

Indian. Naturo pathi

VIS. No. 4-8.

April - August 1944.

196810

8-4-44

196810

The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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

CONTENTS

1	Natura Cure Health Aphorisms	...	...	37
2	Typhoid, Bleeding Piles and Ichthiosis	...	...	39
3	Medical Progress	...	...	40
4	Experiments with Remedies	...	...	44
5	Importance of Natural Food	...	...	45
6	The White Papers Reference to Vaccination	...	...	46

Books on Nature Cure

No.	Name of the Book	Author	Price	Ordinary Postage
1	Human Culture and Cure	Dr. E. D. Babbitt	Rs. 20 0 0	a. p. Free
2	Practical Naturotherapy	Dr. S. J. Singh	15 0 0	5 6
3	Everybody's Guide to Nature Cure	Dr. Harry Benjamin	9 0 0	5 6
4	Practical Nature Cure	Dr. K. L. Sarma	7 0 0	4 6
5	Nature Cure	Dr. Lindlahr	7 0 0	4 6
6	Indian Nature Cure	Dr. Bikshu	0 12 0	1 3
7	Life in Nature	Manoranjan Das	0 9 0	1 3
8	Nature Cure hints	Dr. S. J. Singh	1 0 0	1 3
9	Nature Cure	"	0 2 0	0 9
10	Baths	"	1 0 0	1 3
11	Medical Talk Booklets	"	1 0 0	1 3
12	Drugless Healing	Dr. L. Kameswaran	0 8 0	0 9
13	Way Back to Health	Dr. K. L. Sarma	0 2 0	0 9
14	Talks on Hygiene	Dr. J. Grand	0 6 0	0 9
15	Fasting Cure	Dr. K. L. Sarma	0 6 0	0 9
16	Pranayama	"	0 2 0	0 9
17	Ideal exercises chart	Dr. S. J. Singh	0 4 0	0 9
18	Universal Uncooked Food	Dr. B. S. Gopal Rao	4 0 0	3 0
19	Man's Food Unveiled	Dr. M. K. Pandurangam	2 0 0	2 3
20	Food remedies	Dr. S. J. Singh	1 0 0	1 3
21	Thoughts on Diet	Justice Vepa Ramesam	0 8 0	0 9
22	Marriage Sexual and Social Development	Dr. E. D. Babbitt	1 0 0	2 3
23	Manhood rescued	Dr. S. J. Singh	1 0 0	1 9
24	Psycho-Solar Treatment	Dr. R. S. Agarwal	0 4 0	0 9
25	Perfect Sight without Glasses	"	0 2 0	0 9
26	Blindness in India	"	0 2 0	0 9
27	Mortality in India	Dr. K. L. Sarma	0 2 0	0 9
28	Who are Quacks	Dr. Howard Hay	0 2 0	0 9
29	Vaccination Scourge	Dr. M. K. Pandurangam	0 4 0	1 3
30	Why not Vaccinate	Indian Naturopathic	0 2 0	0 9
31	Vaccination	Association, Bezwada	0 2 0	0 9
32	Tea and its Harms	"	0 2 0	0 9
33	Indian Naturopath monthly magazine	"	"	"
	Vol. I year 1926	"	0 8 0	0 1 0
	Vol. II " 1931	"	0 8 0	0 1 0
	Vol. III to V 1932 to 1934	"	"	"
	Four Vols. each	"	4 0 0	0 8 0
	Vol. VI to XV 1935 to 1944	"	"	"
	Ten Vols. each	"	15 0 0	3 12 0

For books apply to:—THE NATUROPATHIC BOOKSTALL,
C/o Prakruthi Dharma Parishat, Satyanarayanapuram, Bezwada.

Send the Cost of the Books plus Postage and an extra charge of three annas against Registration fee for each Parcel of Books. Always send the money by Money Order only. For any book on Nature Cure in English, and Telugu, please enquire the manager of the stall.

Annual Subscription Rs. 1-8-0 THE

Foreign Sh. 3 or \$

INDIAN NATUROPATH

The Official Organ and Gazettee of The Indian Naturopathic Association

Vol. XV * BEZWADA—April, to August 1944 * No. 4 to 8

Nature Cure Health Aphorisms

Aphorism I—
Athato Sahaja Arogya Jignasa
'Now' therefore the inquiry into health. Now means after all the up-to-date boasted methods of diagnosing and curing disease have all become futile and new diseases with new symptoms unknown to the old texts of medical science have sprung. 'Therefore' means a necessity has arisen to inquire into the truth of health and the methods of keeping it perfect and the causes of its failure.

Adwaita Charya Swamy Srimat Jagad Guru Adi Sankaracharya says in one sentence 'Kim Bhagyavatam Arogyam'. There is another aphorism 'Sariramadyam Kaludharma Sadhanam' which means 'the body is the beginning for the discharge of duty.'

So it has been necessary to inquire into natural health. As philosophy correctly teaches 'Tatwamasi'. That thou art, so nature cure philosophy teaches that health is natural and disease unnatural.

