

Indian Naturopaths

Vol. 13. No. 4, 5, 6



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The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR
HEALTH PROPAGANDA

Its objects are :

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

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

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

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

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

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

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

In particular,

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

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

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

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

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

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

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The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

1/57

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

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BEZWADA (India) - April, 1942



No. 4

Regd. No. M. 2170

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

The Indian Naturopath, Bezwada

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Annual Subscription for the Magazine Inland Rs. 1-8-0, Foreign Sh. 3 or \$ 1.

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INDIAN NATUROPATH

The Official Organ and Gazettee of The Indian Naturopathic Association

Vol. XIII

BEZWADA—April, 1942

No. 4

How to Cure Chronic Indigestion

By STANLEY LIEF, N. D., D. O., D. C.

It is no exaggeration to state that almost everybody has at one time or another suffered from symptoms of digestive disturbances, commonly coming under the heading of "indigestion". Especially is this true of people who have suffered, or are suffering, from any form of ill-health, for in nearly every case of health-abnormality there is involvement of the digestive apparatus.

"Indigestion" is a term applied loosely to almost every ailment of the stomach, the symptoms of which are more or less identical. Medical men, with their fondness for attaching names to symptoms have invented such names as "dyspepsia", "nervous indigestion", and so on, to cover the symptoms of stomach disorder, but in reality these names mean very little. A patient troubled with symptoms of digestive disturbance often obtains the information from his physician that his stomach trouble is due to a nervous disorder. This is a myth which exists only in the mind of the medical man. "Nerves" are a convenient peg on which to hang anything which cannot be explained away; and, as even the common forms of stomach trouble prove intractable to the average practitioner, who is unversed in the simplicities and truths of health, such an explanation serves the twofold purpose of camouflaging his inefficiency and satisfying his victim's self-esteem and credulity.

Indigestion not a Mysterious Ailment.

There is nothing mysterious about indigestion. The various symptoms of

stomach disorders generally included under this term can be considered as a condition of functional disturbance of the glands of the stomach. The secretive and absorptive functions of these glands may be impaired in many ways. Wilful disobedience of hygienic laws, especially the laws of eating, will produce after meals the symptoms of discomfort, or indigestion. At the beginning of the trouble there may be only the symptoms of distension and flatulence; but, as the ailment develops, pain, palpitation, oppression, and many other unpleasant symptoms may be experienced. Frequently because of the additional presence of constipation, nervous symptoms, such as headaches, neuralgic pains, sleeplessness, and dizziness may arise in addition to these already mentioned.

If the causes producing these symptoms are not removed, the more serious conditions of ulcer of the stomach, dilated stomach, and dropped stomach will ultimately develop.

Causes

Among the manifold causes of the symptoms of indigestion the following are the most important.

1. The use of indigestible and devitalized foods, such as cakes, pastries, all white-flour products, sugary foods, and condiments.
2. Over-eating, even of the best kinds of foods, is one of the chief sources of

digestive disturbance. It can be definitely stated that, in practically every instance, indigestion can be traced to the habit of taking more food than can be properly digested.

3. The use of unharmonious combinations of foods, the chemical mixtures of which make them undergo excessive fermentative processes.

4. Eating when the system is exhausted.

5. Eating without proper hunger being present.

6. Insufficient mastication of food, especially food of the starchy variety.

7. The use of liquids at meals. Whether it be coffee, tea, or water, liquid at meals will weaken the gastric juices and distends the stomach.

8. Wrong mental habits, such as worry, fear, hate, etc., waste a great amount of energy, which otherwise would be used in digesting and assimilating food.

9. The use of drugs and "stomach powders". Such preparations injure the delicate lining of the stomach and intestines, and promote weakness of these organs.

10. Lack of exercise, with the resultant lack of muscular tone.

11. The presence of chronic constipation.

Treatment:

There are, perhaps, no bodily disorders more readily and effectively treated by Nature Cure methods than the various stomach disorders.

Where the condition has not reached a chronic stage, the substitution of good habits of eating for harmful ones will alone produce quick and astounding results. Where a short fast is possible, it makes a radical change of the digestive apparatus. In mild cases of disturbance of the digestive apparatus. In

order to ensure rapid benefit, the fast becomes imperative in advanced cases of these complaints. I have seen some remarkable recoveries, almost to be termed miraculous, as a result of the combination of proper fasting and dieting.

Fasting:

In the treatment of chronic indigestion it is advisable that the patient should abstain from food as long as possible. I do not by any means advise the continuation of the fast to the length that it becomes necessary for the patient to stay in bed, but the longer the fast is continued, under proper supervision, which is most important, the greater will be the benefit. It is true that many chronic dyspeptics are emaciated, and in such cases the fast should not be continued for more than from five to ten days. In all cases, however, a short fast of even three to four days will be of tremendous benefit. Fasting not only gives the digestive apparatus a chance to be thoroughly cleansed and rested, but puts it in a condition where it is able to make a superior quality of blood from the food that is taken. (Note. - Readers should not fast without proper supervision for longer than five days.)

Milk Diet.

In most cases of chronic indigestion it is advisable to follow the fasting period by the exclusively milk diet. This diet has a particularly good effect in building up the digestive apparatus very rapidly. Even a fast of a few days' duration, followed by a week or two of the milk diet, and then a diet of well-proportioned meals with correct food combinations, will bring more relief to the chronic sufferer than any other method.

Where the fast and the milk diet are impracticable, the sufferer will have to make a special effort to diet correctly and strictly. All those habits I have mentioned as causes must be strictly avoided.

Two Meals a Day.

Where the fasting regime cannot be carried out, great benefit can be derived from

a reduction in the number of meals habitually taken. Extremely good results can be obtained from the two-meals-a-day plan, taking the first meal about noon, and the second meal six to seven hours later.

The avoidance of the morning meal and the adherence to two meals a day, with special attention to the proper selection and combination of foods, will in itself bring about a cure in most mild cases of digestive disturbances. This plan allows rest to the overtaxed organs, and gives time each day for recuperation, which is necessary in all cases of stomach trouble.

Apart from the importance of quantity, there is the equally important point of quality. Many digestive disorders arise from haphazard eating and the use of foods in which the essential food elements needed by the system are lacking. When foods are robbed of certain of their elements or of their normal vitamin content, their use leads to digestive weakness. It becomes imperative, therefore, that, in order to cure digestive disturbance, foods should be utilized in their natural state and in proper combination. The diet should be as simple as possible. The following can be considered as the basis of a good general diet in such cases:

A Good General Diet.

First Meal. Steamed vegetables, or salad, with a vegetarian dish.

Second Meal. This should consist of a mixed salad, with a little wholemeal bread or toast and butter.

Note.—If a dessert is desired, stewed prunes or figs can be added to these meals.

If a third meal cannot be dispensed with, the breakfast should consist of fruit and milk, or a baked apple, or soaked figs, or prunes, with cream.

Liquid should be avoided at meal-time. If a cup of tea or coffee substitute is taken, it is better to take it before, rather than with, the meal. However, these drinks are better left alone by those suffering from indigestion. Water is the best drink, and it should be taken only when thirsty.

The Great Value of Exercise.

In addition to paying strict attention to diet, the sufferer from indigestion should do everything in his power to increase the vitality of the whole system. All debilitating habits should be avoided, and a regime of exercise and other vitality-building measures should be instituted in order to increase the strength of the whole system.

The stimulation of the entire vital organism that comes through exercise will bring a change for the better in chronic indigestion that is often amazing in character.

The Treatment in Detail

If possible, it is advisable for every sufferer from indigestion to start with a few days' fast, followed by a carefully selected and strict dietetic regime. The two-meals-a-day plan is advisable in all cases, even if it is only continued for a short period. All the enumerated causes should be strictly avoided. Exercises should be performed on arising and again just before retiring. Where possible, the sufferer should try to increase the amount of outdoor exercise he is accustomed to take, and get out into the open air as much as possible.

The cure in all cases of digestive disturbances depends upon a radical change in the habits of eating and drinking, upon the digestive tract receiving its needed rest, and upon increasing vitality throughout the whole system.

"Health for All".

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Incurable Diseases Cured

Why doctors often fail to cure the so called incurable diseases is no mystery to us. But being confident of their infallibility they do not care to investigate into the causes of their inability to cure such diseases.

When there is cough the doctor aims at cure by stopping cough. The real way of cure should be aimed at other sources. I mean this :—

The body rids of its impurities through four gates. The gaseous impurities are eliminated through the lungs. The liquid impurities are eliminated through the kidneys and solid fecal matter through the colon. The whole area of the skin has got millions of pores through which gaseous, liquid, and solid impurities are eliminated. As long as we go on with less acid forming and less poisonous articles of food, we are freed from the fecal matter and uric and other acids from day to day without any arrears.

When we eat acid forming food in excess to acid binding food from day to day, we are loaded with all sorts of disease producing food materials. When all the four organs of elimination are in tone and work properly in the act allotted to them, there are no arrears. When some of the eliminative organs fail to work properly, the other organs take the lead and overwork in the act of elimination. The organ which overworks is said by the doctors as diseased. It is through this error they often fail in the proper discharge of their duty to the diseased body. We, Naturopaths, on the other hand instead of hindering the working organs, go in search of the organs that are lazy. When there is cough we never try to remove cough by palliatives. We try to awaken the dormant colon and kidneys, not leaving the skin. I shall illustrate one case of cure here.

A Mussalman woman aged 26 suffering from cough and fever was shown to me. She was a declared consumptive. She was treated in one of the best hospitals here for tuberculosis of the lungs. After a few days treatment for a period of six months she was sent home as incurable.

When she was shown to me she was almost a skeleton. Her body was oily and contained sticky matter over it. While in the hospital she was fed with all sorts of the so called strong foods, meat, fish, etc. Her face was very pale. The interior of her eyelids was white. The tongue was furrowed. At every ten steps she was fainting. She had cough every now and then and a rise in temp. upto 100° in the evenings.

