

ANNUAL SUBSCRIPTION Rs. 1-8-0.

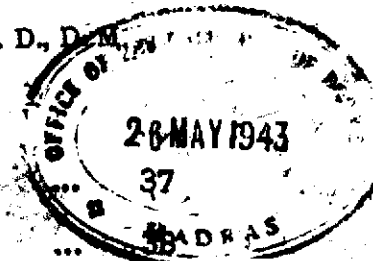
The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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

CONTENTS

Do you want medical aid (in Naturopathy)	37
Regimens of diet	38
The Hunter and the Goose	38
Fever	39
Swimming for Health	40
The philosophy of laughter	41
Constipation and its remedy	42
Cow's milk as cure for Leprosy	44
Bleaching powder in the eyes	45
How important is your stomach	46



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

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

26 MAY 1943

THE

Foreign Sh. 3 or \$ 1

INDIAN NATUROPATH

The Official Organ and Gazettee of The Indian Naturopathic Association

Vol. XIV

BEZWADA - April, 1943

No. 4

Do You Want Medical Aid (in Naturopathy)?

If so, answer the following questions.

Write answers against the Questions with their numbers. Prescription fee Rs. 2 for subscribers of the Indian Naturopath and Rs 5 for outsiders, to be sent to the following address:—Dr. P. Venkâtramaïya, Editor, Indian Naturopath, Dantalur Agraharam, Pidaparru P. O. (via) Duggirala, Guntur District.

(1) Name (2) Address (in full) (3) Age (4) Sex (5) External symptoms of the disease (6) History of the case (7) Parents alive or dead (8) Their age (9) If one of the parents is dead, the name of the disease leading to death (10) Relationship between that disease and that of yours (11) Do you have sound sleep (12) Is it broken by dreams (13) Do you have thirst at night (14) How many times do you urinate during night (15) During the day-time (16) Is the urination free (17) Do you have scanty urination (18) Does the urine contain phosphates? (19) Do you have syphilis (20) Do you have gonorrhea (21) Was it cured (22) Number of stools per day (24) Is the stools hard (25) Is it soft? (26) Is it pasty (27) Do you have constipation (28) Are there any worms in stools (29) Do you emit gas (30) Is there sound in the stomach? (31) Are you cured from diarrhoea or dysentery? (32) Do you sweat? (33) Sweating in exercise (34) Sweating at all times (35) Do you never sweat (36) Do you have any skin diseases like, itch, eczema, Ring worm etc. (37) Are you cured before from such ailments (38) If so by what medicine (39) Had you an attack of fever (40) Was Quinine used (41) Was it cured by Ayurvedic

Medicines (42) Do you vomit (43) Do you have vomiting sensation (44) Do you have reeling of the head (45) Do you have headache (46) Burning of the eyes (47) Burning sensation all over the body (48) Are there cramps at any portion of the body (49) Do you feel pains (50) Is the touch sensation alright (51) Are the teeth diseased? (52) What is the particular tooth disease (53) Is the sight alright? (54) Is the power to hear in good condition? (55) Height (56) Weight in pounds (lbs).

Patients of the fair sex shall answer the following questions also:—

(57) Married or single (58) Entered sexual life (59) For how long? (60) Do you have an adjusting husband? (61) Any children? (62) Their Number (63) Their age (64) Any abortions? (65) Number (66) When (67) Are all born alive (68) Is birth control practiced (69) Any artificial abortions attempted (70) Is menses regular? (71) Is the menstrual flow normal? (72) How long does the flow continue after each menstruation? (73) Is there leucorrhoea (74) Is there amenorrhea (75) Is menstruation painful? (76) Do you have a tight corset (77) Do you eat too sour and too pungent things, i. e. tamarind or lime and pepper or chillies (78) Is there St. Vitus Dance? (79) Is there Epilepsy? (80) Hysteria? (80a) Falling of the uterus (80b) Any operations performed for the displacement of the womb.

In the case of a baby the following questions shall be answered:—

SWIMMING FOR HEALTH

Every man and child ought to learn how to swim.

Every muscle of the body is exercised by the physical movements required for swimming, and people with delicate healths have frequently been restored, on the suggestion of their health advisers, to robust health by swimming in sea water.

Another benefit of swimming is that unlike in some systems of physical culture, we bring all the muscles into play at once, and the body is thus developed in due proportion.

Naturally, we cannot all become expert swimmers. We have to swim in accordance with our physical build, but it is the action of swimming that is beneficial, not the long immersion in water or the expertness of our stroke.

There are certain precautions to be taken by the swimmer to avoid chill and gain the maximum benefit from his exercise. The time allowed in the water should be regulated by temperature of the atmosphere, and immediately after the swim is over, the body should be rubbed down with a rough towel. From five to ten minutes in the water is a good average; even if the weather is hot, the temptation to float should be avoided. Continuous movement in the water may produce cramp and stagnation.

River-swimming is suitable only for the physically fit, on account of the generally low temperature of the water. For delicate swimmers, noontime is most suited.

The different styles of swimming should be learned. This not only adds to the pleasure of the exercise but also develops every muscle. The breast-stroke, the side-stroke, the back-stroke, are all excellent exercise.

A splendid spinal exercise is diving and front-and-back somersaulting. For constipation, swimming is a wonderful remedy, in some cases it will assist a 'dropped stomach' to the normal stage; for all digestive ailments, the above exercise is beneficial.

On account of its wonderful tonic properties, swimming in sea-water is preferable to swimming in fresh or standing water.

There are many (even in villages) who cannot swim, either because they are too lazy or because they are ignorant of the great physical benefits to be derived from the exercise. 'A swim a day keeps the doctor away' is not a 'bewhishered' adage.

—Fullerton Robertson.



The Philosophy of Laughter

(By Prof. Sir J. ARTHUR THOMPSON, M. A., LL.D., MADRAS)

There is something almost laughable in the number of theories about laughter. Still more in the way they contradict one another. Freud regards laughter as a means of effecting economy of psychic expenditure, but Boris Sidis maintains that we laugh in the over-flowing abundance of our joy. Prof. William MacDougal regards laughter as a safeguard against the fatigue and depression of our tendency to show too much sympathy. This is a modernizing of Byron's view,

"And if I laugh at any mortal thing,
It is that I may not weep."

But it stands in contrast to the long-lived theory of Hobbes that we laugh because we are lacking in sympathy and have a 'sudden glory' in discovering some eminency in ourselves by comparison with the infirmities of others.

The reason for the contradictoriness, which these instances merely illustrate, is not far to seek. It is due to preoccupation with the subtler and more sophisticated forms of laughter instead of beginning with the more primitive. Moreover there has often been a moving up of three inquiries.

- (1) What is the essential nature of primitive laughter?
- (2) What has given laughter survival value? and
- (3) What are the main stimuli of laughter?

Inborn Predisposition

It was Darwin, as usual, who first got down to bedrock by recognizing laughter as an inborn predisposition approximated to in monkeys and some other animals finding simple impression in children and excitable by a variety of stimuli which may be far away from the ludicrous. On the physiological side he said laughter involves: (1) a deep inspiration followed by short interrupted spasmodic contractions of the chest and diaphragm; (2) opening of the mouth, drawing the corners backwards and a little up-

wards, raising the upper lip and showing the teeth; (3) movements of the head, quivering of the lower jaw, contraction of the orbicular muscles; and (4) the reiteration of the characteristic laughing sounds which vary notably in their quality in different people. Herbert Spencer also disclosed something of the physiological aspect of laughter, pointing out for instance, the value of diffused movements in relieving the surplus energy of mental excitement.

Social Importance

Our personal theory of laughter has to do only with its primary nature. It requires to be immediately added that modern civilized laughter does not necessarily imply any lack of control for the predisposition to laughter—to what Leigh Hunt well called a 'happy convulsion'—has been regularized, humanized, moralised and socialised. It has come to have very interesting secondary justifications. Thus Bergson has laid emphasis on the social importance of laughter as when we laugh at the clumsy and the cranky out of court. By laughter 'society avenges itself for the liberties taken with it.' It is a social discipline.

A famous explorer and archaeologist has told us that in a critical situation he always looked out for the native with humour in his eye and tried by some conciliatory joke to make him laugh which often solved the problem. Laughter is a social lubricant. This theory has been elaborated by Gopalaswami who thinks that laughter has evolved out of Man's defence group of impulses. Laughter is often a shield. More than that, it may disarm opposition and make the enemy relax. Many a fight has been obviated by a timely joke. Not that this is thought out as a policy; it is never the instinctive and traditional.

Antidote to Sympathy

Among the secondary justifications of laughter a place must also be found, we think for MacDougal's subtle theory that it is

sometimes 'the antidote to sympathy.' In laughter some people relieve themselves from the sympathetic pain involved in contemplating some maladjustment or disharmony.

Stimuli For Laughter

The third question has to do with the diverse stimuli that make people laugh. Here Dr. Kimmins writing from a rich experience has much that is interesting to say, in regard to the provocatives to laughter in children. The frequent reproach 'I don't see anything to laugh at in that' may be salutary, but it does not suggest an understanding of the situation. In simple cases the surprise, the incongruity, the bursting bubble, the sitting down on a bat, and so forth provoke laughter as irresistibly as tickling does.

Sully laid emphasis on the novelty of the unexpected; Spencer stressed what ponderously "decending incongruity" when a given situation on the large scale is suddenly

replaced by one on a very small scale—the mountain giving birth to a mouse; Hazlitt spoke of a disturbance of the expected sequence of events or even words "taking the mind of unawares." Bergson always maintains that we laugh when we see a living creature, a human being in particular, behaving like a machine. 'We laugh every time a person gives us the impression of being a thing.' The Custom-house officers who had helped to rescue the passengers from a wreck near Dieppe could not keep from asking them 'if they had anything to declare, and laughter could not but mingle with tears.

Smile And Laughter

While Sully regarded laughter as a grown up smile which is in a sense true for the individual, Darwin was perhaps deeper in his suggestion that the adult smile is the outcome of laughter control. In all likelihood our descendants will laugh less than we do and smile more. At present many people smile much too loudly.

Constipation and its Remedy

By T. DE LA TORRE

IN the cure of constipation, as well as in the cure of any other disease, the first requirement is to discover the cause, the second requirement is to remove the cause. When these two factors have been taken into account the organism will repair its degenerated tissues and cure itself, provided that there is sufficient vitality left in the patient's body.

It is because of the importance of discovering and removing the causes of constipation that in my previous article I enumerated and explained the three primary causes of constipation. These three primary causes are (1) Improper Food, (2) Cooked Food and (3) Enervation. Let us now see how by removing these three causes and correcting their effects we can enable Nature to prevent and cure constipation.

1. **IMPROPER FOOD:** In view of the fact that the first cause of constipation is due to improper food, as well as to improper

combinations of food, the first remedy lies in the proper selection and combination of food. To this end let me give a list of the proper foods which will supply the body with vital cells which will regenerate the deteriorated tissues and overcome constipation. In the order of their importance for their laxative properties they are as follows:

FRUITS: Raisins, dates, figs, grapes, bananas, peaches, apricots. Also all other fruits and melons.

