

288

INDIAN NATUROPATH

Vol. XVII

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

No. 12

For Health
Physical
Mental
& Spiritual

December
1946

Price 6 Annas

CONTENTS

Nature Cure in Practice

Smoking Evil

Why not Prohibit Tobacco

Doctors Criticized

Mud Huts

Curing Diseases by Colour Power

Effect of Solar Eclipse on the Eye

Danger of 'Vanaspati'

Good Earth

Exercise

Naturopathic College, Veerapandiputhur

Gleanings—

How Habits are formed

Research

Cleanliness

You are what you Eat, Drink, Breathe
and Think

How to gain weight

PUBLISHERS:

The Indian Naturopathic Association,
BEZWADA

The Indian Naturopathic Association

India's Premier National Organization for Health Propaganda
(Registered under Act XXI of 1860)

Head Office: BEZWADA, S. India.

This Association came into existence as long ago as 1919, and has since been working as a scientific and philanthropic organisation carrying on Health Propaganda on a national scale along the lines of Nature Cure. The important features that differentiate Nature Cure from other Systems of cure are mainly two, viz., (i) that its methods are the simplest and lend themselves to self-treatment even in the case of ordinary men, and (ii) that its remedies are extremely cheap, universally available, and of unfailing efficacy. But the most paramount characteristic of Naturopathy is that it addresses itself not merely to patients and sick people whose health has been undermined or broken down by wrong modes of life in violation of Nature's laws but even to healthy and robust individuals, the enlightenment, purification and disciplining of whose life is its chief aim. Indeed Naturopathy has a very vital Message to deliver to humanity, a message of absolute self-reliance and of perpetual health and happiness.

The present Membership of the Association comprises gentlemen hailing from almost every Province and State of this vast Indian Empire, and the different places on this, our globe. Mention may be appropriately made here of the fact that the leading Naturopaths of the day are among its members.

Its objects are:

1. To promote investigation into the origin and the true character of Evil and into Nature's Ways of eliminating it.
2. To foster the perfection of the true Science of Health by promoting investigation into the Laws of Natural Living and into the Methods of Natural Healing.
3. To encourage a sympathetic critical and comparative study of the several ancient and modern, preventive and remedial systems, institutions, customs and practices in the world (whether scientific, philosophical, religious or otherwise,) for the purpose of ascertaining their Naturopathic value, if any.
4. To investigate, interpret and redeem the theory and the practice of the traditional Indian Naturopathic Systems of Yoga.

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

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

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

In particular,

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

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

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

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

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

[f] To found Naturopathic Societies wherever convenient, and to affiliate the same to the Association. For the better propagation of the Naturistic Movement in the country, an official organ and gazette of the Association, by name "The Indian Naturopath" was started in July 1926.

To members of the I. N. A., it is supplied free.

The Indian Naturopath

Editor: P. VENKATRAMAIAH, N.D., D.M.

VOL XVII

BEZWADA, December, 1946

No. 12

Nature Cure in Practice

By THE EDITOR

A number of very grave diseases were curedd easily when the biologic methods were given a trial to. I am going to narrate one of the many such cases.

A gentleman aged 50 years by name L, he spent a licentious life in his youth and had suffered a number of urinary and venereal troubles. He was treated in the ordinary way by the ayurvedic and allopathic methods. He was not cured. Afterwards he took help from Homeopathy and was cured for that time.

Afterwards he had a queer disesse. The foreskin of the penis began to grow thick and the opening began to be narrower day by day. It was feared that the opening may be closed due to the thickening of the skin. He went to the surgeons of his place and asked them if they could safely remove his trouble.

Almost all of them refused to treat the case as he was a diabetic and at any stage the operated part may take the shape of a diabetic ulcer and may prove fatal. They suggested also that if immediate steps were not taken, the opening may be completely closed and he might die of stagnation of urine. They advised him to run to the metropolis and have an operation there under better conditions and try his luck.

He came to me and applied for help. I explained every thing to him. He con-

sented to follow my instructions strictly and obediently.

As he was a diabetic, it is certain that the carbohydrates could not be properly assimilated in the body. It is also certain that the thickening of the foreskin is due to the obese matter circulating in the lymphatic channels. It was therefore necessary to starve the patient of carbohydrates. He was placed on a planned diet as he was suffering from severe hunger. So I could not give him a complete fast for a number of days. He feared to live on fruits alone. So I ordered him to take cooked vegetables once at 10 A. M. and take fruits at 2 P. M. and 6 P. M. The vegetables he could partake were cucumber, snake gourd, ridge gourd, bottle gourd, parvari, tomatoes and some green at times. As it was summer, I kept him on sweat oranges. He was taking a mild steam bath to the penis before a sitz bath of 10 minutes in the morning at 6-30 A. M. A hip bath was given in the evening at 3-20 P. M. He was given enema twice in the morning successively with 3 pints of cold water each time after the sitz bath. He used to take a two mile walk both morning and evening. A cold water bath at 8 A. M. and hot body bath at 6 P. M. were ordered. Every week he was having an oil bath, after a thorough massage, for the whole body.

The penis was given 4 sweating packs of 45 minutes duration, everyday. The pack was given in this way:—

A 9 x 3 inches piece of wet cloth was rolled right around the penis. Then 4 folds of flannel piece was wound on the penis overlapping the wet piece of cloth inside. After 45 minutes the penis was felt hot and it was cooled by a cold water ablution.

By following the above treatment for 30 days his diabetes disappeared. The fore skin on the penis grew thin and thin and was normal. He could not withstand his hunger with the cocked vegetables and fruits.

