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INDIAN NATUROPATH

FOR HEALTH, PHYSICAL, MENTAL & SPIRITUAL

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

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The Indian Naturopath, Bezwada

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INDIAN NATUROPATH

The Official Organ and Gazettee of The Indian Naturopathic Association

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No. 7

The Greatest Health Destroyer

BY HORACE FLETCHER

The greatest of all the destroyers of human health, efficiency and happiness is not even known by name to one in a thousand:

And yet, it is something that every one eats at every meal.

In itself, this great health destroyer is an absolute essential of life. It is the great builder and repairer of vitality and only becomes a poison when it is taken in excess of actual need. From the time when excess begins, some harm is done to both the body and the mentality, and this increases in geometric ratio with the increasing amount of the excess. It is the illegitimate parent of colds, catarrh, rheumatism, gout, Bright's disease, appendicitis, and the whole army of "complaints" that depress, cripple, and kill nine tenths of the human race long long before the time of their natural demise.

The technical name of the greatest destroyer is proteid. It is heavy with nitrogen, which, when taken in excess is more injurious than even alcohol taken in excess. In fact, when there is no excess of proteid or nitrogen, neither the taste, appetite nor body will tolerate alcohol or tobacco or any of the better known but really lesser poisons. When there is no proteid poisoning going on in the organism, the appetite will not call for, the taste will not tolerate, and the body will reject by vomiting the minor poisons that are so commonly in use in luxurious and intemperate civilization.

I challenge the world of Physiology and Medicine and Religion to disprove the statement here presented for analysis and criticism, and I affirm, that it is an easy matter to prove, but impossible to disprove my assertion.

The question may be asked: "How do you know what you assert?"

My reply is: by a process of elimination which I have pursued for some twenty years, having the most intelligent physiologists, doctors, and economists of the whole world always available and willing to assist in my investigations.

It would not be a kindness to cry "wolf" or excite fearthought of secret, silent, deadly enemies of mankind if it were not possible to throw a search-light of acquaintance on them and show a way of killing them. I may not be able to describe a proteid molecule in such a way that a person can visually sense it. I have never seen a proteid molecule myself, neither has any one, even with the aid of the most powerful of microscopes or by X-ray illumination. I have seen a ball of tryptophane, as big as a tennis-ball, and looking like tin foil, which Professor Hopkins of Cambridge University in England isolated by chemical means and it smelled loudly of the putridity that always accompanies "illness" or sickness, and which indicates the "auto-intoxication," that is the cause of most of the diseases named in the medical dictionaries. Physiology calls

the elements to which this most offensive of all smells attach "Indol" and "Skatol," but they do not need naming. "A rose by any other name, and so forth" serves as a classic illustration of extremes of difference. Chemical Physiology tells us that; while tryptophane is a necessary part of life-giving proteid it ceases to nourish and begins to destroy as soon as it is detectable by the Sense of Smell. The reasons for all this are still obscure and the less the layman tries to solve the mysteries of nature in the creation and conduct of life and growth the more time he will have to guard himself against the enemies of his health by instituting an intelligent quarantine against them.

For this reason this essay is written. We may not be able to see the tryptophanish invaders as they hover about us and tempt us by every wile of devilishness to take them in for our harm and ultimate destruction, but we have learned how to build a solid wall of protection against them. Herein one may learn how to build the wall and keep the enemies of health, efficiency and happiness out.

And the beauty of the discovery and plan is: *it costs considerably less than nothing.* It spells both comfort and economy. It does not isolate one from any of the real pleasures of life but adds abundantly to them. It does not restrict one's movements or interfere with freedom in any particular. It not only spells economy and comfort but freedom, immunity, liberty, force, facility, felicity, and all of the elements and synonyms of health, endurance, power and manhood.

The greatest of all felicities and the most valuable form of wealth is *not wanting.* The great comfort of being protected by the fortification of resistance against excessive proteid is that the protected one has no desire for what is not good for him and is able to enjoy to the full and with epicurean discrimination what is for his best good. A man does not need to be excited; it is his nature to be so. He is the most natural of all.

What I am declaring comprises truths that are well known to Science in bits, here

and there, and the main contention is not disputed by any sane scientist. The fault is; there is no organized plan of concentrating forces of intelligence and instruction for co-operating in resistance. Physicians advise "cutting out red meat" and avoiding foods that contain uric acid and cause many of the common diseases. Preachers and Prohibitionists shout warnings against alcohol and a great national movement, championed by the "Hero of the Merrimac incident," of the Cuban-American war, Hon. Richard P. Hobson, calls alcohol, "The Great Destroyer," which it is; but it is not the *Greatest.* Excessive proteid is the parent culprit of all the destroyers both physical and mental. Biliousness and "the blues" are never separate afflictions or inflictions. Disease and depression go ever hand in hand. Getting rid of excessive proteid brings immunity from the worst of diseases and builds a wall of resistance that is invulnerable. Getting rid of the danger of excessive proteid puts desire for and toleration of alcoholic stimulants out of commission and makes it easier to abandon the tobacco habit than to continue it. With such easy victories over the arch enemies of health, efficiency and happiness assured; what else remains to do. Nothing; positively nothing; but the enjoyment of a life well worth the living.

One of the greatest blunders of every blundering and every reforming science has been the assumption that *what the majority of mankind do as an average is the best for them to do on the whole.* For many years, physiological authorities of highest influence ran sadly amok with the idea that if proteid was such a necessary and good thing for human nutrition as chemical physiology proclaimed it to be there could not be too much of the good thing. Voit took the *average* of one grossly intemperate man, a laboratory assistant, for twelve days, as the *human average in general*, and issued it as physiological gospel. The flock of physiological followers of "highest authority" set up this food-drunken average as "standard," and the great army of the medical profession began to prescribe this standard in ordering diets for already sick persons, adding fuel to the flame of irritation and diseases to disease, Insanity, epilepsy, pneumonia and the worst

of human ailments are naught else than effects of excessive proteid which the Voit standard most assuredly is, and if mankind in general had followed the prescription of Voit, Atwater, and others of the most generous of proteid prescribers, all the world would have suffered as poor Atwater suffered and I would not have been alive to shout the warning against the worst of the great destroyers. Thank Nature, there is some limit to self-abuse and some protection against the fads of the decades which tax the endurance of Nature most sorely!

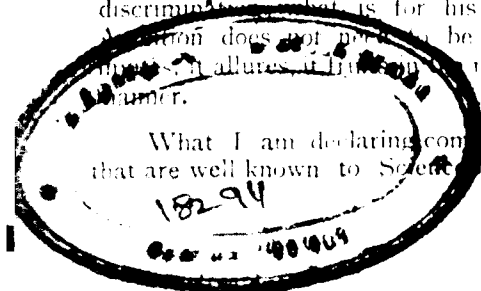
There is positively no danger in getting too little proteid for the best economic needs of the body. The body has just as strong a hunger for proteid when the supply is not sufficient as it has hunger for water, which we call thirst, when there is too little *aqua pura* in the blood and lymph streams which are coursing about constantly delivering to the different parts of the body the essentials of nourishment needed at the moment. The appetite for proteid does not express itself so clearly in unmistakable terms of discomfort as does the appetite for air to relieve suffocation or of water to accomplish required rehydration when dehydration has caused undue dryness of the body. But there is ever a half-indefinite sensation of want that will lead a sufferer to seek proteid in some form or other without his really knowing how and why he is craving something or other so persistently until the relief of the proteid starvation has been secured. If the proteid supply is ever insufficient there will be a "hunger for" eggs, beans, peas, cheese, and other proteid bearing foods to find in them the requisite re-supply.