VEGETABLES: Spinach, beets, lettuce, carrots, celery, parsley, cabbage, potatoes and sweet potatoes.

CEREALS: Whole wheat bread, unpolished rice and other whole cereals. Also garvanzo or chick peas, as they are called in America.

A diet consisting of the above three classes of food will supply the body with all

required elements of nutrition at the same time that it will gradually overcome constipation.

In view of the fact that the sweet fruits have a tendency to ferment and cause gas and distress in those whose organism is saturated with waste products, it is important for them to eat the sweet fruits, such as dehydrated dates, figs and raisins, in combination with fresh vegetable salads. If they do this they will be pleasantly surprised to see that they can tolerate considerable amounts of sweet fruits without distress and with great benefit, for an abundance of the best food of man (sweet fruits) in the diet will not only prevent constipation but it will also supply the body with a great source of energy. By adding two to four ounces of finely ground nuts to the sweet and raw vegetable salads you will have a delicious, nutritious and complete meal.

Contrary to the popular belief, a dry diet can overcome constipation even after the liquid diet has failed. In fact, the drinking of excessive quantities of water or other liquids when there is no desire to take them is harmful to the organism and ends by aggravated constipation instead of relieving it. It will not do any good to flush the intestines with water or other liquids to overcome constipation, since the excess of liquid does not reach the large intestine but is absorbed from the small intestines and passed out of the body via the kidneys. I discovered this fact many years ago after I had failed deplorably to overcome constipation with liquid food diet or after forcing myself to drink several quarts of water per day as advised by certain health teachers. You also will make the same discovery if you adopt a rather dry diet of natural food which requires thorough mastication and insalivation before it can be swallowed.

Therefore, unless you feel thirsty at meal time do not drink anything with your natural food menus. Eat small quantities of natural food harmoniously combined and scientifically balanced as explained in the menus in my previous article in the March issue of this magazine, masticate that natural food thoroughly until it is swallowed without any

voluntary effort and you will soon notice that your constipation, as well as other troubles, begin to disappear in a short time.

Of course, if it is summer time and the weather is hot you will need to take some liquid with your meals or soon after your meals. In this case, you can supply the needed liquid with orange juice or by drinking one or two cups of some good coffee substitute. If you follow the natural unfired diet for some time you will find that you need to drink very little water. In fact, unless one is doing heavy physical labor under the hot sun, one can live entirely without drinking water at all. Yes, indeed, one soon develops a dislike for water, and when liquid is needed there is a desire for fruit juices, instead of for water. Even while I was living in the scorching sun of Central America I did not drink water, but supplied the needed liquid with the refreshing juices of oranges and pineapples.

COOKED FOOD: To secure the best results from the natural uncooked food diet you should eat the dehydrated fruits together with your fresh vegetable salads to which the proper amount of nut protein has been added in order to make these menus more nutritious and satisfying. Otherwise you shall have to eat several times during the day to satisfy your natural hunger, which thing cannot be done by those who have to attend to their daily tasks away from home. The fresh, juicy fruits and melons can and should be eaten between meals or make a complete meal of them whenever there is little or no natural hunger.

CEREALS: In view of the fact that the diet of purification, regeneration and longevity must by necessity be an uncooked diet, all those foods that cannot be eaten and enjoyed in their natural state are eliminated from the natural diet. In this category fall the cereals and legumes.

However, knowing that very few of those who read this article have advanced to the point where they can live on 100% uncooked food I have introduced a few foods which have laxative properties when added to the natural, uncooked food diet. These

6 Bacterial infections, as from germs swallowed from infections in nose, throat, and mouth, or from contaminated food, or acute bacterial gastro-enteritis, the so-called gastric flu.

7 Certain drugs, especially—

- a. Salicylates (the aspirin family).
- b. Bromides.
- c. Mercury.
- d. Digitalis.

This is particularly true of these drugs when they are taken for long periods of time.

The symptoms of chronic gastritis vary in different individuals, simulating, at times, excess acid, with such symptoms as a burning sensation in the stomach, excess gas, flatulence, and occasional vomiting of excess quantities of mucus in the mornings.

Indigestion is the chief complaint, but gaseous distension and anaemia are two of the most common accompaniments. This is particularly true when the stomach fails to secrete any hydrochloric acid. Many chronic diarrhoeas are the direct result of a chronic gastritis in which there is an absence of hydrochloric acid. There is a form of anaemia due to the lack of acid, in which there is a deficiency of iron in the blood. Acid is required to convert the insoluble iron in the food into a soluble form. The two most dangerous complications of chronic gastritis are pernicious anaemia and cancer of the stomach. As the relation of the former has already been discussed, we shall mention the relation of cancer of the stomach.

It is not surprising that the chronic irritation which produces chronic

gastritis often causes a cancer to develop. In fact, according to Dr. Hurst, 75 per cent of all cancer of the stomach originates from a pre-existing gastritis. When we consider that cancer ranks second as the most common cause of death, being exceeded only by heart disease, and that the most common location of cancer is in the stomach, surely symptoms referable to the stomach should be thoroughly investigated by a physician. An analysis with stomach tube is the most important single diagnostic means for determining gastritis, but X-ray examinations are essential to detect early cancer.

In the treatment of chronic gastritis, first the cause must be removed; second, a bland diet must be adhered to, preferably liquids at first, a diet very rich in vitamins, consisting primarily of milk, vegetables, and fruit juices; and last but not least, the stomach must be washed daily with stomach tube to remove the mucus. Where there is a deficiency of acid this is usually supplied by taking hydrochloric acid. Often one to two ounces of lemon juice, which is an excellent source of vitamin C, just before or with meals, can replace the acid.

In conclusion, it is well to stress again that the stomach is not only an organ of digestion, but an organ with an internal secretion which protects both the blood and the nervous system, and that chronic irritation of the stomach leads to chronic gastritis, and the latter frequently to pernicious anaemia and cancer of the stomach. Many chronic dyspeptics suffer from this disease, and under appropriate treatment the disease is curable, but it may require the correction of lifelong habits.

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.

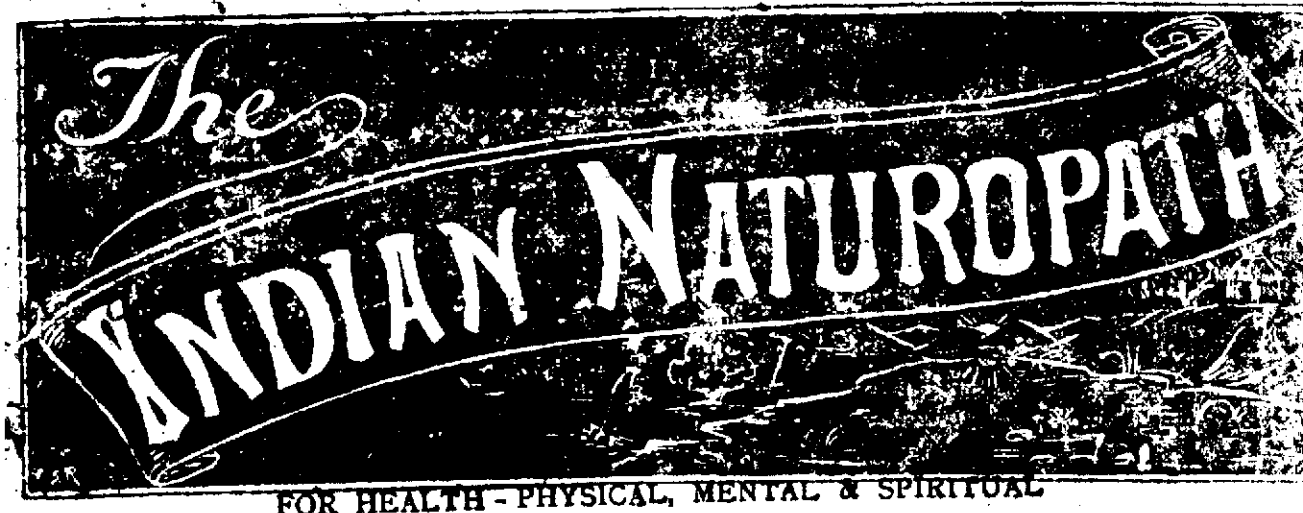
Write for complete prospectus.

40%
dis-
count
POST
FREE
For a
Short time

The Chromopathic Institute, Bezwada

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

5 SUBSCRIPTION Rs. 1-8-0. 5



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

CONTENTS

The treatment of Burns and Scalds	...	53
Cardiac ailments	...	54
Child Psychology	...	55
The ABC of the Sanyasa	...	56
Have you these four cardinal virtues	...	57
Two worlds or one?	...	58
Nature's law and how to get it	...	59
Food as medicine—The new remedy for building health	...	60



Vol. XIV

BEZWADA (India) May 1943

No. 5

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

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.

2: JUL 1943

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 — May, 1943

No. 5

The Treatment of Burns and Sunburn

Henry, H. HAZEN, M. D.

Few of us there are who do not at some time touch a hot stove, or get spattered by flying grease, or suffer from contact with a flying match head.

Burns are of all degrees of severity, and they are usually classified as three varieties: (1) those of the first degree, in which there are the invariable inflammatory signs of heat, redness, swelling, and pain, which are due to damage of the outermost layers of the skin and the superficial blood vessels; (2) those of the second degree, which present symptoms shown in burns of the first degree, but which in addition develop small or large blisters filled with clear serum; and (3) those of the third degree, in which there is a death of the superficial tissues that extend into the second layers of the skin, and in which some scar formation always results upon healing.

In severe burns there are always marked constitutional disturbances as a result of shock, and such cases should invariably be treated in the hospital. This article deals only with burns of the first and second degree which are not more than two inches in diameter, as all other cases must have the care of a good physician.

The modes of treatment are very numerous, so numerous that it seems certain that no one method is ideal. The following methods of treatment have been advocated: (1) open-air treatment; (2) keeping burns covered with a soothing ointment; (3) spraying burns with a hot wax; (4) use of picric acid; (5) use of solutions or suspensions of

tannic acid; (6) use of dye mixtures of which gentian violet forms an important part; and (7) use of continuous wet dressings of a normal saline solution.

For the home treatment of a small burn of the first degree, that is, where there is no blister, cover it with any simple ointment or grease, taking care to avoid those that contain mercury, salicylic acid, tar, and similar irritating ingredients. Picric acid is mentioned only to be condemned. A continuous wet dressing of normal saline solution is eminently satisfactory. Such a solution can be prepared by dissolving a normal saline tablet in four ounces of water that has previously been boiled and allowed to cool. Take a pledget of cotton of suitable size, wet in this solution, and cover burn. The cotton should be covered with cellophane and then bandaged in place.