I ordered her to take a whole body oil bath every morning. She was given a full enema of 3 to 4 pints of very tepid water once every day. Two clay packs one in the morning one in the evening were placed on her abdomen below the navel for a period of 15 minutes each. She was basking in the evening sun for a period of 45-60 minutes in the late evening sun. For her food sweet oranges known here as batawas and tender cocoanut water were freely given. We did not do any thing to the lungs to reduce the quantity or the quality of the cough. The tender cocoanut water was used to saturate all the uneliminated poisonous salts from the body. The orange juice was toning the nerves and neutralizing the poisonous acid material in the body. The irrigation of the colon also was helping in the awakening of the colon. Thus we had attempted in the awakening of the dormant organs. In a week her condition improved. Her tongue regained normality. Her ability to move improved. She had less severe fits of cough and the fever lessened. Instead of going down in health and strength, she began to feel better in spite of the less strength-giving food material given here than that given in the hospital.

At the close of the second week she began to feel hunger for solid food. The water from four tender cocoanuts and the juice of 15 to 16 oranges was found insufficient. She was given Graham bread with vegetables in the ratio of 1:3, once every morning. Fruits were given other times. She trespassed 3 or 4 times in a period of three months changing to the rice and vegetable diet and had relapses of cough. She was naturally rectified by

returning to her prescribed whole meal wheat Graham bread and vegetables. It is after four months that she was placed on rice and vegetable diet twice a day along with the fruits in the after-noon. She regained her usual vigour and strength and

is now all-right. She does not now believe that her lungs are ever deranged. She feels herself fit in the discharge of her sexual and household affairs. No one can now discern her to have ever had an attack of consumption.

Colour Cure Apparatuses

1. The Thermolume.

This is a room-like wooden construction in which the patient is made to sit on a stool while the sun's rays are filtered through different coloured glasses through the front door. The patient then enjoys a sweating bath with the vitalizing sunlight. This is far more beneficial than a vapour bath or a Turkish bath or a Russian bath because as every one knows the sun light is the more vitalizing and magnetizing element in the universe. It is the most refined element and far more enduring in results than the crude forms of cemen and hot air. The penetrating nature of sun light has also no equal.

The Thermolume or the light and air device is of five parts. Part one is the floor constructed on wheels so that the instrument may be carried from place to place according to the facility of the patient. While the sun is moving the thermolume may be moved according to the movement of the sun so that the front door is able to receive the sun's rays fully through it. The floor is made of seasoned teakwood with its dimensions 4½ x 3 ft. The size may be a little altered according to the purse and according to the place in the house where the article is kept. The second part is the front door which is a standing construction with an acute angle of 60° at the base with the floor. It has a passage of 14 inches width to allow the sunlight into the cabin. The front frame measures about 60 inches from bottom to top. Three pieces of frames form the back and the sides of the cabin. At every one of the four corners the frames are attached to each other by hooks so that the whole cabinet may be attached and de-attached at will with little discomfort. The patient sits on a stool placed inside the cabin on the

floor of it facing the front door through which the sunlight penetrates.

In the front door there are grooves in which the desired glasses are fixed one above the other.

The head of the patient is protected from the direct colored sun's rays by tying a cloth to the head of the patient or by placing a cloth or pasting a thin paper over the color glass through which the colored rays fall on the head.

According to the strength of the patient and according to his endurance the time of a thermolume bath is fixed. From 8 a. m. to 10 a. m. and between 2-4 p. m. we administer a thermolume bath to very strong people. I call this A class thermolume bath. B class thermolume bath is between 7-8 a. m. and 4-5 p. m. For people of moderate strength this bath is beneficial. For people suffering from anemia and consumption where their strength is very much lowered I make use of C class bath. The bath should be completed before 7 a. m. and must not be commenced before 5 p. m. That is the early morning sun and the late evening sun light is made use of in this light.

The duration of the bath also is fixed according to the condition of the patient. Where a patient is obese and fatty the duration of the bath should be between 30 and 40 minutes. For ordinary people with normal roundness the bath may last from 15-30 minutes. Where toning and rejuvenation are intended the duration of the bath may be from 10-15 minutes. For children and for very young babies 5 to 10 minutes will suffice. Where perspiration is not the intention of the treatment shorter baths will be highly beneficial. Where shorter baths are pres-

cribed the prescription should contain oftener applications than for longer baths.

The colors to be made use of are given against the prescription of every disease in further numbers of this journal.

The patient sits on the stool facing the front door for the first half of the duration of the bath. The second half is intended for the exposure of the back of the patient. Of course the patient should be naked while in the cabinet. Every sweating application should be followed by a whole body cold ablation of 5 minutes. Better results are obtained by taking a cold Khune's Sitz-bath after wiping the whole moisture from the body with a well dried towel after the cold ablation. The hip bath may last from 5 to 15 minutes according to the strength of the patient.

Should we ever Kill Animals?

Dr. Besant was asked on one of her American tours:

How shall one deal with small red ants that take up their abode in our homes?

She replied: I assume that a small red ant either bites the family or spoils the timber. In India we have white ants who make their home in the timber part of the house, so that the house comes down after a while. The best way is to use a paint over the wood work through which they are unable to make holes. Then they will go away from your house, uninhabitable to them, and go into some place where they are not so mischievous.

The forms of life unpleasant to human beings can be avoided or turned aside by a little thought. As I say, in India we use certain paint which they do not like, therefore they do not bite into that wood on which the paint is used to cover the wood surface. You must use a little ingenuity. I do not know what the red ant does. I presume he is an unpleasant creature. What does a red

For applications intended mainly for the rejuvenation and toning the cold ablation may be safely avoided. A hip bath may be taken for a period of 5 minutes. The parts of the cabinet are better made of teak wood and are well polished inside. Parts made of inferior wood absorb the beneficial sun's rays to some extent and mitigate the desired results. So it is always wise to have a cabinet made of teak wood alone. If the patient is very poor it is better to have a cabinet made of any other better wood than to have none. It is a jewel to the family and an estate to the health of the members of the family. The Chromopathic institute, Bezpada, can book orders for the article in ordinary days. Now because war is on, the price of every article is fluctuating. Those that desire to order for the article to the institute should be ready to take the risk of the prices. When sweating is intended a blanket is covered over the cabinet.

ant do? (Oh, they attack the food!) Well, if they attack the food, cover up the food. Try to work out the law of life. Remember that the red ant, or any other creature, has the right to live out its life in peace. We have all sorts of creatures in India; we have tigers, we have snakes. If a tiger comes into a village of human beings and carries away cattle or children, I should say as to that tiger, that if you cannot frighten him away, it is quite advisable to shoot him. Children's lives are more valuable than the life of a tiger. But avoid going into the forest to pursue them just to amuse yourself by shooting them, because that is brutalizing and lowers the human being. That is just a kind of general idea. The animal should be allowed to have a pleasant life, but should not be allowed to endanger human life. We have many poisonous snakes in India, such as cobras. If a cobra came into the yard where there is a school, we would have it removed simply with a split bamboo pole; you take it behind its head and carry it away to some wild place where it does no harm. That is better than killing it.

ART TOUR IN NORTHERN INDIA. Thandava Krishna & Party.

Exponent of Kuchipudi School.

Sri Thandava Krishna, M. A., exponent of Kuchipudi School of classical Indian Dance has been out for the last six months on a tour to North India with his party, to popularise the ancient dance-art of Andhra which has been fast dying in recent times for want of patronage and support. Mr. Krishna has contributed a paper on Kuchipudi Bharata Natyam to the All India Oriental Conference held recently at the Osmania University Buildings, Hyderabad, Deccan. This is the first exhaustive information ever written in English on Kuchipudi Bharata Natyam. It may be recalled that Mr. Krishna has himself contributed the first English article about this art to the Sunday edition of Hindu on a former occasion. He has already done much to revive the dying dance-art of Andhra, by delivering speeches at a session of The Andhra Week celebrations held in The Andhra University when he emphasised the need of reviving this art and establishing a chair for the Kuchipudi school. It may be noted that the Vice-Chancellor of the University was present on that occasion and remarked at the end of the lecture delivered by Mr. Krishna, that this art is one which should not be lost. The suggestion of Mr. Krishna, the Vice-Chancellor continued, may be taken into consideration as the time permits. Mr. Krishna emphasised this point in his paper to the All India Oriental Conference held at Hyderabad. Mention must be made about the special feature of the party of Mr. Krishna. He has been touring with his aged guru, a master of the Kuchipudi dance-art, Brahmasree Vedantam Lakshmi Narayana Sastry Garu.

Mr. Krishna popularised the art by giving shows to art revivalists, art connoisseurs like Sree Udaya Shankar, by discussions with Madam Menaka, etc., Sree Shankar characterised Kuchipudi art as 'marvellous.' On the eve of the special show given to Sree Udaya Shankar and his Party, Sree Thandava Krishna and party, were photographed with Sree Udaya Shankar.

Mr. Krishna and his party won laurels wherever they gave their dance recitals. The nobility and the public of Hyderabad were taken by the storm of Kuchipudi dancers and the word Kuchipudi became a house-hold word in Hyderabad and Secunderabad. Mr. Krishna with his high academic qualifications and perfect knowledge of both theory and practice of Bharatanatya could do much more than anyone else to revive the ancient dance art of Andhra. He gave a special demonstration lecture to the students of 'Stanely Girls' High School' at Hyderabad in which he emphasised the special features of Kuchipudi Dance art.

In this tour to North India Mr. Krishna met many art lovers as Sree Udaya Shankar, Madam Menaka, Sree Rama Narayana dance partner of Madam Menaka, Sree Vinayak, (brother of Mr. Shantaram) Director, Navayuga Pictures, Poona, etc., and visited their studios at Poona. He has also visited Menaka's Nrityalayam at Khandala where he was taken round by Madam Menaka who explained him the work they are doing at the centre. Mr. Krishna had the opportunity of visiting the art galleries of Hyderabad, Sree Raja Shan Raj Prasad Bahadur's art gallery, Nawab Salar Jung's art gallery and inspected their libraries, visited the Osmania University and inspected the manuscript library. He has had the good fortune of coming into intimate contact with the nobility of Hyderabad as Nawab Md. Sahiruddin Khan Bahadur Amir-E-Paigh, Sahebzada Nawab Bazalath Jah Bahadur and Shahebzadi Nafisunnisa Begum Saheb, etc., and the highest official at Hyderabad Hon. The Resident Mr. Gidney and Mrs. Gidney etc. Special mention must be made of Mrs. Ralph who is a millionaire, an American lady of sixty years of mature experience, a world tourist, whom Mr. Krishna has had the unique opportunity of coming into contact with. He had many discussions with her who has nothing but appreciation and admiration for Mr. Krishna

Massage in Sprains and Fractures

The treatment of sprained joints by massage is by no means a recent idea. Massage has been thus employed in Germany for more than forty years, and was used in England half a century ago; but the method is so diametrically opposed to that in common use by the profession, that it has been but slowly adopted. It also requires special skill, while the employment of the old method of immobilization is compatible with any degree of ignorance and stupidity. The following is the method.

