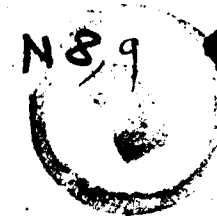


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The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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



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BEZWADA (India) October 1943

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No. 8

The Indian Naturopath, Bezwada

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INDIAN NATUROPATH

The Official Organ and Gazettee of The Indian Naturopathic Association

Vol. XIV

BEZWADA - September, 1943

No. 8

ARE YOU OFF BALANCE?

BY. DR. R. A. RIGGS

How you feel, how much you get out of life, how long you live, depend to a surprising degree on the proper function of your vital organs, and their health is largely controlled by normal body-building and posture. At any rate improper posture will crowd or displace organs, and interfere with functional efficiency. Many mysterious ailments are traceable to abnormal structure or faulty body balance. Certainly no school of healing will quarrel over the statement that the effect of posture on the Cerebro-spinal-nervous system involves the normal physiology of brain, spinal cord, and the nerves that control every organ and part of the human body.

Perhaps it will be interesting to learn that many diseases, both mental and physical may result from bad posture and abnormal body balance, and that many cures have been made by restoring normal bodily function by the simple process of mechanical adjusting.

The human body is a self-reparatory machine, and is subject to mechanical laws. Any variation from normal balance or the relationship of one part of the body to another is sure to cause trouble. More than that, the body is a wonderful chemical laboratory, capable of manufacturing most of the chemicals necessary to combat disease. If the human machinery is in perfect adjustment and properly nourished, it will make pure healthy blood, the best known resistant agency and germicide, and be relatively free from disease.

It is no doubt true that a large number of us, although not definitely ill, have

suspected our health as the cause of our being "held back" in life. We have felt baffled, that we are capable of better things than we are doing, that our abilities are greater than our achievements, that our lassitude and debility is not natural but is rather forced upon us, and is not a fault of character.

Today, we are surprised at our capacity for hard work, but tomorrow and most of the time we are conscious of some "obstacle" dimly standing in our path. We get up in the morning feeling fairly cheerful, but at ten-thirty the bugaboo returns. Occasionally we take a tonic, but more frequently a cathartic. We feel better for a day or two, then we are back again in the physical and mental rut with our body nagging at the brain. Yet all the time we know that to feel well helps us think more clearly and is productive of winning success.

The thought back of this lesson is: did it ever occur to you that the abnormal structure of the spinal column or feet, such as flat-foot, hammer toe, the cramped pinch, and many other kinds of sick feet are the unsuspected causes of your illness and disease? At once your thought is perhaps that your spinal balance or your feet are alright and have nothing to do with your illness, being indisposed or having the blues. This is where you are wrong.

Bad posture and structural displacement of the human body, particularly of the spine and the feet, under-pinning of the body structure, are very important in their relationship

to our health and well being. This field has not been extensively explored, but many of our ills, both minor and major may be relieved by a better understanding of spinal manipulations and correcting foot displacements and their proper care. It is imperative if we are to enjoy good health that the spinal vertebra and segments, and the fifty-two bones of the feet be kept in perfect balance.

The brain and nervous system are parts of the human body, subject to nutrition, the same as other organs, and if their function is disturbed through structural derangements, correction of that derangement and misplacement will frequently result in a cure. New discoveries are constantly being made in the field of medicine, surgery, drugless therapy, and diet, but the further the progress made by science, the more evident it becomes that nature is the most efficient healer. The work of the Doctor regardless of his system or skill is to assist or rather permit nature, by the removal of the obstacle and interference or to PREVENT transgression of her laws. Whatever relieves pain and contributes toward good health and our well-being is a service to "Mankind."

Just as the spinal column is the body's mainspring and supporting shaft for the attachment of all the organs of the body so are the feet, the body's foundation for all the super-structure above. Do not abuse nor neglect the feet. With a little scientific care and attention they will serve you well, both as walking and running machines, and balancing arches for that wonderful body of yours.

See to it that your feet have plenty of toe room. That the metatarsal heads are allowed ample support for their natural position, permitting them to act freely and to prevent adhesions. Buy shoes that allow plenty of room at the ball, yet not enough

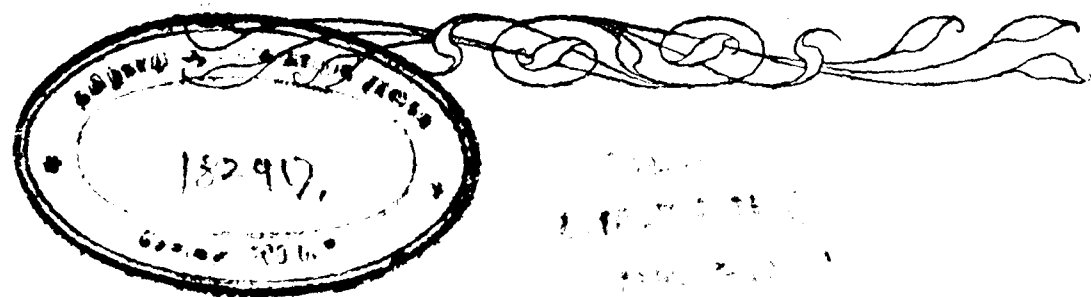
to permit the foot to slip or slide. Get shoes with insoles that provide protection and relaxation for the flesh pads of the foot.

Abnormal body-balance and nerve pressures are most generally so slight that they cannot be detected, without an X-ray or scientific measurements or dual weighing. They are most generally caused slowly by progressive structural changes. Somewhat like the low side to the foundation of a house, bearing the most weight continues to get lower and lower.

I will mention some of these causes as follows:

Unequal lower extremities are responsible for marked changes in spinal balance, having the effect of tilting the supporting base, causing the spine to lean to the side producing spinal curves, points strain and irritation. Stresses and strains; many of which may be avoided by correct use of proper lifting precaution, also by development of good muscular tone which would reduce spinal abnormalities. From incorrect postures; we should be taught to sit erect and avoid slouching, side-twisting, and the common habit of crossing the legs. We should be instructed to stand correctly, erect, with feet slightly apart. Incorrect sleeping positions are some of the most common causes of spinal strains and displacements, as about one-third of a lifetime is spent in bed, by the average individual. So select that mattress with care.

It is an established fact, that imbalanced body-structure is highly contributory and in an alarmingly high percentage of cases, the fundamental cause of almost every type of disease from head to heel. It matters not whether the disease is acute or chronic, functional or organic, pathological or neurotic, unbalanced body-structure plays a vital part in the cause and cure.



Vitamins and Gray Hair

Here are the facts about this much-exploited aid to Renewing youth.

HENRY H. HAZEN, M. D.

Vitamins have been discovered, not invented, chiefly during the past fifteen years. The use of vitamin B in beriberi, of C in scurvy, of D in rickets, and of others in pellagra, night blindness, and a few other affections has been so remarkable that many persons are ready to listen to almost any tale that may be told concerning them.

Fully half the advertising matter that comes to the physician's desk deals with vitamins. Advertisements run through the pages of the daily press, the weekly and monthly technical, medical, popular, and farm magazines.

It would be more to the point to remember that all essential vitamins are contained in proper amounts in a well-selected diet that contains plenty of dairy products, with green vegetables, fresh fruits, and whole-grain cereals. In certain specific conditions the addition of liver extract, fish oil, or some especially rich source of certain vitamins may be essential, but rarely in normal individuals.

One of the most reprehensible results of the vitamin fad—for such it may safely be called—is the attempt of cosmetic manufacturers to sell their wares by claiming that vitamins can be supplied to the body by rubbing in a cold cream alleged to contain them. At the present time there is not one scrap of verified evidence that this is the case.

A new racket is threatening to develop. Claims are being made that gray hair in human beings can be restored to its natural colour by taking doses of one of the vitamin B factors over a long period of time.

