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tion, regardless of whether it really serves to restore tired nerves and recreate broken-down cells and tissues. Some are inclined to look upon their work as drudgery, and not as a source of satisfaction in a task well performed or something created. There are always some disagreeable things to meet. Everything cannot always be to our liking. Life would become monotonous if it were all roses without some of the thorns to provide a contrast. These experiences also serve as an aid in character building.

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But the reader may raise the question, What does drudgery have to do with the topic under consideration? We grant that ordinarily we think of drudgery as the very opposite of relaxation, but at the same time our reaction to those experiences in life which we think of as drudgery has a close relation to our need for relaxation.

However, there is a difference between work and drudgery. We must not allow our daily task to become drudgery, for this takes away the recreative effect of our work upon the body. Dr. Richard Cabot, in his book entitled, "What Men Live By," makes the following distinction drudgery and work: "Work is doing what you do not now enjoy for the sake of the future which you clearly see and desire. Drudgery is doing under strain what you do not now enjoy and for another end that you cannot now appreciate. We do our work happily because the future is alive in the present. Our work then becomes the fruitage of satisfaction to come."

Our work may be like a plunge into a cold bath. We are willing to endure the sensation of the cold, not because it is altogether pleasant at the time, but because it is mingled with an awareness of the pleasant sensation that follows. We will enjoy our work if we are doing work that we are created to perform, and thus our task itself will furnish a certain amount of recreation by means of that mental satisfaction of having accomplished something worth while.

Has your work which you have previously always enjoyed now become drudgery? If so, it probably means that you are drawing

too heavily upon your reserves, and that nature is endeavouring to impress you with the fact that you need the rest and relaxation afforded by a diversion or a vacation.

Who is not impressed with the power and activity of a dynamo? Note how silently and smoothly the well-cared-for dynamo does its work. Also how it seems fairly to throb with enjoyment in its work. But for it to accomplish its work, and for its usefulness to be prolonged, each part must be efficiently cared for. We should adjust ourselves to our tasks in such a way as to create the minimum amount of wear and tear and thus prolong our usefulness and efficiency. We repeat: If we are really being what we were created to be we will enjoy our work. The more nearly we co-operate with nature's laws, the more joy we will get out of our life's work. This will be our lot if, along with other essentials, we give our body the proper kind of relaxation and recreation.

The kind and degree of relaxation and recreation are determined by our individual view of life, or the way in which we relate ourselves to our work and to the various problems of life. The man who carries his load easily and leaves his cares behind when he comes home will require less time for so-called vacations than the man who never drops his worries and his cares. The right kind of perspective in life and a creative vision that materializes, builds for health as well as for success. Someone has well said, "A task without a vision is drudgery, a vision without a task is a dream, but a task with a vision is the hope of the world." Serenity of mind and confidence in one's ability contribute much to health and happiness as well as to success in life.

There is an element of relaxation and recreation in the feeling that we are adequate for our task. With such a feeling of confidence—if we are not worried and are physically fit—we can enter upon our work with a sense of exhilaration. Here is one of the secrets of life. Knowing that our strength is adequate, we can take up the hard task and carry a heavy load with less wear and tear and constant need for relaxation than if we had a complex of inferiority for our task.

The physician does his work under intense mental and physical strain, but he works on, inspired by the inward satisfaction that he is doing it for the life and happiness of his patient. After his work is completed, he may obtain the needed relaxation by exercise such as work in the garden or a game of tennis. This diversion brings both relaxation and satisfaction, and resulting recreation. Another doing the same work may restore his depleted energies by complete rest.

As has been alluded to above, if we are doing what we are created to do, adjusting ourselves to our work, occupation, or calling in the normal way, the question of relaxation and recreation will be solved in a normal way. The normal fatigue incident to daily life will be taken care of by normal sleep. Relaxation will be cared for by periods of diversion from routine work. Regularity of the daily program is vitally essential to all of these. Unfortunately, too few of us are so situated as to be able to adjust ourselves and to regulate our program so that we can lead a normal life. Our surroundings do not always contribute to such a program. The fact that our associates in business life, and even all members of our family, have not disciplined themselves to conform to the normal program of life, often interferes with our doing the best that we know. Consequently, we must do the next best thing, adjust ourselves to conditions as we find them in life, but at the same time endeavour in every way possible to live in harmony with the laws of nature.

