

The INDIAN NATUROPATH

FOR HEALTH- PHYSICAL, MENTAL & SPIRITUAL

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

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The Indian Naturopath, Bezwada

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No. 1

Severe Bleeding

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

Bleeding Dysentery, Hemorrhoid, Blood piles, Infective diarrhea, call it by whatever name, the symptom visible to the naked eye in the case under report was purging of blood and nothing else.

My son aged 4 years is thoroughly a Natural baby, in that in the severest climate of Ootacamund he used to take cold baths, would never put on any clothing and used to perspire while asleep there. He used to be guided by his own instincts; he would have his own enemas, his own diet of fruits and milk whenever he was ailing. This small doctor of his own, all of a sudden on 30-10-43 had several motions with slime. The usual enemas and water of tender cocoanut were given at his request. The next day there were too many motions of pure blood and nothing but blood. The boy was passing blood all the 24 hours and while asleep the blood used to bubble out through the rectum. Suffice it to say that there was not a bed sheet or cloth in my house that had not been stained with blood. A boy of 4 years to pass so much blood was nothing short of a very alarming crisis indeed! Any amount of wet packs, clay packs, enemas, complete fasts, partial fasts, special baths etc. were of no avail. Friends urged his removal to the gene-

ral hospital, of course in good faith. I proposed to administer the most effective remedy i. e. clay internally. Dr. Bikshu included a little bit of Kadukkai powder to it. Accidentally I met Yogi Satyanarayana of the "Yogic Cure" whom I always regarded as a senior in Naturopathy. But this gentleman wanted that some Homeo pills should be given at once as otherwise there would be danger and he positively objected to my giving the clay and Kadukkai powder. He also wanted the baby to be put on arrow root kanji at once. Thoroughly perplexed I was, to get such an advice from an erstwhile Naturopath. I pondered over in the light of the experience of Nature cure gained so far and gave the clay and Kadukkai powder first. After one hour the child was about to be taken to the Homeopath by my wife who was very anxious. The Homeo doctor C. Ramadoss just came in. I yielded to circumstances. He gave some 4 doses of pills at an interval of one hour each saying that at every dose there would be improvement, but on the other hand, the case was going worse.

Let us now watch NATURE'S work. Six hours after the dose of clay and the powder, old stools in hard balls were expelled by a mild motion. This expulsion gave me the confidence to

proceed further according to Nature's ways. Every such expulsion of the old stools marked a stage towards recovery but nothing good happened due to the administering of Homeopathic pills. From the 5th to the 8th day two doses of clay and the powder and two enemas daily worked out all the old retained stools and the passing of pure blood for all the 24-hours turned into slimy motions with blood taints. With further sitz baths and dietetics the boy slowly recovered. During the period he was passing blood he refused to take even water. When there was slimy motions he was given pomogranates, oranges etc. juices. After 10

days he was passing only slime four or five times a day. During this period he was given buttermilk and soft cooked rice Kanjee for one meal and for the other, fruits. It was only on the 15th day when all the slime stopped he was allowed cooked vegetables and rice. But the fellow stealthily ate some pungent fish sauce in a tenant's house; but it did not do him any harm.

After this my daughter aged 10 years suffered from a milder form of the same disease; Simultaneously an adult and a baby also. After a few days another boy of 7 years and for all of them the same treatment was given and they all recovered wonderfully.

Mind and Matter

By H. FERGIE WOODS, M.D., M.R.C.S., L.R.C.P.

While thinking out the present article I am in bed, suffering from a conglomeration of symptoms that might be described either as a chill, or as mild influenza.

There is nothing surprising in this, especially at the present season. This attack would appear to be the culmination of several weeks of disturbed nights and nervous strain. Again, nothing very abnormal in that.

But suppose after all there should be another explanation of the cause of this attack, besides the obvious one.

Of recent years, the medical profession in general, and the psychologists in particular, have been paying much more attention to the influence of the mind in the causation of physical illness—the subconscious mind predominantly. More disease than was generally accepted to be so is now deemed to be caused by the action of the subconscious mind to protect the individual by forcing him to escape from an irksome, or even harmful, situation. This is generally quite unknown to the conscious mind, and often very unpleasant to it.

Some psychologists would go further than the rest, and affirm that not only is all disease caused in this manner, but that injury from accident comes into the same category.

Following this latter hypothesis to its logical conclusion, one would have to consider that every death from accident was an act of self-destruction. As far as that I am not prepared to go. I am convinced, however, from thirty years of medical experience, that a very large proportion of all disease is mentally produced. Indeed, I do not think it would be wide of the mark to say that all disease has its origin on the mental plane.

The objection will at once be urged that this idea is absurd in view of the role of micro-organisms in causing disease. This objection seems to me beside the point. Even if one admit (which I for one do not) that germs cause disease, it is allowed that the soil (i.e. the constitution) must be favourable to the germs—there must be a state of lessened resistance, or the germ cannot cause the disease. And the mind has all-important part in preparing the soil.

Now, what has this preamble about the subconscious mind to do with animal-experiment? Just this.

It seems to me that if only a part of what the psychologists state be true, then the futility, the foolishness, of experiments upon animals is further confirmed.

It is difficult enough to prove the workings of the mind of the human being; to do so in the animal is impossible, even if we suppose that the phases of the sub-human mind are akin to those of the human.

Cutting and probing into the physical tissues, whether of man or of animal, can never teach us anything of the action of the mind, that is, can never teach us anything regarding the fundamental causes of disease.

The vitally important fact is generally forgotten or ignored, that disease is not anything that can be seen or handled.

A tumour, or any other manifestation of gross physical change, is not the disease. By the time you have something that can be seen, felt, and cut up, you are dealing, not with the disease itself, but with its results, its end products.

Indeed, to attempt, by cutting into the tumour, to trace the cause of it, is about as useful as would be to cut into a cheese in an attempt to trace the cow who was the prime originator of it.

The further fact must not be lost sight of, that the vivisector is dealing with and examining in the animal, not a manifestation of a disease process natural to the animal itself, or to the animal world in general, but an artificially induced condition, imposed by inoculation, implantation, or other extraneous means.

Thus is the research-worker still further removed from the possibility of finding the true origins of disease.

There is another reflection that is of importance in the present connection. In the diagnosis and the treatment of a patient's

Complaint, the subjective symptoms (those described by the patient) are of the utmost value. The basing of the treatment upon physical findings alone, prescribing upon the disease-label, is almost certainly inviting failure.

Again, the mere retelling of his, or her, symptoms by the patient is itself often the first step towards a cure—it is, in effect, akin to a mild psycho-analysis, without the violent upheavals apt to be brought about by the ordinary methods of psycho-analysis.

Here again, vivisection offers no approach to real cure.

Even if, by methods based on animal-experiment, it may be possible to reduce or abolish physical manifestations of disease, as well as the associated subjective symptoms, the elimination of the outward evidences of disease by the use of strong drugs, or other means, is not cure. It is at best but palliation, and usually leaves the patient in a worse state than before.

To abolish all experiments on animals, to get rid of the outlook on life which is at the same time the cause and the result of such experiments—this would do more than any other one thing to open to the people the means of real cure and a permanently improved standard of health.

