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Everyone his own Doctor

Mahatma Gandhi, addressing prayer meeting, said that there was nothing to be ashamed of in repeating the name of God and in beating time with it. Modesty was an admirable virtue, but when out of place, it became a fault.

Reverting next to the subject of the previous evening, i. e., nature cure, he spoke about pure water, the second in importance among the five natural elements, the first one being air about which he had spoken yesterday. Large numbers of men and women in this country drank impure water and washed their clothes with and bathed in water which made the body and the clothes dirtier than before. "Will any of you care to bathe or wash your clothes in the gutter water?" he asked. "Yet many of the small tanks where people bathe and wash and even drink from are no cleaner than the gutter. Nature is lenient. It often does not punish us for our sins immediately. Thus we can go on breathing impure air and drinking impure water over prolonged periods without any dramatic ill effects. But there is not the slightest doubt that such a thing lowers the vitality and makes one fall an easy prey to disease." He told them of what he had seen on the banks of the sacred Ganges at Haridwar. People went there to wash off their sins, but they made the place so dirty that it could not even wash their bodies clean. He used to find it difficult to bathe at Harki Pauri if he was at all late. People evacuated on the banks and did not even care to cover it up with sand. They made the bathing ghat filthy, strewing flowers which were

trampled under the feet and so on. It was a painful state of affairs, a thing of which Indians had real cause to be ashamed of.

He had taken out the new job of advising people on nature cure. A doctor had to go through five years of hard studies before he could begin to treat patients. Not so the nature cure man. Speaking about himself he said he had picked up the essentials of nature cure by reading a few books and talking to experts in the line. Experience and experimentation had made up the rest. They could all do the same and become their own doctors. People had a notion that what was simple was no good. A spinning wheel was simple. It was therefore condemned as primitive and crude. A mill cost a lot and was elaborate. It was an indication of progress. If this was their view, he was afraid they would have no use for him as he was but a simple-minded villager and a believer in the philosophy of simplicity. But he knew that most of them were simple-minded men and women like him and though they lived in a city, they had not lost all contact with the villages. Therefore, he felt emboldened to place nature cure before them. Pure air and pure water were the first essentials, and of course 'Ram-nam' was there all the time. A man who repeated 'Ram-nam' and thereby cleansed his inner being, could not tolerate the filth outside. If millions took to 'Ram-nam' in real earnest there would be no riots, which were a social malady, and, there would be no diseases. The Kingdom of Heaven would come on earth.

Sun-shine for vitamins

Sunshine makes plants grow—farmers have known that since the dawn of agriculture—but we are just discovering that it does far more than that.

Certain foods that are full of sunlight pack more food value, more energy, more health, than those raised in cloudy areas or in cloudy seasons.

Farmers can't control the amount of sunlight they get, says a report in *Farm Journal*, but they can capitalise on it, and advertise it, if they get it. Sunshine may be something you can sell. It may someday affect the price of the land. It may aid one region in competing with another for the consumer's dollar.

Much of the eastern U. S. has only 60 to 70 per cent of the possible sunshine it could have in summer, whereas most of the rest of the country has 70 to 80 per cent and California's Imperial Valley over 90 per cent.

Effect of the sun has now been proved on tomatoes, turnip greens, apples, oranges, hay and milk, and no one knows how many other crops may likewise be affected.

If all this sounds dreamy, consider the experiments just completed by Dr. Karl C. Hamner and Dr. G. F. Somers at the U. S. Plant, Soil and Nutrition Laboratory at Cornell University.

Out behind the laboratory is the strangest tomato patch I have ever seen. Hundreds of plants are growing in individual jars, in sand wet with chemical solutions. Some have grown in the shade all their lives, others in full sun. Some are shrouded in white cloth, with only the fruit exposed; on others the tomatoes are covered and the plants exposed. In the midst of them stands a complicated device which measures electrically the intensity of the light each day.

Similar experiments are in full swing under ordinary field conditions.

Here is what the experiments show: The amount of Vitamin C depends directly on the amount of sunlight the tomatoes get.

for two or three weeks before picking. By varying the light (under artificial conditions indoors) the Vitamin C in tomatoes can be increased almost 100 per cent. In turnip greens the C can be boosted 800 per cent.

