

John Makrofalt

V13 No 10-12 End 1940

JL
LM, m2N26
N42.13.10-12
182912

263

ANNUAL SUBSCRIPTION Rs. 1-8-0.

55

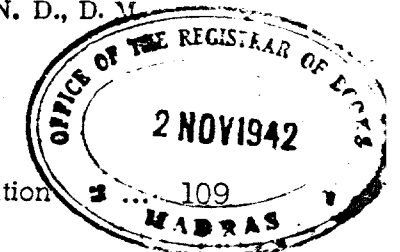


FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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

CONTENTS

263



Child's death after anti-diphtheria Inoculation	109
Rabies after Pasteur treatment	110
Nursis death caused by "Harmless" Serum	113
Chinese Medicine	111
The passing of Dr. Jnanamba, N. D. on 29-6-42-	110
Yogic cure for Tuberculosis	114
Constipation	115
On sun power	118

Vol. XIII



BEZWADA (India) - October, 1942



No. 10

The Indian Naturopath, Bezwada

BUSINESS NOTICE.

No V. P. P. System:— This Magazine will not be sent to any one by V. P. P. Subscriptions should, in all cases, be remitted in advance by money order only.

Enlistment:—Subscribers and members of the I.N.A. are enlisted at any time of the year, but they will receive only the issues from January to December, comprising a complete volume to one year's subscription.

Subscribers and Members of I. N. A. should always write their names and addresses clearly and fully and quote their Roll number, Subscriber's No. in all communications.

Contributions:— The Editor will be glad to welcome short contributions. They should be either typed or legibly written on one side of the paper only; and have the name and address of the writer below, not necessary for publica-

tion, unless and otherwise informed. Articles are subject to editorial alterations, though the Editor will try his level best not to change the sense. The Editor does not assume any responsibility for the signed articles and opinions of contributors. Articles showing ignorance of the Nature-cure point of view will not be accepted.

Correspondence:— Members of the I. N. A. requiring free health advice should write to the General Secretary enclosing a self-addressed stamped envelope for reply. All remittances should be sent to the Manager, I. N. A. Bezwada.

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

Annual Membership Subscription for the Indian Naturopathic Association Inland Rs. 3-0-0 foreign Sh. 6, \$ 2: Magazine free to the members.

Man's Food Unveiled

A Complete Guide for all problems in Man's Food

The Cow knows its Food, grass

The Child knows its milk

What is Yours: Please?

You cannot straightaway answer it

Man must consult:

His habit

Custom

Tongue

Which are all Perverted

Read this book & Find out your own Food

PRICE Rs. TWO ONLY

Indian Naturopathic Association,

BEZWADA.

Annual Subscription Rs. 1-8-0

THE

2 NOV 1942

Foreign Sh. 3, or \$ 1

INDIAN NATUROPATH

The Official Organ and Gazettee of The Indian Naturopathic Association

Vol. XIII

BEZWADA — October, 1932

No. 10

Child's Death after Anti-Diphtheria Inoculation

The "Southern Daily Echo," 16th April, 1942, reports the resumed inquest on John Gordon Baker, aged seven, only child of Mr. and Mrs. Gordon Baker, of Saxholm Way, Bassett, who died in the Children's Hospital, on 7th February.

Opened on 11th February, the inquest was adjourned to enable a pathological and bacteriological examination to be made. This revealed that death was due to streptococcal cellulitis and septicæmia.

The Deputy Town Clerk watched the proceedings on behalf of the Southampton Corporation.

Mrs. Baker, the child's mother, stated that she took the child to Mount Pleasant School on 2nd February to be inoculated against diphtheria. He first complained about pain in his arm on the following Thursday, 5th February. Next day she noticed that his arm was swollen. Fomentations were applied every four hours, on the advice of Dr. Richardson, who was called in that day. On the Saturday the swelling extended down the arm and to the chest. The child was taken to the Children's Hospital, where he died that evening. Mrs. Baker stated that the child who was inoculated just before her boy had a sore on his arm. Someone who was with the child asked whether the sore would effect the inoculation, and a nurse replied: "No."

Dr. Richardson gave evidence that when he saw the child on Friday, 6th February, his left arm was slightly swollen at the site of inoculation and he had a little

fever. He next saw the boy on Saturday at about 2 p. m. when he had a temperature of 103 and a pulse rate of 140. He saw him again about 4 p. m. and directed his removal to hospital.

Ruby Irene Chapman, a health visitor nurse, who assisted at the inoculation of children at Mount Pleasant on 2nd February, said she thought between 11 a. m. and 12-30 p. m. there were about 90 patients. The antitoxin was administered by a hypodermic needle; a fresh needle was prepared for each patient, and after use each needle was sterilised. There was no chance of a needle being used twice without being sterilised. She did not recollect any child with a scab on the arm being inoculated that day.

Dr. Joseph L. Ryce, resident medical officer of the Borough Hospital, Southampton, who assisted in the inoculation of the children, said he thought he inoculated about 100 boys that morning. He did not see any child with a scab on the arm.

Dr. H. C. Maurice Williams, O. B. E., Medical Officer of Health for Southampton, who was present during the inoculations on 2nd February, said that the whole of the material used in the inoculations was supplied by a well-known firm. All the bottles that remained at Mount Pleasant that day were handed to Dr. Gleave, Pathologist at the Royal Hants and Southampton Hospital. Dr. Williams described the process of inoculation. The child's arm was first cleaned with surgical spirit by a nurse; the syringe used was first boiled and the needle was sterilised; the serum was obtained from the

bottle by plunging the needle through a rubber cap on the bottle. He said over 21,000 people had been inoculated against diphtheria in Southampton since 1938. There had been occasions when children were brought back to the clinic with local reaction after inoculation. Of the 21,000 cases of inoculation since 1938, he knew of no other where there was general septicaemia after inoculation.

Dr. H. H. Gleave expressed the opinion that death was due to streptococcal cellulitis and septicaemia. He had tested the bottles of serum handed to him by Dr. Williams but found no evidence of bacterial contamination.

The Coroner: Having heard the evidence, do you think that this was a case of post-inoculation infection?—I think it was. I think that the inoculation puncture was the seat of the infection.

Dr. Margaret Desser gave evidence as to the time the child was admitted into the hospital and the time of his death, and

expressed the opinion that death was due to septicaemia and cellulitis of the left arm.

The Coroner said that notwithstanding the fact that all the necessary precautions were taken in regard to the inoculation, streptococci had access to the child's system. "Dr. Gleave, to whose opinion I pay the greatest respect," continued the Coroner, "has said that he thinks the infection was post-inoculation. I see no reason to differ from that. I think that, by some means or other, infection by means of the streptococci took place subsequently to the inoculation, and not by reason of the inoculation. I do not think there is any want of care or attention on the part of the authorities conducting this inoculation. I am quite satisfied that all the necessary precautions that should have been taken were taken in regard to this inoculation." He recorded a verdict of death from septicaemia, cellulitis of the left arm and streptococcal infection.

[Is there not every likelihood that this child would be alive to-day if he had not been inoculated?—Editor.]

—The Vaccination Inquirer.

Rabies After Pasteur Treatment

The Camden N. J. Evening Courier reported that George Jeanig was bitten on the nose by a rabid dog and had since received 21 Pasteur treatments for the disease. Late on 7th June he became ill and physicians ordered his removal to the Bergon Pines Hospital in Paramus.

As he was leaving Mrs. Jeanig rushed out and kissed her husband. Dr. Barnet, Book-staver ordered that she also take Pasteur treatments explaining that rabies can be communicated through the saliva. Mrs. Jeanig did not point out that the 21 Pasteur treatments her husband had received had not prevented him from developing rabies 70 days after he was bitten.

Nurse's Death Caused by "Harmless" Serum

Under the above caption the "Bronx N. Y. Home News," U. S. A. (28-8-40) reported the death at Worcester State Hospital, Mass., of Ann Catherine Duggan, a nurse, ten minutes after a "harmless" guinea pig serum had been injected into her arm in connection with routine tests at the hospital. A medical official attributed Miss Duggan's death to the fact that she had suffered from rheumatic fever in her childhood and the disease had left after-effects which produced in her body a fatal sensitivity to the normally harmless serum.

Twelve other nurses and attendants received similar injections, but only 21-year old Miss Duggan, who was to receive two dollars for participating in the tests, suffered ill effects.

CHINESE MEDICINE

The Chinese physician is paid, or is given his fee, only so long as the patient stays well, so that Chinese medicine must be largely preventative as well as curative. An Old Chinese maxim declares "To keep a man well is much better than to restore him from the grave."

Chinese Medical Practices are different than any other medical practices in the world. In most respects Chinese "medical" treatment is really not medical at all, but strangely coincides with modern naturopathic methods.

The Chinese system works so well that to every one insane person in China, there are twenty (per capita) in the United States. Missionaries often report persons pronounced incurable by foreign doctors who are eventually healed by Chinese methods.

China possesses an extensive Medical encyclopedia. "The Golden Mirror", a medical encyclopedia, is the official text-book of the Chinese Imperial Medical College which alone requires several years for complete study. Chinese medicine has always shown a high standard in any and every age, but there has been very little change in the procedure since 1000 A. D. Records extending back to 2697 B. C. attest to the deep interest of the ancient Chinese in Medicine and Chemistry.

Centuries ago Chinese physicians met and successfully coped with pestilences and plagues which ravished Europe in the Middle Ages. The first authentic description of small-pox is found in Chinese medical literature of the third century. Beri-beri was first noted and accurately described by Chinese physicians in the tenth century.

The lack of understanding of Chinese medicine is based upon a lack of understanding of the underlying principles of Chinese healing. The

Western mind does not always easily grasp the profundity of the Chinese medical healing art because it is not at all materialistic; it is closely connected with occult sciences. A certain metaphysical reasoning is necessary to understand its alchemy and magic. To the Chinese, the human body is a manifestation of the universal life. They see in this universal life a certain form of energy or atomic activity, a vital essence operating in positive-negative balance. Chinese medicine considered this vital essence as an electrical force long before electricity was discovered in the occidental world.

The whole aim of Chinese healing is in correcting this electrical and chemical balance in the human body. Through a complete order of correspondences they seek to adjust and harmonize the physical being. It is interesting to note in passing that the eminent Dr. George W. Crile of Cleveland, Ohio, has recently substantiated this theory of electrical balance in his own modern laboratory. Five elements or states of molecular vibration are considered in the function of this nervous force. Chinese physicians do not therefore ever dissect dead bodies, for they understand that the nervous life force leaves the body at death.

Chinese Medicine has interested itself largely in psychic and emotional diseases as well as the purely physical. Sudden fright, over-excitement, intense anger and mental strain are all considered as root causes for various diseases.

Religious beliefs govern the fact that Chinese medicine has little or no surgery connected with it. Surgeons

are generally held in low repute. The teachings of Confucius and other Chinese philosophers hold that the body is sacred and must not be mutilated in any way, for the body must be returned to its ancestors entirely intact. With so little surgery practiced, there is no record of any antiseptics having been used; and although anesthesia is recorded as used in the third century, the complete methods are unknown today.

No branch of medicine differs more than the method of diagnosis used by Chinese physicians. Intricate deductions are made along most unusual lines. No devices whatever are used in diagnosis. Chiefly the Chinese physician diagnoses from the pulse, the voice, the tongue and the eye. It takes him at least three years study to perfect his sense of touch to be able to diagnose by the pulse action. A loud, quick voice indicates to the Chinese diagnostician a person suffering with a heart ailment; a choking, crying voice indicates lung troubles; a sighing type of voice indicates trouble in the spleen, and so on.

The tip of the tongue also indicates the heart action and condition; the center of the tongue shows the condition of the patient's stomach; the edges of the tongue indicate the condition and health of the liver and gall, while the underneath part of the tongue classifies the state of the kidneys.

The color of the iris also shows the condition of the liver, the white of the eye indicates the condition of the lungs, and from the pupil of the eye is ascertained the health of the kidneys.

From certain tooth-aches is diagnosed inflammation of various internal organs, and by measuring the outer skin surface the Chinese physician can

tell accurately the size of bones and internal organs.

The better class of Chinese take regular courses once or twice a year for putting themselves in good physical condition. The blood is purified through diet and the nerves are toned through the use of certain herbs.

Massage has long been used in China as a curative agent. A great deal of attention is given to the principle of food selections, not only from the point of the chemical constituents, but also from the angle of food temperatures, and also the minerals and basic elemental hydrotherapy was first recorded in China in 180 B.C. Cold baths are still given for cases of fever. Physical exercises are very simple, though effective, and are patterned after the movements of animals of which five are used—the tiger, the stag, the bear, the monkey, and the bird.

There are over 3,000 different herbs known to and used by Chinese doctors. The course for herbalists at the Chinese Imperial Medical College at Peking requires fourteen years study.

Shen Nung, a famous early Chinese physician once tried out as many as seventy different poisons on himself in one day to discover their antidotes. Authorities then, considering his value as a physician, gave criminals for use in the further experimentation of Dr. Shen Nung.

Herbs are used for the correction of the electrical balance in the body, and are usually very simple. For instance, cinnamon is considered as having great properties for restoring the natural balance of the body, and cinnamon and honey is thought to be an excellent remedy for the teeth.

There is no government supervision of Chinese physicians at all, as he is paid only when he keeps the patient well and in good health ("A tree is known by its fruits").

