glass coloured bottles.

(2) Colour Charging of Sugar of Milk.

Sugar of milk is sold in packets or in bottles of one pound and is priced Re. 1-4-0 a pound. Buy a pound of sugar of milk or granular pills made of the substance. Secure a coloured glass bottle with a glass stopper or a tight cork. If there is any leak in the cork little ants get in and eat away the substance. So the bottle should have a tight cork. Sugar of milk is placed in the bottle to 7/8 or 9/10 of its capacity and should be protected from rain. After exposing the bottle for a day of 12 hours in bright sun the whole substance is placed in a very dry dish, and after mixing pell-mell the substance is again stocked in the bottle. Next day it is again kept in the Sun with the repetition of the same process in the evening. In this way the substance is exposed to the Sun for 40 days. Then the substance is ready for administration as medicine. Half a teaspoonful will be a dose for an adult, four grains of the substance for a child. The dosage and the number of times to be given can be very carefully and advantageously fixed according to the condition of the patient and the disease. Sugar of milk kept in gelatine paper packets will also answer the same purpose if ants and moisture do not get into the packets. White bottles

with gelatine paper wrapper may also be made use of for the purpose.

(3) Colour charging oils.

Any oil may be chosen for the purpose of colour charging. But gingely oil may be preferred to all other oils. Oils exposed to the coloured sun's rays form very good medicines for external applications. Blue oil is the best hair oil ever manufactured. A few drops of the essence of rose, jasmine, narcissus, chempuk or any alcohol free essence added to the oil answers as a fragrant and at the same time a scientific organic harmless hair oil. Blue is antiseptic and is very advantageously used in all open sores and wounds, cuts, bruises and congestions. It is best used for stings of insects and for bites of scorpion, snake, fox, mad dog and the like. It is a cooling substance and will reduce and cure off inflammations and pain when rubbed into the skin. For dandruff, alopecia, ring worm, eczema, acne, pimples, nattle rash, corns, blue oil is best used. It is very powerful in softening the skin. Any brittle skin is made soft by the use of this oil. It puts off ripening of hair, falling of the hair, and makes the hair black and soft. So blue oil forms the premier requisite for the toilet. Coloured bottle filled with the oil to 3/4 of its capacity well corked and kept in the Sun continuously for a period of 40 days or more will answer as medicine. Red oil for rheumatism and gout is indispensable. Violet oil is best used for consumption.

"A Team Game Suited to our Country"

SOME FACTS ABOUT 'CHEDUGUDU' OR 'KABBADI'

By C. C. ABRAHAM

It seems so strange that very many of our indigenous games and exercises have in them the element of holding the breath. To the curiously minded, the question crops up, "Is it all mere chance or did those who introduced these exercises and games have the use of a very knowledge of the physiology underlying them?"

There is considerable difference of opinion among doctors in America regarding breathing exercises. Dr. G. S. Hall states

that deep breathing, however caused, no doubt acts against auto-intoxication, gives increased power to resist disease, is the root of endurance under effort, and is of great and hitherto unsuspected importance in determining the level or intensity of life, one of the chief variables with which the rate and completeness of normal oxidation of the blood is correlated. Dr. Jessie William disagrees completely with Dr. Hall and holds the view that breathing exercises in the home or following a period of gymnastics are un-

scientific and not physiologic for various reasons. Oxygen cannot be stored up in the body and the passage of oxygen from the air chamber of the lungs to the blood and thence to the tissue is dependent upon the need of the body cells for oxygen. While at rest the body needs only a limited supply of oxygen, and any effort to take in more oxygen regardless of the needs of the body by deep breathing exercises, is unsound and irrational.

Viewed in the light of our present knowledge of physiology of exercise, it is quite possible that some of our breathing exercises may have great therapeutic values. This is a field rich enough for research by our doctors and physiologists. The values of such exercises have to be established on a scientific basis before they can be accepted and recommended for use. There is no doubt, however, that some breathing exercises have a definite place in certain corrective and remedial procedures to improve postural defects of the chest and abdomen.

The Game

Among our breath-holding games "Chedugudu" or "Kabbadi" deserves special attention. "Chedugudu" is one of the most vigorous, active, manly games because it involves the elements of combat and tackling an opponent or opponents. It is played on a small area 33 ft. by 21 ft. divided into two equal halves by a middle line, with seven or more players on a side, for periods of time suitable for various age groups.

The game starts by one team sending out a "raider" into the opponents' territory with a "cant", viz., the repeated sounding aloud of one or more approved syllables within the course of one respiration. The raider attempts to touch one or as many of his opponents as possible, by quickly moving about in the enemies' territory with always the danger of being tackled and stopped by one or several opponents before he could get home.