Ignorance to the basic laws of health and indulgence in unnatural ways of living, and indifference to the irrefutable laws of God, and His creation, and lack of self-control, bring in disease. Returning to the natural ways of living with an unsophisticated mind, and surrendering to His omnipotent embrace, is the real method of ameliorating from all evils or ills—physical, mental or spiritual. So much machi-

nery from the small thermometer to x-ray has been invented, but there is no certainty of the correctness of diagnosis even to day. Many people are courting death soon after leaving the best hospitals after diagnosing that they were free from consumption. What of ordinary people with very little means living far away from the metropolitan hospitals, where not even one doctor, for a score of villages, with a sufficient knowledge, to diagnose or to prescribe is available. For those this nature cure knowledge is necessary. Even those who may be considered more fortunate than their less fortunate village brethren to live near the metropolitan hospitals are in the real sense of the word not very fortunate. Because until one knows the truth of health and the rules to possess, to retain, and to impart health, one cannot be considered perfectly fortunate as the aphorism says 'Sarvamparavasam Dhukam, Sarvam Atmavaasam Sukham' all independence is Bliss and all dependence sorrow. Therefore the inquiry into the truth of health.

Aphorism II—Arogyam Tritha

Health is threefold—physical, mental and spiritual. Physical health consists in the efficiency of the ten physical organs namely the ears, the skin, the eyes, the tongue, the nose, the legs, the hands, the mouth, the anus, and the genitals with all their internal and external accessories. Mental health

consists in the proper power, to argue properly, decide correctly, manage efficiently, and execute perfectly, the duties of life in accordance with the laws of God and His creation. Spiritual health is the fountainhead of all phases of health and if one trespasses that phase it multiplies into a number of toils and turmoils at the other two centres—mental and physical. Ayurveda also says 'Anatmavantaha Pasuvad bhujaantiye Apramanataha. Roganeekasyate mulam Ajeernam prapnuvantih'. Lost self, like a beast indulges in undue eating, gets indigestion—the root cause of all diseases.

Atma is indestructible without a beginning and an end. 'Tatva masi.' 'That thou art' who ever realises his real self is not afraid of anything mundane or divine. He is not obsessed with any desire—Raga and hatred—Dwesha. Without Raga and Dwesha he cannot be but pious. A pious man (atmavan,) cannot err and so he will not behave unnaturally and live a healthy life. All worries, all troubles are concomitants of spiritual ill health. One should be trained to by-pass the cruder for the crude, the crude for the subtle, the subtle for subtler stages of health to attain the goal of perfect health.

Aphorism III— *Stula, sukshma karana dehani—*

The individual self or ego otherwise called 'jeeva' or the spirit manifests through the three bodies called sthula (Physical) sukshma (mental), and karana (spiritual).

Aphorism IV— *Sthula dehasya annamaya and pranamaya kosas.*

The physical body may be known to be made up of solid things such as bones, muscles, cartilages, veins, arteries, nerves, and liquid things such as blood, lymph serum, and other glandular fluids which may be termed as rasa, rakta, mamsa, majja, asti,

medassu, and sukra, properly known as the seven main elements of the body. The physical body includes the anabolic and catabolic principles known as metabolism it includes also the life principle that works through them and that receives the impressions through the several sensory organs.

Aphorism V— *Sukshmadehasya Manomayakosa.*

The mental body or sukshma deha consists of the four phases of the mind known as mano, buddhi, chitta and ahankara, and the kamamayadeha with its principle characteristics raga and dwesha otherwise known as desire and hatred.

Aphorism VI— *Karanadehasya Vignamaya, Anandamayakosa*

The karanadeha is a thing which cannot be described wherefrom all the power of the body and mind originate. It may be compared with a seed to a tree—the tree of cycle of births and deaths of the 'jeeva'.

Aphorism VII— *Annamaya Kosha Sapta dhata vaha.*

The crude physical body or the pure material body is composed of seven elements.

Aphorism VIII— *Rasa, rakta, mamsa, asti, majja, medo, veeryamiti, sapta dhatavaha.*

The sapta dhatus are lymph blood, flesh, bone, nerve, brain, sperum.

Aphorism IX— *Aharasara pradhama pari namam rasam.*

The first change of all the food and water that is taken in after combinations with the digestive fluids, is converted and absorbed into the lymphatic capillaries and afterwards flows through the various branches of the lymphatic channels.

Aphorism X— *Rasayanantara parinamam raktam.*

The lymph that is necessary to the upkeep of the body is absorbed into the lymphatic circulation of the body

and the remaining portion of it goes through the portal vein. It enters the vena cava to be converted into blood in the heart. There it is pumped into

the lungs along with the venous blood and combines with the oxygen that is received from outside turns into rich red arterial blood.

Typhoid, Bleeding Piles and Ichthiosis

(By C. V. CHETTI, 88—Vellala St., Vepery, Madras.)

