

Indian Manuscripts

V 161 No2 Feb 1943

76
LM, 102 N26
N43.14.2.
182 415

The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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

CONTENTS

Drugs a Delusion	13
Wants & Needs	16
Colds-How to relieve them	"
The 'fast' way to reduce	18
Read your character in your every day excuses	20
A triumph of Vegetarianism	21
Beaten or Fuffed Rice	23



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. XIV

BEZWADA - February, 1943

No. 12

DRUGS A DELUSION

BY DR. LEON PATRICK

Drugs have been weighed in the balance of Practical Experience and have been found wanting. That drug therapeutics are on the wane and daily growing in disfavour admits of not the slightest question. Not even the activities of the medico-political machine enforced by organized manufacturing pharmacists and retail druggists can hold back the rising tide of reason which is destined to revolutionize the practice of medicine and banish drugs to the dust-bin of forgetfulness.

The belief that drugs cure disease is what may be called a relic of the dark ages, when disease was thought to be a demonic obsession, or invasion by an evil spirit. Consistent with their superstitious ignorance the medicine-men sent forth the edict that the demon, or evil spirit, could be driven from the body by the swallowing of poisonous concoctions and obnoxious potions.

Pure air, sunshine and proper feeding would make the disease-producing devil too comfortable. The theory, therefore, that only poisonous and bitter things were of any value in curing disease took strong hold upon the primitive mind and laid the foundation for one of the most destructive

and horrible practices in the annals of history, namely, the drugging or poisoning of the sick. I say poisoning of the sick advisedly for, as Alonzo Clark, M. D., of the New York College of Physicians and Surgeons has said "All of our curative agents are poisons, and as a consequence every dose diminishes the patient's vitality." Further, Wm. S. Sadler, M. D., Director of Chicago Institute of Physiologic Therapeutics, frankly affirms, that, "Alcohol and many other drugs, instead of being preventive or a cure of disease, are in themselves a direct cause of disease. Drugs expend the vital energy, but in no way contribute to the production of vital strength, and this is the great difference between drugs and foods." Obviously any treatment that has a debilitating effect upon the vital power is a remedy worse than the disease.

Incidentally, the only capital we have to work with in maintaining health and curing the sick is vitality. In a general way the human body resists disease by means of certain inherent and automatic tendencies of self-defence, which are resident within the body. The sum total of these "fighting powers" or resisting measures of the body, is spoken of as the individual's vital resistance. It is a safe axiom to build on, to say that anything that lowers the vital resistance increases the intensity

of the disease-process and diminishes the possibilities of recovery. This being true, it logically follows that he is the best physician who knows best how to conserve the vital energy of his patient, and it is upon this vital principle, and naught else, that every physician has had to rely for the cure of his patient.

There is no such thing as cure out side of the natural tendencies of the body to assume the normal when from any cause it is forced out of its normal state. Nature has been thoughtful enough to place in our bodies all the elements and principles which comprise the meaning of the word remedy. Generations ago this self-balancing, self-repairing power was recognized by the more thoughtful fathers in medicine and was duly christened by a name in their pompous Latin—the *vis medicatrix nature*,—the healing power of nature.

Think of the ridiculousness of any inert drug taken into the system competing with the immortal creative principle of all life! This creative principle does not inhere in any drug or artificial agency. It takes the Creator of the original tissues of our body to restore these tissues when diseased or destroyed. In the final analysis, all cures are self-cures, all healing is self-healing. That is to say, the potency resides within your own anatomy or nowhere.

When we call attention to the fact that the human body contains only fifteen distinct elements, and that these are assimilated by the system only when ingested in their organic state as found in the air, water, fresh vegetables, fruits, and other foods, the public will understand that the reason drugs have failed to remedy physical defects and deficiencies is because they are foreign

to the body and incompatible with vital force.

Gradually, as doctors and patients both become more intelligent, they learn that drugs are not to be depended upon. No less an authority than Wm. Osler has announced that "he is the best physician who knows the worthlessness of drugs."