It is the sunlight acting on the tomato itself—not on the vine—that makes the difference. (Whether the light does the same thing to a picked tomato, ripening on the kitchen window-sill, is being tested as this is written.)

Think what this means. Tomatoes are one of the most important sources of Vitamin C. They are so cheap that everyone can have them.

The diets of most people are more lacking in riboflavin (one of the B vitamins) and in C than in other vitamins, says Dr. L. A. Maynard, head of the U. S. laboratory just mentioned. Incidentally, the only three animals that need to eat C are man, monkeys and guinea pigs. All of the others make their own.

The basic thing that C does for us is to help maintain the structure of the capillaries. Without enough of it we develop internal hemorrhages, which in turn lead to all manner of troubles. Also we get scurvy.

Vitamin C Requirements

Most human beings need 25 to 30 milligrams of C per day to prevent scurvy. Scientists are not sure what it takes to give us maximum health—it varies by individuals—but they consider 70 milligrams probably enough.

Some tomatoes of average size contain only 20 milligrams of C, others the same size have 90. If we get no C elsewhere this would mean the difference between eating one tomato a day or three.

Variety of the tomato has something to do with the C content, but sunlight is the big factor. The soil makes no appreciable difference.

To prove it, Hamner and Somers checked on tomatoes grown in California, several parts of the South, Wyoming, Wisconsin, and New York. They varied widely in amount of C. Then the scientists brought soil from each of these fields to Cornell and grew the same kinds of tomatoes there. Under the same sunshine all difference vanished.

As already mentioned, sunlight has the same effect on certain other crops. The side of an apple facing the sun actually has more C than the shady side. (Moral: if you eat only half an apple be sure to eat the red side.) Oranges on the inside of the tree have less C than those on the outside.

How the sunlight makes the vitamin the scientists don't know. Nor do they know why a tomato has vitamin C anyway. It doesn't store any reserve of it in the seeds. What does it need it for? If the Cornell experiments can answer these questions they will tell us some basic things about plants that are still secrets.

Does sunlight increase other food values than vitamin C?

It certainly does. When it shines on a cow's skin it puts more vitamin D (the bone-builder) into the milk.

Sunlight on cut hay steps up the D in the forage the cow eats. Curiously, it has no such effect on hay before it is cut. When a farmer dries uncured hay in his mow or in a dehydrator he gains some vitamin A by harvesting more leaves, but he loses D. Dr. Maynard points out that this is a good trade, because cattle need D only when they are young, whereas they need A throughout life. A farmer can make a little hay the old way for his calves, or feed them cod liver oil, and get the D that way.

On a sunny day hay also contains more carbohydrate than when the weather is cloudy. Can it store this up, from day to day? Many plant scientists think so. Some farmers do, too. They often complain that the hay made in a cloudy, wet summer doesn't seem to "feed out well."

May be sunlight affects other vitamins than C and D—carotene (A), niacin (B), and thiamine (B), for instance. No one can say for sure, but Dr. Maynard says it is "quite possible" and Dr. Hamner reports that "it looks promising."

This sunlight business is obviously something for farmers—and consumers—to keep track of.

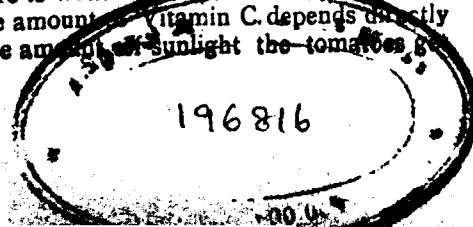
Vivisection and Medical Tyranny

by THOMAS W. POND.

The one thing which fills my heart with pity immeasurable is to see a young medical student, bright-eyed, enthusiastic, and filled with a sincere desire to serve those who need his care, beguiled into following the dark art of vivisection in the sanguine hope of bringing to light some epoch-making discovery in medical science which will launch him successfully upon a cherished career. Doomed to a psychological imprisonment among the grim limitations which cruelty and lack of compassion impose upon his medical efforts, he eventually falls a prey to the seductive impulse of learning everything possible about the reactions of animals to artificially produced diseases of every description until, at last, the once enthusiastic,

hopeful neophyte in medical lore faces the blank walls which shut him off forever from those who stand in need of the true technique of the healing art, based upon a sympathetic understanding of human maladies.

