

INDIAN NATUROPATH

Vol. XVIII

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

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CONTENTS

Editor Speaks—

H. G. Wells

The Truth about Spermatorrhea

Who should do it?

Nature Cure is the Remedy

Inoculation against Bubonic Plague

To Nature Cure Seekers

Nutritive Value of Greens

Nature Cure Movement in Bombay

Importance of Naturopathy in the
Medical World

Gleanings—

Why this Propaganda?

H. G. Wells & Diabetes

Declining 'Protection' of Vaccination

Your Kidneys

Constipation

Then-and-Now

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The Indian Naturopathic Association,

BEZWADA.

The Eighth All India Naturopathic Conference The Second All India Women's Naturopathic Sammelan

will be held during the Easter Holidays, April 4th to 8th, 1947

AT BEZWADA CUM BHEEMAVARAM
(Andhra Desa)

All Naturopaths & Sympathisers are requested to plan now onwards to attend the same

Some of the vital points for consideration—

1. Immediate necessity for Medical Freedom
2. The menace of Vaccination
3. The Tea Evil vs. Drink Evil.

Please send your suggestions.

The Indian Naturopathic Association.

Bezwada,
5-2-1947.

P. VENKATRAMAYYA,
General Secretary.

The Indian Naturopath, Bezwada

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BEZWADA, FEBRUARY, 1947

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Editor Speaks

H. G. WELLS

Elsewhere in this number you will find a small note on the behaviour of Dr. H. G. Wells in his Diabetic career of more than thirteen years. He had all the information necessary to properly treat the Diabetes, as he is a standard author on many a vital problem that was needed for the human welfare and progress. So also he gathered all the information on the deadly disease called diabetes. He founded an association for the diabetics and he was elected president. He stayed there in the association for more than 13 years. Naturally people may believe that he took insulin for his diabetes and kept up his health this lengthy period. But you will wonder he never took a grain of insulin into his body. He gathered information regarding dietetics and followed, like all sane-men changes in his diet.

One would feel curious enough to trace what that diet was. We do not actually know, but a carbo-hydrate-free diet composed of nuts and fruits and liberal quantity of vegetables would have been his diet in diabetes. In a number of cases we have tried a minimum carbo-hydrate plus a liberal vegetable diet and found it highly beneficial. Liberal use of fruits of the citrus family the grape family and the tamarinds of all varieties including apricots were used with advantage in cases where diabetic ulcers called carbuncles occurred. We could cure such abscess with this diet.

THE TRUTH ABOUT

SPERMATORRHEA

In every popular weekly, you will find advertisements promising to cure spermatorrhea nocturnal emissions by their medicines. Youths having these troubles think that their vitalities lost and if they are not cured, they will be undone; they think so. Being adolescents they fear or feel shy to approach a sane medical man for advice. They naturally resort to these quack remedies so well advertised in prominent places of the popular papers. Even if the sufferers seek the help of the doctors, the advice they receive will be a meagre or harmful for spermatorrhea patients or advised coitus as a remedy. The doctor thinks that there is an extra store of sperm and if it is not eliminated in a proper way, it is destined to go out through nocturnal emissions, in the improper way. Some doctors tell the patients plainly that there is no proper remedy for these troubles and send them away.

The nightmare of a wet dream haunts the patient and he cannot keep quiet. There is no proper and sufficient knowledge available on hand in any language published up till now. Those few that know anything on this subject have carefully kept it for themselves just to convert the ignorance of the people into currency notes.

First of all the white fluid that is eliminated is not the vital fluid called sperm.

But what is it?

The food we take is converted into lymph. This lymph is collected through the capillaries of the lymphatic system. From the capillaries, it goes into the lymphatic channels and is distributed throughout the whole body. This lymph supplies the lubricating material to the joints in the body to save them from friction. This lymph nourishes the different working factors in the body. There will yet be some excess which passes through the portal vein into the venacava. Along with the venous blood it goes into the heart. With the assistance of the lungs, the venous blood is changed into pure, bright arterial blood, and comes out of the heart to flow once again throughout the whole body. The arterial blood can replace the used up material, repair the damaged portions and can form any portion or part of the various systems that are functioning in the metabolism of the body.

In the conversion of lymph into blood three main items are necessary, 1. movement of the body, 2. sunlight 3 and oxygen of the pure air.

If one eats in excess of the needs of the body and if one doesn't sufficiently work in the sun and air to enable the body to properly convert the lymph into blood, the excess lymph accumulates in the form of obese matter. Some of it tries at times to go out of the body in the form of this white slimy discharge from the genitals. In males it is called spermatorrhea and in females the same is called leucorrhoea.

Weakness after an emission

Patients suffering often complain that they suffer a depression after an emission. After further enquiries and a little explanation come to the conclusion that even before the emission they are not doing well and after an emission they feel some-

what relieved and their activities restored.

People are told that by the loss of the semen, the body withers away. The fear of the loss of the suspected semen is the cause of the depression that is experienced after such emission. When such patients come to our help, when they were properly educated of the real nature of the so called seminal emissions, their dread ceased and they never more experienced any special depression after an emission. The usual weakness that persists along with the white discharge will automatically cease when the cause of it is removed. Food taken in excess to the needs of the body qualitatively and quantitatively when rectified forms makes the cure of the white discharge and the attendant weakness.

Why the voluptuous dream

When the fluid that is coming out is nothing but a waste product of lymph, why should there be a voluptuous dream?

In coitus, sperm does not come out in the orgasm for a long time. That means that the sperm is not situated in the spermatoc vesicle like a few drops of water in a broken pitcher, but securely placed with stop-gap and safety wells. So when coitus is going on, much friction is produced. To counteract the friction, some lubricating fluid is necessary. Nature supplies this lubricating fluid through various glands in the genital system. The prostatic gland at the base of the penis, the ejaculatory duct, and the cooper's glands are the glands that supply the fluid. To cope with the needs, the glands are filled whenever there is an excess of lymph. Whenever the three glands are full and when there is an extra pressure on the prostatic gland, the reflex action is felt in the sexual zone on the brain area. The brain in turn produces just a picture of the passing fluid.

Relief after emission

Havelock Ellis has quoted numerous cases where people have reported that they have felt better and more active after an automatic emission or by an artificial one. The secret of this we must know. The lymph that has been accumulated in the various glands mentioned above cannot be cured for a long time under any circumstances. With every flash of sexual desire, sensual emotion, the fluid in the glands becomes sore and tries to come out and help the sexual act, for various reasons, when the act of coitus cannot be undertaken. Then even without the will of the person, the fermented material goes out. If that fermented lymph stops in the glands, it gives an acid reaction on the nervous system and the patient feels the fluid as a burden. He will not have any desire for work and as soon as he is relieved of the fluid, he feels relieved. If the fluid is not eliminated through the emission one commits pollution on his own body by masturbation or otherwise and relieves himself of this unnecessary burden. Even to cure a self-pollution, you must once again go to the root or the main source of all the trouble, namely food and work.

The correction

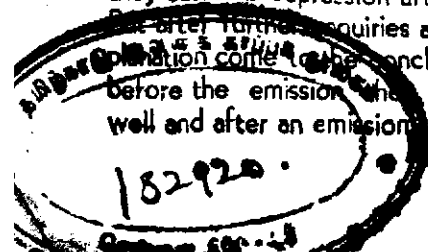
The correction is very simple. In a number of cases that we have successfully treated, we have followed the following methods. Lymph that is sufficiently thin will very easily pass through the intracellular structures of the various tissues of the body and the same is very easily assimilated. Proper movements of the body in regular and moderate work, a sufficient basking of the body in the modest Sun, a thorough cleansing of the whole body once or twice daily are the only items we aim at. For keeping the lymph sufficiently thin we purposely advise

to avoid to take pasty, sticky things such as chocolates, coas, halwa, and such dainties. All cooked root vegetables excepting the carrot, the cereal ration also sufficiently reduced and the greens and vegetables are increased, the ratio is kept 1:3 for cereals and vegetables.

A regulated and moderate exercise in the shape of 'Suryanamaskars' or Dand and Bhaskis in addition to long walks morning and evening are prescribed for them. In the morning and evening walks, the patients are advised to go on with minimum clothing. Of course the head is always protected with a turban.

To avoid self-intoxication, a colon irrigator was resorted to whenever the motion was irregular. This only for a few weeks afterwards with the changed programme, there will be no more trouble of constipation. Again where are we? A proper diet for any healthy man is all that we have prescribed for the patient. A proper exercise, an adequate movement in the Sun, neat habits, clean living are the only measures that one should accustom oneself to keep on healthy and strong, free from not only spermatorrhea but all the diseases in the universe. Ayurveda says 'Samkshepataha kriya yoge Nidana Parivarganam.' In the avoidance of cause, the cure is the aphorism. So to recapitulate, that the fluid that is coming out of the genitals is not the semen, 2 that the lubricating protective fluid in the various glands comes out when its purity is disturbed, 3 that the fear of the loss of the semen is the cause of the depression, 4 that relief is felt when the unnecessary matter is removed, 5 that the healthy biologic methods of living are the only methods of prevention and cure.

A daily routine for the observance of people suffering from spermatorrhea, leucorrhoea, nephritis etc.



6-00	A. M.	Rise from bed.			taken hip-bath in the morning.
6-30 to 6-40	"	Morning ablutions.			
		A cold hip-bath of Kuhne method or whole body bath.	9-30	"	Meal. rice, vegetable or roti vegetables.
6-40 to 7-40	"	Long up-right swift walk.	1-30	P. M.	Juicy fruits.
7-40 to 8-00	"	Suryanamaskars or Dands and Bhaskis.	4-20 to 4-30	"	One hip bath.
8-00 to 8-30	"	Rest.	4-30 to 5-30	"	Walk.
8-30	"	Whole body bath for those who have	5-30	"	cleaning of the body.
			6-30	"	Meal as usual.
			9-00	"	Rest.

Who should do it ?