It is a physiological fact that drugs possess absolutely no curative power in and of themselves. Drugs at best do nothing more than palliate and mask symptoms—thus becoming allies of the disease. Nature alone cures and she is as it just as long as there is life in the body. All the physician can do is to correct the abnormal conditions and instruct the sick how to cease building disease—remove the obstacles in her path and Nature will soon do the rest. Our proper function, as physicians, is to intelligently assist Nature in her efforts, instead of thwarting her at every turn and suppressing every symptom as quickly as we can find drug club to beat it down with. Suppressing a manifestation of disease is not curing—not by any means! We must co-operate with Nature in disease as in health and this is the problem that calls for scientific common sense in a doctor.

There is but one cure and that is safe, safe and rational—remove the cause. It is impossible to cure anything with drugs. There are a dozen different remedies that will stop the pain, from opium and chloroform down to the coal-tar products (phenacetin, acetanid, etc.) and the bromides. But not one of them cures in the sense of doing anything toward removing the cause. In fact, they bring relief only at the expense of the heart and stomach, and how any intelligent physician can hope, or expect, to correct a deranged constitution by using

drugs that will impair the digestive and nutritive functions is more than I can understand.

"Medicine is only palliative for back of disease lies the cause and this cause no drug can reach." S. Weir Mitchell, M.D., L.L.D.

It matters not what the disease is, whether it be catarrh, dyspepsia, measles, typhoid or insanity—drugs can do nothing more than to give a little temporary relief. Meanwhile the cause—wrong living—is left to seek expression in some other way.

Aside from the specific toxic action, the continued use of so-called tonics, or the mineral acids and salts will create nervous disorders through their power of stimulating reflex irritations—and in the end they render the disease incurable. For this reason, drugs are playing a rapidly diminishing part in our warfare upon disease.

It is as our clever editor-physician Wm. J. Robinson phrases it, "The art of drug therapeutics, as now practiced, is based upon a curious mixture of science, luck and humbug." But we who are on the side with nature please ourselves with the idea that we are in the great current in which the true intelligence of the time is moving.

The relief of disease is no longer a matter of providing a few magic powders or soothing potions. We have got past that. People are beginning to think and when people think they advance.

The power that is now shaking the very foundation of orthodox medicine is nothing more than the voice of the people calling out for something better for a closer adherence to natural law; for better understanding of the cause of disease; for the simpler, more effective physiologic therapeutics.

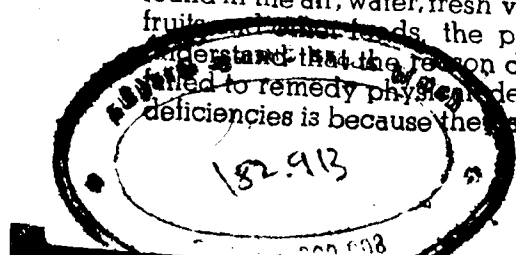
Meanwhile the healing professions are being reluctantly forced to acknowledge that there are but five great tonics known to the medical world, and only five—proper food, fresh air, cold water, sunshine and good cheer. All others are frauds or merely temporary substitutes which act in direct opposition to Nature's plan of cure.

After a careful searching of the records we must concede that drugs are by no means the universal panacea which the ascetic philosophy of all ages has extolled them to be; that medicine has never been a science and never can be. In truth, it is purely guess work and very bad guessing at that. Moreover, if we are doing any logical, deductive thinking along this line, we can appreciate the poignant truth contained in Doctor Cooper's caustic aphorism: "The measure of one's faith in drugs is the measure of his ignorance." I, for one, can personally substantiate this statement. I was raised and educated in the fog of medical dogma; and not until after I had travelled the barren sands of custom (professional precedent) and had been shocked by the cold bath of experience did I give up my blind, implicit faith in the greatest myth in existence—the erroneous belief that drugs cure disease.

Even now, in writing about them, there are moments when I can hardly think of them without the superstitious reverence which was bred in me, and which is so hard to slough off.

Superstition has always been propagated by the doctors. But a new day has dawned and with it the blackness of medical superstition will disappear as a bad dream, a miasmatic mist before the rising sun of reason.

You know as well as I do that disease is a condition arising from avoi-



dable causes—it is the result of violating the common laws of health and is cured or arrested by an observance of the same laws and not by the administration of any drug. Think it over. You don't have to guess.