THE PASSING OF

Dr. JNANAMBA N. D. on 29-6-42

Dr. Jnanamba N. D. of Bezwada is known in the Andhra more as a Brahmo missionary than as a Naturopathic doctor. She dedicated herself to the service of humanity and to the



devotion of God as early as her thirteenth year. Born of an ordinary working class where culture was impossible she began to devote to the study and learning things spiritual from her childhood. She was helped in her studies by Drs. M. S. Mallikarjuna Rau, and N. Hanumaiiah, both Naturopaths. She was sent to Calcutta for the study of English and Bengali and was kindly educated in the Brahma Samaj High school by Mr. & Mrs. N. R. Sircar. There she began to lead a life of a sanyasin and continued till her end. When she returned to Andhra Desa she did not live a life of seclusion and worship of God. She began to feel the service to humanity and the service of women in particular were more holy than worship of God. She founded a number of societies for women, for learning and prayer. Bezwada Prardhana Samaj and the Sthree Samaj in town are unique. She was a regular missionary for propagating universal brotherhood and uplift of women.

When Dr. Hanumayya N. D. founded the Prakriti Karyalaya Trust in the year 1919 she joined hands with him in the working of the trust and when one learns that she learnt composing

printing types and actually composed for the first volume of *Prakriti Patrika*—the pioneer of all the Naturopathic Journals in India, one would wonder about the perseverance and ability of the lady.

All through these years she translated a number of naturopathic works. Her books on the evils of sugar and tea are unrivalled. She wrote a number of original articles on hygiene and contributed to the *Prakriti*.

When the Indian Naturopathic Association began to conduct Naturopathic training camps in various parts of our country she lived in the camps and helped the organisers with her sound advice; and kindness.

Yogic Cure for Tuberculosis

Dr. G. R. DONGREY, *

The yogic methods of curing many a disease have been promulgated in our country since times of yore, but none of us have either tapped or practised them. But as our need for the relief of human sufferings is ever great, it is time that modern medicine undertakes researches as to the possibility of successfully applying the yogic methods for therapeutic purposes, says Dr. G. R. Dongrey, in his paper read before the A. I. M. L. A. Conference, Ahmedabad, which is reproduced in the *Indian Medical Journal*.

Good Results

If we take a survey of what has been thought about tuberculosis, we find in the *Rig Veda*, that a mention of it has been made as a wasting disease and its cure envisaged by heightening the vital resistance of the body and elimination of the poison liberated in the system.

Various types of germs have been attributed to be the cause of the disease. Areotherapy was advocated while *Atharva Veda* prescribed morning sun and air healthy dwelling, psychic suggestions and deep breathing.

*In his paper read before A. I. M. L. A. Conference, Ahmedabad.

As she believed, however educated, men may be, without the co-operation of the ladies, who are well versed in the art of biologic living, the family will be a source of discomfort and suffering. With this idea she toured all over Andhra Desa, and with her Brahmo work, she propagated nature cure wherever she happened to lecture. The Indian Naturopathic association, as well as the Naturopathic movement in Andhra Desa have incurred a heavy loss in her premature demise.

We heartily pray The Almighty to bestow peace on her, who worked for the uplift of His own children, the whole of span of her life.

Om. Tat. Sat.

It is nearly seven years back since I was guided by Swami Kuvalayanand of Lonavala in the science of Yoga to utilise its methods in the relief and cure of the diseases, and to include them in the daily routine treatment of my patients. I have tried them in no less than 1,000 cases comprising of various diseases, and one hundred cases of tuberculosis both incipient and active.

The Asanas

Yogic methods consist of (1) *Shatkriyas*, (2) *Bandhas*, (3) *Asanas* and (4) *Pranayam*.

Shatkriyas are the cleansing methods, (i) *Neti* for nose, (ii) *Shaoti* for stomach, (iii) *Kapalbhati* for respiratory passage, (iv) *Naoli* for the whole abdomen.

Asanas: They are practised after bath commenced with topsy-turvy poses (*Shirshasan* and *Sarvangasan*) which secure rich supply of blood to the brain and endocrine glands (pituitary, pineal and thyroid) and drainage of the abdominal organs. *Matsyasan* is complementary to *Sarvangasan* when thyroid tissues are stretched and spinal column is bent posteriorly. Other *asanas*

secure anterior and posterior bends and side twists, while *Moyurasan* presses the lower part of the abdominal aorta and blood is thus allowed to circulate forcibly into the organs where supply emerges from the upper part of the aorta. *Shavasana* relaxes whole body.

Thus *asanas* improve the nutrition of all the muscles of the body by alternate contraction and stretching with the least possible expenditure of energy, stretch the nerve roots, nerves and other tissues and thus improve their health.

Kapalbhati is one of the *Shatkriyas*, and is an exercise with jerky, quick and repeated exhalations, made active by the play of the abdominal muscles and inhalation made passive, thus stimulating the respiratory centre to efficient functioning. *Pranayam* is a breathing exercise by which lungs are deeply inflated by inhalation through the nostrils with half-closed glottis and then the breath is retained for as many

seconds as possible. The retained air is exhaled slowly, deeply and without any jerk.

Repairing Power

Asanas and *Pranayam* produce a great repairing power on account of the least possible energy expended in their practice. But they are not to be prescribed when there is rapid breaking of lung tissue and consequent toxin absorption as evidenced by rise in temperature, pulse rate, malaise, headache, loss of appetite, etc., when absolute rest is the treatment to be ordered. Our aim should be directed to allow as much toxin to be liberated and circulated in the system that would stimulate production of anti-bodies on the same basis as the use of tuberculin.

This scheme of treatment has worked admirably in my hands. There is progressive improvement, both physical and mental, from day to day. There is a sense of well-being; appetite and digestion become normal, and skin colour improves.

CONSTIPATION

ITS CAUSE AND CORRECTION

A. A. ROSSITER.

To provide instruction of a practical kind is the objective of this present series on "Indigestion and Bowel Complaints". To outline a suitable procedure for the correction of constipation in its various forms, makes it desirable that the subject be dealt with at length, and each type explained. It should not be expected that amazing changes take place immediately the advice is undertaken. It is often that alleviating the complaint means undoing the effects of many years of faulty living, notwithstanding that the human body possesses marvellous powers of recuperation if handled correctly.

The removal of constipation as a common complaint would no doubt see the banishment of hundreds of allied disorders, ranging from the simple headache or cold to the most serious complaints beyond the reach of medical science. It is, however, not to be

thought that constipation is the root cause of such complaints. The origin of constipation must be considered, and this lies in many factors, the principal of which is unnatural eating habits and dietary.

In previous articles on the mechanics of digestion and elimination, from which the complaint arises, and from which it is illustrated that the main contributory factors to constipation lie in (a) the manner of eating and drinking; (b) over-eating, unwise choice of foods, and unbalanced meals; (c) unsuitable food combinations.

Manner of Eating

Prior to the actual work of digestion and assimilation the stomach must receive food in a suitable condition, and then must by its own strength further prepare this

material for the main process to follow directly after. Thus it may be known that the correction of bowel complaints will commence at the table where more suitably combined and balanced food materials may be partaken of and properly eaten. Digestion begins in the mouth. This rules out drinking with meals, but does not discourage the use of any amount of liquids between meals. Thorough mastication and liquefying of food with saliva is one of the most effective cures for constipation, in many cases brought on by swallowing partly masticated food washed down by or taken with hot liquids. The right time to drink liquids, especially to correct constipation, is about two hours after meals, and when the stomach is empty. At this time the effect of taking liquids is to stimulate the ileo-cecal valve which releases residual food matter from the small to the large bowel, and thus increases peristalsis in the colon. A glass or two of warm or cold water on rising is known for its benefit in this respect.

Overeating.

Overeating may be indulged in by many people unknowingly through taking certain types of foods for which the body has little use. Too much bread, jam, sweet foods, and starchy foods of a refined type, condiments, fats of any kind, and flesh or vegetable proteins only result in much residue lying undigested in the colon. Overeating of foods of a high fatty content creates delay in the action of bile, and is another common cause of constipation. Excess starchy and sweet foods have the same effect. This applies also to unsuitable food combinations which increase the acidity of the stomach content and slow down the action of bile. A natural disinfectant, the production and flow of bile into the intestine at the required times, gives both a chemical and mechanical stimulus to the intestine and bowel, adding volume to the contents of the bowel, and thus aiding muscular activity. Many suffer from constipation not only because the nature of the food eaten is too concentrated or wrongly mixed, but also because it is deficient in essential mineral elements which aid bile production and intestinal digestion, potassium and sodium, for instance. The secretions of the stomach, liver, pancreas, and intestines

are rich in minerals (chemicals) which are absolutely necessary to healthy activity, and which are found in most natural foods, especially in the raw state, particularly juicy fruits, greens, and whole-grain foods that are not highly processed.

Eating between meals is an enemy to sound digestion and elimination. All food undergoing digestion must reach the required state of acidity before the stomach valves open, and that food may pass on to further processes. If additional food is taken while digestion of a previous meal is ensuing, then its ejection into the duodenum ceases until the "in-between" food is also prepared. Digestion is greatly delayed, and many times upset by this habit.

If, then, the food received by the stomach is in a suitable condition, well masticated and salivated, in suitable quantity, bulk and acid-alkalinity, normal digestion is favoured to the utmost. The stomach through its natural wave-like contraction is able to churn food until thoroughly penetrated by the gastric juices, and then expelled with the sufficient force into the small intestine, where digestion mainly takes place.

Medicines.

In summarizing, the chief procedure in overcoming constipation is to assist and improve the stomach and liver, wherein practically all cases of constipation have their origin. It is a form of indigestion, and this fact may serve a warning to sufferers who resort constantly to medicines which "move the bowels" at the expense of a weakened and churned up digestion produced by the convulsive effect of laxatives upon the stomach and liver.

The successful treatment of constipation must primarily normalize the production and flow of bile, and restore the vigorous wave-like contractions of the stomach, which give force to the movement of food masses through the intestine. Medicines have the opposite effect, and tend to worsen rather than correct the condition.

Treatment.

There is much more attached to the treatment of constipation than just adding

"laxative" foods, or well advertised foods, to the ordinary diet. In fact, if the mechanics of the body are known, and its laws properly obeyed, such foods are not required. In cases of chronic constipation, however, when sections of the bowel have become enlarged, flabby, and packed, the tissues will take some time to regain their normal elasticity, and during this process the addition of laxative foods are helpful. In some known cases the colonic walls, distended in some parts and shrunk in other parts, have tolerated as much as ten to fifteen pounds of hardened accumulations, and this no doubt must undergo a gradual elimination.

It is certain that a large proportion of people suffer from the complaint, and are unaware of the fact. An occasional movement of the bowel is no indication of regularity, and in fact some conditions of bowel stasis are marked by frequent evacuation of liquid stools, undoubtedly due to the presence of hardened and bulky fecal masses which the bowel muscles cannot expel. Even when a regular daily habit is established, it is often only a partial movement from the lower end of a packed colon, whereas in normal conditions the pelvic colon should be completely cleansed twice daily.

Other Factors

One of the most stubborn forms of constipation results from falling or misplacement of the abdominal organs. Pressure exerted by a dilated stomach or enlarged liver upon the transverse colon, or pressure over the pelvic colon through misplacement inhibits and weakens the muscles which cause movement of the colon walls (see last article on Visceroptosis).

There is no doubt that negative mental conditions exert a strong influence over the stomach and bowel, even to a paralysing degree. This, on the other hand, is contrasted with the upset, neuseating, relaxed condition accompanied by over-activity of the internal nervous system during acute mental stress.

Laxative Foods.

Rectal dilations, enemas, and bowel washes are of value only in emergency

conditions, and should not be resorted to continually except in necessitous cases, and then at the direction of a competent person.

The following preparations have been proven of value in many instances where mild laxative aids are required.

RAISINS AND ORANGE. Soak overnight a handful raisins (seeded or unseeded) in orange juice to cover well, and take raisins together with remaining liquid upon rising.

LINSEED. Add a dessertspoon seed to cupful boiling water, allow to cool, and take both liquid and seeds before retiring.

AGAR. Agar jelly is known to absorb many times its bulk of liquid. Use it in all kinds of recipes. Not only is agar a laxative, but is an excellent source of natural iodine.

MOLASSES. A teaspoon taken daily is considered a natural lubricant and laxative, especially when associated with piles.

FRESH FRUITS. Pineapple, due to its peptic qualities, is a valuable medicinal fruit. Fruit such as this should be taken solely as a meal, or taken in small quantities between meals. Fresh figs, while in season, Grapes, including seeds, unless otherwise advised. Breakfast should constitute a meal of any one kind of fruit in season, with the addition of dried fruit and nuts.

BRAN. Up to a tablespoon taken daily is beneficial.

Please note that the items above listed should be used singly, and not all used at one time. The use of large quantities of laxative foods may have the opposite of the desired effect. This cannot be too strongly stressed. An outline of a practical dietary follows.

BREAKFAST. Wholemeal rusks (not bread) well dried out, buttered, with honey or treacle. Masticate well. Glass raw milk or cereal coffee may follow.

ALTERNATIVE. Wheatmeal made of coarsely ground wholewheat. Black or raw sugar, or honey. Cream or little raw milk. Raisins, figs, or prunes.

MID-DAY. Salad, including plenty of grated raw carrot, cauliflower, or radish. Use plenty of all vegetables available. Add one cold steamed vegetable. Natural dressing. No bread. Wholemeal bran scones or dessert may follow. (Baked apples, raisin dessert, etc.)