By K. G. MASHRUWALA

A medical man deplors the rapidity with which smoking is spreading among modern youth of both the sexes. Newspapers carry more cigarette advertisements now than they did a decade back, displaying pictures of girl-smokers, thus indicating the clientele sought to be particularly appealed to. The habit has grown to the extent of chain-smoking in some people. Medical opinion is unanimous, the correspondent says, in declaring tobacco as greatly responsible for diseases like the cancer of the tongue, some lung and heart troubles, neurosis etc., and regrets that Gandhiji has not done anything to check this evil.

The same post has brought a letter from a young lady who complains that Gandhiji and the present Congress Government do not pay sufficient attention to the cinema evil. How she wishes both Gandhiji and Jawaharlalji had frequented modern talkies and seen for themselves the moral ruin wrought in the lives of our young and adolescent boys and girls by these picture shows! They, she says, make appeal to the sex, as if it were, in a practical manner and instil into young impressionable minds lascivious thoughts, low ideals of sexual morality, and of decent behaviour. "The evil effects of cinemas", she says, "are no less harmful than those of drink and if it is right to prohibit the latter, it is equally necessary to restrain the former. Our popular Governments should lose no time in putting their foot on this evil."

The two correspondents represent a section of public opinion and there is much truth in what they say. Let popular Governments take note of them. But it is necessary for moral reformers also to understand the limitations of Mahatmas and popular Governments. In the ultimate analysis, no evil is eradicated from a nation unless the nation itself wills to do it resolutely.

A Mahatma does not seek coercive power. He can only teach the nation what is good and wholesome for it, and what is bad, and set an example through his own conduct. On the other hand, the only method known to modern Governments is punitive legislation. Neither of these, nor both combined can succeed unless and until they are effectively reinforced by strong popular will. Even if a practice or act is acknowledged on all hands as a manifest evil, both will fail to remove it, if people do not co-operate with the reformer or the law against an influential section resisting its removal. Governments can partially check an evil if it is confined to, at the most, say, 5 or 7 per cent who are selfish, anti-social or ignorant. Reform-legislation succeeds only when a great majority of the people have already adopted the reform, but a small intransigent section tries to obstruct it.

If we look into the facts of the two specific evils complained of, it will be observed that the public in general is not quite averse to

(See page 29)

Nature Cure is the Remedy

BY DR. LUST

It is the firm conviction of all true followers of Natural Healing, that any ailment the body can "catch," the body, with proper help, can eliminate. We do not believe in the "incurability" of any ailment or disease. When the body is ill — when it is beset with abnormal conditions, we know, from long experience, that the laws of nature have been violated. To correct these abnormalities, the only method which conforms with common-sense, is to correct the living habits of the victim and conform to the natural laws that have been violated. If there have been nutritional deficiencies, we must supply the body with those elements of which it has been deprived. If there has been an overabundance of some element, we must cut down the intake of that excess element, and, through fasting, purging and exercise, aid the body in expelling the overplus already received. Health, vigor and vitality are built along those simple lines.

We are not interested particularly in the diagnosis of symptoms. We leave that to the medical boys. We are not interested in segregating these symptoms, placing them in distinct classes and giving them complicated Greek- or Latin-derived names. We are not interested in tacking "itis" on to some group of strange symptoms which seem to affect the nerves or perfixing "derma" to some disturbing symptoms which appear on the skin. That sort of juggling we leave to so-called "scientific research." The reason for our reticence in this regard, is because Modern Medicine has an endless task before it. New symptoms — mysterious ailments — are always cropping up. And they will continue to appear as long as the "serum squinters" and the "pus handlers" are permitted to

contaminate the blood streams of our people.

After the advent of every "wonder drug" — every "medical marvel" bally-hooded by the laboratories — for example, the "unique discoveries" like the sulphadiazones or pure bacterial strains carved away from ordinary bread-mold like the so-called "blood purifier" Penicillin, there follows the aftermath — the unexpected results of their use in the human body — "new" ailments and abnormalities appear to afflict suffering humanity. The medical boys are careful not to call attention to the real causes of these "latest ailments" — no mention is ever made in their profound papers and treatises that such and such a condition — which is bringing death to the victims — for some strange and unaccountable reason, *only* harass those unfortunates who have been dosed with this or that new laboratory "cure."

No, we will leave those results to the medical boys who have brought them on. We will allow them to figure out what next scientific move is necessary to try to check these ravages. We will stick to the old established and proven Nature Cure which regards all ailments — all diseases — as arising from a simple cause — *too much waste* in the body or *too little nutrition* in the digestive tract. We will continue to work on these lines and we will continue to cure the suffering where, in the vast majority of cases, medicine fails. To us, as stated above, no abnormal body condition is incurable. Not that we can cure anything or in fact, any ailment in another. We cannot. Nature alone can cure but we can either assist or impede that improvement and we prefer to assist. We do not wish to stop or curtail or

another any abnormal condition in the body. Fevers we look upon as merely natural cleansing processes of the body and we "help" fevers instead of trying to suppress them as is the common custom of Modern Medicine. The ordinary cough is an indication of a congestion in the bronchial system — it shows the presence there of some waste matter which should be eliminated. The cough is nature's way in letting us know that something must be done at once to free the breathing apparatus of unwelcome guests. To suppress that cough, without removing the cause, is dangerous procedure. To suppress it prevents the elimination of that waste material which, while temporarily dormant, is sure to make itself known at some future time, probably under conditions that will be far more unpleasant and much more difficult to eliminate.

But Modern Medicine cannot view ailments as we view them. The microscope, the X-ray and the stethoscope are turned on the symptoms and the common practice is for the medical man to eliminate, by suppression, those symptoms and ignore the cause which may be far, far away from the spot where the symptom has made itself felt. Take for example, ordinary whooping cough which is an abnormal condition of the bronchial tubes. The medical man starts his medications at the mouth and throat. Just contrary to that, the natural healing practitioner starts with poultices at the soles of the feet and through the use of herbs—ordinary garlic or red onions—the whooping cough is cured. The same

poultices on the throat and chest would accomplish little or nothing.

And so it goes through the entire bag of tricks of Modern Medicine. Simplicity of treatment with harmless herbs have been cast into the garbage can. The modern medic demands enough "scientific" gadgets in his office to equip a laboratory and before he gets through the victim is given a short-cut remedy — either inoculation, vaccination or some type of filthy serum taken from a suffering, diseased animal. If the problem proves to be too great for such a type of medication, the victim is hurried to the operating table and the poor, abused organ is removed.

Curious, isn't it, how an intelligent people will permit young striplings, possessed of only a college education and a medical license, to defile their precious blood-streams with such laboratory junk or will calmly mount an operating table to have some of their essential organs removed just because the badly baffled medical man cannot cure these ailing organs with the witch-brewed potions of the "scientific laboratories."

No, your hope for health does not lie along the road which scientific research is following today. It is to be found in the simple, home remedies which permitted human beings to remain well down through the centuries — long, long before a surgeon was permitted to sink a knife into the human body and eons prior to the time when "coal-tar" drugs and filthy serums entered the ken of the practitioner.

N. P.

THE INDIAN NATUROPATH advocates the use of all Natural Methods— air, light, water, earth, fasting, exercise, manipulation, electricity, rest, relaxation and sleep. It opposes all coal-tar drugs, vaccines, serums, inoculations and surgery.

Inoculation against Bubonic Plague

By M. BEDDOW BAYLY.

It is many years since deaths from bubonic plague figured in the annual returns of the Registrar-General in this country. A single death was registered in 1926. There has been none since. Dr. Andrew Trimble, Chief Tuberculosis Officer for Belfast, cogently summed up what is now recognised by all competent historians as the truth of the matter when he wrote: "It is an interesting reflection that plague, smallpox, typhus and cholera — acute infectious diseases which were once such a menace to the community, and which swept off the people of this country in tens of thousands annually — disappeared without a specific remedy being found for their cure. They disappeared as the people became more cleanly in their habits. Cleanliness is the master word."¹

Moreover, in many tropical parts of the world where sanitation is defective and personal cleanliness difficult, plague persists as a menace to life, often in endemic form. History has repeatedly shown, however, that the application of sanitary measures to these conditions is all that is needed to control the disease. It will be remembered that this was remarkably well illustrated in the case of the Alexandria outbreak in 1899; evidence given before the Royal Commission on Vivisection (1906-10) clearly showed that these methods of prevention, without the use of inoculation, stamped out the epidemic in seven months.²

In spite of these well-known facts, ever since the discovery by Kitasato and Yersin, toward the end of the last century, of a germ which is alleged to be the sole cause of bubonic plague, and named *bacillus pestis*, attempts have been made to introduce preventive serums and vaccines derived from these microbes.

The serums invented by Yersin and Lustig were admittedly of little efficacy, owing, according to the evidence of Dr. Martin before the Royal Commission on Vivisection,³ to the impossibility of making the horse respond to injections of plague bacilli so as to produce "a sufficient amount of immunising bodies to be of great practical value."

In the *Handbook of infectious Diseases*, published in 1945 by the League of Nations, we are told that "Yersin, Roux and Borrell (1896) were the first to immunise a horse against plague, by inoculating it first with killed cultures and afterwards with live cultures of the germ. The serum thus obtained exercised a definitely protective effect in mice experimentally infected. On the other hand, the results of serum treatment in human cases of plague were not very encouraging." (p. 257).

Incidentally, this affords one more striking example of the misleading results of animal experimentation when applied to man.

Haffkine's so-called serum was really a vaccine, consisting of cultures of the germ killed by heating to 65° Centigrade. It was first used in Bombay in 1906, and slight modifications of it are still used at the present time, two injections of 0.5 c.c. and 1 c.c. respectively being administered with an interval of eight days. In times of epidemic, this vaccination must be repeated every six months.⁴

Though given official support, ever since its introduction, by the British Government, Haffkine's prophylactic has been the subject of much controversy on account of the inconclusive nature of the evidence put forward in its favour.