WANTS AND NEEDS

Too many of our homes are filled with the results of catering to the wants, not the needs, of the people in it. But the day is fast approaching when the goddess of wisdom, with the light of experience, will consume the desire for catering unwisely; then the hours of labor will diminish and all work become a pastime. We can all lend a hand in hastening the coming day, which means time for undeveloped souls to develop and educate themselves according to the ideals that have

been nearly smothered by the heavy, relentless hand of toil, mental and physical, that is often entirely unnecessary.

There is no business in all the wide world, material or spiritual, that is conducted in such an unscientific, unpractical manner as the formation of humanity. They come without thought pattern or model, and as a result the world has been overwhelmed with the work, care and responsibility of trying to make over that which should have been better made before materializing in visible form. Where is the work to begin if not in the homes? Who shall create the true ideals if not the men and women dwelling therein, and when shall they begin to create them unless in the ever Present, now so richly endowed with glorious opportunity.



Colds-How to Relieve Them

Walter, J. N. Livingston, M. D.

1 Have confidence in the power of your body to resist disease. Faith and hope are wonderful curative agents. Fear is depressant. In every epidemic there are many who succumb to the disease as a result of fear, who might otherwise recover.

2 Determine not to yield to disease. Men have gotten up from sick beds, after being given up by their Physicians by mere force of the will. The writer recalls a case, a number of years ago, where a patient was so low with lung trouble that a consultation was called, the result being that the patient was told that he could not

live. "I'll fool you," he said, and he did. He is still living.

3 Let tonics and drugs alone. Nothing will so effectually weaken the system and render it an easy prey to disease.

4 Breathe through your nose. It was placed there to warm and moisten the air before it reaches the delicate tissues of the throat and lungs. Breathing through the mouth is an excellent way to invite sore throat.

5 Do not overeat or abuse your digestive organs. A large proportion

of colds originate with some dietary indiscretion.

6 Do not wear too much clothing. Extra wraps tend to produce perspiration and weaken the reactionary powers of the body.

7 Do not live in close, ill ventilated rooms. Plants raised in a hothouse are never so hardy as those grown outside. Animals in their native haunts are not subject to lung difficulties, as they are in confinement. When savages exchange their outdoor life for the dwellings of civilization, they become the victims of a decimating scourge in the form of pulmonary diseases. Living rooms should be supplied with thermometers.

8 Take a daily hand bath in as much cold water as will be followed by a good reaction. This, followed by a vigorous rubbing, will greatly increase the powers of the body to resist disease.

9 Keep warm, if possible, by exercise, and place little dependance on artificial heat. Not that one is to live without fire in the cold weather, but that the room should only be heated to a point, say sixty-five degrees, where the body will have its part of the work to do.

What to do for a Cold

The first and most important advice is, "Don't get it." But for those to whom this injunction comes too late, the following directions will be of value, provided they are carried out.

Colds beginning at the back of the throat may often be broken up at the start, by swabbing the throat or gargling with some antiseptic solution.

Sore Throat

One of the best remedies for sore throat is a compress worn over the

throat at night. A piece of muslin or light cloth about half the size of an ordinary handkerchief should be folded so as to cover a space about three or four inches, wrung lightly out of cold water, and placed over the throat. This should be covered by a piece of rubber cloth, oiled silk, or oiled muslin obtainable at any druggist's, or a piece of flexible table oil-cloth may be made to do service. A long, narrow slip of dry cloth should now be wrapped around the neck in such a way as to hold the compress firmly in place. If this compress is so put on as to retain its place, prevent evaporation, and exclude the air, it is a sovereign remedy for cold in the throat. It should be put on when retiring at night and taken off on arising in the morning, the neck being washed in cold water and rubbed until the skin glows.

"Sniffles"

For cold in the head the nasal passages should be thoroughly cleansed. This is best accomplished by sniffing from the palm of the hand water as hot as can be borne comfortably, containing a tea-spoonful of baking soda or borax to the pint. The head should be held at different inclinations (tipped forward, vertical, tipped backward) during this process, in order that the cleansing fluid may reach all parts of the nasal cavities.

It is well to follow this treatment with an oily spray, from one of the excellent oil atomizers now on the market, which should contain liquid vaseline in which is dissolved one dram of menthol, or one dram each of camphor and menthol to two ounces of oil. Spraying this solution into the nose at intervals of half an hour will often break up a cold in the head, if taken in time, without any other treatment. This spray is often useful

also in cutting short an attack of sore throat, affecting the larynx and vocal cords.