At this point we must discuss briefly this group of substances, if we are to evaluate critically the results claimed for them. Vitamin B¹, or thiamine, vitamin B², or riboflavin, and the vitamin known as niacin, constitute the vitamin B complex. Subsidiary vitamins in the B group are pyridoxine

(vitamin B⁶), pantothenic acid, and para-aminobenzoic acid, which is probably a vitamin. It is chiefly with the two last-mentioned substances that we are concerned. It is perfectly possible that another as yet undiscovered vitamin may be concerned. It has also been suggested that the real factor is copper in proper amounts. These vitamins occur in the following foods: Liver, meat products, milk, eggs, peanuts, molasses, wheat germ, yeast, and many vegetables, including soy-beans and potatoes. These are hardly substances which would bore the average eater.

Vitamin studies have been made upon the cause and cure of gray hair in various animals, namely, mice, rats, dogs, and silver foxes. A watery solution of liver extract, yeast, or rice bran, all substances rich in vitamin B, is shaken with fuller's earth—a claylike substance used as a filtering and absorbing agent; thiamine, riboflavin, and pyridoxine are removed, leaving a solution known as the "filtrate factor." Animals fed with a diet which lack the filtrate factor, which contains pantothenic acid and para-aminobenzoic acid, soon develop patches of fur that are gray and thin, in addition to certain other troubles. If the "filtrate factor" is added to the diet, the animal usually recovers. As yet it is not known whether the pantothenic acid or the para-aminobenzoic acid is responsible, for there is disagreement among the research workers engaged upon the problem.

There is but little medical literature dealing with the effect of vitamin B complex and the subsidiaries upon human hair. B. F. Sieve, writing in *Southern Medicine and Surgery* for March 1942, reports that when vitamin B complex was administered to nine patients for disturbances of their ductless glands, the gray hair of all became darker. He then began to employ para aminobenzoic acid, giving it to many who were taking no other treatment. He reported eight hundred cases treated in this manner. Within three to

eight weeks the hair became dirty yellowish, and then "dark, dusty gray."

The *Journal of the American Medical Association* for August 29, 1942, in commenting upon these reports, justifiably remarks: "These reports justify scepticism. As far as his articles show, Sieve's only evidence of colour changes was his visual impressions. Those who have tried to judge slight colour changes in the skin or hair realize how easily one can be deceived." The *Journal*, in the same article, comments that the use of para-aminobenzoic acid in large doses may not be free from considerable danger to the body. Within the past year there have appeared in *Good Housekeeping* three articles by P. W. Punnett, Ph. D., and M. E. Bader, M. A., the general conclusions of which appear in the issue for September, 1942, entitled, "Anti-Gray-Hair Vitamin." According to this account, in April, 1941, there were selected thirty-five individuals, whose ages ranged from twenty-two to sixty years, and who had some gray hair. These were started on daily doses of calcium pantothenate, a convenient form of pantothenic acid.

For various reasons ten members were soon dropped from the list. At the end of seven months it was believed that twenty-two out of the remaining twenty-five subjects showed evidence of returning hair colour. Six months later, that is, thirteen months after the experiment was started, six more of the experimental subjects had vanished, thus leaving only nineteen under observation, and of this small remaining group, "nine have shown continued improvement in hair colour, and nine have shown little or no further improvement."

The criteria for improvement established by Punnett and Bader are: "continued increase in the amount of dark pigment in the hair. Short, new hairs—growing in as a replacement for old hairs that have fallen out are generally dark rather than gray." They further state: "No one of our subjects has had complete restoration of hair colour... The process is a slow one. Nor has it yet been proved that complete restoration of hair colour is possible."

By way of comment on this report, as well as upon a number of similar ones, it should be stated, first, that an accurate method of determining colour was not employed; second, that an accurate check on the various vitamin B's taken in food was not kept; third, that the general health of the patients was not noted; fourth that the amount of exposure to sun-light was not listed; fifth the fact was not observed nor stated that when new replacement hair appears, especially as the result of natural or artificial ultra-violet rays, it may at first be dark, but may turn gray a few months later.

A paper recently read before the American Medical Association reported that eighty-eight subjects with gray hair were treated by para-aminobenzoic acid with good results in only three.

In conclusion it can be definitely pointed out that;

1. Comparatively few cases of improvement have been reported.
2. These are open to doubt because of experimental methods that were not sufficiently critical.
3. Theoretically it is difficult to conceive of brown pigment, or the chemical substances necessary to produce brown pigment, being forced up into a gray hair, for hairs are not hollow.
4. Other conditions than the lack of vitamins may be responsible. For instance, lack of copper has been suggested.
5. Patients with pernicious anaemia who consume large quantities of vitamins supposedly good for remedying gray hair, nevertheless develop it.
6. Even if vitamins are useful, the restoration of colour is a slow process.
7. There is no reason for neglecting the ordinary care of the hair in favour of a three-pill-a-day regime.

What Your Measurements Reveal.

: Earle Liederman the Famous Physical Culturist throws much light upon a subject that intrigues everyone who seeks Health and Strength.

I was down in Florida one winter at a time when quite a bunch of motion picture stars and professional people were vacationing at the winter playground. A little crowd of us were gathered on the beach doing various athletic stunts—and believe me, some of those chaps were mighty clever.

After we got tired of our sport, we sat around on the sand talking, and finally the subject came up as to what should be the ideal measurements for a man.

One of the party spoke up and said: "This is a subject that is hard to agree upon. The proportions of the old Greek sculptors for men varied a great deal. For instance, take the Farness Hercules, the Apollo Belvedere, the Laocoon group—there's such a wide margin of variation that you have to accept measurements based on some given type.

"While all women can aspire, at some given age, to the Venus de Milo, or the Juno type, to classify a man for accurate measurements you have to picture him as one of three or four very distinct types. And naturally, his measurements will correspond with the ideal measurements of some particular type."

I then said: "My ideal is not the man with the huge, abnormal muscles of a Hercules; nor is it the lithe, slender form of an Apollo; nor the somewhat better-muscled Mercury. I like to see big, firm muscles, combined with speed and flexibility. The question goes even deeper than this. When holding up an ideal for scores of thousands to copy after, we set the following requisites:

"A man should look good from every angle. He should have curves and contour rather than great, disfiguring ridges of muscle. He should have a development which is possible for attainment by almost any average boy or young man, who will apply himself to development and cultivate strength, speed and perfect health."

This made quite an impression on the crowd, and suggested to me the title of this article.

The Ideal To Which You Should Aspire.

Now I want to say right here that it is exceedingly difficult to set any standard of measurements, which the student can use as a guide of comparison in order to determine to what extent he should develop his muscles. When you take into consideration the different sizes of the bones of different individuals, and combine this with hereditary conditions, it is, in my opinion, practically impossible to set any standard of measurements.

You can, however, work out a standard of proportion where each part of the body will bear its proper relation to the others. Even though the student should not obtain these relative proportions, still there is no relation why he cannot possess a beautiful physique by approaching the following, which is my idea of how a man should be proportionately built:—

Average height	5ft. 8in. to 5ft. 9in.
Neck	17 inches.
Bicep	16 inches.
Calf	15 inches.
Chest (normal)	44 inches.
Waist	32 inches.
Thigh	23½ inches.

My reason for mentioning the neck, upper arm, calves first is that the common conception of Grecian proportions stipulates the neck, upper arm flexed, and calf to be of the same size, with which I do not agree. If an individual possessed a 17in. neck, and a 17in. arm, he would undoubtedly possess a phenomenal development. But if he also had a 17in. calf it would spoil his proportions, as it would make him look much too heavy in the legs.