I gave him wheat rice for a month more. In the third month he was taking twice wheat rice and fruits in the noon and at 2 p. m.

Along with wheat he used to take large quantities of cooked vegetables in the ratio of wheat 1 and cooked vegetables 3 in weight after cooking.

Afterwards he was asked not to take rice. He continued the wheat-vegetable diet and was alright free from diabetes.

He was given the following programme to follow :—

5-30 A. M. Rising from bed. Ablutions.

6-15 to 6-25 Steam to the penis.

6-30 A Kuhne's sitzbath of 10 minutes duration.

6-40 -7-10. Enema twice with 3 pints of cold water each time in the first month and afterwards rest.

7-10 to 8. Walk

8-0 Cold water wholebody bath.

8-15 to 9 A sweating pack for the penis.

10.0. Cooked vegetables in the first month and wheat and vegetables in the second month.

2 P. M Fruits.

3-15 to 4 Sweating pack to the penis.

4-0 P. M. Kuhne's Hipbath for 10 minutes

4-10 to 5. Sweating pack to the penis.

5 to 5-45. Walk.

5-50 Body bath.

6-0. Fruits in the first and second months and afterwards wheat and vegetables.

7-15 to 8. Sweating back to the penis.

9-0. to bed.

As the bowels were free after the first month, there was no need of enema. If there was no motion for a day, that day he was given enema in the evening to avoid stagnation in the bowels.

Smoking Evil

BY MAHATMA GANDHI

Q. While you have all along written very strongly in favour of prohibition, you have not spoken either often enough or with equal emphasis in the matter of smoking. This evil is increasing with alarming rapidity and even children are increasingly getting addicted to it. The money that are literally burnt by smoking could be so well utilized in wise ways in our poor land.

A. The taunt is true but not new. The reason for want of equal emphasis is to be sought in the fact that smoking has attained alarming respectability. When a vice reaches that state it becomes difficult to eradicate. This admission does not mean that we should not agitate for abatement of the nuisance. How to do so and when is the question. I am sorry to have to confess my inability to answer it.

Why not Prohibit Tobacco

BY THE EDITOR

Elsewhere in this issue you will find the answer of Mahatma Gandhi, admitting his inability to say when and where the propaganda can be begun against the use of tobacco. The questioner wants to find out why prohibition against tobacco was not begun.

It is sad, people are still looking at the Government for each and every thing. The Government could **take** up prohibition because the **majority** of the legislative assembly members are not in the habit of drink or do subscribe to the idea that the use of drink is detrimental to the health of the people. If the majority of the members of the assembly were in the habit of the use of drink, the bill for the prohibition would not have been passed into law.

For example take Coffee and Tea. The Medical opinion is unanimous that the two stimulating beverages are not necessary for the health of the people. The use of toddy is in no way more poisonous than coffee or tea. Even looking from the economic stand point, the money collected from the toddy drinker goes to the Indian tapper and the distributor in India. The money respectably collected from the users of coffee goes to the foreign merchants who are maintaining large estates of coffee and tea plantation. The literature produced regarding the condition of the Indian labour in the tea plantations shows that in every cup of tea we drink there is at least a drop of poison, of sin, contained in the harsh management of the labour by the estate owners in Assam and elsewhere.

The condition of the labour in the coffee garden is in no way more creditable. A user of toddy, say, bulk for bulk is retaining less poison in his body than the user of coffee or tea.

I am not putting all this reasoning to elevate the state of toddy but to warn the people that coffee and tea should one day be prohibited by the people.

At present the majority, nay almost all of the members of the legislative assembly are in the habit of taking coffee or tea once or twice daily. It is idle to hope that the present house can be dreamt of introducing a bill prohibiting such nasty articles as coffee, tea, tobacco and the like. We cannot keep quiet, but preach the public the danger contained in harmful weeds and make people alive to the real nature of things. Every cup of coffee or tea is able to produce the same amount of uric acid that is contained in a cup of urine. Every doctor knows the dangerous effects of the uric acid on our health and he often warns people from taking articles of foods that are able to produce an excess of uric acid, that the kidney cannot easily eliminate.

People also must be made alive to the rules of hygiene and dietetics and made to care more about their health than before. Ignorance, in a law of court is no excuse, and the penalty for the trespass is never minimised on that account. So also ignorance to the laws of health is no excuse and Mother Nature however beneficent she may be, she cannot but impose the maximum punishment to those who trespass her benign laws regarding health and happiness.

So, every housewife, every mother, every sister, every friend and relative of the users of coffee, tea, and tobacco should warn their people in time and save them from the clutches of these stimulating poisons.

Even after warning, people go on taking coffee, tea and tobacco and allow their

(See page 160)

7C
LM, m2 186
M46.17.12

Q. While you have all a very strongly in favour of pro have not spoken either often with equal emphasis in the smoking This evil is incre alarming, and even increasing, and is being adopted by those that are literally born could be so well utilized in our poor land.

182919

against direct impact of heavy rain and running water.

The tools are few and simple and can readily be made by the village craftsmen. They consist of a square, a plumb-rule, a set of rammers of various shapes and of a set of wall and corner forms made out of planks and held together by strips of wood for iron.

On a foundation of stone or brick (to protect the bottom of the wall against running water) the planks (10 feet long and 3 feet broad usually) are fitted up and spaced to the thickness of the wall. Softened and slightly moistened earth is thrown between the planks in layers of about 2" thick and rammed very hard till the thickness of the layer is reduced to about half. Then fresh layers are added and a portion of the wall is thus built up. When the space between the planks is filled up, they are shifted and another portion of the wall is built in the same way. Corners and partitions are built by fitting up the mould with special corner pieces.