EVENING. Plenty of vegetables steamed, especially greens. One or two root vegetables steamed. This meal may best consist of plenty of one course only, unless a vegetable soup is taken.

LIQUIDS. Take as much liquid as desired two hours after meals, and up to one hour before. Fruit juices, vegetable "cock-tails", hot or cold water, and occasionally cereal drinks.

It is always advisable to vary foods as widely as possible in accordance with seasonable produce and supplies available.

ON SUN POWER

Few of our readers need to be convinced of the vital value of sunshine but the confirmation of such a renowned authority as Dr. Josiah Oldfield is a very welcome addition to our armoury of arguments. In a most interesting article he says:—

"We know to-day that the fact of living and moving are so closely connected with the production of heat that there must be some source of heat; somewhere from which we can draw in order to enable us to perform the slightest motion, or to draw the lightest of breaths, and we also know that almost the only source of power on this planet is sun power, or what we call 'sunshine'."

"Within limit, the direct sunlight acts upon the nervous organisation of man. It stimulates him. It increases the production of red corpuscles in his blood. It sets up glandular activities, so that the addition of sunshine to a dull day will improve health and vitality."

Exercises

Apart from the question of dietary, constipation may be overcome by the daily practice of suitable curative exercises. Diaphragm breathing, walking, and climbing, exercises while in an upright or lying position, rotation, stretching and bending may be indulged in for a few minutes regularly, and often with great curative benefit. Exercises also should be widely varied.

The position for sleeping is often helpful, the most effective method is to sleep in a position bearing on the right side for the majority of the time, then for the latter part of the time before rising in a position toward the left. This is harmonious with the direction of muscular movement. Always sleep with the body straight, and use a firm mattress support.

"Perpetual lack of sunshine reduces the number of red corpuscles, and during any period of a year in which the hours of sun-shine are greatly reduced the body tends to become paler and loses some of its vigour."

"How can this torrent of power be harnessed for the delicate and tiny daily needs of human life?"

"The process is accomplished by cells called chlorophyll cells. These are found in every leaf and blade of grass upon the face of the earth!"

"Wherever there is green vegetation there are chlorophyll cells."

"Wherever a chlorophyll cell exists there is an active laboratory, of which the function is to transform and store sunshine."

"The work that goes on in these wonderful laboratories is this:

"The little chlorophyll chemist takes 6 portions of carbon dioxide from the air. Carbon dioxide is made up of 1 part carbon and 2 parts oxygen,

and this is shortened into the formula C_1O_2 . Six portions therefore will contain 6 parts of carbon and 12 parts of oxygen—i.e., C_6O_{12} .

"The little chemist next takes 6 portions of water. Water is made up of 2 parts of hydrogen and 1 part of oxygen—shortened into H_2O_1 . Six portions of water will therefore contain 12 parts of hydrogen and 6 parts of oxygen, i.e., $H_{12}O_6$. He has now got in his laboratory 6 parts of carbon, 12 parts of oxygen and also 12 parts of hydrogen, and a further 6 parts of oxygen. Put into simple form it reads $C_6H_{12}O_{18}$."

"This is easy enough to talk about, but you need enormous powers to split up air and to split up water."

"Even to turn water into steam needs considerable heat power."

"To break up air into its separate gases requires enormously greater force."

"It is this force which is supplied by the sun."

"Now that he has the three gases into which the air and water have been split, what is the chemist going to do with them."

"He is going to sort them out, rearrange them and build them up into something quite different."

"This, too, takes a further supply of power. What exactly happens?"

"Out of his $C_6H_{12}O_{18}$, the chlorophyll chemist selects 6 of his carbon 12 of his hydrogen, and 6 of his oxygen, and throws away the other 12 oxygen."

"That is, he combines $C_6H_{12}O_6$ and throws away the remaining O_{12} ."

"This new combination, $C_6H_{12}O_6$, is a solid substance which we call 'fruit sugar'!"

"This, then, is the wonderful role of the sun. Wherever there is green

vegetation on the face of the earth there are chlorophyll chemists ready to make fruit sugar out of air and water."

"Fruit sugar, then, is really a form of sunshine storage."

"It required much sun heat to make it, and when it is broken down again into its simple gas elements it sets free the sun power once more."

"In a similar way, by uniting the power of sunshine with other combinations of simple elements we get starches, fats, oils, proteins, essences, flavours, scents, and all the wonderful varieties of earth's products which we call 'foods'."

"It is by thus absorbing sunshine from those foods which we select from the whole range of 'kindly fruits of the earth' that strength and health can be created and maintained."

"By this absorption of sunshine we live, and go on living, and when our power to digest food is gone we die from lack of sun power within us."

"It is this stored sunshine which enables the earth and its people to keep warm at night when the sun is gone down."

"Fires which blaze upon the hearth are sun rays which have been stored in timber during the past summers, and stored in coal buried for ten million years."

"The warm blood which courses through our arteries is heated by the rays of sunshine that have been stored up in the making of sugars and starches."

"The power which enables us to leap and dance and gaily live our busy lives is sun power stored up in nuts and grains, in oils and pulses."

"The delicate forces round which the imagery of our dreams and imagi-

nings are woven, the subtle waves and vibrations upon which our spiritual concepts, and our exploring voyages into the fundamental ideals of Divine compassion and God's fatherhood are actuated, are all variations of sun power.

"Without the sun this earth of ours would become a dead world—no warmth, no motion, no thought, no compassion.

"No actuality, no spirituality, no virtue. No hope, no past and no future—death and eternal nothingness.

"So in our daily eating and drinking we should remember that we are in communion with the Creator of the Universe by eating His sun rays and drinking His sunshine.

"It is the knowledge of this which bids us avoid minerals and mineral drugs, unless the particles of these elements have first been linked up with organic life, and have formed part of some vegetable cell.

"It would perhaps be false to say that we cannot under any circumstances utilise in our bodily cell life any of the crude mineral elements of which the earth is composed, but we do know that all such essential elements of our body—as iron, copper, iodine, calcium, sodium, potassium, etc. are far more readily absorbed if they have been first passed through the laboratories of vegetable cells.

It is better therefore to get our iron from watercress and dandelions and spinach, our phosphorus from bran, our lime from milk and cheese and barley, our potassium from potatoes and carrots, than to go to the

mineral kingdom for them and swallow pills or impregnated waters.

"All medicines have their value and their place in the hands of a skilled physician, but I would take by the hand every man who wants to avoid physicians and who wants to retain all his life the health of his birthright, and I would bid him first turn his face up to the sky and thank God for the heavens and the sun that is therein, and then look down to the earth and bless those preparations of sun power which fill the gardens and the orchards, and from them choose the foods which are fitted and suited to his special needs.

"By eating them wisely and digesting them fully he will so nourish his body that all his organs will function smoothly—and lightness, health, joyousness and vitality will be his own portion.

"Upon those around him his radiation of sunshine will be his gift of gratitude for the privilege of being allowed to live this beautiful earth life.

"You will do more good to those around you by radiating rays of sunshine than by scattering coins of gold.

"It is better to store up in your body a wealth of sunshine than to accumulate in your bank a mass of money."

There is a wealth of wisdom in these words of Dr. Oldfield, and we gather that his precepts are put into practice most successfully at his home in Kent ("Margaret Manor," Daddington), where many have benefited from his regimen of sane diet and natural living.

The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR
HEALTH PROPAGANDA

Its objects are :

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

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

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

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

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

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

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

In particular,

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

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

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

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

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

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

Do you Want to be a MEMBER

Annual Subscription Rs. 3 only,

Members will get copies of

INDIAN NATUROPATH FREE.

For Particulars Apply to:—THE GENERAL SECRETARY,

The Indian Naturopathic Association,

BEZWADA [India]

Regd. No. M. 2170

Rs. 20
POST
FREE

Human Culture and Cure IN 5 PARTS - COMPLETE

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

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

Deals with Color-Cure, Electrotherapy, Water Cure, Fasting, Diet Cure and such other systems of treatment, which are the cheapest and at the same time the safest and the best, in simple, lucid language.

It is an Encyclopædia of Human Culture and knowledge. You cannot but possess this treasure.

Write for complete prospects.

The Chromopathic Institute, Bezwada

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

40%
dis-
count
POST
FREE
For a
Short time

ANNUAL SUBSCRIPTION Rs. 1-8-0.



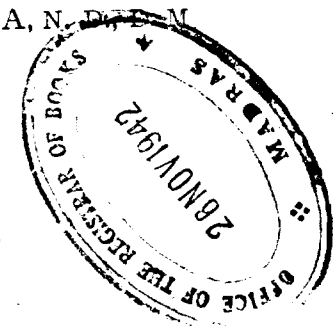
FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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

CONTENTS

Campaign against Epidemics	121
Death Defied	123
Hydrocele cured without operation	"
Fruitarians vs. Vegetarians	124
Talk Happiness	"
Life is what we make it	125
Psychological causes of Sickness	126
Whom we shall call a physician	128
Consumption Theories	129

434



Vol. XIII

BEZWADA (India) - November, 1942

No. 11

The Indian Naturopath, Bezwada

BUSINESS NOTICE.

No V.P.P System:—This Magazine will not be sent to any one by V.P.P. Subscriptions should, in all cases, be remitted in advance by money order only.

Enlistment:—Subscribers and members of the I.N.A. are enlisted at any time of the year, but they will receive only the issues from January to December, comprising a complete volume to one year's subscription.

Subscribers and Members of I. N. A. should always write their names and addresses clearly and fully and quote their Roll number, Subscriber's No. in all communications.

Contributions:—The Editor will be glad to welcome short contributions. They should be either typed or legibly written on one side of the paper only; and have the name and address of the writer below, not necessary for publica-

tion, unless and otherwise informed. Articles are subject to editorial alterations, though the Editor will try his level best not to change the sense. The Editor does not assume any responsibility for the signed articles and opinions of contributors. Articles showing ignorance of the Nature-cure point of view will not be accepted.

Correspondence:—Members of the I. N. A. requiring free health advice should write to the General Secretary enclosing a self-addressed stamped envelope for reply. All remittances should be sent to the Manager, I. N. A. Bezwada.

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

Annual Membership Subscription for the Indian Naturopathic Association. Inland Rs. 3-0-0 foreign Sh. 6, \$ 2: Magazine free to the members.

Man's Food Unveiled

A Complete Guide for all problems in Man's Food

The Cow knows its Food, grass

The Child knows its milk

What is Yours: Please?

You cannot straightaway answer it

Man must consult:

His habit

Custom

Tongue

Which are all Perverted

Read this book & Find out your own Food

PRICE Rs. TWO ONLY

Indian Naturopathic Association,
BEZWADA.

Annual Subscription Rs. 1-8-0

THE

Foreign Sh. 3 or \$ 1

INDIAN NATUROPATH

The Official Organ and Gazettee of The Indian Naturopathic Association

Vol. XIII

BEZWADA — November, 1942

No. 11

Campaign against Epidemics

By

(L. Loat, Secretary, The National Anti-Vaccination League, London)

The Division of intercourse and Education of the Carnegie Endowment for International Peace is issuing reports prepared by a Commission to study the Organization of Peace. This Commission was established immediately after the outbreak of war in Europe.

"International Conciliation" the monthly organ of this body, contains in its issue for April, 1942, the second report of this Commission. It deals with the Transitional Period between the end of the fighting and the establishment of permanent world order.

There is a Prefatory Note and nine papers presented to the Commission on various problems. The Prefatory Note is signed by the Chairman (Professor Jas. T. Shotwell), the Director (Clark M. Eichelburger), the Chairman of the Executive Committee (William Allan Neilson) the Chairman of the Studies Committee (Clyde Eagleton) and about 80 members of the Commission.

A section of the Prefatory Note deals with Particular Problems, and the first of these is Famine and Disease. In sub-paragraph a, is the following:—

"The seeds of typhus fever existed in many countries long before the outbreak of war—in Poland, Russia, Hungary, Czechoslovakia, and the Balkans, as well as in China and elsewhere. Plague, cholera, and dysentery occur in many Far Eastern countries; only by the most rigorous measures are they kept under control in times of peace. Malaria occurs widely throughout the world, and smallpox breaks out whenever there is any relaxation in the systematic enforcement of vaccination."

It is utterly false that smallpox breaks out whenever there is any relaxation of the systematic enforcement of vaccination. The compulsory vaccination law of this country was relaxed in 1907 and there has been far less smallpox here during the thirty-four years since that Act came into force than during the thirty-four years down to 1907. In the 34 years from 1908, 461 smallpox deaths have been registered in England and Wales, while during the 34 years 1874 to 1907, 33,230 smallpox deaths were registered in this country. Over 23,000 of these were registered during the years when from 81 to 86 per cent of the infants born were vaccinated. During the last 34 years

vaccinations declined from 63 to 34 per cent of the infants born.

It has been suggested that American, Canadian and other supporters of our cause abroad might like to point out to Mr. Nicholas Murray Butler, the Director of the Division of Intercourse and Education, and to Professor Jas. T. Shotwell, the Chairman of the Commission which issued this Report, that their statement regarding smallpox is false. The address is: 405, West 117th Street, New York Street, N. Y.