I have found by observation and careful study that the athletes who taper down slightly are more pleasing to look upon than those whose legs are of huge dimensions, like the Farnese Hercules, for instance. Therefore, in order to taper down, the neck should be a little larger than the arm, and the arm a little larger than the calf.

Now if a person has a 16 in. neck, his arm should measure 15 inches, and his calf about 14 inches. If the individual has any smaller measurements than those, taking for granted that he is of average height, he would be too slim a type to attract attention in the physical culture world, as far as strength and development are concerned. A man with an 18in. neck, and 17in. arm, and a 16in. calf would be very gigantic in size, and undoubtedly he would be exceptionally strong.

You very seldom see 17in. arms and 18in. necks on persons of average height, for athletes possessing these enormous measurements usually are in the neighborhood of 6ft. tall. There are, of course, many exceptions to this especially among wrestlers.

For instance, George Hackenschmidt had an enormous neck. I have seen measurements for this part of his body and these measurements are given by different authorities all the way from 19½in. to 22in. Unfortunately

I have not had the pleasure of measuring Mr. Hackenschmidt, consequently I do not care to express my opinion of the actual size of his neck. However, I did have the pleasure of feeling his arm, and although my own hands are of medium size, still I could not span the breadth of his upper arm when I felt it. I have seen measurements of his upper arm given by different authorities as being anywhere from 18in. to 19½in. The reader will therefore, note that no matter how Hackenschmidt's measurements may vary in accordance with different writers, still everyone mentioned the difference in size between the neck and the upper arms.

Hackenschmidt was a rare exception in muscular development and strength, and I want to make it clear that no matter how diligently a person may work, there is not one athlete in ten thousand who could ever acquire Hackenschmidt's proportions and strength.

The size of the head is an important factor covering neck measurements. Therefore, if the individual has a long, narrow head, and is of a slender type, it will be a physical impossibility for him ever to attain a neck much over 17 inches, providing, of course he is of average height. By average height I mean people ranging from 5 feet 7 to 5 feet 9 inches. If the individual is near 6 feet, or even over, naturally he will have larger measurements than the individual of only average height. However, if he is below the average in height, say, 5 feet 3 or 4 inches he must not expect to attain the measurements of an individual of 5 feet 9 inches in height. In other words, the taller you are the larger your measurements should be, providing, of course, that you adopt scientific progressive train-

ing and work faithfully to reach your goal.

Although I mentioned 44 inches normal chest measurement, yet it is exceedingly difficult to standardise any chest measurement to correspond with a 17 inch neck, for, owing to the different formation of every one's torso, the measurement of the chest varies as much as four inches in the normal girth. Greater variation will be found in the expanded chest measurement. All I can say on the subject is that anyone with a 17 inch neck and a 16 inch upper arm when flexed should have a chest normal of over 43 inches.

The waist also varies in size according to the frame and width of the hips, and also the muscular development of the individual. A student who has devoted considerable attention to his waist muscles, especially those at the sides of his waist and lower back, naturally will have at least an inch larger waist than a person who has neglected this part of his body, taking for granted, of course, that the waist is free of all superfluous flesh.

Again, the height of the individual is an important factor in the size of the waist measurement. A 6ft. man with a waist measuring less than 33in. would in my opinion appear weak, while a man of average height, whose waist measured less than 31 inches, would also appear weak. On the other hand, if the individual was but 5 feet 3 or 4 inches in height, and if he possessed a waist of 27 or 28 inches, he would still be in splendid proportions.

I Failed to Reach My Earlier Ideal.

I have often thought how discouraged a student must be who has exercised faithfully month after month, and even for several years, and failed to reach the measurements he had set

in mind as his goal. I can only tell you the story of my own experience, which undoubtedly corresponds with thousands of others under similar circumstances. When I first became interested in Physical Education, I studied photographs and the measurements of all professional strong men whose data I could secure. I noted the enormous chest measurements given by some of these prominent strong men, many of them reaching almost 60 inches around the chest when expanded. I envied those whose normal chest measured anywhere from 47 to over 50 inches. I longed to possess a chest like theirs.

I have worked faithfully for many years; yet I fall far short of these measurements. To-day my normal chest measurement is but 44½ inches, and my chest measurement, expanded, reaches 48½ inches. Many times during my period of body-building I became discouraged because my measurements were so slow in reaching the goal I had set for them.

I was also always anxious to obtain flexed biceps measuring 17½ inches or 18 inches, but again I fell short of these proportions. To-day my flexed upper arm measures but 16½ inches. If the reader should experience any similar discouragement, let me console him with the fact that 90 per cent, of the measurements given out by famous professional strong men are grossly exaggerated. I know personally several athletes prominent in the Physical Culture world who claim 49in. normal chests and 17in. upper arms when, in reality, their chest normal is many inches less and their upper arms are not as large as my own.

Only a few years ago a crowd of us were gathered in the private gym. of a well-known boxing trainer when

this shy subject came up. The boxing instructor, one of the finest developed men of his class, and one of prominence as well, was telling about some of the famous athletes of a former generation, when he happened to mention Matsada Sarakichi.

Some of my middle-aged readers may recall this Sarakichi, a Japanese wrestler of phenomenal development, with the strength of an ox. The boxing master had a framed photo of this athlete hanging on the wall near his desk. Pointing to the picture, he said: "How much would you boys say Matsada measured around the chest."

The Jap was about 5ft. 11 in. in height and he looked as though he weighted just about a pound less than a horse; so we guessed him—50 to 54 inches.

"You're all wrong," said the old boxer. "He only measured 47 inches normal, but when he folded these great arms of his over his chest and puffed himself out, he looked as big as a whale."

And that's the answer. It isn't the size so much as what the size looks like when it's photographed. I shall have something very important to say to you about this subject a little later on that may give you a lot of help in presenting yourself to the public in a more pleasing and convincing form. But I want to tell you something further about this question of measurements.

First and foremost, I can't find it in my heart to blame a student for becoming discouraged if he does not obtain the proportions some men claim they have. I became discouraged myself, and I know just how other

conscientious men, who have been working hard on their physical development, would naturally feel about the matter.

Don't Fool Yourself in Your Measuring.

I do not know whether the measurements given out by some professional strong men are magnified for the purpose of self-gratification, or whether they measured themselves and actually fooled themselves in taking their measurements.

If the latter should be the case, let me warn the student that when measuring any part of his body he must pay the most strict attention to the tape and see that it does not sag in any part. For instance, if you are measuring your chest, it is the simplest thing to fool yourself when passing the tape around and under your armpits, and then taking a deep inhalation, to throw your shoulders back and expand your chest as much as possible. Of course, you see the tape measure in front of you, but if you could see the tape behind your back, you might observe that it is displaced many inches downwards towards your waist.

Always measure yourself in front of a mirror, turning around so that you can see your back as well as your front. If you have the tape fitting snugly, with about two or three pounds pressure, you will obtain your actual measurements. If these measurements fall far short of the measurements you see on paper concerning many professional strong men, do not be discouraged, for if you possess a well-developed physique you may be almost as large as these strong men are themselves.

(Contd. in next issue)

The Overworked Man Who Could Not Sleep

CHARLES T. BATTEN, M. D.

On a beautiful spring afternoon a worried-looking elderly gentleman entered a psychiatrist's office. He was restless and tense and once in a while moaned softly. "Doctor," he said, "I am having a frightful time; I certainly hope you can help me." Whereupon he proceeded to describe his trouble in detail.

"I have been practising law for the past thirty-five years, and because of the pressure of work I have been unable to take a vacation in the past three years. This last hot season my wife and I planned to go to a hill-station, for I was in dire need of a change, as I had become increasingly tense and high-strung and had trouble in sleeping. Until recently I have not taken any medicine to induce sleep, for I was expecting my vacation to bring results.