Danger, too, lurks in the attractiveness of proteid that assures one against the danger of insufficient supply. Like the great destroyer alcohol, the greater destroyer

proteid (when there is any excess of either), sets up a vicious circle of more and more want until the body will no longer stand the abuse. Then there is a settling of accounts. Sickness is invoked to get a healthy trial balance. Biliousness is really *bill-i-ous-ness*, standing to the debit of body tolerance.

Why Nature permits self-abuse and even encourages intemperance by increasing the toleration of it up to the breaking point, and then resorts to a "spell of sickness" to cheek up the sufferer in his toboggan slide to the grave, is inexplicable. She is kinder to the equine species in checking the joint degeneracy of horse and ass by emasculating the mule, but why be too curious about the reasons for things or why criticise Nature's obscure ways when She has shown us a clear way of killing the whole brood of enemies of health and efficiency in a way that is positively and always delightful. The dictionaries call it fletcherizing, and why not? Again the classic saying heretofore quoted comes in to settle the question: *A method of protection from excessive proteid by any other name would serve as well.*

Therefore: Don't bother about the ways and wherefores of proteid poisoning. Don't quake a single quake in *fearthought* of even the greatest of the great destroyers. Build at once *your* wall of protection. Find out what fletcherizing means. Begin to fletcherize your food and your thoughts at once and stick to it faithfully for a week or a month, according to your conviction and concentration, and fix the habit so strongly that no more thought need to be given to it. You will then be entrenched behind *your wall of protection* against all of the destroyers of health, efficiency and happiness, for in keeping out the parent of them all, there will be no more propagation of the brood.



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minutes and will be asked from time to time to describe the colors. They will change according to the patient's description and when the patient reports that he sees yellow or gold then the pain area of the brain is desensitized and the operator can begin to work.

This procedure of a modern anesthetic is safe, as some patients have been known to be under this influence for two and one-half hours, and in one case an operation took four hours with no bad after effects from this color anesthetic. A little care must be exercised when the operation is over to cover the patient's eyes with a cloth and allow ten or fifteen minutes for the eyes to normalize with the light coming on gradually.

This will avoid dizziness upon the patient arising. If the light is turned on full when the goggles are removed the patient will be cross-eyed for a time, and this can be easily avoided by gradually increasing the light.

There are certain things that must be avoided in post surgery operated cases, and these points can only be explained in an actual clinic, because the art of bloodless surgery is more a matter of technique and demonstration than a matter of mere knowledge to a physician.

The average operation will take from forty minutes to one hour, and with the ordinary run of cases. If the operator could have two operating rooms adjoining and a staff of four nurses, he could perform an average of two operations per hour, and as the majority of these cases are post adhesions, you can imagine how valuable a bloodless surgeon would be to a government hospital, as he could perform twenty operations a day, and as the patient gets right up from the operating table and walks home, it would be a tremendous saving to the taxpayers as well as saving life and the elimination of danger. The majority of the work is quite spectacular, especially in goitre, as in some cases before the patient can get her clothes on the goitre is one-half absorbed after the removal of the adhesion, and in a week or two it is all gone.

Of course there are some contra indications and exceptions, but these are readily detected by the experienced operator, so that he can easily avoid mistakes and trouble. I find a great inclination on the part of physicians and surgeons to become acquainted with this work, as it is more pleasant work with less worry attached.

(From "Journal of the American Association for Medico-Physical Research")

HEALTH AND HARMONY

BY EARL W. WILLIAMS

The more one studies that condition, that too rare condition called good health, the more distinctly will he see its relation to rhythm, attunement and harmony.

Names are unimportant; health is all-important. Whether we give that easy balance the name of rhythm or some other, it is the same. And perfect health is more than akin to it; it is the balance itself; it is a natural harmony. Illness, of whatever kind, is a break in the measure,

a clash in the body and a discord in the mind.

This conception of health and disease is neither fanciful nor academic merely, as it seems to me, but a sane conviction under which the processes of recovery and maintenance of health fall into right alignment with the best we know.

"In the beginning was rhythm," said the German sage. It is ancient and per-

petual, wearing many forms and many names but always the same in essence. It pervades all nature. It thrills in the sap at the roots of the bluegrass. It sounds in the note of the quail. It orders the tides and the cycles. It quickens and brings to the fullness of ripeness whatever fructifies in the great economy of nature, and whatever is fine in the consciousness of man.

The myth of the song of the morning stars may not be all a myth. The sweep and dive of a swallow's flight is a kind of praise. The law that spheres a teardrop spheres a world. Nebular masses, rolling up new earths in the outer heavens, are brethren of the lowly dandelion, sowing its seed on a summer wind. The trilling of birds, the swaying of branches, the march of clouds, the minor chords of autumn rain, the untought dances of children, the chuckle of streams and the flight of wildfowl—all are knitted together with the old yarn of a common urge. They spring from a fountain of harmony that flows through all created things.

Art lives and moves and has its being in harmony. A poem may be rhymeless; rhythm it must have or it is not a poem. A song without words may be heard in the heart, but a song without rhythm we cannot imagine. Power and ease of movement, fitness, grace, and the joy of life and its fulness, whether they be in a superb athlete or in the brooding brain of genius—whether they be in a winged seed or a spinning planet—are born and sustained in harmony. So, too, is the symmetry of character.

Our bodies are the temples of our consciousness. The red blood hums as it runs on its errands, in consonance with the cosmic scheme. The ring of the voice, the thrill of the healthy nerve, the mystic doings of the mind, are so many manifestations of that lofty fitness

which brings our inmost cells into fellowship with the stars.

To be in accord within ourselves, and in our sphere, that is to be in perfect health. That is to have our feet in the way that slopes up to the highest. That is to be at our best. That is to know such happiness as is unguessed by those unfortunates who miss the path, or lose it, and waste their lives, like creatures mired, or trapped, or misbegotten.

The body is called a machine, but the likeness is vague. The most ingenious machine is clumsy as compared with the humblest living body. The body is a glorified, super-machine. It is a living miracle.

The exquisite poise of nerve and organ which gives the aplomb of perfect health can be restored to most of them that have lost it. But the restoration is too delicate a task to be intrusted to a bungler. If we would only give our knocking selves the same attention we give to our motor cars, yet we improve; we are coming more and more to take ourselves, figuratively to some well-established, reputable garage, instead of tinkering with the case ourselves or trusting to roadside treatment. This is a cheering sign.

It would be a great day on earth if we all resolved to take more time—to take such time as was required—to master the open secrets of the right attunement of ourselves to the continuous symphony of nature. We cannot learn them in a moment; we cannot learn them at all except from someone that knows. Yet we can learn them if we will. And the truth once known, the knowledge grasped, the means of maintaining our rapport with the elemental synchronism once commanded, we would know that we had learned a priceless lesson, a noble lesson—perhaps the noblest of our lives.