Notice the difference in the manner of two persons driving their motor cars. One sits with his muscles on a tension and grips the steering wheel with a firm grip, while the second driver sits back, relaxed in body and mind, with his hands lightly upon the steering wheel, yet alert for emergencies. The first man is using up more nerve energy than the second, but is in no sense any better prepared to act in an emergency; in fact, he is not as well prepared.

Again the scribbings on the walls of the average public telephone booth are the product of an overwrought nervous system of the per-

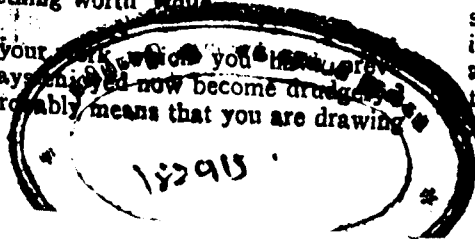
son who has not succeeded in learning the art of relaxation when he has the opportunity for a few moments of diversion. In this frenzied world most of us need some kind of vent to enable us to relieve tension in order to maintain a normal balance. Even the most vigorous need such a means, in order to provide for the relief of the tension characteristic of the modern way of life. Here a useful hobby serves best, especially if this hobby is creative.

Fortunate is the one who finds this relaxation in his garden, be it for flowers for enjoyment or for vegetables for food. Others may find this relaxation in a bit of constructive carpentry. At the same time there are many other useful hobbies, such as colour photography, the study of rocks, and related nature projects. Others resort to golf or tennis or less strenuous games, but these do not furnish the same wholesome recreation as does something more constructive. For the one whose work affords physical exercise, the reading wholesome literature furnishes relaxation and recreation.

x x x

In these days fraught with keen competition and bitter disappointment, many seek to obtain relaxation and to draw their worries and cares by the use of tobacco and alcohol. The smoker thinks he obtains relaxation from his cigarette, cigar, or pipe, but he is deceiving himself. The activities connected with smoking may provide a certain amount of diversion to distract the mind from some difficult problem or worry for the time being, but smoking is in no sense of value in effecting physiological relaxation, but, on the contrary, it increases the blood pressure and the heart load. As Dr. Raymond Pearl has so well shown, "smoking tends to lessen the span of human life". If smoking brings real relaxation, why does the smoker reach for another smoke so soon after the previous one? It is to relieve the depression which always follows the seeming stimulating effect of tobacco.

During the process of normal life, sugar is stored up in the muscles and liver, to be dealt out to the blood stream to supply the body needs for energy. Under normal con-



ditions this is regulated by supply and demand and is adjusted to meet the body needs. Smoking causes an increase in the amount of sugar in the blood. This increase in blood sugar is evidently a call on the part of the body for assistance in its fight against the toxins due to smoking, but not to meet the normal demand for the energy needed for work. This result of smoking draws on the supply of sugar in the muscles and liver, and represents a loss of potential body energy. It is obvious that repeated smoking increases the depletion, and thus instead of bringing about relaxation and recreation, it really increase fatigue.

Alcohol is another deceiver. It has been said truly, that the escape mechanism is in its heyday. And why? The answer can be seen all about us. The causes of nerve tension are rampant as never before, and many are planning or seeking to find a way out by means of human "inventions," many of which are health destroying. Because of his lack of acquaintance with God and lack of a knowledge of the laws which govern his being, man is at a loss to know how to adjust himself to the rapidly changing events of this world and the worries and cares of life in the struggle for an existence. In his weakness he attempts to escape reality by the use of alcohol. Alcohol is classed by scientists as a narcotic, and as such always acts to deceive,

"I USED TO KILL BIRDS"

I used to kill birds in my boy-hood,
But one clear day in the springtime,
I spied a brown bird in a tree,
I fired and my aim was too true,
For a moment the little thing fluttered,
Then off to the bushes it flew.
I followed it quickly and softly,
And there to my sorrow I found
Right close to its nest full of young ones,
The little bird dead on the ground.
Poor birdies! For food they were calling,

(Our Dumb Animals Boston Sept. '34.)