It is such wrecks, and wrecks in the making, the sad results of evil counselling during their student days, who produce the putrid stench of the animal laboratories of hospitals, medical schools and drug manufacturers. Glorifying in the title of "doctor," a distinction which few of them deserve, as virtually no vivisectioners take either the final school examinations or the tests of the State Medical Boards, they pass their time observing the reactions of animals to the most



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horrible atrocities until the "intellect becomes separated from the greatest achievement of evolution, the human conscience," and by a dark and subtle artistry they unthinkingly contribute to the vicious belief that the stronger has a divine right to prosper at the expense of the weaker. This is the popular philosophy which helps to create dictators and eventually leads great nations into the terrible blunder of violating the territories of weaker nationalities.

The same dictatorial ideas have led to the infringement of all safeguards to personal liberty, until a medical oligarchy has arisen which would forcibly compel all infants to submit their pure, healthful bodies to injections of vile pus from artificially diseased animals in the fantastic belief that a naturally healthy body, born with every safeguard which nature throws around it, can be thus protected against diseases which arise from wrong modes of living. The foolish practice is filling the systems of the rising generations with filth unspeakable, which interferes with every function of the human constitution. Unable to rid itself of the vile deposits, the natural result of vaccination and inoculation, the body places the filth which cannot be eliminated in some least objectionable place within itself, and cancer is the result, or, where the body is unable to retain the poisonous refuse it is absorbed by the nervous system which suffers the affliction of poliomyelitis. It is thus that humanity pays the

price demanded by nature for the suffering inflicted mercilessly upon the animal kingdom.

Not until humanity learns to turn away from the limits of a materialistic intellectuality and learns to fill the mind with great ideals of mercy, justice and compassion, will the rising tides of malignant disease be stemmed and the health of the now misguided populace be gradually restored. Never will any great discovery in the healing arts be garnered from the ocean of truth until the healers themselves turn from the hideous darkness of vivisection toward the light and learn to contemplate the human being as a living soul.

Man's Nature

The tendency of man's nature to goodness is like the tendency of water to fall downwards. By striking water, you make it leap over your forehead; by damming and leading it, you may make it go uphill. But such movements are not according to the nature of water; it is the force applied which causes them. When men do what is not good, their nature has been dealt with in this way.

Those who attend to their greater selves become great men, and those who attend to their smaller selves become small men — 'China.'

Song by a Fruit-Tree

I was a blind and buried thing
That groped about me in the mould
Because the ancient wizard, Spring,
Sent his enchantment through my cold
With such a poignant edge of ache
That I could only die — or break.

My green spear splintered earth's hard baulk.
I felt the far inviting sky.
I took the harshness of a stalk
To show the wizard I was I.
But More — than — me within me woke,
I strained to answer it — and broke.

My flower-flag fluttered by a pool.
I dreamed my destiny had end
In being simply beautiful
But there was Something-in-me penned

That swelled and struggled to be free
For more substantial ministry.

I struck my flag, and tamed my power
The tribes of earth and air to feed.
But something — in — me knew an hour
Of deeper portent, wider need,
That in my heart accomplisheth
The cyclic Will of Life and Death.

I sent my seed upon the wind
In autumn's gorgeous jeopardy
The purpose and the path to find
Of something — wonderful — to be
That through and past my thrilling
grooves

Unto sublime fulfilment moves.

— James H. Cousins.

The perfect baby

Under the above heading a piece of news appeared in the Hindustan Times of Delhi on 26th January last.

Therein it was stated that an young couple of Sidney began an intense health campaign for two years to become parents and the result was the birth of a perfect baby who weighed exactly 7 lbs. which is considered to be the normal weight of a new born baby.

They are Mr. Dick Sawyer aged 31 and his wife Peggy 23. Their diet was only fruits, milk and the milk products for more than three years. They used to fast a day in a week, in order to throw off the toxic matters from their bodies which will be produced in the human bodies from the waste matters. These toxins arise even in the most healthy bodies. They took no water as the ordinary pipe water contains some chemicals and no Sun's rays.

This shows that by the observance of the natural ways of living and taking food in its most natural forms will keep the body healthy. Healthy parents alone can produce healthy children.

How to become healthy parents?

- (1) Be natural in all ways of your daily life.