A mixture of slaked lime with sand thrown on the wall has proved to be a good protection against rain. When the monsoon is very heavy, the walls can be waterproofed from outside with hot tar or asphalt, over which a lime finish can be applied.

The tools and moulds can build many houses. They can be owned by the village *Panchayat* and lent to the villagers who want to rebuild their houses. The work can be done entirely with one's family

labour or with the help of the neighbours on the basis of mutuality. The structure is cheap, strong, lasting and can be built high, straight and square so that after finishing with lime and sand wash it is impossible to make out that the wall is made of mud only.

The walls can take any kind of roof, including the heavy mud roof, which is an interesting subject by itself.

The conglomerate method has a drawback, which in India is a blessing in disguise; it consumes labour only. There is nothing to buy in it, as far as walls go.

Assuming the village *Panchayat* is in possession of a set of moulds and ramming tools, which are sent to the house-holders in rotation, the entire village can be rebuilt in the course of time with the least amount of cost and trouble. The various Provincial Governments may sanction to supply the villages with the necessary equipment at a quite moderate cost of about Rs. 300 per village subject to adherence to master plan for the village in accordance with its social, economic and sanitary needs.

The conglomerate method of construction lends itself to a vast variety of designs as the same set of moulds and tools can build a house of any shape and size.

The very substantial results obtained with the conglomerate method can be further improved by adding certain substances to the water used for wetting the earth. Also the tools and the construction of moulds can be further improved. Experiments are being carried on and the results will be made known in due course.

Continued from page 157

Anyhow, we cannot lose hopes but be dinning into the ears of the people not only about the uselessness of the use of these drugs but actual harmfulness, resulting from the use of them.

WHY NOT PROHIBIT TOBACCO ?

progeny into falling a prey to these bad habits, no one can save them as we cannot save a person who is resolved to commit suicide.

Curing Diseases by Colour Power

BY SWAMI SIVANANDA

The irrationality and frequent inconsistencies of the prevailing systems of modern medicine have made man to lose faith in them. More and more we find people are turning to Nature herself for health and cure. Naturopathy and natural mode of living are becoming popular. Man does not like to take in drugs and medicines. He objects to allopathy, homeopathy and ayurved even. To all such, there is a unique system to which there can be no objection whatsoever. This system is Chromopathy.

Chromopathy or colour-cure offers a system of natural cure without the help of any chemical or drug. The human body built up of cells is composed of various elements present in certain definite proportions. When this proportion is disturbed and the body is thrown out of balance then symptoms of diseases arise. Colours have been found to possess the power to supply such deficiencies in bodily make-up and to restore the proper balance. Then the body begins to function normally once again and health is regained.

Inner disturbance usually becomes manifest as a result of overheated condition of the system or chill and cold state or dryness as in the case of constipated bowels etc. In Chromopathy, the treatment is directed at these primary complaints. Certain colours increase heat, certain colours reduce heat, some cool and allay dryness of the system.

Red and blue are the most important and the most generally used colours in Chromopathy. Yellow is laxative in effect. Red colour is heating, stimulating and digestive. Blue colour is cooling, sedative and soothes irritation.

The process adopted in this system is to infill or charge substances like water, sugar, oil etc., with particular colour—power required and give it to the patient internally or externally as the case requires. The water or sugar is charged by being put into colour bottles and irradiated in the direct rays of the sun. Passing through the coloured glass,

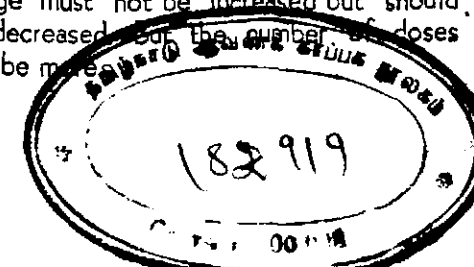
the warm coloured rays of the sun charge the substance (water, sugar or oil) with the particular colour-power.

The time taken to become fully charged differs in different substances. Water should be exposed to the sun for at least a minimum of four hours. Sugar is to be irradiated for at least two weeks continuously. Oil (usually gingelly or til oil is the best) should be exposed to the sun for not less than 40 days. The above is the minimum time needed for each substance. If they are kept longer, well and good.

Sugar is for internal use, water for both internal and external use and oil for external use. The advantage of sugar is that it is dry and powder and therefore it can be conveniently carried about in a pocket or a small box. It is handy in cases of emergency during travel. Also it does not deteriorate. But it cannot be administered to diabetic patients and to those with intestinal irritation. In such cases water alone can be given. Oil is useful for application and massage.

The dosage is ordinarily one ounce (for adults) twice a day i. e., morning and evening. But treatment will have to be given intelligently according to the degree and intensity of the complaint. In very acute cases, comparatively larger doses, repeated at frequent intervals will have to be given. In minor cases, small doses and fewer doses will be sufficient to effect the cure. In troubles indicating urgent treatment like cholera, snake-bite, and rabies large doses should be frequently administered. Chronic cases require slow treatment. Over-dosage should be avoided.

Editorial note: Sugar charged with orange or yellow colour may be safely administered even to a diabetic patient as it looses the diabetic producing nature. In very acute cases and in emergent cases the dosage must not be increased but should be decreased. For the number of doses shall be more.