Lord Horder, a few years back, suggested calling a halt to vivisectional activities for a term of years, using the time to take stock of our position and trying to form some estimate of the value of this form of research. His suggestion was never followed up, possibly because it was felt by those most interested that once animal-experimentation were stopped, it might be difficult to restart it.

There are other leaders of medical thought upon whom has been forced the sense of failure, of futility, and of harm to medicine resulting from the present methods of research, and some of these have called, not for suspension of experiments upon animals, but for their total abolition.

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The great truth is in process of being indicated—what is morally wrong can never be of enduring value to any individual or people.

Vivisection is morally unjustifiable, not alone, and not even primarily, because it inflicts great suffering on a section of sentient creation dependent upon us, but because it represents a cowardly attempt to escape our own responsibility and duty by shifting the burden on to the innocent animals.

The fact that such a subterfuge has been able to persist for so long is evidence, indeed of the perverted state of man's mental and spiritual nature.

But present events are re-shaping many thoughts and ideals, and the time of emancipation of the animals, and of man, may be nearer than we believe.

Experiments on Human Beings

The *Times of India's* special correspondent in London adds to the horrors already perpetrated by the Germans, the report that "babies which are not regarded as being of German parentage, or are otherwise undesirable, are being taken and used for scientific experiments as dogs, rats and monkeys sometimes are in other countries." This is reported, we are told, in a German Medical Magazine. The Germans are nothing if not thorough, whether in so-called scientific experiments, in degrees of ruthlessness, or other aspects of the nineteenth and twentieth century "civilization." If dogs and monkeys can be cut up and tortured, why not babies, why not even grown up men and women, whose reactions must necessarily be different from those of animals, therefore requiring specific investigation? By the way, why does the correspondent qualify the truth as to the practice in other countries by the word "sometimes"? The number of licenses issued every year to vivisectioners in England, France and the United States, to mention but three of the "advanced" peoples, tells its own continuous and mounting tale, and these peoples seem to be

entirely indifferent to it. The quintessence of the horror lies in the cruelty which all alike are willing to perpetrate, although its most bitter and poisonous fruit may be reaching in the Nazi soil their record crop and magnitude. We are all alike nurturing the poison, although its virulence varies. Why not stop all experiments on living beings?

—N. Sreeram.

And All This Due To Bajri

There was a little man
He had a little wife
They both lived so happily
Without rift or strife.

Then came the "R" advts.,
"All 'good citizens' arise,
Bajri is the best of grains
For healthy, happy and wise!"

The little wife was stirred
She discarded wheat and rice;
"To think I was so ignorant
Thank God for 'R's' advice."

So morning, noon and every night
The little man was fed
With Bajri this and Bajri that
Till his appetite was dead.

He bellowed at breakfast
And was lockjawed at lunch
And screamed at supper,
"Only Bajri to munch!"

The little wife was hurt
She sought her Mas's advice:
"Bajri morning, noon and night
Would scare even the mice!"

And now the brute is fed no more
On Bajri this and that,
His worn-out face is nice and pink
And torso round and fat!

—Lata K. Panjabi.

How To Use the Clock in Your Head!

Time Sense and How It Works

No Possibility of Telepathy

"There is a 'clock' in the head of every man, woman and child. Most people never make use of this natural 'clock' at all, but it is as reliable as the costliest alarm clock" says a British psychologist.

If you doubt the existence of this "clock in your head," try this experiment, he says. Look at a clock and then say, "I am going out for an hour. It is now six. I will return at seven."

Don't think about it any more. Don't look at your watch or at any public clocks.

Just go for a walk. Suddenly, you will feel an impulse to return. Follow the impulse. When you get back, if your "clock" has failed you by more than five minutes either way, you will be an exception.

Time Sense

Psychologists, trying to find the secret of this time-sense with which everyone is gifted, have been astonished at its accuracy.

No one has explained satisfactorily how the clock works. We all know that it is possible to go to bed resolving to wake up at say, six, and be reasonably certain that we shall open our eyes at that hour. How does the brain keep count of the passing hours?

In an effort to clear up the mystery, psychologists have made experiments with people under hypnosis. But instead of solving the mystery, the experiments only seem to have deepened it.

The suggestion was put to a hypnotised woman that at three o'clock, she would take a vase from the mantelpiece and place it on the table. When she was fully conscious again, she was questioned about the suggestions put to her during hypnosis. She had no memory of being given any instruction.

But, at three precisely, although there was no clock in the room, she dealt with the vase as instructed!

The explanation she gave was that she "hadn't thought about it," but just "felt she wanted to move the vase."

How had the brain of this subject counted the hours? To eliminate the possibility of "clock-watching," care was taken in future experiments to prevent a mechanical clock being seen. The result was the same. And the error in time was never more than a few minutes.

Faith Needed

In further experiments, the suggestion was put in a different way. Instead of being told to perform the action at certain time, the subject was told: "In seventy-four hours, you will touch the vase with your first finger." Three days and two hours later, she obeyed the instruction almost to the minute.

To eliminate the possibility of telepathy in future experiments, the psychologist himself did not work out when the time would be before making the suggestion. The result was the same.

It is essential when using the clock in your head, not to "try." If you go to bed worrying about whether you will wake at 7-30, you are quite likely to wake at every half-hour through the night and then, exhausted, sleep until nine!

Faith in the clock also seems necessary for accuracy. Many failures of the alarm are due to lack of confidence in it. That is why, if you experiment, you should try it on a day when it does not seriously matter if the alarm fails.

—Sunday Times.

depressed, irritable, quarrelsome, and fearful. They all became weak, lacked energy, and were unable to carry on their tasks efficiently. Then to add to this sad mental state, a variety of other symptoms appeared, such as headache, backache, sore muscles, gastric distress after meals, sleeplessness, tenseness, prickly sensations of the skin, intolerance to noise. "In short, a group of women specially selected for their co-operative qualities and their previously normal behaviour, were transformed in a few weeks into inadequate, suffering creatures with all the features usually associated with the 'neurotic' personality." And all this because they lacked enough vitamin B¹ in their diet. It is no wonder that many of us feel half dead, when "it is estimated that 50 per cent of people fail to have optimum health and maximum vigour because of a low intake of the vitamin-B components." Be sure to get plenty of vitamin B in wheat germ, whole-grain cereals, enriched bread and cereals, and legumes; and for an extra-good source dried brewers' yeast is excellent.

Many people decry the present meat and coffee shortage, but they need not do so. They are likely to have much better health for not having access to flesh foods and drug stimulants. This was demonstrated on a mass scale by Doctor Hindhede in Denmark during the last World War. During the period of blockade the death rate was the lowest it had ever been. Doctor Hindhede, the Commissioner of Health at that time, stated, "We killed our pigs and lived directly on pigs' food—their barley and potatoes. We took all the wheat bran from the cows.... Moreover, we took the grains from the distillers, which left us without brandy and whisky, while the English deprived us of coffee.... The state of health improved as never before. The death rate went down during this period of rationing, October 1, 1917, to October 1, 1918, to 10.4 per one thousand, the lowest known death rate of any European country at any time."

