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NATURE CURE EXPERIENCES

IN

By

Saraswathi Sangham : Madras

Swami Bikshu

Naturopathy, though the best most efficacious, the most economical and the least harmful is not so popular as the drugging systems as the patients are generally not willing to subjugate themselves to the hard and fast rules of the Naturopathy. It is only when every system is tried and found ineffective that Naturopathy is sought for. In a large number of such cases, disappointments are many as they are stopping treatment in a couple of days with some excuse or other.

To remove the cause is the main principle in every system of treatment specially in Naturopathy. Food, drink and habits are the important causes and when these are corrected, there is an end of the disease. Improper food in quality and quantity is the main cause of the disease. Loading of the system with excessive salt, chilly, tamarind, coffee, tea, alcohol, and other stimulants, meat, tobacco and poisonous drugs etc., and the consequent derangement of the digestive and the excretory organs, which in their turn, give rise to the accumulation of poisonous elements, are the chief causes of the disease or diseases. The right kind of treatment is nothing but purifying the system with pure food, pure

drink, good habits and sound exercises, both mental and physical.

These are the fundamental principles on which we treat patients and to our entire satisfaction that a large number of patients left hope-less or incurable under various other systems have been treated successfully. We have no recourse to poisonous drugs and we have been able to convert every cook-room as the most beneficial pharmacy which every lay-man can use to his best advantage. In our routine work, we advise patients to correct diet, to correct habit and to fast partially or completely till recovery; we expect every patient to treat his ailment himself without the aid of a physician.

The question may arise whether it is possible to treat every patient with fasting and adjustment of diet alone. We emphatically assert that it is possible and we rely entirely on these principles. Both the Ayurvedic and Siddha physicians depend entirely on restricted diet (Pathiam) and if they too have recourse to varieties of drugs, it is because they have not taken sufficient pains to study the question of diet. Our western doctors are

coming round to this principle of dietetic treatment, for they too are guided by the vitamin theory. This is nothing but the question of diet. The recent theory of vitamin deficiency as the cause of the disease only strengthens the diet theory and we hope that in course of a few years, treatment will be entirely of food and drink, there will be no more room for germ, as the cause and necessarily there will be an end of vaccination, inoculation, injection and introduction of poisonous drugs.

It must be clearly noted here that vitamins mean natural vegetable food, but never the laboratory made vitamins. One cannot understand how the laboratory product may be a substitute for natural vitamin food. Those who understand the theory of vitamins can very well appreciate the value of raw vegetable food and the best method of Nature Cure is treatment with natural diet-fruits, both ripe and unripe, grains, greens, tubers, flowers etc. Treatment with natural diet (uncooked raw vegetable food) is most efficacious.

Though restricted diet and fasting are the main factors in the treatment of diseases, other natural aids like sun bath, cold and hot water baths, vapour bath, massage, Yoga Asanas, and breathing exercises are sought for.

Where patients believe in drugging, we administer simple harmless herbs which are generally used for drink and food purposes. Ginger, pepper, long pepper, kadukkai, nellikai, lime fruit, coconut, plantain, nim, clay etc. An emulsion of ginger, garlic and honey is a useful remedy for all kinds of shleshma diseases like cold, tonsillitis, bronchitis, pneumonia, asthma, consumption, pleurisy, etc.

There is no need for operation on Tonsillitis and we have been able to cure it with diet and other natural aids. Tonsils are operated upon in haste and many a person has come to grief on account of removal of tonsils; they lose their voice and have a dry throat. Cutting or removal of an organ ought to be the last method of treatment, when every other method is availed of.

Asthma has been considered to be an incurable disease; but there is a way to get out of it provided the patient is prepared to abide by the principles of the Naturopathy: We are quite helpless in handling advanced consumption successfully, but in early stages we have been able to cure the disease; diet, breathing exercise and other natural aids are the chief remedies.

With all the developments of medical science, both western and Eastern, heart-disease is left incurable, unlike the poisonous drugging physicians, whether of the west or the east, the Naturopathy has been able to mitigate the troubles provided the patient is prepared to restrict diet. Restricted diet alone is the right remedy in heart disease, consumption and asthma; all drugs are tried in vain only to poison the patient and further complicate the disease.