Sri Ganesan, an employee of the Buckingham and Carnatic Mills, Madras had patches all over the body like the skin of a cobra for a long time besides bleeding through rectum once a fortnight. Suddenly he had an attack of fever and I was called for on the third day. On the day when I was examining he fell down unconscious. First aids that were given at that time made him gain consciousness and the treatment for fever was commenced at once with an emetic of copious drafts of hot water which brought out the undigested food, which was the cause of that sudden unconsciousness, and with an enema and spinal bath. His food was restricted to juices of oranges only. Two days passed. His temperature again rose. The same treatment was followed since the temperature was oscillating as it were between normal and feverishness. The patient was also passing blood in stools in large quantities and the patient lost all hopes of his survival according to his statement. This crisis gave rise to considerable alarm for his father-in-law who was ignorant of the Nature Cure system, and in his anxiety to save his son-in-law wanted to take him at once to a reputed allopath in Madras. That attempt was effectively resisted both by the patient and his wife, as well as patient's younger brother, as the patient happened to know of the several troublesome and dangerous cases treated successfully by Nature Cure methods. It was only after such resistance there was some encouragement for me to proceed further un-

hampered. The further treatment consisted of daily hot water emetics, hot and cold daily enemas and on some days tonic enemas, spinal baths, cold baths preceded by basking in sun and mild sun baths and alternative steam baths followed by tub and cold baths, with whole fruits or oranges only for diet. His people were terribly afraid of lemons which were totally excluded, but which had they been given might have done the patient immense good. After 2 weeks the patient and his people were impatient and were clamouring for normal food as he was in their estimation very weak. Somehow the usual food was resorted to without my knowledge and in spite of my warnings. The reactions were that the patient again began passing blood and developed temperature and cramps. By that time the patches have all half disappeared. With the repetition of the same treatment as before, the man was on his legs within a week and to the surprise of all, the skin throughout his body became very healthy. As the man's idea as to food and strength belongs to the orthodox ways of eating he resorted to all sorts of food within about a week after his discharge. This brought on scabbies which he is treating with clay and oil but without proper diet and without my interference. The Typhoid and the age-long skin disease have been cured and nothing is heard till now of the recurrence of his bleeding piles since three months since the patient was discharged.

196810

MEDICAL PROGRESS

Is Your Supply of Minerals Equal to the Demand?

MARIAN MORRIS

Are you supplying your body with the kind and amount of minerals which will satisfy its demands?

The minerals most necessary to the body are calcium (lime), magnesium, potassium, sodium, phosphorus, chlorine, sulphur and iron. Of this group of minerals, calcium and iron must receive especial attention, for they are the ones most likely to be lacking in the dietary. The daily portion of lime should be at least .68 grams, phosphorus 1.44 grams, and iron .015 grams. A portion of the minerals is lost each day through the intestines and kidneys; hence this loss must be made up, if a balance is to be maintained. So very necessary are these minerals, that death will result within a month, if the supply is entirely cut off.

If the duties of these body salts are understood, their importance will be better appreciated.

Iron is one of the very essential minerals. Milk is low in its iron content, so enough iron is stored in the liver of the infant to furnish his quota during the nursing period. This means that the expectant mother must provide enough iron for both herself and her child. By the time the child is weaned, its supply of iron is very much diminished, and must be replenished. When there is a low iron content in the blood, anemia will result. Hemoglobin is the constituent of the red corpuscles which takes up oxygen and hemoglobin must have iron in its composition. If the required amount of iron is not furnished, the body cannot manufacture enough hemoglobin to receive

the necessary amount of oxygen. The red corpuscles of the blood carry this oxygen to the lungs and tissues, and the number of red corpuscles is dependent upon the amount of iron provided. There should be 5,000,000 red corpuscles in a single drop of blood. A person becomes weak, pale, and short of breath when the supply of oxygen is lessened. A weak person lacks energy. It is the complete oxidation (burning) of the fats and carbohydrates (starches and sugars) of the food, which releases their energy, and this burning necessitates oxygen. Of course, the anemic person will be pale, because there is not sufficient iron for the making of hemoglobin and red corpuscles, and the blood becomes thin and watery. It is the iron which gives the red color to the blood. The anemic persons short of breath because the lungs are not provided with enough oxygen when the absorbing and carrying powers of the blood have been lessened through iron shortage. This type of person will also feel sluggish, for when the food is not thoroughly burned, the unused material clogs the system.

Girls require more iron than boys, because between the ages of ten and thirteen, they grow faster and become taller and heavier than boys of the same age. Important changes in the development are taking place at this time. Girls at this age generally eat less than boys, also, and should be encouraged to take large amounts of foods rich in iron. It is important to know just which foodstuffs are richest in iron. The following are valuable in this respect, and their richness in

on is shown by the following order: Wheat bran, lentils, beans, peas, wheat, mustard greens, hazel-nuts, barley, rye, almonds, graham bread, spinach, turnip tops, and olives. Raisins, currants, and dates are also quite rich in iron.

Steaming vegetables is the safest method for cooking them, for when boiled much valuable mineral matter is lost in the water.

Spinach is exceedingly rich in iron. Graham bread should be eaten in preference to white, as it contains three times as much iron as white bread. This is because the wheat bran is rich in iron. Of the brown breads, Boston brown bread is best, for the molasses also contains iron. Gluten, mush with raisins is another fine combination. Although milk has a low iron content, the iron which it does contain is so readily assimilable that it is more effective than some the other food irons.