Apply massage as soon after the injury as possible, beginning with gentle derivative manipulations of the soft parts above the affected joint and of the joint next above it. Centripetal friction (towards the heart), with quite firm pressure, applied very carefully, may be advantageously employed upon the joint itself from the very first, but other manipulations of the joint itself should be deferred for a day or two. The derivative manipulations should gradually approach the joint from above, until by the second or third day the joint itself is reached.

Careful joint movements should be executed after the second day, care being taken not to carry flexion or extension so far as to produce the feeling of resistance,

as this will bring a strain upon the bruised or lacerated ligaments, or pressure upon the injured articulating surface. If there is much swelling, the external tissues are probably the chief seat of injury. Both external and internal parts may be injured.

At first, when the manipulations are very light in character, the massage should be applied twice daily; later, when more vigorous treatment is applied, once a day is sufficient.

After each manipulation, apply a tight bandage, taking care to begin bandaging at the toes. If there is much pain, apply a hot pack, followed by a cool compress, for an hour; or place the foot (of the ankle involved) in hot water, and gradually increase the temperature until it is as hot as can be borne. Continue this bath for fifteen minutes. This is an excellent means of relieving local congestion. It may be used once or twice a day, the bandage being applied immediately after the bath.

The writer thinks it very advantageous to employ these hydrotherapeutic measures in connection with massage. By the combination suggested, most rapid results may be obtained, and the patient saved from great and prolonged suffering.

J. H. Kellogg.

Weighing the Body

Dr. V. S. DONDA SAHIB

Doctors are under the impression that the weighty body keeps up sound health and good constitution. So they devised an instrument, and they are weighing the body of the patients very often. The impression is becoming popular day by day. Some big hotel keepers in big towns and cities are maintaining such machines. Some people who visit such hotels are weighing their body now and then by paying one anna to them. It is a wrong impression. I think it is doing more harm than good. Bulky body does not mean healthy body. It is unhealthy in some respects. We know one of a bulky body always is not healthy. People must regulate diet and digestion properly for sound health and good constitution. If not, they fall in.

We observe that diseases and their symptoms will disappear by restriction of diet, exercise, and fasting. "Fasting is the best medicine." It is a nice thermometer and stethoscope. It is the doctor of doctors. It is the medicine of medicines. So also is the case with exercise. It depends upon the observation of these principles. The increased weight of the patients does not mean they are free from the diseases. We observe the health of some patients of developed weight collapses suddenly. Such idea persuades patients and others to indulge in diet often by which the digestion and the health will be spoiled, and the health of the patients will collapse suddenly. Hence, such device is very bad and harmful. It is better to avoid it altogether.

Fine Print as an aid to Eye-sight

By Dr. R. S. Agarwal, Eye Specialist, Delhi.

Fine print reading is supposed to be one of the necessary evils of civilization; all this is directly contrary to my own experience. Children might be bored by books in excessively small print; but I have never seen any reason for supposing that their eyes or any other eyes, would be harmed by such type. On the contrary, the reading of fine print, when it can be done without discomfort, has invariably proved to be beneficial and the dimmer the light in which it can be read and closer to the eyes it can be held, the greater the benefit. By this means severe pain in the eyes has been relieved in a few minutes or even instantly. The reason is that fine print cannot be read in dim light and close to the eyes unless the eyes are relaxed, where as large print can be read in a good light and at ordinary reading distance although the eyes may be under a strain. When fine print can be read under adverse conditions, the reading of ordinary print under ordinary conditions is vastly improved. In myopia it may be a benefit to strain to see fine print, because myopia is always lessened when there is a strain to see near objects, and this has some times counteracted the tendency to strain in looking at distant objects, which is always associated with the production of myopia. Even straining to see print so fine that it cannot be read is a benefit to some myopes.

Persons who wish to preserve their eye-sight are frequently warned not to read in moving vehicles; but since under modern conditions of life many persons have to spend a large part of their time in moving vehicles; and many of them have no other time to read, it is useless to expect that they will ever discontinue the practice. Fortunately the theory of its injuriousness is not borne out by the facts. When the objects regarded are moved more or less rapidly, strain and lowered vision are, at first, always produced; but this is always temporary, and ultimately the vision is improved by the practice.

There is probably no visual habit against which we have been persistently warned than that of reading in a recumbent posture. Many plausible reasons have been adduced for its supposed injuriousness; but so delightful is the practice that few, probably have even been deterred from it by fear of the consequences. It is gratifying to be able to state, therefore, that I have found these consequences to be beneficial rather than injurious. As in the case of the use of the eyes under other difficult conditions, it is a good thing to be able to read lying down, and the ability to do it improves with the practice. In an upright position, with good light coming over the left shoulder, one can read with the eyes under a considerable degree of strain; but in a recumbent posture, with the light and the angle of the page to the eye unfavourable, one cannot read unless one relaxes. Anyone who can read lying down without discomfort is not likely to have any difficulty in reading under ordinary conditions.

The fact is that vision under difficult conditions is good mental training. The mind may be disturbed at first by the unfavourable environment, but after it has become accustomed to such environment the mental control, and consequently, the eye-sight are improved. To advise against using the eyes under unfavourable conditions is like telling a person who has been in bed for a few weeks and finds it difficult to walk to refrain from such exercise. Of course, discretion must be used in both cases. The convalescent must not at once try to run a Marathon, nor must the persons with defective vision attempt, without some preparation, to outstare the sun at noonday. But just as the invalid may gradually increase his strength until the Marathon has no terrors for him, so may the eye with defective sight be educated until all the rules with which we have so long allowed ourselves to be harnessed in the name of 'Eye Hygiene' may be disregarded, not only with safety but with benefit.

Instructions

Dr. W. H. Bates has made many remarkable discoveries relative to the prevention and cure of imperfect sight without the aid of glasses during his thirty eight years of research and experimental work. Among the most important of these discoveries, and one that has proved again and again is the following :

Fine print is a benefit to the eye and large print is a Menace.

It is impossible to read microscopic or very fine print by making an effort to see it. It can only be read when the mind and eyes are relaxed. The following chapters are written in diamond and microscopic type. At first it may seem difficult to become accustomed to the fine print, but by looking at it without trying to read it, the print will become discernable.

Whither Humanity ?

A press report from Sydney dated January 6, says :

ANIMALS SHOT IN SYDNEY

ACTION UNDER A. R. P. REGULATION

Three lions, one leopard and one tiger have been ordered to be shot under Air-raid Precautions Regulations because of danger to residents should the animals get loose in air raids. The animals are valued at five hundred sterling and were owned by a circus which has been prevented by petrol restrictions from leaving Sydney and going into the country.

x x x

One is not shocked at this headline. It has become the order of the world at present to shoot animals when they escape for their freedom! Some shoot them for sport! But this report beats them all and takes us into the depths of horror.

The subheadline carries the news, "Action under A. R. P. Regulation." At the first reading one is rather amused at this bit of news and is led to think it was culled from some Sunday paper as it tends to border on

Some people find it beneficial to imagine the white spaces perfectly white, the print becomes very black and legible, apparently of its own volition.

Large print is detrimental to perfect sight because the eye tries to see the whole letter at once, when one is looking at an object, for instance a chair, the object blurs if the whole is seen at once. You cannot possibly see the arms, legs, back and body of a chair all at once. You either see the back first or the seat. This is 'Central Fixation', seeing best where you are looking.

We know that if these instructions are carefully followed, the following articles will prove extremely beneficial.

For details study the book 'Mind & Vision !

the ridiculous. But on closer reading, it shows that man has still to learn his alphabets.

The victims are three lions, one leopard and one tiger. True, they were ferocious animals, but they were being kept in a circus to entertain human beings of the same race as the authorities who gave orders to shoot them! They had been ordered to be shot because of 'the danger to residents should the animals get loose during air raids! Moreover, they have been prevented from moving into the country owing to petrol restrictions! All these are excuses, and animal life is not valued at all except in terms of sterling and pounds of flesh. The Sydney A. R. P. authorities are responsible for this crime and seem to be under the delusion that animals need petrol to be moved from place to place.

Are we not paying enough for our cruelties to the subhuman kingdom? We believe that as long as we do not carry the white flag to these defenceless animals, peace will never reign on Earth.

—P. R. SUBRAHMANYAN

The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR
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Its objects are :

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

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

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

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

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

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

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

In particular,

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

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

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

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

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

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

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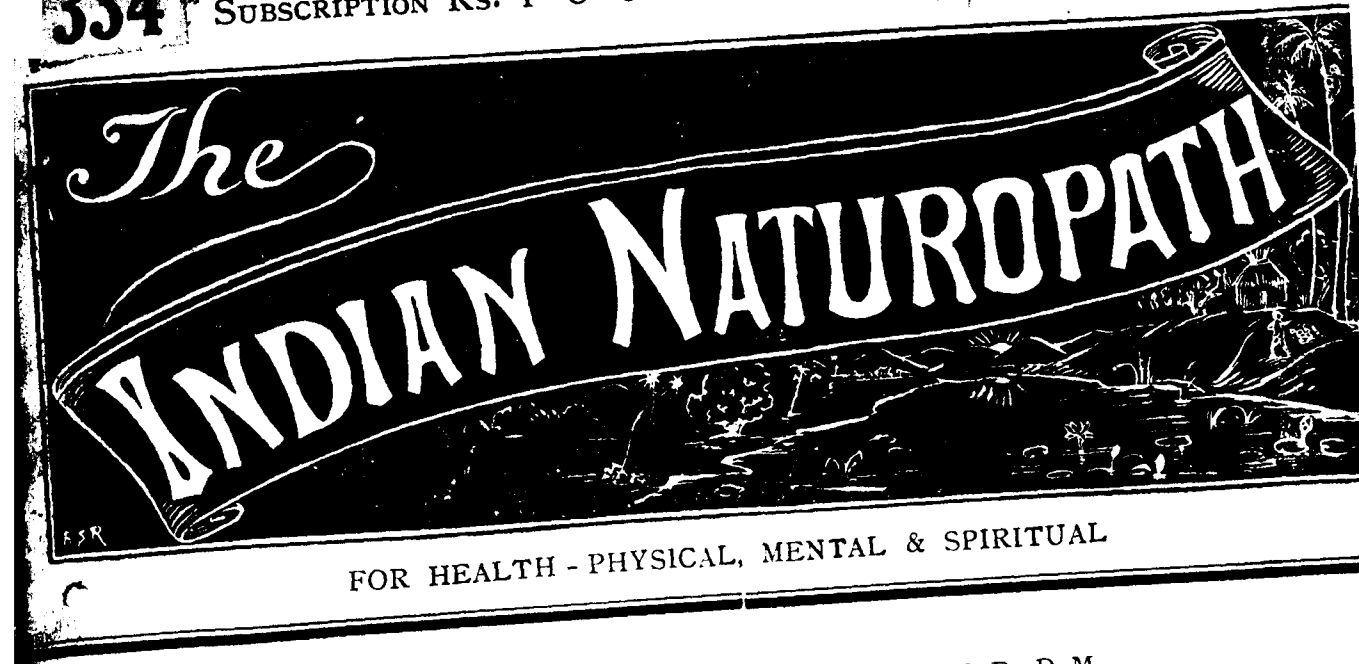
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BEZWADA (India) - May, 1942

The Indian Naturopath, Bezwada

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Annual Subscription for the Magazine Inland Rs. 1-8-0, Foreign Sh. 3 or \$ 1.