The Permanent Committee of the Office International of Hygiene Publique sent out a questionnaire in May, 1931, to interested nations asking for their experience in the matter, and at their *session ordinaire* in October, 1931, they reported that "The principal objections to this vaccination seem to be: (1) That the disease attacks a high proportion of vaccinated subjects; and (2) that serious and even fatal forms occur in these cases."⁵

The same Committee, during its October meeting in 1934, decided that it was impossible to rely on vaccination for the protection of individuals from plague.⁶ The following year, 1935, the Second Conference of health representatives of African States, held at Johannesburg under the auspices of the Health Committee of the League of Nations, considered that, for the prevention of plague in towns, sanitary measures (including rat destruction) were preferable to relying upon mass inoculation.⁷

Drs. Bosanquet and Eyre, in their well-known text-book, *Serums, Vaccines and Toxins*, although in favour of Haffkine's serum as a means of protection, declared that "there is some doubt as to whether its use in the presence of an epidemic is advisable owing to the possibility of increased susceptibility being at first produced."

Kolle and Hetsch, in *Experimental Bacteriology*, declared that "extensive inoculations have been carried out in India with Haffkine's preparation. The favourable results obtained by the author of the treatment and others were not entirely confirmed by the English Commission."

The *Handbook of Infectious Diseases* (1945), issued by the League of Nations, informs us that "the relative failure of vaccination with killed vaccines as a means of collective prophylaxis in countries where plague is endemic, directed

research towards the use of live vaccines. Girard and Robic, in Madagascar, in 1932, found that a strain isolated from a fatal bubonic case in 1926 and sub-cultured monthly since then on agar, had lost its virulence for the guinea-pig whilst preserving its antigenic properties. The emulsion in saline solution of this germ has been administered with complete success to several million Malagasy."⁸ Scientific data which might confirm this and other claims appear to be lacking. Moreover, it cannot be disputed that the use of vaccines prepared with live cultures is fraught with a certain degree of danger. One calls to mind the tragic experiment with Calmette's tuberculosis vaccine (B.C.G.) at Lubeck, in 1930, which resulted in the death of 76 out of 246 children to whom the vaccine had been administered. As the editor of *The Lancet*, 24th May, 1930, wrote: "Whatever may be the truth about the immunising value of B. C. G. vaccine, the Lubeck incident brings to mind the all too obvious fact that the use of living vaccines has its dangers and limitations." Some years before, in 1926 Professor Macintosh had addressed a warning on this matter to the Royal Society of Medicine. "Who knows," he said, "for how long an attenuated bacillus can lie dormant and then assume its former virulence?"

However, after all the claims made as to its efficacy and the millions of people who have been inoculated it is rather disconcerting to learn from an article in *The Lancet*, 22nd August, 1936, that "an efficient preventive of plague is one of the great needs of the tropical world." What have the public been paying for all these years? And is the next product likely to be any better?

There is no question as to the fact of a certain proportion of vaccinated persons contracting the disease. Even the figures

given by Perke, Davis & Co., in their book on *Vaccine and Serum Therapy* (1935), while showing an advantage to the inoculated class, record that out of nearly two million inoculated persons 4,126 developed the disease and 1,620 died, a percentage fatality-rate of 39.3 (p. 103).

On the other hand, the Permanent Committee of the Office International d'Hygiene stated in their Report (Oct., 1931)⁹ that "as to the influence of vaccination on the gravity of disease, some statistics show an equal mortality in vaccinated and unvaccinated subjects; others, from India, make the latter double the former." Readers will not need to be reminded of the many pitfalls in comparing the two groups.

Bearing all the foregoing in mind, it will not come as a surprise to hear that at a discussion on the Control of infections before the Royal Society Empire Scientific Conference at Cambridge, on 28th June, 1946, Colonel Sir S. S. Sokhey declared that "under modern conditions of living and housing, plague showed a changed status as a world pandemic. The pandemic of the fourteenth century, which lasted 200 years, caused 2,000,000 deaths in its first two years. In the last pandemic of 1894, commencing in China, the mortality was lower owing to the increase in prosperity and better living conditions. Good housing was the best prophylactic."

In this country, as is well known, it was the Great Fire of London, in 1666, and

the less spectacular public health measures in other cities, which by the elimination of insanitary dwellings and conditions, led to the virtual abolition of plague.

Considered opinion among medical authorities at the present time may, I think, fairly be summed up in the words of Lieut.-Colonel H. J. Bensted before the Royal Institute of Public Health and Hygiene, on 9th December 1940.¹⁰ "In spite of intensive trials of plague vaccines it is difficult to assess their value, but Taylor's report to the Indian Plague Commission suggests that the Haffkine vaccine confers about a fourfold protection against attack. It is possible that the vaccines prepared in the light of recent knowledge may have a greater protective value, but figures are not yet available."

Of one positive disadvantage of the practice we stand in no doubt, and that is that it diverts attention from the removal of the fundamental causes of the disease.

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2. Final Report (1912), pp. 112, 113.
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5. British Medical Journal, 30 January, 1932.
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(M. W.)

To Nature-cure Seekers

Dr. A. K. Bhagwat writes from Uruli Kanchan that since the publication of his six monthly report, he is flooded with letters from nature-cure-seekers desiring admission into his clinic. It is necessary, therefore, to inform the public that the Nature Cure Clinic of Uruli Kanchan is mainly intended for

local residents. There is no adequate accommodation for local indoor patients even, and so it is working as an out-door clinic only. Correspondents are, therefore, requested not to apply for permission to go to Uruli Kanchan, or to proceed to that place in the hope of getting admission.

Nutritive value of Greens

By SRIMATHI
D. RAJAM.

Lack of Research

The various edible green leaves, shoots and some flowers too come under the category of leafy vegetables. The familiar imported leaves are celery, cabbage, collards, kale, leeks, lettuce, spinach, and tops of turnip, radish, and beets. Since almost all Nutrition works, to-day, are those written by Western scholars, their books speak of the nutritive values of those leaves, that are to be found in the West only. Reading these books, one would wonder whether there is any green leafy vegetable in India at all. The fact is that there are countless varieties of them; only we do not have their nutritive values analysed and published. The names of many of the varieties even remain unknown to the nutritionist. We have not only the domestic greens of the Amaranth kind; but also what we call the Jungle varieties. These latter are more familiar to the villager, for whom they are the only cheap vegetables they can afford to buy.

The Nutrition Research Institute at Connoor has analysed the following indigenous varieties and published their nutritive values (Health Bulletin 23); Agathi, Amaranth, Bengal gram leaves, Coriander leaves, Curry leaves, Drumstick leaves, Fenngreek leaves, Garden Cress, Gogu, Gram leaves, Manthakali, Neem, Mint and Ponnangani. All these edible leaves are commonly called "Keerai". Many more familiar keerais like Pannai Keerai, Kuppai Keerai, Mullu Keerai, Dhol Keerai, etc., are yet to be analysed.

Consumption Low

Though there is such an abundant supply of these greens in the land, their consumption is not as high as one would expect. Diet surveys show that out of about 20

ounces of food we consume daily, the proportion of greens in the Madras diet is nil, Bengal .2, Assam .8, Orissa 1.4, and C. P. 1.5. The reasons for this are the ignorance of the masses regarding the nutritive values of the greens and the peculiar prejudice they entertain towards them as cheap foods fit only for farm animals.

The primitive man subsisted only on green plants. For generations till they were domesticated, cattle and horses had been grazing on the green grass, and yet lived healthy lives. Not only the grazing animals, but also the browsing animals that eat the leaves of trees, weeds and shrubs are living examples that show that the green leafy vegetables are complete foods by themselves. The leaf-eaters — the elephant and the ox — are unsurpassed for their strength and endurance.

Protective Food

The leaf of a plant contains most of the food-factors required by the human body. Though the seeds, tubers, and fruits also contain some of the food factors, they are too unbalanced in composition to be satisfactory. So even if they are eaten in large quantities, they will yet be deficient in calcium and other factors. But the leaf is the field of the synthesis of all food factors in the plant, such as proteins, carbohydrates and fats, and it is also supplied with an unlimited store of actively functioning cells, which contain essential nutrients.

In composition, the leafy vegetables contain a high moisture content, very little of Nitrogenous matter or fat and only small quantities of carbo-hydrates. But their frame-work contains a good deal of cellulose which stimulates the intestinal action and is of great value in curing chronic

constipation. Inorganic materials such as calcium, iron and vitamins A, B₂, C and K are also present in large quantities. The leafy vegetables are therefore included among "Protective Foods". These are not only complete in themselves but also have supplemental values not possessed by other vegetables. Though they furnish very little of proteins, yet the little they give is of great value.

Vitamin Content

The green leaves of food, forage crops and of pastures supply us directly and indirectly with vitamin A values. When we eat green leaves, we absorb the carotenes they contain and these are converted into Vit. A. which can be used up immediately or stored in the liver. Further the carotenes of a wider range of green leaves are brought indirectly into the service of human nutrition through farm animals—such as the cow which eats the grass and gives us the milk. Here also, it is interesting to note that the cow which eats green grass yields milk, richer in Vit. A than the one which feeds on dry hay or straw.

The Vit. 'A' value of green leaves varies with the seasons and species. On an average they have 13,000-27,000 International units of Vit. A value for every 100 gms. The thin green parts have the highest value, while leaves which are colourless, such as the white inner leaves of the tight-headed cabbage contain very much less. About 4 ounces of boiled cabbage give us 1000 I. U. of Vit. A which is one-third of the day's requirement.

Greens also supply a good deal of calcium, which is sadly lacking in our poor Indian diets. Drum-stick, Agathi, Amaranth and curry leaves are particularly rich in this.

Fresh greens are good reservoirs of Vit. C, otherwise called Ascorbic acid. But they must be taken raw for the Vit. C

content would be very much diminished by cooking. Spinach, cabbage and lettuce can well be taken raw in salads; raw gogu, mint, coriander and curry leaves can be used in chutneys.

Riboflavin, which is an important Vitamin of the B₂ group is abundantly distributed in greens. Milk, and greens are the chief sources of this in nature. So vegetarians have to depend mainly on greens for this, barring milk, which may be out of reach for many.

We have also to depend for most of the iron that we require, on these leaves. 'Manathakkali' is an excellent source. It can even cure anemias caused by iron deficiency.