For a long time it was puzzling to know whether or not inorganic (medicinal) iron could be used as effectively as organic iron, which is food iron. It has now been concluded that medicinal iron can temporarily stimulate the blood-making process, but that it does not to any extent enter into the construction of the red blood corpuscles, and as iron in the inorganic form is foreign to the body, it acts as an irritant. The liver takes charge of this inorganic iron, and holds it until it can be disposed of, thus adding an extra burden to an organ which has so many functions to perform. Prolonged use of medicinal iron will affect the liver so seriously that constipation results. Experiments have been made upon animals which prove

that those fed foods rich in iron had twice as much hemoglobin as those supplied with ordinary iron, such as is found in the earth and some mineral waters. Mineral waters are harmful rather than beneficial, because most minerals in the inorganic state cannot be utilized by the body.

Supply the foods which are blood-building generously in your dietary, in order that the body may be furnished with the proper form of iron, in the necessary amounts, and in a natural way.

The importance of calcium (lime) is realized when it is known that there are about seven pounds of it in the body, five-sixths of it being in the bones. The rigidity of the bones and the hardness of the teeth are due to lime. The body loses two-thirds of a gram of lime daily through the kidneys and intestines, and foods rich in lime should be eaten daily to make up for this loss. Children, especially, need an abundant supply of this mineral, for besides making good the daily waste, they need it in their growing tissues, bones, and teeth. They need two or three times as much lime in proportion to their weight as adults, and the boys between the ages of six and fourteen require from three to four times as much. Weakness in children, and inability of the legs to support the body, is often due to lack of lime—the bones are too soft to support the weight. The flesh of some children is flabby, because the body contains insufficient lime to form firm tissues. If the teeth are soft, and do not hold the fillings, more lime is needed. It should be ascertained whether the digestive powers are in order that the lime taken may be assimilated. If the pregnant woman will supply her body with enough lime for both herself and child, she

need not fear decay of her teeth. The rapidly growing child naturally requires a large amount of lime, but the mother need not be robbed if she will eat the necessary foods to supply this extra demand.

It has been found that less iron is needed when there is an abundant supply of lime. The contraction of the muscles is somewhat dependent upon the right proportion of lime in the blood. Muscular tremors are caused by lack of lime. Lime is also necessary for the coagulation of blood. If the blood does not coagulate easily, a person is liable to bleed to death from a small wound. Coagulation tests are made before operations; and if the blood does not thicken readily enough, calcium lactate powders are given for a few days previous to the operation. Normal heart beats are dependent upon lime, through its influence upon the heart muscle.

It is said that half the American people are suffering from lime starvation. This is due either to ignorance or carelessness, for there is not a lime shortage in all foods; in fact there is more lime in a pint of milk than in an equal amount of lime water. Other foods which will furnish relatively large amounts of lime are given in the following order: Cheese, cottage cheese, hazelnuts, almonds, molasses, beans, chard and other greens, wheat bran, milk, skimmed milk, olives. The lime concentration in cheese is very great. Bran breads must be chosen, for the bran is rich in lime. Whenever it is possible to use molasses in place of cane sugar, it should be done, for cane sugar contains no lime whatever, while molasses contains a good proportion. Corn is very poor in lime, and rice has practically none. If these cereals are eaten with molasses or maple

syrup, the deficiency will be somewhat made up. Rice and cheese is a good combination. Oatmeal contains more lime than the other cereals, and Scotch bran brose (rolled oats and bran) furnishes lime in both the oats and bran. Most fruits are low in lime, but olives, figs, currants, and oranges have fair amounts of this mineral. These fruits should be on the menu with cereals or other foods deficient in lime. Meat is especially poor in lime, and this rule should always be followed, "Never buy an ounce of meat until each member of the family is provided with at least a pint of milk." And better never to buy meat. Buttermilk also contains lime.

Since milk, buttermilk, Boston brown bread, gluten, oatmeal, legumes, greens, parsnips, string beans, onions, cauliflower, okra, celery, cheese, currants, dates, figs, raisins, eggs, many nuts, maple syrup, molasses, etc., contain a good proportion of lime, there certainly seems no need for the American people to suffer from lime starvation.

Sodium chloride (common salt) is present in all the tissues and fluids of the body, but especially in the blood, lymph, and pancreatic juice. This salt determines the amount of liquid in the tissues. Since body tissues and fluids must maintain a constant concentration of salt, a reduction in the absolute quantity of salt needed must result in a corresponding reduction in the quantity of water present. The normal percent of salt in the blood plasma assists in maintaining the shape and structure of the red corpuscles, by determining the amount of water entering into their composition. Salt increases the secretion of hydrochloric acid (acid in stomach which aids digestion.) People having too little hydrochloric acid can

use salt, but those who have too much acid should have nearly a salt-free diet. Salt should be used sparingly in cases of nephritis and high blood pressure. Too much salt is irritating to the kidneys. It also causes hardening of the arteries (when used in large quantities), and as a result, high blood pressure.