Steam Inhalations

An excellent remedy when the cold is farther down, is the inhalation of steam. The effectiveness of this is increased by adding to the boiling water a teaspoonful of compound tincture of benzoin. Many forms of apparatus have been devised for the administration of medicated vapor, but an old tea kettle or other vessel from which steam can be inhaled will answer every purpose. In order to keep the water hot it should be on the stove or over a spirit lamp. A funnel can be made of paper and held over the vessel in such a way that the steam enters the large end of the funnel below, and the patient inhales from a hole at the small end of the funnel.

General Treatment

So much for the local treatment of colds. For general treatment nothing

The "FAST" way to Reduce

BY PATRICK LACKEY, D. C., N. D.

Are you Fat? Do you dread to buy new clothes for fear the clerk will refer you to the "stylish stout" department?

Do you keep your eyes toward the street to avoid the shock of your own reflection in the shop windows?

Do you lose your sense of humor and find yourself shuddering slightly over radio gags that deal with human beings and double chins?

Well, then, let's do something about it. Excess weight should be an embarrassment to any right minded

person. It is not only disfiguring and extremely inconvenient, but it is a poor health policy as well.

is superior to a full hot treatment to produce vigorous perspiration. This is best accomplished in home treatment by giving a hot leg bath at the bedside. The bath should come well up to the knees, and hot water should be added as fast as the patient can bear it. The patient should be well wrapped in blankets, and as soon as he is perspiring freely he should be put into bed, still wrapped in the same blankets, and the other clothing tucked snugly around him. He may now be given a pitcher of hot water, or, better, hot lemonade to drink. If he now sleeps several hours he will probably awake free from his cold. On arising, he should be sponged in cool water and rubbed with a coarse towel until a good reaction is induced.

All these treatments are efficacious in proportion to the promptness and vigor with which they are given. During a cold one should eat lightly of simple food. Indeed, it is not a bad plan to skip a meal or so.

The cause of excessive fat tissues are many. But for this article we will discuss the one cause that is responsible for ninety-five per cent of all adipose: the overeating of high calory foods viz., sugar, starches, fats, butter, candies, cake, pie, & alcoholic drinks.

The chances are, if you happen to be fat, that sooner or later you probably will try one thing or another to rid yourself of that ugly flesh. But take it from one who knows—don't try

any method before you analyze its effect upon your future health. Above all else, never take drugs of any kind to reduce.

Persons who reduce by pills, starvation diets and baths are very likely to have a general body deficiency of the natural mineral salts which are necessary if the body is to carry on its normal functions. Many people through ill-advised or un-advised starvation diets, find themselves suffering from acidosis, because the reducing diet had an insufficient amount of alkaline-forming foods.

There is really no safe and reliable way to reduce except to remove the actual cause of fat, through abstinence from the foods that make for over weight. Fasting is the surest, the sanest, and the safest way. But—"Wow"—I can hear the reader saying—"I can't possibly go without food." I say that you can. I know that you can—for the simple reason that I personally, in my own practice, have put many, many people through successful and always beneficial fasts lasting anywhere from a comparatively few days to the amazing—but not at all unusual—total of thirty-three days!

On the other hand, there are many of you who have boasted that you could easily stop eating sweets, bread stuffs, and fats. But let me ask just one question...DID YOU? No! You have just gone on consuming these fat-producing foods—as do thousands of fat people daily. So, slowly but surely, you have found that the fat was making a spare tire around your abdomen and hips. Then you have tried reducing girdles, and all of the other useless paraphernalia so optimistically labled in the advertisements, "fat chasers". And finally it has begun to dawn upon you that you have paid a dear price

for a few minutes' pleasure at the dinner table.

Prolonged fasting, be it understood from the first, is not a thing that should be undertaken without the care and direction of a competent practitioner. As bulk is taken away, the colon ceases to function normally and a toxic condition will be created in the body, necessitating the use of enemas or colonic irrigation to assist in clearing the debris from the intestines. No fast should be longer than three days at a time without care.