MY RELIGION

Give me the Gospel of the fields and woods—
The sermon written in the book of books—
The sweet communion of the things of earth
Fresh with the warm baptism of the sun.
Give me the offertory of bud and bloom

The perfect carolling of happy birds.
Give me the creed of one of Nature's fair days
Wrought in the beauty of its loveliness;
And then the benediction of the stars,
The eloquent ministers of the night.

but never does it serve as a means of relaxation and recreation.

Many seek relaxation or recreation as a means of self-gratification and pleasure, and not for what it should be, a means of restoring and recreating the body. This class turn to activities that do not afford real relaxation or recreation, but, on the contrary, cause greater fatigue body.

If we were all being what we were truly created to be, and getting "our happiness out of our work," there would be less need for vacation periods. By this we do not mean to imply that it is not best to take vacations, for it is true that we all need a change from time to time, but that change should be sought in something profitable. The man who is doing physical work will find change and diversion in the reading and studying of good books and other wholesome literature. The man who is doing mental work should, according to the laws of nature, seek relaxation and recreation by physical exercise in the garden, by the study of flowers and birds, in field and forest. All these things will call his attention to the Creator. Many today are allowing competition and the desire for selfish gain to deprive them of the joys of living, and to give them tense nerves instead.

HEART DISEASE

BY BENEDICT LUST, M. D.

Because the heart is required to compensate more or less for circulatory disturbances affecting other parts of the body and bears the brunt of the reactions that the organism is subject to, it is liable to many and various disorders.

Where there is considerable systematic encumbrance or mechanical obstruction to the circulation, as in congestion of the liver for instance, the heart has to work harder to overcome these conditions and at the same time has to be satisfied with the quantity and quality of blood furnished for its own nutrition. Nature has, therefore, fitted this organ whose activity means life and whose ceasing to function means death with a far reaching capacity to adapt itself to most any condition. Many diseases listed under the head of chronic heart disease, represent merely a life preserving adaption of the form and action of the heart to abnormal claims.

The heart can not forever meet all the demands made upon it by the violation of natural law and the habits of modern life and when its compensation begins to fail some form of "heart disease" becomes noticeable. Many of these conditions are easily recognized by the layman while others are only revealed on post-mortem examination.

Cause and effect are often confounded and the heart is very often blamed and treated for disorder when in reality it is only manifesting signs of fatigue from overwork imposed upon it by disorder in other parts of the body. The heart is never primarily disordered

even in so called hereditary heart disease.

There are several classifications of heart disease which can be brought under two heads:

(a) Functional disorders including acute inflammatory conditions and nervous disturbances.

(b) Structural changes including sclerosis of the coronary arteries, valvular obstruction and insufficiency, hypertrophy, dilation, angina pectoris, etc.

Congestion of the liver, constipation, dyspepsia, Bright's disease, arterio sclerosis, anaemia, nervous debility, chlorosis, disorders of the generative and endocrine glands have heart symptoms all associated with them.

Treatment

When heart symptoms appear it is an indication that the heart needs rest until the cause can be corrected. Poisons must be eliminated from the blood and the organ or organs responsible for the overworked condition of the heart treated for their disability. The building of good blood and the establishment of normal function of the major organs of the body are the main conditions under which a cure in heart disease is possible. Fasting and rest are two of the primary, essential measures in treatment. Should the patient not be prepared or ready to undergo fasting then the diet must be restricted to those things that will promote elimination and prevent further encumbrance and poisoning of the body. Meat, eggs, cheese, bread and starchy

substances must be avoided and the diet limited to fresh vegetables and fruits in their raw states. Stimulants of all kinds must be avoided. This includes alcohol, tea, coffee and tobacco. (It seems rather odd to be obliged to make this statement but we find fairly intelligent people who expect to get well and at the same time continue with poisoning themselves). While we emphasise rest in the cure of heart troubles a certain amount of careful exercise is also essential except in very bad cases. Deep breathing exercises are the safest where there is any doubt about the effect that any physical exercise may have upon the patient. The windows should be open day and night to afford a proper supply of fresh air. Many forms of baths and water applications will be found helpful in the treatment and should be used in accordance to the manifestation. It requires a thorough knowledge of hydrotherapy however, to make the right selection of measures to be adopted.