Diabetes and albuminuria are thought to be very serious diseases and drugs have not been able to eradicate these diseases and the patients are to take shelter in diet. We have been able to cure these diseases with diet alone.

Elephantiasis is a chronic ailment and found to be incurable, but where the patient is willing to abide by our principles, we have been able to mitigate the troubles, though we have not

been able to eradicate the disease completely.

As noted in our previous reports, clay has been a great boon in a large number of patients. The paste made of clay alone or mixed with nim leaves and turmeric is a very useful application in boils, abscess, bubo, scrofula, elephantiasis, fistula, piles, wounds, unhealthy sores, all kinds of chronic and acute inflammations, contusions, swellings, carbuncles, bleeding, bites like cat, rat, dog, human, snake, scorpion, etc. Clay poultice to abdomen far excels ice and cold pack, it is highly useful in all kinds of continuous high fever: clay powder has been tried internally and found very beneficial in all bilious affections, in diarrhoea, dysentery, in all kinds of bleeding etc.

Because we are quite ignorant of very useful home remedies, we depend upon foreign drugs and at a pressing

time like this, we feel miserable when foreign drugs cannot be imported; our indigenous home remedies are very cheap, most efficacious and least harmful. These drugs are very economical in conducting charitable dispensaries and hospitals.

We appeal to the public spirited persons, specially, medical men and women who run hospitals and dispensaries directly or indirectly to study the principles of Indian nature cure and the simple home remedies and apply them personally and with the practical experience so gained, their friends and relatives may be treated effectively. The best plan of advancing these remedies will be by experimenting on indoor patients of the Govt. Municipal and Dt. Board hospitals; the least attempt in this direction will bestow immense good on the suffering masses.

CHRONIC DYSENTRY

By C. V. CHETTI, 88, Vellala St., Vepery, Madras.

Miss Bharathi, aged 17, the only unmarried daughter of Mr. M. Seshadri Naidu employed in the Imperial Chemical Industries, India Ltd., suffered from a chronic dysentery passing slime and at times mixed with blood. I happened to be their neighbour on the Stonehouse Hill, Ootacamund in 1942, but had no acquaintance with the gentleman. I used to notice that exactly at 10-30 a.m., every day both Miss Bharathi and her mother would climb a hillock to the dispensary on it with one or two bottles in their hand. Both of them used to look very dejected in appearance. This was going on for about a month. One day Mr. Seshadri at the instance of some of his well wishers approached me for

treatment to his daughter. The patient on examination was found to suffer from a latent dyspepsia and hyper acidity in her stomach, having been accustomed to all sorts of attractive preparations of well known sweet meat shops and rich foods of fowls, eggs, pastries, meat &c., she was also suffering from certain menstrual disorders.

In the very cold climate of Ootacamund treatment by water cure methods was out of the question. The only method to be employed was dietetics and exercise. The patient was put on an eliminative diet for a fortnight. This increased the discharge of slime and at times she

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suffered from acute pain in the stomach. Such painful crises were taken advantage of to put the patient on partial fasts of fruit juices with two enemas a day, for short periods of 3 or 4 days at a time or for shorter periods if the pain disappeared by then. After a lapse of 40 days under the above treatment she was put on uncooked diet for about 2 weeks with daily enemas. Even this could not, according to patient's relatives, give any relief. Their complaints to me were that the girl was getting very thin without any improvement that she had no menses for the past 4 months and a score of other complaints. They were simply taken for what they were worth. At this stage it was noticed that patient had shed herself of all her encumbrances and the line of demarcation was exactly below the ear lobe, and that her blood had become more alkaline than acid. Recourse was then had to regular spinal massage, dry friction bath to the whole body, exercises to the womb portion and regular walks. The diet was changed to a constructive course comprised of milk, nuts, all fruits of the season and one meal of cooked greens, vegetables and rice. On the third day this diet was commenced the patient reported that there was neither slime nor blood in her stools. With further changes in diet with an occasional emema for assimilating the rapid changes of diet the patient was able to walk undreamt of distances climbing lofty