Sodium phosphate imparts an alkaline reaction to the blood, lymph, and tissues. All the tissues should be bathed by alkaline solutions. Sodium carbonate also gives an alkaline reaction. When foods having an acid reaction are taken into the body, the phosphates and carbonates neutralize them. The product formed then is neither an acid or an alkali, but a body salt. If there is a preponderance of the phosphates or carbonates, however, an alkaline medium will be produced. Sodium and potassium produce relaxation of muscle tissue. The alternate contraction and relaxation which produce the normal beating of the heart are partly dependent upon a sufficient, but not excessive, concentration of lime (calcium) salts, and partly upon the quantitative relationship of calcium to sodium and potassium, in the fluid which bathes the heart muscle.

Potassium is closely associated with sodium. It is found mostly in muscle tissue, brain, nerve, and liver tissue, and red corpuscles. Potassium, as well as sodium, helps to regulate the amount of liquid in the tissues, to produce relaxation of the muscles, and to give an alkaline reaction to the fluids.

Foods which give an alkaline reaction are milk, most vegetables and fruits. Potatoes are especially rich in potassium. Oranges, grapefruit, lemons, etc. contain acids which when

burned in the body, leave an alkaline product. Therefore these fruits can be eaten by those who have a tendency to acidosis.

Phosphorus is a constituent of the skeleton, glandular tissues, and nervous system. It is involved in all multiplication and nerve stimulation. It has an acid reaction. Many cereals are rich in phosphorus and should be eaten with potatoes and other vegetables, and fruits having an alkaline reaction. Milk may be taken with cereals, but not with meat and eggs, for this will raise the percentage of protein too high.

Foods containing the highest percentage of phosphorus are—cheese, cereals, beans, beets, carrots, potatoes, turnips, apples, bananas, oranges, prunes, almonds, peanuts, and walnuts. Phosphorus is also one of the important minerals, and should receive consideration in the dietary.

Magnesium is found in small quantities in the lungs, muscles, bones, and nervous tissue. It helps to contract the muscles. Magnesium also gives a laxative property to foods. Bran contains magnesium. This mineral, sulphur, and chlorine need not receive as much consideration as the other minerals, for in an ordinary mixed diet, enough sulphur, magnesium, and chlorine will be supplied. Chlorine is obtained from common salt; potassium and magnesium from vegetables, and sulphur from foods rich in protein, nuts, and milk.

Iron, calcium (lime), and phosphorus, however, should receive very careful study, and every person who plans menus should take care to select foods for each meal which will furnish a fair amount of the necessary minerals.

Experiments with Remedies

ONE of the most absurd forms of experimentation is that of trying to assess the value of a remedy for an ailment in human beings by noting what the effect is on a healthy animal under abnormal conditions.

For example, the BRITISH MEDICAL JOURNAL of September 25th, 1943, had an editorial article headed "Efficacy of Liver Pills", in which the introductory statement was that "Carter's little liver pills are sold to the public as a remedy for the conglomeration of symptoms which goes under the title of liverishness... It therefore becomes important to know on what basis claims to cure the condition rest."

In view of what follows it is advisable to note the assertion to the writer of the article that "there is no evidence that these symptoms are due to liver disease, and some of them, at least, are associated with abnormal intestinal movement."

It would appear to be quite a simple matter for any members of the medical profession to take notes of the cases in which people with the very common symptoms attributed to "liverishness" had swallowed a number of the pills and the apparent effect produced. But to the experimental mind that would be a much too easy and straightforward way of doing things! Actually, the way in which the vivisectors attempted to answer the question was by a series of experiments on dogs. Observations were made of the effect of Carter's little liver pills on the flow of bile and the contraction of the gall-bladder, and the method employed involved "tying the cystic duct, cannulating the common bile duct, and recording the pressure in the gall-bladder by means of a manometer tied into the fundus." The following further particulars are given:—

"Dogs weighing—15 to 20 kilos were used and the pills were injected intravenously in solution in alcohol or intraduodenally in water at body temperature. In some cases the pills were first incubated with pancreatic juice or with duodenal contents. The doses were equivalent to from two to four pills at a time."

RESULT: In case did the pills produce any significant increase in the flow of bile from the liver or in the pressure inside the gall-bladder."

Is it worth while pointing out that this result is irrelevant to the question of whether the remedy is efficacious? Doubt has been expressed as to whether the symptoms observed are due to a disordered liver, and it is possible that Carter, as well as the medical profession, has been mistaken in supposing this to be the case. But the point is whether the so-called "liver pills" remove the symptoms—irrespective of whether they are due to the liver.

The conclusion of the article is that "these experiments point to a distant goal—the authoritative study of the pharmacological action of all proprietary preparations and the unbiased publication of the results."

Our own conclusion, after considering the matter from a common-sense point of view, is that it would be difficult to imagine any more futile experiments. They seem absolutely worthless. We have never taken the pills in question, so we have no first-hand evidence of the effect of them, but whatever may be their value this way of testing them or any other proprietary preparation is most absurd.

In order to determine the effect, when a human being swallows these pills, the pills were dissolved in alcohol and injected into the veins, or in water into the duodenum; or healthy dogs that were put into an abnormal condition after being cut open under an anaesthetic. Is it reasonable to expect the results to be the same?