The first of the Papers presented to the Commission was by Frank G. Boudreau, M. D. on "Public Health and Nutrition in the period of Transition". While Dr. Boudreau admits that malnutrition breaks down an individual's resistance to disease, and that the infection of water supplies and famine cause outbreaks of disease, his two examples of the common action of National Health administrations against epidemic disease entered into by international agreement are: the establishment of a central system of epidemiological intelligence and the standardisation of vaccines, sera and other biological and serological preparations used in the treatment of disease.

He expects two of the several international health agencies which existed before the war to function again as soon as the war ends. One of them is the Health Organization of the League of Nations which he says "will provide the machinery for a system of epidemiological

intelligence, for an international system of biological standardisation for the stimulation and coordination of the campaign against particular diseases."

While he insists on the necessity for feeding the starving millions of Europe, he considers that the most effective measure taken by the Epidemic Commission of the League of Nations at the conclusion of the war between Turkey and Greece "was the vaccination of more than half a million refugees" against smallpox, typhoid fever, and dysentery. Actually, it was the establishment of sanitary conditions and the feeding of the hundreds of thousands of refugees that stopped the epidemics of disease by famine and insanitary conditions.

There is an Advisory Council in Great Britain associated with the Carnegie Endowment for International Peace, and their names are printed in "International Conciliation". Although they do not see those reports before they are published they must take some responsibility for them, and our League has asked each of them to make representations to the New York office against falsehoods appearing in their reports such as the one quoted in the earlier part of this letter.

Students of the vaccination question will be able to quote other instances of the falsity of that statement, e. g. Holland, Australia and New Zealand, Norway, and of the fact that there is most smallpox in countries where vaccination is most widely practised, e. g. Mexico and British India.

DEATH DEFIED

Sri C. V. Chetti, 88, Vellala Street, Vepery, Madras now at Ootacamund, who is a Naturopath reports as follows:—

"A boy of 15 did not pass urine or stools for 3 days and was gasping for breath. His limbs and whole body were chill. An allopath to whom the boy was rushed, pronounced that rigor mortis had set in and that nothing could be done; but advised the parents of the boy to remove him to the General Hospital as the last chance. As there was no certainty of the boy's surviving his transport to the hospital and as it was 1. A. M. when no conveyance could be easily got, the parents began the usual weeping and wailing giving him up for lost.

Here the hand of Providence came in. On the suggestion of a tenant in Sri Chetti's house, the parents of the boy brought him as a corpse. Sri Chetti finding there was warmth in the lower abdomen and that the heart had not ceased to function, asked two people to massage the limbs according to his directions immersing their hands in hot water frequently (hot water and tender co-

coanuts will always be available in Sri Chetti's house) and Sri Chetti himself manipulated the lower abdomen with alternative hot and cold fomentations. Within a few seconds, a few drops of urine escaped and the treatment given so far was enough to produce vital heat in the whole body. Then a wet cloth was folded and placed over the bladder. In about 5 minutes the patient passed urine and simultaneously regained consciousness to the utmost joy of the parents and others present. After half an hour an enema of hot and cold water was given with utmost caution as the water would not get in. After manipulating the rectum with Chetti's fingers lot of stools as hard as stones were removed. Thereafter the patient vomited a lot of undigested food. After all these were done the patient went home in the dark walking for himself. A tender cocoanut was presented to the parents of the boy to be given him after 2 hours and the boy and his parents came to Chetti the next morning to express their gratitude. Nature works wonders as above.

Hydrocele cured without Operation

Sri C. V. Chetti, Naturopath, Vellala Street, Vepery, Madras (now at Ootacamund) reports as follows:—

"A middle aged gentleman of the staff of the Pachaiyappa's College, Madras, had Hydrocele and was suffering from intermittent fevers. He had been drugged under all systems of allopathy with the result that his hydrocele was getting bigger and bigger until it was about to be operated upon. At this stage Sri Chetti happened to meet the patient by chance and volunteered to cure the hydrocele without medicine, injection or operation. Even though the patient and his relatives were sceptic about the treatment the patient postponed the operation for a couple of days when he placed himself under Sri Chetti. The period was too short to show any progress. Another instalment of 3 days' time was with difficulty, obtained. On the 6th day the patient expressed that there was some lightness in the mass and of his own accord asked for further treatment in spite of the pressure from his elders who were ridiculing as to how an empty handed man with no medicine chest or operating apparatus can do anything and they even got alarm-

ed at the so called cold producers such as lemons, oranges, buttermilk, tender cocoanut etc. given to the patient. But when days passed and the patient was getting better and better their fears disappeared along with the heavy mass of the hydrocele. In about 30 days the whole mass 12 inches long and 18 inches in perimeter completely disappeared leaving no trace whatsoever, even of a shrunken skin and Sri Chetti was named a "Miracle worker."

All that was done in this case was a restricted diet regimen with local steam bath followed by immersions in cold water with an enema once in the morning for the first six days until relief was expressed. There after one week on fruit juices and tender cocoanut water with 2 enemas both morning and evening which brought out lot of retained stools, local steam baths followed by cold baths and wetclay packs to the mass and another week of restricted diet with all the regional treatments mentioned above were enough to dissolve the mass. This is how the curative powers in the human system are brought to work by nature."

Fruitarians vs. Vegetarians.

The term, vegetarian, should never be used in connection with habits of diets that eliminate flesh and seek food from the plant kingdom. Aside from the green salad herbs, very little in the vegetable class is really wholesome food for humans, while the entire fruit class is perfect food.

It is said that the human body is about 68% water and many claim that a well balanced ration consists of about an equal amount of water. This would not come from cereals, dried legumes and bread. Fresh fruits would carry such a quota. Fresh dried fruits furnish the leading needs of the body, supplemented with nuts, one can select a balanced diet, maintaining strength and health. All the citrus fruits are golden for health and eliminating disease. Some dietists claim that citrus fruits are not wholesome and even cause rheumatism. Eugene Christian is one of them. We wish to state positively that we have proven the contrary, years before we knew anything about diet, when only our natural instinct lead us, as a girl in the teens, to a diet of lemons and was cured of rheumatism.

We have had no touch of it since and that was more years ago, than we wish to reckon.

TALK HAPPINESS

Talk Happiness. The world is sad enough
Without your woe.
No path is always rough,
Look for the places that are smooth and clear,
And speak of them to rest the weary ear
of earth,
So hurt by one continuous strain
Of mortal discontent, and grief and pain.

Talk Faith. The world is better off without
Your uttered ignorance and morbid doubt.
If you have faith in God, or man, or self,
Say so; if not, push back upon the shelf

So many times have we been cured of maladies with citrus fruits that we pin our faith to a lemon or hang our hopes on an orange tree.

When suffering from sore throat, nearly choking from stoppage, lemon juice clears away the mucous and the sore throat is soon a thing of the past. Such has been experience.

Dietitians and doctors might preach against such things until they were blue, but we know facts in our own case. Likely our mechanism is not so different from other animals of our kind.

If people lived on fruits and nuts, salad leaves added, far better health and strength would result than we have to-day.

Natives of Egypt, Smyrna and other countries where figs and dates abound and is the chief diet, enjoy a muscular power that people lack, who visit those countries and are carried across the Andes on the backs of the natives, rowed on the rivers and in every way display superior strength and endurance.—

—From an unpublished manuscript of the late Jean Roberts Albert.

Of silence all your thoughts, till faith shall come;
No one will lose because dull lips are dumb.

Talk Health. The dreary never-ending tale
Of mortal maladies is worn and stale.
You cannot charm, nor interest, nor please
By harping on that sad discord, disease.
Say you are well, or, all is well with you,
And God shall hear your words and make them true.

E. W. Wilcox, or Greville Klesier.

LIFE IS WHAT WE MAKE IT

(Dr. H. R. GUPTA, M. A., Ph. D.)

The fundamental difference between the successful man and the man who is a failure is largely mental. "As a man thinketh in his heart, so is he." This is the law which operates every-where and in every walk of life. Individual characteristics are fixed processes of thought. Character is built in the same way as a house is built—namely, by the constant addition of new material, and that material is thought. With the help of millions of bricks a town is built; by the aid of millions of thoughts a mind, a character is built.

Every person builds his or her own mind whether he or she recognises this fact or not. Everybody has to think and every thought is another brick laid down in the edifice of mind. This work is so carelessly done by a vast number of people that the structures of their characters built by weak and impure thoughts cannot stand even one little gust of trouble or temptation.

The first essential element in achieving success is the realization that our personal power, progress and success mainly depend on our daily habits of thought. Our thought is the greatest and most valuable power in the building of a successful career, because every important act, plan, purpose and ideal of our life first takes shape in our mind. Thought always precedes action. Success, therefore, is largely a matter of how far we can bring our thought under our conscious control. Then we shall come to know from experience that our power of thought has enabled us to achieve the most successful results in exact proportion as we have properly developed and rightly used it.

Thoughts are like flowers, fruits and vegetables. They grow and they must be cultivated. Our mind is a fertile field and not merely store house. Therefore, no sooner do we decide our place, power, and degree of success in the world than constructive thoughts begin to grow in it. We must assume a success attitude of mind and constantly carry with us an inward assurance of success and the belief that it will attend our

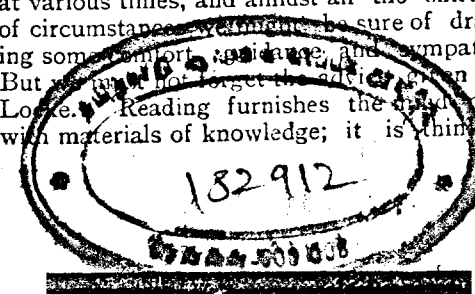
daily efforts. Profound belief in our own resourcefulness will produce the desired results. We must show by our speech, manner and behaviour that we count ourselves among successful persons, and we must maintain at all times a strong, dignified, self-confident mental attitude.

We should form it a habit to keep on a high level of thought. A low plane of thought will never enable us to reach the summit of attainment. The stronger and better our thoughts, the stronger and better will be the results of our daily efforts. A high mental standard will give us a sense of increased personal power.

There are four important factors which vitally affect our daily thought. First is the quality of our daily conversation. We must try to speak always at our best. We should never enter into an useless and disagreeable talk. We should look for the best side of life and at that very moment our conversation will assume new power and attractiveness. Our positive thought is a strong weapon and it is bound to prevail over all obstacles.

The second is the quality of our daily reading. The study of a stimulating book is the best. The results from reading a useful book, even for a few minutes daily, are almost incalculable. The more we nourish our mind in this way, the stronger it becomes. Discrimination in the newspaper reading is necessary and the habitual reading of accidents, murders etc. makes us morbid. Choice of such books, periodicals and newspapers as tend to increase our store of useful knowledge and general efficiency is desirable. "In course of our reading we should lay up in our minds a store of goodly thoughts in well-wrought words, which should be a leaving treasure of knowledge always with us, and from which, at various times, and amidst all the shifting of circumstances, we must be sure of drawing some comfort, guidance, and sympathy. But do not forget the advice given by Locke. Reading furnishes the mind only with materials of knowledge; it is thinking

LM, 12426
1102-13-10-12



that makes what we read over. We are of the ruminating kind, and it is not enough to cram ourselves with a great load of collections; unless we chew them over again. They will not give us strength and nourishment."

The third element is the character of our personal associates. The persons who meet us in the course of our daily activities exert on us a good deal of unconscious influence. Therefore we must choose our associates wisely and well. We should frequent the society of those who draw out our best powers and inspire us to the highest effort. We should avoid discussion of our disappointments, troubles and misfortunes. Keen observation of the habits, conversation, manners, attire and personal bearing of successful men will afford enough material to apply to our own life.

Psychological Causes of Sickness

By S. B. WHITEHEAD, D. Sc.

To worry oneself ill is no picturesque phrase; it actually happens.

In every case of illness, the psychological and physiological factors play a part. In treatment we must consider the field of the "total person," where mind and body are thought of as one, if we are to gain a complete cure.

Most psychological causes of sickness are due to one thing—tension. This tension may be overt or hidden.

Mental tension springs from many sources—fear, hatred, anxiety, jealousy, resentment—and through the nervous system vitally influences the functioning of the internal organs. The first effect of such tension is to derange organic action, and the second, by disorganising body chemistry, to cause familiar symptoms of physiological sickness.

A frequent casualty to emotional tension in modern living is the digestion. Nervous indigestion springs from the fact that under the stress of tension the nerves governing

Lastly it depends upon the care with which we guard our mind. No useless idea and undesirable thought should be allowed to enter. Any thought occurring to us should be at once analysed to know whether it is constructive or destructive. The function of a constructive thought is to increase our personal power and develop in us such qualities as faith, courage, enthusiasm, determination, industry, integrity, self confidence, inspiration, duty and unselfish life. While all thoughts causing in us depression, worry, fear, doubt, self-limitation, uncertainty, jealousy, dishonesty or like qualities are destructive. We should, therefore, make it a special aim to fill our minds as much as possible with the thoughts of the first kind and to avoid and eliminate those of the second type.

the automatic secretion of gastric juices and the mechanical operation of the organs concerned are unable to supervise this work adequately.

In the cure of nervous indigestion, as in the cure of all psychological illnesses, the mind must be set to work consciously to overcome the emotional tension. It is foolish to eat when unduly excited, worried, or under emotional stress, for the body finds itself unable to do anything with the food.

The first step is to give every assistance to good digestion by taking a lively interest in food, particularly with a view to securing well-balanced meals. The next step is to concentrate the mind upon the meal itself. At the outset, it is well to prepare for a meal by washing.