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INDIAN NATUROPATH

The Official Organ and Gazettee of The Indian Naturopathic Association

Vol. XIII

BEZWADA—May, 1942

Some Popular Errors

BY ARTHUR VOS, M. D.

It is no doubt a standing disgrace to the medical profession that, after all the boasted progress in medicine during the last one hundred years, of research and experimentation, not one great principle has been established by means of which the people can be guided towards perfect health. One of the reasons for this condition of affairs lies in the fact that the medical profession has no workable theory of disease sufficient to explain the common origin and unitary cause of all diseases; for had the profession such a theory its practices would have been more certain, definite and effective, free from those haphazard and purely experimental procedures all too common now-a-days.

We may look for another reason for this state of affairs in the fact that both physician and patient pay little or no attention to those early symptoms of disease which are, for the most part, forerunners and precursors of more serious and many times dangerous disease conditions that follow later on. The medical profession being dominated with the idea that what cannot be measured in a test tube or discovered in a chemical or X-ray laboratory is of no particular account, and people in general having been so frequently informed that their complaints are either

ill founded, imaginary or of no importance, it is not at all surprising that such general ignorance should prevail concerning the simple rules and principles of good health. In fact, to such an extent has the general disregard of nature's warnings progressed that it now requires some dangerous crisis in the life of an individual or some mighty avalanche of an epidemic to arouse people from their lethargy and to force them to give some attention to themselves. Everywhere you go, the amount of ignorance concerning the simplest rules of right living and what constitutes a proper standard of good health is really appalling. Take, for instance, the commonly heard remark: "I was never so surprised in my life as I was when I heard of the death of Sam Jones—why, he was a perfect picture of health—big, stout, and rosy-cheeked, the last man in the world I would have thought of dying." Does not such a remark show how little some people know about health and what really constitutes it in reality and in appearance? Ninety out of every hundred people would have called Sam Jones a fine specimen of health—when yet the merest tyro in matters of health knowledge would have known that it would not be long before he would be down sooner or later with some serious or dangerous condition. Just recall the

many cases where you have been surprised at the death of this or that friend who was always considered so hale, so hearty, so strong, and so well! In fact, similar experiences are so common these days that we are no longer surprised when we hear of the so-called strong and well and healthy, dying suddenly. The death list is indeed endless which tells us of the premature taking off of thousands of men, women and children who, although always regarded by themselves and their friends and families as perfectly healthy, have nevertheless suffered death after a brief and altogether unexpected period of illness. There are many other indications of this ignorance concerning the simplest matters pertaining to health which are well exemplified by daily experience. For instance, the question "how are you?" is a common one on the lips of every one when meeting a friend or acquaintance. "First rate, although I have my old sick headaches occasionally," is the answer. Another replies, "Pretty well now, have just had a touch of neuralgia — you know I always have that now and then." Another has a bad cold in his head but considers himself in good health, nevertheless. Smith considers himself as enjoying good health, although troubled a good deal with dyspepsia and constipation, which means that he is constantly being annoyed by symptoms of his disease. Friend Smith is tip top with an occasional attack of cholera morbus, a bilious spell or the flu. Brown was never better in his life, but could tell you of a fearful sickness a few months ago — "like to have died." Murphy, tough old bird, just now at least, since getting cleaned out by erysipelas. And so it goes. The number is endless of the so-called healthy ones who are always complaining of one or another symptom or crisis but who nevertheless consider themselves as perfectly well.

From such facts as these, it must be perfectly evident to those who have examined the subject with any degree of thoroughness, that there is need of a radical change in the study and practice of medicine. Little regard has hitherto been paid in the medical schools of the country to the right habits of living and to the laws of the human constitution as the true basis on which our attempts to improve the condition of many ought to rest. The object and aim of medicine always has been and still is, to differentiate or diagnose and to cure diseases. It is not surprising, therefore, that both teacher and student naturally fix upon this as their chief object and consequently do not see and overlook the substantial aid which an acquaintance with the laws of health is calculated to afford in restoring the sick as well as preserving the healthy from disease. It is indeed true that individuals here and there finally work out the knowledge of right living for themselves, but it is generally late in life when they do so, when after long years of blundering practice, they have been forced to do so.

That the practice of medicine today is not at all what it should be is largely due to the position and attitude of the people on this question — to be specific — their aversion to taking advice instead of medicine. Nine times out of ten they will consider the prevention of disease in the shape of a pill, a powder or a shot of serum, but seldom will they do so at the expense of giving up their follies and bad habits of living. This tendency of the public for preferring drugs, dopes and operations to knowledge, information and advice is commonly met with everywhere. This is well illustrated in the fact that if the world were convinced that, for instance, I myself, possessed an unfailing remedy—a medicine that would cure every physical ailment that

human flesh is heir to and prevent it, too, such a remedy or medicine would be demanded faster than it could be manufactured, though every secret still and moonshine outfit in the country were transformed into a laboratory for its production. No price would be deemed too exorbitant and though the mixture were as nauseating as asofoetida it would be in greater demand than Croesus gold and would be gulped down with a swinish avidity. In proportion to people's ignorance of their own constitutions and the powers and functions of their own bodies is their credulous confidence in drugs and serums, and as long as this ignorance persists and continues will there be plenty of doctors who pander to it. The great benefits, as I see it, which are likely to follow the better diffusion of dietetic, hygienic and physiological information and knowledge will not only be the protection of the community in which we live from the impositions of charlatanism and quackery, but also a better discrimination of the qualifications of the competent physician. It is, indeed, only too true that the people, high and low, demand, not hygienic advice, not health knowledge from their family physicians, but drugs. The strange and inexplicable thing about the situation is the fact that if the family physician endeavors to restore them to health by advice alone, as to their habits of life, as in many cases he would be inclined to do, the patient becomes many times offended and calls in another doctor who will pet his feelings and pamper his appetites. This phase of the case is so universal among the people who live without thought—eat, drink and be merry and tomorrow take a cathartic—that the family physician seems compelled to compromise more or less with their notions in order to give them the benefit of his experience

and prevent them from calling less scrupulous practitioners. Only in this way can the attending physician many times retain their confidence while during the meantime he gives them a placebo and all the advice, knowledge and information that their heads can stand. Fortunately for the world at large, people are coming more and more into a knowledge of the right habits of living to which knowledge and information I am glad to say that the Tilden Health School is the largest and greatest contributor in the world today. I cannot do better than to quote in these concluding remarks a paragraph taken from Mandslay's Physiology, as follows: "It has long been the habit to exalt the mind as the noble, spiritual and immortal part, at the expense of the body as the outer, material and mortal part, that while it is not thought at all strange that every possible care and attention should be given to mental cultivation, a person who should give the same sort of careful attention to this body would be thought somewhat meanly of. And yet, I am sure that a wise man who would ease best the burden of life, cannot do better than watchfully to keep undefiled and holy — that is healthy — the noble temple of his body. Is it not a glaring inconsistency that men should pretend to fall into ecstasies of admiration of the temples which they have built with their own hands, and to claim reverence for their ruins, and, at the same time, should have no reverence for, or should actually speak contemptuously of, that most complex, ingenious, and admirable structure which the human body is? However, if they really neglect it, it is secure of its revenge—no one will come to much by his most strenuous mental exercises except upon the basis of a good organization, for a sound body is as surely the foundation of a sound mind."

182910

Yogi Buried Alive For Six Months

Dr. B. L. Atreya, Professor of Philosophy, Hindu University, Benares

The Western world was astounded when Hamid Bey, an Egyptian Faqir, went into a voluntary burial for three hours on January 28, 1927 in Englewood, N. G. in the presence of a number of physicians and newspapermen and it was considered as a great supernatural feat, he writes. But, here is a Yogi, called Brahmachari Ramaswarup, who has performed what is no less than a miracle.

For Six Months

He remained in a state of Samadhi (which apparently was a case of suspended animation without any nourishment) for full six months in an underground pit covered with slabs of stones joined with cement. This pit was protected by an all-round closed cell made of bricks. Around this cell was a surrounding wall making an enclosure which was open to the sky. I inspected the pit, the cell and the enclosure around the cell just two hours before the Yogi entered the Samadhi on the 25th September, 1941. The Yogi entered the pit in my presence; the door of the cell was closed with bricks in my presence and also the opening of the outer enclosure. The whole structure was open to police and public inspection at all times before two hours of his entry into Samadhi. So was it open to public inspection at all times immediately after the Yogi had come out of his Samadhi.

A Lakh of People

There was a large crowd of people when the Yogi entered the Samadhi on the 25th September, 1941. I was one of the few people standing close to the gate and watched everything critically. The same was the case with me on the opening day, Saturday the 21st March, 1942.

On the opening day, a large crowd of people began to gather from 10 A. M. and it swelled to more than a lakh of people—

men and women—of all ages, creeds and ranks. In front of the Samadhi building, which was enclosed all around, an enclosure was made with bamboos, and inside this enclosure a high platform, to seat the Yogi after his coming out, was constructed to enable the entire crowd to have his *darshan*.