Let us take another example. Readers will remember a claim in the newspapers a short time ago that a discovery had been made in cancer research which would mean the saving of some thousands of lives a year. This was in regard to a new treatment of cancer of the prostate gland by chemotherapy.

Dr. W. E. Gye, Director of the Imperial Cancer Research Fund, presented his annual report at the Governor's meeting held at the Royal College of Surgeons, London, on April 19th. In that report he describes this treatment of cancer of the prostatic gland as "the most important contribution to chemotherapy in cancer so far made. According to reports at present available, this method of treatment often causes shrinkage of both primary and secondary tumours; and brings about great relief of symptoms which in prostatic cancer may be very distressing."

This "relief of symptoms" is very different from the idea conveyed by the Press that a certain cure for the disease had been found. And we now learn that Professor Charles B. Huggins, the American scientist who introduced this method, does not claim that the disease is cured by it. But the point to which we would draw attention is that, according to a report in the Scotsman, Dr. Gye said that an investigation of prostatic cancer in animals has been started. "Chemically induced prostatic cancers had been transplanted and were being studied."

Hope was expressed that "some of the difficulties of the subject might eventually be resolved." We do not see how they can be by such methods. There must be a vast difference between prostatic cancer produced in animals in a short space of time by chemical means, and transplanted into other healthy animals, and the gradual growth of the disease with advancing years in a not very healthy man.

Medical World of March 17th there was an article on H. 11 giving the results of an inquiry into the nature and usefulness of his

remedy, and further particulars showing that there undoubtedly exists a "prima facie case for investigation."

It is interesting to learn that supplies of H. 11 were sent to Dr. Gye, and that after testing the extract on mice he came to the conclusion that "the preparations have no effect on the growth of malignant cells."

This verdict was given in face of the most convincing clinical evidence that the remedy had been administered with success to cancer patients who were beyond hope of cure by any other means, and it adds another to the ever-growing list of instances where the results of experiment on animals are at variance with the results obtained in human beings.

The misleading nature of experiments on animals is also exemplified by the fact that the results obtained by Dr. Gye were different from those obtained in the laboratories of the non-profit-making research organisation that has been experimenting with H. 11 under a slightly different technique.

While we regret to learn that experiments on mice have taken place at these laboratories, it seems to us that they remove the only objection that the expert committee might have had for not investigating the claim made for this preparation.

We end this review of the subject by repeating our suggestion that the failure to obtain the desired results from experiments on animals in cancer research during the 68 years that the Vivesection Act has been in force appears to afford ample justification for refusing to grant further licences and certificates.

Importance of Natural Food

The man that feeds on nuts and grains.
Crisp herbs and roots, sweet fruits
and water
Knows little of disease and pains
And of the many ills that bother.

His body well, his brain is clear,
His soul is full of every good desire.
He lives a life that knows no fear,
Of Nature's rough revenge and
rudeness.

His passions are in harmony
With spirit, soul and better senses.
In consequence, Morality
Accuses him of no offences.
Tobacco, Coffee, Meat and Beer,
And Salt and Pepper, Wine and

Whisky.
Are words that harshly greet his ear,
He knows their use is low and risky.

R. P. SUKLA, I. C.,
Municipal Hospital, Ajmer.

196810

The White Papers Reference to Vaccination

A letter from the Secretary National Anti-Vaccination League to the Minister of health. Whitehall. S. W. I. London.

I am directed by the Council of the National Anti-Vaccination League to ask your consideration of the following points regarding the paragraph on pp. 57/58 of the White Paper on a National Health Service—the paragraph dealing with vaccination.

The White Paper's Proposals

My Council notes that after drawing attention to the fact that at the present time only one-third of the children born each year are vaccinated, the compiler of the White Paper suggests that the time has come to amend the vaccination law, and to substitute for compulsory vaccination a system of free vaccination for all though the family doctor, the clinic services or otherwise. Compulsion is to be abolished but the establishment and endowment of the practice of vaccination is to continue and, as has been done in the case of inoculation against diphtheria, every method of publicity is to be used to encourage parents to take advantage of the facilities provided.

The Government are Flouting the Judgment of Majority.

My Council points out that in making this proposal the Government and you, its Minister of Health, are flouting the judgment of two-thirds of the parents and that you intend to use the enormous official and social pressure at your command (paid for largely out of the pockets of the very people whose views you disregard) to crush their conscientious objection to an operation of dubious value and dangerous possibilities. It is not easy

to find words to describe such inconsistency and injustice.

The National Anti-Vaccination League Deplore Any Retention of Vaccination in the New Health Service.

As the National Anti-Vaccination League and the very large number of citizens whom it represents hold that the practice of vaccination is, in the words of the celebrated epidemiologist, the late Dr. Charles Creighton, "a grotesque superstition," they deplore its retention as part of the proposed new Health Service.

Vaccination Neither Prevents Nor Mitigates Smallpox.

They submit that sufficient evidence has accumulated to demonstrate even to the most fanatical devotee of vaccination that the operation neither protects from smallpox nor mitigates that disease. The experience of the whole civilised world proves that vaccination has no power whatsoever to prevent the occurrence of smallpox nor does its absence lead to outbreaks of that disease.