Under emotional stress, there is a tendency to eat hurriedly, and to over-season food. By masticating each morsel of food well, and avoiding such things as hasty eating, and eating with the mind on the clock, radio, newspaper, or some problem of work or home, we not only give digestive

chemistry greater scope for efficient action, but minimise the mental tension that may be inhibiting to the nervous control of digestion.

Psychology of Constipation.

Probably few conditions are so widespread as constipation, but the possible psychological causes of this complaint are rarely considered. Despite all efforts through diet, or the trial of various laxative prophylactics, the condition remains. In my experience, there are two main psychological causes of constipation, although others are also met with.

The first occurs in the type of person who, in childhood, has been taught to view the excrement from the body as something disgusting. As a result, all actions of elimination become viewed with disfavour. The natural habit of paying Nature's calls is often put off as much as possible, regardless of the fact that the body is primarily an orderly machine, and appreciates and functions with regularity.

A second cause of constipation occurs in the possessive and acquisitive type of person. Their secretive and often miserly tendencies raise a tension of suspicion in their minds that tightens the sphincter muscle of the colon, thus inhibiting free and natural elimination.

Excitement, fright, or morbid depression can also slow down the workings of the alimentary tract and so suppress elimination.

The cure of such cases of constipation lies in the recognition of the essentially wholesome nature and health-protective function of elimination as the safeguard of physical well-being. The next step is to give every assistance to the re-education of the bowel by (1) paying Nature's calls regularly, and (2) assuming a natural position with the knees brought near the chest by resting the feet on a stool.

Mind and Skin.

Another tell-tale of psychological causes at work is the skin, the mirror of many body disharmonies.

For instance, Miss Andrews was a young lady with a bright personality, but with a skin that was dry, lined and seamy, and her complexion of a brownish pallor alternated

with patches of coppery lividness. Rest and a holiday was prescribed and her condition cleared, only to return again the day after she returned home.

Investigation unearthed the fact that she was unhappy at home owing to the dominance of a nagging step-mother.

As soon as she was able to arrange to share a flat with a girl friend and so combat the depressant effect of her home life, her skin condition began to improve permanently.

Young boys and girls often suffer from excessive skin troubles during the teens because of the high mental tension which modern education, with its critical examinations, produces at this time. Acne, blackheads, oily skins and pimples often clear during the holidays when the tension of term time is relaxed.

To the expert psychiatrist, these people in whom nervous tension produces such results are recognisable at a glance. They are not the type who find ready relief from their emotional tensions in screams, but are stoical, self-contained, and controlled persons. Their calmness and mastery of outward and visible demonstration of their real inner feelings tenses every nerve of their bodies, and this inner tension communicates itself to the functions of the skin.

To relieve all these ills, we must learn how to let go our tensions. One way is the employment of the hands in a hobby, such as craftsmanship, woodwork, sketching, musical expression, knitting, where there is no competitive end to be gained.

Use of the small muscles of the hand and eye together with the necessary guidance of the brain centres governing muscular action is of infinite value in lowering tension in the higher centre of imagination and reason; it also brings a sense of personal achievement that is most beneficial to mind and body.

Many of us fail to get rid of other hidden tensions because we do not enjoy sufficient voluntary muscular effort, free from competitive motive or strain. Walking, swimming, cycling, dancing and so on, are most helpful for the relief of inner tensions; one such exercise should find a place in the pattern of every life, for the sake of health and happiness.

Whom Shall We Call A Physician

Dr. LUST

I Must First Make Clear That in my opinion we must not restrict the use of this term to the graduates of orthodox medical schools. A physician should be defined as that man or woman who places his or her natural healing talent and the knowledge gained through study or schooling at the service of suffering humanity. This confers a right on the Naturopath, the Chiropractor and every non-medical healer to use the title "physician." Among Naturopaths we find various types of trained intelligences besides students of medicine, as for instance, clergymen, teachers, pharmacists, bio-chemists, bacteriologists, chemists, and others. Our ranks also include many capable people who in spite of limited school training, have devoted their Natural talents to the cause of healing, and whose impassioned work has yielded brilliant results.

Natural curative power is properly valued as a gift from Heaven. But it is a rare gift; too few people possess it to attend to all the manifold and widespread ailments of mankind. Besides, even the healthiest and most efficient workers in the service of healing could not indefinitely carry the burden of attending an endless procession of sufferers. Consequently, we welcome other comers to our field of work, who are attracted to it by love of their fellow-beings, by the desire for knowledge or by a longing for truth. Many of these converts have themselves experienced the ineffective effects of unnatural but conventional medical treatment. If these people are gifted with personal magnetism, it facilitates their work in the field of natural healing. The non-medical physician keeps an open mind and avoids the pitfalls of dogmatic thinking. He recognises sickness as a disturbance of the patient's bodily order, studies and treats his case individually. He chooses and adapts the treatment to the case and thus finds the most effective method of handling each patient.

A truly good physician, moreover, must not be greedy. Nothing has so much helped the growth of co-operative health service in America as the relatively high cost of private medical attendance. And, too, we must admit that even though the dead languages

have their value as a training for the mind, it remains highly questionable whether familiarity with these ancient tongues determines a man's quality as physician. Healing is not only a science, but also an art requiring a certain amount of natural predisposition. If everything in medicine depended only on a college education, then the general health of the people should be really marvellous.

The Naturopathic physician will tell you that the fundamental principle of nature cure philosophy is co-operation with the constructive principle in nature—that principle which builds up, improves and repairs—that works toward perfection and which is opposed to the destructive elements in nature, as exemplified by our contemporaries with their "bag of tricks." In the past the founders of the nature cure movement in this country had to contend with those who did not recognize these fundamental laws and the movement suffered accordingly. Those however who followed these laws gave the hand of cooperation and aided in making Naturopathy what it is to-day. Success crowned their efforts and helped to create in the minds of the people the beauty and glory of nature cure—and conversely the fallacy of medicine.

The non-medical physician has fought for the right to be called by that name; he has proven in millions of successful cases that he is entitled to this honor. Can as much be said for our medical colleagues? In the field of surgery, for example, they have failed miserably to improve the lot of mankind. We are not declaiming against surgery where it is vitally necessary—in injuries and accidents. But it is rarely necessary to cut out living organs by surgery. Surgery was originally intended as a constructive science but has deteriorated into a destructive one. Wouldn't it be better to trust your human machine to simple nature... sun, air, water, diet and the ministrations of the drugless physician whose methods can never harm you but are always helpful and constructive?

In truth, it is the natural healer who can and should be called physician, for he is the true healer, the friend of mankind, the teacher who deals only in the agencies of nature—who brings you health, happiness and joy.

Consumption Theories

By REGINALD S. OSWALD, M. D.

The drug-delusion complicates diseases by the suppression of their symptoms; sanitary science seeks to accomplish their cure by the removal of their causes, and the importance of inquiries, aiding a clear comprehension of those causes, is strikingly illustrated in the history of the Consumption Problem.

In the blind, groping way of accidental experience, health-seekers, nearly a hundred years ago, stumbled upon the fact that outdoor life promotes the cure of tuberculosis, but many thousands of them neutralized the value of that discovery by conducting their outings in tropical coast swamps. Cold air, the best of all possible lung-cures, was still their bugbear, they stuck to climatic bake-ovens, they avoided highlands and high latitudes.

Moreover, they clung to the idea that the sick must be fed on poisons, and between drugs and demon bugs, medicine and malaria, Nature relinquished the struggle for survival; microbes conquered; patients succumbed in a swelter-camp of the lower latitudes as fast as in a sweat-shop of the far North.

And not one in a thousand routine doctors seemed to have an idea that tuberculosis is a contagious disorder. In Southern coast-resorts a dozen consumptives were often crowded together in the same cottage-hotel, and could be seen rocking on the veranda, coughing in chorus, and infesting each other with tubercle-seeds in various forms of development.

The superior inducements of the highlands were at last recognized, but in the summer-resorts of the Rocky Mountains the benefit of each day was apt to be undone by the mischief of each night. Salvation-seekers breathed air balm from morning till sunset and air-poisons from sunset till morning. Open bedroom windows? Not if they could help it. They insisted on tightfitting sashes, supplemented by shutters and curtains, if possible also by bed-curtains. Breathing and re-breathing the refuse of their own lungs, all

night, they fed the flames of a fever that could be only partly smothered by Sierra-excursions, and was a flicker again before the patient had been two hours in bed.

Many of these refugees also smoked. I recollect the case of a young artist who had swallowed cough-nostrums till his system tottered on the verge of collapse, and who finally tried his luck in a Colorado mountain-hotel. The tableland was about five thousand feet above tidewater, the mountain a good half mile higher, and a room in the top story of the summit-hotel ought to insure success, thought the invalid. They had no elevator, but he did not mind climbing long flights of stairs to his tip top sanctum. There he sat, smoking heavy cigars, all the day long, sketch book open, everything else closed, but persuaded that he was near enough perfection to reach heaven with a short step-ladder.

His idea seemed to be that the altitude, *per se*, would prove a high-grade remedy, and that theory subsided only when his cough grew worse than before—worse by just as much as his mountain attic was stuffier than his metropolitan studio. What could be wrong? He was loath to infer that his affliction had passed the curable stage, and concluded that the mountain cure must be a mountain-sized swindle. No letters of anxious friends could induce him to protract the experiment, no coaxing of his landlord, who had seen his sketches and offered to board him a month free for a little landscape in oil. His trunk was packed and go he would while some shreds of his lungs still held together.

It must be the draught, he thought; air currents from those snow-covered Sierras, ice-winds that had entered his windows in spite of all precautions.

"Nice place for a mountain-bear," he wrote, "but heaven help a poor invalid bomb-proof bungalow."

The plainer explanation was that mountain-air could not cure him if he refused

to breathe it. Once or twice he had joined an excursion to a prospect-point; but, as a rule, he left his nicotine-trap only in response to meal-bells.

The real secret of the mountain cure is, indeed, so far from being generally suspected that it is prescribed as a luxury-specific, a remedy reserved for Fortune's favorites. One circular speaks about the remedial virtues of the ozone, found only at high altitudes, blessed with sunlit vegetation. Ozone, etherwaves, primeval perfume, enjoyed by the guests of Monsieur Mysterio's mountain-resort, at six dollars a day, season-boarders at reduced rates.

Whereas, conclusive evidence can hardly be made more complete than the proofs in favor of the fact that mountain-air aids the cure of lung-complaints simply by being generally cooler than valley air. When warm weather climbs the hilltops of Jura, the patients of the famous climate-cures experience a relapse; when bracing frosts visit the lowlands any outdoor roost can be made a sanitarium, and the roof cure counteracts lung-complaints in the heart of crowded cities. Experiments, repeated till they exclude the possibility of a mistake, have led to the conclusion that any disorder of the respiratory organs, any lung-affection from catarrh to pneumonia, can be abated by making the patient sleep in a house-top camp, sheltered from rain and snow but exposed to currents of fresh air from all points of the compass. And cold air greatly preferred. Campers who merely hold their own in thaw-weather, recover rapidly in a keen norther; children, even, sleeping side by side under an open shed, in the haunts of the chimney-swallow and the serenading tom-cat, and thus photographed for the benefit of skeptics.

And at an expense of only twenty cents per night;—a nine-tenth reduction of mountain-cure rates. A reduction, too, of drug-rates, yet with an enormous increase in the percentage of cures. Where six out of ten far-gones could be drugged back to life, nine out of ten can be redeemed by the air-method.

And partly for the simple reason that air reaches the seat of the trouble and medicine doesn't. Convulsing the stomach to mend the lungs is about as rational as a foot-plaster for the cure of a sore hand.

Lung-fumigation, or the breathing of medicated air, comes nearer the mark, but provokes distressing coughs, while cold air does the same work without a trace of disagreeable after-effects.

The rationale, or matter of fact explanation, of the cure is this: Cold air destroys lung-microbs without affecting the comfort of their living boarding house. It is a true specific and an excellent illustration of a disease-cure by the removal of the cause. Then came the animal food theory and its partly justified conjecture that tubercle germs are transmitted with the flesh of slaughtered animals and with the milk of diseased cows. Cattle, standing up to their knees in the filth of distillery stables, were proved to have been fed chiefly on the fermented refuse of the malt-houses and the hot swill that was supposed to stimulate the flow of milk. Breathing, eating and drinking poisons, year after year, they could not help developing disease germs, and avenged themselves by transferring these germs to the system of their tormentors. Typhoid germs, chiefly, but occasionally also the seeds of tuberculosis. The discoverers of that fact raised a panic-howl that drove hundreds into the extremes of Alcott vegetarianism. Rather than give "corpse-poisons" another ghost of a chance they would renounce fat and subsist on turnips and cresses. They boycotted milkmen and egg-peddlers (honey-peddlers, even, in some cases); no saying in what nook of the larder microbes might lurk for their destruction.

But coughs, catarrh and consumption continued. Sweat-shop drudges, subsisting chiefly on bread and potatoes, were coughing their lungs away; consumption victimized our purely vegetarian kinsmen, the apple-fed prisoners of monkey-menageries. The stoutest of those prisoners, the African man-apes, could rarely survive confinement for more than two years, though their prison-fare was perhaps more exclusively frugal than the menu of their wilderness haunts. Winwood Reads proved that they have no hesitation about robbing birds'-nests.