hills including Dodabetta and Snowdon peaks and the Kellaty water falls which was a hazardous journey. Thus in all about 4 months her chronic dysentery from which she suffered for about 6 years was completely cured and she had her menses regularly from then. Though the treatment was completed by the end of 1942 a report could not be published as I wanted to know for my own satisfaction whether there would be a relapse after the patient resorted to her usual food. It is now nearly 2 years and recently her father saw me and informed me that his daughter had become robust and very lively with a charming facial cut &c. It should be noted that in Ootacamund, her daily baths were of hot water, beverages not except fruit juices. Even butter milk used to be warmed and given. Another feature to be noted is that in the freezing climate of Ootacamund in particular seasons when we all were appearing with shrunken skins and used to cover ourselves with more than two coatings of very thick blankets the patient was passing off with very thin bodices, saree and a thin blanket for the night and her skin health was so very fine that I had to envy her achievements. Her nails which were very small grew to the average. Suffice it to say that not a single pore of her body was left unattended to by Nature. A thorough and complete overhaul of all the organs and the body as a whole was effected.

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Use of Australian Wheat in Palatable Forms Substitute for Rice Diet

At the present time, the supplies of rice in India are not sufficient to meet the requirements of all rice-eaters. The cessation of imports from Burma and other sources has increased the pressure on the rice resources of the country. In the Madras Presidency part of the total rice requirements used to be drawn from Burma and the loss of Burma rice has created a shortage in this predominantly rice-eating province. This shortage is particularly pronounced in certain "deficit" areas such as Malabar.

Mixed Diet

In the circumstances it is necessary and desirable that some people, who are accustomed in eating rice alone, should replace a fraction of their rice diet by other foodgrains. The suggestion is not as revolutionary as it might appear to be at first sight. A variety of food — a mixed diet — is certainly to be preferred to a diet composed exclusively of rice which stands lowest among the foodgrains in the scale of nutritive values. In fact, nutrition experts have all along recommended the inclusion of wheat and millets in the South Indian diet and the present shortage will prove to be a blessing if it does something to foster in the people the habit of eating other grains in addition to rice. It is true that a change from one grain to another may in some cases produce indigestion, but such ill-effects are only temporary particularly in cases where the unfamiliar grain is included only as a part of the regular diet, and they usually disappear as the consumer becomes used to the new food. In fact, in certain parts of the country, rice-eaters are beginning to consume other grains in

greater quantities and no ill-effects have resulted. The Madrasis who have taken up permanent residence in New Delhi may be cited as an example.

Australian Wheat

The alternative cereal grains are many and varied. Wheat, millets such as cholam, cumbu and ragi, maize and barley are some of them, but if an unfamiliar grain should be preferred as an alternative for rice. It should be abundantly available in the markets. Indian wheat is not available in sufficient quantities to supply all parts of the country but it has been possible to obtain some supplies of excellent wheat from Australia. Australian wheat is a commodity of which regular supplies are expected to be maintained in India. The general public will be well advised if they include the various preparations of this commodity as part of their regular diet. The high nutritive value of wheat is too well known to require repetition. Wheat, like rice, enjoys certain advantages over other cereals as regards palatability, ease of preparation, etc. In point of cost also the Australian wheat does not compare unfavourably with rice.

Australian and Indian Wheat

In one sense, Australian wheat is preferable to Indian wheat in that it is softer than the latter and can therefore be easily broken or powdered by the housewife with the help of the ordinary household stone grinder. This means whenever Australian wheat, which can be easily converted into flour as and when necessary, is available in the house, it is unnecessary to keep a reserve stock of wheat flour and atta, which do not keep so well.

"Breaking Australian Wheat"

Australian wheat being soft, when crushed, tends to yield mostly powdered flour which on cooking assumes the consistency of gruel. It can, however, be broken with a relatively small production of flour in the following way:—

A quantity of the whole grain is heaped at the mouth of an ordinary house-hold stone grinder. The upper stone is then raised to allow at least half the quantity to fall on the lower stone. The upper stone is rapidly rotated with light pressure. About 10 per cent is crushed into fine powder and this can be removed by sieving. The coarser fragments can then be cooked either as "rice" or porridge. The wheat can be lightly roasted before grinding. A little more flour is produced in the process of grinding when this is done, but roasting imparts a good flavour. The method of grinding suggested above may be improved by inserting a thin iron washer between the stones to minimize the formation of flour.