In the treatment of a small blister that results from a burn, it is recommended that the blister be not opened at the onset; this will often give time for new skin to develop beneath it. When the blister does break, all of the roof, that is, the dead skin over the top, should be carefully trimmed away with a pair of nail scissors which has first been immersed in alcohol. The main thing in the treatment of a blister is to prevent infection and to keep it thoroughly clean. This is probably best accomplished by continually applying wet dressings of the normal saline solution already mentioned.

It is important to note that in such a condition wet dressings should not be

Continuously employed for twenty-four hours, but that each time a fresh dressing is applied the affected area should be exposed to the air for at least half an hour; also, any debris that collects on the surface should be carefully mopped off with a bit of cotton wet in the normal saline solution. Painting with a thin layer of 5 per cent gentian-violet solution is also satisfactory. Infection beneath a layer of wax or of tannic acid is unpleasant or serious. Small burns exposed to the air are more painful than if covered.

Sunburn

It is amazing that those who suffer from a severe sunburn never remember to avoid it the following year. Blithely they toddle out on the beaches dressed in the scantiest of clothing, and soak in the hot sun by the hour. By the next morning they are suffering acutely from both regrets and their skins.

Upon the market there are numerous sunburn lotions which are supposed to prevent sunburn and which never do, although they may lessen it to some extent. Any grease, thickly applied, will absorb or

reflect some of the sun's rays. The addition of a considerable amount of quinine hydrochloride is thought valuable by some persons as it absorbs light rays.

The burn from solar rays is not due to heat, but to the ultra-violet light. Blondes are much more sensitive than brunettes, and it is believed that men are rather more reactive than women. It is possible that certain body conditions, such as an overactive thyroid, may be a predisposing cause of sunburn. If large areas of the body are exposed, in addition to the severe burning and smarting, there may be constitutional symptoms such as weakness, fever, chills, and even a mild delirium. Rarely there is a secondary infection. The ordinary simple sunburn or intense redness is soon followed by peeling, but in many cases there may be a goodly number of large blisters. The redness and burning may be relieved by a light cold cream, cold applications of olive oil, or wet dressings of a normal saline solution. The blisters should be treated in the same way as already described for burns of the second degree.

—*"The Oriental Watchman."*

CATHARTIC COLITIS

OTTO ARNDAL, M. D.

More abuse and malicious slander is daily directed to the colon, it seems, than to any other organ in the human body. On the radio and in the newspapers and magazines, the public hears and reads about the terrible effects of intestinal intoxication and constipation, and the poor colon is accused of sins it has never committed.

The public is not altogether to blame. The medical profession, to a certain extent, has allowed its treatment of constipation and so-called colitis to be influenced by the advertising of some drug manufacturers who attribute practically all minor disagreeable symptoms to constipation with auto-intoxication. The poor colon is treated, and medicated, and abused, until finally an otherwise healthy colon becomes irritable and diseased. If the irritating medication is continued long

enough, toxic symptoms may appear, and a case of cathartic colitis develops.

In order to understand the various afflictions of the colon, it will be of value to review briefly the normal function of the intestinal tract. The wall of this long intestinal tube consists of two sets of muscles. One runs lengthwise with the bowel and promotes the onward movement of the intestinal contents. The other is composed of circular muscles which, by contracting, divide the bowel into short segments in which the food is thoroughly mixed with the digestive juices. It also brings the lining of the intestines into closer contact with the digested food, making it easier for the blood vessels in the bowel wall to absorb the soluble nutritious elements. Between the small and large intestines there is a delicate

valve called the ileocaecal valve, which prevents the contents of the small intestines from entering the colon immediately. The food remains for a considerable time in the last portion of the small intestines, which act as a kind of "intestinal stomach." There the intestinal phase of digestion, and the absorption of most of the digested products takes place.

The ileocaecal valve remains closed until the next meal is taken, at which time a nerve reflex mechanism from the stomach relaxes the valve, and the contents of the last portion of the small intestines pass into the caecum, which is the name of the first two or three inches of the colon. The colon takes no part in normal digestion, but absorbs water from the liquid contents received from the small intestines, bringing it to the consistency of normal faeces.

The movements of the colon are also controlled by a nerve reflex from the stomach. During and after a meal, the contents of the caecum and first portion of the colon are moved by one or two waves of "mass movement" to the last portion of the colon. Room is thus being allowed for the fluid contents of the small intestines to enter the caecum. During the twenty-four-hour period of the day, the last portion of the colon accumulates faeces which is reduced considerably in volume by the absorption of water. This mass enters the rectum usually once a day as a result of a reflex from the stomach caused by the intake of food. It is as a rule, the breakfast meal which initiates this reflex that causes the rectum to contract and expel its contents. This is one of the conditional reflexes of the body, and is established in early childhood when the child is placed on the stool at regular intervals.

Practically every case of constipation is the result of the absence or the diminishing of this defecation reflex. The bowel content enters the rectum, but the rectum does not contract in an effort to expel the faeces. In this type of constipation the rectum is found to be filled whenever the patient is examined. It is quite clear, therefore, that the cure of this form of constipation depends upon the re-establishment of

this defecation reflex. This can usually be done by a simple understanding of the normal function of the colon.

I usually tell the patient to make it a habit to visit the toilet once a day at a regular time, usually right after breakfast, when this reflex may be expected. The visit must be made regardless of urge, and straining should be avoided. Frequently it is necessary to lessen the work of the muscles of defecation by giving some form of non-irritating bulk laxative which tends to hold on to the water in the colon, and makes a larger and softer mass in the rectum. The use of buttermilk instead of milk three times a day is also of great value, as the normal colon maintains a slight degree of acidity in order to function properly. The buttermilk or acidophilus milk helps to maintain this slight acidity, and discourages the growth of undesirable bacteria whose reactions are distinctly alkaline.

There are many hypochondriacs who have perfectly normal bowels, but who insist that they must move a specified number of times each day, and that the stools must conform to preconceived ideas as to size, shape, and colour.

Then there are many people who, by their irregularity in eating and their disregard of normal bowel reflex, have developed this kind of constipation. Such people are not in a serious situation as far as their colon is concerned, since a few simple principles can re-establish this regularity of bowel habit. These simple principles, as already outlined, are usually not followed, however, but irritating cathartics are taken instead. These drugs completely upset the reflex mechanism of the delicate valve between the small and large intestines, and rush the only partially digested food particles in a steady stream into the colon. The small intestine is practically sterile, whereas the colon is swarming with bacteria which multiply rapidly in the liquid containing partially digested food. The bacteria act upon the undigested food particles, putrefying the proteins, fermenting the carbohydrates, with gas formation, and decomposing the fats.

Thus, highly irritating and toxic products are formed in the colon and absorbed into the blood stream.

Usually, the detoxifying ability of the liver is able to prevent general toxic symptoms, and the kidney is able to excrete the products which escape the liver. If the function of these organs is in any way impaired, or the cathartic is taken in high and continued doses, toxic symptoms of headache and dizziness may appear. The irritating action of these bacterial products on the lining of the colon causes the organ to secrete an abnormal amount of mucus in an effort to protect itself against the irritation. This excessive mucus is seen in the stool and is frequently taken as an indication of need for further medication or possible irrigation with water.

Frequently a patient will tell me that after the first quart or two of water used as an enema, only liquid or hard stool appears in the water; but after several irrigations, considerable mucus appears. The patient thinks that this is a desirable thing to eliminate. This mucus is being formed by the lining of the bowel in an effort to protect itself from the irritating effects of the intestinal bath. The mucus will appear in ever greater quantities the longer the irrigation lasts, and is not to be looked upon as a sign of primary disease.

Cathartic colitis is a self-inflicted disease of the colon, brought about by the various forms of irritation in an endeavour to promote bowel action. The condition is frequently inflicted upon a perfectly normal

bowel by an individual who expects the colon to act in accordance with incorrect and preconceived ideas of function. Others, who because of irregularity in living have lost the defecation reflex, use irritating cathartics or enemas as a substitute for the lost defecation reflex instead of following the simple rule which governs this condition.

Many fine diagnostic aids are at the physician's disposal, such as X-ray and basal-metabolism tests. With the X-ray, the test meal can be followed through the intestinal tract, and the cause of the constipation frequently determined. The basal-metabolism test is used to determine whether or not a patient's thyroid gland is functioning properly, and many cases of constipation are caused by slow thyroid function.

Whatever the cause of constipation, it should be remembered that *in no form of constipation is a cathartic the proper treatment.* The free use of cathartics and colon irrigations can only result in irritation of the intestinal tract, a disturbance of the bacterial growth, and formation of toxic products causing various disagreeable symptoms. If the treatment continues, inflammatory changes take place in the irritated mucous membrane, and the patient develops chronic colitis.

It is urged that every case of constipation be accurately diagnosed by the physician and self-medication by cathartics be discouraged, so that the most common form of colitis, often aggravated by irritating cathartics and colon irrigations, may be avoided.



CHILD PSYCHOLOGY

TO SPANK OR NOT TO SPANK

By A. S. NEILL

Every now and then I get a letter of this type: "I have read your books and agree in principle with what you say about the way to treat children, but I am a hard-working mother, and my children are round me all day long. There are occasions when I simply have to spank them, otherwise my life would be unbearable."

It might seem odd that such letters are written, for I live with about seventy children of all ages, and never have any desire to spank any of them. Why then does a mother feel that her exhausted patience demands spanking.

The reason is that there is an emotional feeling between mother and child that does not appear in the relation between teacher and child. The child who seems to merit a good spanking is always the child who is playing to get one.

Very often it is the child who feels he is unloved: he cannot live without some emotional response from the mother, and being unable (he feels) to get love, demands hate, and of course the spanking proves to him conclusively that he has got what he asked for.

Hence, perhaps, the derivation of the phrase "Asking for it."

This is not always the case. Sometimes the trouble is all on the mother's side. She is unhappy; she hates herself, and through the mechanism of projection seeks an outlet for her hate by transferring it to the child. I hold that every time a mother spans, she

hates her child, and the child realises it and asks for more hate as a substitute for love.

So the question of the spanking mother is not by any means a simple one. It goes to the root of the psychology of the mother (or father).

I never see a child that deserves spanking, never; and I must conclude that the mother is always at fault. True, every child isn't an angel. In the case of the only child especially, the danger of the mother's being irritated is strong, for a child must have someone to measure itself against, and failing the presence of other children, he measures himself against the mother. More than that, he identifies himself with the mother or father, and much so-called naughtiness is merely the childish identification with the mother.

Relief for Mother

An example: Mummy is cooking, Mary is by. Mary gets in the way: she touches dishes, upsets mixtures, asks questions. Mummy gets more and more annoyed, and finally slaps Mary's face. If Mummy realised that her child was identifying herself with the adult she might be more charitable.

The fact remains that if Mummy is pretty well-balanced emotionally she will not be over-irritated, but if she is a woman who perhaps is love-starved or catty or hateful, the poor child will suffer. It is the neurotic mother who spans. At the same time I grant that a child can make itself a damned

nuisance, yet I have never seen a nuisance child who came from a home that was quite happy.