It became clear then that the Alcotters had only closed the door against a minor cause of tuberculosis, and failed to open an exit gate for the removal of the main causes.

Consumption germs indisputably can be introduced with a diet of tainted meat and milk; but, for one microbe reaching the lungs in that manner a hundred are transmitted with the breath of the sick and the tainted atmosphere of crowded dwellings. As a rule, the process of digestion destroys tainted-food germs. Many others are evacuated before they have a chance to work mischief. One striking illustration in point is the fact that serpent poison, the virus of rattle-snakes and cobras, can be swallowed with perfect impunity. Its deadly effects are manifested only if it reaches the blood through a wound, and an abrasion in the lining of the stomach might prove fatal; otherwise it might be eaten by the spoonful, like jelly or mucilage. The naturalist Buckland did collect a small teaspoonful of a specially deadly virus, and, after slightly sweetening it, put it in the breakfast cup of a pet rat, that appropriated the last drop of it and looked up inquiringly, in hopes of additional supplies. That pet not only survived, but enlarged, and before the end of a month evolved a family of six, none of them the worse for that test breakfast.

Only one in a hundred food-germs ever reaches the lungs, and, with proper precautions, the lungs would get rid of them, as they get rid of countless atmospheric disease-germs. A stout man, passing an hour in the bedroom of a consumptive friend, may inhale several thousand tubercle microbes, and before night eliminate the last one of them. A few minutes walk in the teeth of a cool breeze would seal their doom, open bedroom windows would send them off sailing with the ships that pass in the night.

Warm, stagnant air favors the development of disease-germs. Not of consumption germs only; the brooding heat of a tropical coast swamp hatches as many different sorts of microbes as there are worms in a stagnant pool; epidemics rise and sink with the thermometer. But consumption is one of those atmospheric cess pool products. Warm air favors its evolution; warm, stagnant air, i.e., the heated atmosphere of a becalmed valley or ill-ventilated dwelling, hastens that evolution to a degree that sometimes kindles the flames of veritable lung-epidemics. Contagious catarrhs spread like fire from street to street; virulent consumption attacks tenant

after-tenant of the same rookery; influenza sweeps whole continents.

And nearly always in warm weather. A respiratory epidemic with a full start may burn from August into October, but the first November frosts make it flicker, and December blizzards extinguish its sparks as they extinguish the sparks of cholera and yellow fever.

Nevertheless, even in midwinter, lung diseases may be hatched and fully developed in stuffy, overheated dwellings, barred by double windows from every current of pure outdoor air.

Oppressive warmth then, is one evident factor of lung-diseases, and may explain the curious doctrine of what we might call the Overcoat theory of consumption. Close observers notice the suggestive fact that warm underwear, or extra-warm coats and shawls, aggravate the pulmonary affliction they are intended to cure, and come to the conclusion that catarrh and consumption must be drygoods diseases; mysterious disorders, somehow caused by artificial teguments.

That fiercely controverted idea (drygoods vendors up in arms, of course) has a bottom stratum of truth, illustrated by the familiar fact that overwarm bed-clothes act as hotbeds on the germs of a fever. Carry a sunstroke victim into the shade of a tree, cool his temples with ice-water and his wrists with ice-packs, and within an hour the stifled respiration will give way to a deep sigh of relief; the flushed face will withdraw its danger-signals, the patient, presently, will sit up and vent his emotions on the weather-clerk. Box up the same patient in a sweltering sickroom, windows closed, bed-cover supplemented with a Dutch feather bed, and in less than an hour the sparks of the fever will rise in raging flames, the tortured man will groan and toss, and under the influence of another crazy-quilt will presently shriek out in delirium.

And in exactly the same way the sparks of an existing lung-fever may be kindled into alarming symptoms. A catarrh-stricken child, rocking and reading near a window, in a fair state of comfort; and evidently past the crisis of its trouble, is put to bed in a stoveheated

chamber, double window-screens, double blankets, and at first does not object, perhaps even thanks its thoughtful nurse; bed just right to be comfortable. Yes, for a few minutes. Slip a thermometer under the bed-cover, and the little nest may prove a trifle cooler than the average of the stove room. But, before long, the accumulation of animal warmth will turn that minus into equality and then into a more and more serious surplus. Temperature of, say, 70 degrees Fahrenheit, risen to 90 before 10/6 clock, and before midnight to anywhere between 110 and 130. Try it and realize the cause of the strange fact that in the course of the night sleep, "Nature's sweet restorer," seems to have played pranks with this little sleeper; turning its smiles into moans, and its state of comfort into a state of grievous distress; pulse beating at panic speed, face livid and swollen, respiration coming and going in choking gasps.

What can be wrong? Catarrh-fever relapsed? Oh, the draught from that window! wails the materfamilias. "Elisha, how often shall I tell you not to forget those weather-strips! Give the poor child another blanket, quick!"

It is there where the anti-overcoat doctrine comes in as a gospel of salvation. If you want your sick-nurse for a permanent assistant, pile on a few additional quilts and hot-bed a common catarrh into a chronic catarrh, alias consumption.

But if the little martyr happens to be your only child, all the family's hopes clinging to the possibility of his survival, give him a chance for his life, expurgate his microbes by the unfailing process of refrigeration.

Root-cure?

Yes, if all your family is crowded together in a ten by twelve sweat-box. But, if you have even as much as one bed-room besides your sitting-room, or one partition of a hall with a window facing a chance for

fresh air, do not seek in the haunts of the chimney-cats what you could enjoy in the comfort of your own domicile, by simply opening a window. And be sure not to neutralize the benefit of the lung-curing draught by burying your patient under a load of lung-congesting swelter quilts.

Put in a warming-pan a few hours before bed-time; and even in a draught, four blankets to start with, will feel as snug as a dozen; but later on, after animal warmth has begun to co-operate with that pan, remove the top blanket, and after midnight, if the weather should turn warm, partly remove blanket No. 3. Just turn it back and double it over the sleeper's knees; no harm in that, as long as it does not superheat his lungs.

And in daytime, too, avoid a surplus of drygoods; avoid overheating in every form. An Anti-Overcoat convert might dress in summer jackets and still congest his lungs by sticking to a stifling stoveroom all the day long.

Superfluous dry goods aggravate lung diseases, but have nothing to do with their cause.

That cause, a specific air-poison, or micro organism, assails the lungs indoors and outdoors, and may be transiently communicated in the course of a few minutes' conversation with an invalid who meets you on a public promenade, but is developed only under the protracted influence of warm, impure, stagnant air. In an atmosphere of that sort the lungs become congested and disease germs fasten upon the lethargized tissue. Then inflammation, coughs, pulmonary distress and the formation of sores that may heal or enlarge, of microbe-colonies that may multiply at any time be expurgated with the air of cold, pure air. The word "pure" in that connection may be even a "pleonasm." Frost attends to the work of purification. Get air cold enough, and its purity, as a rule, will take care of itself.

The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR
HEALTH PROPAGANDA

Its objects are :

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

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

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

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

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

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

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

In particular,

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

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

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

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

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

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

Do you Want to be a MEMBER

Annual Subscription Rs. 3 only.

Members will get copies of

INDIAN NATUROPATH FREE.

For Particulars Apply to:— THE GENERAL SECRETARY,

The Indian Naturopathic Association,

BEZWADA [India]

Regd. No. M. 2170

Rs. 20

POST
FREE

Human Culture and Cure IN 5 PARTS - COMPLETE

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

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

Deals with Color-Cure, Electrotherapy, Water Cure, Fasting, Diet Cure and such other systems of treatment, which are the cheapest and at the same time the safest and the best, in simple, lucid language.

It is an Encyclopædia of Human Culture and knowledge. You cannot but possess this treasure.

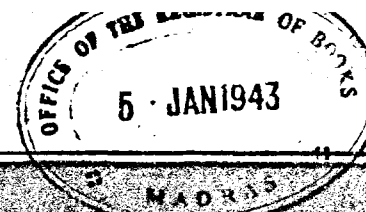
Write for complete prospects.

40%
dis-
count
POST
FREE
For a
Short time

The Chromopathic Institute, Bezwada

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

ANNUAL SUBSCRIPTION RS. 1-8-0.



FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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

CONTENTS

	Pages
Do Seminal Emissions Cause Weakness. The Writer says 'No.'	133
Pneumonia Cured	135
The Late Dr. B. S. Gopala Rau, N. D. D. M.	136
The Slaughter of Cattle	137
Eat more Tomatoes	138
Electro-Culture-Its Technique	139
Building up your Nerve	141
God's own Tonic	142
Patience vs. Impatience	143
The third Health Home Anniversary	144

Vol. XIII



BEZWADA (India) - December, 1942



No. 12

The Indian Naturopath, Bezwada

BUSINESS NOTICE.

No V. P. P. System:— This Magazine will not be sent to any one by V. P. P. Subscriptions should, in all cases, be remitted in advance by money order only.

Enlistment:—Subscribers and members of the I.N.A. are enlisted at any time of the year, but they will receive only the issues from January to December, comprising a complete volume to one year's subscription.

Subscribers and Members of I. N. A. should always write their names and addresses clearly and fully and quote their Roll number, Subscriber's No. in all communications.

Contributions:— The Editor will be glad to welcome short contributions. They should be either typed or legibly written on one side of the paper only; and have the name and address of the writer below, not necessary for publica-

tion, unless and otherwise informed. Articles are subject to editorial alterations, though the Editor will try his level best not to change the sense. The Editor does not assume any responsibility for the signed articles and opinions of contributors. Articles showing ignorance of the Nature-cure point of view will not be accepted.

Correspondence:— Members of the I. N. A. requiring free health advice should write to the General Secretary enclosing a self-addressed stamped envelope for reply. All remittance should be sent to the Manager, I. N. A. Bezwada.

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

Annual Membership Subscription for the Indian Naturopathic Association Inland Rs. 3-0-0 foreign Sh. 6, \$ 2 Magazine free to the members.

Man's Food Unveiled

A Complete Guide for all problems in Man's Food

The Cow knows its Food, grass
The Child knows its milk

What is Yours: Please?

You cannot straightaway answer it
Man must consult:

His habit }
Custom } Which are all Perverted
Tongue }

Read this book & Find out your own Food

PRICE Rs. TWO ONLY

Indian Naturopathic Association,
BEZWADA.



Annual Subscription Rs. 1-8-0

THE

Foreign Sh. 3 or \$ 1

INDIAN NATUROPATH

The Official Organ and Gazettee of The Indian Naturopathic Association

Vol. XIII

BEZWADA — December, 1942

No. 12

Do Seminal emissions cause weakness?

THE WRITER SAYS 'NO'.

By Dr. P VENKATRAMAYYA, N. D. D. M.

It is really curious to think that seminal emissions do cause weakness. One will often complain that he feels extreme weakness on the day of a nocturnal emission. I shall explain. All the food we eat is converted into lymph. Circulating in the lymphatic channels lymph forms the food to all the cells in the body. If this lymph is sufficiently thin it enters into the inter cellular structures of the body and feed the various cells. You know that the body is made up of numberless small living bodies called cells. The strength of the individual cell is the true strength of the body. So when the lymph is sufficiently thin and nutritive the individual cell receives its natural quota of food allowance. If on the other hand, the lymph is abnormally thick in texture and colloidal, it cannot pass through the tiny capillaries which enter the inter-structures of the individual cells.

Secondly, if the lymph is devoid of natural living organic salts, then also the alkalinity of the individual cell is diminished; thereby lying open to disintegration and putrefaction.

Thirdly, if the lymph is void of nutritive elements, the individual cell becomes weak, due to want of nutritive material.

Even though the lymph is sufficiently charged with all the necessary elements and the nutritive material inactive and lazy, the cell cannot absorb its quota of food material. It is through this cause that so many people that partake of sufficiently nutritive food material often complain of weakness and langour accompanied by exhaustion through-out the whole day. Much of the lymph in the usual course forms the food of the working cells of the body. The remaining portion of the lymph enters the heart through the veins and is converted into blood. Being charged with oxygen it flows through the veins and goes on in its work of repair of the broken or torn portions of the individual cells. I do not further dilate on the work of the blood in the body.

For the lymph to be converted into blood two things are necessary. One must inhale a sufficient quantity of

oxygen from the air. Second, every inch of the body surface must receive a sufficient quantity of sunlight and heat to energize the nerves to carry on successfully the act of combustion in the system. Failing the two things the lymph is not sufficiently converted into blood. So, much of the lymph flows in the lymphatic channels and dilates them. Due to the dilation, walls of the lymphatic channels become weak thereby allowing their contents to enter into the blood stream. Charged with this lymph, blood becomes colloidal and sticky which is not permitted into the inter structures of the cells. The blood tries hard to drop somewhere this sticky and pasty material. In its attempt it drops some of the white sticky fluid through the nose thereby causing cold. The same material, when eliminated through the urethra, we call it spermatorrhea. The same fluid is emitted in the night time through the urethra involuntarily in the course of a voluptuous dream. In this way you will easily learn the cause of an involuntary seminal emission.

So improper assimilation of lymphatic fluid into inter-structures of individual cells and the improper combustion in the body is the real cause of a seminal emission. The weakness of the body is due to the weakness in the individual cell due to improper assimilation of the food material. So it is not scientific to think that the seminal emission is the cause of the weakness in the body. Nor can we say, that the weakness in the body is due to the involuntary emission. Therefore we can safely assume that the weakness in the body, and the involuntary emission, are both due to improper assimilation of the food intake. So it is always necessary that steps are taken to change this condition. There is no use of trying to arrest the white fluid from coming out of the body. The system is strongly

trying to eliminate the unnecessary white fluid from it. If it is arrested, once more it enters the blood stream to be eliminated through other channels. So, it is always wise to change the conditions so that the body can properly assimilate from the food the necessary nutritive elements.