Boon To Vulnerable Groups

Greens are in particular a boon to the vulnerable groups, the weaning child, the pregnant and lactating mothers, the invalid and the convalescent, the growing children and the infirm.

It is a most useful reducing diet too. Without increasing the bulk of starch and calories which cause fatness, it pleases the appetite, satisfies the hunger and supplies all the essential nutrients.

Ever-Green In History

The use of green leafy vegetables is by no means foreign to our tradition. We have the legendary story of the house-wife who prepared a whole feast with just rice and one green leafy vegetable, making one dish with the tender shoots, another with the ripe leaves, a third with the stalks, and still another with the stem. Even the root was used in a preparation. Tamil literature gives us the example of a poor's poverty-stricken family tiding over a famine by living on greens only. The Spartans ate water-cress with their bread. The Chinese used abundant greens in combination with rice. The custom of preparing green salads

was introduced into England by Catharine of Aragon. Thus we find that greens have been used from times immemorial and have remained ever-green all through these ages.

Our present diet is deficient in many factors; calcium, iron, proteins, Vit. A and C, being the chief among them. A few of these can be remedied by milk. But the bulk of the population, that cannot afford to buy milk can only look to greens to make up this deficiency.

Hints As To Cooking

A few hints as to the cooking of greens will not be out-of-place. Exposure and storage destroy rapidly the Vit. C, while most of the carotene, proteins and minerals get lost or destroyed in the cooking water. Soda bi-carbonate, which is added to preserve the green colour is detrimental to the

Vitamins. Chopping and soaking also minimise the food values. The use of strong condiments is harmful. Hence care must be taken to cook these for the shortest time, over a minimum heat with little or the least amount, of water. While eating them raw is the most preferable, steaming is the next best.

Various preparations can be made with greens. Salads Chutneys, dhal and green curry, sambar, vadai and 'keerai rice' are some of them.

Greens being such a cheap and good food available to all, at all times, it should naturally have an important place in the national diet. Now, more than ever, when there is a great shortage of cereals, greens must be given their due place. At least 4 oz. of green leafy vegetables must be included in our daily diet. M. I.

Nature Cure Movement in Bombay Efforts for a strong Centre

Syt. Gulzari Lal Nanda, Labour Minister, commends the scheme.

On the suggestion of Mr. Gulzari Lal Nanda, Labour Minister, Bombay Government, Sh. Madhavdas Gokaldas and other Trustees of the *Nature Cure Trust* who met on the 26th of December at Rao Bahadur Dharmadas Hargovinddas Office, Dr. Krishna Varma, Managing Director and Syt. Dev. R. Vohra, Superintendent of the Hargovinddas Jeewandas Hospital, Malad (Bombay), with a view to make Nature Cure more popular and accessible to Bombay public, visited Urlikanchan the Nature Cure Centre started by Mahatma Gandhi and the Nature Cure Clinic of Dr. Dinshah Mehta at Poona. The interviews with Dr. Bhagwat at Urli Kanchan

and with Dr. Mehta and Shri Limye Maharaj expert Chero practitioner at Poona proved useful in planning the future programme of the Nature Cure Trust in Bombay which includes expansion of the Nature Cure Hospital for the poor, a dietetic research Laboratory, huts, for trainees and workers and a separate T. B. Ward. The plan also includes a well equipped library and a Gymnasium in order to educate and train people in the art of science of preventing disease through Yoga, Pranayama, physical culture, natural diet, simple living and high thinking.

Bombay public will be glad to learn that the N. C. Trust has secured the

WHO SHOULD DO IT? from page 20

any of them, though several of them after they have taken a full measure of it may agree with a physician or a moralist that these are really bad and degenerating entertainments. And after having agreed with him they will again indulge in them. Professors and students, a father and his grown up children, and even religious *mahants* and their disciples smoke together, or visit together films of a lascivious type. Even a person who does not smoke has often to provide cigarettes for his friends, or at least to tolerate smoking in his presence, and the head of a family, who himself does not like cinemas, allows money to younger members of the family to indulge in them. It is not so with drink. In a matter in which public opinion is at this stage, one should not expect restraining laws to be very successful even if passed.

A popular democratic Government or legislature should be distinguished from an association of reformers or pure-life-preachers

The former represents not the ideal but the average man, and the passions and prejudices, outlooks and tastes of average people, who return their representatives not necessarily for their high moral ardour or character, but for their capacity to understand and give sympathetic and forcible expression to the thoughts, passions, (even prejudices and vices) and worldly aspirations and happiness of the average man. The pioneer work of bringing about a reform in the life and habits of the people has to be done by preachers, publicists, good journals and enlightened writers.

Even if a popular Government represented all parties in a nation, people will enjoy freedom and happiness only to the extent they give up the habit of looking to the government to do everything for them. An elephant may be employed to remove boulders blocking a way, not to clear pebbles or cleanse dust-bins at street corners. This must be done by the men themselves.

Importance of Naturopathy in the Medical World

BY M. V. SARMA,
L.I.M., F.I.H., N.D.

Benefits of Naturopathy to all Systems.

The study of Naturopathy is an absolute necessity to all physicians and surgeons alike. It removes all the glamour in the medical field at present, and leads to much better ways of diagnosis, treatment, and research. It helps the doctor to do much better even with any other systems than their individual applications. Yet it remains that Naturopathy is the last ray of hope in advanced disease states, where organic destruction exceeded the maximum bearable limit, when all the systems of administering medicines would be no more useful. It further exposes the bad things going on in the name of scientific medical aid, due to misconceptions and wrong foundations.

In short Naturopathy can revolutionise old and current medical thought and work out a Renaissance. Ayurveda unifies, and fills up the blanks, if any.

My Humble Experience.

It is my humble pride that I am an L. I. M. systematically trained enough in Ayurveda and Allopathy. With the background of the comprehensive nature of Ayurveda I could appreciate and easily pick up Nature and Homeo systems. It enriched my love of Ayurveda on a much higher level than before. Having thus understood Ayurveda with a deeper insight, I now feel I do it in its finest possible shades, with great confidence and ease in any situation and seriousness. The results too are most encouraging.

Gleanings

Why This Propaganda?

"Right Angle" of *The Hindustan Times*, draws the attention of the public in a recent issue of that Journal to what seems like a campaign "against vegetarians", started at the metropolis in an official publication entitled *Nutrition*. Our further comment is needless as NEW INDIA has always stood for vegetarianism on the principle of Ahimsa no less than on its pragmatic and utilitarian value.

An official publication *Nutrition* has suddenly started a campaign against 'vegetarians.' It says in its latest issue: 'It is unfortunate that very little meat is eaten in India, even by those whose religion does not forbid meat eating.' Why should it be unfortunate? It is wrong to suggest that meat is necessary—or even good—for health. While in other countries, vegetarian societies are much in evidence why should Food Departments in India become meat propagandists? In the same issue interesting information is given about what the Russians eat:

An important part in the Russian diet is played by milk and milk products. In fact, a peasant feels secure from famine only if he possesses a cow. Even in the Soviet Republics the authorities have had to depart, in this instance, from the idea of communal ownership, and to allow each family to have a cow as private property.

In addition to cream cheese, fresh milk, cream and butter, large quantities of sour cream and sour milk are consumed. Sour milk is, in fact, often preferred to fresh. It is eaten plain or with sugar, and is considered not only good for the digestion, but also the best possible remedy for a 'hangover.'

Undoubtedly, in Russia milk and milk products are the main sources of vitamins A and D. In general, the bone formation of the Russians is good while white strong teeth are a national characteristic.

In winter the Russians live mainly on dried, salted, pickled and otherwise preserved fruit and vegetables, the commonest being salted cabbage. In addition, frozen cranberries are sent from the north to most parts of Russia, and their juice—which is fairly rich

in vitamin C—is widely used in jellies. Generally, all vegetables are cooked so that no vitamins or minerals are deliberately thrown away, i. e., they are eaten in the water in which they are boiled, or they are fried, braised or stewed. (New India)

H. G. Wells and Diabetes

A full-page photograph of Mr. H. G. Wells appears with an obituary in the September issue of the *Diabetic Journal*, the organ of the Diabetic Association. Mr. Wells, who was President of the Association, which was founded as the result of a letter he wrote to *The Times* suggesting that diabetics might usefully bind themselves together to further their own interests, became a diabetic in 1932.

It is said that he "responded readily and benefitted enormously from his treatment and was anxious to spread the news of the benefits he had received to his fellow diabetics." It therefore seems curious that the Diabetic Association, which he was instrumental in forming and of which he was the president, should be chiefly concerned with bolstering up the use of insulin, when Mr. Wells, who benefitted so enormously from his treatment that he wished others to know about it, never used insulin!

What, then, was the treatment? As he wanted others to know about it, perhaps this would be a fitting opportunity to say exactly what it was?

In the obituary it is merely stated that "he studied and knew sufficiently the scientific basis of diet to know how to keep well in all his travels in many countries, so that he never needed insulin to keep well."

It appears to us that those who are threatened with diabetes should receive every encouragement to follow the example of Mr. Wells, rather than be persuaded to become slaves to insulin.

There is every inducement to try to remove the symptoms by a correct diet when consideration is given to the fact that neither the famous author's feeling health in later years nor his death, on August 13th, 1946, could be attributed to diabetes.

Declining "Protection" of Vaccination

It was reported in the *Civil and Military Gazette*, Lahore, India, of July 25th, that the Government of the Philippines have imposed quarantine restrictions on account of smallpox and cholera against passengers arriving from all Indian ports by sea and air. Passengers are therefore advised to be in possession of certificates showing that vaccination has been performed not less than 14 days and not more than one year prior to arrival in the Philippines, and that inoculation against cholera was performed not less than six days and not more than three months prior to arrival in the Philippines.

When Jenner put forward his theory that vaccination would safeguard people against attacks of smallpox, he asserted that one vaccination mark would render a person immune against smallpox for the rest of his life. Now, it appears that however many marks are given no greater claim can be made for immunity than one year. So the superstition is gradually fading out and soon only the marks will remain to remind the present generation of it!