Now suppose Mummy says: "I know that I am to blame, that I haven't treated the kid fairly or rightly, that I have sometimes lied to the brat. I know all that and I know that I love my daughter, but all the same when she pokes her nose and her finger into every pie I am making, I feel furious and if I don't spank I'll burst."

I reply: "O. K., but how are you going to make it a fair fight? The kid can't spank back. How are you going to face that nasty shameful feeling one has when one hits someone smaller?"

The sad fact is that one never wants to spank a child unless it is a spoilt child. I have one in my school now, a girl of five, lately arrived. She demands attention all day long, grumbles and frets and pouts; she is always having a row with other small ones; she is exasperating in her constant questioning of adults. If her plate is white, she cries because she wants a blue one like Mary's.

When I find myself getting annoyed I say to myself: "What's behind it all? Her parents quarrel all day long; her mother is strict with her one moment and lavishly lenient the next moment. The poor kid is simply a miserable little thing seeing life as something drear and black." She has been spanked at home.

To be just to the spanking mother I must tell that recently one of my old pupils said to me: "Neill, I have a

horrible confession to make. I spanked Anne. I was visiting my old mother and she likes quiet and comfort, but Anne kept shouting all over the house, and in desperation I gave her a spank... after being educated at Summerhill too."

Well, well, allowing for my bias in favour of an old girl, I don't think Anne will be harmed much, if at all, for mother and daughter have a frank and natural relation to each other.

Here the fault lay in the unfortunate environment: no healthy child should be too long near an old woman who needs quiet. No doubt the situation was sharpened by the unconscious fears my expupil herself had of her old mother, fears possibly arising out of old similar situations when she was a child.

You could spank a child without doing it harm if the child did not fear you, if you had a relationship of equality, one in which obedience was on both sides, not as usually on one. It isn't the spanking that harms: it is the fear inspired by the angry look and voice.

Any mother who introduces fear into her child's life is a woman who is not fit to be trusted with children. The same applies to the teacher. Fear is the great enemy, for it engenders hate.

So, mothers (and fathers), make up your minds never to spank, however much the provocation may be. The habit of spanking will lose you for ever the love of your children.

THE ABC OF THE SOY BEAN

A Digest of U. S. Agricultural and Health Bulletin,
and Conclusions of Eminent Dietary Authorities

As an economical source of valuable and wholesome dietary elements the soy bean probably has no peer.

Bread made from 20% flour is **NON-FATTENING** because of the peculiar quality of its lecithin and oil which enables the organism to utilize them in the organs and tissues instead of storing them in fat deposits.

Calcium—soy beans contain 10 times as much calcium as wheat flour, and 20 times as much as sirloin steak.

Digestibility—soy products leave the stomach in 2½ hours, while meat requires 3 to 5 hours.

Economical—one pound of whole soy flour is equivalent in protein and fat to two pounds of beef.

Flour of soy bean is not very palatable but easily digested by adults as well as children.

Gluten is almost entirely absent in the soy bean.

Human organisms are able to store 3 times as much nitrogen from soy bean food as from meat.

Investigation shows that the soy bean is the only seed which contains both the water-soluble and the fat-soluble vitamins.

John says "Because of its low protein content, soy bean has found a place as a **DIABETIC** food as well as in many proprietary foods."

Kellogg says, "Another property of the soy bean which gives it great value from a dietetic standpoint is its basic-ash **ALKALINE** quality. All meats, breads, and breakfast foods yield a highly **ACID** ash and, when freely used, may cause **ACIDOSIS**. This condition is associated with Bright's disease, arteriosclerosis and many other grave disorders, and is one of the causes of general physical deterioration and premature old age."

Lecithin—the nerve and brain food. Cow's milk is quite deficient in lecithin, whereas soy-bean milk is quite rich in this important element.

Milk—in composition, this vegetable milk resembles cow's milk so closely that it may be used as a substitute for cow's milk even in the feeding of young infants, and is often preferable to cow's milk in the treatment of intestinal or stomach disorders.

Nutritional anemia, produced by an exclusive diet of cow's milk, can be cured by the addition of whole soy milk.

Oil of soy bean possesses a unique property among all the other known fats and oils in inducing continuous high muscular activity without any apparent fatigue—a fact recognized by people who **KEEP IT**.

Phosphorus and potassium are present in soy bean in three times the amount in wheat.

Starch—yes, they are pro-
tested against bowel trouble by the
use of soy andophilis milk.

182914

Richest in protein of all known foods except dried egg-white. The protein is of a higher quantity and quality than choicest meat. Soy protein is a **COMPLETE** protein which can be used as a substitute for protein in meat, eggs, and milk.

Starch is almost entirely absent in soy bean—truly a **NON-FATTENING** food.

Twenty-four times as **ALKALINE** as eggs, twelve times as **ALKALINE** as wheat.

Unusually high mineral content of the soy bean makes it a perfect food for healthy bones and perfect teeth.

Have you these Four Cardinal Virtues?

It would be a very difficult matter to draw up a list of virtues which would be accepted by everyone, even in our own day, let alone in past ages. But I do suggest that underneath all the welter of ideas about what is right and what is wrong there has been substantial agreement, practically everywhere and always, with regard to four great virtues.

First of all, men have always and everywhere placed a value on courage. The modes of expression may change, the circumstances which call for courage may change, but it is difficult to conceive a world in which courage would not be required or be valued.

Secondly, there is self-control: that man or woman should not be at the mercy of fluctuating impulses, nor obey entirely the dictation of external circumstances.

Versatility—almost any flavor of flesh, fish, or fowl may be produced in various soy bean products.

Water-soluble vitamin B is present in abundance in bread made with 20% soy bean flour.

Excellent source of vitamin A, and a good source of vitamin B, C, D, and G.

Yield of protein from soy bean is twice as much as average meat, lima beans, navy beans, or walnuts; four times as much as eggs, wheat or cereals, and five times as much as bread.

Ziegelmayer says, "Soya flour contains as much lecithin and phosphorus as wheat germ and egg-yolk."

Thirdly, sincerity: straight dealing between man and man. Not so easy to maintain that this has been recognised always and everywhere as a virtue; the cunning man, the tricky man has been praised among many peoples. But always with reserves and within limits; some measure of straight dealing, of sincerity, has always been recognized as necessary.

And, fourthly, friendliness; at least within one's group. To be loyal and to be neighbourly is one of the oldest virtues, found even among animals.

Courage, self-control, sincerity, friendliness: I suggest these to you as the cardinal virtues indispensable and valued by all men everywhere.

—Dr. H. A. Moss.

TWO WORLDS OR ONE?

The war and its future uncertainties hanging like a dark miasma over our life, has produced one result at least which may lead to much good. People are asking themselves what has gone wrong in our civilization that nations should be lined up to slay one another when they could be helping each other to live a good life. In the attempt to answer this question, much thought is being given to the basic and fundamental problems of man's life and purpose.

Let us begin with the saying of Jesus the Essene, "for the body of man is what he eats and his spirit is that which he thinks." An old saying to which cosmovitalism has given a new understanding.

It is easy for us to understand that we get out of the human organism very much what we put into it. Our practice of diet and exercise shows us in practice that it is so. The higher forms of life are built upon and out of the lower. Those living complexes of matter which are organized in the vegetables, grains, and fruits, carry with them qualities and tendencies which find expression in the human organism when it absorbs them. That is why we are for the selection and use of the best natural foods, and for the rejection of all those materials such as animal flesh which are alien to the human digestive system and which bring into the organism harmful tendencies.

But these qualities and tendencies find expression not only in the physical body, but in the mental life. That which man thinks is conditioned on the one side by the physical conditions and processes taking place within the frontiers of his personal organism, and on the other by the natural, social, and economic conditions surrounding him and making their impression upon his

being. If man's internal personal life is ceaseless war and conflict due to the presence of decaying and toxic matter within him, his thinking will be coloured by it. If man's social and economic life is ceaseless war and conflict due to the presence of harmful social and economic relations, his thinking will be coloured by it.

The harmonizing of diet and personal life by bringing daily practice into accord with the needs of the organism, can bring health and peace to the body of the individual. But the individual remains a fragment of his social milieu. The war is a social phenomenon. No individual created it, but it was created out of the aggregate results of individual activity. What we think in the aggregate is the total of what we think individually. The small personal hates and fears, greeds and evils, are on the individual plane the expression of the same force that on the social scale and in the mass, produce war.

We live in a world which is a unity—there is **ONE** world and not two. Physical and mental are both expressions of the same organism. Individual and social are both aspects of the same human life.

We do not expect our personal difficulties to be cured for us by any other way than by the ordering of our individual conduct in the light of the needs of life: pure food, exercise, work, and love. Our daily cosmovitalist practice is based on that simple truth which each can verify for himself. It is not easy to control our personal life, and much more difficult to control social life. But there the problem stands, for unless we apply to social life the same rules that we know apply to individual life, the social disorder will continue.

Nature will not allow Right to be Conquered

One strong thing I find here below: the just thing, the true thing. My friend, if thou hadst all the artillery of Woolwich trundling at thy back in support of an unjust thing, and infinite bonfires visibly waiting ahead of thee, to blaze centuries long for thy victory on behalf of it, I would advise thee to call Halt, to fling down thy baton, and say, In God's name, No.

For it is the right and noble alone that will have victory in this struggle; the rest is wholly an obstruction. Towards an eternal centre of right and nobleness, and of that only, is all this confusion tending.

In all the battles, if you await the issue, each fighter has prospered according to his

right. His right and his might, at the close of the account, were one and the same. He has fought with all his might, and in exact proportion to all his right he has prevailed. His very death is no victory over him. He dies indeed; but his work lives.

Fight on, thou brave true heart, and falter not, through dark fortune and through bright. The cause thou fightest for, so far as it is true, no farther, yet precisely so far, is very sure of victory. The falsehood alone of it will be conquered, will be abolished, as it ought to be: but the truth of it is part of Nature's own laws, co-operates with the world's eternal tendencies, and cannot be conquered. *Carlyle.*

FOOD AS MEDICINE

The raw material for building health

H. C. MENKEL, M. D.

The continual need for food is self-evident, for without food, life and energy cannot be maintained. The corollary fact, that chronic health defects are due to absence or deficiency of certain food factors, is not so self-evident for the reason that these defects are much slower in developing, and therefore are much more apt to be attributed to other causes than the real one,—something wrong with the daily food.

The widespread prevalence of what are now known to be food-borne maladies, indicates that while there may be an overplus of certain foods, we are still far from the norms of an adequate health-promoting diet. The object of these studies under the general topic, "Food as Medicine," will be to aid in bringing about a health-preserving and health-restoring diet among the readers of this magazine. My appeal to each reader is for an

attempt to reconstruct the existing diet practices by introducing the benefits of scientific research as explained in these studies.