Effect of Solar Eclipse on the Eye

By DR. R. S. AGARWALA

A college student stared at the solar eclipse for about fifteen minutes with both the eyes open. Just after seeing the eclipse everything seemed to be blurred, covered with smoke. Next day something like a whirling flower composed of white and dark specks appeared all the time before the eyes even when they were closed. Whirling was very fast for the first three days. On the fifth day the patient felt a black speck bigger than the sun before his eyes all the time. While seeing sign-boards, sticks, parallel bars or other straight things, he felt them distorted. The lines of prints seemed to be curved and the letters dim. The black speck varied in size according to the distance at which he saw it. At ten feet its size was one and a half inches in diameter; and at one foot its diameter was less than half the centimeter. He consulted many doctors and the opinion was, "A part of the retina was burnt, and the defect would remain permanent. Use dark glasses". After examining the eyes of this patient I explained to him that I differed from this opinion. The resulting blind area (Scotoma) and other symptoms were not due, as was commonly supposed, to any organic change in the eye but were the result of a strain of the mind and eyes while seeing the solar eclipse. A return to normal was quite possible, and the prompt relief of the symptoms mentioned would follow the relief of eye strain. This proved that the abnormal conditions were the result not of the bright light of the sun, but of the strain. I said, "The vision is a process of mental interpretation. The picture which the mind sees is not the impression on the retina, but a mental interpretation of it. To the mind objects seen appear to be in an upright position, but the picture on the retina is upside down, when the

sight is normal the margins and openings of black letters on a white card appear whiter than the rest of the card, but this, of course, is not the fact, the whole background being of the same whiteness. When the imagination is perfect the mind is always perfectly relaxed and nothing can harm the eyes and sight. By relaxation of the mind some persons can look at the sun for sufficient time without any discomfort or loss of vision. When the eyes and mind are under strain, the imagination is imperfect. The mind, in short, adds imperfection to the imperfect retinal image. A great part of the phenomena of imperfect sight is, therefore, imaginary and not in any way to be accounted for by the derangement of the visual apparatus.

My conversation impressed the patient and he was confident now about his cure. He had a good memory and it seemed to me easy to help him because good memory is a great aid to eyesight if it can be rightly applied. When he closed his eyes and covered them with the palms, avoiding any pressure upon the eye-balls, I asked him if he could imagine that he was writing his name with pen and ink on a sheet of white paper. He said he could do that quite easily. I directed him to spell his whole name and then imagine each letter, and to place an imaginary dot at the end of his name. I asked him next to forget about his name and remember the dot. The patient was able to remember the dot and remarked that the dot appeared to move in various directions with a slow, short easy swing. Memory of a black dot may be difficult for many patients and other relaxation methods may be tried for them. After ten minutes when the patient opened his eyes he felt a cooling sensation in his eyes and relief of his discomfort. He frequently

closed the eyes and covered them with the palms for ten or fifteen minutes each time, and usually remembered a black dot but sometimes he liked to recall the memory of other things as the colour of his black shoes and white trousers and his familiar game badminton.

While practising on the Snellen test card the patient glanced at the white centres of the letters instead of fixing the sight on the blackness of the letters. At times he closed the eyes for a minute or longer, remembering white snow, white paint, a white cloud in the sky. This enabled him to observe that the white centres of the letters appeared whiter than the margin of the card; and as the white centres appeared whiter, the blackness also increased, and subsequently the letter became perfectly distinct. His reading sight was soon improved when he moved his sight on the white spaces first below the lines of the print without making any effort to look at the letters. Gentle blinking was a great help.

Within a few days the sight became normal, and distortion of straight things disappeared, but the black speck faded gradually and it took about one month when the speck disappeared completely.

(2) Another patient, a Sanyasi, having normal vision stared at the mid-day sun just to attain some mental power. After a few minutes when he took the sight away from the sun he began to see the sun on everything which he saw. When he closed his eyes the sun was visible in his imagination. This became a great discomfort to him because the true form and colour of the object was not visible due to appearance of the sun on the object. Reading and writing became almost impossible. It was declared by the doctors that the condition of his eyes could not be improved as the retina of the eyes was damaged.

The sanyasi was a man of determination

and he dared to challenge the doctor's opinion. In the night when the moon was shining he looked at the moon for at least an hour with the idea that the cooling rays of the moon would neutralize the effect of the hot rays of the sun. While looking at the moon he mentally imagined the moon. The sanyasi made himself all right within three days. To confirm that his discovery about the treatment was genuine he again made his eyes worse by looking at the sun and began to see the sun on all things. Again he repeated his experiment and looked at the moon in the same way and made his eyes all right.

(3) To another patient, after seeing the solar eclipse a yellow coloured speck appeared before the eyes. The black letters on the Snellen test card and on the book appeared to be grey. Reading sight had sufficiently deteriorated, letters appeared very irregular. Multiple images were frequently seen.

I advised this patient to cut all his activities and remain in a green room for about a week. When questioned whether the green or smoke coloured goggles could serve the purpose of the green room, I said that they could be somewhat useful but complete relaxation was not possible as the goggles could not relieve the mental strain which was underlying the imperfect functioning of the eyes. Moreover when the goggles became misty and dirty the patient did not care to clean them as he was not conscious. It was a wrong belief that goggles kept the eyes safe from dust because the dust which entered inside could not come out hence there was accumulation of dust on the eyes and goggles. Being the son of a rich man a room was soon made of green shade by putting nice green curtains. As green colour is very soothing to the eyes this patient felt some relief. While remaining in the green room he washed his eyes with cold

water by dipping his face in a basin full of water and then practised palming about five or six times a day. In the early morning the patient went out for walking with bare feet on the green grass. The mild due touching the soles of the feet created a cooling sensation in the brain and helped in the relaxation of the mind. In a week's time the yellow speck completely dis-

appeared but the sight for reading was not yet quite good. To improve the sight I directed the patient to practise central fixation on the various charts given in my book 'CENTRAL FIXATION AS AN AID TO EYE SIGHT'. After a few days not only ordinary reading became quite comfortable but the patient could also read even the finest print without any discomfort.