A Naturopath always aims not on the suppression of the seminal emissions but on the proper assimilation of the food; in other words on the correction of digestive disturbances. He prescribes sufficient quantities of vegetables and sweet juicy fruits in the dietary of his patients. He lessens the quantities of the fats, carbohydrates & proteins. All animal proteins and products including fish are avoided with advantage. The patient is allowed very liberal quantities of sunlight while walking or running. Pure air is not to be stressed here as it is the most necessary item in the naturopathic regime.

By this, the body receives its natural and necessary food quota and grows strong. The live organic mineral elements in the vegetables and fruits animate the whole nervous system and the patient feels to be charged with new light and life.

The first pathological condition, the spermatoc emissions is not only unavoidable but also necessary for the proper functioning of the system. Any interference in the direction of suppression of the occasional seminal emissions as an outlet, often lead to nervous troubles and insanity. So it is always wise to follow a naturopathic regime to the scientific cure of the systematic disturbances.

Last but not the least, proper and regulated bodily movements in the shape of walking, dunds and buskies are the most necessary item of a naturopathic prescription.

Pneumonia Cured

BY

Dr. M. S. MALLIKHARJUNA RAO, N. D.,

Just a while ago everyone in these districts witnessed countless cases of typhoid and pneumonia prevalent everywhere. On 29th September, my son Narayana aged 16 years had an attack of fever 105° soon after he returned from a cycle ride of about 4 miles. As the attack was so sudden every one in the house was alarmed. So without losing time I have put him under naturopathic treatment. That night he was given some mild fruit lax and withheld all food. Next morning the thermometer showed 106°. There was also some vomiting. It was found out to be neither malaria nor typhoid but a severe form of pneumonia. The doctors who were accustomed to visit our house ever and anon, but who were never allowed to handle any case—as I was treating all cases myself—also pronounced it to be pneumonia. The right lung was affected. Our doctor friends in all sincerity warned me against wetting the chest, especially as the pneumonia was of a severe type. Really I laughed in my sleeves. My treatment was just what they wanted to prohibit. I applied wet sheet packs to the whole body and sponge baths and clay packs to the chest day in and day out. Every morning enema was administered. No Kuhne's baths were given. The diet was restricted to orange and batavia juice and cocoanut water. No milk or gruel of any sort was given during the whole treatment. There was very little desire for water though the fever was raging high. Cough developed severely and brea-

thing often became laboured. Portions of the lung were painful. But by scrupulously following the treatment set forth above, all was well on the 11th day. The form of treatment adopted in the teeth of all opposition by doctors of other schools gave the patient no bad effects but led him to rapid recovery without any complications whatsoever. A few days after the temperature had come to normal, milk and fruits were given. The patient picked up strength very soon and felt as if nothing had happened to him.

The readers are requested to note a few points here.

1. Complications in any case of disease set in more by wrong treatment than by the disease itself.

2. In trying to suppress certain symptoms by medication other worse symptoms are ushered in to perplex the doctor and endanger the patient.

3. It must be remembered that if the unwanted material foreign matter in the body is got rid of by judiciously applied natural methods there can be no fear of death by disease till ripe old age.

4. Doctors are especially requested not to adopt too many modes of treatment and thus harass the patient. Though many roads lead to Benares, you cannot follow them all.

The Late Dr. B. S. Gopala Rau N. D. D. M.

Dr. G. V. Krishna Rau N. D., in a letter to the editor of your journal, announces the sorrowful news of the passing of Dr. B. S. Gopala Rau of Rajahmundry on 5-10-42. Dr. Gopala Rau is a staunch advocate of Nature cure in general and Dietotherapy in particular. He made numerous experiments on the various branches of nature cure. He is known throughout India as an expert naturopath and dietician. He propagated his theory of the raw diet philosophy, through his 'Universal Uncooked food' in English and through the 'అపకృహర ఆద్యిత సిద్ధాంతం' [Apakvahara Advita Siddhan-tam] in Telugu.

He contributed a number of articles on Chromopathy and water-cure to the Prakriti and the Indian Naturopath.

He, as a member of the 'Andhra Naturopathic Academy' attended the earlier 'Back to Nature camps' and helped to the success of the camps. He presided over Naturopathic conferences and addressed huge audiences, in a number of meetings all over Andhra.

He published a number of pamphlets on various branches of nature cure and facilitated the news to spread at cheap cost.

Born of sickly parentage, he suffered enormously in his childhood. His nervous headache was a stumbling block in his way, while a student.

When he was 13 he had a severe attack of typhoid fever. In those days (1891) nature cure was not sufficiently known. The disease was suppressed

in his frail body, by allopathic medicine. So, in the year 1902 he had an attack of a severe type of diarrhea and he lost all control over his lower limbs. He was then taken to Guntur from Rajahmundry by his maternal uncle, who was his then guardian, the late Mr. Midavole Subba Rau. There Dr. Thammonsing M. D., who believed more in the efficacy of Nature, than his allopathic doses, kindly treated Gopala Rau. Almost entirely left to the care of Nature, the young Gopala Rau slowly recovered from his diarrhea as well as his locomotor ataxia.

It was there he learned his earlier lessons in anatomy and physiology and the efficacy of nature as a curative agent.

Again in the year 1911 he had an attack of fistula; for the cure of which he was conducted to Madras. Almost all the experts of the medical profession declared that an operation was imperative and a diseased portion of the body was useless to the body. They did not guarantee a permanent cure and announced a recurrence may follow. Being afraid of the operation, and having the help of Dr. G. V. Krishna Rau, N. D. the famous naturopath, near at hand, he began to follow Nature cure. As advised, he strictly observed the dietetic restrictions ordered, and the various baths prescribed. There was no change for the first 16 days of the treatment except that he had a free motion every day. From the seventeenth day he had pains in his joints for which he applied steam and had gradual relief. On the 23rd day the fistula grew to the size of a potato. It burst on the 25th day. From the wound, was passing watery fluid and the whole trouble was passed

over in less than a month. From then Dr. Gopala Rau had his faith in Nature cure increased and stayed a naturopath throughout his life of over 3 decades.

In the year 1913, while he was serving in the Collectorate, Guntur, he started Nature cure home with the help of the late Chirumamilla Bhanuprasad Rau Naidu. The generous Naidu went to Madras and brought half a dozen galvanised Iron tubs, made in Germany, and placed them in a rented house in Broadiepetta Guntur. There, Dr. Gopala Rau successfully conducted the hospital upto 1915 and as he left for Rajahmundry on leave he could not supervise the hospital. While he was at the helm of the institute, a large number of patients took his aid in the eradication of their diseases. Generous contributions were also forthcoming from those that were benefitted. But as Dr. Gopala Rau had to leave the institute, the reputation slowly fell down and the institute had to be finally closed.

At Rajahmundry Dr. Gopala Rau came in contact with 2 gentlemen 1. Dr. Duvvuri Veerabhadrayya Garu

2. the late Andhra Bheeshma Nyapati-Subba Rau Pantulu garu who helped him in the study of Chromopathy and other branches of Nature cure.

It was at Rajahmundry in his Hydrochromopathic Academy, he conducted his experiments in dietetics and published his famous book 'The Universal Uncooked food'. He cured numerous diseases by nature cure and built a monument of reputation and fame.

Though he left us with his physical body, he still helps us in the furtherance of the cause for which we are all laboring all these years.

Naturopathy has lost a zealous friend and can have none to take his place. With heavy hearts, we extend our condolences to B. Venkata Chalamamma garu the bereaved wife of Dr. Gopala Rau. We heartily pray the Almighty to bestow peace on the departed soul of the doctor who worked his best for the amelioration of human ills, all his life.

May his soul rest in peace.

The Slaughter of Cattle

I hope that Hindus throughout India will read with the greatest pain the official announcement that at present—the italics are mine, but their justification lies in the communique of the Central Food Advisory Council—cows in milk and pregnant cows are not to be accepted for slaughter: and this in order to prevent permanent damage to the "cattle wealth" of India. In what barbarous times we live, and what wonder there is war of a horrible nature as we see it throughout the world. The cow is the

very embodiment of Mother India. She is India's choicest blessing. And yet she is to be slaughtered to satisfy the coarse and unfeeling appetites of man. Far rather would I let Home Rule go if that were to be the price to pay for the protection of the Indian cow, for I am perfectly certain that when Swaraj does come the poor cow will be no better off than she is at present. One has only to compare the Indian cow with any foreign cow to see how the Indian cow, despite the slaughter to which she is subject and innumerable

other desecrations; has a dignity and a tenderness, embodied in a spirit of Motherhood entirely absent from cows which have never been revered and are only treated as flesh for human consumption, apart from their milk-producing capacities. And words entirely fail me to express my indignation and horror at the way little calves are sacrificed to human lust and savagery. A very heavy reckoning is indeed in store for all who attack and blaspheme God in these, His helpless creatures.

It is amazing to me that at least newspapers under Hindu management are absolutely callous to all these desecrations of the sacred Motherhood of India. I do not think I have read

anywhere in such newspapers any protests against the Government Order with regard to cows. But India is not yet India, and she has a long way to go before she becomes herself.

—G. S. Arundale.

Go out as messengers of mercy, as messengers of love. Check every act of cruelty you see, explain the wickedness of it and the harm it carries with it. Then your city will become a city of love instead of one of much preventable suffering, and then you will feel that you are leading the higher life and are channels of mercy and not of suffering to the animal world.

—Annie Besant.

Eat more Tomatoes

THEY ARE RICH IN VITAMINS

Tomatoes are becoming more and more a health food for all classes of people. Now since their food value and vitamin content are better known, they are taking a front-line place with other choice foods.

It is said that during the last war in Europe "when the soldiers returned from the front exhausted and suffering from shock, the first thing they wanted to do was to open a tin of tomatoes, and eat the whole of it."

Tomatoes are grown in all parts of India, and in every bazaar are procurable in season. They are easily grown in the home garden. A small, sunny spot, where sufficient water is available, will produce luscious, red-ripe tomatoes sufficient to supply the family needs for weeks.

Eat more tomatoes and have better health is what the doctors are saying. Try it for yourself.

"Tomatoes in every way play a continually increasing role as a daily food, as well as in finer cooking and in the diet of sick persons. Their usefulness has been proved, even in cases of gout, and this is in sharp contrast to a former belief that they were to be excluded entirely from the diet of gouty persons. Tomatoes, as well as cucumbers and melons, are considered by experts as dissolving uric-acid stones and gravel in the body.

"They have been permitted, without restriction to diabetic patients whose diet is still restricted in many points, even now after all the valuable

discovery of insulin. They are valuable also for patients suffering from chronic kidney diseases—a fact of which doctors were formerly rather doubtful. Freshly made tomato juice also is given to patients suffering from gastric ulcer, provided they like it. Tomatoes are, furthermore, a big help in reducing diets, in any form—raw or cooked or stewed—because the caloric content of tomatoes is not high while they produce quickly the sensation of satiety. In cases where a raw fruit diet is desired or prescribed, tomatoes are of great value.

"The main quality of the versatile tomato which causes many persons to consume it every day, is its extreme richness in several vitamins. The tomato is particularly rich in vitamin C, which must be given to the body in fresh condition every day. Ripe and green tomatoes have a large content of vitamin C, and the tinned tomatoes are not much less rich in vitamin C. Further more they contain vitamin A—and this vitamin is frequently contained in an insufficient quantity in cheap forms of diet. They contain also vitamin B, besides iron and other

metals, magnesium, phosphorus, calcium, potassium, and sulphur. The custom of taking a glass of fruit juice before or with breakfast—and also with other meals—is very wholesome. Many people prefer a glass of tomato juice to fruit juice, and thus they get the proper amount of vitamins. For many years tomato juice has been given to babies.

"Cooked spinach and tinned tomatoes are approximately of equal value as a source of iron to the child's diet,—according to the research work of Tisdall,—in spite of the fact that the total iron content of spinach is more than three times that of tomatoes. Spinach, although it contains 0.19 per cent of calcium, an amount twenty times greater than that found in tomatoes, actually tends to produce a negative calcium balance; the retention of the calcium in cooked tomatoes is excellent. The Vitamin A content of cooked spinach is four times as great as that of tinned tomatoes, the vitamin B content of spinach is one-half that of tomatoes, and the vitamin C content of spinach is less than one-fourth that of tinned tomatoes."

Electro - Culture

ITS TECHNIQUE

1. Electric Activation of the Glands, etc.

May be done by applying a spark from a discarded motor magneto.

2. Electrified Drinks:

Use agaskarised water for drinking, bathing and other purposes, as may be advised. Water is agaskarised by passing a few sparks from a discarded motor magneto into water. Similarly milk, cocoanut water, conjee, oils, ghee, honey, etc. can be agaskarised. The

liquids to be agaskarised should be kept in earthenware (glazed or unglazed), porcelain or glassware vessels only. It is preferable to use non-metallic vessels for all cooking, storing, eating and drinking purposes.

If the agaskarised liquids have to be stored and used for some hours or days upto one week, the receptacle should be further insulated by placing it on a wooden bench, whose legs rest on pieces of rubber or other insulating materials.