Dr. C. Killick Millard, who was for many years the well-known M. O. H. for Leicester, appears still to wish to prevent the practice of vaccination from passing into oblivion. In a letter published in *The Lancet* of September 7th, Dr. Killick Millard refers to information given by Dr. Boul and Dr. Corfield in regard to an outbreak of smallpox in Essex, in which 15,000 persons were vaccinated in five days, and then observes that he thinks the doctors were wise in making "no claim that the mass vaccination campaign played any material part in bringing the outbreak so satisfactorily to a close." He adds: "Results have sometimes been claimed for mass vaccination campaigns when there was no real evidence to justify the claim."

There were four fatal cases in this outbreak. Two of the victims each had four vaccination marks! Dr. Millard expresses the opinion that the length of interval since the last vaccination is of more importance than the number of marks. He therefore suggests that in the case of a

public health staff "it might not be a bad plan to make vaccination an annual event for the whole staff, headed by the medical officer of health."

It would certainly serve to keep up interest in vaccination, even if it did nothing of a more serious nature!

Your Kidneys

Every minute of every hour, the kidneys are busy with their vital work, taking out of the blood all the waste products not removed through the intestines, lungs and skin. For they are part of the body's great filtering plant.

They cleanse the blood of harmful waste products, removing them in exactly the right amount to maintain the acid-alkaline balance of the blood, and return to the blood the needed materials. They also filter out of it from 40 to 60 per cent of all excess water.

When the liver fails to destroy all the toxins in the bloodstream, the kidneys, as the "sub-contractor," must try to complete the task. When this occurs, the blood at times works a hardship on the kidneys, bringing them a larger load of waste materials than they can eliminate completely.

For in each kidney are from 1,000,000 to 4,500,000 cells, called "nephrons." In the two kidneys together, compressed into a series of coils, are about 280 miles of "tubes." Yet these tubes take up only about 20 cubic inches of space.

Yet the blood in your body must flow through the kidneys every few minutes; from 600 to 1,500 quarts daily go through the capillaries in the ball-like mesh called the "glomerulus"! The process of filtering the wastes out of the blood is slow, for the blood travels through this part of the body at a snail's pace of only 18 inches per hour. In the numerous loops of the ball-like mesh of capillaries, the vast surface of blood exposed to the action of the cells is said to be about 70 square feet.

182920

Imagine how much you could store in that amount of floor space!

When the kidneys are constantly confronted with an impossible task—even as you or I,—they simply balk. Tired and worn out and unable to do the job for which they were designed, the cells begin to degenerate. The result is some kidney disorder or disease. When the kidneys and liver together can't do the job, the blood must "pass the buck" to the cells and tissues. Deposits of poisonous substances in the cells and tissues cause toxemia. If these deposits are fluids, the result is either waterlogged cells or the disease known as dropsy. When the kidneys completely cease to function, death is immediate.

N. F. I.

Constipation

The injury which comes from the retention of the body's waste products is of the greatest importance. The intestinal contents become dangerous by being too long retained, as putrefying fecal matter contains poisons which are harmful to the body. Abnormal conditions of the intestines are largely responsible for the common headache, and for a generally lower resistance, resulting in colds and even more serious ailments. Constipation is extremely prevalent, partly because our diet usually lacks bulk or other needed constituents, and partly because we fail to eliminate regularly and thoroughly.

Constipation, long continued, is by no means a trifling matter. It represents a constant and cumulative tax which often ends in very serious consequences.

Free water-drinking, with lemon juice, when the stomach is empty, especially before breakfast, is beneficial in constipation. Excess of water should be avoided by the very feeble or those suffering from heart trouble or dropsy.

Foods which are especially laxative are

prunes, figs, most fruits (except bananas), fruit juices, all fresh vegetables, especially greens of all sorts, wheat bran, and the wholegrain cereals. Oils and fats are also laxative, but cannot be used in sufficiently large quantities to produce laxative effects without producing loss of appetite. Foods which have the opposite tendency are rice, boiled milk, fine wheat flour in bread, corn-strach.

Don't eat too much. In furnishing the body its food supply, the first essential is to avoid overeating. Food is of no use in the body unless it is digested. To overeat is to prevent digestion; and undigested food in the body is worse than wasted, since such food rapidly ferments and decomposes and fills the body with poisons. These poisons lower the body's disease-resisting power, overwork the vital organs, and pave the way for diseases of various kinds.

H. P. J.

Then - and - Now

With the Dark Ages there came a marked retrogression. Private baths went out of existence, and public baths degenerated into houses of prostitution. People used perfumes to mask body odors, and fingers did the work of handkerchiefs. Forks did not come into use in England and France until 1609. In Paris there were no paved streets until the 12th century. Even after 1250 A. D. no attempt was made to remove human excrement from the streets. As a result of such conditions disease was rampant throughout Europe. Syphilis and leprosy were widespread and there were frequent outbreaks of bubonic plague, smallpox, and cholera. Waves of hysteria were common, manifested, for example, in the Children's Crusade and in orgies of frenzied dancing on the part of adults. Debauchery and licentiousness were prevalent in all classes including the nobility and clergy. Ignorance, gambling, drunkenness were everywhere. Therapeutics depended for the most part on bleeding and sweating the patient and the use of absurd concoctions. Astrology and chiromancy were also practiced.

—J. H. A.

The Indian Naturopathic Association

India's Premier National Organization for Health Propaganda

Its objects are:

1. To promote investigation into the origin and the true character of Evil and into Nature's Ways of eliminating it.
2. To foster the perfection of 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 Nature-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 full-time service to the cause of Naturopathy.

[f] To found Naturopathic Societies wherever convenient, and to affiliate the same to the Association.

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CONTENTS

Editor Speaks—
Ice Cream

Gonorrhoea

Cholera & Plague

Compulsion in Medicine

Medicalmen's Statement on Leprosy

Gleanings—

Vaccination

Penicillin-The Wonder Drug

Colds

Medical Freedom

Socialised Medicine

Weak Heart



PUBLISHERS:

The Indian Naturopathic Association,

The Andhra Naturopathic Academy

Chartered by The Indian Naturopathic Association, Bezwada.

This institution was founded by Late Sri N. Hanumayya the first General Secretary of the Indian Naturopathic Association in the year 1925. The Prominent Naturopaths in the Andhra country were the Honorary workers of the Academy. From the year 1933 the Academy had been holding Annual Naturopathic Training Classes in summer and had been training students for the Naturopathic doctor's course and had also been granting diplomas. Dr. Putcha was the Principal and Dr. Iyyanki was the Registrar of the Academy. The fourteenth annual camp was run in the month of May 1946 at Bezwada. The medium of instruction was Telugu.

The Academy has now realised that the work done through camps is insufficient for the country and a permanent Naturopathic College and a clinical hospital are quite necessary and it is really an immediate need for National Service. The members of the Academy have approached the Ministry of Madras in the month of July 1946 with an appeal for the establishment of Naturopathic Colleges in each of the linguistic areas of the province. The Honourable Premier and the Health Minister have promised to encourage them in every way possible.

By the grace of Mother Nature we have acquired a decent and a healthy site of 4,800 yards at Bezwada in Sitaramanagar near the River Krishna. With the aid of public funds we have resolved to establish immediately a Naturopathic College and a clinical hospital along with a central library, Yogic culture centre etc., etc.

The Naturopaths in the Andhra have promised to work for this cause and also to help financially by contributing each, one hundred rupees against the subscription fixed for the patrons of the institute. The institute is going to be opened on the Telugu New Year's Day, the 23rd of March 1947.

All the well-wishers are requested to attend.

Bezwada, 1-3-47.

K. A. NARAYANA SARMA, Manager.

The Indian Naturopath, Bezwada.

BUSINESS NOTICE

No V.P.P. System:— This Magazine will not be sent to any one by V. P. P. Subscriptions should, in all cases, be remitted in advance by money order only.

Enlistment:— Subscribers and members of the I. N. A. are enlisted at any time of the year, but they will receive only the issues from January to December, comprising a complete volume to one year's subscription.

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Contributions:— The Editor will be glad to welcome short contributions. They should be either typed or legibly written on one side of the paper only; and have the name and address of the writer below, not necessarily for publication, unless other-

wise informed. Articles are subject to Editorial alterations, though the Editor will try his level best not to change the sense. The Editor does not assume any responsibility for the signed articles and opinions of the contributors. Articles showing ignorance of the Nature Cure point of view will not be accepted.

Correspondence:— Members of the I.N.A. requiring free health advice should write to the General Secretary enclosing a self-addressed stamped envelope for reply. All remittances should be sent to the Manager, I.N.A. Bezwada.

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The Indian Naturopath

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

VOL. XVIII

BEZWADA, MARCH, 1947



Editor Speaks

ICE-CREAM

With the advent of mechanized civilization the so-called ingenious human brain could evolve, deterioration in various phases of human life has set in. The terrific speed with which the world is considered to be progressing by one section of people is understood by the other section as the cause of tumbling on itself. Politics form the main attention of the world today. Mechanized industry is the back bone of politics. Statesmen and Politicians have no time to think about food in relation to health and hygiene. Perhaps, according to them, health and hygiene of the people come only next in importance to occupation of countries and territories. They seem to forget that health and hygiene of the people whom they want to rule is the most important factor which they should consider in all its aspects and cater to the needs of them. 'Sound mind in a sound body' is the old adage. If proper health of the people is to be maintained, the Government should first and foremost consider the rules and regulations pertaining to the sanitary conditions of the country. The food the people are consuming in the hotels and restaurants should be well maintained under the most hygienic conditions. We publish elsewhere in this issue, a cutting from the 'Lancet,' published from London, titled 'Ice Cream Controlled' ice-cream is the most unnatural and

unscientific food which is detrimental to the enamel of the teeth. The excessive cold temperature of ice-cream causes the faulty development of the teeth and their premature falling. It causes spastic contraction of the alimentary canal, causes insufficient digestive secretions, which lead to indigestion, constipation and many other 'fashionable' maladies as spongy gums, pyorrhoea, peptic ulcers etc. Not to speak of this blessed ice-cream we have many other machine-made food-stuffs which are lacking natural storage of vitamins, the essential factors for building up of health and vitality.