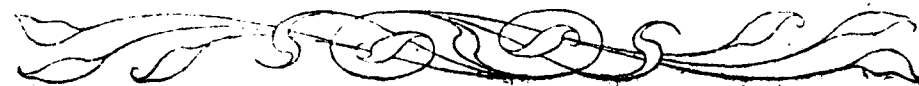
- (2) Take purest food and ample exercise.
- (3) Fast occasionally.
- (4) Do not have sexual intercourse too often.
- (5) Never perform the sex act when you are not in a happy mood or when your partner is tired or worried.
- (6) During pregnancy never go to your wife.

If you observe the above rules you can produce quite healthy children. Particularly those parents whose children are not healthy and long living should observe the above rules carefully.

The mother should be given proper care during the pregnancy about her diet, exercise and other ways of living. No mother should be allowed to sit idly in the pregnancy. If the lady in her pregnancy lives the natural life she will have easy delivery without any troubles.

After the birth of the baby proper care should be taken to his diet in the early months. Children require more sunlight and fresh air and they must be taken to out of doors every day both morning and evening.

—Dattatreya Murthy Ganty



Nutrition—India's Vital Problem

How we often violate the laws of Nutrition

By Mr. Aslam Effendi.

There is a very strange notion among a great number of doctors as well as laymen that the more we eat the more energy we derive. Food no doubt does give energy, but it does not mean that a person eating a certain amount of food will gain the equivalent of energy. It has been proved again and again that those who eat the least possess the greater energy. A wise physician has rightly said that we live on one fourth of what we eat and eat the other three fourths at our peril. Thus by overeating the body becomes exhausted. The following is the very best rule to remember if you are in doubt as to how much food you should eat. "Eating a little too little is better than eating a lot too much, and the best thing is to eat just enough."

Many of us hurriedly swallow our food. This is a great mistake because we must not forget that our stomachs have no teeth and therefore if unmasticated food enters there it means that fermentation will commence. Fermentation fills the stomach with poisonous gases, and destroys the food eaten. This is one of the chief causes of indigestion. The thorough mastication of food is the best way of avoiding overeating.

Condiments originated in the desire to supply something that was missing in the taste of cooked foods. It is a recognised fact that some foods become tasteless after they are cooked, so the cook adds a few spices (*Masala*), such as chillies, saffron, mustard, etc. The above irritate the mucous lining of the stomach, with the result that the appetite for food increases. That this

appetite is not healthy, but false forced upon by unnatural means will be explained in more detail in the next Chapter. In short, condiments are responsible for much mischief and are also responsible for bringing about acute indigestion in the long run.

A rule of great importance is that water must not be drunk along with meals. This is because water thins down the hydrochloric acid and other juices in the stomach and thus hinders the process of digestion. If the food is thoroughly masticated, and is free from condiments then there is never a desire for water during meals. If, however, there is intense thirst during a meal then it is best to quench it by sipping a very little water. The best thing is to drink water freely in between meals, and especially half an hour or more before meals, in order to avoid the necessity of drinking it during meals. Some authorities tell us that people who drink water with their meals are in danger of developing bulging bellies. Another rule worth remembering is that you should eat your meals at a regular hour every day. Avoid as far as possible the eating of anything between meals.

In text books of physiology we read that the great sympathetic nerves are closely connected, and that when one set carries bad news to the head, the nerves reaching the stomach are also affected, and thus hinder the digestion of food. Frequent laughter is not only good for the whole system but also for the stomach, as it sets the latter to dance, and to hurry up the digestive process. It is true that there is no table sauce like laughter at meals.

A question which is very often asked is whether raw foods and vegetables should be cooked or not. The best rule that I can give the reader is the following "EAT NO FOOD COOKED THAT NATURE MADE PALATABLE." I am sure that all will agree with me on the point that tomatoes do not have the same flavour when cooked as compared with when they are taken fresh. And I am certain that many more will agree with me when I say that potatoes have a far better flavour when baked than when they are taken raw. This is of course a matter of commonsense. If a person wishes to derive all the vitamins and minerals from the foods he eats, then it is best to eat them just as nature made them, and not the way our women cookery experts tell us that all foods must be smashed, ground, shredded, heated, steamed, baked, boiled, oiled, roasted, toasted, greased, sweetened, soured, fermented, raised, mushed up, wet up, dried up, dried out, and numerous other processes before eating.

Foods which are decidedly injurious on account of the fact that they are completely denatured are polished rice, white flour products, and white sugar. Let us take each of these and see how and why they are unfit for human consumption.