The Coming Out

Certain selected people were allowed to enter this enclosure. Dandiswami Shri Madhusudana Sharmaji, the high-souled Guru of the Yogi, passed a very anxious time and was prepared for all sorts of emergencies before the Yogi came out. At 2-30 P. M., he ordered the *mistri* to make an opening in the outer enclosure. Then an opening was made in the all-round closed cell. The *mistri* was not allowed to go inside the cell to take away the slabs of stone. The first slab of stone was removed with great difficulty on account of its heaviness by four or five selected persons, some of whom were professors of the Hindu University and others Brahmacharis of the Ashram. The Yogi was found already awake and he raised his hand to indicate that he was awake.

No Change

Then he was dressed with new clothes—his old clothes having been partly worn away under the influence of the atmosphere inside the pit and partly eaten up by white ants, some of which were found collected over portions of his body also. He was then brought out, covered with blankets and placed in an easy chair, on the high platform and was visible to the whole crowd. The Yogi looked just the same as he was when he entered the pit. Even the beard on his face did not grow. He looked quite hale and hearty and saluted the crowd assembled to welcome him. He insisted on walking to the Ashram which is about 25 yards from the place, but we did not allow him to do so, for fear of his being crushed by the crowd which wanted to touch his feet.

The Law and Ethics of Abortion

Abortion is illegal under the law. It is also generally regarded as immoral. Are there not circumstances wherein it can be considered as permissible?

About a year ago, an eminent obstetrician Dr. William Bourne operated on a 14 year-old girl who had been assaulted by troopers of the Royal Horse Guards, and procured an abortion on the unfortunate girl. For this, the Doctor was prosecuted, but Justice Macnaghten acquitted him on the ground that the continuance of the pregnancy might have endangered the girl's life. The prosecutors admitted that the girl's health might be endangered but not life, but the Judge ruled that the life was dependent on health and the distinction was false.

Thereafter the Government appointed a Committee of 15 persons with Mr. Norman Birkett, K. C., as Chairman to report on the Law and Ethics of abortion and to make suggestions. The Committee have not submitted their report observing that in the absence of any binding decision of the Court of Criminal Appeal or of the House of Lords, it would be open to a Judge to direct the Jury on lines somewhat different from Justice Macnaghten's direction, and that it was desirable to remove this element of uncertainty.

The Committee makes the following recommendation:—

"We recommend that the law should be amended to make it unmistakably clear that a medical practitioner is acting legally, when in good faith he procures the abortion of a pregnant woman in circumstances which satisfy him that continuance of the pregnancy is likely to endanger the life or seriously impair her health."

The Committee are reluctant to lay down that women who are the victims of rape should have a legal right to proper

abortion at skilled hands. To operate merely on a girl's allegations would be to prejudice the issue against the prisoner. At the same time if operation is delayed until after the child's father has been found guilty, it may be too late to be of any use.

One member of the Committee, Mrs. Thurtle, who is the daughter of George Lansbury, has submitted a minority report of her own in which she has suggested that "in all cases where there is no doubt at all, abortion should be permitted."

In case of pregnancy resulting from incest, the Committee recommend that the mothers should not have the benefit of legal abortion, in case this might encourage the crime. Mrs. Thurtle however disagrees and says:—"I do not believe that the legislation of abortion in cases such as these would increase their incidence. It has been said that some people guilty of this offence are under the impression that no child will result. If this is the case, the proposal to legalise abortion would have no effect in cases where this belief is held. Normal people will not understand this phenomenon, which is abhorrent to them. It is likely that over-crowded housing conditions may contribute to it. Whatever the cause, I am concerned again with the resulting child and its wretched future. I cannot believe that society would lose anything by agreeing that it should not be born."

Abortion should also be permitted according to Mrs. Thurtle when a hereditary disease is likely to be communicated to the child or when a woman has previously had four children.

So much is spoken of abortion among Indian widows who are prohibited to remarry. In the United Kingdom where remarriage is freely allowed, no less than 400 abortions occur daily, according to the Committee, in a population of about 45 millions.

Some Exceptional Medicinal Properties of Bel.

बिल्व

A few results of the researches of an enthusiast of natural remedies :—
Mr. Vithal Das Modi, Director, Health Home, Gorakhpur, U. P.

The other day it was published in the 'Burma Medical Times' that a lady cured herself of sugar (diabetes) by the use of Bel leaves only. The therapeutic values of Bel are numerous. But most marked and certain are its remedial results in banishing even the most severe cases of constipation. Paradoxical though it may sound, its efficacy is none the less in eradicating the much dreaded amoebic dysentery. It also checks very successfully any pathological condition of loose motions, and tones up the intestines. It is thus a fine intestinal germicide and absolutely safe too. Experiments have also established that even its long and continued use is absolutely non-habit forming.

Out of its many kinds there are two which are very useful. One is the Desi Bel and the other Kagazi. The Kagazi is more useful and more sweet. As its name suggests its rind is not as thick and hard as that of Desi. It has also more pulp and less seeds and gum in it, and is more delicious. In flavour too, it surpasses the Desi variety. This is so far as eating goes. Medicinally, both are nearly equally useful, and may be used without hesitation. Desi, of one variety when eaten for pleasure, may in some cases cause a feeling of giddiness, and its bitterness is hardly enjoyable.

As a cure for constipation, it has relieved a gentleman of a chronic constipation, in which the bowels moved once a week only. It established regular habits in a fortnight, breaking the obstinate constipation for good.

It is found to be most suitable in checking all types of diarrhoea. Even amoebic dysentery yields to its regular use soon. These are not academic speculations or the result of the manipulation of abstract medical principles, but the results arrived at after many and varied experiments.

Medical preparations and their uses:—

1. *Bel Sharbat*:—Mix Bel Pulp with water according to the desired consistency; sugar to taste; strain into glasses.

This sharbat taken an hour or two after meals ensures proper bowel movements. Taken after dinner, at night, it will bring a healthy motion in the morning. It also tones up the digestive and excretory organs.

2. *Bel Salad*:—Remove pulp; carefully take out the seeds with their gum-bags intact, for the gum is unhealthy. Then mix the seedless pulp with cream to make a soft paste. Mix honey to taste.

About two tablespoons of this taken before meals will soon break the hardest constipation.

3. *Sharbat for diarrhoea*:—Make the sharbat without any sugar. One cup every three hours will bring relief soon. Continue for a day or two for complete cure.

4. *Bel Mathha for Dysentery*:—Boil 2 lbs. or 2 pints of water with two ounces of seedless and gumless Bel

pulp. Put in $\frac{1}{2}$ lb. of water and let boil till the water is evaporated. Cool and strain through a thick cloth. Then make curd (dahi) of it just as milk is made into curd. When the curd is ready add to it half to one pound (16 ozs.) of water and break it into Mathha.

Keep the patient on this Mathha exclusively. Hard cases may require it for a few weeks. An adult will require eight to ten pounds of this per day. To consume this quantity take a glass of it every hour. When one is exclusively on this one has the craving for it so often. It will cure dysentery

and put on the patient weight too, thus restoring one to good health.

Bel is sufficiently starchy to be an energy-giving and strength-giving fruit. It has a little fat and proteids in it too.

Its presence in the house, and liberal use, will not only keep the household free of many common ailments but drive out the mother of illness—constipation. It will put on weight in case of sickly children and will soon be cherished as a cheap but mighty blessing.

Modern Medical Relief

The Medical relief as it is to-day consists of:—

Vaccination to prevent small-pox.

Tuberculin injections and overfeeding to cure Tuberculosis.

The use of the knife wherever possible.

Mercury injections to cure Syphilis.

Surgery, X-rays and Radium-rays to cure Cancer.

The theft of tonsils to cure tonsillitis.

The theft of appendix to cure appendicitis.

Drugs for constipation.

Anti-toxin taken from a diseased horse to cure Diphtheria.

Insulin to cure Diabetes.

Quinine to cure colds and influenza.

Arsenic for psoriasis etc.

Iodine for Goitre.

Injecting pus from a diseased animal to prevent Typhoid.

Is this the relief that the vast army of doctors have to offer? The result of all these ways is the increase of all chronic diseases in their worst forms.

But in fact, there is only one way to ward off or overcome disease:—

Eat natural foods.

Keep the body clean externally.

Do not smother the body internally.

Do not smother the body in clothes.

Exercise regularly.

Have sufficient rest and sleep.

Breathe properly.

Except adopting the above principles, no injections, no amputations, no operations nor any of the injurious methods of the Health Department 'the chief underlying function of which is not to protect the health of the people but to protect the orthodox teachings of the Medical Association and its orthodox members from harm,' will do any good at all.

What is Health

Health does not mean mere absence of disease but a positive dynamic quality of life. 'Every one knows what the priceless gift means. It implies a positive quality of versatile vigour; and that depends on the harmonious, working of the chief parts of the body. It need not mean great strength—a powerful dray horse is often far from healthy—but it always implies a pleasurable efficiency. It is the condition a man describes when he says he is feeling 'very fit' when he is able for vigorous and enduring self expression. We have to widen this idea of internal fitness by recognising that the ideal of Health includes fitness to the external conditions of life in so far as these are of a kind that make for conservation and enrichment of life. The healthy man must be able to adjust himself to circumstances without losing his foothold; he must have a fair measure of resisting power to the invasion of disease germs and to other deteriorating influences.

Health is a state of abundant vitality, experienced subjectively as *Joy in life*, and expressed objectively in creative action and social service.

Health is a realization of wholeness and oneness.

Health is the feeling or consciousness of an increasing plenitude of unobstructed vital power.

Health is the principle of life: life is wealth. As Ruskin said: "There is no wealth but life." The very word wealth is seen to derive from weal—the or well—the which means health. Well might Bernard Shaw say "Enough of this talk of political economy; what we really need is *vital economy*." Health is not only an individual necessity but an obligation to society. Social health and individual health are inseparable from one another.

Mr. & Mrs. H. J. Byngam.

A FEW FACTS AND AN APPEAL.

We appeal to readers to help the Movement against the cruel and unfair practice of vivisection by making known the following facts:—

That over 9,50,000 experiments on living animals were recorded by the Home Office as having been performed under the Cruelty to Animals Act, 1876, during the year 1938, and that in only 14,797 of the experiments were the animals anaesthetised and killed before recovering from the influence of the anaesthetic.