The cutting which we have published elsewhere in this issue says "much of the ice-cream sold to-day is potentially dangerous to the consumer, who is protected by no general sanctions empowering authorities to inspect ingredients and to supervise manufacture, packing and storage."

We have sufficiently enumerated the maladies that occur by the consumption of ice-cream, this quotation only adds to say that the present day ice-cream sellers are not taking sufficient care to see that good hygienic conditions are observed in its preparation. Even in countries where machinery is the watch-word of the day, it is not possible to see that this 'fashionable food-stuff' is given to the people in perfect condition it should be given, why worry about this at all?

Gonorrhoea

Dr. P. Venkatramayya, N D., D. M.

Gonorrhoea is one of the most prevalent diseases that the human race is suffering from. Countries like Greece and Rome and even Egypt had in their ancient books the name of a disease, the symptoms of which are similar to gonorrhoea. The ancient works on Ayurveda that are now available have termed this Malady as Prameha.

The sentimentalists and the moralists are trying to avoid the spread of Health literature regarding this wasting and deadly disease. But in the long run, they are doing more harm to the public than those that have been analysing and propagating the preventive and curative methods of gonorrhoea. It is estimated by competent authorities that 75 per cent of the adult males and about 25 per cent of adult females have been affected once or a number of times with gonorrhoea. 25% of the world's blindness is due to gonorrhoea. Eighty out of every hundred sterile cases are due to gonorrhoea. Impotency, frigidity, nervous afflictions, disastrous systemic effects follow in the course of this wasting disease. The medical advances made up till now have not put a stop to or been able to reduce percentage of afflictions owing to the ignorance and the persistent indifference on the part of the public. The disease is increasing by leaps and bounds unchecked owing to apathy of the public on one part and the incorrect treatment given by the so called doctors in profession.

In this article, I shall try to analyse the causative and the curative factors of this world-wide-illness.

The Causative Factors

The famous "Madhava Nidana" says, in the chapter on 'Prameha' that the causative factors are mainly four 1. Sedentary habits,

2. irregular life, 3. indiscriminate eating, 4. laziness and too much of sleep. How these factors bring in this nasty disease I shall presently explain. It is more an urinary disease than a sexual trouble. In the course of the filtration of liquid waste, the kidneys squeeze down uric acid salts and other unwanted filth from the venous circulation, from the ureter into the bladder. From the bladder through the urethra, the urine passes to the urinary opening of the genitals. The urinary salts that reach the bladder go along with the urine. As long as the salts are normal, nothing is left in the bladder in the shape of urinary salts. When the salts are abnormal, the urine fully saturated with these salts will not be able to carry further quantities and uric acid deposit in the bladder is the result.

The system will not keep quiet. It tries to get rid of this filthy matter and squeezes it down the bladder into the urethra. In spermatorrhoea the white discharge comes from the glands. The glands in turn extract the filth from the lymphatic channels. Here in gonorrhoea comes from the venous circulation and hence it is a disease of the vascular circulation. The filth that comes out is not of a carbohydrate nature but of amino-acidic and uric acid nature. The same is due to over consumption of protein mater, especially of animal protein.

People infrequently take in scanty quantities of water that are adequate for the metabolic requirements of the body. So when the system tries to eliminate the excess filthy matter from the system the water that is taken in will be inadequate. In acute primary gonorrhoea liberal quantities of water and fruit juices with a planned protein fasting will often bring about the necessary cure. Any attempt to put a stop to the flow of the gonorrhoeal fluid by

NATUROPATH

injecting into the urethra preparation made of mercurochrome, acrophlavine, argyrol, albargin protargol, neosilvol, metonphen, sodium iodide, nitrate of silver sulphate of zinc, bichloride of mercury, potassium permanganate and other fluids will make things worse. They temporarily seem to stop the gonorrhoeal fluid, but in the long run the treatment only makes things worse and the seat of the disease is shifted from the neck of the bladder to the ureters and finally to the kidneys. It is queer, that even without any medication and even without the sandal preparations and the sandal medy the disease intermittently recedes. Taking advantage of this nature of disease any quack can administer a quack remedy and claim a success. Even the blessed talismen and the witch crafts play the role and extract their fees. The disease does not go. When conditions favourable to the disease occur, it makes its appearance.

Of late sulphanilamide and the M. B. Tablets in addition to the recently discovered and patented pencillin are claimed to be the curalls and no one has yet explained the why and how these drugs cure the disease. Time and again these may prove futile like all other invented and patented medicines that were the fore runners of these two drugs.

The Curative Factors

Ayurveda says in one place that before the advent of gonorrhoea the following symptoms are felt, (1) the body perspires a sticky and pasty sweat (2) the ends of the body namely the hands and feet show a burning sensation. Then if one takes liberal quantities of tender cocoanut water, fruit juices, and vegetables in sufficient quantities the body consistency of fluid filth will be diluted and there will be no need of elimination of bodily filth in con-

centrated form like gonorrhoea. A stop being put to the further accumulation of amino acids, hydrocarbons, and uric acid salts by the changed diet of fruits and vegetables with or without a small quantity of carbohydrate just sufficient to sustain the system, will naturally reduce the virulence of the disease and eventually put a stop to it.

Modern Medicine

Modern medicine has invented a number of palliatives and cures for this disease. Prontosil, prontalin, kava-kava, oils of sandal wood, winter green copaiba mixture, cubabs, saw palmetto, tincture of belladonna, bicarbonate, potassium acetate etc., not leaving the much advertised sulfanilamide and the recent pencillin. The functions of these drugs administered orally are two-one the reduction of pain, two free urination. In the regular cure of the disease it is a decided fact that all these discoveries and inventions have utterly failed. They could only make things worse. They were driving the seat of the disease from one place to the other. Gonorrhoea is primarily a urinary disease and with the wrong and dangerous medication the seat of the disease is shifted from the neck of the bladder to the ureters and kidneys; from the urethra to the prostetic gland, spermatic viscicle, vadefernes and the testes; into the lymphatic and vascular circulation in men. In women it is shifted not only to the kidneys, but from the urethra into the vagina, thence into the uterus and fallopian tubes, finally into the ovaries. As in males the seat of gonorrhoea is shifted into the lymphatic and vascular circulation. Gonorrhoea will bring in a number of diseases as arthritis, sterility, blindness and many other psychological and mental diseases such as neurosthenia, hyperehrundia, hysteria, demantia and others.



The artificial fever treatments

Dr. Montrose M. Berustein M. D., Sc. D., Ph. D., of Los Angeles, California, writing on gonorrhoea says:—

"For the treatment of gonorrhoea in all its more severe phases, there are the drastic fever treatments, they are unfailingly successful—if the patient can stand the treatment. Patients must be in sufficiently good physical condition to stand the shock of a surgical operation. For this reason the treatment is usually used only in cases of gonorrhoeal infection in women (it is more difficult to cure women with ordinary treatment) or serious complications, of systemic infections of an obdurate nature, or in cases where the time element in cure is of the utmost importance. Specially trained physicians and nurses supervise the treatment. Apparatuses differ, the best known is perhaps that invented by and bearing the name of keltering of the General Motors Research Department. All apparatuses, however, by mechanically inducing a fever of 106°-107° F. in the patient for a prolonged period of times wipe out the gonococci with a machine, like precision. Careful check of the patients physical condition must be kept all during the treatment. One session of about 5 or 6 hours with the beneficent fever is usually enough to relieve gonorrhoeal arthritis, but four or five such treatments at intervals of several days are usually necessary to completely irradiate the systemic phases of the disease. Some times even a dozen or more treatments are necessary but the disease is invariably cured. The significance of this treatment may only be realised upon consideration of the fact that before its discovery there was no certain known method of absolutely curing either systemic gonorrhoea or even comparatively localised gonorrhoea in women."

This seemingly natural way of treating

gonorrhoea may one day prove futile due to its exhaustive nature and its enervating and devitalising nature. This is not all. The costly apparatus needed, and the intricate technic and knowledge required for the proper administration of this artificial fever treatment, makes it impracticable and unobtainable for the afflicted half the adult human population on the face of the globe.

Is it not necessary now to explore into the real causes of disease and make a way out of this nasty world disease in a sane natural biologic method of treatment by the universal remedy which are in the easy reach of every human being?

Real Causes

The real cause of the disease is not as is wrongly suspected the gonococci. Gonococci is only a secondary product of the concentrated filth that has accumulated in the bladder and urethra. The filth in its fermenting condition becomes acidic. As a deposit and as a running fluid it makes the passage tender and ulcerous. When solutions like argyrol and other things are injected into the urethra the fluid is temporarily suspended and the seat is shifted to an interior organ.

When once a passage has formed in the mucous membrane of the bladder the trouble of filtering the filth from the blood into the kidneys is temporarily suspended. The filth flows through the ulcerated opening making provision for a temporary and artificial apparatus for the filtration of the filth. When and if the temporary opening in the mucous membrane is closed by the acrid solutions the body tries hard to create a fresh opening some where, where it is impossible for the injected acrid solution to enter.

The intricate medical talent will not keep quiet. It aims at the closing of the

(Continued on page 45)

Cholera and Plague

V. D. Saheb

Nature-cure Specialist

Let us observe briefly the cause and effect of Cholera and Plague, which are said to be contagious caused by the spread of germs. Let us search after truth. I think that diet is the chief cause for them.

Let us now deal briefly with Cholera. We understand that one feels and suffers from cold or heat, if diet is not well digested. Diet contains such elements besides body building substance. Some people vomit or purge or both, and they suffer from them, if diet is not well digested. Some patients suffer from them frequently. Especially some fever patients suffer from them (vomits and loose motions) and some become dangerously ill and some die. Patients of Cholera suffer from loose motions or vomits and some die. Is it not caused by the in-digestion? In-digestion is caused, if diet is not well digested. If so, can it not be prevented or cured during its attack by means of fasting? Is it so dangerous as feared by Doctors and others? Of course, we must fear poison, because it does us much harm. If fasting is not observed, the digestion will be spoiled further owing to the frequent feeding and frequent doses of medicines. Poisonous medicines are very harmful, and they spoil the health further. Some 10 or 12 patients were cured during its attack and other patients who did not follow these principles died in spite of best medical aid in time, during the out-break of Cholera in these parts. Cholera clears bowels and stomach, if fasting is observed during its attack. Hence, Cholera is a purifying process. If it is contagious caused by the spread of its germs, why should we fear of diet and restrict it during its attack? Can it be cured without its restriction? Can it not be developed, if a patient indulges in it?