The old saying that we dig our graves with our teeth is no longer an aphorism but a confirmed truth. We should carefully check our diet to see whether it is balanced

and contains the essentials for robust health. In brief, the essentials are all found in fruit, grains, nuts, and vegetables, with eggs and milk products added.

Smoking, or the use of tobacco in any form, has too many counts against it to last long in any health contest. Dr. Raymond Pearl, of Johnson Hopkins University, in his study on tobacco smoking and longevity, showed that the expectation of life of non-smokers exceeded that of smokers; that among smokers, average longevity decreased progressively with increasing degree of smoking.

In 1940 Doctors English, Wilfius, and Berkson of the Mayo Clinic gave a partial explanation of this fact. By studying the case records of some two thousand men between the ages of forty and sixty, they found that the incidence of coronary heart disease in the smokers was relatively about three times that in the control group of non-smokers.

Dr. Chevalier Jackson, one of the outstanding physicians of the United States, has repeatedly stressed the role of tobacco and alcohol as causative factors in cancer of the voice box. Furthermore, cancer of the lung and larynx is increasing. About one death in every one hundred is due to cancer, and about one out of every one hundred deaths from cancer is from cancer of the larynx.

We should mention one last factor that bears on life expectancy and a most important one at that—your mental attitude. The relationship between your mind and body is most intimate. Watching the inside of the stomach, physicians report that its complexion changes with that of a man's face when he becomes angry. When the face is flushed, the stomach also becomes flushed and red, and tiny hemorrhages actually appear. When an individual is sad and depressed, the stomach is too,—so depressed, in fact, that it fails to secrete normal amounts of gastric juice, which is essential for digestion of food. Now you understand why it is not wise to eat when emotionally upset and why those individuals who constantly worry and fret may have frequent digestive disturbances.

Their stomachs may have been all right but their minds ruined a perfectly good organ.

Your "nerves" have a great deal to do with your blood pressure. More than 44 per cent of the total deaths for all ages during 1940 were from heart, blood vessel, and kidney diseases. It is estimated that high blood pressure is a causative or associated factor in three fourths of these yearly deaths. A comment appearing in an address given by Doctor Lee before the Mayo Clinic staff helps to explain this still more clearly. "It is worry that makes people sick rather than work. The nervous, worrying patient of fifty, of forty, of thirty, or of twenty, if you will, may present an unstable blood pressure. The intelligent doctor knows that in a substantial proportion of such cases, this process will eventuate into permanent hypertension (high blood pressure)." We know that emotional upsets are a common ground that predisposes to many diseases—high blood pressure, ulcers of the stomach, arthritis, and ulcerative coli-

tis, to mention just a few. It is evident that a person who frets, worries, and gets himself wrought up can thereby help shorten his life. One cannot have health and "nerves" at the same time.

What shall we do with worries? If you are a worrying individual, then set about to correct your habits so that you have the best program possible. This in itself will go a long way toward helping your mental state. The consciousness of right doing is one of the best antidotes for worry and jangled spirits. This problem is not met alone. The assurance of right doing touches the very wellspring of life itself. The controversy between what is right and what is wrong can be faced only by the individual who has a firm hold on God.

Would you add years to your life and some life to your years? See then that you have plenty of rest, ample exercise, an abundance of fresh air and water, a correct diet, and a trust in divine care.

Sensible Feeding of Children

BY LILLIAN R. CARQUE

There is no knowledge more essential than the rearing of children according to nature's laws of life and health, so that they may grow to be superior men and women physically, mentally and morally. You will be surprised to know that in a large percentage of cases of abnormality in mind and body, the seed has been sown during infancy and childhood, and even before birth. Many serious chronic illnesses of adult life have their origin in some disease of childhood, like measles, whooping cough, scarlet fever, diphtheria or the serious disturbances of digestion. Every mother should recognize that any illness of her child, however brief and slight, is a hindrance to its growth, and that every hour spent in pain or disturbance

means some loss to him, and may result in permanent impairment of some organ or function of the body.

Habits are formed early in life; training in masticating food for example, will not develop the tendency towards over-eating. Serving and focusing special attention on natural foods will diminish the craving for the denatured and devitalized foods of modern civilization. Over-feeding is a feminine weakness and the most frequent mistake in the rearing of infants and children; nearly all cases of colic and diarrhea may be traced to this cause. A large number of infantile diseases can be overcome by regulating the hours of feeding. A child is not always hungry when it cries, and

a few sips of water, especially during the night, will often produce good sleep and give the stomach a needed rest.

Indiscriminate nibbling between meals cannot be condemned too severely because of its injurious effect upon the appetite and its pernicious influence upon the general health and vitality. Hunger is the result of muscular contractions of the stomach. Nibbling will quickly cause the disappearance of hunger by lessening the intensity of the muscular contractions; but the stomach is not deceived. By preventing the development of normal hunger contractions and lessening the appetite, the child is inclined to take an insufficient amount of natural foods—wholly inadequate for its normal healthy growth. As a rule, ill-fed children are always ravenously hungry resulting from a persistent dietetic deficiency.

Milk being a complete food should be treated as such, and should never be consumed with other proteins. It should be taken preferably by itself and sipped slowly; the addition of perhaps a small amount of whole grains is tolerable. A diet of fresh raw cow's or goat's milk is best supplemented by small quantities of fresh fruit juice, preferably orange juice. The general opinion is that children should not be given fruit until the period of infancy is well passed. While this may be true of fruits in general, the giving of strained juices of certain fruits such as oranges, prunes and figs are not only very beneficial, but actually essential to the baby when deprived of mother's milk. It is not imperative to give fruit juices to normal breast fed babies, but mothers should partake of them freely themselves. Fruit juices are the best preventative for infantile diarrhea, scurvy and constipation, because their

mild acid and alkaline salts are natural disinfectants of the alimentary canal. Orange juice has been especially beneficial in cases of rickets and other disorders caused by malnutrition.

Pure unroasted and unsalted Almond Butter, diluted with warm water to the consistency of a milk, to which a teaspoonful of pure fruit juice or fresh vegetable juice and strained honey has been added, may occasionally take the place of animal milk in infant and child feeding. Almond milk should be made fresh every day, as it will probably turn sour if kept over night, especially during warm weather; it should be heated to blood temperature, not exceeding 100° F. just before it is used. An excellent food for weaning children is a combination of grated apples and almond butter. It is made in the following manner: Peel, core and grate one medium sized juicy apple and mix with one teaspoonful of almond butter; instead of an apple a ripe banana may be used occasionally, also pear or pineapple when in season.

In China and Japan, soy bean milk is frequently used in feeding infants and children in place of animal milk. Soy bean milk has been prepared by the Orientals long before the Christian era. Soy Bean Milk powder, now available on the market, presents a convenient modern way of offering the milk of the Orient to the American public.

In the diet of children, fresh and un sulphured sun-dried fruits must be given a worthy and dignified position, not merely as a luxury or accessory but as a food staple. Fruits should preferably be eaten alone, to allow them to impart to the body the full effect of their great vibratory forces. They maintain and increase the alkaline reserve, while the more concentrated foods like cereals, pulses, cheese

and meat are more or less acid-forming. Fruits supply especially the elements of potassium, calcium, iron and phosphorous in a highly organized form, and in this respect are far superior to cereal products. Figs, grapes, prunes, olives and many varieties of berries are especially rich in organic iron compounds, which children need daily to replenish the red blood corpuscles, offering reliable safeguards against anemic conditions. Citrus fruits abound in vitamin C, emphasizing their importance as a scurvy preventative; their high content of lime and magnesium furnish bone-building material.