Danger of 'Vanaspati'

By MAHATMA GANDHI

"In *Harijan* of 14-4-46 you supported Sarder Datar Singh's plea regarding a ban on 'Vanaspati.' There were several suggestions in that article which, had they been acted upon, would have checked the evil. But unfortunately no action has been taken. In the Punjab, in Akola, Shegaon and Kurnool, permission has actually been given for starting new factories. At any rate, this should be stopped. In the Punjab the Government has not even ordered the colouring of 'Vanaspati'."

The above is the substance of a letter to me. I have advisedly put 'Vanaspati' in inverted commas. It ought really to be Vanaspati Ghee. No one can have any quarrel with Vanaspati which means the leaves of flowers, fruits and vegetables. But when it presumes to pass as something else, it becomes a poison. Vanaspati is

not and can never be ghee. If ever it were to become ghee, I would be the first loudly to proclaim that there is no further need for real ghee. Ghee or butter are the fat contents of milk drawn from an animal. To sell vegetable oil or butter in the form and name of ghee is to deceive the Indian public. It is thoroughly dishonest. It is the clear duty of tradesmen not to sell any product of this nature in the guise of ghee and no Government should countenance such sale. The crores of India to-day get neither milk nor ghee nor butter, nor even buttermilk. No wonder that mortality figures are on the increase and there is lack of energy in the people. It would appear as if man is really unable to sustain life without either meat, milk and milk products. Anyone who deceives people in this regard or countenances the fraud is an enemy of India.

THE GOOD EARTH

Mr. Henry Haas of New York made a very acute observation on growing plants in water culture. This system, he says correctly, was probably the first when the earth obtained its early vegetation. The earliest plants did not find a rich layer of organics and had to rely on soil minerals in water solution. As the

earth's green mantle developed and decayed, we passed the hydroponic aeon and entered the organic age. While hydroponics are very good for ascertaining plant needs in the laboratory, they are for all practical purposes, except the growing of expensive florist's stock, not only precarious, but far too costly. Why set up complicated machinery when we have the good earth to rely upon?

—N. P.

Exercise

(By Dr. S. S. Sugandha, B.A., LL.B., Advocate.)

Physical exercise has always been necessary to the human being for Health, Efficiency and Longevity. It is indispensable to every modern individual so that in the present struggle of life for existence he may be able to protect himself, his community and his nation to earn his livelihood. It is as necessary to life as wholesome food, pure water, open air and bright sunshine. For keeping the body and soul together daily regular exercise is essential. We often observe that a machine, which is not used for sometime, becomes rusty and becomes useless. The same is true of our bodies. If we should sit or lie down, without moving our legs for several weeks, the legs would be too weak to stand upon and to walk even a short distance. Unless we exercise, the muscles become soft and small, the digestion becomes poor and the blood loses its power to destroy the disease germs that may chance to enter the body.

For the maintenance of good health, it is necessary to take enough muscular exercise to produce free perspiration every day. Most of the diseases fall to our lot due to lack of exercise. Bloodlessness, dyspepsia, constipation and many other diseases crop up in our body for want of proper exercise and sufficient fresh air. During exercise, the heart beats faster and consequently every part of our body gets a better supply of blood. While exercising we breathe oftener and therefore we breathe in greater quantity of oxygen—the germinating and life giving gas. Old proverb says "A sound mind in a sound body." The mind becomes sluggish and dull, if the muscles of our body are not exercised. If we desire to have a good and sharp memory and be able to study intelligently and diligently and learn

rapidly, we must exercise the muscles of our body daily.

When God created man, He knew just what the body required to keep it strong and healthy, and so not only provided food for the body, but He also made provision that man must work and exercise his body in order to secure food. He said "In the sweat of thy face, shalt thou eat bread." The man who takes his food every day and neglects exercise altogether violates one of the important laws of health and is bound to have a weak and sickly constitution. Such a person will fall an easy prey to any disease and the earnings of his hard labour will go towards the payment of heavy bills of chemists and doctors. A person who follows the simple laws of nature, always remains healthy and free from the clutches of the Disease and the Doctor.

"Exercise is beneficial to both sexes and all ages. No matter what branch of occupation we follow, or how physically incompetent we feel, a few exercises of right kind will work wonders," says R. L. Ferguson.

Physical exercise is more potent as a preventive than as a curative medicines, serums, surgical treatment etc., discovered by modern science for curing diseases, cannot remove the origin or cause of diseases, rather these things add fuel to the fire. In the modern time, the diseases have increased, as the number of doctors increased. Proper diet, regular exercise in fresh open air and simple habits of living will eradicate all diseases from the face of the earth. Napoleon has wonderfully remarked "give nature fair play, and let her alone. Do not counteract the living principals: leave it the liberty of defending itself, it will do better than any drugs".