FALLING HAIR

By R. O. GALLINGER.

Small coincidences in our daily lives often lead to big changes, so little troubles of the body often carry us to the sick bed and serious illness. We should take care of those insignificant disorders with seriousness—and we will learn. One of them is the falling out of the hair, which leads to baldness, and this, as it is unnatural, often to other disorders.

Is it possible to stop hair from falling out? Most certainly it is. It is so even without trouble, cost or loss of time. Stop abusing the hair that nature has given to you and it will stay in,

The bowels must be cleaned out and kept clean and free of all accumulations. Acute inflammatory conditions of the heart muscle, its lining membrane or covering membrane must be treated like all other inflammatory conditions, by fasting or fruit juice diet, cold packs, colon irrigation, etc.

Fatty degeneration of the heart must be treated in the same manner as obesity. Acid fruits, warm baths, epsom salt baths and massage. Valvular insufficiency or obstruction, if there is a marked loss of compensation must be treated by diet and fasting, hydrotherapy, with massage and other mechanical treatments to restore compensation.

In any form of heart disease avoid taking any drugs or other substances that will further irritate and aggravate the condition. Chronic heart diseases are all the result of overwork and fatigue and the only sane course to pursue is that which will lessen the burden and restore normal function to the parts primarily disordered.

stay as solid as your arms stay to your body.

Some four or five years ago I was considerably worried over the condition of my scalp and that ever increasing bald spot and weakness of my hair. I was literally covered with dandruff which caused a continuous itching, interfering a good deal with my occupation.

What there was left of my hair was as soft and fine as Chinese silk. Outside of this big little trouble my health was perfect.

The following are some of the remedies I tried ("Even, as you and I," as Rudyard Kipling would say):

Clipping and shaving my hair for a considerable time.

Singe after every haircut.

Using hair restorers by the gallon.

"Scientific (?) electrical treatment with considerable loss of time and money.

Air holes in my hat.

Massaging my scalp.

Last but not least, keeping my scalp scrupulously clean by washing and shampooing.

No relief. My bald simply kept on increasing. The condition of my scalp and hair getting worse. To think of it, only 28 years old and not married Surly, I was all in.

But one day came the right idea and with it the long hoped for relief. At my noon hour, passing through the crowd on the main street, I saw an old Siwash Indian sitting in the entrance to one of the office buildings. Hair galore. Hair all over. Hair as thick as a horse's mane. Is his hair falling out or is he bothered with dandruff? Oh no! Why? Simply he is not misusing the hair that nature has given to him for a purpose.

Hair on top of the head is there to protect the scalp. It is furnished by nature with oil for its life as well as its cleanliness. Keep this oil in your hair and it will save your hair, and will keep it clean. Far cleaner than manufactured soap will do it. Clean, not only

from day to day, but continuous. Clean from everything no matter what.

My occupation compels me to work oftentimes in a dusty room. Still my scalp is clean without ever washing it. Some time ago, chopping off tar to repair the roof of my house a number of small pieces of tar happened to get in my hair. A few days afterward my hair had freed itself from this gluey substance without any attention and was as clean as ever.

Not only does the hair itself need oil, also the scalp needs it as much. By washing out the natural oil the scalp will dry out and produce dandruff. Manufactured oil of any kind other than that out of your own body will do you no good, no matter how nicely the advertisement reads or how artistic the label. Civilization tells us to take our regular bath. Very well. Do so, but only as far as the body is unprotected by nature.

I stopped washing my scalp. And months afterwards that itching left, two months later I noticed my hair getting in a healthy condition. In time my bald spot grew over. Today one might take hold of my hair, grown on this same spot and pull me over the floor without causing any more inconvenience to me than taking hold of my arms.

As true and sincere as my argument is some will doubt it. To those I wish to say that I tried out my own remedy backwards, by washing my hair again several days. Sure enough the same troubles would come back as before.

Not all of us are alike. One system will produce enough hair oil to keep the scalp and hair oily even without washing. Others will not. To those my words are directed.

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Questions and Answers.