The whole grains can also be lightly broken in a power-grinder into coarse grains and in that state can be used in the preparation of 'uppumavu'.

Palatable Forms

One important reason for the prejudice shown against unfamiliar foods is the fact that most people are ignorant of the methods of cooking them in palatable forms. But that is not a serious handicap in popularising the use of wheat. As stated above wheat is as easy to prepare as rice. Partly on account of the ease with

which it can be prepared it is the staple food of millions of North Indians. Various methods of cooking it in palatable forms are already in vogue among them and it should not be difficult for South Indians to learn these methods. Some of these methods are already well known here and some of the wheat dishes like "halva," "poori," "uppumavu" have, in fact, become South Indian delicacies.

Some of the palatable preparations made out of Australian wheat and products are described below:—

1. LOAVES (LEAVENED BREAD) AND CHAPATIES (UNLEAVENED BREAD)

The method of preparing wheat loaves and chapatis is so well known that it is unnecessary to describe it here. But it may be emphasized that it is not absolutely necessary that pure wheat alone should be used for making them. Mixtures of other grains, such as, barley, bajra, jowar, maize, etc., with wheat are found to produce reasonably good loaves and chapatis which are as acceptable and as palatable as those prepared exclusively from wheat. In fact there are certain positive advantages in using such mixtures in preference to pure wheat in these preparations.

Wheat-Bajra (Cumbu) Mixture

For example, a loaf made out of wheat with a certain percentage (5 to 25 per cent) of bajra mixture has been found to be larger in volume than the pure wheat loaf of the same weight. It has also been found by experiment that from a unit weight of wheat-bajra mixture, more chapatis can be prepared than chapatis of equal weight from the same unit weight of pure wheat atta.

The greater the portion of bajra in the mixture, the greater the number of chapatis that can be prepared from such mixtures. This is a decided advantage from the point of view of the commercial baker. It has also been found that chapatis prepared from 10 and 15 per cent bajra mixtures have a sweeter and more pleasing flavour and are richer in fats and iron than those of pure wheat. Similarly chapatis can be prepared from wheat flour with 15 per cent mixture of jowar flour without appreciably affecting the quality of the chapatis.

Wheat-Maize Mixtures

Results from the mixing of white maize show that loaf volume is somewhat greater with 5, 10 and 15 per cent additions of maize than from pure (i. e., 100 per cent) wheat alone, but the extent of this increase is not so great as in the case of wheat bajra mixtures. Nevertheless wheat maize mixtures are superior even to the wheat bajra mixtures, in yielding a greater number of chapatis per unit weight than pure wheat.

Grain	For dohal rotis per cent	For chapatis per cent
Barley	... 10 to 15	... 15 to 25 [depending on the proportion of bran removed.]
Bajra	... 10	... 15
Jowar [chari]	... 7 to 10 [depending on colour of grain.]	15
Maize [white]	... 10	... 25
Maize [yellow]	... 7	... 20
Rice	... 5	... Not determined
Gram	... 5 to 7	... Do
Mash	... 5 [with good baking quality wheats only].	... Do
Mung	... 5	... Do

Cheapness of Mixtures

Even from the economic point of view mixtures of other grains with wheat are desirable, as the other cereals are invariably cheaper than wheat.

Wheat-Gram Mixture

Here also, loaf volume increases with the addition of 2 and 5 per cent of gram flour. The mixture of gram with wheat is particularly desirable as it serves to render the chapatis more tasty and nutritious.

Wheat-Mash and Wheat-Mung Mixtures.

The result of mixing mash and mung with wheat is again the improvement of the taste and nutritive properties of bread. Pooris, kachauris and parathas are some of the palatable dishes prepared from such mixtures.

Optimum Proportions for Mixtures

It is important to emphasize that other grains should be mixed with wheat in proper proportions failing which the quality of the resultant loaves and chapatis will deteriorate. The optimum proportions in which other grains can be mixed with wheat without affecting the quality and acceptability of the resulting dohal roti (loaf) and chapati are the following:—

Sugar Drunkards.

By Samuel Morrison, N. D.

The American people are the world's champion sugar drunkards. We are on a constant sugar debauch that is raising havoc with our health.

Does this statement startle you? Follow me through to the end of this discussion and you will be convinced that an excess of sugar in the diet is extremely dangerous.