That an annual Parliamentary grant is made for Medical Research (the amount granted for the 1938—1939 financial year was £ 2,65,000—including a special capital grant of £ 70,000 for building), and that this money is chiefly spent on experiments upon living animals, the upkeep of places registered for that purpose, and the payment of grants

and salaries to the research workers.

That millions of pounds have been spent on experiments in Cancer research, which have produced an enormous amount of suffering in animals, without resulting in any reduction of the sufferings of cancer patients.

That in the year 1920, two years before the introduction of insulin, the death-rate from diabetes was 100 per million persons living in England and Wales.

Since insulin was adopted as the orthodox treatment for diabetes the death-rate from this disease has steadily risen, until, in 1939, the latest recorded year, it reached 185 per million of the population. (The Abolitionist)

Praise Song of Nature Cure

Mr. C. Viswanatham, B. A., B. L.

My boy aged seven has just recovered from Typhoid fever through the never failing nature cure treatment and I feel it my duty to acknowledge its efficacy.

Since its commencement the fever ranged between 103 and 105 and as ill luck would have it by force of circumstances beyond our control, we placed the child under allopathic treatment. The fever was diagnosed as Typhoid and then followed the usual course of mixtures, tablets injections and icebags, though here, I must say in fairness to the doctor who treated that he exercised judicious restraint in their administration. The fever did not come to normal even on the 21st day and continued as high as ever, occasionally showing a slight reduction of a degree and odd.

On the 28th day, I felt that allopathy had been given a fair trial and that it was no use continuing it longer. The child was very weak but I took courage to change the treatment.

I took the child to Sri Rev. Sitharama Avathutha's Health Home in Patamatalanka about a mile from Bezwada town,

just a little east. Since my boy was removed here, he began to feel a sense of relief.

During the first two days, the patient was given two hip baths of five minutes duration, mudpacks thrice a day and to relieve restlessness consequent in high fever, sponge baths were given. The next two days, besides the two hip baths and three mudpacks, he was kept focussed all night under a blue electric light during the major part of the night. He had also sunbath between 2 and 3 hours on the fifth day. After admission the fever came to normal and did not rise again. During the five days, fever went down by a gradual process and the progress maintained by the patient was steady.

During the treatment period, the diet consisted of tender cocoanut water, which the child took in plenty as the cooling refreshing fluid has an extremely soothing effect and a peculiar relish for fever patients and sweet orange and kantala juice. He was given light rice diet on the 8th day and he is slowly regaining strength.

This is one of the many cases of Typhoid Fever which were cured in the Ashram and in a remarkably short time.

The Only Difference!

As an article in *The Hindu* indicates, vegetarians in England have not been having too easy a time and in many ways are called upon for sacrifices in the upholding of their humane principles. Lord Dawson of Penn, one of England's eminent physicians, is quoted as having "respectfully suggested" that vegetarians suspend their gastronomic conscience "for the duration." He is reported to have argued: "Since milk and eggs come from the same animals as produce beef and fowl, with only the difference that the latter come from the parts of the animal concerned with locomotion while the former come from the parts concerned with reproduction, the heads of the Vegetarian

Society might issue an 'indulgence' during the emergency of the war, that these food products from the same animal can substitute each other."

Indeed, that difference is but small—in fact, "only" a matter of life and death, a difference which no vegetarian will admit to be a defensible argument in favour of the colossal daily sacrifice exacted from the animal kingdom, all for the sake of unwarrantable gastronomic indulgence.

The blood of millions upon millions of animals has not cried out in vain. The nemesis of retribution has at last involved

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The Bondage of Looking Backwards

OLIVE MERCER

Some people are always looking backwards and regretting past mistakes and failures, wishing they had taken a different turning, or wishing they could go back and live their lives over again.

If we keep before our eyes the discoloured glasses of past mistakes and failures, we cannot expect to see a very rosy future. Dark and blurred glasses will certainly prevent that.

To have a harmonious relationship to the world, to feel that life is worth living, to feel that the future is waiting to be made up into a wonderful pattern of our own designing, is to throw away those glasses that give such distorted vision, and to see life as we desire it to be.

Let go the past. It has already been lived through. Then, why cling to it when it has been so unsatisfactory? Why colour all the future with the same drab events? To have a different future you have to change your tactics; you have to meet life differently. If you do not do this, the same conditions will be drawn to you that you have already drawn towards you in the past.

St. Paul said: "Forgetting the things that are behind, I press forward."

We press forward only when we face the future. When we keep our attention fixed on the past we walk blindly: we walk backwards, not knowing where we are going, not knowing whether we shall ever arrive anywhere.

If you have been hurt by life, forget it. Don't bring more hurts to you by hugging sorrow and self-pity, keeping your mind upon wrongs and the misdoings of others.

If you have been deceived, disillusioned, frustrated at every turn, forget it. Begin a new life by being a new person. Express your personality in new ways. When you realize that all those hurts you have suffered were not due to other people being aligned

against you, but to yourself acting against your own best interests, then you will be glad to burst that old shell of bondage and begin to live in a new kind of world.

Every means we take to cut out past errors of thought and behaviour, every method we employ to lift ourselves out of the clutches of fear and the shackles of worry, is an aid to better living.

We are striving to live intelligently, to make the most of ourselves, to give the best we have to life, to get the best we can conceive out of life, but in order to do all this we have to begin re-making ourselves.

We were given imagination so that we might make a splendid life for ourselves. But how do we use the faculty of imagination? Do we not dwell upon pictures of poverty instead of affluence, of illness rather than health, of failure rather than success? We forget that imagination was given us to plan a rich and beautiful future, and instead we use it destructively to bring upon ourselves all sorts of ills. The Bible tells us that the flood came upon the world because the imagination of the people was desperately wicked. Yet with that truth in view, we do not take to ourselves the idea that we might have a flood of evil in our lives instead of good, through using imagination wrongly.

When a mother worries herself sick because her child is late home from school, is she relating herself to the good forces of life, or is she placing herself and her child both in danger? If she had placed her child under God's care before he left home at all, would she not have a very different reaction to his lateness? I know a mother who worries every day because her two children have to go through a bit of bush on their way to school. I know another mother who, before her three children leave home every morning, puts them under God's protection, and she says she knows they are protected wherever they go. Try this method this year, and see how well it works.

THIRST

Blood contains seventy eight per cent of water. By the addition of solids such as sodium chloride, sugar, or the products of digestion, there is a decrease of this percentage. To restore the blood to its normal state, water is required. Thirst is the sign for this adjustment. When water is taken, the excess is passed away by the kidneys or the skin. There is an automatic mechanism to carry out this adjustment. Persons whose bodies are self-poisoned (whose tongues are also coated) neglect water drinking. They would feel thirsty only when there is a loss of water through excessive perspiration. Such people should drink water in small quantities frequently.

Meat Eating—Bernard Shaw.

England's greatest thinker and philosopher, Geo. Bernard Shaw, (too great to be put in jail or he would have been there long ago,) was told by the doctors that he would die unless he ate some meat. He replied: "My situation is a solemn one. Life is offered to me on condition of eating beefsteaks. But death is better than cannibalism. My will contains directions for my funeral, which will be followed not by mourning coaches, but by oxen, sheep, flocks of poultry, and a small travelling aquarium of live fish, all wearing white scarfs in honor of the man who perished rather than eat his fellow creatures. It will be, with the exception of Noah's ark, the most remarkable thing of the kind seen."

—*Humanity.*

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What An Eminent Physician Says.

Doctor A. LAKSHMIPATHY, B. A, M B. & C M., Bhishagratna.

"At the commencement of my practise, I started as an enthusiast for Vaccination, but, now,

I am definitely of opinion That vaccination, inoculation and injection given in season and out of season,

Have contributed to do great harm, Which the sufferer could have easily avoided, Whereas the benefit believed is doubtful"

Read Dr. M. K. Pandurangam's

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INDIA'S PREMIER NATIONAL ORGANISATION FOR
HEALTH PROPAGANDA

Its objects are :

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

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

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

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

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

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

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

In particular,

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

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

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

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

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

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INDIAN NATUROPATH

The Official Organ and Gazettee of The Indian Naturopathic Association

Vol. XIII

BEZWADA—June, 1942

No. 6

Incurable Diseases are Cured

Whenever 'incurable diseases' are mentioned we mean diseases that are classed so by our contemporaries of the regular orthodox school of medicine. As Naturopaths we do not hold that certain diseases are curable while others are not. We only believe that a disease becomes incurable only after every cell in the system is deranged by repeated crippled or damaged improper ways of living and by uncalled for and dangerous drugs and operations.

Take for instance, paralysis. It never comes all on a sudden, for normally healthy persons. Persons with abnormal ways of living and of fast life are in the nearest approach to the disease. One gets it only after a mental or a physical over-work preferably the former. It comes in as only a temporary forced relief from nature. If the regulars only know that judicious diet and a restful hygienic way of living is the only proper medicine for such patients, there would be less misery among the paralytic patients. By repeated stimulating treatment, the condition of the patient becomes incurable and miserable in the long run, in the regular system of orthodox medicine.

A naturopath perfectly knows that a paralytic attack is not due to worry or loss of property and disappointment, but improper composition of blood and lymph that nourish the system. He takes care not to add fuel to the burning fire, in the shape of unwanted poisonous medicines and unassimilable inorganic mineral over-doses. He knows perfectly well that an uncumbustioned, and

in-oxygenated carbohydrate, hydro-carbon and protein are the real cause of the faulty composition in lymph and blood. So he wisely reduces the quantities of the primary food-stuffs viz. starches, sugars, fats and proteins. He increases the intake of oxygen-loaded live organised foods such as vegetables and fruits. He takes care to cleanse every inch of the skin daily once, twice or thrice to improve and restore the skin to proper actions. He administers every day an enema until the stupid colon moves without external help. He sees that no further fecal deposits, cause irritation and spoil the composition of the lymph and blood in the body. Liberal quantities of vegetable juices and fruit juices are served to the patient, so that the unsaturated salts are well dissolved and eliminated from the body in the shape of urine and sweat.