"The living body is a machine in which the bulk of the energy is produced by the combustion of carbohydrate, Glucose. The fundamental carbohydrate is the fuel which enables muscles to do work. In order that energy may be produced from glucose at the comparatively low temperature at which the body is maintained, a series of enzymes is necessary so that the glucose may be smoothly broken down through a gradation of products of simpler and simpler chemical constitution, of which lactic acid is one, until CO₂ and H₂O are finally reached, and all the available chemical energy of the carbohydrate has been given up. Some of the enzymes which enable this biochemical combustion to proceed from one stage to the next, are

produced by the body itself. Certain others of them however, must apparently be supplied almost complete from outside; that is to say, in food. Of these, the substances grouped under the heading of the 'Vitamin B Complex' play an interesting part."

Vitamin B Complex

The above statement regarding the body chemistry, in which part of the B complex is concerned, will give some idea of the research, devoted to finding the purpose of these intricate substances.

Vitamin B, as it was originally called, is now known to be a complex chemical structure composed of some twelve or more vitamin factors all built into this wonderful bit of food chemistry, and all working together to produce what is known as the B effect. Thus far only four of the dozen or more factors have been chemically isolated, synthetically reconstructed, and their effects studied. Knowledge about the others will follow as the research progresses.

The first vitamin B fraction, vitamin B₁, forms the co-enzyme which in certain tissues is necessary to enable glucose combustion to pass the stage of pyruvic acid. The second fraction, lactoflavin, makes up the final enzyme, without which oxygen cannot easily combine with ultimate products of sugar metabolism to form CO₂. And now the third factor, nicotinic acid, is shown also to be concerned. In a sense, therefore, one can read an underlying significance in the fact that the various vitamin B substances composing the complex are found associated in food-stuffs, since three of these at least are concerned in the chain of reactions through which energy is derived from carbohydrate."

B₁ is chemically known as thiamine. As stated above, this factor is necessary for cell respiration and to maintain good working health of the digestive organs themselves. For a healthy body

there must be healthy digestive organs. For this there is required in the daily diet of adults, an optimum of 200 to 400 international units of B₁.

The demonstrated medical uses of this factor are in the treatment of digestive disorders, neuritis, including alcoholic neuritis, and poor blood circulation. The therapeutic miracle performed by this food medicine is in the treatment of beriberi.

B₂, chemically riboflavin, is a yellow green fluorescent pigment, formed primarily in the green leaves of growing plants. The adult daily requirement is expressed as 400 to 1,000 Sherman units.

Riboflavin is required for growth. Shortage of this B₂ factor in the diet of children will retard growth, together with lowered vitality. It is also necessary for normal nutrition and digestion at all ages. Deficiency in the diet frequently results in mental depression. There are certain characteristic changes in the skin and mucous membrane. Cracks appear at angles of mouth and nose, lips become red and denuded, and the skin of hands, chest, and face become red and pigmented. Deficiency of this vitamin may be associated with cataract formation.

Pellagra is the major disease in which B₃ is necessary for prevention and relief. The healthy functioning of the skin, mucous membrane, mind, nerve, and general nutrition, all require this valuable food medicine.

The best food sources are milk, green leafy vegetables, whole grain cereals, soy beans, carrots, cauliflower, oranges, bananas, egg yolk, yeast, and liver.

Nicotinic Acid is the third and more recent recognized factor which has been isolated from the B complex and chemically reconstructed. Evidence indicates that it is a close associate of the previous B₂ factor, riboflavin. Both of these substances are essential and operative in maintaining the nor-

mal healthy function of mind, nerves, skin, and digestive organs. They are also associated together in the same food sources.

The relative medical value of foods

in which nicotinic acid and riboflavin are found have been classified as good, fair, and slight, according to their observed value in relieving the clinical symptoms of deficiency.

Taken from United States of America Public Health Report.

Food	Quantity Used Gms.	Preventive Pellagra Value
Wheat germ (ether extracted)	150	Good
Wheat, whole	400	Slight
Egg, yolk (dried)	100	Fair
Butter	135	Slight
Casein, leached	85	Slight
Milk :		
Buttermilk	1,200	Good
Evaporated (canned) (15cc. per k. gm. of body weight)		Fair
Skim, dried	105	Fair
Fresh (30cc. per k. gm. of body weight)		Fair
Meats and Fish :		
Beef : Corned (canned)	200	Good
Fresh, lean	200	Good
Chicken (canned)	325	Good
Haddock (canned)	340	Fair
Liver (dried)	64	Good
Pork : Shoulder	200	Good
Rabbit	184	Good
Salmon (canned)	168	Good
Vegetables :		
Beans : Green, stringless (canned)	550	Fair
Kidney, red	360	Slight
Soya	360	Fair
Cabbage (green) (canned)	482	Fair
Carrots	450	Slight
Collards (canned)	482	Good
Cowpeas	178	Fair
Kale (canned)	534	Good
Lettuce, cos (canned)	516	Slight
Mustard greens (canned)	533	Fair
Onions, green (canned)	502	Slight
Peas : Green (canned)	450	Good
Green (dried)	360	Fair
Spinach (canned)	482	Fair
Tomato, juice from canned	1,200	Good
Turnip greens (canned)	482	Good
Turnips, rutabaga	453	Slight
Food, miscellaneous :		
Cottonseed meal	200	Slight
Liver extract (Minot's 343) equivalent to 100 gm. of liver...		Fair
Peanut meal	200	Good
Rice polishings	400	Good
Yeast : Bakers', dried	30	Good
Bakers', dried, autoclaved	60	Good
Brewers', dried	30	Good
Yeast vitamin powder	15	Good

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]

Part 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 prospectus.

40%
dis-
count
POST
FREE
For a
Short time

The Chromopathic Institute, Bezwada

Edited by I. V. Patnam, M. Sc., at the A. G. Press, Bezwada, and Published by
Dr. P. Venkatramayya, N. D., D. M. General Secy. I. M. A

SUBSCRIPTION Rs. 1-8-0.

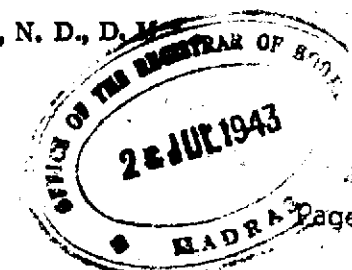


FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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

CONTENTS

Dental Stagnation	...	...	61
Feeding the Sick Child	...	...	63
Important Facts about Teeth	...	...	64
Personal Magnetism	...	...	65
Nutritive Value of Indian Food Stuffs	...	...	68
Health Adjustments	...	...	69
Psoriasis and Skin Complaints	...	...	71



Vol. XIV

BEZWADA (India) June 1943

No. 6

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

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 Gazette of The Indian Naturopathic Association

VOL. XIV

BEZWADA — June, 1943

No. 6

Dental Stagnation

By Prof. JUAN AMON-WILKINS

2 JUL 1943

A great deal has been written about the teeth, but yet there has been over-looked many contributing causes to the decay and degeneracy of the human teeth by our dental researchers.

The American dentists have published more helpful information regarding the care of the teeth and the prevention of caries than any other group of professionals interested in human health. The dietetic researches they have made in relation to the proper nutrition of the teeth is of great interest to the Naturopath, because the very foods which the dentist prescribe as of nutritional value to the teeth and the prevention of caries are the very foods which the Naturopaths teach about as the foods essential to the promotion of the general health of the human body.

The phase of teeth disease that I will consider at this time is dental stagnation, caused by the congestion of the dental canal of the jaw bones. This congestion is caused by waste products in the arteries and veins of the neck, head and especially by the parotid and other salivary glands of the mouth. The enlargement of the parotid glands is especially responsible for dental stagnation, teeth decay and acute dental disease.

There are three pairs of salivary glands located in the integument or musculature of the mouth. One is located inside of each lower jaw under the tongue (the sub-lingual), one below each of the lower jaw bones (the sub-mandibular), and the other pair are the two

parotids. These parotids are the largest of the salivary glands, and while they are located just in front of the lower part of the ear, at the entrance of the dental canal of both the upper and lower jaw bones. Through the entrance of these dental canals pass the arteries, veins and nerves. The arteries carry the blood with building materials and oxygen. Through the veins the blood is brought back from the teeth with wastes and carbon dioxide. The nerves innervate the teeth and keep them alive or sensitive.

In order to maintain the health of the teeth the dental canal should be kept free of congestion. These vessels passing through the canal should be free of congestion. Any congestion of the canal will produce pressure on the vessels and nerves, with consequent lack of nutrition and drainage of the teeth. As stated before, one of the main congestions of the dental canal is the enlargement of the salivary gland, especially the parotid gland.

How Are The Parotid Glands Enlarged?

To learn how the parotid glands are enlarged will help us to know how to avoid their enlargement, and we shall also learn how to reduce enlargement so as to establish free circulation in the dental canals, and consequently the teeth also.

In practically every case of toothache you will find that there is a preceding enlargement of the parotid glands, which can be felt by the touch of the finger. There is a heaviness or sluggishness felt in the

mouth too, (as well as a dullness in the head), because the other two pairs of salivary glands are also enlarged. The prominent enlargement of the parotid glands, and their indurated condition was especially observed in vegetarians. When I first observed this, I was very surprised, because vegetarians eat a great quantity of raw food, so I decided to investigate the reason for this condition among vegetarians.

Since I have been living on the Isle of Pines, I have also observed that in spite of the ideal climate, the ozone-laden air, the abundance of sunshine, the luscious ripe fruit and good drinking water, that the poorer class of natives have very bad teeth, and some of them have no teeth at all, so I set out to investigate, and my findings were the same as those with the vegetarians, — TOO MUCH STARCH.

I asked the natives what they thought was the cause, and they told me that the medicos said the water was bad. Of course such a claim is both unscientific and unsound, since I find that the condition of tooth decay is less among the better class of Cubans, and those whose diets are balanced, there is neither sickness nor tooth decay. I should mention here though that sickness on this island is very rare, and deaths are very seldom. The Americans too, who live on a mixed diet, do not have a great amount of tooth troubles, not so much as the poorer class of Cubans.

In the case of the vegetarians who suffer from tooth troubles, it was observed that they subsisted on a large diet of grains and tubers: Breakfast foods in the morning with honey or brown sugar, with whole-wheat bread, toast or muffins. For luncheon, salad, bread, baked potatoes, etc. And in the evening for dinner, starch of some kind would be included in the meal. When we made an analysis of these starch meals, we found that the diet was completely overbalanced with carbohydrates. That the salivary glands were over-working to manufacture saliva for the conversions of the starches into sugars, that this over-work produced a thickening of density of the tissues of the glands, and subsequent induration. The enlarged glands rested on the vessels entering the dental

canal, blocking the mouth of the dental canal so that there was lack of nutrition and drainage. The teeth became sensitive, and caries increased.