THE ART OF KEEPING WELL

By Dr. JOHN T. MILLER, Editor of 'Character Builder'

Health is one of the first essentials to success and happiness. Health is natural. Illness results from wrong living. We suffer from sickness because our ancestors for generations have broken the laws of health and we continue to break them. The essentials of health are: fresh air, pure water, cleanliness, comfortable clothing, exercise, right elimination, cheerful mental states, sufficient sleep, pleasurable work, right family and social relationships, self-harmony, and giving helpful service to others.

If you are ill natural methods will restore you to health. Observations made during 50 years as a teacher and public lecturer on health convince me that most diseases are caused by constipation. It is the cause of appendicitis, piles and self-poisoning. The poisons created in the human body by retained waste do more harm to mind and body than most persons are aware of.

Right selection and combination of foods make it natural for the system to regulate itself. Some foods clog the systems, others are laxative. For many years I have given a list of constipating and of laxative foods in my lectures on health culture. Nothing else given to the public has created so much interest as these lists and they should be familiar to everybody.

The laxative foods are: figs, prunes, plums, rhubarb, spinach and other greens, mush made of cornmeal, cracked wheat or oats, entire wheat bread, buttermilk, corn, cabbage, cauliflower, asparagus, green peas and beans, carrots, beets, turnips, parsnips, celery onions, radishes, lettuce, egg-plant, tomatoes, honey, molasses, and all fruits, except raspberries and blackberries.

The following foods are constipating and should be avoided by persons with sluggish elimination: cheese, white bread, hot bread, soda and baking powder biscuits, potatoes and gravy, pepper, spices, pickles, salt, coffee, tea, cereal drinks, chocolate, cocoa, sugar, jelly, candy, pies, cake, preserves, raspberries, blackberries, hard boiled eggs and boiled milk.

The vegetarian or fruitarian has abundant foods here to select from. It will be noticed that the foods as nature prepared them are largely the ones that keep the system in normal condition. Children suffering from summer complaint have often been relieved by juices of raspberries or blackberries and these are a wholesome food for all who do not have a sluggish bowel.

It is possible to regulate the system so well by the proper selection and combination of foods that no other regulator will be needed. With a family of seven during 49 years we have not spent a dollar for laxatives or any other drugs, vaccines, serums or surgery. Teach the people to eat right and soon their ailments will disappear. Physical exercise and the other laws of health culture must be lived to keep in good health. Natural living will make health the rule and disease the exception.

BEAUTY CORNER.

Vegetables For Beauty.

Vegetables are a great beauty aid, not only in your diet but when used as face packs. They are intended to act as occasional tonics for the skin.

Cucumber Face Mask.

The beneficial properties of cucumber for softening chapped and wind or sun roughened skins are well known. Slice a fresh cucumber and lie down with the slices over your face like a mask.

Carrots Face Mask.

Carrots help a too-tender skin and contain a valuable emollient that closes open pores thus helping the impurities to be gently forced to the surface.

Tomatoes Face Mask.

Tomatoes also have a slightly astringent effect on the skin. All vegetable masks must be applied to a perfectly clean face and never on top of stale make-up.

Sprouted Seeds Prevent Scurvy

The Chinese have long made use of sprouted seeds in the form of salad, and combined with vegetables in various ways. Sprouted soy beans is one of the constituents of the famous chop suey. Chick and Delf, of London, have made a study of the comparative value of dry and sprouted peas and lentils in preventing scurvy. They found that these seeds when soaked twenty-four hours in water and then sprouted forty-eight hours at room temperature, were five or six times as active as dry seeds in preventing scurvy, and in this respect compared well with many fresh vegetables.

So small a quantity as one and one-fourth grams of the sprouted seeds was found suffi-

cient to prevent scurvy in guinea pigs. This amount is somewhat greater than the amount of raw turnip or cabbage, fresh orange juice or lemon juice, but is less than the raw carrot or beet root required.

The antiscorbutic power of germinated seeds is considerably lessened by boiling.

A very good salad can be prepared from sprouted soy bean seeds which have been allowed to grow to the length of about an inch. Sprouted soy bean seeds also add an excellent quality to vegetable soups. The property which these seeds have for producing highly valuable vitamins makes very desirable the encouragement, in this country, of sprouting seeds for culinary purposes.

Music as an Aid to Health

By CHARLES D. ISAACSON

It will no doubt appear strange for the average individual to read that music is an aid to health; for at first thought music is purely a form of entertainment and no more to be considered a medical device than is the drama. How can any entertainment aid health? Of course, the doctor may advise skating and medicine ball and brisk walking, as a toning-up process; but that is a physical form of bodily exercise.

The violinist who brings forth sweet measures doesn't come into contact with the patient, does he?

But he does!

And in that statement is all that might be said. The violinist does come into contact with the listener; the pianist does likewise, and so does every maker of music.

Now at the outset of this little discussion on music, I would make it clear that I do not talk in theories; I simply tell of my experiences, and comment upon them. As

an earnest observer of facts, with a mind that seeks to find the law underlying all things, I have been led to form the conclusions I here offer to my readers.

In medicine today there are two forms of treatment—that which seeks to improve the local and actual conditions, and that which seeks to work upon the mentality by means of suggestive measures. In both schools music takes its place. Music can be used as a method of drawing one's mind from the pain; but it can also go directly to the source of the trouble and work its power upon the body locally, like a drug or massage or a plaster.

In this statement regarding the therapeutics of music I have the support of some of the greatest doctors and surgeons in America.

You Have Used Music for Health Already

How calmly does the church organ bring one's soul to rest, at its first chord;

and on the other hand, how militant sounds the clarion call of the trumpet, summoning to war. How tender is the murmured humming of a lullaby, and how tragic the brass tapping of the funeral march in Chopin's never-dying composition! What a swinging the body feels as it is urged to the dreamy waltz! Every one who has ever danced remembers the strange exhilaration which took possession of him at the very first notes of the orchestral tuning-up! And as a parade comes on in the distance, that rush of blood at the first sound of the trumpet. Indeed, one does not need to investigate far to discover the spiritual and mental effects of music. The slow, tender, passage of the "Largo" uplifts the listener and brings him nearer to a religious state of being than almost any sermon ever preached.

I have gone into the insane wards of Central Islip (N. Y.) where the most violent were screeching at the top of their voices, and have played the music of a calm mood, and watched the poor sufferers. The straight jacket, the warm bath, cannot effect the remarkable things that I have seen this music work. The patients hear and begin to stop their screams; the music works its way into their inner souls, by a round-about method, passing their brains, and touching something psychic and spiritual. The slow notes tenderly whisper their message, and a great calm comes over the sufferers.

Reverse the process, enter now with me the melancholy wards, where downcast heads tell a mournful story. Play now the brightest, most cheerful and liveliest music you know. Look you, how they sit up, and how unconsciously the smile dawns in their sad faces.

You may say, "but these are insane people." Well, go now with me into the great Bellevue Hospital, where we will enter the surgical ward. Here are women lying in their beds, some of them convalescing, some about to be operated on, some just out of the ether. Softly, O so softly, let the violin draw out a major strain of full notes, without a scratch of the bow or the tramping of the violin finger—just a pure sound of exquisite sweetness. Watch the faces, the smile of joy,—O, you cannot understand unless you have seen. If the note should so much as

quiver or the bow scratch, the smiles are dimmed—if the tone should grow raucous or the rhythm brisk, it would be not so well.