Water Drinking—Colon Flushing— Gaining Weight

Can one drink too much water?

Answer. It is hardly possible in the case of a person in fair health. I have had bedridden patients who were given water up to five quarts daily.

Is there any danger of weakness or loss of flesh through taking the colon flushing daily?

Answer. No, not unless the flesh were excessive. In that case the colon flushing would tend to restore the normal weight.

What is meant by the system becoming "water-logged"?

Answer. Nothing. It is merely one of those fatuous, foolish phrases by which a certain class of people endeavour to hide their ignorance.

What condition causes one to make a constant, steady gain of flesh without strength?

Answer. The cause may be any one of many—errors of diet as regards quantity, selection or frequency of meals eating in haste or under emotional stress, drinking too much at meal times lack of proper exercise, which leads to constipation, waste retention, and many other evils; adverse mental habits, which, of course, interfere with all the vital activities. Lastly, obesity or emaciation may be due to some disturbance of the functions peculiar to the "ductless glands," a matter too technical to

be due explained in ordinary terms. At any departure from the normal weight of the body must be recognized as a departure from health, and should receive prompt attention.

Milk—Buttermilk—Fruit—Insomnia—

Would you advise taking milk just before meals?

Answer. That depends. The milk is itself a meal—if you take enough of it. Milk is not a beverage, but a food, and a heavy food, too. If you take a pint of milk, some fruit, bread and perhaps cereal with cream, you will get a good, full meal.

Would you advise eating fruit with every meal.

Answer. Yes.

Is it a good plan to take a cup of hot milk before going to bed for the relief of insomnia?

Answer. No. Hot water and perhaps a little lemon or orange juice is better.

Are ready prepared cereals more whole-some than home-cooked cereals?

Answer. Yes, as a rule, unless the home cooking is properly done.

Would you advise bathing with witch hazel for the purpose of correcting a dry, harsh skin?

Answer. No.

IS EXERCISE GOOD?

Mistaken Belief Among Middle-Aged

(BY PETTER J. STEINCROHN, M. D.)

Hundreds of thousands of arms, legs, and middle-aged torsos are bending, straining, pushing, and pulling to this monotonous rhythm: one-two-three-four, one-two-three-four. Exercise! Exercise! More! More!

The taut, serious faces of these misguided human beings belie the fun they think they are having. They generate and lavishly expend all of this precious energy because of a mistaken belief that *Exercise is Good*.

There are many persons between the ages of 40 and 60. This article is for them; for people who have lived through at least half their biblical allotment of life, for those who have exercised without restraint and are now entering that part of life (the afternoon of life) and asking themselves: "How much must I slow up?"

Many a person continues to be overactive only because of the fear that if he relaxes, if he "slows up" in public, if he admits to himself that he cannot do the things he did, then he will get old before his time.

In this philosophy lies crux of all that is pernicious in our modern conception of exercise. Somehow we find it difficult to delete the tenacious belief that once we stop exercising we shall fade away to useless, hollow husks of our former selves.

Without longevity and accompanying health no average human being can live to the hilt. My professional experience has convinced me that exertion tends to prevent such fulfilment rather than help procure it. Find ways to exert yourself and you find ways to harm yourself.

Why do people exercise? Is not it merely because everybody says it is good? Because they want a nice figure? Because it is healthful?

Inherited from our ancestors, reinforced at intervals by exercise cults, the apparent

need for exercise has thus been imbedded deeply in our nature.

And so the rabid "believers" tell us of our cave-men ancestors: how they ran, fought and struggled with wild animals and the elements. "They had to—or die." And they proceed to remind us that as we are their descendants by only a few thousand years we are beings too similar in form to risk the chances of changing our habits. We must continue to exercise.

They say also that if we interrupt our muscular activities we shall warp. Our wondrous machines will dry up: we shall be unable to fight, to defend the family, to work or to remain healthy for long. Disease will strike us down if we do not stay fit. Some have even suggested (and are really concerned about it) that some time in the distant future the human leg will be a useless appendage.

With all this, of course I must disagree.

The human machine has no replaceable parts. When one loses an appendix, gall bladder, or kidney, there are no known substitutes which can be installed to do their work. Fortunately appendix is useless; the gall bladder is not essential to good liver function; and the remaining kidney enlarges to take over the work of its lost brother. And life goes on.