Rice as we all know is the staple food of very large number of Indian people, but unfortunately a very small number of the Indians derive benefit from this article of diet. Paddy as it comes from the fields is very rich in vitamin and mineral contents, but after it is milled, polished, and washed before cooking, a great part of its nutritive qualities are lost. This is because the mineral salts of rice are contained in the outer coverings of the grain, so that during the process of milling most of the precious salts and Vitamin B are lost. The latter vitamin has a tendency to dissolve in water

so that when rice is washed, this vitamin completely dissolves in the water in which it is washed. From this view point, rice presented the nutrition experts with a difficult problem. These experts had been thinking of treating paddy in such a way as to retain its vitamin and mineral contents even after the process of milling, and washing. As this article goes to the press news comes that a Bangalore scientist has, at last, succeeded in treating paddy in such a manner that, even after a good deal of polishing and washing, the nutritive properties of rice are retained. This new process enables one to meet the large demand for polished rice from the public. The most interesting point is that it will cost only one rupee for treating 200 seers of paddy by this method, and the apparatus can be manufactured anywhere.

Next we come to white flour and white flour products. The reader probably knows that whole wheat flour is known as *atta*, which is made by grinding the whole wheat grains to powder and sifting off the coarser particles of bran. This is the best way to eat wheat because we thus get all the proteins, fats, carbohydrates, mineral salts and vitamins the grain contains. The people living in the north of India prepare it in the same manner. But unfortunately nowadays wheat is made into white flour or *maida*, as it is called by the people of this country. Now this *maida* or white flour consists only of the central part of the grain. In its manufacture the other parts which contain the best proteins and most of the vitamins and mineral salts are thrown away, so that only the useless proteins in the central part of the grain remain. Another very important mineral which is lost in the manufacture of white flour is manganese. The latter is a very important mineral since it aids growth. These days people are using large quanti-

ties of white flour in the form of loaves, cakes and pastries. In the long run the consumers of such denatured foods have to pay dearly in health. Those people who make for the loss by eating plenty of fruits, milk and green leafy vegetables escape the danger, but those who cannot afford to buy these foods should keep away from denatured articles of diet as far as possible.

White sugar and its products are definitely rank poisons. This sugar lacks vitamin B, as well as roughage, and therefore brings about constipation, and other terrible diseases. White sugar and its by-products have an irritating effect on the entire system, and overwork the pancreas until it is no longer able to manufacture enough natural insulin to make it possible for the body to appropriate sugar. The result is that the kidneys are burdened with the job of trying to meet the demands, causing nephritis, and diabetes. But the worst point about white sugar is that it fails to supply the necessary minerals and vitamins to the body, and instead robs the body of vital elements. Though white and brown sugar may taste the same, yet they are not of equal value as food. The brown sugar is certainly better than the white variety, and should be used when sugar is desired in the preparation of certain foods. Dates, figs, raisins and other dried fruits are rich in natural sugars, and may be eaten without any fear. But the best of all natural sugars is honey. In Kashmir excellent honey can be had, but it is always best to buy the comb honey. One has to be very cautious in making a selection as a lot of quackery is played by vendors who sell adulterated honey to the public. Honey is a food of very high energy and is therefore excellent for low vitality. People who suffer from heart trouble find honey extremely beneficial because of its heart hormone content. It also contains Vitamin E, and is therefore

good for glandular troubles. It may be eaten with bread, cereals, and fruits. Strawberries and cream with honey is an excellent combination. Honey and curd is another fine combination and tastes very delicious.

In addition to eating the unnatural foods already mentioned, the modern man drinks large quantities of coffee, tea, liquor, tobacco, and the like. We must not forget that coffee contains an alkaloid known as caffeine, which is a terrible poison. Nature's method of combating an alkaloidal poison is with an acid, therefore when coffee is taken into the stomach it causes an excess of hydrochloric acid. This causes fermentation and gas. The gas collects in the transverse colon and causes irregular heart action and sometimes even heart failure. THEIN is a poison found in tea. TANNIN is also another poison found in tea. Alcohol is the poison found in all liquors, such as wines, beers, and all intoxicants. The poison contained in alcoholic drinks is far more violent than that of tea and coffee. The alcohol enters the blood by absorption without chemical change. Nature quickens the heart action thus forcing the blood to the lungs in order to burn up the alcoholic poison. In tobacco, nicotin is the principal poison. Nicotin is one of the most virulent poisons known to the science of chemistry. One grain of nicotin taken directly into the blood will produce death almost instantly.