"When we had been gone only ten days I foolishly lifted the bumper of my car, which had been caught on the fender of another car. I suffered a severe pain in my back, which struck me to the ground. Somehow I got to my feet and went to a doctor, who treated me; it was evident to my wife and me that our vacation was ruined. We made up our minds that we would take this disappointment in the right way, deciding that things could have been worse. We tried not to be depressed over what had happened. As we started to drive back to the plains, my back hurt most of the time. It seemed as if we would never reach home. I saw my own physician when I arrived, and he treated me.

"Though my back did not become worse, there was some discomfort which continued to annoy me, and I was growing more tense and nervous all the time. I had returned to my

work, but was finding it harder to concentrate and make decisions. My sleeping was the worst problem, for I could not fall asleep; and almost every night I would have spells of moaning and groaning. I was afraid I would disturb my wife. I went to my doctor, who gave me some sleeping capsules, which have helped only a little. Now I am afraid I will develop a habit of taking them and do not know what to do about it. My doctor said he could do nothing more for me, and advised me to come to you."

After the lawyer had talked about an hour, the psychiatrist gave him a complete physical and neurological examination. The only abnormal condition he found was tenderness over the spine in the lower part of the back. The psychiatrist advised him to go to a nursing home near by, where he would take care for him, and pointed out that he needed further examination of his back and that the treatments and facilities of the home would be helpful in his recovery. The patient did not readily agree to do this, claiming that he would lose his practice if he was away from his office, and that, furthermore, he could not afford it. Realizing, however, that he had been getting worse during the past weeks, that he was upsetting his wife, and was not doing good work at the office, he finally agreed to go.

An X ray was taken of his back, which revealed a fracture of one of the vertebrae, undoubtedly broken when he lifted the bumper about three months previous. He had been seen by several physicians; yet none of them had taken an X ray of the back. Some had manipulated the back, thinking there was a dislocation of some

sort. This patient was given hydrotherapy and electrical treatment, followed by light massage, which later was increased to moderate massage.

Let us interrupt for a moment and explain just what sort of person this man is. He is a successful lawyer, conscientious and industrious, who always takes his work seriously, frequently carries his problems home at night, and often makes decisions when he should be sleeping. He was also a worrier, and little things bothered him. When the weather was bad, he was inclined to be depressed. Lacking confidence in his own ability, he always thought he had to work harder to reach his goal than did his competitors. Throughout his life he had endeavored to develop the habit of seeing the humorous side of any experience, but this had failed to help him much in his trouble.

He admitted that for the past three years he had not felt equal to the difficult law problems, but nevertheless he had been engaged in a problem which took all his time. For many weeks he had worked from five in the morning to eleven or twelve at night. He seemed to feel that these long hours were necessary. Shortly before going to the hills with his wife on their vacation, he had finished the work successfully. On several occasions, prior to their vacation, his wife had been very ill with a heart condition, and her condition had added to his burdens.

After having been admitted to the nursing home and having had the X-ray of his back, he was given a sedative to help him sleep that night. When the psychiatrist saw him next day, he reported that he had not slept more than three hours and was depressed. He was eating poorly and complained of a trembling sensation in the chest, which made him wonder

whether he had heart or stomach trouble; it was always worse when he was agitated.

In addition to the hydrotherapy and the electrical treatments, he had regular, nourishing meals, and a neutral tub bath at night, followed by a glass of hot milk. He was encouraged to take regular walks and to enter into light games in an effort to make him physically tired and thus help him sleep. He was taught how to relax—something he had never done in his entire life. Above all, he was assured that even if he did not sleep for several nights, he would not lose his mind.

After a few days the patient decided he had made a mistake in following the psychiatrist's direction by going to a nursing home, and he thought he should go home. After a thorough discussion, he changed his mind, however, and decided to remain; but he thought he was not making any progress and was certain he should be sleeping after having been treated for one week. One night out of the seven he had been given a sedative. Each night he had to fight the inclination to moan and groan if he were not immediately successful in securing sleep, and often he was heard crying, "Oh dear! Oh dear!"

There were times when he declared that he could not get out of bed in the morning. When he saw the physician, he wanted to remain in bed, claiming he was so weak from lack of sleep that he could not follow his routine. He was never allowed to remain in bed, but was encouraged to dress and follow his schedule. Every time he followed directions, he felt better for having done so. Later when he was tempted to remain in his room, he would say to the doctor, "But I always feel better when I have those treatments or go for a walk, so I will get up."

As the days passed, he did not complain of the trembling sensation in the chest, and admitted that his back did not trouble him at all on his "good days." He was no longer given sedatives, and although he was not sleeping well every night, he was not nearly so concerned about his condition.

When for no apparent reason, however, the trembling sensation in his chest and the moaning returned one night, he was very much depressed the next morning. He had not slept well, of course. He begged the physician to give him a sedative that night, but was refused. The next night was almost as bad, with still no sedatives; but the third night he slept six hours and was quite calm during the waking hours. Again the psychiatrist pointed out to him the need of looking at sleep in a proper way. He became panicky when he had no sleep or only a little sleep, and felt sure his case was hopeless. His fear of not sleeping was keeping him from sleeping and was contributing to his general depression. He was told that a person could go without sleep for several weeks and not lose his mind or be a physical wreck. As he had faith in the psychiatrist, he tried to follow his suggestions to relax, believing that if he could relax well, he was bound to sleep.

Since the patient was very cooperative and conscientious, his efforts brought results. His groaning gradually decreased, and he did not mention the trembling sensation in the chest. His sleep varied from night to night. There were times when he did not sleep many hours, but he reported that he was calm and felt relaxed during the night. Naturally his spirits improved.

He had another mild setback at the end of about four more weeks, when he became impatient with his progress and felt that he would never be rid of

his nervous condition. However, with further assurance, this soon disappeared. His fatigue, which had been marked at times of greatest depression, was lifting, and he found a new interest in living. He was advised that he would probably not have a good night's sleep every night when he returned home, but that he would not be any different from the average person. Many people are light sleepers, and for no apparent reason may not be able to sleep at times. He was told further that some of the same symptoms might return for a few minutes even after he went home from the nursing home, but that their recurrence would not be serious; that he should take it lightly and do just what he did while at the nursing home. He realized that his habit of worrying was no asset to him. Although he had this habit all his life, he learned that he could modify it if he really wanted to.

He returned to his work, gradually picking it up where he had left it rather abruptly several weeks before but he followed the psychiatrist's directions explicitly. He worked only a few hours at first, taking time for his exercise, of course relaxing during the day, and allowing ample time for sleep at night. He did everything he could to develop hobbies and have an interest in things and people other than himself. Even at his age he finally made a remarkable recovery and continued to work for several years before he retired.

This lawyer, who is also a judge is a highly respected citizen in his community. However, there are some traits in his personality—the habit of worrying and making mountains out of molehills, and the fact that his emotions were too easily affected, as shown by the feeling of depression when the weather was bad—which predisposed him to his illness of this

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kind when the stress and strain of life became too great. The extra burden which contributed much toward his illness was the difficult work he had done for three years preceding his break, without let-up for vacation, and at which he worked from five or six in the morning to eleven or twelve o'clock at night. There were many problems to be surmounted in this work.

Fatigue, as well as worry over his wife's health, began to play a part. It is not difficult to explain, therefore, why he was tense, jittery, restless, and sleepless before he left for his vacation. Naturally his hopes were high in anticipation of relief from conflicts and frustrations, but the accident dashed his hopes to the ground and only

added another anxiety.

There is no mystery to these conditions if the facts are all known, but a complete and truthful history must be had before anything definite can be done. This patient had developed a vicious habit of fearing he could not sleep. This habit is not easy to break, but it can be broken, as shown by what this elderly man did. Many people begin to worry if they cannot sleep, and the more they worry the less sleep they have. One must realize that relaxation is more important than sleep. When one is relaxed, he will often sleep, for a sound, restful sleep is preceded by complete relaxation. Tense, worrying persons, who sleep lightly and awake in the morning unrefreshed, should learn how to relax.