The avocado is richer in protein than most fruits, while the best varieties have more than twenty percent fat in a very palatable and digestible form, superior to butter fat. It is an excellent addition to combination raw vegetable salads, replacing meat by its abundance of protein and fat. The fully ripened banana has an advantage over cereals in that its mineral matter is largely made up of base-forming or alkaline salts.

Natural uncooked foods, comprising two or three raw vegetables attractively prepared as a wholesome salad, dressed with lemon juice, olive oil or unroasted and unsalted nut butter, contain more vitamins and mineral salts than do cooked foods, as well as encourage thorough mastication. It is the artificial preparation and softening of children's food which encourages hasty swallowing and over-eating, depriving their teeth at the same time of much needed exercise. If mothers do not add raw food to their children's diet, their blood becomes poor, and all the tissues of their body lose their tonicity and strength, paving the way to weakness and disease. Raw green-leafy vegetable salads should make the substantial part of at least

one meal every day, just as soon as teeth are able to take care of solid food. Salads are the best preservers of the alkalinity of the blood, and are therefore indispensable for the preservation of the child's health. Food choppers or graters should be used should the child experience difficulty in thoroughly masticating salad food.

While mothers should always give the preference to natural uncooked foods, there is no harm in occasionally giving the child cooked food if the cooking is done judiciously, applying heat for a brief time only, and thus preserving the organic salts to a maximum degree. When vegetables are boiled and the water is thrown away, they lose a large amount of their soluble nutrients—about 5 to 10 percent protein; 30 to 50 percent of carbohydrates, and about 50 percent of organic salts. They should, consequently be steamed, baked or stewed for about fifteen minutes in their own juices by means of air-tight waterless cookers. The longer vegetables are subjected to heat, the more their subtle organic combinations are disorganized.

Wholesome soup stocks can be made for infant or child from leafy vegetables, especially the outer leaves of cabbage, lettuce and kale, the tops of celery, green onions, beets and other roots, spinach, chard, the tough parts of asparagus and cauliflower which are usually thrown away. The vegetables are best chopped into small pieces by means of a food chopper and then steamed with the addition of a little water in a steam cooker for about twenty minutes or longer, in order to soften the cellulose. Then the vegetables should be pressed through a potato ricer to press out the juice and remove the tougher parts of the cellulose. To enrich this vegetable juice with protein, add about one pint of

thick nut milk 2 ounces of unroasted nut butter to 14 ounces of water.

Cereals should preferably be eaten dry, in order to ensure perfect insalivation and mastication. Mushes should never be mixed with sugar and milk, as this mixture will usually cause fermentation in the stomach and small intestines. Highly acid fruits eaten with cereals will retard the digestion of starches. Cereals even in their whole grain natural state are deficient in lime soda, and chlorine and therefore they do not supply enough of the elements for building sound and healthy teeth and bones. Wherever cereals—the whole grain varieties to be sure—are used as staple foods, they should always be supplemented by a liberal amount of green-leafy vegetables, to supply the necessary alkaline elements, especially sodium, calcium and iron. Whole brown rice, unpeeled and unpolished, is the least objectionable and the least acid-forming of all whole grains. Avoid the demineralized and devitalized breakfast foods, robbed of their rugged strength by mechanical modern milling processes.

Discrimination should be exercised in serving ice cream to children in hot weather. Aside from the fact that most commercial ice creams are sweetened with refined sugar, their cooling effect is of brief duration on account of their high fat and sugar content. Many

fillers and other ingredients entering into their composition are often of questionable purity.

All cheeses are concentrated foods, rich in casein, fat, lime, phosphoric and sulphuric acids, besides containing from 3% to 4% table salt. They are therefore highly acid forming foods, and if used at all, should be eaten in small quantities combined with vegetables. So-called cottage cheese if made from whole milk and unsalted, is the most wholesome form of cheese. Eggs, containing as they do an excess of nitrogen and phosphoric acid, are highly acid-forming. For this reason, they should be given to children in moderation (two or three times a week), and always combined with vegetable and fruits which are strongly alkaline, preferably salads comprising green-leafy vegetables.

Foods to be avoided or given to children with great discrimination are white flour products, polished rice, bolted corn meal, refined sugar, bakery goods, confections, soft drinks, ice cream and candy, badly prepared vegetables, meat and meat extracts, devitalized mushes, salt and condiments. These foods or ingredients are deficient in alkaline elements, retard normal growth and do not satisfy the needs of the growing child as do undenatured foods.

The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR
HEALTH PROPAGANDA

Its objects are :

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

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

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

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

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

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

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

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[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.

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Vol. XV

BEZWADA (India) February 1944

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INDIAN NATUROPATH

The Official Organ and Gazette of The Indian Naturopathic Association.

Vol. XV

BEZWADA — February, 1944

No. 2

What Your Headache May Mean

ARLIE L. MOON, M. D.

In an army camp sentries are posted regularly to warn of an approaching enemy and thus prevent a surprise attack and disaster. The body also has its sentries posted. One of these is the common headache, which is of such frequent occurrence and that warns of the coming of a great many bodily ills. When we sprain an ankle the pain is present in the region of the ankle; but when the head aches, the trouble may be present in any part of the body. Headache is a symptom of disease somewhere in the body, and only occasionally is the trouble found to be present in the head itself.

Headache and head pains are symptoms of a great many diseases and very frequently are found present in those who are not in the best of health. Instead of endeavouring to determine the cause of the headache, many resort to so-called "headache cures," which sometimes give temporary relief, but which have no effect on the cause, so that thousands of rupees are spent every year with very little benefit to the sufferers.

Headache is one of the disease symptoms most frequently complained of and has been known from ancient times. In some people this symptom

may be present from childhood to old age; it may vary from a mild condition provoked by nervous strain, to a more serious condition which may be caused by brain tumour.

Before being satisfied with the idea that the condition is just a headache and will soon disappear, it is a good plan to make careful search for the cause and eliminate it if possible; thus a great deal of suffering and loss of time may be avoided. There is a great host of diseases and body conditions, which cause headache, but the length of this article will allow us to mention only a few of the more important ones.

Everyone is familiar with the transient headache which occurs from lack of sleep or from remaining for a time in a poorly ventilated, overheated noisy room. In such cases the headache is merely a normal response of the body to abnormal conditions and is not to be considered a disease symptom.

There are, however, a number of serious conditions in which the first, and sometimes the only symptom is headache. In the condition known as high blood pressure, one of the frequent early symptoms is headache. Research workers have found that one

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of the important causes of headache is a change in the tension of the arteries of the head. In high blood pressure there is an increase of the arterial tension in the head, producing headache; when the pressure is reduced, the headache is relieved.

Frequently associated with the high blood pressure is a condition of chronic kidney disease, which also has a tendency to cause headache because of the retained toxic materials. The headache caused by high blood pressure and kidney disease is of a throbbing character, covering the whole head but centering in the back of the head in the same region that is affected by eyestrain. It is a good plan to have a physician's assistance in the treatment of this condition and to follow his instructions carefully.