Figures compiled by the Department of Commerce show that the annual consumption of cane sugar alone averages 81 pounds for every man, woman and child in these United States. If one combines with this the immense amount of sugar used in the form of glucose candies, corn and table syrups, there is an average consumption of close to 150 pounds per person per year.

Based upon statistics showing the tremendous increase in Bright's disease, Diabetes, Rheumatism, Arterio-Sclerosis and other diseases having their frequent origin in underoxidation or faulty metabolism, our national orgy is nothing short of suicidal.

There is absent from refined sugar all the vitamins, salts and other repair and building material essential to the maintenance of normal health, and

Average Housewife walks Five Miles Daily

By ANNE PIERCE.

The average housewife walks some five miles a day in the pursuit of her household duties.

In an experiment recently conducted by a kitchen laboratory, where a dessert was made in an awkwardly arranged kitchen and later in one "engineered" to save steps and motions by proper routing, the operations were cut from 97 to 64, and the steps taken from 281 to 45.

this dead substance yields only heat to the body plus carbonic acid.

Now, ordinary sugar must be changed by the system into a different form before it can be absorbed or assimilated. When this process occurs most of the available oxygen supply of the system becomes exhausted. And THEREIN lies the great danger to our health, because with the oxygen supply depleted, the protein and fat elements in our food are only partially oxidized (converted) and there is produced an excess of uric acid and fat.

The same objection that applies to excess sugar is also true of starches which also must be changed into a sugar form before they can be assimilated. Potatoes particularly are assimilated so easily that they use up most of the oxygen supply and there is not enough left to oxidize sufficiently the protein elements in food—and don't forget that it is from proteins that we get building and repair material for the body.

The form of starch which is most slowly assimilated and distributed is the starch of rice or macaroni.

This writer suggests the judicious use of raw or brown sugar and honey.

The installation of modern kitchen equipment including electric refrigerators, electric ranges and other temperature control appliances, together with the proper arrangement of this equipment and scientific routing of work are doing much to increase the housewife's efficiency and to make household work more pleasant.

THE PREVENTION OF DESEASE

By JOSIAH OLDFIELD, D. C. L. M. A., (Oxon) M. R. C. S., L. R. C. P.

"Ab hoste doceri" is a great motto. We are always more ready to learn from our antagonists than from our friends!

When an A-V doctor puts the praise upon right feeding, internal and external cleanliness, and complete sanitation as the great preventers of epidemic scourges, a good many people are still troubled in their mind as to whether, after all, it may not be better to be inoculated.

Now here is an extract direct from a Naples cable, which I may cite in illustration of this point.

This cable is not from anyone who may be accused of bias against inoculation. It is a scientific view as laid down by an eminent American physician whose work is to find out the causes of the epidemic of typhus fever in Italy and with the help of his medical colleagues to institute the best methods of preventing the disease from spreading. This is what the special correspondent of the *Manchester Guardian*, February 3rd, 1944, has cabled:—

"Inoculations for everybody was the rule, but that measure was augmented by every kind of exhortation to be clean and to keep clean and to avoid foodstuffs likely to carry infection. It is interesting that Brigadier-General Fox, the chief of the American Typhus Commission, says that the destruction of lice, not the inoculation of their potential prey, is to be the main method in future in fighting typhus."

The old motto of the ages still holds good: "Wash and be clean..... A thousand shall fall beside thee, and ten thousand at the right hand, but it shall not come nigh thee."

If anyone asks how Disease can be spelled in four letters, the answer is Dirt!

DAYLIGHT OR INOCULATION?

A few short years ago the Press was always being primed by medical correspondents to extol the wonderful results of vaccines and lymphs of all sorts—and they proudly held these up as being the harvest trophies of vivisection in the fight against disease.

"By their fruits," they cried, "shall our efforts be known and judged; and by these priceless victories over disease, shall vivisection be judged."

To-day, thanks to persistent preaching of essential causes, we are getting a new orientation in medical outlook.