Naturopathic College, Veerapandiputhur

(Report for the period from 17-8-46 to 24-10-46)

By N. V. NARAYANASAMY NAIDU

I have much pleasure in publishing the report on the work of the Naturopathic College for the period from 17-8-46 to 24-10-46. I have the satisfaction that I have fulfilled my desire of serving the cause of Nature cure in my humble way.

My affection to my son, late N. Damodaraswamy has tempted me to commemorate his name by establishing an indoor and outdoor hospital on Naturopathic lines and attach a College of Naturopathy on a permanent basis. I have already set apart Rs. 10,000 for the same and arranging to add a similar amount to the fund.

The Naturopathic College commenced its work on the 17th August 1946 with 27 students, but in course of time the number was reduced to 19 for various reasons. The whole course is free to all, students being boarded and lodged free with free supply of books. An examination was held in theory and practice on 25-10-1946 and out of the 13 students who appeared for the examination only 9 got through. Those who got through the examination were given certificates. Though the certificate holders are considered to be qualified to handle patients independently, they can do real service and practise independently, if they undergo a course of practical work in an indoor and outdoor Naturopathic Hospital for at least 6 months.

As previously announced in the columns of The Indian Naturopath, the tuition both by theory and practice has been conducted by Sri Bhikshu of Saraswathi Sangam, Madras. 'Sareerathathvam', a brief description of Anatomy and Physiology and a brief description of mental and spiritual

science, 'Arogyanool', a treatise on the prevention of diseases on Naturopathic lines—open air life, sun bath, natural vegetable food, Asanas and Breathing exercises, Mental and Spiritual culture, 'Patharthaguna Bodhini', dealing with simple non-poisonous common herbs; 'Shareerapari Shodani', a guide to examine and diagnosis of patients and 'Chikitsamiratham'; dealing with almost all ailments with causation, signs and symptoms and treatment, Gita etc., have been the subjects dealt with.

The daily work begins with asanas and breathing and other physical culture, prayer and Gita lecture which ends at 6-30 P. M. followed by out-door dispensary work where the students are allowed to examine and treat patients. Instructions on clinics have been given. Almost all kinds of patients attend the dispensary from the surrounding as well as far off villages. The number of patients treated for the above period is 584.

Though the indoor hospital is considered to have six beds, the rush of patients compelled us to make room sometimes even to 16 beds. Males, females, children of all castes and creeds have been admitted and the number admitted for the period being 31. Indoor hospital has been very useful to students in acquiring practical knowledge of patients and treatment on Naturopathic lines. Regular clinics have been given daily in the presence of these patients consumption, heart disease, mental disease, urinary disease, Asthma, Gonorrhoea, Leucorrhoea, and Syphilis, cancer, Diabetes, anaemia, Ascitis, Liver and Spleen

enlargements, Leprosy, Fevers, dyspepsia, eye and ear diseases are the diseases treated.

Fasting, simple herbs which have been used as food, restricted diet, sun bath, steam bath, tub bath, mud bath and packs, asanas and breathing exercises, meditation are the important factors of treatment. Drugging is practically avoided.

Compared with Ayurvedic, Allopathic and other systems of treatment, our method of treatment has been more beneficial, economical, and harmless. Those who are eager to do service to the suffering masses

especially in villages where medical work is almost nil, will do well to study the literature on Indian Naturopathy and will not only use their knowledge in propagating the Naturopathic science but establish both indoor and outdoor hospitals so that real, national rural service can be done to the suffering masses.

In addition to the indoor and outdoor hospital work and the College, a monthly journal in Naturopathy in Tamil is found to be the greatest need to popularise the Science in Tamil country.

Gleanings

How habits are formed

Each physical body has its own properties. The main characteristic of the mind is to invigorate, to make grow through its vibrations, any mental picture received on its fertile soil from without, from objects, from books, etc., and from the thoughts of other men, intentionally or unintentionally.

If the soul allows any thought to possess or to attach itself to its mental body, these thoughts, especially evil thoughts will begin to grow to such proportions that the human soul gradually grows accustomed to expressing itself through these mental avenues, and, through these deep grooves in the brain and it will lose its control over the material mind. In this way, all bad habits, with all their sad consequences are formed in man.

Evil thoughts are like weeds, or tares that our enemy sows in our field when we are asleep. The fact of this mental law proves beyond any doubt, that bad books, shows depicting murder and crime, obscene magazines, vulgar language and immorality can cause destructive habits to be created in the minds of weak souls, or the souls who are taken unaware by the incoming bad mental image. Thus these mental weeds find a way to take root and grow

in the mental body, or mind of a person. On the contrary, beautiful surroundings, beautiful pictures, moral shows, good books and fine harmonious music certainly are the molders of the minds of persons for real progress, peace and happiness.

Research

The watchword of commercialized medicine is "Research and More Research!" and the constant repetition of the demand has infected our executives and law-makers who, in their abysmal ignorance of the subject, allow themselves to be beguiled into appropriating impressive sums of the tax-payers' money for financing the building of huge experimental plants and their futile activities.

Cleanliness

The external cleanliness is only a step towards internal cleanliness. Dirt within is much more dangerous than dirt without. "We should be cent per cent clean in our thoughts & actions. Otherwise, man becomes worse than the beast, for, a beast is a useful creature and deserves our respect and regard in its own place. An unclean man is undesirable in decent society and ever dangerous.

DOCTORS CRITICIZED

system and the Yunani which are suited to the soil.