For the purposes of weight reduction, however, I recommend a fast of thirty-six hours each week, say from Sunday at 6 p. m. to Tuesday at breakfast time. Not so bad, eh? Not, at least, when you remember the thirty-three day siege that some people have been willing, even glad, to undergo in the interest of health and beauty. Think you might be willing to try it? Then let's take a deep breath, gather up the last remnants of that old will power that has taken such a beating since the day you first started saying, "Well just one tiny piece more of that wonderful cake, thank you,"—and with the mind fixed firmly upon a goal—an enviable, sylph-like figure—let's go!

First we get out the tape measure. Take carefully, and record for future gloating purposes, all of your measurements. That's a little trick to help you over the bad places...every time you feel tempted by a little Devil in the form of a chocolate éclair or a cream puff, turn your back on it, re-measure yourself, jot down the new figures on the card beside the old ones, and from the comparison, get a new urge to carry on. Step on the bathroom scales—write down the bad news—and resolve to start from there down.

Next, cut the foods that do the damage—also starting now. The list includes cake, ice cream, pie, breads, sweets, fats and alcohol—and if you go about this thing whole-heartedly, you'll probably be able to think up a few more for yourself—such as the fluffy yellow dumplings you've been dunking in that creamy chicken gravy. Replace your customary desserts with plenty of fresh fruits, and you won't miss them half so much.

Set aside the thirty-six hours of each week that you are going on the complete fast; arrange it to suit your business or social affairs—and stick to it—regardless of what happens. Regularity in habit is half the battle.

Read Your Character in Your Everyday Excuses

By Morris James, M. A.

Alice, a young friend of mine, provides the perfect object lesson on the reason why people make excuses.

Like many girls of her age she suffers from extreme shyness. But it does not worry her; she has an excuse. "I've more important things to do than bother about boys," she explains.

Those who know her are well aware that that is not true. Alice is no busier than any of her very busy sisters; her pose of indifference cannot hide a genuine desire for the company of the boys she pretends to despise.

Then why does she make such an excuse?

Because the full realisation of her acute shyness, and the reasons for it, would be a painful experience. The excuse provides a more pleasant explanation—so pleasant that Alice herself practically believes in it.

And that brings us to the all-important topic of regularity in elimination. You can't be constipated and flat of tummy at one and the same time. Exercise, daily walks, enemas, and a proper diet—but never the use of cathartics—all will contribute to the banishment of constipation.

Those of you who are fleshy will be delighted with the results of this simple program. You will lose those fat rolls—quickly! You will restore normal skin tone. Your circulation will improve, with consequent improvements in your appearance. Indigestion and a surprising number of other ills, both major and minor, will be overcome.

An excuse is an escape from an unpleasant personal problem. Were we to dwell seriously on all our faults and failings, on every lapse, on each defeat, we should be weighed down with a burden of despair. With each new failure would begin another conflict between ambition and defeat. We should soon exhaust ourselves in the turmoil of internal wars.

That is the reason for our polite fictions. They originate in the unconscious. By providing us with an acceptable illusion they save our inner peace.

If we examine our own excuses, we shall find that in every one of them we are running away from some personal problem we prefer not to see. A self analysis like this pays well. Not only can the impartial study of our excuses reveal much of our inner selves; careful examination of them can point the way to overcoming the failings which make excuses necessary.

(To be continued in next issue.)

A Triumph of Vegetarianism

The discovery, that the protein of wheat germ is superior to animal proteins, does not appear at first sight to be of any special importance, yet it is revolutionary in its consequences in dietetics.

For ages past in India, vegetarian diet was a mark of purity of holiness and people of the lower castes had endeavoured to emulate the Brahmana in the purity of his diet. In the West while there were sects like the Pythagoreans, which adopted a strictly vegetarian diet, yet the vast majority never adopted it. Jesus, the Christ, as an Essene, was strictly abstemious; yet His followers, or the vast majority of them, followed rather the statement "One man hath faith to eat all things, but he that is weak eateth herbs." (The Romans, XIV. 2) With the advent of the Westerners to India, and with the inferiority complex of the Indians towards ideas coming from the West, there was a growing worship of animal diet with many an Indian. Yet the advancing science of the West soon discovered that animal meat was highly toxic with products of putrefaction. According to Newburgh, of the university of Michigan, almost 25% of the nitrogenous elements of meat consists of toxic products, so toxic that when fed to rats, it gives rise to a deadly nephritis or inflammation of the kidneys resembling that produced by bichloride of mercury or corrosive sublimate. (Good Health, June 42) To add to it, flesh as a food is greatly inferior in vitamins and minerals yet the human palate needed the sacrifice of animals and birds in its daily menus:

Animal protein was considered indispensable for the maintenance of a healthy human body.