But there are many things that the patient can do to help himself. The avoidance of worry and nerve strain, increased rest periods, the use of a diet consisting largely of fruits and vegetables, and avoidance of constipation are all helpful in treating this condition. Nervous relaxation, rest, proper diet, and moderate exercise will often do more to relieve headache due to high blood pressure than will the use of drugs. The reason that moderate exercise is helpful in relieving this type of headache is that blood is drawn to the muscles, and thus nervous tension is ceased. A short walk, a little gardening, or mild exercise of any kind is very helpful. To this type of patient, worry is like taking poison. The use of alcohol and tobacco, tea and coffee, should also be avoided. A great deal of relief from distressing symptoms will be obtained by following these simple remedies.

The headache known as "migraine" is of a severe type, which

frequently affects only one side of the head. There is often a family history of headache in this condition, and the direct cause is thought to be due to allergy, which is a sensitivity of the individual to certain foods or other substances with which the person comes in contact. In this condition research workers have also found that there is a change in the tension of the arteries of the brain. This type of headache is the one commonly referred to as "sick headache" and is usually periodic in nature. The attack may last for an hour or for several days. The pain is usually very intense and may be followed by nausea and vomiting. Worry and nerve strain usually increase the intensity of these headaches.

The fact that many of these cases are due to allergy gives us something to work on in effecting a cure. The person so affected should be carefully tested to determine what foods or other substances he is sensitive to, and these should be promptly eliminated. A person may not only be sensitive to certain foods, but also to substances which may be present in the air he breathes, such as pollens from various plants and trees. Some of the conditions which help to bring on an attack are physical or mental fatigue and a state of emotion or depression. These headaches tend to decrease in severity with age.

In the treatment of this condition the drugs and remedies usually successful in treating ordinary headache will have no effect. The relief which is often obtained by the use of Ergotamine Tartrate is thought to be due to the capacity of this agent to constrict the cranial arteries and thus relieve the arterial tension present. An effort should be made to build up the general body vitality and increase

physical vigour. Constipation should also be overcome. A home treatment that often gives considerable relief is a hot foot bath to draw the blood away from the head, together with hot and cold to the head.

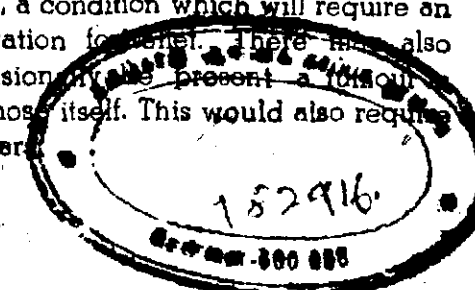
Headaches due to tumours, abscesses, or inflammation of the brain itself are usually localized in a certain area and gradually increase in severity with the passing of time. With the use of the newer remedies for combating infection and the wonders of modern surgery, a great deal more may be done for these sufferers than could be done previously. In diagnosing some of these conditions, the physician often finds it necessary to draw fluid from the spinal cord. This is a comparatively safe and simple procedure in skilled hands and is well worth the effort in the amount of information that may be obtained. The use of that wonderful machine, the X ray, is also frequently of the greatest value in determining the diagnosis of some of these conditions. A careful physical examination and the examination of a drop of blood under the microscope will often aid in a difficult diagnosis.

There are a number of glands in the body which pour their secretion directly into the blood stream. They are known as the ductless glands. One of these is the thyroid gland, located in the lower part of the neck. Another set of these glands is the ovaries in women. When any of these ductless glands do not function properly or are diseased, they become very upsetting to the proper work of the body mechanism and are a very important cause of severe headaches. In such cases the use of the extract of similar glands from animals will often be found effective. In headaches due to deficient ovarian secretion, which condition comes on usually about the time of

middle life and is known as the menopause, the use of a certain extract from the ovaries of animals will give great relief.

The use of a tablet of thyroid substance will relieve the pain of headaches due to lack of the secretion of the thyroid gland. These substances should never be taken except under the advice of a physician, however, as harm may come from their improper use.

Among the more common causes of headache one should mention infection of the sinuses of the head, of an acute or chronic nature. These headaches are frequently very painful and distressing, but a great deal of relief can be obtained if proper treatment is instituted. Diagnosis of this condition requires that a careful examination be made, including the use of proper transillumination of the sinuses, and in some cases the X ray should be employed. In the treatment of sinus infections the use of nose drops and sprays to decrease the swelling and congestion of the nasal mucous membrane is helpful. Medicated nasal packs and the use of heat to the sinuses may also be used. It will be found necessary in some severe cases for the physician to open the sinuses surgically, in order that the pus may be properly evacuated. Sometimes headache may result from obstruction in the nose itself due to swelling of the mucous membrane. This may be relieved by proper shrinking of the mucous membranes with nose drops and sprays. Another source of headache or head pain is a badly deviated septum of the nose, a condition which will require an operation for relief. There may also occasion arise present a tumour of the nose itself. This would also require surgery.



Eyestrain is a frequent cause of headache often located in the back part of the head. Errors in refraction of the eyes produce a headache which is usually frontal or bitemporal. Near-sighted people do not often have headaches unless the nearsightedness is unequal or severe, or they have used their eyes to excess. This condition may be corrected by the use of properly fitted glasses. Far-sighted people frequently have headache which is frontal in character and is more frequent in the afternoon or evening. This may also be corrected by the use of proper glasses.

Digestive disturbances, constipation, and congestion of the liver are frequent causes of headache. Bilious headaches due to overeating of heavy proteins, such as meats, nuts, beans, etc., are of frequent occurrence. The liver has to do with the breaking down of unused portions of protein into a substance called urea, which is eliminated through the kidneys. When the liver is overtaxed, we have a dull headache and a general sluggish feeling. A meatless diet may prove a blessing to the person suffering from this type of headache.

Digestive disturbances, which are a frequent cause of headache, may be due to overeating, eating at improper intervals, or the use of a poor quality of food. Because of conditions of nerve strain and hurry under which the meal is consumed, indigestion, with subsequent headache, may occur even when the diet is properly chosen and eaten in the proper amounts and at proper intervals.

There are a large number of other causes of headache which could be mentioned. Nearly every case of disease which is accompanied by fever has headache also as a symptom. Instead of resorting to headache cures and other methods of quick relief, it is of far greater value to have careful search made by a competent physician for the cause of the trouble, in order that proper measures for relief may be instituted. In the case of an army, when the sentry has been done away with, it is much easier for the enemy to enter the camp. So it is with the body sentry, headache, when it is quieted by headache tablets or powders, it is much easier for a serious disease, which could have been easily cared for in the early stages, to gain a foothold in the body.

SLEEP

By Dr. R. A. RIGGS

Many of you at this very moment while attempting to read this publication, are rubbing your eyes to increase the circulation because the eye-lids are stiff and the vision blurred, from the loss of that physical and mental recharger,—SLEEP.

Sleep is the Natural anaesthetic that recharges the human battery with vital energy. Restful sleep replaces the cells and tissues that are worn

away during the waking hours of activity, stress and strain. It puts back the expended energy, and enthusiasm, the courage, mental alertness and fitness. In other words, sleep is Nature's rejuvenating process of preparedness for the tasks and problems of life on the tomorrow.