With the poor class of Cuban, the case is the same, except that he eats more tubers instead of grains. In the morning he has a cup of coffee and milk with a piece of bread or cracker for breakfast, (some natives do not have breakfast, and some have only a cup of coffee and milk.) For lunch and dinner they have rice and beans and some tuber. There are three kinds of tubers which comprise the great part of their meals, namely: (1) yucca, a long tuber, whose English name is cassava, and from which starch for putting in clothes is taken. The part above the ground looks like a walking stock. This underground vegetable is very starchy. (2) Malanga, another tuber more like the combination of a turnip and white potato in texture, but has a nutty flavor, has a beautiful green leaf like a water lily; in fact it belongs to the lily family. The tuber is a bulb just like the lily, only much larger. (3) Bonata, (pronounced bonyatah). This is the sweet potato.

During certain times of the year when these tubers are more abundant there is a greater amount of toothache amongst these people.

The correction: The correction of this trouble is the same for both the vegetarian grain-eater as the Cuban tuber-eater. Eliminate the starches and substitute them with more fruits and green vegetables, and use more coconuts and a moderate amount of other nuts. Massaging the parotid glands from the outside of the jaw will help to increase the circulation and promote better drainage and nutrition.

A diet consisting of less cell-building food and more alkaline foods, such as the fruits and leafy vegetables will help the eliminative organs of the body to throw off more waste products so that there will be less cell debris in the blood-stream to clog the vessels of the dental canal and to produce congestion.

Cleaning the teeth: The old saying that a clean tooth never decays is erroneous,

however. This finding is not a good excuse for not cleaning the teeth. Of course among fruitarians the need for cleaning the teeth is not so necessary because the alkaline juices have a tendency to keep the teeth clean. Most tooth pastes and tooth powders are harmful, since they possess potent chemicals and acids which are destructive to the structure of the teeth. "Three shades in three days" with hydrochloric acid should not be very healthful for the teeth. Of course there are other dentrifices that are not harmful to

the teeth, since they contain no potent chemicals. However, here is a good natural, dentrifice that you can prepare in your own home. This formula is not patented: One teaspoonful of table salt, the juice of half of a lemon in two thirds of a glass of water.

A soft tooth brush should be used, not a hard one which cuts the gums and makes the mouth sore. The teeth and gums should be exercised by chewing natural, coarse foods, not by bristles of tooth brushes.

Feeding the Sick Child

MILDRED SUMMERFIELD

The chief secret of success is to take the child's mind off his troubles for the time being. Above all, present his food or drink accompanied with a pleasant or diverting stimulus. Focus his attention on something besides the proffered food. You cannot succeed if you use the same method too many times in succession. You'll have to have quite a bag of tricks. Here are some good ones:

1 Get a large piece of paper. Pin it on the wall or where the child can see it. Every time he takes a spoonful of food, a half or whole glass or cup of milk, draw a picture of it on the paper, or let him draw the picture himself.

2 Use a doll's set of dishes. Have the doll eat with the child, bite for bite. Remember even a doll's teapot holds an ounce or more of fluid, and little ounces add up to big pints.

3 Have a pet animal drink a dish of milk at the child's meal-time (on a newspaper, of course, to save the bedroom rug). Make it an eating duet.

4 Take a piece of chalk and mark the numbers from one to six on a tray. Let the patient spin a top, or, if he is unable to do so, you spin it for him. The number nearest which it stops means he must take that number of spoonfuls of water, fruit juice, soup, custard, or cereal.

5 Children love to drink through straws.

A few annas spent on paper straws may save a doctor's visit.

6 Save a particularly entertaining story or picture-book to accompany the meal. It serves as a diverting smoke-screen to get food or drink into the little stomach in spite of poor appetite.

7 Take a flat pan of water and a toy boat. Load the boat with a cargo of drink or food. Let him pull the boat on a string to his side of the ocean, but with the agreement he eats the entire cargo when it reaches shore.

8 Have surprise pictures cut out and placed under the dishes on his tray. Tell him he may see the surprise when the dish is empty.

9 Put personal dignity aside and bring his tray in on the doll pram or put it on his toy waggon. Keep the atmosphere gay, although you may be much concerned about him.

By giving thought to the subject, you can doubtless invent many other tricks that will work as well as those above described. A little imagination may prevent a lot of hospitalization, and get your child well with a minimum of expense.

Mother can be an ideal nurse for her child if she is willing to devote time and ingenuity to the preparation of foods and the giving of medicines. The child can find adventure even in the sick-room with mother as the nurse.

Important Facts about Teeth

A. A. ROSSITER.

If the national expenditure on defective teeth were totalled it would reveal an enormous figure, and would represent countless hours of time and effort on the part of specialists to help remedy dental conditions from which few people are immune. It brings to mind the lines of the poem, "Is it better to place a fence round the cliff, or an ambulance down in the valley?" That is, should we wait for the teeth to decay, and then repair them and replace them artificially, or should we not live so as to enjoy lifetime service of all bodily faculties, especially as the teeth were designed to perform a function most necessary to life and health?

Sound teeth should not be considered a rarity, despite the fact that the average citizen has at some time or other had to seek dental aid, and that even in childhood, to-day, this regrettable condition has expressed itself in the majority of school children. For science has proven, clearly the cause of premature dental decay, illustrating the possibility of a future generation to which dental decay will not be known. While decayed teeth cannot be rebuilt, certainly they can be improved in health, and protected against further disintegration by adherence to living principles, which also do much toward improving general health.

Causes.

Summarized as follows, the causes of teeth decay are:

1 Soft foods that require little or no mastication. Lack of exercise of the teeth and gums is the first step towards dental decay.

2 Unbalanced foods, lacking the necessary constituents of sound bone structure. Mineral deficiency may be considered a very potent factor in the shortened life of teeth, for the rebuilding process cannot go on without the building material.

3 Devitalizing sugar foods which by creating acidity prevent assimilation of lime

substances necessary to the maintenance of dentine and other parts of the teeth.

4 Wrong eating habits, such as washing of foods down with liquids, which prevents the saliva from functioning normally.

5 Coating of the teeth by toxic substances and gases rising from the stomach resulting from the usage of incorrect food combinations, from gastric fermentation, and acidosis.

6 Lack of hygiene, or neglect to brush and clean the teeth and gums regularly.

Children from infancy, given added sugar with bottle feeding and with fruit juices, are set off in the right direction for teeth decay. Even pre-natally, through poor calcium balance in the parent's system, dental decay can exist as an hereditary factor. The quantities of sweets consumed by school children, sweet cakes and pastry, and chemicalized soft drinks, are a menace to dental as well as bodily health, and would be wisely replaced by fresh and dried fruits which are natural sweets; fruit juices, raw sugar and honey sweets in moderation, and fresh milk. Dentine, the enamel lining the teeth, is the hardest mineral structure in the body, being almost wholly composed of hard mineral matter. For such decay to take place in the early years of life, must give some indication of the changes taking place in other parts of the body, changes which must later give rise to organic disorders involved with ill-health or lowered physical efficiency.

In communities not affected by artificially prepared foods and refined diet accessories, dental disorders are much less prevalent, if not wholly absent. But immediately following the introduction of commercialized and over-refined foods, these conditions arise where they were not known before. Thus we can quite understand the trend of the present-day world towards the selection of a more natural diet in the hope of overcoming the effects of unbalanced eating and living habits

(Continued on page 69)

Personal Magnetism

By ARTHUR VOS, M. D.

It is indeed difficult to say what is really meant by personal magnetism. Some say it is the power to excite the feelings in another person and to gain his admiration and affections. Others say it is that quality of personality which makes men and women attractive and brings success, prosperity and happiness to them. Both definitions are good ones and either may be accepted as a working basis.

When Henry Ward Beecher said, "There are persons so radiant, so genial, so kind, so pleasure-bearing, that you instinctively feel in their presence that they do you good" he gave a description of what is meant by personal magnetism.

Horace Hitchcock tells of an incident in the life of Napoleon which is a paramount example of personal magnetism. He says that when Napoleon's soldiers were being stricken with the plague in his Eastern campaign, and when men were lying on cots all around the camp while others were stretched on the ground in open places; when great fear pervaded the entire camp, Napoleon, despite the urgent protests of his counsellors, went down among the sick, in the very face of contagion itself, to administer to their wants and to encourage and to cheer them up as best he could. It is said that the influence of his magnetic personality had much to do in stamping out the plague, for, from the hour in which he went among his plague-stricken men conditions grew better and the plague was soon stamped out. It is said that Napoleon's presence in an army was equivalent to fifty thousand men. His very presence acted like magic upon his soldiers and stimulated them to activity and to deeds of valor, making heroes out of cowards. The very rumor that he was himself leading his men made them fight like demons. This is an example of the might of personal magnetism.

It was personal magnetism through which Demosthenes swayed the Grecian audiences; Cicero the Latins; Burke, Pitt, Walpole, Beaconsfield, and Gladstone the English; Bismarck the Germans; Clay, Webster, Calhoun, Beecher, Phillips and a host of others the Americans. But it is not

in statesmen or orators alone in whom we need to hope to see the best examples of personal magnetism. All good men and women who have ever influenced the lives of those about them were possessed of this power. Nature seems to have endowed them with those necessary qualities of mind and body from which such influences arise. We all know people in whose presence we experience a sense of calmness, of peace, of harmony and of well-being. We cannot help but feel the benign influence of these beautiful, poised, radiant and self-controlled individuals influencing us. In fact, everyone who comes into contact with them is enriched, as it were, by the grace and charm of their personality. Now, if any of you have failed to develop such a personal influence at least in some degree; if you have failed to make people feel the good influence and the fragrance of a beautiful character radiating from you, then you have failed to elevate your lives to the level of your highest possibility of expression. It does not matter how much you may have accomplished in a business or in a professional way, or how much money you may have succeeded in piling up during the many years of a long life, you have not been a success in the fullest sense of the word if you have not succeeded in balancing your life and in making it a masterpiece.

Phillips Brooks says: "We owe the most to the lives, like the stars, that simply pour down on us the calm light of their bright and faithful being, up to which we look, and out of which we gather the deepest calm and courage. If we can do anything for our fellow men, it is good to know we can be something for them; to know that no man or woman of the humblest sort can really be strong, kind, pure, and good without the world being better for it, without somebody being helped and comforted by the very existence of that goodness."

According to Phillips Brooks, therefore, true personal magnetism must be that quality of character found in all men, though in some to a greater extent than in others—by which they become attractive, successful, prosperous and happy.

If we inquire and examine into the lives of those men who have had the greatest influence on the communities and on the ages in which they lived, we will find that their chief characteristics were almost as much physical as mental. It is indeed true that no true and powerful personal magnetism can exist without such qualities of mind as will-power, self-control, enthusiasm, self-confidence, self-respect, sincerity, honesty, uprightness, modesty, good-naturedness, sympathy, cheerfulness and appreciation; but it is equally true that no matter how much such mental qualities may be potentially present in any man's make-up, without the physical basis of sound and robust and vigorous health, such virtues will fail to manifest themselves. If you wish to prosper and be happy, you must first see to it that you are physically fit, for physical fitness is the foundation of all true efficiency and success. If you wish to win out in life you must be able to summon all the physical power you can, and thus be prepared to meet every contest that may come your way. To expect to succeed in any way without developing personal magnetism, without putting yourself in the very best of condition—in the pink of health, so to speak—is to invite failure before you begin to carry out your plans and to work at your tasks.