Is it contagious? Is it not a wrong idea, wrong observation and wrong experiment? Where is its origin, if it is contagious? There are many such glaring instances.

Suppose, if Cholera is contagious caused by the spread of germs, what will be the fate of scavengers who clear vomits and motions of many cholera patients in big towns and cities during its out-break? Are they being affected so? If one or two are affected so, will they remain and serve them? I am sure they all run away deserting them. If so, what will become the fate of the people of such towns and cities in time of Cholera? They will be destroyed like the people in Quetta Earth-quake. How is it some family members will escape from its attack, though they live closely with their patients day and night in the same house? How is it, others who are far away from the patients, fall a prey to it, if it is contagious? Is it contagious? Some may argue that the healthy people can not fall prey to it, because they possess enough vitality or energy to resist its attack. If so, how is it many healthy people become victim to it, and die, while infants, old and weak people, and Chronic patients escape from its attack? First these people must fall prey to it, because they possess low vitality or energy to resist its attack. Is it contagious? There are many such glaring instances.

In spite of such glaring facts and instances, some may doubt that the motions of Cholera patients contain some small germs, and it is contagious. It is true they contain some small germs. We know various germs are formed by the stagnation of filth. Germs may be of different kinds according to the nature of filth and climate. We find different germs in waste matter, if it is not properly and regularly discharged

daily. We further observe different germs in stale dung, in spoiled fruits, in spoiled blood and flesh, in boils and ulcers, in old rice, in old wheat flour etc. Our feces also contains some nourishing matter and life-forming elements. If not, how can organisms and micro-organisms be formed? If not, how can pigs, dogs, and fowls who eat our waste matter, live and develop their body with it? If not, how can we expect good crops by manure? There are many such instances. "Much ado about nothing." I offer my person to experiment. Is it not the duty of the doctors and others to prove it so? Is it not their duty to check me and punish me severely? If not, I may become dangerous to the public.

As "Prevention is better than cure," one may escape from its attack, if one avoids gluttony and sedentary life and regulates diet and digestion properly during the time of Cholera. One may escape from its attack, if he takes simple and light diet twice a day only during its out-break. It is better to avoid heavy diet like milk, curd, ghee, eggs, meat, fishes, beef, pork, potatoes, ground-nuts, plantains, cocoa-nuts, oil and ghee preparations etc., in times of Cholera, because they require more powerful digestion, which requires more exercise than usual. If not, the digestion will be spoiled. It is better to fast at night times (Vathakalam) during its severe out-break, because the diet cannot be digested well at night times. "Fasting is the best medicine."

If one feels such symptoms like vomits, loose motions, Vatham, constipation, indigestion, bile, feverishness etc., he should observe more exercise than usual or fasting especially at night times. They then disappear. If not, they may develop into actual Cholera.

In case of its actual attack, the patient should observe fasting till it disappears or

till it greatly subsides and then he should break the fast with simple and light diet, and the diet should be increased with the increase of health, digestion, and exercise slowly and gradually. It is better to break the fast with oranges. If not, the digestion will be spoiled further owing to the frequent feeding and frequent doses of medicines, and the patient becomes dangerously ill.

Of course, it is dangerous and contagious, if these principles are not followed, and if medicines and diet are frequently used.

Plague also is said to be contagious caused by the spread of its germs, which are caused by rats. It is said that the rats should be destroyed, the infected houses and the area should be cleaned with lotion and they should be deserted for its prevention and extinction.

Is it possible to destroy rats? Is it possible to destroy Creation of Nature? Is it not the creation of Nature? Towns and Cities are falling prey to it. Are they being vacated during its out-break? If not, is it not disappearing or subsiding sooner or later? Is it contagious? I think the idea, observation and experiment are very wrong. I think that diet is the Chief cause for it also. Rats eat more often than men and throughout the day and night and they fall prey to its evil effects more early than men. Is it not so? I think it is better, if there are rats in the houses, because they fall prey to it earlier than men, and we then understand that it is the time of its out-break. We then take care of it. I cite a well known instance that it is not contagious and diet is the Chief cause for it also. Black Plague broke out in some parts of South Africa, when Mahatma Gandhi was fighting for the freedom of our Indians in the continent. He and his followers voluntarily went to the infected area to serve it. It did not attack them, because they used to take meal

only once a day instead of thrice. If it is contagious, they should have fallen prey to it, because they lost much vitality or energy to resist its attack. Is it contagious? Is it not wrong idea? Is it not that diet is the chief cause for it also? We learn it from his autobiography.

I think some change of weather or temperature helps the diet in causing such epidemic diseases. They sometimes prevail far and wide virulently, and violently, and some fall victims to them and some die. They sometimes disappear or subside sooner or later. We observe some fevers also break-out now and then, and they prevail far and wide. Many fall prey to them and some die. Is it not so happening? Are they (fevers) contagious? Any how, they are fevers. Fevers are fevers. We understand fevers mean excess of bile or vatham or cold or heat or their combination more or less. One feels and suffers from such elements, more or less, if diet is not well digested. Our diet contains such elements more or less besides body building substance.

In spite of such glaring facts and instances, some may doubt about these ideas and principles of the cause and effect of the epidemics and they further quote the statis-

tics that they are contagious and inoculations prevented such diseases. If so did they not disappear or subside sooner or later before their invention as now? Did they disappear now altogether? Are they not breaking out now and then in spite of their invention and use? Many people fall prey to them and many become dangerously ill and many die in spite of their use during their out-break. Is there any more effect from them now than before? I think inoculations are doing more harm than good. During the out-break of Cholera in my parts, many were inoculated. Almost all got fever sooner or later. Is it not bad and harmful, if one gets fever after inoculation? We understand fevers are more dangerous than other diseases, because they sometimes develop into dangerous nature like Typhoid and Pneumonia. Some inoculated persons got vomits or loose motions or both and consequently they suffer from them more or less. Do they not be suspected as Cholera patients? Do they not become dangerously ill, if medicines and diet are used frequently? Is it not bad and harmful? Is it not better to abolish such harmful medicines? Is it not that our Government is wasting much of the public money on these harmful medicines? Is it not our duty to agitate for their abolition?

Compulsion in Medicine

Prof. L. Kameswara Sarma
M. A., B. Sc.

The trend of events in the country and the minds of the youth who are to be the pillars of the State in future, all point to the necessity of establishment of rather a Socialist than any other State in India and so planning by the nationalists is mostly along socialising the important public services, not excluding Medical service.

Medical Practice in Ancient India

I welcome the socialisation of medical services for the solution of India's health

problems. In fact, in a way it was so in Ancient India without the compulsion of the State. Kings and the rich patronised the *Vaidas* and the *Vaidas* were rendering free medical service to one and all. It was then considered a sin to charge any fee for medical treatment and the patients on their part felt it their duty to pay the Doctor whatever they could. The Doctor had to accept it simply to satisfy the soul of the patient.

Consequences of Socialisation

But conditions are quite the reverse now and so the implications and the possible consequences of socialising the medical services as at present obtaining, have to be carefully considered before taking any step in that direction. If there is only one system of medicine, the problem of socialising it may be easy. Even then there will be difficulties. The medical practitioners will have to be compelled to serve the patients through the State, which some individuals will dislike as they will then have less time to devote to their rich clients.

Bevin's health insurance scheme

This difficulty has already appeared in England. The majority of the members of the British Medical Association have objected to important provisions of Bevin's Health Insurance Scheme. To add to this, there is the objection from a section of the beneficiaries themselves, namely the non-conformists in Medicine such as the followers of Homeopathy, Naturopathy etc.

Different systems

Similar difficulties exist in India too. At least there are five well defined systems of medicine at present prevalent in India—namely Allopathy, Ayurveda, Unani, Homeopathy and Natural Therapeutics. There are many who have been following for generations only some particular system of medicine so that they become used to that and so they do not want the prescriptions of other systems to be imposed upon them. Every system has got its own philosophy and its own methods of curing diseases and preventing them. It is therefore right to say that the prescriptions of one system of medicine must not be imposed on the followers of other systems of medicine. Nobody has a right to think that his system alone is the most suitable for all. It may

be so for himself but not so for all. Different systems are there to suit different minds and bodies.

Medical Tyranny

Socialisation must not lead to tyranny being imposed by followers of one system over those of another. Even without Socialisation the tyranny is already there. All the public health laws are of this nature. They are only impositions of Allopathic prescriptions over all alike, to whatever school of thought they may belong.

Vaccination and Inoculation

Vaccination and Inoculation laws are a case in point. Allopathic medical men believe that vaccination alone can stamp out small-pox, on the other hand all the Naturopaths, most of the Ayurvedists, all the Homeopaths, great and cultured men like Mahatma Gandhi and G. B. Shaw condemn vaccination and inoculation as not only unscientific but positively harmful and immoral. The manufacture of vaccine and serum involves the infliction of cruelty on helpless animals. The very stuff is filthy as it is a product of disease and therefore cannot but be a source of further disease—perhaps, rather worse than the original. Vaccination and inoculation are only internal insanitation. The Royal Commission itself had admitted the fact that vaccination by itself produces many diseases. The minority report of the same Commission says that vaccination is ineffective in preventing small-pox and at the same time injurious to health. It is now a fact that vaccination is killing more children than small-pox does. Official statistics are not to be relied upon. They do not give the whole truth; theirs is a mixture of truth and falsehood.

Vested Interests

The practice of vaccination and inoculation involves vested interest which is

mainly at the back of the political *status quo* and the power they enjoy. This can be easily seen by any impartial investigator who has an eye for truth.