And here is a different variation of this same idea. In the Montefiore Home for the Incurable the concert we bring cheers the poor inmates up to a state of marvellous joy. They forget their pain, they seem to be no longer in the roller chairs. Heads that are hanging loosely seem to gather strength. "We never can be sick people," their spokesman said to me, "when you come with your music."

Music Takes the Mind from the Ailment

The reason for this is plainly seen—the music takes the mind from the ailment. Of course anything which will succeed in doing that is just as good as music. If a stage-play can be used, fine! Movies, fine! Trip in the park, fine!

But it isn't always possible to go to the theatre or the movies or out in the park, while it is a comparatively easy matter to bring a musician right into the sick room or ward. The violinist can play his soft measures without even the accompaniment of the piano, and oftentimes the results are more desirable. And if there is no living artist available, a phonograph record will often succeed as well.

It is impossible for the mind to dwell on two things at the same time. Any doctor will tell you that while the mind is dwelling on the cause of the illness, the pain is many times magnified and aggravated. It goes on, no doubt, all the time; but if the brain is drawn to the beauties of a rich melody, the agony dims immediately and perceptibly. I have demonstrated the truth of this assertion with hundreds of cases in the hospitals, and privately. Best of all, I use it upon myself and my family. When I feel like writing but my mind is dulled by pain and sleeplessness, I go to my phonograph and play the violin record of "On Wings of Song" by Mendelssohn, and "The Swan" of Saint Saens. I feel the doors of my brain swinging back and the internal activities of my thought respond. I am not alone among the writers

and thinkers in this use of music. Dr. Frank Crane does just as I do; Charles M. Schwab, he multimillionaire steel man, uses a weekly musical "tonic;" George Eastman, the kodak man, uses music whenever he needs stimulating. Indeed, I could name a long list in proof of this point.

The Physical Effects of Music.

Indeed, the truth of the matter is that music is one of the most remarkable stimulants known to modern science. We are just on the threshold of understanding, and I fully expect that the next quarter-century will bring forth some of the most amazing discoveries concerning the constituents of sound and its nuances.

We know that all music is vibration, and that all matter is held together in a state of vibration. We know that people as well as instruments can be in tune, also in harmony with each other and themselves. The violin has four strings; considered outside of all other music, the individual instrument must be in tune with itself—the four strings must be in perfect harmony. Take the violin at a concert—it must be at standard pitch, in tune with the piano. If there is an orchestra, all the instruments must be as one. There are sick tones as well as sick people. There are qualities of tone and quantities of it. There are large, fat, healthy tones and thin, lugubrious, melancholy, sickish tones. An examination of the orchestra—from the bright voice of the violin, to the ghastly oboe, to the melancholy clarinet, to the sombre bassoon, to the sentimental cello, to the alarming trombone, to the clanging triangle, to the churchly organ—these cover the gamut of tonal qualities. And the types of music that can be produced—from the soothing calm of a lullaby to the rasping sawing of an agitated movement; from the whipping, windy swirl of arpeggios to the straight-line, architectural design of an old Bach chorale—I could describe anything and everything to you in music.

But denude these varieties of tonal color and harmonic structure of the human qualities and strip them down to scientific terms, and we find that we have myriads of vibrations. The violin tone is of a different vibratory character to the oboe; the lullaby vibration is a complete foreigner to the agitated.

What happens when a note vibrates? The string vibrates, so does the wood of the instrument; and from the musician to the listener, the whole air is set in vibration. We hear the note, but do not realize that we also feel it. But to prove to you that you feel the note, just imagine a thunderous tone from a monstrous violin—it would almost knock you over. That is a fierce, concentrated vibration. There are all types of vibrations.

Now, accepting the really scientific truth that music causes the air to vibrate and hence to affect the body with these vibrations, consider how very slight a change is bound to cause an effect upon the human system, and especially that of the sick man. The patient in bed hears the passing school-boy as he laughs, and possibly the sound goes through him or hits upon him like a hammer, because his nervous system is especially sensitive. Thus it is easy to understand the communication between the vibratory messages of the "wireless" of music and the nerves of the body.

The Wireless Nervous System and the Musical Waves

Those of my readers who are acquainted with the wireless inventions of Marconi and his followers, know that only certain messages floating in the atmosphere record upon the receiving machine. The receiver and the sender must be in harmony and attuned to each other. (The scientist uses a musical term, when he says that machinery must be in tune or "attuned"). All receivers in harmony receive the same message, and this is the principle developed in musical therapeutics or the new science of music and health.

The thinkers who are on the threshold of the musical understanding cannot comprehend all that future geniuses will devise. We can only be patient now, and do the best we can. The world has not yet been given its musical pharmacopeia—it is not yet possible for the doctor to write his musical prescription, to be compounded at the drug-store. We haven't music in bottles yet (although we have it in records and rolls). There are certain well-defined principles which are known now, but the science is only in its infancy.

Warning to Americans

Millions of the Healthiest Men in the United States Will Soon Be Blood Poisoned Against Their Will Unless Steps Are Promptly Taken to Prevent it. Will You Help?

Under existing regulations, every man entering the Armed Forces of our country is compelled to be vaccinated against smallpox and inoculated against typhoid fever, and Dr. Thomas Parran, Surgeon General of the United States, has now announced that they must submit to a tuberculin test.

SMALLPOX VACCINE, ANTI-TYPHOID VACCINE AND TUBERCULIN ARE, ALL THREE, PRODUCTS OF DISEASE AND FILTH. High Medical authorities admit that vaccination causes blood poisoning, meningitis, sleeping sickness and other dangerous and deadly diseases. Smallpox vaccination and anti-typhoid inoculations were used on our men who served in the first World War, and the medical records of this war show that several hundred thousand hours of actual hospitalization were caused by this vaccinating and inoculating. There are sound reasons to believe that the awful death rate from influenza during the World War was largely caused by the weakened resistance to disease resulting from vaccinating and inoculating.

Prominent medical authorities warn against the dangers of infection that just a pin prick, or any other slight break of the skin, can and often does cause serious illness and even death, and yet the medical officers of our armed forces already propose to force on millions of our healthiest men infection by pus scraped from the bellies of diseased calves (smallpox vaccine), inoculations with a product made from the excretions of typhoid patients (anti-typhoid vaccine), and by injecting them with tuberculin (made from the cooked excretions of tuberculosis germs,) and there is no telling what other doubtful and dangerous processes they will compel our men to undergo, unless their powers as Dictators are curbed.

OFFICIAL RECORDS SHOW that some of the most terrible epidemics of smallpox have occurred in countries supposed to have been protected from smallpox by vaccination.

THE NATIONAL HEALTH FOUNDATION HAS POSITIVE PROOF THAT ANTI-TYPHOID INOCULATIONS ARE WORTHLESS AS A PROTECTION AGAINST TYPHOID.

Vaccination and inoculations are optional with the millions of men entering the Armed Forces of the British Empire, and they should be in this great Democracy of the United States. If a man wants them, let him have them, if he doesn't want them they should not be forced upon him.

The American people believe in and will loyally support a sound National Defence Program, but our armed forces, the backbone of that defense, should be naturally healthy men.