The worry that is said to be the cause of paralysis is only a secondary manifestation of the nervous and mental disorder brought on by the improper nutrition of the faulty composition of blood that feed them. A healthy man is never worried over trifles, but bravely faces them only to triumph over them. It is only a nervous patient that takes very seriously every trifle and worries and further spoils his mental attitude and health.

I think, it is wise to mention a case of a cure here. A cowherd by caste was brought to me one day on a buffalo cart. It was with difficulty, that two persons could stretch him up. A bad odour was emanating from his body. His tongue was coated white

His bowels moved once in 3 or 4 days. His urine was thick and muddy. Sediment formed if the urine is made to stand for a short time in a glass. His upper and lower limbs could not be moved freely.

A daily oil bath was immediately ordered along with an enema every day with lukewarm water. He was fed oranges for the first 15 days. He could eat at the rate of 5 or 6 oranges in the first week and at 10 to 12 in the second week. He was fed oranges in the third week also. But this week he took about 20 oranges every day.

Two hip baths of 10 minutes duration every day, was all that he received as

treatment. After the third week, for 3 weeks more he was fed cooked greens and vegetables.

By this time he could manage to stand up on crutches. He was now fed with whole-meal wheat graham bread along with cooked greens and vegetables, once every day. For his second meal, oranges were given. In this way he had 3 months more to move freely hither and thither without crutches. His bowels moved freely. The composition of the urine changed to normal. Needless to say, that his whole body transformed to normal. At the end of six months he could resume his work as a cultivator.

The Colour Cure Apparatuses

1. THE CHROMODISC



On a heavy three very short legged iron or steel stool, "an iron rod" 1" in thickness and 2½ or 3 feet in height is fixed. An hand or iron shaft 1½ ft. long and of ½" in thickness attached to the stand by a thumbscrew to make the staff go up and down the rod and fix the same at will at any point on the stand. At the end of the shaft a circular holder is attached. The holder is also movable and can be fixed at a desired angle on the shaft i.e. the hand. A

funnel made of copper or brass fits in the circle of the hand. The funnel is 2 feet long and is of 12" diameter at the larger end and 4" diameter at the smaller end. The inside of the funnel-shaped tube is best electroplated with pure silver. Poor people may have it tinned inside. Nickel plating may be for the average purse.

The instrument is called a chromo-disc by Dr. Babbitt. It is best used where intensified light or coloured rays are required. It is called a chromodisc when no colour is employed but where a blue or a red colour is employed it is called a blue or a red disc as the case may be. It is named after the colour employed in the administration of the light.

For the softening of stupid tumours and for discharging congestions from different parts of the body the disc is made use of. For drying away the suppurated wounds also the disc is useful. For melting and driving out congestions and tumours the animating colours of the spectrum viz. Yellow or Orange are used with advantage. For inflammations, the blue or violet colours are made use of. For ankyolised joints and in the gout, the red colour is made use of;

while for articular rheumatism, the Violet or Yellow disc is sufficient.

The application may be made in this way: A colour filter made of glass or cellophane paper or gelatine paper as otherwise called, made with the required colour is attached or tied on the wider side of the disc. The smaller end is placed at a distance of 12 to 15 inches from the affected part. The larger end and the smaller end are adjusted in one line with the evening or morning sun, and the effected part of the patient. The light that comes out from the smaller end, through the funnel shaped disc, should be a regular circle. Any deviation means that the sun's rays are not passing well from the disk. A red disk may be

applied from 9 to 11 A. M. and from 3 to 4 P. M. The yellow or orange disc may be applied from 8 to 9 A. M. and from 4 to 5 P. M. The blue cooling antiseptic disc should be applied from morning till 7 A. M. and from 5 P. M. to sunset. The violet disc should be applied between 7 and 8 A.M. and between 4 to 5 P. M.

It is needless to say that the effected part is only open for exposure. Other parts are comfortably protected from the Sun's rays. A green disc is applied on eczematous affections and for almost all skin diseases. It is also used over broken limbs. The green is the adhesive colour. The time for a green disc is that of a blue or a violet disc.

Disorders of the Heart

A. A. ROSSITER.

The heart may justly be regarded as one of the strongest organs in the body. In its work of maintaining the equilibrium of the blood flow from the lungs to every cell of the body, and in every direction, the heart is called upon to carry on unceasingly the most arduous task placed upon any living instrument. A comparatively small organ, the heart is situated in the thorax (chest cavity), with its apex near the fifth rib left of the breastbone. It weighs approximately half-a-pound. With every beat of the heart fresh red blood is pumped into the arteries, while at the same time the dark venous blood is pumped to the lungs for refreshing. This action of the heart occurs approximately 100,000 times daily. The heart of a centenarian, then, would beat for its four thousand millionth time, a feat not yet equalled by any machine fashioned by the hand of man.

A natural instrument of precision, the heart is equipped to equal whatever demand is placed upon the circulatory system, of which it is an integral part. Whether walking or running, uphill or down, it has the power to accelerate or decrease its even rhythm in exact accordance with the muscular effort expended. Thus a well-trained athlete is able to draw upon reserves of ener-

gy required for instantaneous and terrific muscular effort only through the medium of, and without undue harm to, the heart. Yet a few minutes later its beat is once more quiet and unhurried, but always in readiness for instant motion.

The beat of the heart may be ascertained by a mechanical instrument known as the cardiograph, which records in a fine pencil-tracing the muscle and valvular movements which make up the heart-beat. Thus any disturbances of the normal function may be plainly discerned and diagnosed by expert eyes.

Nervous Control.

The heart is governed by its own special section of the sympathetic nervous system, which acts as a substation to the brain for all internal functions of the body. This nervous network sends its projections into every tissue of the heart, maintaining its tone and increasing or decreasing its rate of beating according to physical needs. Incidentally, it must not be overlooked that undue influence brought to bear upon the heart by worry, sorrow, fear, and other negative thoughts depress heart action, and become a

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 False Positive Tests 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 met with certain standards set up by the 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 per cent 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 tests 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 1504:

"When shall serologic evidence of syphilis be doubted? As Stokes humorously puts it, there are instances . . . in which one (positive) Wassermann 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 is, 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 Tests Reported—Vaccina Mentioned as one of the Diseases Giving Rise to False Positive Tests.

The article 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 basis 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 infections 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 acute infections of undetermined 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 diseases 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 widespread 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 ragedies which may be precipitated by the diagnosis of syphilis, and every effort should be made to avoid false diagnosis."

Indian Naturopathic Association

Proceedings of The Annual General Body Meeting
held on 13-5-'42.

I Resolved that the statement of accounts for 1940 & 1941 be passed.

II Resolved that the following be elected as office-bearers for the Current year.

President :

Sreemati Sophia Wadia.

Vice-President :

Dr. C. Bhanumoorthy B. A., L. T.

General Secretary :

Dr. P. Venkatramayya.

Joint Secretary :

M. Anjaneyulu.

Sec. for Social Service Department :

Dr. V. Murahari Rao.

Sec. for Propaganda Department :

Dr. I. Venkata Ramanayya.

III Resolved that the following be nominated as office-bearers of the Association, from the various Provinces, under sections 48, 49 of the rules, and the Bylaws made thereunder :—

Vice-Presidents :

Andhra : Rao Saheb, O. Viswanadharao,
B. A., B. L.

Bengal : Dr. Sivanath Rai,

Madras : Dr. A. Lakshmiapati,
B. A., M. B. C. M.

Hyderabad state : Dr. L. R. Dacha

Gujarat : Dr. Jatasenkar I. Nandi,

Central India : Jagannadha Doss,
Tamil Nadu : Dr. M. K. Pandurangam,
U. P. : Dr. Baleshwar Prasad Sinha,
Bhavanagar state : Gopal Mehta,
Puddukkotah : P. S. Viswanadha Ayar.

Assistant Secretaries :

Andhra : C. Viswanadham, B.A., B.L.
U. P. : Dr. Vithal Dass Modi,
Hyderabad state : Dr. R. B. Avadhani,
Puddukkotah state : L. Kameswaran,
N. D.

Madras : Swami Bikshu,

IV Resolved that Dr. P. Venkataramayya be elected as Editor of the Indian Naturopath.

V In view of the Services rendered to the cause of Naturopathy and in regard to their proficiency in the various branches in the art of Nature Cure, this Association is pleased to confer on the following gentlemen the degree of Doctor of Naturopathy :—

1. H. C. Satyavadi,
2. Majeti Satyanarayana
Mallikharjuna Rao,
3. R. B. Avadhani,
4. V. Donda Saheb,
5. Akbaralli Saheb,
6. Sistla Venkateswarlu.
7. Vithaldas Modi,
8. L. R. Dacha.
9. Baleshwar Prasad Sinha.

HEALTH AND SANITATION

CONSTIPATION AND ITS TREATMENT

There is perhaps no condition so ill-treated as constipation. There are all sorts of notions about constipation. What is meant by the term "sufficient evacuation?" Leonard Williams records a sergeant's reply to a medical officer: "What do you mean by a good rear?" "Twice round the pan and pointed at both ends." That however is an ideal which few can attain.

DEFINITION

Constipation may be defined as delay of more than 48 hours in the passage of undigested food residue after ingestion of food. The common conception of it is that it is the lack of a daily satisfactory evacuation. But there is no sanctity about the daily ritual. On the other hand, constipation may be present in spite of a daily evacuation or a number of small incomplete evacuations such as associated with local irritative causes like piles, fissure and so on. The presence of constipation is confirmed by taking a charcoal meal and noting how long it takes for the stools to turn black. An alternative way is by serial skiagrams following the progress of an opaque meal. It can occasionally be made out by abdominal palpation of faecal lumps in the colon, or by rectal examination, especially after defaecation.

The primitive physiological response to partaking of food is an evacuation due to relaxation of the rectal sphincter, reflexly arising as a result of opening of the pylorus. (the gastro-colic reflex). Civilized man has curbed this physiological mechanism and cultivated a convenient habit of an evacuation early on rising, or after breakfast, or after a walk or a cup of coffee or a glass of water early in the morning. The primitive postprandial reflex has thus been modified to a conditioned reflex. Each individual has his own conditioned stimulus which pulls the trigger for him.

The sanctity attached to a daily 'traffic return' is a myth. "But the beneficent psychic effect produced by the sight of a generous stool cannot be overestimated. It turns a melancholy man into a joyous man; it makes the timid courageous, and the lazy energetic." (Leonard Williams.)