China is one of the most densely populated country and the Chinese have proved themselves in this war to be a virile and healthy race. According to Chinese Medical Journal Sept. 1938, the Chinese diet is wholly vegetarian. Meat in small quantities is eaten only three or four times a year on festivals. The diet as investigated is declared to be excellent not only on account of its composition, but by the ultimate test, the health,

vigour and reproductiveness of the people who follow it.

Dr. William H. Adolph, Professor of Biochemistry in Yenching University, Peiping, writes in the Scientific American, Sept. 1938 that almost 90% of the population is rural. The diet is vegetarian. Hardly 3% of meat is consumed while the milk and milk products consumed in China average less than 0.1%. It is of no small moment to realise that this rural community of several hundred million people has lived and survived for 40 centuries without milk as food and without the use of any kind of dairy industry. The vegetarian diet of China is strictly speaking, a cereal diet.

Even during the first years of the war when scarcity of meat, beef and other animal products was beginning to be felt, the protein of eggs, milk and milk-products was regarded indispensable for the human body and animal flesh too savoury to be dispensed with wholly. The final bulwark against vegetarianism was the belief that nuts and cereals could not replace eggs and milk as the protein of animal products had a quality which could not be supplied by the non-animal products.

At a recent meeting of the American Association of Cereal Chemists in Chicago, E. L. Love and C. J. Harrel of the Pinnsbury Research Laboratory, Minneapolis, reported the results of experiments in the feeding of rats. They found that wheat germ protein is as good as or better than casein, chief protein of milk and cheese, for maintaining growth. They conclude that it can be used in the human dietary as a supplementary protein equal in value to casein or other animal proteins. Animal proteins from meat, fish, poultry, milk or cheese have heretofore been considered better for human nourishment than protein from plant sources, such as vegetables and grains; but the impending shortage of animal proteins throughout the world due to the war, make the finding of an adequate protein from other sources particularly important.

Science Supplement 20-5-39

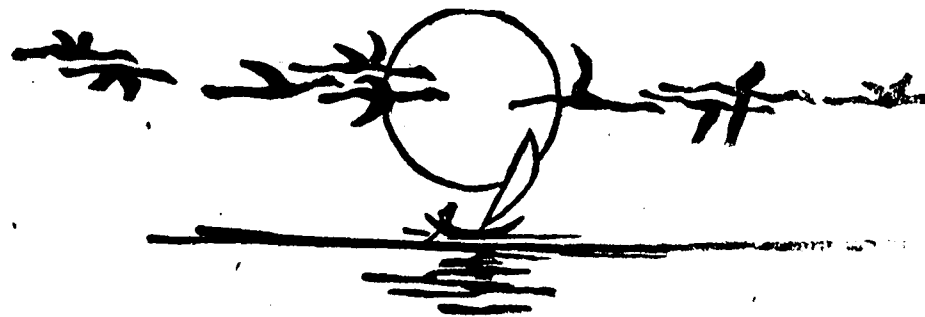
182912

Wheat germ contains 10.5% of protein. The average meat contains about 15.8% and milk contains 3.3% of protein. Thus one ounce of wheat contains as much protein as 2/3 of an ounce of average meat and 4 oz. of milk and protein that is equal to that of milk and meat. Wheat germs contain more than six times as much iron as does meat, and iron of a very much better quality.

Furthermore, its superiority to milk is still greater, one ounce of wheat germ supplying as much food iron as more than two quarts of milk.