In behalf of a citizenry that believes in a Democracy of Health and opposes Dictatorship of Health by any one system of healing, The National Health Foundation respectfully urges Congress to promptly pass a law that will make vaccination and inoculations optional for the millions of healthy men entering our armed forces, instead of compulsory as they now are. **WE APPEAL TO YOU TO TAKE THE NECESSARY STEPS TO KEEP THE CLEAN, PURE BLOOD OF OUR HEALTHIEST MEN CLEAN AND PURE. WILL YOU HELP?**

National Health Foundation, Inc.

341 Loeb Arcade, Minneapolis, Minnesota.
(Incorporated under the non-profit charitable and educational laws of Minnesota.)

But just disease to luxury succeeds,
And every death its own avenger breeds:
The fury passions from that blood began,
And turned on man a fiercer savage—Man.
—Alexander Pope.

In the round world of Utopia there is no meat.
—H. G. Wells.

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 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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FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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

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No. 8

The Indian Naturopath, Bezwada

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INDIAN NATUROPATH

The Official Organ and Gazettee of The Indian Naturopathic Association

VOL. XIII

BEZWADA - August, 1942

No. 8

Fitness Depends on Food

Glorious Radiant Health is now possible for all, through a programme of sensible eating that will solve all the usual health problems, and give immunity from common ailments, without going to dangerous extremes, or adopting methods that are beyond the range of ordinary people to carry out in their own homes. The way to complete, healthy, happy living is an open road that anyone may follow.

Malnutrition.

Australia has a population of about seven million. How many of these are doctors, nurses, chemists, patient medicine vendors, dietitians, and nutritionists, is not known. The number of hospitals of all kinds, rest homes, homes for the incurable, and sanitariums could be found out if necessary, but anyone who stops to think will soon see that in comparison with the population these numerous means for dealing with the sick and ailing are startling, pointing, as they do, to the number of our people who are constantly ill in some way. Besides the acutely ill and those with chronic diseases, there are a large number of "border-line" cases—people who apparently never have anything the matter with them, yet to the dismay of their friends suddenly pass out with little warning.

All this in a country with the best climate in the world, the largest amount of daily sunshine in the temperate zones, and the greatest variety of foodstuffs, tells of lamentable ignorance of the first principles of

health. The nutritional survey carried out in some States by the Department of Health in Canberra revealed a high percentage of malnutrition, particularly in the country districts, and found that the Big Four of common foods in Australia are Meat, Sugar, Tea, and Beer. In Adelaide a thorough examination of working women between fifteen and thirty revealed the prevalence of an alarming degree of tuberculosis. Yet Adelaide is called "The Queen City of the South," and deserves the name.

These facts make us ask, "What is the secret of Health: Is it a matter of climate, food, or economics, or a combination of circumstances over which we have no control?"

What is Nutrition?

Let us first understand what is meant by Nutrition. Sir Robert McCarrison, who is not a Naturopath, says: "Nutrition is the sum of the processes by which the body is nourished." These processes are eating, digesting, distributing, and assimilating through chemical changes, of substances used in the building and repair of the body, the liberation of energy, and the maintenance of the body temperature. The substances with which these processes of nutrition are carried out are: (1) oxygen, (2) water, (3) food, and (4) a substance produced in the skin by the action of sunlight. Those over which we have conscious control are breathing, eating, mastication, and drinking, and the amount of sunshine we allow to reach our skin. Those not directly under our control are the diges-

tion, absorption, and assimilation of food, together with the elimination of waste from the lungs, kidneys, skin, and bowels. Nutrition depends on all these factors, and disturbance of any one of them long enough leads to sickness in some form.

This is all readily understood, and it will also be quickly seen that breathing and eating are the main factors in nutrition, and these are directly under the control of all except infants. Breathing is discussed in another part of this paper. The matter that concerns us here is that of eating, for which the slogan, "Fitness Depends on Food" may be taken as true, especially when the experiments of Sir Robert McCarrison are taken into account.

Disease Prevented by Diet.

Sir Robert McCarrison made very careful experiments with rats to try to discover if food was the important factor in health that his experiences as a doctor with the British forces in India had led him to believe.

He selected rats for his experiments because they can live on anything that man eats, are easy to keep clean, and a year in the life of a rat is equal to twenty-five of human life; so that results with rats can be obtained in a few months instead of the many years required with human beings.

Using several hundred rats kept under perfect conditions of cleanliness, sunlight, fresh air and water, for two years, he was able by varying their food only, to produce and to cure all the ailments common to man. "Good health," he says, "was secured and disease prevented by the combination of fresh air, pure water, cleanliness, sunlight, comfort, and good food. If, on the other hand, the rats were fed on poor food, they developed diseases of all kinds, chiefly of the lungs, stomach, and intestines; diseases from which one in every three sick persons among the insured classes of England and Wales (and we may add Australia) suffers."

The greatest single factor in the maintenance of good health is good food; and the greatest single factor in producing sickness is the wrong kind of food.

Four Common Mistakes in Diet.

It will be seen, then, that there is no excuse for the malnutrition in Australia except ignorance of what is meant by good food, sometimes called "honest" food, which describes it better. For Australians are eating largely of dishonest foodstuffs—"foodless foods" that have been so robbed of their nourishing qualities in the process of manufacture, and of preparation in the home, that they are incapable of building bodies filled with energy for work and resistance to disease.

The first common error is connected with the cereals, wheat, barley, oats, and rice, that grow abundantly here, especially wheat. Sir Stanton Hicks, of the Adelaide University, who was in charge of the Nutritional Survey in Canberra, has said repeatedly, "whole-wheat flour and bread are just common sense," & has urged a standard whole-wheat flour from which a standard bread for the Commonwealth could be made. Something similar was done by Dr. Hindede in Denmark during the last war, and remarkable results in health were produced, not in rats, but in the people of Denmark. But still the use of white flour and its twin evil white sugar, is carried on without any official action being taken against these dietetic vices.

Because white bread and white sugar figure so largely in the diet of the poorer classes, they are responsible for much malnutrition. They upset the balance of the body, and take away the appetite for better things. It is only necessary to walk down the principal streets of any of our capital cities and the larger country towns, noting the great display of white flour and sugar cakes, pastry, etc., in the confectioners' windows, and the absence of whole wheat products, to realize the ignorance of the average person on the question of honest food, and the cause of much of the prevalent ill-health.

Thirdly, there is the lack of fresh green vegetables in daily menus. According to scientists the greatest material source of energy in the universe is the Sun. Food scientists state that to have energy-filled bodies and establish resistance to disease we must live on sunlight, which can be obtained

from plants that are storehouses of sun-energy and life; that is, the green leafy vegetables, and ripe fruits. This sun-energy stored in plants, is called Vitamins. Vitamins do not furnish fuel to the body, but act as electric sparks to cause combustion of the fuel foods. Only plants produce Vitamins; and another of the causes of malnutrition is want of living foods, foods filled with Life energy or force drawn directly from the Sun. Cooking green vegetables and ripe fruit destroys most of the Vitamins, and staleness means their loss through exposure to the air.

Let us concentrate on the use of whole-wheat flour and bread, and increase the quantity of fresh green vegetables and ripe fruit in our daily menus, somewhat in the following way:

Keep Fit Menus.

Breakfast. Soaked dried apricots, with honey and milk.