The use of the "cant" by which the breath is held is a feature of this game and needs a little explanation physiologically. Ordinarily when we run or exercise, we

feel great respiratory and cardiac distress and we pant for breath. In "Chedugudu" the "raider" goes to raid his opponents with the breath held. There is considerable physical work done during such a raid. It would seem most unphysiological to do much bodily movement of running, dodging, and tackling with the breath held. Even when resting, the body requires from 200 to 250 c.c. of oxygen each minute, while in vigorous action this need may be increased from ten to twenty times.

The question that arises is, can the human engine perform work without oxygen? Yes, man has the ability to acquire an oxygen debt and in this respect he is superior to a man-made machine. The motor car engine for example cannot go into debt for oxygen while the human machine is able to contract a large debt. The automobile as it runs must pay with oxygen for the energy it releases while a good "Chedugudu" player may carry on a vigorous raid for several seconds, tackle several opponents and still come home. During such physical exertion, he breaks most of his muscle food like muscle phosphagen and glycogen and after this he may spend several minutes getting enough oxygen to provide, by burning fuel, the energy needed to re-synthesise the constituents destroyed in his muscles. Incidentally he thus recharges his muscles for another raid. The game of "Chedugudu" thereby increases one's capacity to go into greater and greater amount of oxygen-debt, and diminishes gradually the time for recovering from fatigue. In other words this game builds up endurance.

Endurance

Endurance means the ability to do major bodily movements for a long time. It requires muscles of fair strength, easily stimulated to action, and a large amount of reserve power in the nervous system. It also requires an efficient condition of the heart, lungs, blood vessels, and sweat glands. This efficiency of all the vital organs helps to bring about the necessary oxidation of the waste products of the muscle tissue.

Besides these physical, and physiological benefit "Chedugudu" is definitely a game

which stimulates mental growth. The human organism is to-day regarded as a unit, and anything that contributes to its physical well-being, tends to enhance its physiological well-being. This view is quite universally supported in the field of psychology and education. One of the chief means of mental health is an abundance of vigorous play. Play aids bodily health, and bodily health is a factor contributing to mental health. "Chedugudu" is one of those very active, vigorous games which will provide plenty of exercise and fun.

The game is full of changing situations. Ability to adjust to the changing situations of a game has great carryover values. There is no doubt that under proper leadership it could enrich and broaden one's personality and develop an adjustable mechanism for meeting several situations. Since a large part of mental hygiene consists of helping the person to adjust himself to the realities of his life, activity like "Chedugudu" is of inestimable benefit.

Development of Character

Like all other team games, it helps development of character. The value of games in the promotion of character has

long been recognised by foremost educationists. In ancient times, Plato, Aristotle and Quintillian expressed their convictions on this aspect of games. In more recent times, Locke, Basedow, Guts Muths and others credited games with possessing moral potentiality. In 1840, Arnold, the English Headmaster at Rugby, deliberately introduced play and athletics with special emphasis upon team games.

"Chedugudu" is one of our very popular team games. It is played all over the country, in villages, towns and cities. It is a game quite suited to our country. It costs very little to lay out a proper "Chedugudu" court. It is a game which suits our temperament because of the elements of tackling and breaking from an opponent which factor may have been taken from the art of wrestling. It is enjoyed by every normal boy and adult. It develops endurance, agility and quick thinking, and under proper leadership, the game has great potentialities for developing character, because there is so much of give and take in it. It has several features in common with the English Rugby and the American Football. It is no wonder that like these games of the West, it is only the robust, strong and healthy that can really enjoy a game of "Chedugudu."

WEAKLY DOSES OF VIOLET-RAY FOR LONDON GIRLS

Two hundred girls at the Air Ministry in London are receiving violet ray treatment.

They are typists and clerks engaged for the duration on important work. The treatment was originally intended for Air Ministry Waafs, but the civilian staff got the treatment for themselves.

The girls work mainly in basements typing for many hours a day in artificial light.

The girls go twice a week to the Health Department, where they take off their clothes and sit three at a time, while a nurse administers of rays.

Hundreds of Waafs at the Air ministry are also having the treatment.

MY THOUGHT OF GOD

God is the source from which I draw,
His Law of Love my only Law,
He is my Life, my Health, my All,
On Him for every need I call;
God lives in me; I now am well;
His healing power to all I tell;
On Him my every good depends,

Through me His healing Love He sends;
I claim no good from Him apart,
I give my mind, my will, my heart,
My heart, my will, my mind He fills,
His health through all my being thrills.
God could not be to me more near;
I smile to know 'tis heaven here.

H. V. MORGAN.

Successful treatment of tonsilitis without Medicine and Operation

Srimathi Kasthuri Bai, aged 13, residing at Tindivanam, came for treatment on 21-1-41. She complained of swelling of the tonsils and the neck and cough. She had costive bowels, her tongue was dirty.

She was given mild laxative for three days with low liquid diet. On 24th morning the tonsils were reduced to almost their normal size. Her tongue is dirty for some days and she kept on low liquid diet and, she was completely cured in course of a few days.