The immediate questions arise, "How can I sleep soundly, and refreshingly?" "How may I overcome my

insomnia, or sleeplessness?" Perhaps you could try the old Darkey's formula who, in answering the question said: "Boss, all I does for my insomnia is 'I'se just sleeps it off." That will be fine if you can make it work.

If you have lost the blessings of sleep, surely something is wrong. Sleep is a natural gift and should not be a problem. It should come to all ages, as with a healthy child, unbidden and unsought.

There are many things that cause loss of sleep besides noise, such as emotional disturbances, a scratchy conscience, irregular hours of going to bed, faulty or retarded circulation, insufficient out-door exercise,—the latter particularly among office and brain workers—pain, ill-health, poor ventilation, flatulence or gas from a "fussy" stomach, when incompatible food mixtures are waging a battle, business losses, suspense, anxiety, bumpy mattresses and saggy bed-springs, etc.

But unquestionably the chief cause of loss of sleep is the inability to relax mentally, physically and physiologically.

We must consider the correction of a systemic toxic background as an important factor in producing mental, physical and physiological relaxation and sleep. We must get rid of the bad materials in the body then rebuild with the good. This is the idea that should underlie every attempt at sleep reform.

Most of us know how to contract our muscles to lift heavy loads and how to contract our brain cells for concentration, but how many of us know how, and are able to relax properly? If you would induce sleep,

body control and relaxation must be your natural chloroform. Perhaps you will find this difficult at first. While I do not believe in the surgeon's knife as a "cure-all", I do recommend necessary surgery, but not unnecessary and faddist operations. Yet we may well take a lesson in relaxation from the anasthetists at our hospitals. They tell us that the most successful operations are performed upon patients who take the anesthetic while in a state of thorough relaxation, without fear, fussing or struggling.

Remember this: Without a complete relaxation of both mind and body, there can be no restful, revivifying sleep. There may be a light sleep, or stupor, but no revitalizing rest.

In practically all cases of Insomnia, or loss of sleep, that have come under my personal observation, there has been present to a marked degree a hyper-tension of the cerebro-spinal nervous system, resulting from abnormal body-structure, unbalanced spines, or spinal nerve lesions. Insomnia from such causes, usually responds very readily, to spinal adjusting and manipulative therapy. In almost every case where mechanical therapy is used together with a detoxinizing, body-cleansing diet, sleep is rapidly restored. A correction of abnormal body structure, and a proper balancing of the body minerals, allows a complete relaxation of the nervous system, thereby inducing sleep.

Another great help in overcoming sleeplessness, is acquiring relaxation through concentration. This is done by lying flat on the back in the dark room, breathing easily and regularly, and concentrating on relaxing the voluntary sets of muscles of the body for two or three minutes at a time,

beginning with the face on the right side and going downward to the toes, then repeating this procedure with the sets of muscles on the left side and so on.

Try this same routine over and over until you find you are able to almost subconsciously produce thorough relaxation, the vital essential to proper rest and sound sleep.

Many of us make the common blunder of believing we are resting if we force our bodies to lie down, with no thought of mental relaxation. It is far better to be up and around changing scenes, than it is to lie down with our brains going like a buzz-saw running wild, living our past activities all over again, or trying to foretell the future. Sixty percent of all our body-energy is expended by an active brain. Do not work too hard; it can become a bad habit. The old doctrine that "Hard work never hurt anybody" is false, and must be discarded if we maintain good health as a nation.

We can all make our choice as to whether we go to bed regularly at night or stay up late, but we cannot avoid the results of our choice. If we want to remain active, youthful and virile, we must get **PLENTY OF SLEEP**. Of course if we don't mind surrendering health and enthusiasm and getting old, and going out before our allotted time, all we need to do is: **LOSE SLEEP**, spend our time bottled up in stuffy offices and homes, feed ourselves more food than the body requires then whip-up our flagging energies and jaded appetites with stimulants and high-powered palate-pleasing foods. The result is a foregone conclusion, as surely as effect follows

cause. YOUR EARTHLY SOJOURN WILL BE SHORTENED.

Some people are so tense that they feel as if the bed would collapse if they did not help hold it up. Turn loose! They also keep themselves awake for fear something might happen that they wouldn't know about while asleep.

To get the best and quickest results in loss of sleep, we must also consider the fatigue of the digestive system. Rest the digestive system by a greatly restricted diet of properly combined foods. Many of us eat a bushel, and are kept awake wearing out the sheet wiggling and twisting, by a stomach that is constantly groaning—"Oh I'm so tired."

If you belong to the Insomnia crowd, and your eyes are red and swollen every morning from the loss of sleep, in addition to applying the suggestions given in this discussion, equip your bed with a **GOOD** mattress and non-sagging springs, then try this experiment tonight: Lie on the right side, with the left knee a little flexed or bent, the left arm resting easily along the left side and the right arm folded loosely across the chest, with the body tending to lean slightly forward—then **SLEEP**.

Sleep is the reward for a normal nervous system, a pure blood stream, a healthy body, and a clear conscience, which are in turn the direct results of right living.

Remember, when you stifle Nature's "call for help" and induce sleep by using sedatives and opiates, you are not fooling Nature, you are only fooling yourself.

LUNACY CURED

By C. V. CHETTI.

Sri V. K. Dharma Rao Mudaliyar, Superintendent, Home Department, of the Government of Madras, knew of the several obstinate cases having been cured by me by natural methods. While in Ootacamund in May 1942 he got a telegram from his brother-in-law at Secunderabad that his sister there aged 40 years was mentally deranged and would be admitted into a hospital. On the advice of one of his well-wishers he wired back saying that she should not be admitted into hospital and that he would get her to Madras for treatment. He consulted me narrating the patient's case in **absentia**. I gave him the necessary encouragement and agreed to treat her at Madras to which place our move was imminent. Mr. Mudaliar left the patient under my care from 2nd June 1943.

The case, for a layman, did not appear to be so very serious as the patient was amenable to examination and the necessary preliminaries to bring the disease to an acute stage. The diagnosis revealed, that owing to absence of teeth and a long practice of taking highly spiced and rich foods, considerable deposits of unassimilated foreign matter in the whole system and menstrual disorders, the atrophy of the liver cells, duodenal ulcer, chronic constipation, dilation and distension of the transverse colon, admixture of edible bile into the blood presenting a jaundiced appearance—these were some of the manifest symptoms with the adipose cushions in the back and an all round encumbrance. At first attempts were made to bring the patient under control by daily magnetic passes, doses of sun charged waters, and application of electric coloured