And finally we come to meat. There are many who are under the false impression that by abstaining from flesh foods *alone*, they can remain healthy. I have come in contact with so many people who have been living on a vegetarian diet for a long time and yet they do not show any signs of health, leave aside strength. The defect is not with the vegetables but the way they are prepared and eaten. There are many Hindus especially who eat vege-

tables, and these vegetables are not only cooked, but also contain an overdose of unhealthy spices. How on earth then can they expect to derive any benefit from a vegetarian diet? Hindus all along think that as long as they don't eat flesh foods they can retain their health, but they neglect the important point that the eating of a vegetable is an art. Medical text books tell us that the average man needs four to five ounces of proteins daily. Medical men falsely regard proteins as a principal source of muscular energy. Scientific investigations during large period of time has convinced the nutritionists that a man can get along well with only one ounce of proteins daily, as even after very strenuous work the body does not consume any more protein than when at rest. Everyone should declare war on meat if they wish to remain healthy. It is a recognized fact that the best meat contains from 15 to 60 per cent uric acid. Dr. Colling Wood N. D.

writes "The vegetable kingdom is the primary source of food, and all animals depend on the vegetable kingdom. The vegetable tissue built the flesh, for the animal could not be of anything except the food he has eaten."

An overwhelming majority of people who fall ill after years of wrong feeding and unhygienic living run from one doctor to another, spend all that they have and yet fail to derive any benefit whatever. The reason why such patients do not regain their normal health is obvious, since medical men stuff them with dose after dose of this medicine and that, all in order to suppress their disease. But in spite of the so-called scientific methods employed by the old school of doctors, disease reappears in other forms, and far more hideous forms than even before. Really speaking, all that the patient requires in a great number of cases is the changing of his former evil habits of living, and feeding.

NATURE-CURE FOR VIRULENT SCORPION STING.

By C. V. Chetti. 88, Vellala Street, Vepery, Madras.

During the holidays my son aged 14, a mischievous fellow, got some 10 live scorpions and imprisoned them in a wide mouthed bottle as a juvenile sport. The scorpions were being starved out; the younger fellow in the family, a child of 4 years, opened the bottle after 4 or 5 days and put his hand into the bottle to take them. This happened without the knowledge of any one in the house. The child was stung by 3 or 4 scorpions. There was violent action and he was sweating profusely. At once an enema was given and vomiting was induced by giving him hot

water. With the expulsion of a fair amount of phlegm and bile and the stools the danger was averted, then cold baths and tub baths were given every two hours without any food whatsoever except one or two glasses of lime water alternated with cold water. The whole day was passed by his mother in anxiety. The next day the same treatment with a course of rice pongal and butter milk and another course of fruits, made him all right. Steam bath was particularly avoided as the sun was hot and as there was violent perspiration.

SCIENCE OF NATURE

The world's greatest man alive has to-day taken up the task of popularising a system of medicine,—or more aptly a system of no-medicine,—which for years was condemned as a quack's hoax, and the pioneers of which suffered more persecution than even Indian nationalist leaders.

Yet why is it that Naturopathy is not very popular even to-day? The reason for this is to be found in the total ignorance of the average man about nature's own way of healing. Most men do not know anything about Nature Cure; many who pretend to know are misinformed or know too little. There are a few who know, and then like the Mahatma, they are striving to tell others that what they know is better than all other systems of medicine.

Now what is this Nature Cure?

A Wrong Idea

Many are under the impression that Naturopathy just means leaving everything to nature, and that is why many think it is pure humbug. It is nothing of the sort.

The three fundamental principles on which the entire system of Naturopathy is based are,

1. The root cause of every disease is the presence of morbid matter or unwanted foreign elements in the system;

2. There is only one disease and that is the presence of morbid matter in the system; the so-called different diseases are only varying manifestations of the existence of unwanted foreign matter in the human system; and

3. The cure for any disease consists in the elimination of morbid matter from the system and not in the suppression of the symptoms with the aid of medicine.