We are so used to a daily evacuation at a particular time of the day that if we do not have it we are so upset as to be liable to attribute a multitude of ills to constipation. Most of the symptoms traced to constipation are really reflex or nervous in origin. Many of them have become deep-rooted essentially due to preaching of the medical profession. Traditions die hard. Even to-day there are many in the profession who still cling to Arbuthnot Lane's kinks and cesspools and auto-intoxication, all attributed to constipation. The truth is, there can be very little toxic absorption from solid faecal matter in the colon. The toxæmia attributed to constipation is really due to the conversion of a solid faecal mass into a tube of liquid cultural material by the abuse of purgatives taken for the relief of constipation.

ACUTE CONSTIPATION

Constipation may be acute, occasional or chronic. Acute constipation amounting to acute intestinal obstruction, organic or paralytic, is a surgical emergency and has to be treated on sound surgical principles. One thing is certain. Nothing is more disastrous than the indiscriminate use of purgatives to relieve constipation, especially when it is associated with abdominal pain. In all cases where acute intra-abdominal mischief cannot be definitely ruled out, it is far better to relieve constipation with enema than by purgative.

OCCASIONAL CONSTIPATION

Occasional constipation is due among other causes to a sudden change in diet, a

decrease of fluid intake or dehydration or decrease of intestinal secretions as in fever. The best diet in such cases is one which will produce rapid evacuation with minimum derangement of alimentary functions.

CHRONIC CONSTIPATION

Chronic constipation may be caused by:

1. insufficient residue,
2. atony,
3. spasmodic contraction,
4. organic chronic obstruction,
5. dyschezia.

Constipation due to insufficient faecal residue reaching the colon can be treated by increasing the quantity of cellulose in the diet. Cellulose is, however, an irritating material and must be avoided in all cases where the colonic mucosa is irritable or inflamed. If indiscriminately given, it will cause spasmodic contraction.

Some cases of insufficient residue are due to extraordinary avidity of the greedy colon for water. There is increased absorption of water from the faecal matter in the colon. The faeces get dried and hard. Such individuals need to take large quantities of water, particularly in the early morning. In certain instances they get considerable help by any rational treatment which increases and softens the faecal matter and lubricates the colon.

Insufficient activity or atony of the colon should in the first instance be corrected by dieting rather than by purgatives and can be benefited by other hygienic measures, such as suitable exercise and massage. The diet should be rich especially in vitamin B complex.

Spasmodic contraction of the colon, the so called irritable colon, indicates an inflammatory state of the colon of varying degree according to the insult offered to the

colon by indiscriminate diet and injudicious purgatives in the treatment of constipation. A variety of it is mucous colities, a catarrhal state of the colon accompanied by spasm like what occurs to the bronchial asthma. It is an allergic state. Treatment has to be essentially of a soothing nature and has in addition to reduce the spasm. The best line of treatment will be to cut off from the diet all articles of food which will leave an irritating residue.

Organic chronic obstruction is a surgical condition due to slow growing tumours and granulomatous conditions. Obstructive constipation may also be the result of achalasia of the rectal splincher as in Hirschprung's disease.

Dyschezia or distal constipation is the failure of faeces on entry into the rectum to produce the defaecation reflex. The rectum should normally be empty. Modern radiological investigation proves that the faeces remain fairly long in the colon till the water is absorbed, and the colon is emptied into the rectum by mass movement. When faecal matter is propelled *en masse* into it the rectal mucosa is stimulated, and this and the rectal distension give rise to reflex emptying—defaecation. The commonest cause of constipation in civilized society is an inhibition of this defaecation reflex on grounds of personal inconvenience. It is very common in women.

Dyschezia is recognised by rectal examination immediately after defaecation. It is meaningless to treat it by drugs given by mouth. It is combated essentially by re-education of the bowel, by soliciting an evacuation at regular intervals. Pending such re-education, indications for treatment are to increase the faecal mass and soften it.

Very often a combination of causes is at work. They have to be met by a combination of hygienic measures as well as of suitable diet.



Eating for Health and Longevity

The following paragraphs were extracted from Dr. Rasmus Alsaker's book, *The Master Key to Health*!

What good does it do to have this knowledge (of vitamins), which is among the latest evolved by the students of nutrition? It stresses the fact that we should live largely on fruits and vegetables; that we should consume whole wheat products, and a reasonable amount of dairy products, as the backbone of our dietary; furthermore, that the vegetables should be cooked right, for vitamins B, C and D are water soluble, which means that when vegetables are cooked and drained in the ordinary way, the best part of them goes down the kitchen sink instead of going down the pipe where it belongs—the gullet or esophagus. Learn to like the vegetables broths or liquors because they are your good friends and will maintain your health longer than possible otherwise and thus lengthen your life and effectiveness.

This is precious knowledge if you use it. If you do not use it, it is nothing but a collection of waste words. These scientific facts will confirm much that natural doctors, progressive doctors have been attempting to get to the public for many years. We have often talked to deaf ears, but find this new knowledge coming to our rescue. Whenever you see the announcement of a new vitamin in your news-paper or scientific journal, read it with care because the knowledge contained therein may be of great help in maintaining your health.

The (succulent) vegetables are about nine-tenths water, on the average. Why are they played up so in the diet? The protein they contain is insignificant; the fat averages even less; the carbohydrates, which are starches and sugars, are present only in limited quantities.

The ash does not loom large, but it contains the mineral and metal substances that man needs. It contains, sodium, potassium, calcium and magnesium, which are the 4 great alkalizers of the body. It contains iron, sulphur, phosphorus, iodine, and every other mineral and metal needed

for the welfare of the human body. These minerals and metals are in such combinations that they can be readily used by the system.

The salad vegetables are especially helpful in maintaining health. The reason for this is that they bring into the body the natural juices, salts and vitamins unchanged by the heat of cooking. Salad vegetables should be eaten every day. It should not be a tiny salad, but a rather generous one. The best salad vegetables are the ones that grow above ground.

The vegetables that are cooked should be so prepared that all of the juices are conserved. The broth or liquor of the vegetables is the most valuable part.

Although we do not recommend a diet of nothing but fruit and nuts, human being can be well nourished and eat nothing else.

Fruits contain all the principal alkaline elements, such as calcium, magnesium, sodium and potassium. They also contain Oxygen, Hydrogen, phosphorus, Chlorine, sulphur and iron.

Fruits should have a prominent place in the dietary. They are strongly basic, which means they are alkaline forming. The fruit acids and the salts burn in the body and produce alkaline carbonates. They are rich in tempting odors and flavors. Anything that gives us pleasure helps the digestion. They aid both the kidneys and the bowels, and they keep the body, both in youth and old age, from degenerating.

Fruits are so delicious when raw that they should be eaten this way most of the time. Their salts and vitamins are also best in this form. Normal persons digest fruits very easily. People who have abused their digestive powers often find it difficult to digest acid fruits. They become uncomfortable after eating them, especially mixed with other foods, and sometimes they have burning in the stomach. By living right they can build up their digestive powers again. If the stomach objects to fruit it is not a sign that the fruits are bad, but that the stomach is inferior.

Let us notice an average meal consumed in the average home. It consists of bread, meat, potatoes, perhaps a soup made of a variety of substances, cake or pie or a dessert of gelatin or ice cream or canned or stewed fruit, and one or more green vegetables. There are the usual gravies and sauces, sugar and cream, catsup, mustard, salt, pepper, and milk, tea or coffee. Indeed, the purpose of eating seems to be to see how great a variety of heterogenous substances can be put into the stomach at one time. Of course, no digestive system was ever designed to digest such an unholy combination of foods, slops and "relishes." The stomachs of those who eat such meals have been converted into swill barrels and garbage cans. Fermentation and putrefaction are inevitable.

There is a pernicious fallacy abroad that our daily trespasses against the laws of life are as the dropping of water upon a rock—wearing, indeed, but so slow and gradual, so imperceptible that they make scarcely any difference in the duration and comfort of our lives. The truth is the reverse. Nothing is more certain than that these daily transgressions are wearing, indeed, but when we consider that the average of human life is only about one-third what it should be and this short life is filled with pains, discomfort and diseases just in proportion to the extent of our transgressions we may see how fast they wear.

Food Only when hungry. Never eat when in pain, mental discomfort or when too full. Never eat during or immediately before or after work or heavy mental and physical effort. Thoroughly masticate and insalivate all food. Never eat carbohydrate foods and acid foods at the same meal. Never eat a concentrated protein and a concentrated carbohydrate at the same meal. Never eat two concentrated protein foods nor two concentrated carbohydrate foods at the same meal. The bulk of each meal should consist of fresh fruits or fresh vegetables for the following reasons:

First: In pre-
concentrated foods

Second: It assures an abundant supply

of the positive organic mineral elements without which the other elements cannot be utilized.

Third: It will supply an abundance of vitamins.

Fourth: These foods supply the bulk to the food so necessary to normal peristalsis.

Fifth: Neither last, nor least, these foods resist putrefactive changes in the stomach and intestines thus helping to keep them clean and aseptic.

All fresh fruits and green vegetables should be taken uncooked if the above results are desired as the cooking impairs the food. They may be eaten separately or as salads. No dressings or other means of disguising these salads and deceiving the sense of taste should be used on them.

If you have cultivated the habit and can no longer relish the natural flavors of foods, you should begin at once to cultivate an appreciation for the more delicate flavors of foods and learn to relish your foods for their own sakes rather than for the seasonings that have been added. You will soon learn to relish wholesome foods and as the years pass you will relish them more and more. In fact, after the passage of sufficient time you will come to appreciate the fine, delicate flavors of foods much more than you now relish the taste of condiments. You will also find your digestion to be better.

It requires a lot of abuse to break down the well-nourished man or woman. Such a person can withstand more hard work, or more exposure or more shock, or more grief, or more poison, or more "infection," etc., than the poorly nourished individual. He will recover more quickly and more satisfactorily from injury, "infection," or overstrain than his poorly nourished fellow man. His organs will be better able to repair themselves and maintain structural and functional integrity. His nervous system will not go to pieces so quickly and completely. In previous pages it has been repeatedly brought to the readers' attention that malnutrition works havoc with the nervous organization. It takes us away from Nature we stray far from the road back.

The farther away from the road we stray, the longer and harder is the road back. "Resist the beginnings, crush danger in the bud," is an ancient rule of wisdom which we all do well to observe.