HONEY

H. C. Menkel, M. D.

Honey has a long and honourable record as a food and as a medicine. The reasons for this popular favour are now better understood than in former days. As a food, pure honey supplies the following elements:

First, there are two natural sugars, levulose and glucose, in about equal parts. These two forms of natural sugars do not require the elaborate digestive preparation of ordinary white table sugar. Honey is the sweetening medium of choice where health is considered. Children should know no other sweet unless it be sweet fruit. The food minerals of calcium, phosphorus, and iron are also supplied. Vitamin B is present. Formic acid, in small but sufficient quantity, accounts for the usual absence of fermentation and flatulence when pure honey replaces cane sugar as the daily sweetening for foods and drink. The greatest problem connected with honey is that unscrupulous dealers adulterate it with undesirable forms of sweetening. Therefore it is advisable, when possible, to purchase from reliable sources. Honey in the comb is the least adaptable to adulteration.

As food medicine, honey has a bactericidal action, meaning that it is destructive of bacteria. This was revealed by the work of Dr. W. G. Sackett, Bacteriologist of the Colorado Agricultural College, and Dr. A. P. Sturtevan, Bacteriologist in the Bureau of Entomology, Washington. These workers found that germs of disease-producing nature, when introduced into a honey media, all died. This result has been explained on the basis that honey has a property of absorbing moisture from bacterial organisms to the extent that life is not possible. This property of honey has made it a useful dressing for treating skin infections.

The following quotation from Dr. Josiah Oldfield of Lady Margaret Hospital, Kent, is taken from the Indian Bee Journal:

"Of all the laurels won by modern medicine, of all the treasures of the Pharmacopoeia, of all the things to rely on in an emergency, or weakness, I know nothing so potent, so valuable, so uniformly trustworthy, as a drink composed of honey and hot water, with a little sweet wine added to it.

"In fevers and colds, honey and lemon juice, in a little hot water, is a specific and in old age apple tea, with plenty of honey in it, is a most comforting and sustaining and blood-purifying drink. I know of few ways of adding ten years to your life better than giving up meat and taking two pounds of honey per week."

The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR
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Its objects are:

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

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

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

4. To investigate, interpret and 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.

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FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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

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INDIAN NATUROPATH

The Official Organ and Gazettee of The Indian Naturopathic Association

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No. 9

USE & ABUSE

The human body has been compared with the steam engine and rightly, too. Just like the one, the other requires fuel and water to make it go and serve its purpose. Both are composed of very delicate mechanism and require very careful handling. But the human body is a living organism and simply for that reason its needs are many and various. They are changing with changing health. The steam engine is a mechanical body, its needs are constant, its management runs on mechanical lines. There lies the difference.

We are concerned here with our own body. Everyone knows the function of the body, of course in his own way. Everybody knows too that certain things are absolutely necessary to help the organism work well. The list is not very long, rather it is short. Their number is small and almost everybody knows them by their name.

Those are nothing but air, water and food. All other factors such as sleep, recreation, exercise and the like come as adjuncts to living. Though they cannot be called as prime necessities, yet their respective places in carrying out life's purpose are very great.

Proper use of this considerably small number of requirements for living, gives the tone and temper

to the body and keeps the human machine in good order and condition. Longevity and health rather health and longevity are the results of biologic living while its abuse brings an untimely decay.

In common parlance food is given the highest place with regard to the maintenance of body or life. But properly speaking air occupies the highest place. Without food a man can live for days, but without air he cannot live more than a few minutes. Water also has a greater necessity for the body than the food. Therefore food comes third in the order of importance to the body.

Air is necessary no doubt, but this must not be impure, polluted air. Air supplies the oxygen that is needed for purifying the blood, contaminated blood, within the system. Its use is almost circumscribed to that extent. It is carried to the lungs, the machine that ceaselessly purifies the impure blood circulating through the body. The oxygen combines with the iron in the blood and makes it fit for use in the body.

This is the use of air; it helps to build up the constitution by purification of blood. With this object in view we ought to find out air which will serve its purpose to the best. Pure air is necessary. There is nothing

more abundant than air. It is the requisite environment of mankind. Proper use lies in the fact that oxygen laden air and nothing besides that, should be inhaled. Quantity of oxygen counts for much. Deep breathing helps the lungs in two ways: firstly, by carrying a larger quantity of oxygen than the short breaths do and secondly by carrying it to the remotest corners of the lungs.

But abuse of air is many and various. The present civilization with big houses, thickly populated towns, congested bustees, dusty roads, smoky workshops, dust raising and gas emitting engines and motors, lends much for abuse. The construction of houses are in most cases unscientific and built with total disregard of the principle of ventilation. In villages, thick jungles obstruct the free passage of air. Add to this, the stench that comes out of weed covered stagnant pools, obnoxious gases emitted by the carcass of dead animals and night-soil lying here and there, from refuse matters thrown away just near the kitchen and from thousand and other sources created by our own folly. The element that supplies life's first need is polluted in this way.

The next abuse in respect to air is closed doors and windows. We ought to know that coughs and colds attack persons who live in closed air. Free, fresh air is enemy to this malady. Persons lying on the road sides are less susceptible to cold than people dwelling in palatial buildings but with closed doors and windows.

Lamps burning in closed rooms have killed many a person through asphyxiation. A lamp cannot burn, like the lamp of life, without oxygen. Therefore, while we sleep, we do not care whether we are getting the proper supply of oxygen. But the lamp is alert. It swallows up as much of the

oxygen as it can get hold of and leaves, at first, carbon-dioxide and subsequently carbon monoxide, a highly poisonous gas. That is the immediate cause of death.

If it does not go so far, one can easily imagine the extent of the injury done by the burning lamps in a closed room. This is abuse of the principles of living, the abuse of using air.

In this way, the instances can be multiplied. In every case, we find, instead of making the best use of the nature's most abundant gift, which does not cost us a farthing, we create circumstances injurious to ourselves. For pleasure we very often enter congested rooms, such as cinemas and theatres and come out with a stuffy feeling. And we don't count the amount of injury caused by sitting in such close packed houses.

Though water is a name for cheapness, it is not so cheap as air; it is rather a costly thing in tropical countries especially in summer. In these days a constant cry for more water is rising from many parts of India and at places proper use of water is called a luxury.

We know all this. But when it is not the case, where water is abundant, do we make the best use of it? Most certainly not; the abuses are as numerous as in the case of air.

Most of us do not know that function of water in the human body, is in some respects, more valuable than air. Quenching of thirst is the first duty; but this thirst is the manifestation of a want in the body. It is as important as air-hunger. It is even more important than that. It says that flushing is needed to drive away the waste products accumulating in the body.

Waste of water from the body are caused in various ways. Our breath takes away a good quantity of this sub-

tance. Its temperature evaporates water, of course without our knowledge. Sweat glands are centres for excreting injurious products through the skin; it also helps the body to keep the temperature constant. To function well, it requires a good quantity of water. Kidney is the great machine which separates urine from blood and sends the former to the bladder, whence it goes out. Urea, uric acid and particles of solid matters caused by the working of the liver, are not only waste products but are positively injurious matters which need driving out as soon as possible. Water is the one thing that supplies all these wants. Then there is another organ for fluid disposal and that is the bowels. Want of water causes constipation.

Then the proper use of water means the finding of such stuff which will meet the needs efficiently. The function of water in the body is to help the most delicate organs in their delicate tasks; it should, therefore, be as pure as possible. In an engine, this is the prime consideration for the mechanic. If the water used in the boiler contains solid matters such as calcium salts etc., or in other words, if the water is hard, the whole thing is exposed to great risk if it is forced to work for a long time without proper inspection. Besides that, the quantity must not fall short of the requirements. In that case, the working of the human machine takes away the watery part of the body and the consequence is disastrous.