5. I do not think that constant examination by medical friends of my body gives them undue or any prominence. They do not stand in need of any. They were all flourishing before I appeared on the scene. Nor does it tend to put into the background the other systems of medicine. I have the other *vaids* and *hakims*. But friends do not need elaborate or frequent diagnosis. I submit my body to diagnosis which is unfortunately advertised but I do not submit it to the treatment by drugs. The treatment is principally confined to the use of the five agencies of nature, diet changes and massage.

Continued from page 158

My love of nature cure and of indigenous systems does not blind me to the advance that Western medicine has made in spite of the fact that I have stigmatized it as black magic. I have used the harsh term and I do not withdraw it, because of the fact, that it has countenanced vivisection and all the awfulness it means and because it will stop at no practice, however bad it may be, if it prolongs the life of the body and because it ignores the immortal soul which resides in the body. I cling to nature cure in spite of its great limitations and in spite of the lazy pretensions of nature curists. Above all, in nature cure, everybody can be his or her own doctor, not so in the various systems of medicine.

The Indian Naturopathic Association, Bezwada

The Annual General Meeting of the Indian Naturopathic Association and its academies will be held at The Prakruthi Karyalaya Trust Buildings, Bezwada at 3 P. M. on 15-1-47. All members are requested to attend.

AGENDA—

1. Election of Office-Bearers for the year 1947.
2. Passing of Accounts.
3. Future Programme of Work.
4. Deficit of Indian Naturopath.
5. College and Hospital arrangements at Bezwada and other places.
6. Other important items.

Bezwada,
6-12-45.

P. Venkatramayya,
General Secretary.

WANTED

A Manager who is well qualified and interested in the Naturopathic Movement to work in the Head Office of The Indian Naturopathic Association at Bezwada. Pay according to qualifications. Type writing and short-hand qualifications preferable.

Apply to—

The Indian General Secretary, Naturopathic Association,
BEZWADA.

You Are What You Eat, Drink, Breathe And Think

BY DR. LLOYD C. SHANKLIN

A man once said to me, "we are only what we think; eating and drinking has nothing to do with what we are." I immediately asked him, "With what do we think?" He replied; "With our brains." I said: "With what in the brain?" He answered, "The Grey matter." I said in turn, "What makes the Grey matter?" His reply was, "That's where you come in." So I took the floor from then on. My answer to my own question was, "Phosphorus and manganese, of course. We think with phosphorus, and co-ordinate our thoughts with manganese. So we are what we eat and drink as well as breathe and think. I agree that thoughts are things, and 'As a man thinketh in his heart, so is he.' If we think right we will eat and drink right."

Vitamins from the Air

As a matter of fact, we are what we eat, drink and breathe, tempered and changed, made better or worse by what we think. If we do not think right, we will not eat or drink right, and we will neglect breathing right. Our first act upon coming into the world was to breathe and we must breathe constantly every minute of our sleeping and waking life. A few minutes without air and we are gone for good. God made plenty of air, oxygen, ether, atmosphere, with all its chemical elements for man's good. We take it in through the nostrils, windpipe, lungs, filtered through into the blood stream, carried by the blood to the organs, parts and glands of the system to build the body.

Vitamins and minerals are thus fed into the body, so we are what we breathe. Therefore, it is important that we practice full deep breathing night and day, awake or asleep, and that the air shall be pure and healthful, free from smoke, and dust and dirt and poisons, such as are found in tobacco smokes.

We are also what we drink, for all the vitamins and minerals are taken into the body through the liquids, such as water, fruit juices, vegetable juices, soups, etc. Raw fruit juices and raw vegetable juices, squeezed or cold pressed are good food quickly absorbed and assimilated through the blood stream to the glands of the body. We should never use the contaminating, intoxicating liquors, as they are harmful, injurious, and destroy the body, brain and mind of man. "Beware of the wine when it is red and sparkles, and moves about in the glass, and bites and stings as doth an adder." "Wine is a mocker, and strong drink is raging, and whosoever is deceived thereby is not wise." When any food is fermented it is spoiled for human consumption. Pure unadulterated healthy foods are none too good for us today, as many of them are grown on thin, poor soil depleted from long use and short in minerals. All kinds of citrus juices and vegetable juices, grape juice, etc., are much better for us than the so-called soft drinks and other concoctions of man, made with carbonated water and various intoxicants in them, and beer with roots in it.

We are also what we eat; as all the vitamins and minerals are found in the foods in solid form, when we eat a well balanced menu properly combined and balanced—the

proper feeding way for health and longevity. Fruits and fruit juices, freshly squeezed or cold pressed, are healthful and alkalinizing to the body. If cooked, lightly steamed is best, but do not cook the life out of any fruits or vegetables, or any food. Raw fruits and vegetables and their juices are better. Please do not kill the effect of your raw salads with vinegar on your lettuce, cole slaw, tomatoes, etc. Raw apples and apple juice is good, but not hard cider or cider vinegar. Fruits and vegetables, fresh raw and ripe, contain more live vitamins and minerals than cooked, fried or boiled foods, and give you more nourishment and strength.

Increase Fruit Juice.

Solid nitrogen or protein foods consist of beans, peas, lentils, nutmeats, cottage cheese, mushrooms, Soybeans, Avocado Pears, etc. These are the body builders and weight producers. But they are acid forming, all but the Soy beans, and Avocado pears, and nitrogen leaves the tissues early, leaving the acid,

which makes the body black and blue easily forming a lump or bruise. It also makes the veins and arteries dark, and noticable, especially in the nitropheric type, who live largely on these foods. Most people overeat of these foods, and therefore, it is a safe rule to cut down on them. Increase your fruit juices to digest these heavy foods, as the system needs hydrochloric acid, formed by salt and citrus juices, to digest them.