Over-Eating-Over-Exertion

It is my opinion (based on what I observe in practice) that too many men and women are living in a manner which is most certain to surrender their heart, kidneys, and other organs much earlier than is necessary.

Next to over-eating the chief culprit is over-exertion. Not smoking, drinking, working hard, or sleeping little it is needless loss of energy that prematurely runs down your machine.

If you are more than forty and healthy, callisthenics may get you down.

If you are over forty and not in perfect running order, then callisthenics will grease the skids; and the slide (long or short) will be straight into the arms of catastrophe.

The lazy patient with high blood-pressure, heart trouble, kidney involvement, tuberculosis, or any other such disease will live longer than the overactive one. Increased energy output is deadly poison for these sufferers.

Likewise, the moderately active, normal individual will be healthier and live longer than his "superdoer" neighbour.

Experiments

For every exceptional man of athletic type who lived to a ripe old age there are untold numbers who died comparatively early.

In his book *The Rate of Living*, Dr. Raymond Pearl reported the results of a series of experiments in which the performers were a certain species of fly. He observed and measured the activities of various groups of this family—and then charted the length of life in each. He concluded that those flies that expended their energy most quickly died first. Their length of life varied inversely with their rate of living.

Probably that is why the sluggish tortoise lives 200 to 300 years; and the leisurely elephant 150 to 200 years.

There is a widespread belief that exercise is a cure for constipation. I have not found this to be true in my practice. Many sedentary people have never taken a laxative. Yet, many athletes and labourers suffer from chronic constipation. Statistics compiled at one of our largest universities reveal the interesting fact that about one-third of the students engaged in active gym. work were constipated.

Gymnastics may be necessary after forty, in individuals suffering from chronic arthritis or in those who wish to rehabilitate after fractures. Sometimes underwater

exercise (hydrogymnastics) is indicated in patients who have spinal deformities, infantile paralysis, or peripheral nerve injury. These are the exceptions.

Unless these conditions are present, callisthenics are a waste of energy.

Wrong Idea

The false information that muscular fitness is a guarantee against infection has been handed down from grandfather's day. One can estimate that nine people out of ten who exercise believe in the old outworn, dangerous principle that exercise prevents illness.

Most individuals who recommend callisthenics and sports ("Forget about your age," they say) also suggest that it is better to stop exercising while you still feel fresh and pleasantly exhilarated. You will agree that not one person in 1,000 stops in the middle of his golf, tennis, or mountain-climbing just because he feels good. This is just the time when he says: "How about another set?"

It requires will power to stop short of fatigue. If the definition of will power is "The ability to eat one salted peanut," it can be reinforced by this: "The ability to play one set of tennis."

Food of Sports

Would you like to know what I consider to be the minimum amount of sports nourishment you require? I suggest that your activities be encompassed by two: walking and gardening.

This, then, is my philosophy of the needs of the middle aged athlete. All you require is the ability to relieve in memory your athletic accomplishments of the past (this ability will increase with age.)

Try to limit your extra-curricular exercise either to gardening, walking, or both. If this activity does not fulfil your needs, if it does not completely feed your desire to do something after working hours, then you may learn to transfer your affection to such commendable avocations as music, literature, or one of hundreds of other worth-while hobbies.

Let me assure you, it does not follow, as the night the day, that daily living is enriched (physically or mentally) by exercise.

CHAPPED HANDS AND FEET

(By C. V. CHETTI, 88 Vallala Street, Vepery, Madras)

Mrs. T. K. Kurup, a middle aged lady suffered from cracks in the hands and feet. Report goes that she had that disease for about 20 years and had undergone courses of allopathic and Ayurvedic treatment without any benefit. The cracks in the feet were particularly troublesome in that while walking with shoes on, blood used to ooze out. Mr. T. K. Kurup, Assistant Secretary to the Government of Madras, Home Department, who is himself interested in the science of healing wanted the case to be taken up by me. The examination of the patient revealed that she had been overdressed particularly with minerals such as gold, iron and with mica etc. and that she had menstrual disorders too. The treatment was commenced at Ootacamund in May 1942. The patient was at first given a preparatory course of dietetics only. Within a short time the disease aggravated simultaneously bringing out the latent fever, cough, with phlegm and bile. Reeling of the head was manifest from the beginning. At this point approaches to short fasts were made with daily hot water emetics and enemas. Steam baths were given for the palms and feet followed by immersions in cold water. Application of water charged in the sun through blue glass to the palms and feet was also done.