Evidence that Vaccination Does Not Prevent Smallpox.

The fact that vaccination does not protect from smallpox has been admitted by all candid writers on the subject. The authors of the Dissent Report of the Royal Commission on Vaccination said that it was then no longer denied by anybody that smallpox attacks the vaccinated. (Par. 72.) They pointed out that at the time the Commissioners took evidence (1889-

1896) the vaccinated generally constituted the majority of the patients in smallpox hospitals and that in certain limited outbreaks only the vaccinated had been attacked. The most recent smallpox outbreaks in regard to which full information is available—those in Scotland in 1942—confirm the experience of former days. More than half of the cases in Glasgow, Fife and Edinburgh, according to information supplied by the Department of Health for Scotland, the local Medical Officers of Health, or the War Office, were vaccinated persons; some of them had been vaccinated more than once prior to the outbreak, and some had been successfully vaccinated (as supposed smallpox contacts) some 12 days or more before smallpox developed. One contact at Edinburgh, a Polish medical student, who was in hospital for nearly seven weeks with smallpox, had been vaccinated five times in his life. In view of the fact that for some years prior to these smallpox outbreaks about one-half of the children born in Scotland had not been vaccinated, so that an unvaccinated population of some hundreds of thousands of persons existed at the time of the outbreaks, this recent experience proves that the unvaccinated are in no special danger of smallpox, that vaccination is an irrelevant matter, and that it is a question of chance whether a vaccinated or an unvaccinated person contracts smallpox.

Evidence that Vaccination Does Not Mitigate the Severity of Smallpox.

With regard to the effect of vaccination in mitigating the severity of smallpox attacks, the Dissent Commissioners declared in par. 73 of the report that "There can, however, be no doubt that fatal smallpox and cases

of the disease in all its various types of severity occur in persons who have been successfully vaccinated." The Registrar-General's records reveal that over 4,000 deaths from smallpox have been recorded in England and Wales of vaccinated persons, since the deaths were divided (in 1881) into vaccinated, unvaccinated, and no statement as to vaccination. At least 10 of the 23 fatal cases of smallpox recorded in Scotland in 1942 were vaccinated persons, and several of the remainder had been vaccinated before they developed smallpox.

Smallpox Did Not Spread Amongst Glasgow's 100,000 Unvaccinated Children.

Although at the staff of the Glasgow outbreak in 1942 there must have been at least 100,000 unvaccinated children under 10 years of age in the city, there was not a single case of smallpox in a child of 10 or under, and there were only two of them amongst the 36 Edinburgh cases.

Pro-Vaccinist Claims Reduced to an Absurdity.

As no legal or even medical definition of the practice exists it is easy for pro-vaccinists to excuse its failure by urging that the operation had not been "properly done," or that it was too new or too old, etc., etc. Most of these excuses cancel themselves out because they are equally as true of the greater number who escape attack. In fact the claim that vaccination must be recent to be effective reduces the whole business to an absurdity, because it follows from such a claim that at no time in the history of the practice has any but a fraction of the community been even nominally protected.

General Social and Sanitary Improvements Banish Smallpox.

Fortunately Public Health Officials, while pushing vaccination campaigns to the full extent of their power, take care also to adopt other measures for dealing with smallpox outbreaks, which in former times were neglected, such as the prompt searching out and isolation of cases and contacts, etc. It is to these measures, together with general sanitary and social improvements, that credit must be given for the success which has been hitherto achieved in limiting the spread of the disease. Vaccination is but a fifth wheel in the coach, if not worse. Adequate proof of these statements is afforded by the experience of this country during the past 40 years: *Two records have been established in that period, viz.: Fewer smallpox deaths have occurred and fewer vaccinations performed than in any previous similar period in the history of vaccination.*

These facts, which cannot be disputed, support our contention that the State has no right to maintain the practice of vaccination or spend public money on it.

Dangerous Possibilities of Vaccination

There is, however, an even stronger reason for the abandonment of all State support vaccination, namely, its dangerous possibilities. That the operation had caused an appreciable amount of injury was admitted by the Royal Commission on Vaccination, and during the last twenty years the risk of encephalitis following and caused by vaccination has been so far recognised by your Department that it has repeatedly warned against the primary vaccination of school children and young

adults. For some twenty years experts have searched in vain for a vaccine lymph that would not harbour these dangerous ingredients.

Vaccination More Dangerous Than Smallpox.

That vaccination is more dangerous than smallpox has been shown by the national statistics for the last twenty-five years. In 1942 there were 24 deaths from smallpox in Great Britain and 34 from post-vaccinal encephalitis and other results of vaccination. Even if vaccination had protected from smallpox there was more danger of death from it than there was of death from smallpox, and when it did not protect, and successfully vaccinated people actually died of smallpox, as they did, it was preposterous to permit and even suggest the creation of panic in regard to the few cases of smallpox that occurred, as was obviously done by all the health authorities concerned.

Serious and Widespread Injury Results from Vaccination.