The first two principles are complementary. Naturopathy lays down that the cause for every disease is the presence in the system of unwanted foreign elements. Thus a normal man who has a pure and clean constitution can never contract any disease. But to-day, thanks to the civilisation we are accustomed to, there is practically nobody who can be described as a normal being. It remains to be seen whether a few normal beings could still be found in the Himalayas and in regions of dark Africa—places which civilisation has not invaded.

This side, in the civilised part of the wide world, people have subjected themselves to centuries of 'unnatural living which has made of them all sub-normal beings. And that is why doctors thrive!

Man consumes much unwanted and undesirable food that the system can neither digest nor assimilate. This 'surplus' food thus remains in the stomach, gets putrified and calls for the help of Vitality to get eliminated. But Vitality has its normal duties to do and this would mean overtime work for it. There is a strain on the system. And that is disease.

Proceeding on the theory that foreign stuff is the cause of all disease Naturopathy establishes the unity of diseases. Here it differs from other systems of medicine which hold that there are a million and one types of human ailments.

According to Nature Cure there is only one disease which manifests itself in different forms. Whether it be just pimples on the face, or smallpox all over the body, or pain in the stomach or a mere headache, all these are caused by intestinal disorders.

The Treatment of Diseases.

Most of the so-called advanced systems of medicines make use of pernicious poisons to 'cure' a disease. Naturopathy maintains that a poison can never cure an ailment; it can only suppress a symptom. Moreover every dose of medicine administered to a patient adds to the stock of morbid matter in his system and hence ultimately only aggravates his disease. Headache is a case in point.

Suppression no cure

There are quite a number of "harmless" remedies in the form of pills and tablets. These drugs, no doubt give instantaneous relief to a patient pestered with headache. But do they cure headache? Certainly not; for the patient will find that after a certain interval he again experiences headache and this time only a bigger dose of the drug can give him relief. How do these drugs act? It is quite simple.

They just benumb the nerves so that the patient does not feel the pain. The disorder is still there, but the patient cannot feel it.

Is this a cure? On the contrary the drug that is administered, which is by itself a poison, gets stuck up in the system and would be the source of yet other ailments. That is the reason why Nature Cure taboos the use of poisonous drugs.

If Naturopathy does not make use of medicines, what is naturopathic treatment?—that is a pertinent question.

Naturopathy does make use of medicine, but not harmful or poisonous drugs. Water, orange juice, cooked vegetables, sunlight, fresh air,—these are some of the 'medicines' made use of by Naturopaths. Dieting, exercise, massage, wet sheet packs, mud packs, sitz bath, sun bath—these are items included in naturopathic treatment.

It would be very easy to understand naturopathy if one grasps the first three principles. An illustration would be helpful. Let us take the case of asthma.

Allopaths depend on injections to cure asthma. But it is a matter of doubt whether allopathy has been able to cure a single asthma patient. The writer himself was a victim of this dreadful disease when he was barely seven. Allopathy was tried. The degreed doctor used to give an adrenalin injection whenever there was an attack. The attack would soon subside only to reappear in a few days in a more vigorous form. Another injection of an enhanced dose would bring back the breathing system to normal. But the attack would reappear again.

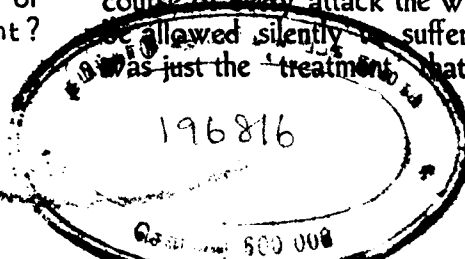
Thus in three years the writer subjected himself to more than a hundred pricks and still he was an asthma patient.

At this stage the treatment was given up and Ayurveda was resorted to. A year of 'kashayas' and 'lehyas' did no good. That was the end of all unnatural treatment and the writer (or more correctly his parent) decided to leave it to nature.

The Cure

For full two more years the attack used to make regular appearances, but no medicine was administered. During the course of every attack the writer used to be allowed silently to suffer. But that was just the treatment that succeeded.

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After a full course of naturopathic treatment for any ailment, if a patient sticks to a natural way of living,—that is, avoiding all harmful food and practices,—he will for all time be healthy and fit. He need not fear cholera or small pox or plague. As long as his system is clean he 'cannot' contract any disease, however contagious it may be, for 'diseases can thrive only in a morbid-matter-infested system.'

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