The above is one of a large number of cases which has been treated successfully without operation and special medicines.

It is the popular belief that operation is the right remedy for Tonsilitis. But in a large number of cases the effect has been very disastrous. There are cases of death during operation. Even if the case is operated on successfully the after effect is very serious. The operation affects breathing, digestion and voice. It is only in a very serious case where the tonsils are enlarged to affect breathing that operation is to be encouraged as a last method of treatment. It is in the interest of the patient himself that operation is avoided when better methods are available.

Indiscriminate Operation

BY SWAMI BIKSHU

The public are aware of a certain unknown person who was found unconscious in the People's Park ground. Later on the unknown person was recognized as V. V. Pothkar, an Ayurvedic and Naturopathic Doctor of Kallakkurchi and it was announced in News Papers that he died of Tubercular Meningitis.

The police have taken all possible troubles to find out his relatives etc. as they could not get information direct from him. When the patient was admitted into the General Hospital the Hospital authorities seem to have done their best to cure him.

The police made sufficient enquiry and found out that the diseased was residing at our sangham premises. We were given the chance to be present during the inquest held at the General Hospital mortuary.

The Sub Inspector of Police gave us the information that the diseased was operated on in the hospital and he was lying in a hopeless condition in the Hospital.

When he was seen in the evening of the 18th January, in the presence of Sub Inspec-

tor of Police he was found lying in the Hospital bed with a bandage around the belly and he was almost in dying condition. He died the same day at 8 P. M.

No reference was made during Police inquest regarding the operation, and the Post Mortem examination did not come to any definite conclusion regarding the reason of death. The report was very vague and there was no mention of Tubercular Meningitis. It was also an unfortunate thing that the Post Mortem examination was conducted late, about 40 hours after death.

The diseased once told us that he had some nervous trouble and he fell unconscious some time ago.

There was no room to think of foul play as the money purse etc. were in his pocket. There was no bodily injury. What made the doctor to open his abdomen is a great question to be solved. The soiled clothes with reddish stools would not have been the right reason for abdominal operation. In this particular instance we have no hesitation to say that the operation was done indiscriminately.

minately though it would have been done in good intention. The operation was hasty and uncalled for specially at the moment when the patient was lying unconscious. Neither the operation nor the post mortem gave any clue to the cause of death. Any impartial medical man with a long standing sound medical experience can conclude that it is not a case of Tubercular Meningitis but the indiscriminate operation that hastened death of late Dr. V. V. Pothkar which we regret to announce to the public.

This is one of many instances which we have seen, and heard of wherein patients are indiscriminately operated on ending in either death or worrisome after-complications.

Surgeons have a mania for abdominal operations. There are a large number of

cases of abdominal operated people who suffer badly.

It is not only in abdominal troubles that the Surgeons operate unnecessarily but even in many other cases wherein a Surgeon's knife is contraindicated, ineffective, dangerous to life or giving rise to complications that operations are done indiscriminately. Surgeons blunder many a time. If they themselves do not learn lessons from their blunders it is left to the public to agitate and put a stop to indiscriminate operations. The Surgeon's high-handedness in operations, and the physicians' intravenous, muscular and hypodermic injections and poisonous drugs ought to be effaced from treatment of patients if ever they are to enjoy health and happiness.

Readers! Think and act.

SO DEADENING AND UNCLEAN

TWO FACTS ON SMOKING

Immediate Effect on Youths

Dr. H. H. Hiske of Illinois, found that only two per cent of those addicted to cigarette-smoking in his school were able to reach the first grade, while in the lowest grade the percentage of such smokers was 57.

It is now well known that smoking is very harmful to the young and when in excess seriously affects the nervous system. It tends to weaken and deaden the mental faculties.

Another unclean and dangerous aspect of cigar and cigarette smoking should also be borne in mind by students. Cheap cigarettes are generally made out of the cuttings of the

stumps of cigars thrown about in public streets by smokers, and collected by street urchins for the makers; while in making cigars, workmen commonly moisten the tips of the cigars with their lips, instead of using water or some other pure fluid. This itself is sufficiently unclean, but more than this, any of these workmen might be suffering from a dangerous disease. Professor Horwitz, of the Jefferson Medical College Hospital was once shocked to find that, one such workman, who always wrapped his cigars with the help of his lips, was suffering from a foul and contagious disease born of vice, and was covered with eruptions on the tongue and throat.

(Continued from page 28)

You may ask me how the cure took place in such a queer disease. Every allopath knows perfectly that that was due to an abnormal starch in the system. But he changes the diet of the patient from rice to wheat or from wheat to Jvar. But he does not take the bold step of feeding the patient

cooked or uncooked vegetables, greens and citrus fruit. A Naturopath boldly puts the patient on this useful medicinal diet and achieves success where an allopath is sure to fail. A Naturopath prescribes a basking in the sun in such cases and forces him to take sufficiently long walks.