But do we look to these wants properly? Firstly we use water in an impure state. Sometimes, we are forced to do so no doubt, but a little care will make it harmless. We do not care to know whether there are any disease germs or there is any possibility of their being present in our daily intake. We drink it as we get it. Whereas simple methods of filtration through

beds of charcoal and sand, boiling and straining through a thick piece of cloth will make it completely innocuous. These are means which can be adopted by everybody. But we raise hundred and one of objections to adopt them.

We do not care to know what is the quantity that is required to meet all the wants of the body. The daily waste is from five to six quarts a day. We must supply this quantity if not more. More water does less harm than insufficient water.

Then again we take it when it does more harm than good. When drunk along with meals, it is more or less injurious, it hampers digestion; but ninety nine persons out of hundred follow this practice. It should be drunk an hour or at least half an hour before or after meal. This habit should be cultivated.

Some people hold that, tea, coffee and other beverages, serve as substitutes for water. They ought to know, that they themselves require more working of the body for proper assimilation. Perhaps it is the greatest abuse of the purpose for which water is meant.

Water allays thirst, but there are times when it should not be taken; such as when we are overworked and exhausted, when we have exposed ourselves to high temperature to sun, and heat, or when we have given ourselves to temper etc. Time must be allowed to pass before we drink. Even in that case it is proper to drink slowly. But how many people observe this simple rule? Boys while returning from the play-ground cry for water from the streets, while their bodies are literally drenched with perspiration. A moment's delay will bring disaster to the poor mother or the unfortunate sister. What do they care for the consequences? They are health culturists and they throw the first principles for

preservation of health to the winds. The agriculturists, the labourer, the domestic servant, the load carrier all practise the same rule. Then how can we expect to keep health in tact?

In matters of food, possibly we are the greatest sinners. This is the fuel which supplies energy to the engine. The better the quality of the fuel, the greater the energy generated. Bad stuff produces less heat, less heat means less steam at higher costs. The engine is also damaged. Food means the same thing for the body. Considering the complicated nature of the organism it is meant to serve better purposes.

Everybody knows that by a mysterious process the products of nature, are turned into constituents of the body,—blood, tissues, bones, cells etc., etc. We have no idea how much has the mechanism to work for this. Food supplies energy to the various parts of the body; it also produces extra materials to make up for the waste. Every work, manual or mental, means so much waste of the cells and tissues composing the body.

It is true that air and water occupy the two first places in the list of human needs. But, it is also true that they cannot sustain the body for long. Therefore, food has its own recognised place. Like air and water, it has to be supplied in the best possible form. It must contain all the ingredients that go to keep up the machine in form in all its parts.

The first abuse is that we scarcely pay any attention to the food-value of what we eat. The requirements are protein, carbo-hydrate, and fat in assimilable proportion. We take little trouble to know whether all the purposes are being served by our daily food. This has contributed not a little towards the degeneration of the race.

Next matter which requires attention is the time when we take our meal. Those who have a regular business to

attend to generally have a regularity during the week-days. But on Sundays and other holidays they give way to irregularity with bad consequences.

Very few people take notice of the rules regarding mastication, rest after meals, drinking of water when it is necessary, so on and so forth. Appetite or no appetite many people often take meals, sometimes heavy meals.

Fresh food is life, but want of proper knowledge and a sense of false economy often induce us to take a diet which is poison. Some are there who relish putrified fish, meat etc. Of course this is a peculiar taste; but there is at least one of this type in each family.

A wrong idea works in our minds that, a food to be rich in food-value, must be costly. This is a great abuse of modern knowledge. Not even that. Hindus knew the value of cheap but nutritious diet. Bazar-ghee products are more injurious than beneficial. The ghee is in name; it contains ingredients which are not edibles. Yet there is a great liking for these foods.

Of course food supplies the waste of the body—and the abuse in this respect is that, persons who can afford to pay for costly protein foods take them in large quantities to replenish the waste. But this is an easy means of causing constipation. There must be a large quantity of "roughage" which contributes little to form the cells and tissues of the body. Yet it is as important as other foods. It helps to remove constipation, it increases the action of the intestines and evacuation of the bowels is almost complete.

Now, we see that to keep the health in tact, to make the body active, to assist the brain to function well, in short, to live as a man, food, drink and air are necessary. Their proper use leads to health but these are the very sources, when improper use is made, of disease.

Catarrh: Its Causes & Prevention

By Will R. Lucas

Catarrh, like the poor, is ever with us. It is a universal bugbear. There are millions of catarrhal victims all over the world. In my humble opinion catarrh is responsible to a large extent for the awful waste of the nation's greatest asset—human life. It would be impossible to compute the enormous cost of sickness in terms of money due to the ravages of this all-prevailing scourge.

Herbert N. Casson, the business efficiency expert, says: A recent investigation in the United States, made by the Public Health Association, showed that eighteen per cent. of Americans—two out of every eleven—are in perfect health. There are usually 3,000,000 who are in bed. Only a third of the people have what we could call fairly good health."

It is not likely that the British people are as sickly as this, but it is a fact that, even in 1926, with all its labour troubles, we lost ten times as many days by illness as we did by strikes and lock-outs.

What Illness Costs the Country?

The money cost of illness in England and Wales is estimated at £ 3,000,000 a week. We have millions of C3 people and many of them are in high positions in our business firms.

How great a percentage Catarrh claims in the above colossal sum cannot be computed, but it is a very large one.

What is Catarrh? Without calling upon medical evidence let me try to explain how catarrh comes and then how it grows on one like—well, any bad habit.

First of all, Catarrh is a cleansing process—a compensating method of Nature to get rid of impurities from the body. Catarrh may be located in many different parts of the body, but the lungs and air passages are the ones most usually affected. Any part of the body that is lined with mucous membrane may be the seat of the trouble. That is why we may have catarrh of the nose, throat,

bronchial tubes, stomach, intestines, colon, bladder and rectum. We will not burden the reader with the high-sounding names that are attached to these forms of catarrh.

The ordinary channels of exit from the human body for eliminative purposes are the lungs, skin, bowels and kidneys. When the body becomes clogged up with impurities the mucous membrane of these organs becomes inflamed, and to protect itself this sensitive mucous membrane secretes extra quantities of mucus to moisten and lubricate its own surface, but this secretion is abnormal, and the condition is what is called "catarrh."

Symptoms.

The symptoms of catarrh are a constant snuffing and blowing to clean out the nostrils. In some cases the sense of smell is impaired. At other stages the mucous membrane becomes so swollen and thickened, or the discharges so thick and tenacious, that the nose becomes stopped up, to the extent that breathing through the mouth becomes necessary. There is usually an offensive odour from the discharges. In many cases the hearing is diminished, due to the inflammation extending to the Eustachian tubes of the ears.

In our examination of other individuals we have found that other symptoms are: Ringing in the ears, offensive breath, dizziness, indisposition to exercise, lassitude, general debility, sore throat and dull headache through the temples and above the eyes. During sleep the poisonous discharge drops into the throat and is frequently swallowed, which disturbs the function of the stomach, causing dyspepsia, indigestion and loss of appetite.

Wrong Living.

What are the general causes of this abnormal condition? Briefly, *wrong living*. All diseases are the same at rock bottom and have their origin in a faulty mode of living. I know that we have been taught

to believe that disease in general is something that we catch or become infected by and, while it would be idle to deny that some forms of disease are infectious, that is to say, they may be transmitted from one person to another, I wish to scout the idea that disease is something that is always lurking round the corner and ready to pounce out upon us. It would be more accurate to say that we do not catch a disease, it is the disease that catches us, just when we are the least prepared for it.