And it is not only deaths from vaccination that may be expected all the time the practice is continued; serious and even permanent injury not resulting in death has been widespread. When the operation was more generally practised there was hardly a family that did not know of someone who had been seriously ill, sometimes for months, in consequence of vaccination, while instances of blindness, lameness, and permanent injury to the vaccinated arm were by no means infrequently met with. Dr. Gordon Ward suggested, after he had read the report of the Rolleston Committee, that much of the nervous disease suffered by infants, the cause of which has not been discovered, may have been due to vaccination.

The Official Creed Dogmatic and Difficult to Alter but the Situation has Changed in Recent Years.

My Council realise that the official creed of which vaccination has been part for the last hundred years is as dogmatic and difficult to alter as the Athanasian Creed itself, as Dr. Walter Carr said in his Presidential address to the Medical Society of London in October, 1928, but they would urge that the situation has changed very much in recent years. A comparatively large number of doctors of standing have said frankly that the risk of conveying encephalitis by vaccination is extremely serious and some of them have advised, as your Department has done, that there should be no pressure to be vaccinated while this danger exists. It is true that your Department will not admit that infants may be given this disease by vaccination, although the Rolleston Report disclosed 9 cases in babies under a year old, and in 1937 all the cases reported occurred in infants.

The Ministry of Health has itself Admitted that twice as Many Children are killed by Vaccination as by Smallpox.

That Vaccination is dangerous for children under five is shown by your own official records, in which you have admitted twice as many deaths from vaccination as from smallpox in children under two, and, during the last 38 years, 118 deaths from smallpox in children under five years and 309 from vaccination, post-vaccinal encephalitis and other conditions caused by vaccination.

The Government should give up all Connection with this Practice of Vaccination.

The recognition of these risks of vaccination, the experience of great Britain which shows that vaccination

can be dispensed with without any danger of smallpox arising, and that smallpox was far more prevalent and fatal when most of the population had been vaccinated than it has been since the operation of the Conscience Clause passed in 1907, the knowledge that it is unnatural to put into the blood of a normal, healthy baby a concoction of living disease germs, glycerine and distilled water, and that the state has no right, on any pretext whatsoever, to interfere with the health of any healthy person, should, we submit, induce the Government to give up all connection with the practice.

The Government is not bound by the dogmatic medical beliefs to which we have referred and should, we submit, give due consideration to all the relevant facts which we have put before you, as also to the unethical nature of the practice of taking out of the pockets of those sections of the community that abhor the whole bestial system part of the money to pay for its upkeep.

Government should stop Smallpox Scares in View of Shocking Results of Vaccination.

In conclusion, my Committee would urge that your Department knows only too well the shocking results of the smallpox scare worked up by the medium of the Press and and the B. B. C. through the instigation of your Department and the Department of Health for Scotland. The terrible amount of illness caused in Glasgow, Edinburgh and Fife through the panic vaccinations in 1942 must be well known to your Department and also the sufferings of thousands of factory workers in the Swindon area the same year through vaccination forced on large numbers of them on account of three cases of smallpox; two of them vaccinated and all three isolated as soon as

they were discovered. These panic vaccinations caused serious interference with industry in the areas concerned. They did far more harm to the State than the few cases of smallpox that occurred. They did not stop any smallpox outbreaks, for in every case the outbreaks had either ceased or almost ceased before the vaccination campaign was started. So far as Glasgow is concerned, Dr. C. Killick Millard showed in the medical papers that the dates of sickening of the cases as given in the official report on the outbreak proved that the outbreak was virtually over before the mass vaccination campaign started. Your recent decision not to start mass vaccination campaigns in consequence of the Mount Vernon Hospital case, was, we believe, the result of your experience of the mass vaccination campaigns in 1942. We would ask you to go further and discourage employers of labour insisting on the vaccination of employees. This is happening in many areas in and around London. Life is difficult enough for most of the workers to-day; it is intolerable that they should be practically forced to undergo an operation they detest, an operation that may injure their health and has the power to kill them, and that did not prevent the development of smallpox in a considerable number of the cases recorded in the Glas-

gow and Edinburgh outbreaks in 1942.

Request that all the facts be given and not a few items singled out to make a case for Vaccination.

My Council earnestly request you to give orders that in all communications from your department to the Ministry of Information, the Press, the B. B. C. and other avenues of publicity, the whole of the facts are to be given, including full information as to the vaccinal condition of all the smallpox cases, and also information as to the fatal results of vaccination where these have come to the notice of your Officials. Hitherto your Department has singled out from the mass of information in its possession a few items that on the face of them appear to support the case for vaccination. False and misleading accounts of the smallpox in Scotland were conveyed to the public. This, of course, follows the line taken by all supporters of official creeds, but it is not honest. It is surely not the function of a Government Department to make a case for a particular form of treatment, but to present the whole truth. Surely the time has come for a complete disclosure of all the facts, even though this may discredit a practice which Professor Alfred Russel Wallace maintained was a delusion, and its penal enforcement a crime.

Come, kind Nature, smile and enchant me!

Veil from me awhile my own griefs and those of others; let me see only the folds of thy queenly mantle, and hide all miserable and ignoble things from me under thy bounties and splendours! —Amiel's Journal.