Whole grain products are good, whole wheat, oats, and rye, and they will not hurt you, but the devitalized, and demineralized, while flour products, will congest the entire body. Honey, figs, dates, and raisins, and sweet prunes are a good natural sweet. Cut down on your starches and sweets, carbohydrates, as most people overeat of them and suffer from indigestion, gastritis. Also many people use too much milk and it becomes mucous forming and weight producing. It is a safe rule to increase your fruits and vegetables, and juices, and cut down on your starches and sweets, milk and meats, for good health and longevity. N. P.

How to gain Weight

Men admire a slender, youthful figure, but never a scrawny one. Angles make you look older; soft curves younger.

So here is the secret of gaining weight; eat more concentrated high calory foods, butter, cream, milk puddings, cream soups, cereals. But to counteract any acidity, drink plenty of grapefruit and orange juice. Your appetite will improve, your food digest better. Their stimulating action helps to overcome constipation, and tones up the liver.

For quick energy, take a large glass of fresh orange juice at 10-30 A. M. and 4-00 P. M. and for sound restful sleep, a

glass of zestful grapefruit juice before you go to bed.

Follow these tips, too—they will all help you gain weight, but in those slender, youthful curves.

Sleep 9 or 10 hours at night whenever possible.

Rest during the day if you can.

Eat slowly and regularly.

Keep free from worry, especially at mealtime.

Don't rush.

Choose quiet kinds of exercise. —N.P.

Advantages to the Members.

Any lady or gentleman sympathising with the objects of the Association, and prepared to co-operate with it in the realisation of its objects, may become an Ordinary Member of the I. N. A. Every wellwisher of ignorant and suffering humanity, who may be interested in simple life, nature cure or public health, is earnestly invited to join the Association immediately and help its noble cause by giving it the best of his sympathy and co-operation.

Besides the privilege of membership in a noble Brotherhood sworn to serve humanity, and help it towards the goal of perpetual health, happiness and peace along the lines of simplicity, naturalness and self reliance, each Ordinary Member of the I. N. A. will be entitled:—

(i) To get a beautifully printed Certificate of Membership issued by the Association.

(ii) To be furnished regularly with the issues

of the monthly Official Journal, The Indian Naturopath for Health, Physical, Mental and Spiritual growth and post free.

(iii) To qualify for the Degrees in Naturopathy granted by the Association.

(iv) In the case of actively practising Naturopathic physicians conforming to the rules of the Association, to have their names enrolled in the Association's Register of Naturopathic Physicians, and to have the protection and support of the Association.

The subscription for Ordinary Membership in the Association is of 3 classes viz.,

First Class being Rs. 24

or 48 sh. or \$ 16 per year

Second Class being Rs. 12

or 24 sh. or \$ 8

Third Class being Rs. 5

or 10 sh. or \$ 2-50

The annual Subscription of Indian Naturopath monthly Rs. 4 sh. 8 or \$ 2.

For Particulars Apply to— THE GENERAL SECRETARY,

The Indian Naturopathic Association,

BEZWADA, S. India.

Man's Food unveiled!

A Complete Guide for all problems in Man's Food

The cow knows its natural food, the grass

The child knows its natural food, the milk

What is yours : Please ?

You cannot straight away answer it

Man has to consult:

His habit

Custom

Tongue

Which are all Perverted

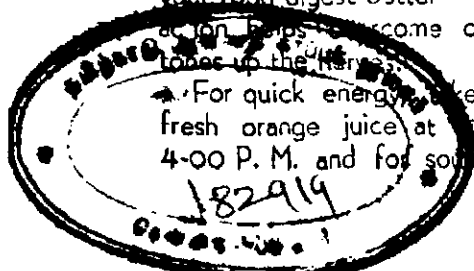
Read this book and find out your natural food!

Price Rs. 2-8-0

Apply To :

INDIAN NATUROPATHIC ASSOCIATION

BEZWADA.



'CHROMOPATHY'
The Marvellous **SUNRAY** Treatment

READ

HUMAN CULTURE & CURE

BY

Dr. E. D. BABBITT, M.D.,

Why you should read this book!

Rs. 200

TWELVE POINTS

1. It gives you a correct mental attitude in Bad and Good. 2. It leads you along the correct Road to Health and Happiness. 3. It gives you a correct understanding of Political problems and the part you should play. 4. It solves all the sociological problems in an infallible manner and gives you the correct view-points. 5. It discusses all the problems of sex and points the way to a happy marital life. 6. It discusses various systems of medicine now extant and enables one to make the correct choice. 7. It is a comrade to the Socialists, adviser to the Politician, guide to the Social Reformer and friend to the Co-operationist. 8. It discusses all the debasing, demoralising, depressing, devitalising, dehumanising-temptations of man and helps one to avoid or overcome them by potent, yet, simple methods. 9. It is a woman's Counsellor in correct living during girlhood, adolescence, matrimony, parturition, motherhood, menopause and old age. 10. It is a man's friend not only in all stages of life but in all his walks of life. 11. It is a compendium of preventive and curative drugless medicine — with a treat to the scientist, socialist, politician, moralist and in fact to every kind of reader. 12. The best monumental work ever published in the English language.

578 pages Printed on heavy antique paper & bound in cloth 150 illustrations

Price Rs. 20/- Postage extra.

THE CHROMOPATHIC INSTITUTE

A. G. PRESS BUILDINGS

BEZWADA