Lunch. Salad of raw grated carrot, brussels sprouts, celery, with oil, lemon juice dressing. Grated cheese, wholemeal bread, butter.

Dinner. Tomato soup; celery and lettuce salad; baked haricot beans, steamed spinach and onions; baked apples.

Breakfast. Sprouted wheat, sultanas, milk.

Lunch. Apple, cabbage, and celery salad; grated fresh coconut, wholewheat biscuits; raisins or prunes.

Dinner. Vegetable soup; carrot and lettuce salad; celery loaf, jacket potatoes; ripe pears.

Breakfast. Grated ripe apples with sultanas; glass of milk.

Lunch. Salad beetroot, carrot and lettuce, orange juice dressing; Wheatola, butter.

Dinner. Potato and onion soup; grated cauliflower, celery and apple salad; lentils and onion casserole, with steamed parsnips; dates or figs.

Breakfast. Two oranges, handful grated almonds.

Lunch. Cabbage, mint and celery salad, lemon juice and honey and oil dressing; wholemeal scones.

Dinner. Lima bean soup with lettuce and beetroot salad; vegetable hot pot; baked apples with dates.

Important Health Work.

The most valuable work for National Health is being done by the many teachers of natural living: those who can show how to get and keep well by the use of such simple means as fresh air, sunlight, water, adequate sleep, exercise, and natural foods. These people, who are never ill themselves—because they practise what they preach—would, if given the opportunity, make Australia the home of the most virile nation in the world, and cut one-third off the food bills, while increasing the number of market gardeners twofold. One of the good results that will come from the present conflict will be the official recognition of the valuable knowledge of both the prevention and cure of diseases possessed by Naturopaths, Dietitians, and Nutritionists.

(R. H. M.)

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In our country of an over-whelming multitude of peasants, most holidays, like the Hebrew Sabbath, were days of ceremonial inactivity and restraint, and not of leisure and the release of surplus energy, for the peasant can hardly afford to be under or unoccupied, which would mean to him under-feeding or starvation.

No Work

If life is not all play, it is not all work either. Man is not hostile to work, but he has no love for excessive work; he enjoys leisure as well as work. But alas! the present is a world of diminished and diminishing work,—the employed are over-worked to exhaustion, while the unemployed are deteriorating because they have no work, and endless, tiresome holidays are forced upon them. Man is himself responsible for this situation. His needs have constantly been increasing, and that naturally involves increased work. So he has perpetually been exercising his skill and devising labour-saving machinery and diminishing the need for work. He has, especially of late, been learning from science how to make Nature work for him. But the net result of this today is that only the skilled find a place under the sun and the rest face the eternal problem of leisure. There is leisure and over-leisure for some who are unable to support themselves, and have therefore to be supported by the over-work, over-taxation and over-charity of the rest, whether employed or employers. (HAVELOCK ELLIS.)

Modern Times

Followers of Carlyle, like Sir P. C. Ray and our other renowned *karmavirs* who preached the Gospel of Work, and as Carlyle's England, want to bring about an Industrial Revolution in India, should well be reminded that the present is not like the earlier days of humanity when megalithic circles were set up and the Pyramids, the Temple of Konarak, the Taj were built, involving a prodigious expenditure of human labour.

Those were the days of the proletariat. At the beginning of the modern machine age there was a tremendous recrudescence of human

labour. But that very demand for labour led to methods of dispensing with it. The day of the proletariat is over (sighs Havelock Ellis). Most of the employed of today will perhaps never be employed again. They already belong to an age that is past.

For this it will be foolish to abuse machinery. Its getms, as in the ancient Gandhian *charka*, lay from the first in human nature. The sailing ship, the windmill and the water-mill, which all go further back than recorded in history, are labour-saving appliances. They all witness to man's tendency to put on to Nature's shoulders the work he is too lazy or too incapable to do himself.

Curse of Education

Will education solve this deep problem? Let Ellis say again.

We usually forget, if we ever know, that the traditions of education we inherit, alike in England and America, and still maintain, however slightly modified, are vocational. That is to say, the founders of colleges wanted clerks in Holy Orders, to serve the Church and to administer the State.

The routine work of to-day furnishes far too little scope. It is not itself an education, as the old handicrafts were. It deadens rather than quickens faculties. So that what we have now to do is to educate, not so much for work as for leisure.

Disraeli observed decades before the present age of Problems set in, that youth is blunder, manhood a struggle and old age a regret.

But whither are our much-condemned, much-advised, leisured and blundering youths going? Their prospect is more of unemployment than work; formal education is very unlikely to befriend them, in this hard-hearted world of specialisation.

Widened Vision

It is a futile argument I have often heard that this great leisured youth will be day-dreaming in the romanticism of cinema and dance-halls. Man for man, the Bengali

youth of to-day is better than us of the Victorian age: he has the better schooling of enforced leisure to understand the raw realities of life. If his physical energy must blunder over-increasingly into sports, he finds but his pugnacious manhood satisfied in them. But leisure has caused in him a deep introspection which has unbelievably widened his intellectual horizon.

According to Ellis, the abolition of

MEDICINAL PROPERTIES OF VEGETABLES

The following information may be useful to some, if not new to many.

Spinach has a direct effect upon the kidneys.

The common dandelion, used as greens, is excellent for the same trouble.

Asparagus purges the blood.

Beets and turnips are excellent appetizers.

Lettuce and cucumbers are cooling in their effects upon the system, and have power of eliminating waste products from the blood.

Celery acts admirably upon the nervous system, and tends to relieve rheumatism and

excessive work up to today has been looked upon as 'a return to Nature'. Today it appears as the final outcome of civilised Nature.

Adam and Eve, in the old legend were driven out of their little Eden. They must have counted themselves sad failures. But they had gained the whole world. And so has our holidaying youth,—the facts are very patent.

neuralgia.

Tomatoes act upon the liver.

Onions, garlic, leeks, olives, and all similar vegetables possess medical virtues of a marked character, stimulating the circulatory system and increasing the amount of saliva and gastric juice, thus promoting digestion. Onions are an excellent diuretic and are recommended to be eaten raw as a remedy for insomnia. They are a tonic and nutritious. A soup made from onions is regarded as an excellent restorative in debility of the digestive organs.

Olive Oil as a Food

As a food olive oil is a gentle laxative. It may be used in several ways. First of all as a dressing with lemon juice (vinegar being an end product of fermentation should have no place in a rational diet.) Olive oil dressing may be taken two or three times a day in the case of thin, delicate and anaemic people. If the remainder of the diet is simple and sensible the result of taking olive oil with the meals will in most cases be beneficial. Other disorders in which olive oil is beneficial are constipation, diabetes, Bright's disease, rheumatism and arthritis. In fact in diabetes it may be taken in wine glassfuls three times a day to keep up body heat especially as starchy foods are reduced to a minimum in all cases of diabetes.

Orange juice is also a fine dressing with orange and banana salad, in fact olive oil can be taken if thoroughly mixed into mashed bananas for the flavor of the latter serves to hide the oiliness of the former. This recipe is very useful where a person objects to oil, for by beginning with only a few drops and gradually increasing the quantity the palate can be steadily trained to tolerate a dose

sufficient for the individual needs. Olive oil can also be mixed with pure honey and taken on bread or biscuits, while for those who still cling to the habit of using butter in their cooking, olive oil is superior to any other form of fat. A baked potato when it is broken open and some olive oil mashed into it with a fork is a delicious morsel and young children who will not take any other kind of vegetable will generally like potatoes served with olive oil.