Read the following extract from a contribution of Medical Correspondent of *The Times* to its columns of March 1st, 1944;—

"MICROBES KILLED BY LIGHT"

"Observations in connection with the danger of bacteria in dust show that light will kill the deadly haemolytic streptococcal microbe. There is a lower percentage of dust samples containing living germs in a well-lighted ward on the first floor compared with that from a blacked-out ground floor ward. It is the ordinary light, even on a cloudy day in winter, which kills the microbes, and not only the sunlight, previously regarded as the most potent factor in this respect."

So to-day's latest teaching is not "Inoculate yourself with germ broth," but "Get out into the air. Avoid dark and dusty rooms. Let your houses be sun traps, your bed rooms be radiant with windows facing south and your kitchens be well-filled with light and air, and then you shall be free from the scourge of infective disease."

Fasting a Short Cut to Health

By Dr. BENEDICT LUST

A Lecture delivered by Dr. Benedict Lust on November 10, 1936 before the Life Culture Forum, New York City.

So many people talk about fasting, but they never seem to have enough will power and determination to put their views to a test and to start fasting themselves. The reason for this is that fasting requires an unusual measure of self-mastery, will-power and personality. It is, of all methods of nature cure, the most natural and positive, a real short-cut to health; one that will create normal functioning of the various bodily organs.

For those who enjoy good health and a happy disposition there is no need for fasting. To start on a fast is a very serious matter that calls for a certain amount of hardship. You will find the spirit is willing but the flesh is weak. It should not be taken as a joke.

A fasting cure can be undertaken for three reasons. The first is the so-called "conquest fast", which means exactly what the name implies, namely to conquer yourself, to strengthen your mind and will power, and to perfect your personality. It will be found that clarity comes into your mind as never before, for not only your conscious but also your unconscious self will undergo a complete rebirth and awakening.

Another kind of fasting is the spiritual fast for religious reasons. Many great seers and saints have been devout apostles of fasting for illumination and spiritual renovation.

The main purpose of fasting is, of course, the treatment of diseases or ~~tend~~ ^{chronic} disease. There is hardly a disease in which fast-

ing cannot be used with benefit. Although we generally understand fasting to mean abstention from solid food, a very strict fast means also going without liquid. In this way you obtain very quick results, for you live entirely on your own flesh, and all surplus of carbon, mucus, acid and other harmful elements of the system are burned up. In other words your body, if properly taken care of, will cleanse itself.

Be careful to keep the body warm and take hot or warm baths, so that all the pores will be loosened up. Every cell and tissue takes part in the fast and is being washed and cleansed. The eliminative functions go on all through the fast, and if it is extended over a longer period your body begins to take on a sweet odor like that from fresh fruits, quinces or oranges, while the evacuations will lose their odor.

Persons who are suffering from serious or chronic diseases should never start on a fast without following the advice of a Nature-physician who adheres to the laws of Nature Cure. A thorough examination will decide whether fasting is advisable. It is dangerous in certain cases of stomach ulcers, cancer, hardened liver, advanced tuberculosis, or heart diseases. Likewise if there are certain structural changes in the intestinal organs, like shifting of the stomach, or intestines, fasting is not to be recommended.

Fasting is difficult only for the first three days. After that the body will have adjusted itself to the changed conditions. The most effective way is not to gradually

lessen the amounts of food, but to stop eating altogether and to drink nothing but plain water. If you use orange juice or pineapple juice, you cannot call it fasting, for this manner of fasting will be found even more difficult to carry through, because the stomach nerves are continually being stimulated. Sweat baths or mild steam baths are very beneficial during the cure. And the best time of the year is the Spring or the Fall season.

We should all fast at least once a year; that is, go on a total fast for a certain time, or cut out all meals during one day every week. Make one day every week a fast day, or a juice day. This will promote your well being and clean your body. If you are inclined to disease, either chronic or acute, you cannot be at your best.

In 1909 or 1910 an elderly lady who was staying at "Yungborn", Butler, N. J., underwent a fast of 42 days, under the care of Dr. Louisa Lust and then continued for 21 days on a fruit juice diet. When she left she looked fresh and youthful for her age, although she did not regain her lost hearing, but continued the raw food system of eating. One year later I received a letter from her saying that she had suddenly regained her hearing.