Broadly speaking, there are but two ways by which we can become diseased in the ordinary sense. That is when the body is in a state of enervation, or of lowered vitality; and, secondly, when the blood is in an impure state, or toxic condition.

Poisoned Blood.

It will be asked what causes enervation and toxemia. This needs a little explanation. Every day we live certain toxins are being formed within the body. Many other toxins find their way into the body from the outside, chiefly through the gastro-intestinal tract. The organs of the body are equipped to neutralise and eliminate these toxins, but when functional power is weakened or impaired, there is a gradual accumulation of toxins in the blood and the tissues of the body. It is the process of getting rid of this accumulation that we call disease.

It will be understood that every function of the body is subject to nervous control. Back of all disease is enervation and subsequent toxic formation and accumulation, and at the back of these are the bad habits of life that use up nerve force to excess.

What Your Measurements Reveal

[Continued from last issue - Page No. 92]

The same thing applies to feats of strength. I do not know at the present writing how many claimants there are to the title, "Strongest man in the world," but there are more claimants to this title than there are feet in a mile. As soon as an athlete obtains a little publicity and is able to lift somewhere around 250 pounds, another

Now, if we understand how enervation is brought about we shall have the root causes of Catarrh clearly arrayed before us or any other form of impaired health for that matter.

All extremes produce enervation. All dissipation and excesses produce enervation. Among the principal causes of Catarrh are: overwork, over-clothing, over-eating (especially of carbohydrates and proteins), over-stimulation, lack of exercise, sexual excesses, constipation, worry, fear, anxiety, grief and other emotions lead to enervation and thus produce Catarrh. Neglected "colds in the head" develop into Catarrh when the system is run down.

The Indoor Sport of Over-eating.

Among the above causes over-eating is probably the most prolific cause of Catarrh and other diseases. Over-eating is the favourite in-door sport of the people, and one at which they will gladly play extra time.

By cause of dietetic sins and follies many people are eating themselves into a catarrhal condition. They are literally digging their grave with a knife and fork. Most of our modern diseases are the result of wrong feeding and over-eating. The average man and woman eats enough food, usually of the wrong kind, per day to keep half a dozen people going. Granted that we must eat to live, it is important that we eat the right kinds of food, and more important still to know when to stop. Enough is a feast! There are many human giraffes—they go in for high living!

"world's strongest man" is found, and naturally more discouraged would be strong men.

Neck, Arms and Chest.

Let the student continue diligently with his training and endeavour to secure as well-muscled proportions as possible. Even if

he does not obtain measurements any larger than my own, do not let him feel discouraged. Any young man who is from 5 feet 8 inches to 5 feet 10 inches in height should have no difficulty in obtaining at least a 16 inch upper arm and a 17 inch neck, as well as a 46 or 47 inch expanded chest. If the student is 6 feet in height, he should have no difficulty in eventually obtaining a 17½ inch neck, a 49 inch expanded chest and a 16½ inch upper arm.

If the student is but 5 feet 3 inches or 4 inches in height he should have no difficulty in obtaining a 16 inch neck, a 15 inch upper arm and a 44 inch expanded chest. Of the three above-mentioned groups many obtain measurements even beyond the ones I have outlined, for it is not impossible. But they should not expect to reach the Herculean proportions of a Hackenschmidt.

How to Measure Your Muscles

When measuring your muscles the tape should be passed around the the largest part. Let us begin with the neck. To obtain the proper measurement of the neck, the head should be held erect, chin to the front and the tape passed around the lower part of the neck, just above the point where the trapezius muscles begin to slope towards the shoulder. Place about two pounds pressure on the tape in taking these measurements.

If you bend the head back and throw out the muscles of the neck, the neck will increase about one or two inches in size. However, you will not be obtaining your actual neck measurements, but will be obtaining a measurement of your expanded neck. You should never consider the expanded neck measurement, for in all measurement tables given of athletes, the normal neck measurement is always taken for granted. If you consider your expanded neck measurement and develop your other muscles in proportion to this your neck will never be properly developed, for you are utilising your expanded measurement in your table of proportions.

In measuring the chest, the tape should be passed under the armpits, in a straight line around the chest, about one inch above the nipples. By exhaling all the air from

your lungs and relaxing all your muscles, you obtain your contracted chest measurement. Now adjust the tape again to the previous position and stand perfectly normal, head erect, muscles relaxed and chest corresponding with your erect standing or walking posture. This will be your normal chest girth.

By inhaling as much air as you possibly can, and at the same time expanding your latissimus dorsi muscles and swelling your chest to its utmost, you will obtain your expanded chest measurements. These measurements, of course, will not be the measurements of your actual lung expansion, because they are assisted by your muscles.

To obtain the actual measurement of your lung expansion, you should pass the tape around your lower chest at the ninth rib, which is a few inches below the nipples. The difference between your normal and expanded chest measurements at this point will be very slight. In fact, if you expand three or more inches, you have wonderful expansion. However, these lower chest measurements are rarely utilised in any table of measurements of athletes.

Your upper arm may rightly be regarded as your index of strength. If a chap has any development worth talking about, it usually shows in the upper arm.

How to Measure the Index of Strength.

In measuring your upper arm, first pass the tape around the largest part of your upper arm when the arm is straight and held relaxed horizontally. Next, flex your arm by vigorously contracting the triceps and biceps, bringing the fist as near the shoulder as possible, and turning the palm of your hand towards shoulder. By doing this you will obtain the largest girth of your flexed arm, providing, of course, you pass the tape around your largest part.

In measuring your upper arm, in this case, do it before a mirror, so that you can see both the back and the front, and note whether the tape is passed straight around the arm, or whether it is on a slant. By having the tape slanting, you only fool yourself. I am convinced that it is undoubtedly just such

a slanting tape that produces the magnified measurements of a great many professional strong men.

The forearms should be measured also around the largest part, with the arms straight and fist clenched. To obtain the contracted forearm measurement, bend your arm and pass the tape around the largest part as near the elbow as possible.

The waist should be measured when standing in an erect posture, not drawing in too much, neither should you allow your abdomen to protrude. By holding the chest up in a military carriage, you will obtain your normal waist measurement. The tape should be passed around the waist at about the height of the navel.

In measuring the hips, pass the tape, around the largest part, and apply about four pounds pressure, thus allowing for irregularities of this part of the body.

The measurement of the thighs should be taken around the largest part of the thigh, which in most cases is directly below the crotch. If your legs are exceptionally deve-

loped, with pronounced curves to the extensor muscles, perhaps your largest girth may be a little lower than this. However, this can be easily ascertained and the measurement can be taken in a complete state of contraction, that is, when you stiffen the knee and tighten the muscles.

The calf should be measured around the largest part. By raising your toes off the floor and simply standing on your heels you will obtain a slightly larger girth than if you stood flat-footed, because you can get a slightly greater expansion of the muscles in this position.

The measurement of the wrist and ankle should be taken around the smallest girth.

You should, when you begin your development, take a complete set of these measures, keeping them carefully, so as to see what progress you are making. In this way you'll be able to get a mental picture of yourself, at any time, just the way you were before you commence your training, and surprise all your friends with the progress you are making.

Nutritive Value of Indian Food Stuffs

[Continued from Page 108]

better since it has germicidal properties. Salt or lemon juice may be added to it. It may also be seasoned." He says that butter milk 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.

Nature's Cleansing and Regenerative System

By Dr. J. H. MILLER

Mother Nature builds and destroys. It depends upon man as to which of these alternatives he shall experience. Death and life are both in Nature's power. She is master. She protects or she punishes. Her laws are immutable, unchangeable, and must be obeyed if we want her blessings of health and happiness. In harmony with her laws, she builds us up in a most perfect way. Out of harmony with her laws, she destroys imperfection, to restore harmony of what remains.