light over the forehead, with as many cold baths as the patient was inclined to take some of them with lemon juice in the head with occasional enemas and restricted diet. These had the desired effect in about a week. At this point the following lines from one of the letters written by her husband which I had occasion to see, gave a clear insight into the gravity of the latent disease:—"My heart leaps into my mouth if I think of her boisterousness. I want that she should be cured of her disease at any cost". Within another fortnight the patient's condition was becoming from bad to worse without any effort, which led itself to a very favourable crisis. It is unnecessary to describe her actions during such crises which were more than one, as they are very common among such patients. Suffice it to say that every one who saw her at that time went away pessimistically, hopeless of a cure. During the very first crisis under me which lasted for a month she passed considerable quantities of bile in daily vomitings which were induced by copious drafts of hot water on empty stomach and in the enemas which were given more than once every day. There was an acute heart burn and she could not gulp even water. Her legs began to swell and sleeplessness was all along present. With the application of neck packs, abdominal packs, packs for the feet combined with cold baths and local steam baths whenever necessary all the subacute crises were brought under control each within very short period and the patient's main crisis with her abnormal actions was still there. Many anxious moments were spent by me not because of any untoward happening but because of tendency with her relatives who were

frequenting, to create unpleasant scenes. Thanks to her brother Mr. Mudaliar who stood with me courageously in defiance of his relatives! I had to spend many sleepless nights not because of diffidence on my part but because of any disturbance that might be caused to her relatives owing to her sleeplessness and its results. The first crisis which was a long one subsided after a month. There was a spell of normal actions for a short period of a fortnight. During this period the family celebrated certain vow to their deity. I was however expecting another crisis of the same or less severe type and already gave notice of it. The expected happened after 15 days. This time she was kept on uncooked food, raw vegetables, ripe cocoanut and fresh fruits of which the citrus family formed the bulk. This crisis lasted for a week and again there was a spell of normal actions for about another week. Soon after that she had the most serious crisis with alarming actions. Abscesses appeared in the buttocks with other sub acute crises. This time only short approaches to fasts were resorted to as the patient was considerably weak. All the same she was given plenty of citrus fruits with short relapses for a cup of greens and vegetable soup and a dose of raw herbal juice. When the patient rallied round this crisis a gloom of healthy appearance crept in. With this she expressed a desire for

her old diet. This was not suppressed and I allowed her a via media. With that she was taken to a village nearby where enough of tank water, sunlight and fresh vegetables etc. could be had and after 2 months she got back her consciousness and returned to Madras to the surprise of all her relations.

Thus lunacy for which many philanthropic gentlemen and others have established mental homes etc. and from where exit patients with depleted health and shabby appearance, with no satisfactory results, has without resort to any medicine, injections or operations been cured by Nature in a subtle way which Nature alone knows. As the patient's back encumbrance has not completely shed, she and her relatives have been warned of a mild set back in about a year when the required treatment has already been prescribed so as to be had at any place without my help. The patient has now become her own doctor? Does this not mean that the curative powers are dormant enveloped by the disease and when once the disease is allowed its play it is overpowered by the curative elements? Will practitioners of other schools realise this Nature's miracle?

NOTE—It may be interesting to Naturopaths to know that the patient after recovery does not recollect what all had happened before and during the treatment.

To Determine Physical Fitness

EIGHT TESTS

Can you—

Sprint 100 yards in 14.5 seconds?
Run a mile in 7 minutes?
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Broad-jump 13 feet?
High-jump 3 feet 6 inches?

Put the 12-lb. shot 32 feet?

Take five low hurdles in 9 seconds?

If you are over 35 and cannot do six out of eight, you are physically unfit. So says U. S. National Physical Fitness Director John B. Kelly. If you are under 35, you should be able to do better.

Venereal Diseases

A Challenge to the Human Race

By E. W. CORDINGLEY, A. M., N. D.

In Collaboration with Dr. BENEDICT LUST, N. D., M. D.

Judging by the remarks of patients in doctors' offices, it is safe to assume that ninety per cent of people who suffer from a lasting or puzzling ailment assume that "it might be a cancer". If the trouble is in the stomach, intestines, liver, or other internal organ the "cancer assumption" is particularly tenacious with the ailing public, but we even find the sufferer from headaches, neuritis or lumbago insisting that a cancer must exist in the area of discomfort.

On the other hand, venereal diseases are usually not mentioned at all. Even the patient who has such a disease, and is aware of it, is likely to complain vaguely of various aches and pains in the hope, perhaps, that the doctor will stumble on to some treatment which will benefit the underlying condition without its having to be made known.

While patients keep "cancer" very much in the limelight, they take an attitude of secrecy relative to venereal diseases. Probably this is not so much the case now as it recently was, as there are signs of a saner outlook upon this latter subject than has heretofore existed. Whereas the general public has been told little about venereal diseases until recent years, newspapers and magazines are beginning to deal with it quite frankly. While in the past what information did trickle through to the people was shrouded in mystery and was whispered, as it were, to them, the facts that are now being passed on for general consumption are straightforward and honest. It has become recognized at last that it a terrible scourge is to be dealt with effectively,

the public must be given the facts fairly and openly to protect itself.

And at the outset, while our comparison of attitudes relative to cancer on the one hand and venereal diseases on the other is still in our mind, it may be well to point out that while only one out of 1,714 people in the United States are victims of cancer each year, one person out of 231 acquires syphilis. And gonorrhea is three or four times as common as syphilis.

It has been very difficult to compile accurate statistics on the number of cases of venereal diseases that exist in this country. The figures given above are for new cases each year, which add to the cases which already exist. It is considered conservatively, however, that there are ten million cases of syphilis in this country, or that one person out of twelve is at one time or another afflicted with the disease.

One terrible thing about syphilis is that it may lead to several other things—heart disease, deafness, blindness, locomotor ataxia, apoplexy, paralysis or insanity. And its infamous sister, gonorrhea, may cause an eye infection that leads to blindness, crippling rheumatism, prostatic and bladder troubles and sterility.

Several recent newspaper and magazine articles have made much of the fact that these diseases can be acquired innocently, from using utensils, towels and other articles that have been used by sufferers from the diseases. While this is no doubt true, we feel that it is quite safe to say that the percentage of cases so acquired is small. Doctors know that a large majority of their patients play the "in-



nocent-acquiring story" until pinned down and made to admit their indiscretions, and for this reason doctors are not likely to take an over-amount of stock in the idea of any considerable percentage of cases being acquired other than due to the habits of the patients themselves.

Venereal diseases have reached such proportions, and are responsible for so many ruined lives, broken homes and physical suffering that the more information that can be disseminated pointing out the horrors of such diseases the nearer will we come to the stage where it will be possible to stamp them out.

And now let us consider the more common of the two diseases, gonorrhea. This is a contagious, purulent (pus-forming) inflammation of the genital tract of both sexes; beginning in the acute and progressing to the chronic stage if not arrested. It is referred to as specific urethritis to distinguish it from a non-specific urethritis which is caused by injury, herpes (shingles), tuberculosis and other factors. The disease causes redness and swelling, and there may be peeling and bleeding. If allowed to progress the disease works farther and farther inward, and ulceration may become present. From three to five days after the infection is acquired the disease manifests itself by a sensation of heat during urination. Outside of slight redness no other symptoms may show itself for a few days, when a swelling and greatly increased redness appear. The glands in the groin may swell, and the discharge is greenish and pussy. The stream at urination becomes lessened and the act becomes so painful that it feels scalding. The infection gradually extends backward and the patient is depressed in spirits. Muscle pains in the legs, shoulders and back appear, a joint may swell and even go on to fixation, in which motion is prevented.