By about 3 weeks the cracks which were spread all over the feet, palms and fingers got concentrated at particular parts of the palms and feet. The diet was further restricted to juices of

fruits and later on to whole fruits. At that stage, owing to a calamity in her parental home at Malabar she had to go there and could not therefore continue the treatment with the same rigour for some days. All the same she was taking only one meal of boiled rice and vegetables and the other of fruits. When she returned to Ooty after 15 days her feet and palms were shed of the cracks but they were tender and very soft. With the same diet there was a relapse of a very mild type which was treated similarly with the same local treatment. Thus after intermittent treatment of about 2 months the lady is now free from all trace of the disease and she now looks some years younger and more lovely.

2. The result achieved in this case and the minute study of it by Mr. T. K. Kurup has been responsible for turning his whole family to Nature Cure. Mr. Kurup has had several opportunities of discussing the various aspects of the system and has himself been handling without anybody's help almost all the ailments which he and his children used to get in the eliminative process during the transition stage when they resorted to vegetarian food cooked scientifically. He has an unquenching thirst for knowledge in Naturopathy and has now equipped himself with a good collection of works relating to the science. It is our sincere wish that before long he will himself take the initiative in getting the system recognised by the Government.

Milk Unfit for Human Consumption!

Strange Theory of American Doctor

Fluid milk is unfit for human consumption, says 75-year-old Dr. Horace Wendell Soper of St. Louis.

As a one-time recorder of the Gastro-Enterological Association and Chairman, the American Medical Association's section in that field, he cannot be dismissed as a crank, writes an American paper. In 1941, after 47 years of practice, he retired, but soon returned to work because "I liked work better."

"Man," he wrote in his latest excoiation, "appears to be the only mammal which habitually consumes milk after the period of lactation has ceased." To prove milk unnecessary Dr. Soper cited Nutritionist Elmer Verner McCollum, discoverer of several vitamins and advocate of a quart of milk a day!

Bacterial Soup

McCollum described inhabitants of the wet regions in Southern Asia, who live on a diet of rice, soybeans, sweet potatoes and many other vegetables. They are better developed physically, have more capacity for work and endurance, escape the skeletal defects (rickets) of childhood and have the finest teeth of any race in the world. Dr. Soper added that "the cow is essentially an unclean animal" and in spite of "all strenuous efforts and precautions, the milk" is a sort of "bacterial soup."

Few doctors would lend an ear to antivaccal Dr. Soper, but milk bacteriologists agree with him about the bacteria. Among those present:—

Lactobacillus acidophilus (normal habitat: milk) is present in all decaying tooth cavities. This fact well substantiated by research in U. S. and abroad, may explain why only civilised people experience tooth decay.

This tubercle bacillus thrives in milk.

EVAPORATED MILK

Streptococci from unpasteurised milk have caused epidemics of scarlet fever, septic sore-throat, dysentery and epidemic ulcer in children; they have been involved in infantile paralysis.

Pasteurisation will not satisfy Dr. Soper. If it is careless, tubercle bacilli survive. He gives instances when even careful pasteurisation (about 144° F for 30 minutes) did not kill all harmful bacteria. Among those left alive: streptococci involved in some poliomyelitis epidemics, spore-forming organisms (chiefly intestinal bacteria of cattle, capable of causing diarrhoea in infants), acidophilus and pneumococci-like organisms.

Dr. Soper's solution; evaporated canned milk for infants until they can eat a balanced diet; no milk at all for adults. Evaporated milk is always available without waiting for the milk-man.

The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR
HEALTH PROPAGANDA

Its objects are:

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

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

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

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

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

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

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

In particular,

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

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

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

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

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

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

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For Particulars Apply to:— THE GENERAL SECRETARY,

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Due to unavoidable reasons we regret we could not publish

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