As an external lubricant olive oil is extremely valuable as the ancients knew full well and progressive medical men are now-a-days strongly advocating it for this purpose. The quantity of olive oil which the skin will absorb is astonishing. When olive oil is thus used much benefit is obtained in muscular rheumatism, neuritis, stiff joints and most skin diseases.

Olive oil should always be stored in a dark cupboard as it quickly deteriorates if exposed to the light. It tends to solidify but this does not indicate the presence of impurity. It will always be clear. In summer the coolest place in the house should be reserved for it.

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CRUCIFIXION

ON July 3rd, 1941, I visited the Northwestern University Medical School at 303 East Chicago Ave., Chicago. Dogs and rats seemed to be the animals most in use there. I did not notice any distress among the rats. I saw in the neighbourhood of three hundred dogs. They were housed in tiers of small cages with cement floors in rooms that were for the most part ill ventilated. The foulness of the air surprised me as the use of correct disinfectants, plus adequate ventilation should prevent this condition.

About a third of the total number of dogs I saw had already been submitted to one or more operations, or were undergoing some form of experiment. Most of them appeared ill and listless. Some lay bandaged; others showed exposed wounds. I saw several debarked dogs whose vocal cords had been cut. The fear and despair I saw in so many canine eyes was heart-breaking.

The fact that this laboratory has no exercise facilities for the dogs confined for long periods of time, works an added hardship on those animals. There were several small runs with kennels on the roof but these were already well filled with animals. Unless some medical student happens to take pity on him, a dog undergoing a long experiment, must lie week after week in his small cage, often with a painful wound, without ever having an opportunity to stretch his aching muscles or breathe fresh air.

I found Northwestern under-staffed in the matter of attendants to care for the animals. On the fourteenth floor I saw only one man in charge of about two hundred dogs, a room full of cats and monkeys, a room filled with rats, and another containing a few sheep. This attendant was a huge, low-browed individual with a foolish grin. He looked like a punchdrunk prize fighter and was dressed in white even to a white butcher's cap on his head. When I pointed out to him that water dishes in the cat room

were dry he grinned at me but did nothing about it. Several days after my call, three other visitors reported they saw this same man hose out dog cages drenching the animals inside.

I witnessed the conclusion of one experiment at Northwestern. While walking down a corridor on the fifth floor, I saw a big dog, part collie, dash out of an open door and down the hallway in front of me, pursued by three young "men in white." I went into the room they had vacated. There, on an operating table, I saw a thin police dog spread-eagled on a board. His legs were tied and his mouth heavily gagged. All the flesh was stripped from his throat. It looked like something you would see in a butcher shop.

At first glance I assumed the animal was dead, or at least under a general anaesthetic from which he would not be allowed to regain consciousness. Then I saw his body was moving. He was struggling as much as his bonds would permit. His eyes were open and the dilated pupils rolled back and forth. Never but once have I seen such a look of anguish. That was a painting of the Crucifixion.

I begged the three young men who had been "working" on the dog to put him out of his suffering, but was told, "No, we are going to sew him up and use him again."

Mildred Fitz-Hugh

Illinois Citizens Animal Welfare League

STATE OF ILLINOIS }
COUNTRY OF LAKE } SS

Subscribed and sworn to before me
this 28th day of July, A. D. 1941.

Wm. H. Harding (NOTARIAL SEAL)

Notary Public

The Curative Value of the Apple

By LILLIAN R. CARQUE

Natural Brands Research Foundation, Glendale, Calif.

The beginning of our modern knowledge on the nutritive virtues and the marked healing properties of the apple may be traced to an age-old German peasant custom. This simple and remarkably efficient folk-treatment of disturbances of the intestinal tract confined itself to the use of apple scrapings—the top of the apple was administered to cure diarrhea and the bottom in the relief of constipation. The outstanding successes of German physicians who achieved rapid recoveries with stubborn cases of diarrhea inspired many now-famous studies which commanded the attention of the medical profession both here and abroad. As a result, the apple has enjoyed the distinction of a potent therapeutic agent in the treatment of acute and chronic diseases of the intestinal tract—notably those occurring in children.

Even a helpless, palpitating tiny bundle of life—but 15 days old—the weight of whose human fragment did not exceed four pounds twelve ounces had triumphantly conquered infantile diarrhea via the apple route. For marked and lasting improvement occurs in toxic states even in very young nurslings. Doctors who were credulous of the efficacy of this safe and inexpensive therapeutic measure and who availed themselves of the apple technique as a last resort were thoroughly satisfied with the uniformly good results, and enthusiastically acclaimed the raw apple diet as superior to any other single mode of treatment in uncomplicated diarrhea of children. Indeed the results were so excellent that it was adopted as almost a routine

therapy in most hospitals. Even the highly inflamed and irritated intestines of young infants suffering from severe dysentery responded equally well.

Relapses occurred rarely in the majority of children who received the apple diet. Within fourteen to forty-eight hours after the institution of this treatment, diarrhea ceased and were speedily followed by stools assuming their normal consistency. Not only is recovery rapid, but the temperature drops, abdominal pains and cramping usually disappear completely, within twenty-four to sixty hours, mucus is no longer in evidence, toxic symptoms clear up entirely in twenty-four to thirty-six hours. A marked diminishing of the amount of bacteria in the stools was noticed on the second day.

Doctors commenting on the treatment attribute its efficacy to the non-irritative characteristic of the apple pulp, providing as it does a filling that exerts its beneficent influence in tranquilizing the peristaltic motion of the intestines. The passage of the pulpy mass through the intestines not only effects a mechanical purification, but it also serves as an absorbent. Apple pulp also possesses the additional property of promoting retention of fluids. But the greatest tribute to the merits of the apple diet is that it is pleasant to take, easily procurable and economically reasonable.

The consensus of opinion among many doctors has been that pectin is the logical component of raw apple pulp, to which may be ascribed the success attained with this diet. The

content of pectin is as high as five per cent. in the apple. Thus a person eating an apple obtains an appreciable amount of pectin. The predominant therapeutic factor of pectin is its great swelling and water-absorbing capacity. Recent scientific investigations disclose that apple carbohydrates of non-caloric value such as pectin, even though they may not be a source of heat and energy have very definite nutritive and therapeutic values in the body.

It is well known that pectin is a source of acids which play a very prominent role in detoxifying certain poisons, for they are highly bactericidal, yielding to the body another mechanism of defence against disease-producing bacteria. One of the acids, known as glucuronic acid, is an important constituent of the mucus-producing cell, any shortage of which produces erosions and ulcerations.

There is, none the less, no general agreement that pectin is the soothing element in digestive disorders. In experiments performed with pectin alone, it has been determined that it required the whole apple to achieve the phenomenal results obtained. The pectin, the acids and the whole pulp jointly exercised their salutary influence in soothing the inflamed or irritated intestinal tract. Only a minority of doctors still believe that pectin is the effective active principle. Had they gone far enough to experiment with pectin alone, the benefits accruing would have assumed negligible proportions.