Naturopathy is the only true healing art. There is no substitute to Naturopathy. All efforts to find a substitute will for ever meet with failure. What Nature does not heal is never healed.

The disease process of cleansing within the body is never removed unless the cause of the cleansing process of disease is removed by assisting Nature in her work of cleansing with methods that are in harmony with Nature herself. If health, happiness and success is to be realised, man can not continue to violate these fundamental laws of Nature. Man must assist Nature in her efforts to cleanse and recuperate in this process of disease and not depress it. This disease cleansing process is a blessing. It is Nature's way of cleansing the system of its impurities. Whatever cannot be cured by the Natural forces of the body, can never be cured by external forces from without the body.

When drugs have been used to depress Nature's Disease Process or Cleansing there has been created another force of impurity to overcome. First, the cause of the Disease Cleansing Process, toxic poisons and abnormalities; second, the effects of the

drug poisoning which was used to allay Nature's cleansing process through disease. Man, therefore, lives in spite of drug taking and not because of having taken them. All chronic disease processes, or struggles of Nature in her recuperative efforts, are chronic, because, of the suppression of acute conditions by the drugging system.

The Naturopathic Physician familiarizes himself with what constitutes natural living, learns to detect by diagnostic signs how, when and where departure from the normal or natural has taken place, and then applies his scientific knowledge and skill, aided by the various kinds of Naturopathic treatments, to help bring about a return to the normal and natural. In reality, Nature heals and cures: The Naturopathic Physician merely interprets Nature's Laws for the patient and lends intelligent assistance. The physician becomes a teacher of healthful living. Genuine cures are never established until the last remnant of the cause for the disorder has been eradicated by natural process and methods.

Naturopathic health service has for its purpose the restoration of Natural bodily function. Among other things this is accomplished:

By removing from the system the accumulations of body wastes, poisons and foreign substances, by assisting Nature in doing the same if she has already instituted her own process of cleansing and regeneration.

By stimulating the organs of purification and elimination.

By freeing nerves, blood-vessels and lymphatics from all undue pressures and obstructions.

By equalizing the circulation in all parts of the body.

By restoring the congested organs and tissues their normal blood and nerve supply.

By improving the circulation and toning up the nervous system.

By balancing the glandular activities and regulating the daily habits of life.

By supplying, through the diet and in proper combination, the requisite kind and amount of food substances so as to restore the chemistry of the body, preserve its function, build up its strength, enrich the blood, and so keep the body immune from impurities which cause the conflict of the disease cleansing process.

By reducing excessive acidity and removing all foci of infection.

By correcting all discoverable abnormalities of the tissues, organs, muscles, joints, bones and skin, such as swellings, stiffness, strains, tensions, misplacements, relaxed and fallen conditions, curvatures, over and under-developments, tumors, growths, obstructions in passages, changes in temperature and moisture, inflammations, discharges, sores, ulcers, eruptions etc.

By making necessary adjustments in the mental and emotional life, and changes in personal habits, modes and living, etc.

By advising on hygiene, sanitation, and how to live in accordance with Nature's laws of health.

To accomplish these things, the Naturopathic Physician applies and uses diagnosis and practice of physiological and mechanical sciences such as articular manipulation, corrective and orthopedic gymnastics, and the use of any physical forces such as air, light, water, pressure, vibration, heat, electrotherapy, radiotherapy, physiotherapy, hydrotherapy including the use of mineral salt baths, and orificial dilation and other stimulation of the sympathetic nervous system through the orifices, and dietetics, which also include the use of food of such biochemical tissue building products and cell salts as are found in the normal body; and the use of vegetal oils and dehydrated and pulverized fruits, and non-toxic herbs, roots, barks, flowers and seeds uncompounded and used in their natural state, and such other method or methods as are taught in Naturopathic Schools and Colleges.

Natural Cure of Goiter

By C. V. CHETTY, No. 88, Vallala Street, Vepery, Madras

A true story by T. KRISHNARAJA NAYAKAR, Advocate, Madras.

My son, six years old, had two small ulcers near the nape of his neck. The boy was bathing in the pond in my village, to which place I had gone last year on account of the war scare, and I did not take serious note of the ulcers. In about ten days the ulcers developed in their size into a big one. I applied allopathic medicine to the

ulcers and finding that there was no improvement from these medicines I gave him homeopathic treatment after coming to Madras.

After some days of treatment found that the ulcer became red and apart from that there was no sign of cure. In spite of this I continued the

homeopathic treatment for some months, still there was no sign of cure. So I asked a ward boy in the General Hospital, Madras, to dress the ulcer every day and this he did continuously for more than a month by applying allopathic medicine and bandaging the ulcer. The size of the ulcer narrowed but no crust was formed on the ulcer and there was no sign of cure. Thus the boy was suffering for 18 months and many times scratching the ulcer and causing severe bleeding.

At this stage I wanted to subject my boy to the treatment of Mr. C. V. Chetty, whom I had known as a doctor curing diseases by natural methods but he was then in Ootacamund. He came to Madras in June last.

He gave directions for the treatment of my son and they were:—taking enema in the mornings, cold bath for the body, and applying clay to the ulcer with some dietetic restrictions suitable to the child. These directions were not attractive or spectacular as they were ridiculously simple. Applying clay was revolting to me and I could not believe that wet clay would cure ulcers. On the other hand I thought that clay in wet condition would only aggravate and poison the ulcer. So I did not apply clay. Finding that I was evading applying clay Mr. Chetty suggested that I could put a cloth immersed in oil on the ulcer and then apply the clay. I tried this for a day or two but afterwards I made bold to apply the clay directly on the ulcer. Puss came in large quantities but the boy looked cheerful and was un-mindful of the pain. The treatment so far had resulted in the formation of a very big abscess adjacent to the ulcer. My doctor and I grew anxious, but the boy's courage and confidence in us. I was asked to continue the same treatment and to apply clay for the

abscess as well. The doctor warned me before that the bad matter so far got into the open ulcer and the poisons would come out in some form or other and possibly in abscess and that he would get fever and only if he had fever the ulcer would be cured.

True to his words, the boy had fever and in this fever the doctor insisted that he should have cold bath from head to foot whatever may be the temperature. Though my people and I again got alarmed at this, my confidence in the doctor increased because whatever the doctor said was proving true in practice. The boy had fever as anticipated and I gave him cold bath in the mornings and applied clay to the ulcer as well as to the abscess. In an incredibly short time the abscess gave way and the matter came out in large quantity. Fever had subsided and the abscess completely cured within three days without leaving a scar. Then the process of healing the old ulcer began and in about three weeks from the time of starting the treatment under the ulcer, which was persistent for about a year and a half, was completely cured.

The doctor still warned me that all the medicines which I applied for the ulcer had not come out and that subsequently they would find their way out in some shape possibly by some other ulcer or ulcers. True to what he said a patch of ulcers appeared in the left buttock of the boy and by following the same treatment the ulcers are gradually disappearing.

I wish my friends and others would only read my experience of the natural treatment. Even though I had known Mr. C. V. Chetty and his natural treatment from a long time I was not personally acquainted with his treatment. I had no confidence in his instructions

at first, but after trying other systems of cure to no avail I have now full confidence in his treatment. The directions given by him may at first sight look un-natural and un-suited for the treatment. This doctor is always calm and un-assuming and is even merrily at times with a confident smile and a nod of his head when questioned about the

allopathic treatment. I am sure that anyone after following his treatment would be convinced that this is the most natural treatment and an effective one and that there is no other treatment which is so cheap and effective. I don't feel that I have expressed my feelings adequately in this report.

Nutritive Value of Indian Food Stuffs

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. Lakshminpathi 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 nutrition and not be removed. If it is sour, it is easily digestible. If it is sweet, it is easily digestible."

[See page 104]

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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 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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