Personal magnetism, as we said, is almost as much a physical as it is a mental condition and radiation. There is no way in which we can develop personal magnetism except by improving and taking care of the health of the body. In fact, no matter what fine qualities of mind a man may possess, if his body is weak and his constitution in an enervated condition, he will have very little personal magnetism to influence those about him. Health means power of will, self-control, self-confidence and self-respect. Health gives hope, enthusiasm, dignity and firmness. Health increases sincerity, honesty and courage. Health makes one feel good, for you cannot be agreeable to others, you cannot be courteous, good-natured, considerate, cheerful and sympathetic if you are feeling badly or if you are in pain, or in suffering or if you are depleted and devitalized. No matter how highly cultivated a person may be, if he does not radiate vigorous health and vital energy he has nothing to give out, and he will have little attraction for others. It

is indeed true that there have been many men who have done wonders in their time and who have had great power in influencing their contemporaries in spite of physical weakness and body frailties, but such men are the exception rather than the rule. Such were, for instance, Alexander Pope, Julius Caesar, Herbert Spencer, Thomas Carlyle, Pascal, and Lord Nelson, whose indomitable determinations resisted every infirmity and overcame every obstacle—even sickness itself. Notwithstanding such exceptions it is the pulse of health, the abundance of energy, the overflowing vitality that enhances and magnifies the fine qualities of mind and character that we look for in those of high, superb and magnetic personalities.

Benjamin Franklin once said that "nine men out of ten are suicides." When we take a survey of human kind it seems to us as though every one is cutting off many years of his possible lifetime by his unhealthy and unhygienic ways of living and his seeming disregard of all of the laws of health. Business and professional men are no exception, and it is surprising to see how ignorant so many otherwise intelligent people are about the simplest questions of health and body building. I think it is safe to say that not one in ten thousand people is in a safe and healthy condition. Those who have been fortunate enough in refreshing and renewing their bodies by play, exercise and the admixture of good cheer and lots of fun, are either underfed or overfed, or they have not supplied their bodies with the right kind of food and fuel to keep them running smoothly. Witness the sudden death of Walter Camp—he of universal athletic fame. Such sudden deaths in men who have made it a life study to maintain health through calisthenics are not only unnatural but entirely unnecessary. What was required in Mr. Camp's case, long before he succumbed so suddenly was a thorough knowledge and a wholesome practice of right eating habits. We grant that physical exercise is half the battle in the attainment of health, but if the digestive organs are abused by being fed on all sorts of foods which are chemically and physiologically antagonistic and incompatible, the whole organism must sooner or later suffer from it and finally undergo degeneration and decay. Much could be said on this subject,

but in view of the fact that we are now treating of personal magnetism we are satisfied in pointing out the fact that without robust physical health it is impossible to create, to capitalize and to radiate a high degree of personal magnetism.

Notwithstanding the fact that it requires a high degree of robust health to fully manifest those admirable qualities of disposition and character which we classify under the term personal magnetism, the state of the mind, the outlook on life and the attitude towards men and women in general plays an equal if not a greater part in the exhibition of personal magnetism than robust health. We have noticed this also when speaking of Pope, Julius Caesar, Herbert Spencer, Carlyle and others; but in the main and as a general rule the man who makes good must have had good health. The old Roman idea, "*mens sana in corpore sano*"—that is, a sound mind in a sound body, epitomizes the highest physical and mental possibility necessary for expressing a high state of personal magnetism. In such instances the exceptions prove the rule that there is something in a man which does not inhere in his flesh, which is not in his brain, not in his body; something which eludes the biographer and evades the camera, something we feel, something which radiates from his presence, a real vital force, as mysterious to present-day science as electricity and as difficult to understand. We call it a man's personal magnetism, a term used to describe a certain indefinite though perceptible influence extending beyond his physical body and being really independent of this, though necessarily manifesting through it.

Now, as a matter of fact every living man and woman is possessed of the personal magnetism that we speak of, though in some it is much more pronounced and extended than in others. William Dean Howells said of Longfellow, "He never came but he left our house more luminous for his having been there." This was also possibly the case with Beecher, Brooks, Webster, Lincoln, Garrison, Goethe, and a host of others. "What a gift it is," said Henry Ward Beecher "to make all men better and happier without knowing it. These roses and carnations have made me happy for a day. Yet they stand huddled together in my pitcher, without seeming to know my

thoughts of them, or the gracious work they are doing. And how much more is it to have a disposition that carries with it involuntary sweetness, calmness, courage, hope, and happiness. Yet this is the portion of good nature in a large-minded, strong natured man. When it has made him happy, it has scarcely begun its office. God sends a natural heart-singer, a man whose nature is large and luminous, and who, by his very carriage and spontaneous actions, calms, cheers, and helps his fellows. God bless him, for he blesses everybody!" Here we have the sum and substance—the very essence of personal magnetism in a nutshell, to-wit, "good nature in a large-minded, strong-natured man." Note well also that an "involuntary sweetness, calmness, courage, hope and happiness" are the fundamental qualities constituting that indescribable something we call personal magnetism.

And how, may we ask are we to attain to those qualities of mind which make for a strong, magnetic character? My answer is that if you wish to radiate those desirable qualities of kindness and goodwill, which are the essential characteristics of all good men and women, you must begin to practice them, to generate them from within. No other way is possible. It is indeed true that it is of the highest importance for you to learn to control the physical body for the higher work which lies before you; but it is of still greater importance for you to create your own values, enriching and ennobling yourselves according to your own interior wealth and nobility. Seeing that that which is always modeled to that which is within, how important it is to develop that power which will bring about the redemption of the world by changing conditions and circumstances within! And so we say, cleanse your hearts and make room for the development of the power of kindness of sympathy and of love that it may cleanse and purify your thoughts. Make room for goodwill and do not prolong the time by having war and hatred in your hearts, for every kind thought, every love thought, kills a hate thought. Kindness and love are the weapons that win. Get the idea and keep it well in mind that no animal or plant really evolves at the expense of another, no nation arises at the expense of another. Each move upward must be for the good of all.

Nutritive Value of Indian Food Stuffs

VALUABLE BROCHURE

By The A. I. V. I. A.

(By R. Visweswar Rao, M. A., B. T.)

The strenuous times through which India with the rest of the world is passing, emphasise the need for discrimination in our selection of food articles. The public may perhaps be aware that nearly a year ago, the All-India Village Industries Association brought out a brochure entitled *Table of Indian Food Values and Vitamins*. The book was well received by the press and the public, which indicates the widespread interest in the programme of the Association for the improvement of the diet of peoples has aroused.

The revised edition will be ready shortly. The first chapter is devoted to an examination of the nutritive value of Indian articles of food.

An illustration of a well-balanced diet is given below:

Article	Weight
Rice	... 10 oz.
Millet	... 5 "
Milk	... 8 "
Pulses	... 3 "
Non-leafy vegetables	... 6 "
Green leafy vegetables	... 4 "
Fats and oils	... 2 "
Fruits	... 2 "

It may be noted that women, during the latter months of pregnancy, require more calcium protein, fat, calcium, etc.

Food factors at a glance in tabular form under the heads food factor, special action, distribution in nature and remarks are given. This table is so arranged that one can know his deficiencies and find out what he must take.

A separate section is devoted to vitamins—their properties, special action, ill-effects of the deficiency of properties, and distribution in nature.

Till now, we were under the impression that we did not have indigenous invalid foods. With the exigencies created by the war, we are forced to depend upon ourselves since we are unable to get foreign supplies. For a long

time, physicians acquainted with indigenous and western systems of medicine, have been crying hoarse that we have indigenous invalid foods. Dr. A. Lakshmipathi has given a short note on this subject and allots the foremost place to buttermilk.

Dealing with this, he says: "This is made sweet or sour, thick or thin by churning and adding four times the quantity of water. Butter may or may not be removed. It gives nutrition and is easily digestible. If it is sour, it is better since it has germicidal properties. Salt or lemon juice may be added to it. It may also be seasoned." He says that buttermilk may be given even to typhoid patients.

He also deals with milk, barley, whey, fried rice, papads, vadams and fruit juice. According to him, it is better to dilute fruit juice with 3 or 4 times the quantity of water. Referring to glucose, he says that it is an artificially made grape sugar prepared from any carbo-hydrate. Even saw-dust is used for the purpose. Glucose is prepared in the Sevagram Ashram by adding lemon juice to a solution of cane sugar and boiling it till it is reduced to glucose.

One way of improving the quality of our food is to malt the grains. The grains are soaked in water for 12 to 24 hours; the water is strained, and the wet seeds are allowed to germinate or sprout for a day or two under a wet cloth. After a little drying, the sprouted grains are ready for use. It may be noted that during the process of germination, striking changes take place in the food substances of the grains. Till now, nutrition experts have spoken of malts mostly in connection with cereals and from the point of view of invalid foods. But, in India, many of the cereals can be malted with advantage. Till the present war, we used to import malts worth Rs. 77,00,000 and this drain can easily be stopped. According to Sir Robert McCarrison, sprouting of grains is the best way of obtaining vitamin C when green vegetables and fruits are scarce.

(Continued from 64)

which have proved far too expensive both to health and pocket.

foods which in the past have been the bane of sound health conditions.

Sounder Foods.

That the public's desire for sounder foods is increasing is undoubtedly proven by the establishment of health food stores everywhere, of window displays, of fruit juice bars, of eating houses favouring food reform principles. Eminent authorities agree that a dietary consisting of at least four-fifths unspoiled natural foods is essential to a healthy make-up, while the remaining fifth part should be of conservatively prepared and wisely chosen food materials. No part is offered to the over-refined and preservative

While dental and medical authorities everywhere advocate the increased use of fresh fruits and vegetables as a dietary means of overcoming dental troubles, I shall add a list of foods which are especially favourable towards sounder teeth, as follows:

Ground wholewheat and fresh raw milk; Undiluted orange juice, apples, grape-fruit, limes, grapes, and raisins; Celery, leeks, tomatoes, raw cabbage heart, carrots, and sweetcorn; Fresh mild cheese, almonds and walnuts; Dates and most dried fruits.

Health Adjustments

The Eliminating Diet

"I am employed in a factory and live a long way from my work, which makes it necessary for me to leave home very early and return late. I want to take the Eliminating Diet now, but would like your advice how to carry it out."

Health (N. S. W.).

Frankly, we do not think it wise to try and carry out the Eliminating Diet while doing hard daily work such as yours. The strain will be too much, for to get the best results from this diet one should be able to rest more than usual. Your best plan is to have a series of week-end fruit and vegetable days, as set out in the new edition of *Radiant "Health Cocktails"*, price 7d., posted from this office. The plan given there has been found most helpful, and as it does not cause any strain on the system, can be recommended to everyone wanting to improve their general health this summer.

Swollen Feet.

"I have been on the Eliminating Diet, and got on splendidly till the end of the week, when my feet swelled, and have been so painful I cannot walk. What is the matter?"