The organic acids, chiefly malic acid, present either in the apple or occurring in the intestines as a result of the bacterial activity of the apple are definitely antagonistic to the presence of certain bacteria. The apple is therefore of prime importance in its

ability to establish an intestinal flora rich in *Bacillus acidophilus*, namely its friendly bacteria.

The malic acid of the apple acidulates the gastric juices of the stomach as to increase its germicidal effects. The acids and their salts render apples, like most other fruits, slightly laxative. The mildly acid taste is agreeable to most people. The eating of an apple before retiring is particularly commendable. By its moderate antiseptic and cleansing effect upon the teeth, it removes the acid and unpleasant taste from the mouth and neutralizes all excess of acids in the system accumulated during the day. It is thus conducive to sound and refreshing sleep. Its fruit acids, moreover, stimulate the flow of alkaline saliva so indispensable in mouth hygiene. The firmness of the apple pulp, too, provides a desirable brushing effect upon the teeth, insuring health of teeth and gums.

Vitamin A potency was found to extend from twelve Sherman units per ounce to thirty-six.—the Gravenstein containing the least amount and the Yellow Newtown the highest; Vitamin B from two to five; Vitamin C from less than 1.5 to seven units per ounce. Hence it is erroneous to generalize on the apple. The dominant tendency of more recent research is to investigate the vitamin content of specific varieties.

For example, there is a wide variation in the Vitamin C content of twenty-one varieties of Massachusetts grown apples, based on tests made by Massachusetts Agricultural Experiment Station in November, 1936. Season or other variations, except storage, caused little change in the Vitamin content in any one variety. The varieties tested may be conveniently classified as to their Vitamin C potency

as follows: very good (4 to 6.5 grams) Baldwin, Northern Spy, Ben Davis and Winesap; good (7 to 10 grams) Esopus Spitzenberg, Rome Beauty, Red Astrachan, King, Roxbury Russett, Rhode Island and Stayman; fair (10.5 to 15 grams) Arkansas, Gravenstein, Wealthy, Cortland, King David and Golden Delicious; poor (15 to 25 grams) Jonathan, Delicious, Tolman and McIntosh.

It has been found that the concentration of Vitamin C in apple tissue is six times as great in the peel as in the flesh near the core. Studies now in progress indicate that nearly twice as many peeled Golden Delicious apples are necessary as of unpeeled ones to supply equal amounts of Vitamin C, and that small apples are a better source than large ones. The vitamin potency of Bramley's Seedling Apples, with rosy or blushed skin was found to be more than twice as much as in those with green skin.

Apples from fertilized trees showed precisely a higher Vitamin C value than did those from unfertilized trees. In cooking, Jonathan apples lost more than half of their Vitamin C content. Tests were also made to determine the effect of storage on Vitamin C. In four to six months of storage at 36 degrees F., Baldwin apples lost about twenty per cent of their Vitamin C content; in eight to ten months, the loss was nearly forty per cent. As the diet is more apt to be deficient in Vitamin C during the winter months, the apple as an important source of this vitamin becomes well high imperative.

Analyses

Fresh apples contain approximately eight per cent sugar and eighty-five per cent of water; in drying two-thirds of the water is lost and the sugar is

increased to about forty-five per cent. The organic acids occurring in the apple are malates, citrates and tartrates. In "The elements of the Science of Nutrition" by Graham Lusk, the author finds that in 100 grams of fresh apples there is 0.3 per cent iron, 10 per cent calcium, 8 per cent magnesium, 15 per cent sodium, 12.4 per cent potassium, 13 per cent phosphorus and 4 per cent chlorine.

According to Bulletin 28 of the Office of Experiment Stations, entitled "The Chemical Composition of American Food Materials," the edible content of apples is indicated as: 84.6 per cent water, 0.4 per cent protein, 0.5 per cent fat, 14.2 per cent carbohydrates, 1.2 per cent fibre, 0.3 per cent minerals and 290 calories per pound.

"The Biochemical Journal" for 1928 has this to say: "In a comparison made between the mineral content of apples and that of their expressed juice, the same percentage of potash was found in the expressed juice as in that of the whole apple, indicating that most of the potash of the apple is present in the whole sap. Larger percentages of magnesia, and lime were found in the juice than in the whole apple, from which it is concluded that the juice has dissolved lime and magnesia from the cell wall. There is some evidence that this solution of cell wall material by the juice varies with the acidity of the juice."

Therapeutic Value

An excellent alkalinizing agent, apples are undeniably effective in combating acids created in the body by such foods as meat, fish, bread and cereals. Indeed its fruit acids have a stimulating effect on all the secretory organs of the body. Of course raw apples must be properly masticated to

be beyond reproach; otherwise too large pieces entering the stomach are rendered somewhat indigestible and may be a source of mischief to a delicate stomach.

Nor does the therapeutic usefulness of the apple restrict its efficacy to Gastro-intestinal disorders. As an anti-scorbutic (scurvy preventing) factor, apples of given varieties are especially helpful. Feverish or invalid patients, doctors report, enjoy a readily assimilable source of bodily heat and energy by virtue of its high simple sugar content, yielding a quick burning fuel. The available carbohydrates are mainly fruit sugars; the starch content is negligible in the fully ripened fruit. Indeed the caloric value is relatively well utilized by the body. In six pounds of raw, unpeeled apples, only 11.7 per cent of the caloric constituent is lost in the stools.

Particularly are persons of sedentary life, whose livers are sluggish, benefited by ripe apples, for they assist in expelling noxious wastes. The raw apple is commended in obesity diets. While raw apples, when ripe and properly selected are extremely wholesome and very digestible, doctors recommend cooking or baking those included in the dietaries of invalids. Its high content of levulose—

an easily absorbable invert sugar has led German workers to place the apple among foods well tolerated in moderation by the diabetic.

Many dyspeptics have been known to thrive upon apples in their raw state and to regulate the action of the bowels effectively with them. It is suggested nevertheless that cooked apples be eaten in abundance by them for their pleasant and curative properties. Ample German clinical evidence (1934) discloses that dyspeptic conditions were relieved in a few days by the administration of a diet of raw ground apples. Dyspeptic German children less than a year old show remarkable improvement with apples; dyspepsia in its primary as well as more serious stages were halted.

On the "Therapeutic Effects of Various Food Articles," Dr. A. M. L. Stein states in "American Medicine" (1927) that "the apple is an excellent alkaline fruit and is therapeutically effective in all conditions of acid gout, rheumatism, jaundice, nervous and gall-bladder troubles and nervous and skin diseases caused by alcohol, liver, hyperacidity and states of auto-intoxication." Many authors place the apple—baked or raw—in a list of desirable foods for constipation and impaired digestion.

And parted thus they rest, who Played
Beneath the same green tree;
Whose voices mingled as they played
Around one parent knee!

They that with smiles lit up the hall,
And cheered with song the hearth—
Alas for love! if thou wert all,
And nought beyond, O Earth!

—Felicia Hemans

The Indian Naturopathic Association

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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.
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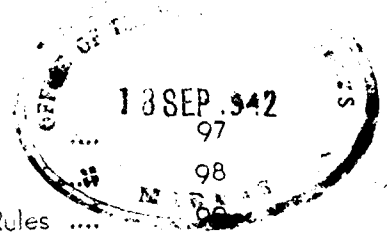
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