India is known as a vegetarian country; yet under the influence of the dominant Western school of medicine, most of its practitioners still adopt the antiquated routine of prescribing or recommending animal foods and extractives as invigorating, healthgiving and superior body-building. Of course it is a common complaint that not only in India, but also in several of the Universities of the West that the instructions in nutrition and dietetics to the students of medicine are inadequate and somewhat antiquated. It is common to hear of strictly vegetarian patients being forced to take animal food under the directions of their medical advisers, ill-equipped and antiquated in their knowledge of dietetics. The body of a living creature is constantly undergoing wear and tear and the products of this decomposition are carried through the vein etc. to the kidneys. Being soluble, they pass out as urine. Again decomposition of the whole body begins on death and the products of decomposition accumulate and remain in the flesh after death. They are highly toxic. Rightly has the dead body been declared 'Naso' in the Zoroastrian religion as 'Naso'—a discarded thing, not to be touched without con-

tamination. This dead flesh is not only toxic, and adds to the animal nature of man by building this animal body matter into the human body, and thus contaminating the physical body of man but it also affects and brutalises the psychic and mental nature of man who partakes of animal food. Those who readily take flesh food and prescribe it or force it on their vegetarian Brother hardly realise the gravity of the injury they do to his physical and other bodies. There is a 'superstition' that the human body which is accustomed to eat flesh suffers in health, or cannot go on, without flesh. But it has been shown by experiments that the bodies of even carnivorous pets such as dogs do thrive on non-flesh diet. There is a tame tiger's cub in a suburb of Bombay which lives on milk and non-flesh diet. From an article in the Illustrated Weekly (7-6-42), it appears that a lion's cub, now two years old, which looks quite healthy and strong in the pictures was reared wholly on non-flesh diet. While even a carnivore can thrive on non-flesh diet, it is a wonder why the human body, with teeth, stomach, the alimentary canal and other parts of a herbivore or a fruitarian, should languish on such diet. It is thus essential that such of the members of The Theosophical Society and other vegetarians to whom vegetarianism is a principle, should keep themselves abreast of the latest discoveries of science. Flesh food, in fact all animal food, has now been proved by science itself, to be not only injurious and unnecessary, but inferior in vitamins, in minerals and even in protein. Ergosterol and groundnut oil claim to substitute cod liver oil and yeast to replace liver and other extracts. By anatomy, physiology and pathology, man is a fruitarian. Why should he then claim the degrading title of a carnivore?



BEATEN OR PUFFED RICE

Full of Vitamins and Minerals.

[Food during emergency is the subject of this extremely useful article by "R." The difficulties of getting regular food during sudden emergencies caused by war, like the one in April of last year in Madras and the recent one in Calcutta, are too well-known. We trust the article will be read with much interest because the "emergency foods" discussed here, will be found not only useful during wartime emergencies but in peace time as well.]

What are the conditions that an emergency food should satisfy? They are:

The material must be capable of being eaten in the uncooked state.

It should be palatable and be able to go by itself and not require many items in the nature of side dishes.

It should be easy of digestion for persons of all ages, healthy or weak.

Its value should be preferably high to sustain the unfortunates of their tiresome trek, especially in the absence of nourishing items of the normal dietary. A minimum quantity must be able to satisfy the physiological needs ordinarily met by the normal, bulkier everyday ration.

Easily Prepared

Beaten rice satisfies all these conditions. It is easily prepared at home. Paddy is soaked in water for a few hours after which the water is allowed to drain off completely and the grains air-dried. Then it is slightly roasted in a mud pot and transferred when hot into the common wooden mortar used for handpounding rice. On pounding, the rice inside flattens out of the husk, which is then easily winnowed out of the beaten rice. The stuff is dried in the sun and stored.

If paddy is fried in a mud pot over a fire, the rice inside swells up, bursts the

enveloping husk and pops out, and we get the familiar *puffed* rice. *Pop* rice is made out of par-boiled rice after first salting it. Here the rice retains its shape, but is spongy in texture. A given amount of paddy yields 6 to 8 times its equivalent of puffed rice. Puffed rice is especially valuable for invalids in the form of porridge. Well-prepared, beaten and puffed rice can easily replace the imported and rather expensive breakfast foods like shredded wheat, corn flakes, etc.

Tasty Dishes

Let us see how beaten rice satisfies the requirements as an emergency food.

It can be consumed without any cooking either in the dry state, or, in cases of poor mastication, by softening the material for a few minutes by soaking in water. A little jaggery with some cocoanut shavings go well with this, or it may be soaked in milk, curd and spiced. If fire for cooking is available, quite a lot of interesting and tasty recipes can be made out of beaten rice and in a fraction of the time it takes to cook the common rice dishes. The thinner the beaten rice the better, as it easily soaks and becomes soft for consumption. The best beaten rice is made in South Canara in the West Coast.