We do not advocate the home treatment of gonorrhea. Too much valuable time has been lost in trying advertised "specifics," washes and internal remedies. Careful supervision on the part of an ethical, qualified Naturopathic doctor is necessary. Among measures in use by doctors at the present time is heat carried back into the urethral tract by means of special electrical applicators. Gonorrhea is caused by the Neisserian bacteria and this bacteria must be destroyed. Because it has been found that the bacteria cannot stand a high degree of heat, applicators which carry the diathermy current (a deep heating current), as well as conductive heating electric appliances, have been found capable of reaching the germs in folds of mucous membranes which are otherwise difficult to reach.

Dr. F. E. Bilz, in his monumental text, "The Natural Method of Healing," advises the use of steam baths of several types, and the injection of water at 82 degrees into the urethral canal for the purpose of washing it out, and it is obvious that Bilz, one of the great pioneers in the Naturopathic school of practice, recognized the value of heat locally applied in such processes, because he refers to it quite frequently.

There are a number of important things the patient can do for himself. First of all he should avoid alcoholic drinks, tobacco, white, flour and refined foods in general, because these are mucous-forming and irritants in any infective condition. Some advise the patient going on a no-meat, no-starch diet, while others advise a strictly supervised vegetable and fruit elimination diet. The great pain upon urination can be alleviated by urinating while in a hot sitz bath or by immersing the parts in hot water. Olive oil and lemon juice injections, tea of bearberry leaves, &c of Irish moss and bilberries are often of helpfulness. Care must be

exercised not to rub any of the infectious virus in the eyes, because gonorrhea is very dangerous to the organs of sight.

Often a prolonged course of treatment is necessary to completely eradicate gonorrhea, and the patient should stay with the practitioner until he gets germ-free smears. Unless this is done one may have a serious, crippling rheumatism, or worse, creep up on him later. Proper and expert treatment is a blessing in righting one's indiscretions, but all treatment can only do the best it is capable of with a diseased condition, and the best way of all to be free from gonorrhea is to never take it.

As for syphilis, it is a general infectious disease, capable of showing its effects upon any part of the body. It shows up, ordinarily, in about three weeks after it is acquired. Its first manifestation is the sore or chancre. It is not only acquired, however, but it can be inherited, and this is very likely the disease the Bible refers to where it says that the sins of the father are borne by the third and fourth generation. Children of a syphilitic parent may be pitiful idiots or imbeciles; they may be twisted, distorted masses of humanity, a burden to themselves, their relatives and the state. A life-time of misery, and of misery for those who come after one, has been the result of one night of debauchery.

The initial sore of the disease is usually about the size of a pea or bean and it occurs singly. It is dark red, shiny, and soon comes to have a punched-out appearance with hard distinct edges. There is a swelling of the glands in the groin, then there is a letting up of symptoms, and unless prompt and adequate treatment prevents progress, the disease then goes into the secondary stage. This may be after a few weeks or after a few months, as cases vary considerably. Headache, fever

and general weakness accompany an attack and the skin may assume a copper-hue. In the second stage the hair may fall out, the nails become stumpy and ridged, and slight wounds may result in ulcers that are hard to heal.

The third stage may follow the second immediately, or it may come on years after the disease has seemed to subside. The patient may be married and have children, thinking his past is forgotten. In the third stage gummy "cheesy" deposits known as gummata may appear on the head and face and on other parts of the body. They may lead to ugly deformities, as tissue is eaten away and scar tissue forms. The tongue, gums and palate of the mouth may be invaded and destroyed. The brain may be attacked, the patient becoming a violent lunatic before merciful death relieves him of his tortures. Headache, lightning-like pains in various parts of the body, or a creeping form of paralysis due to degeneration of parts of the spinal cord may come on.

And now, what about treatment? It should be prompt and energetic! Too many people have taken advertised "remedies" or have gone to shady "specialists in blood and private disease" whose advertising stickers appear on the walls of public toilets and whose office doors and windows are covered with bill-board like signs, and when their symptoms have abated they have thought themselves cured. But note carefully that the second stage may have abated for months or years before the third stage comes on. Even without treatment, the disease may seem to be gone, and it worthless treatment has been taken one may have a false sense of security at the very time he should be taking effective treatment.

The medical profession has been conducting an active campaign of public education within recent months

in this field. But that campaign should have been begun with the profession itself, inasmuch as the "quacks" we have been advised to beware of are medical quacks with medical licenses; part and parcel of that profession. The men who have conducted "museums" to scare people into taking their treatment by showing them horrible wax figures of the ravages of venereal diseases, and those, who have advertised extensively in devious places, are medical men themselves. If a deplorable situation in the treatment of such diseases has arisen, therefore, as medical publicity has often pointed out, organized medicine must shoulder the responsibility for having permitted that situation to exist within its body politic.

Dr. Bilz, the Naturopathic pioneer, wrote, "The salient point of the natural treatment is the diet which must be vegetarian ...". The application of steam to produce a condition resembling fever.... And here we want to point out a method of treatment which is heralded as quite new and revolutionary. It is the production of "artificial fever" by means of hot baths, hot packs, cabinet baths, and conventional and short wave diathermy. "Artificial fever" has lately been heralded as one of the most effective measures at the physician's command for ridding the system of the screw-like germs of syphilis in the blood stream. Often the artificial fever is maintained for several hours.

Up until recent times the medical profession regarded fever as an enemy to be combatted whenever it made its appearance. Throughout the years the Naturopathic school insisted that fever is a natural healing process, and one of the cardinal Naturopathic principles has long been that chronic

disease is only the result of suppressing acute disease with its fever. Now the medical profession has begun to accept the Naturopathic concept of fever, and the latest "medical" treatment for syphilis is one "to produce a condition resembling fever" which Dr. Bilz wrote about in the nineteenth century.

Another very old Naturopathic principle provides that the primary cause of disease is the retention of toxins in the blood stream, which lower the resistance of the body and lays it open to disease attack. Up until recently the medical profession taught that germs alone caused certain diseases, but of late there is a growing acceptance of the Nature cure hypothesis that unless the "resistance" is low and the system surcharged with toxins resulting from unnatural modes of living, the germs are prevented from gaining a foothold.

And so any rational mode of treatment of syphilis should include the regenerative and eliminative diet, the Schroth Dry Diet, Biological Blood Washing Method, and other measures which clear the system of toxins and thus place it in a more favourable state to fight its infection. The general state of health should be improved by walks in the open air and deep breathing, sun baths, the eating of citrus fruits, proper exercise and rest.

The important thing, however, is for the patient to place himself under the care of a good Naturopathic physician at the beginning of his trouble. We feel that these practitioners can be depended upon to advise the patient honestly and keep him from falling into the hands of shady "specialists".

The Indian Naturopathic Association

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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.

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[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.

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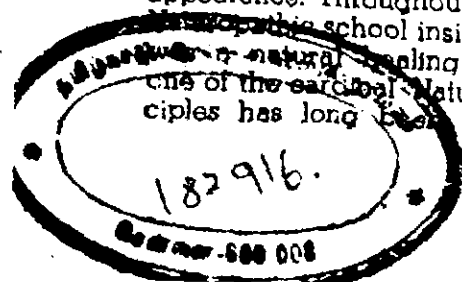
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