The agaskarised liquids should not be disturbed nor poured from one vessel to another. They should be taken very carefully from the insulated earthenware, porcelain or glassware vessels with an earthenware, porcelain or glassware tumbler or cup untouched by hand and used for the purposes advised.

3. Diet:

It is essential that the prevailing stock of the food of a patient during treatment and even after should consist of root vegetables such as sweet and common potatoes, tapioca, yams like karunai (kanda), senai, (pendalam) etc., carrots, radish (mullangi), turnips, beet root etc. and green leafy vegetables such as arai keerai (koyya thota kura), lettuce, cabbages (kosu), manathakkali (kamanchi aku), pasalai (bachali kura), mulai keerai (molaka thota kura), pothina, etc. It is preferable to bake the root vegetables such as sweet and common potatoes, tapioca etc. and not to eat starchy grains and roots in the same meal. The use of ragi in at least one meal in the place of rice is advisable. Spices which are irritants and coffee and tea which are slow poisons must be avoided.

It is advisable to expose the food stuffs to the sun's rays in the morning between 6-30 a.m. and 7-30 a.m. for about half an hour before cooking. It is preferable that the vegetables are well washed, cleaned and sliced before being exposed to the sun. The receptacle in which the food stuffs are exposed should be some shallow open work basket or a wooden plank. *Metalware should be avoided wholly.*

In cooking care should be taken to use only that quantity of water as not to necessitate draining of water from the food stuff that is being

cooked. The quantity of vegetables in the food eaten must be greater than that of rice.

4. Garlands:

Rudraksha malai, tulsi malai, spatika malai, or glass beads malai, strung with galvanised iron wire must be used during sleep. The number of such malais or garlands is to be increased from 1 to 3 according to the wearer's degree of sleeplessness. One such malai should be used during the daytime as well.

5. Electrified sleep on insulators:

The direction of sleeping and lying should be from east to west, or from west to east, and never north and south.

It is essential that the patient sleeps on a cot or bench made of wood. The legs of the cot must be further insulated with a rubber or such other insulating material which should be about 4" square. If the patient sleeps on the floor thick mats made of korai grass, palmyra, date or other dried plant material of very close texture should be used; between this mat and the cotton sheet or carpet that may be spread over it, it would be preferable to spread a sheet of rubber or other insulating material of sufficient length and width so as avoid any part of the body (hands, legs, etc.) from coming in contact with the bare floor during sleep.

The insulated cot or bedding must be at some distance from the walls for the same reason given above.

6. Onionised water:

Fresh onion plants just uprooted from the ground must be secured and their leaves (green portion) removed.

The bulbs with roots intact must then be washed and put in water contained in a glass tumbler or a porcelain or earthen ware vessel. This must remain untouched by hand or any metallic material. This onionised water must be drunk after about an hour of soaking. This water can also be drunk before retiring to bed.

7. Breathing:

The patient must sit in the early morning sun shine and do rhythmic breathing. The inhaling, retaining and exhaling must be done in the ratio of 1:2:3 and the period must be increased in course of time, gradually.

BUILDING UP YOUR NERVE

An invaluable quality in this high-speed age, says BAMFORD STANLEY, D. Sc.

There's no quality quite so invaluable to us in this high-speed age as "nerve"—that personal resource that enables us to rise to every occasion happily. Yet nerve is as much a physical asset as a mental one. It is the direct opposite of the modern malady, "nerves."

To build up nerve instead of nerves, we have to relax now and then. Nervous energy is every bit as important as muscular energy to body-building. That's why thin, wiry fellows often come off best against big, muscular giants. They have more nerve.

Muscular tension means nervous tension, and that is how our nerve gets depleted. Tightened muscles mean strung-up nerves and a consumption of nervous energy. Ask yourself, therefore, do you work or play under tension? The chances are that you sleep under tension, too, unless you can relax.

When you frown, hunch your shoulders, drive yourself all out at work or play without relaxing occasionally, you're sure, sooner or later, to have an attack of nerves. Our nervous system is something akin to the ignition system of a car.

Every one knows that the efficiency and power developed by an engine depends on the strength of the spark supplied by the ignition. No spark, no power! Nerve or nervous energy is the spark of the human body that galvanises every cell into action, and governs metabolism. No nerve, no strength, physically or mentally.

Muscular tension tightens up the nervous system, and drains its energy, uses up its spark. Long-continued tension, such as modern living produces, is to be associated with high blood pressure, heart troubles, intestinal disorders and insomnia. To have nerve, you must relax.

Some of us can relax naturally, easily, anytime, anywhere, but the majority have to acquire it. Only when we relax can we build up our nerve. If relaxation does not come easily, lie down regularly each day, and train yourself to relax groups of muscles separately—those of the hand, face, arm, leg—until you can go, limp everywhere, at will.

Exercise helps a lot. Stretch, bend, twist, move; then *relax*. You switch over the life forces from the expending

to the regenerating when you relax. The blood then can course through and "feed" the nerves. It restores the spent vital nerve spark with the air we breathe. It rebuilds the tissues with the nerve nutrient food-elements. Whatever exercise you take, you must relax in between the movements.

Nature's Safeguard

Deep breathing restores nerve. Lie flat, relax and breathe in and out to as long a rhythm as you can manage. Do this before you go to sleep and when you waken. It quiets over-strained nerves and relaxes the tension.

Can you sleep? Sleep is Nature's safeguard to our nerve. Depth of sleep is governed by depth of relaxation. When over-tired, it is hard to relax nervous tension, like an over-wound spring, and we don't sleep. A warm bath helps to relax, warm feet, and gentle muscle massage. Relax your

GOD'S OWN TONIC

Sometimes the best of us get weary. An over-taxed brain, a little unexpected domestic worry, a loss of a dear one tells a sad tale on our health. It is at such times as these that I find rest by going down to a quiet spot by the silvery sea. Somehow, the lapping of the waves, blue, green and golden according to the sun rays, seem to bring to the world a freshness. What patent medicine equals the salt air or the spray of an oversized wave? What

muscular tension. Have no solid food for at least four hours before retiring.

Foods for Nerve! Nervous tension breaks down the nerve fibres. Trouble to-day is that we don't rebuild them quickly enough. We run like a car with its plugs misfiring—jerkily, irritably. Nerves need phosphorus, calcium, etc. Vegetables, especially lettuce, celery, cabbage, leafy greens, onion, parsley, sorrel, etc., apples, pomegranates, oranges, lemons, milk, eggs, and cottage cheese are the foods we need. They build nerve tissues and reaction, and pave the way for a healthy nerve.

Sunshine means smooth nerves. In winter time, however, we have to substitute the sunshine foods as given above. Keep warm, keep relaxed and sleep well, and you will have the real strength and mental courage that comes from nerve.

nerve tonic can compete with God's own mixture of sun, sea and air? When this world gets wiser it will provide such seaside rests for its depressed. It will realise that in an age of madcap rushing and raving a fortnight of freedom by the shore of some secluded seaside spot will act as a tonic far greater than any concoction dispensed by the hand of mankind.

GERALD FINDLER.

Patience Vs. Impatience.

(By C. V. Chetti, 88 Vellala Street, Vepery, Madras, now at Ootacamund.)

The practitioner of natural methods of treatment of diseases, knowing full well, his own feebleness within the mighty, all embracing powers and forces of Mother Nature, bows his head in humility and says "Not I, but Nature cures. All I can do is, to help Nature to do Her work by all the means within my knowledge and power, so be patient and allow Nature to work." In this way he cannot attend to more than half a dozen patients at the most in a day. For, every patient must needs take at least an hour of the Naturopath's time.

2. The practitioner of orthodox medicines who claims to have "cured" diseases and who is one of the "Nation's fighters against diseases" usually looks upon disease as something which "happens" to man by something entering the human body from without, e.g., germs, microbes, contagion, etc. His stethoscopic and pulse feeling examinations being over in a second or two, the patient is dosed or injected within another few seconds. The medical doctor has to examine his hundred patients old and new cases within his limited "consulting hours".

3. The impatience of one belonging to latter class reached its acme in a case described below:—

The only son of Dr. G. V. Nayudu, a reputed allopath of Tiruvetteswarapet, Madras, had a sprain in his left knee while getting down from the tram car. Some treatment given to the knee by his father confined him to bed. In the course of six months gangrenous growths developed one above the other on the right side of the affected knee (like fully developed

The affected leg was swollen abnormally with excruciating pain in the interior very near the bones. The doctor had had expert allopaths to examine and treat it. After all that could be done was over, the different names given to the disease by different Doctors disappeared from memory, except the one formidable name "Sarcoma". At the instance of Sri C. Ramadoss F. C. I., The Proprietor of late Bonheur & Co., Madras, the author took up the case. At the outset he was confronted by Dr. G. V. Nayudu with the latter's knowledge of the Materia Medica and all the remnants of his medical knowledge. All that the author could tell him was "Please unlearn all your deferential medical knowledge and follow my advice to the very letter without bringing in your knowledge into it and be watching the changes patiently". One week gone. The growths in the knee which were as hard as stones and the whole leg a log of wood and which have been needled many a time without any matter coming out from them began to mildly throw off some watery matter with a pale black colour. Dr. G. V. Nayudu would not keep quiet, and would send for the author even at unusual hours and say "Sir! this is Sarcoma. It should not emit blood or puss but something is coming out. I am afraid that things are growing worse." The author could simply give a laugh and sound the patient as to his improvement every day and thus finish his daily duty. Another week passed with very great difficulty, for, Dr. G. V. Nayudu won't keep quiet. He would take hourly temperature, pulse and heart beatings etc. methods, known to him as an allopath, to gauge the patient's condition. During the second

week, every day one or two seers of blood and puss with a horrible stench used to be emitted from the growths with a perceptible reduction in the size of the gangrenous growths, and the patient was able to shake and bend his knee and could rise up and lie down without help. The Doctor too admitted the improvement of his son. But what made the doctor restless was, his knowledge of the description of "Sarcoma" as he read in books. That was, that there should be no emission of blood or pus from the "Sarcoma", whereas the "Sarcoma" under the author's treatment was expelling lot of blood with even solid matter through the holes already made by needling. When the author's treatment was in progress, the doctor would resort to consultation among his brothers in profession, who all with one voice decried the author's treatment, nay! were giving alarming accounts of Naturopathy as mere quackery and were fooling him, whereas laymen who had seen the patient before and after would pass with the extreme satisfaction that the patient would recover very soon. The patient himself was expressing his improvement and his speedy cure as he was getting better and better every day. It so happened that on one day in his rounds of hourly temperature pulse reading and heart beatings, the Doctor became impatient as he

apparently diagnosed that the heart of the patient was palpitating or some such symptom known to him. He at once took some powder, dissolved it and gave forcible feeding through the rectum, no doubt in good faith, to improve the functioning of the heart. All this happened in the absence of the author. When the author came to see his patient as usual he could hear only the weeping and wailing of the Doctor's friends and relatives! The patient was no more!! When it was too late the Doctor came to his senses and embraced the author crying "Sir!, had I followed your advice to the very letter as you wanted me to do, my only son whom you see dead now, would not have left me! I wanted to improve his heart's function and I gave the XYZ powder by the rectum. Five minutes after, my son dropped his hands and head. I already consulted an astrologer and knew long ago that my son would not survive."

4. The author who expected to establish a very high reputation to the system of Naturopathy by curing that case went away disappointed. One important thing needs mention. The Doctor had the good sense to admit his mistake. If he had suppressed that fact the author's position would have become bad. (Details of the treatment have not been given as the subject matter chosen does not embrace that aspect).

THE THIRD ANNIVERSARY OF HEALTH HOME.

The third Anniversary of Health Home (Naturopathic Hospital,) established by Sri Seetharama Avadhuta garu will be celebrated on 3-1-43, Sunday, in Patamata Lanka. The eminent Naturopathic Doctors from all parts, will deliver their lectures. Prof. Garre Veeraraghava Gupta, Sandow & Yoga Vyayama Vidhyardhi, Sinha, Prof. Pandu Ranga Rao and others will give their tremendous performance in Yoga and physical culture. Dr. V. Nageswara

Rao, B. A. class will perform & explain various Naturopathic treatments. So all are cordially requested to attend & make it a success. There is provision in food (fruit diet) and residence for all. For details drop a letter.

Secretary,

B. V. Nageswara Rao, B. A. class, Major, Camerist & Nature-cure Physician, Health Home, Patamata Lanka, Bezwada.

The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR

HEALTH PROPAGANDA

Its objects are :

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

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

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

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

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

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

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

In particular,

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

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

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

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

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

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

Do you Want to be a MEMBER

Annual Subscription Rs. 3 only.

Members will get copies of

INDIAN NATUROPATH FREE.

For Particulars Apply to:— THE GENERAL SECRETARY,

The Indian Naturopathic Association,

BEZWADA [India]

Rs. 20
POST
FREE

Human Culture and Cure

IN 5 PARTS - COMPLETE

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

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

Deals with Color-Cure, Electrotherapy, Water Cure, Fasting, Diet Cure and such other systems of treatment, which are the cheapest and at the same time the safest and the best, in simple, lucid language.

It is an Encyclopædia of Human Culture and knowledge. You cannot but possess this treasure.

Write for complete prospects.

40%
dis-
count
POST
FREE
For a
Short time

The Chromopathic Institute, Bezwada

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