While on the subject of fasting I want to say this: After you are thorough with a fast it is altogether wrong to go back on the same diet as you had before. You fast in order to get good health again. Why should you at the end of the fast make the same mistakes again that made it necessary for you to fast? Fasting is no fun. The less you need it the better. But if you do fast, let it be a lesson to you not to eat so much meat, fish, eggs, fermented cheese, white sugar products, white flour goods and coffee. You eat these foods only out of habit, and when you have undergone a

fast, all these have been set aside, and you have to wean yourself back to eating habits. It is therefore most important that they should be good eating habits.

That is the proper time to take up the raw food diet or the vegetable diet, or if you are disinclined to make radical changes, use a mixed, but natural diet. The primary purpose of the fast is that you become master of yourself, so that you may be able to control your habits, resist the many temptations that meet you, and then will the fast become of permanent value to your character as well as to your health.

There is still another great asset in fasting, an asset which few people realize, and that is its beauty value. Fasting is the initiation to beauty. Whether you are young or old, married or unmarried, whether you are living in the country or in cities, health should be synonymous with beauty. Natural health is present always where there is natural living and the proper development of physical, intellectual and emotional faculties. And that is natural beauty. The beauty which is brought about by artificial means is superficial beauty only. A beautiful woman is and remains so whether she uses cosmetics and preparations or not. A beautiful man is the healthy man who possesses will power, and self-control. I think much more of a housewife who sticks to her husband and her children, teaching them right eating and living habits, than of a brilliant movie actress who in her make-up appears to combine all the highest requirements of beauty in her own person. The real heroes are not the ones on the screen, but those that make a success of their life and at the same time remain free from the stains of moral and health degradation.

To give you just one illustration, there is no more beautiful sight than a happy mother giving breast to her

baby. Nursing prevents disease and beautifies at the same time, while children raised on the bottle, are more likely to catch disease and go wrong in their later life. That is why there is so much moral decadence and crime in our modern world. We need more family consciousness and racial pride. We need more self-control and resistance. The fact that a man or a girl can take a lot of drinks and cocktails may give them the feeling of being important, but they are not important in the eyes of the naturist and social worker who wishes a better world for our race and our nation. The people who live their private lives clean and honest, who practice the natural way of living are the ones that pave the way to a better and juster life. Personality is what counts to-day, regardless of the sphere or the surroundings.

SMALL-POX—By C. V. CHETTI.

This disease which is much dreaded against is a very welcome process of elimination under the Nature cure system. But how to convince the anxious patients and their relatives who belong to usual school that the disease is caused by germs and contagion unless they saw with their own eyes how the elimination process and the cure of the disease are simultaneous. One case treated successfully under my care was enough to bring half a dozen more cases in or about the same locality of patients of different age and varying severity of the disease. But all of them were treated in such short time without any bad results that people were made to doubt whether the disease was small pox or some other pox. But when they came to me they found it was small pox.

The course of treatment adopted in all the cases was

Daily routine treatment

- 1 Attend to the closet
- 2 Drink 2 or 3 glasses of warm water and indigestibles of warm

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Dr. P. Venkatramiah N. D. B. M.

The Nature Cure movement bears on its face all the power of a regeneration of the human race. The consciousness of a clean good life makes this life worthwhile. If we establish the right living conditions, socially, economically and physically, we help to bring back to mankind the period where the body counts and is respected again.

Every one of you can help the Nature Cure movement in these aims by adhering to the natural principles of healthful living, and thereby setting an example to others. And in this way you will not only have the satisfaction of better health, happiness and a longer span of life for yourselves, but also of having shown and proven to your fellow men the high ideals that make for a better and worthier life.

3 Take enema with 2 or 3 pints of hot and cold water alternately.

If there is dizziness or any unpleasantness, take another enema of 1½ pints of warm water in the evening or at bed time.

Diet

Live 3 days on fruit juices at intervals of 2 to 3 hours alternated with water alone of tender coconuts.

Subsequent 3 days on exclusive fruits of course the citrus family (3 meals a day).

Subsequent 3 days commencing with the soup of greens and tomatoes and ending with cooked greens and vegetables without rice or any starchy food or acid forming stuff.

From the 10th day baths in cold water after smearing the paste of neem leaves for 3 days.

14th and 17th days oil baths with cold water and neem paste with a moderated flesh diet.

This was found to be very well suited to all the patients young and old.

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Dr. P. Venkatramiah N. D. B. M.