Worried (South Australia).

The trouble with your feet is not anything specifically the matter with them, but that because of poor circulation the toxic matter in your system has collected in your feet, instead of being eliminated. Bathe them in hot water and epsom salts at night, and take a few days' rest from the shop in order to keep your feet up, and so help the blood to flow back to the heart. Take Alfaline tablets, and drink freely of Alfaline tea to neutralize the toxic matter. Enemas every morning will remove the accumulated waste. Keep to the fruit and vegetable diet for another week to complete the cure.

Eating between Meals

"My children come home from school asking for something to eat, but I have made a rule that there is to be no eating between meals. Is that all right?"

Mother (Western Australia).

Most healthy children want something to eat when they come home from school, and home-made wholemeal biscuits or cakes will be all right, provided there is more than an hour before the evening meal. Do not be too rigid with rules, or they will probably go to a neighbour's home and eat anything offered them.

A rule for small Ailments

"I have a swelling behind one ear, but it is not painful. What could I do for it?"

A. L. K. (New South Wales).

There is one rule that applies to all ailments, which if made a life-time habit would save much sickness. This is when out of sorts to stop eating for at least 24 hours, drinking plenty of lemon juice and water; take a herbal aperient at night, and for the two following days keep to fruit and fruit juices only, or if fruit is not to be had, use the Tonic Vegetable Broth in "Glorious Radiant Health", and keep to salads and steamed vegetables, omitting all starches, sugars, fats, and proteins. If any trouble does not clear up after this, then see a local naturopath.

Worms

"Can you tell me how to get rid of worms; what causes them; are they dangerous to life?"

M. D. (South Australia).

Worms come from many causes. Occasionally in adults from salad vegetables that have not been properly washed; in children from playing in the dirt outside. Contrary to the general belief, they do not thrive on vegetable matter in the intestines, but on the residue of meat, starches, sweets, and fats. A perfectly clean intestinal tract will not harbour worms, even if some should get into the body. They are unpleasant, tiresome, and annoying, but not dangerous unless they are causing diarrhoea, or convulsions, as they sometimes do in children. The best treatment is a fast, and then a fruit diet. An enema of a teaspoon of common salt to a pint of water will wash out the bowels to begin with, then a few days on fruit only. If fresh pineapples are to be had, they are the best to use. Carrots and carrot juice come next, and then any fresh fruit except bananas. From five to seven days on fruit and salads should be enough. Adults should have a daily enema of a pint of water and blood heat to which a few drops of turpentine have been added.

Bread

"How much bread should an adult eat daily?"

A. S. (Queensland).

All bread is a heavy carbohydrate, and requires plenty of oxygen and deep breathing to be properly assimilated. Out-door workers can use more bread than indoor shop, factory, and office workers. An adult over 40 requires very little bread, not more than two slices per day, eaten with plenty of raw vegetable salads. Indoor workers will find their health improve if they get their carbohydrates from dried fruits, honey, and fresh fruits and vegetables, including potatoes cooked in their skins. Over-eating of starches, especially when washed down with tea or coffee, is one of the chief causes of tiredness, sleepiness, and mental dullness. Bread cut into thin slices and dried in a slow oven to a light brown colour, is the best form to use if there is no chance to get other things.

A worth-while Hint

There is no better way of overcoming sun-burn on the face, neck, hands, or anywhere, then by dabbing the skin with the cut surface of a raw tomato. Do not use water on sun burns, as it always makes them worse. Tomato juice cools and softens the skin, and except in very severe cases will take out the redness and soreness more quickly than anything else. Also the face will not peel.

Another Hint

The too frequent use of iced drinks and sweets is a prolific cause of summer diarrhoea, indigestion, and colds, particularly when iced sweets follow a hot meal. An occasional ice cream is permissible between meals, but those who value their health will not indulge in iced drinks at all hours. Ice is cold, but lemons are cooling because they keep the blood alkaline.

To save the Babies

When babies get summer diarrhoea do not give milk in any form. A dose of castor oil to clear the intestines, and then cool boiled water and raw grated apple only, a teaspoonful at a time. Peel the apple, and grate it as wanted. Give nothing else until danger is over.

Psoriasis and Skin Complaints

A. A. ROSSITER.

Ointments.

Psoriasis commences with small pin-head eruptions on the skin surface which gradually enlarge and manifest into irregular-shaped patches of dry, scaly skin, with a border of super-imposed tissue having an angry reddish appearance. It may occur on any part or all over the body, particularly the back and shoulders, or chest. It is more pronounced during the colder months of the year, and is accompanied by itching, particularly with the presence of heavy bed clothing.

The appearance of psoriasis suggests that the skin has become affected during its normal operations of throwing off quantities of protein ash, fatty acids, and wasted chemical matter, the end-products of the digestion of starches, sugars, and fats in excess of that which the body is capable of using. This is probably due to the increased consumption of concentrated foods during the winter months, when there is slower surface circulation and lesser skin activity, and is accentuated by the use of heavier clothing which prevents the natural radiation of heat and moisture through the skin pores.

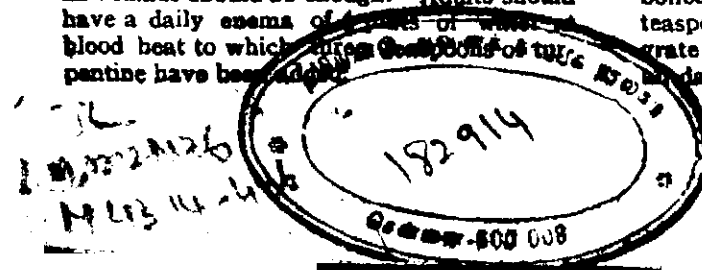
As in most skin complaints, psoriasis is the result of an overflow of toxic substances from inter-related drainage channels, the skin, kidneys, and intestines being the principal ones. But primarily it is due to the excessive use of certain types of foods for which the body has little use. All refined and concentrated foods come into this category, particularly fatty or oily foods (derived from animal flesh or animal produce), refined starches and sugars (all refined flour and sugar products), and proteins (animal flesh, eggs, and excess of vegetable proteins). It is to the liver that the main responsibility of handling these food elements is entrusted, and in all cases of psoriasis liver disturbances exist according to the severity of the condition. Thus an adjustment in the food intake must come about to ensure more normal conditions in the bile channels, through which blood alkalinity, activity of kidneys and skin benefit.

Ointments applied to the surface have no effect whatsoever beyond obtaining temporary relief, and this is often doubtful, for as the patches are apparently subdued and a cleaner surface appears, so do the new pin-head eruptions which characterize a renewed attack of psoriasis, thus showing that outward medicaments are futile against the disturbing elements at work within the body, of which the symptoms of psoriasis are but an evidence. Psoriasis is a condition that will not remove quickly, for it represents conditions that have existed for some time prior to the appearance of the complaint, and the body must undergo a curative period during which the vital functions may improve, and stored up toxic matter be drained from the system.

Health Adjustments.

Restored skin health may be happily attained by any person who will conscientiously obey corrective health principles, which include regulated dietary, internal hygiene, moderate exercise, and the retraining of the body by general health principles to sounder functioning. Most people to-day know that unde-natured foods are beneficial to health, but few realize how important and how effective a properly administered dietary system is, especially with complaints of the skin and psoriasis.

The main point to be stressed in the matter of dietary is to avoid refined sugars, sweets, and flour products, while even rich natural foods as dried fruits, honey, raw sugar, and wholemeal products should be used sparingly, or omitted until the complaint is well under control. This also applies to flesh foods and animal fats, while dairy products also create a great deal of acid residue, and should be used in extreme moderation. Therefore, omit from the table refined bread and cakes, pastry, fries, condiments, animal flesh, sweets, and sugary dishes, and limit



the use of concentrated natural foods and dairy products.

Dietary.

The morning meal may well consist solely of fresh sun-ripened fruit in season, with few raisins, almonds to follow, or crisp unsweetened rye or wheat biscuits lightly buttered. The mid-day meal may consist of salad vegetables in abundance, including raw beet, carrot and white turnips grated, even chopped horse-radish leaf, spinach, watercress, nasturtium, and mint leaves should not be overlooked in the selection of curative foods. Cooked soy beans or a cold diced vegetable may combine with this meal. The evening meal may consist of a selection of vegetables, including potatoes steamed or dry-backed in their skins, also a tonic vegetable broth may precede this meal if a plain dessert is not preferred. Extracted fruit and vegetable juices, bran water, barley water, vegetable liquids, including celery, parsley, or potato broth, are known to be of benefit to the skin and kidneys. Liquids should be taken freely, but only between meals.

Skin Complaints.

Generally speaking, skin complaints, including eczema of all kinds, dandruff, closed pores and blackheads, pustules and boils, are the result of the outward passage of toxic matter from internal drainage centres which have become over-burdened principally through incorrect eating, and will respond within a reasonable period of time by diligent efforts to adjust dietary and living habits to a sound, natural basis.

The primary causes of skin complaints are: (a) Unsuitable dietary. (b) Poor drainage. (c) overclothing or poor hygiene. The secondary causes are: (a) Development of organic weaknesses. (b) Adolescent changes. (c) Nervous disturbances. (d) Vocation or working conditions.

The greatest obstacle to overcome is the traditional belief that skin troubles are the

result of infection of outward origin, the belief which allows those afflicted to work blindfoldedly and helplessly against the real causes. Surface irritations become a matter for consideration only after the internal disturbances are corrected. The health of the skin or integument is wholly reliant upon the conditions beneath, operating through the circulatory, digestive, and drainage processes for the maintenance of uninterrupted life force and health throughout the body.

Modern deep-ray treatments create more chronic skin complaints than they apparently "cure", for as a result the treated skin area is subdued to a lifeless condition, toughened and aged prematurely in many cases. Its greatest fault is that it has failed to regard the true cause, which it is incapable of influencing in any way.

Increased Surface Circulation.

Cold friction rubbing is an effective method of increasing skin activity, except in advanced complaints. This is done by rubbing the body vigorously from head to foot with a towel wrung out in cold water, followed up by a coarse dry towel, rubbing until a skin glow is produced. This is a quick and helpful method of increasing skin activity in all seasons, and is best done on rising, followed by a few minutes exercise, stretching the skin, and to loosen the trunk, the joints, and promote circulation to the extremities. Diaphragm expansion through deep breathing may assist the movement of the blood through vital internal centres.

The overcoming of more advanced skin complaints is not always an easy matter, and requires constant perseverance. In obstinate cases the aid of a practitioner of natural methods should be sought, should obscure faults exist. No disease, however, will show willingness to remove itself until its source of supply is interrupted and sounder living habits instituted.

The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR

HEALTH PROPAGANDA

Its objects are:

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

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

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

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

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

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

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

In particular,

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

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

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

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

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

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

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 by I. V. Ratnam, M. Sc., at the A. G. Press, Bezwada, and Published by
Dr. P. Venkayamaya, N. D., D. M. General Secy. I. N. A