Easily Digested

Beaten rice does not upset the digestion of even a delicate stomach and the food gives a greater staying power, as it contains all the nutrients intact. For a given bulk, beaten rice is much lighter in weight than rice, and may well be termed a concentrated food. Puffed rice, though equal in food value to beaten rice, is not recommended, since the latter is more tasty in the raw state and the former does not lend itself for cooking, losing crispness and body on wetting.

The nutritive value of beaten rice can be judged from the following analysis:

%	Rice, Raw Hand- pounded	Rice, par- boiled hand pounded	Rice, Raw milled	Rice, par- boiled, milled	Beaten rice	Puffed rice
Moisture	12.19	12.63	12.96	13.29	12.23	14.68
Protein	8.49	8.50	6.85	6.44	6.63	7.46
Fat	0.35	0.39	0.55	0.64	1.15	0.12
Mineral matter	0.70	0.86	0.50	0.77	1.73	3.41
Carbohydrate	78.27	77.62	79.14	78.86	78.26	74.33
Calcium	0.007	0.010	0.007	0.007	0.016	0.024
Phosphorus	0.165	0.277	0.108	0.149	0.217	0.162
Iron (milligrams)	2.22	2.75	1.02	2.22	8.00	6.15
Calorific value per 100 grams	350.2	348.0	348.9	347.0	349.9	329.1

—Health Bulletin No. 23: W. R. Aykroyd.

Rice in Minerals

Thus, it will be seen that beaten rice is nearly twice as rich in mineral matter, fat, calcium and phosphorus, and over three times richer in iron. The inclusion of fat in the diet ensures a concentrated form of energy food, while there must be enough of calcium, phosphorus and iron if the diet is to be well-balanced.

Red variety is the Best

Again, it is better to use red-riced varieties of paddy than white-riced ones for making beaten rice. For, as a general rule, though usually coarser, red rice is much more nutritious than white rice as the following figures show:

	Raw rice milled	Red or black glutinous rice
Fat	0.55	1.27
Mineral matter	0.50	1.25
Calcium	0.007	0.012
Phosphorus	0.108	0.241
Iron (milligrams)	1.02	4.93

	Raw rice milled	Red or black glutinous rice
Vitamin B-1. (inter- national units per 100 grams)	Nil	100.0

Keeps Long

The figures are revealing, especially the iron content of coloured rice, which is nearly five times that of raw white milled rice. Hence preference should be given to beaten rice from coloured types.

Beaten rice, properly cleaned and dried, can be kept for a pretty long time without undergoing deterioration. It is free from weevils that attack rice stored for a long time.

It is best to prepare and keep some quantity of beaten rice so that an emergency, quite unlikely as it looks at present, does not catch us unprepared.

(Sunday Times)

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.

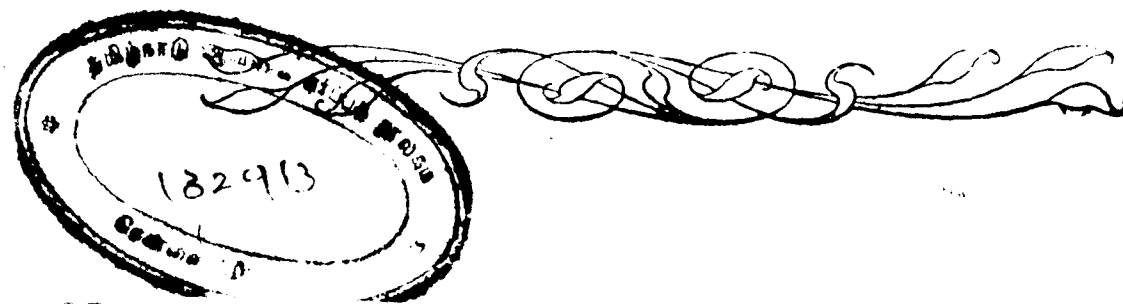
[f] To found Naturopathic Societies wherever convenient and to affiliate the same to this Association.

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 prospectus.

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.
the A. G. Press, Bezwada.