Sanitation

The Congress leaders should study this problem calmly and dispassionately. If all the money that is spent on vaccination and inoculation be diverted to the channel of hygienic and non-controversial sanitation such as removal of slums, providing better drainage, better planning of towns, improving the village life and above all educating the masses and raising their economic conditions to enable them to live clean and hygienic lives,—prevention of diseases will become a very easy matter. There need not then be so many prophylactics. Sanitation alone will prevent all diseases. Sanitation internal and external ensures health and positive health is the best insurance against all diseases.

Leicestershire Example

Vaccination has been successfully replaced by sanitation alone in Leicestershire in England which is perhaps the only example in the whole world. It is a pity that others have not followed suit. This shows how powerful vested interest is for perpetuating a thing however wrong and injurious it may be. The fact that Leicestershire has been successful in this, has been testified to by no less an authority than Dr. Killick Millard, a believer in vaccination.

The view that vaccination and all modern prophylactics are bad, is not that of laymen and non-allopaths only. Many allopathic calmen, some of whom are leaders in the field, share this view.

Failure of Orthodoxy

So much about the prophylactics. About the efficacy of the curative agents there is

a wide difference of opinion. The majority in the profession go on along the same old rut. The profession is so well organized and orthodoxy so well entrenched that no individual will dare think for himself and make any innovation. In spite of this, heroes have not been wanting to dare and act. Dr. Hannemann an M. D. was one such revolutionary. He saw the failure of allopathy in his practice. He found that diseases were not only not cured but were positively made worse and this led him to the discovery of his new system, Homeopathy. Such examples are not wanting in the field of Nature-Cure also. It was Dr. Dewey an M. D., who discovered fasting as a natural method of curing diseases. He was ostracised by the profession for having joined the non-conformists. Sir William Arbuthnot Lane, Major Austin, Dr. Beddow Buily, Dr. Josiah Oldfield, and a host of others can be mentioned in this connection, who have made valuable contributions in the field of True Medicine. Socialisation of Medical Service must not lead to tyranny, by allopaths over others; it must not stifle the progress of true science. In the future Free India, liberty of the individual to refuse certain medical prescriptions must be ensured and existing vaccination and such other laws must be scrapped.

Humanitarian Considerations

The Humane side of this practice has not been examined properly. It is really the most important of all the aspects of the practice. As already mentioned the manufacture of vaccines and serums involves the infliction of prolonged cruelty on animals. This must really be made criminal but what is obtaining now, is that it is sanctified by "Science". The minds and the hearts of those people who are either engaged in this cruelty or those who become party to this, are inhuman and brutal.

Gandhiji's views

Vaccine is a product of sin and there are thousands who think alike with Gandhiji who writes as follows:—"Better were it for God fearing men to become victims of small-pox a thousand times and even die a terrible death than be a party to this sacrilegious act".

Englishmen have deeply thought over this and have fought for their freedom by courting imprisonments and by all Satyagraha methods. They have won their freedom to refuse vaccination.

Leaders' Duty

Let our leaders not be in a hurry to legislate on these matters. Let them not slavishly imitate the West. By all means

let them copy their good things but let them also profit by their mistakes. There is plenty of evidence collected in England and America by impartial bodies which show that vaccination and inoculation are quite unscientific. Such evidences are not wanting in India also. The difficulty is that there is no public and impartial body to collect such evidences. The leaders should first appoint an impartial tribunal, if they intend to promote welfare of the people, to collect evidences from followers of all systems and other disinterested and cultured men. In any case the individual must not be denied the right to follow any particular system of medicine and to refuse any medical prescription. It must be declared as a fundamental right of the citizen even while framing the Constitution.

Medical Men's Statement on Leprosy

The medical public has shown an increasing interest in Leprosy during the past 25 years and as the result of the research work undertaken in India, particularly in Calcutta and Madras, certain facts with regard to leprosy have become established. Leprosy is only a mildly contagious complaint and a disease which is difficult to acquire. A fairly large number of cases of leprosy in India are noninfective and are no danger to the public. Even in the cases of persons suffering from infective leprosy if they take elementary precautions, such as avoiding close contact with healthy persons particularly infants and children, there is little likelihood that the disease will spread. The campaign against leprosy is unduly influenced by traditional beliefs, so that even medical men do not look upon leprosy as an ordinary disease. If the growing interest in leprosy is to result in effective measures for its control, then the following points must be

stressed and given widespread publicity.

1. Leprosy is an ordinary disease and not a particular visitation of Divine displeasure.
2. It is no more of a disgrace to get leprosy than to acquire other diseases like tuberculosis, typhoid or pneumonia.
3. Leprosy is not hereditary. Like tuberculosis it may run in families because of close contact.
4. Leprosy is not venereal in origin.
5. A fairly large number of cases in India are non-infective. These should be free to go about in life without restrictions.
6. The infective power of leprosy is low, but the infective cases are a particular danger to infants and children.
7. The leprosy patient does not as a rule require asylum nor an alms-house; he does need treatment, human care and sometimes

hospitalization. But as far as possible, we must keep him in or return him to a life of usefulness and self-respect.

8. Leprosy can be prevented by elementary precautions, and unduly harsh measures for the segregation of infective persons with leprosy are not necessary.

9. As leprosy is a household disease the problem will not adequately be dealt with by enforcing measures which chiefly aim at the control of leprosy among beggars.

10. Beggars with leprosy who are deformed and not infective should be treated in the same way as any other beggar. The problem of mendicancy can only be solved in relation to all beggars, not particularly beggars with leprosy.

11. Leprosy chiefly prevails in certain areas of India and before widespread measures are taken for the control of leprosy, information must be collected as to its seriousness in a given district or area.

12. Medical men and others should be given the opportunity to acquire a modern knowledge of the disease so that they will be able to help intelligently in the campaign against leprosy.

13. The general public can perform a major part in the elimination of leprosy in India by adopting the following attitude towards leprosy.

(a) Not being alarmed when they discover the disease in a house or family.

(b) If a case is declared infective, by seeing that they exercise elementary precautions viz:

- i. Sleeping away from infants and children.
- ii. Keeping all bedding, mats and

personal utensils apart from those of the rest of the family;

iii. The words 'isolation' and 'segregation' suggest to people's minds the rigour almost of banishment. But 'isolation' with regard to leprosy practically means avoidance of close contact between the infective cases and healthy individuals, particularly infants and children.

(c) Securing the best possible medical advice when cases of leprosy are discovered in a family or community. In many cases early treatment gives the greatest hope of complete recovery without leaving any disfiguring marks.

Several other questions arise. Many ask whether leprosy is curable. There are forms of leprosy in which the body itself is able to put up an active defence and 'cure' the disease, in some instances this happens without any deformity or damage, in other instances as a result of this resistance the battle-field of the body is scarred and mutilated: such persons are honorable casualties in the battle against disease. It is true to say that many persons with leprosy have a form of the disease which is of no significance or danger, yet it remains also correct to point out that other forms are mutilating and still others (a minority) are so serious that our present remedies can only alleviate and seldom cure.

To conquer a disease which has baffled mankind for years, energy, time and money must be spent. There is no short cut to the control of leprosy. Only patient study, real devotion on the part of the doctors and lay workers and intelligent and sympathetic understanding on the part of the leaders and the public will result in the desired end—the elimination of leprosy from our beloved land.

SIGNATORIES

- T. Bhashkara Menon, M. D., D. Sc., F. R. C. P. (Lon.) Principal, Andhra Medical College, Vizagapatam.
- P. V. Cherian, M. B. E., M. B. B. S., F. R. C. S. (Edin.) Principal, Medical College, Madras.
- Dharmendra M. B. B. S., D. B. (Lon.) Leprosy Research Department, Calcutta.
- H. H. Gass, B. S., M. D. Medical Superintendent Chandakhuri Leprosy Homes, Baitalpur, C. P.
- S. K. Ghosh Dastidar, M. B., (Cal) M. R. C. P. (Lon.) (Edin.) D. T. M. (Calcutta) Professor of Medicine, Prince of Wales Medical College, Patna.
- S. Gurupatham, L. M. P., L. O. Eye Specialist, Kuppam.
- Jelal M. Shah, I. M. S., O. B. E. Principal, Grant Medical College, Bombay.
- Jivraj N. Mehta, M. D., M. R. C. P., F. C. P. S. Principal, Medical College, Bombay.
- P. Kutumbiah, B. A., M. D. (Mad.) M. R. C. P. (Lon.), V. H. C. S. Principal, Stanley Medical College, Madras.
- A. Mcleish, Medical Superintendent, Lady Willingdon Leprosy Sanatorium, Chingleput.
- Mukerji, Leprosy Specialist, Raipur.
- B. Narayana, M. Sc., M. B., Ph. D. F. R. S. E., Principal, Prince of Wales Medical College, Patna.
- C. G. Pandit, M. B. B. S., O. B. E., (Bombay), Ph. D., (London), Director, King Institute, Guindy, Madras.
- R. D. Parulkar, M. B. B. S., Bijapur.
- M. Paulraj, L. M. P. Senior Assistant Medical Officer, Lady Willingdon Leprosy Sanatorium, Chingleput.
- K. N. Pisharoty M. D., (Madras), M. R. C. P. (London), D. T. M. (Calcutta), Professor of Medicine, Medical College and Physician Government General Hospital, Madras.
- T. S. S. Rajan, M. R. C. S., L. R. C. P., Medical Officer, Triuvengimalai (Trichinopoly District).
- P. N. Ramasubrahmanyam, M. B. B. S., Medical Officer, Tallakulam, Madras.
- A. C. Rebello, M. B. B. S., Ex-Hon. Lecturer in Dermatology, Venereology, Seth G. B. Medical College and an Hon. Dermatologist and Venereologist, K. E. M. Hospital Bombay.
- A. T. Roy, Medical Officer, Purulia Leper Home and Hospital, Purulia, B. N. R. (Bihar.)
- T. S. Shastri, I. M. S., (Retd.), President, Indian Medical Association (Sidda Branch Madras).
- K. G. Sundaram, Medical Officer & Manager Leper Home, Ramachandrapuram, East Godavari District.
- K. V. Thakkar, L. M. & S. (Bombay), Ex-C. M. O. to the States of Palitana and Idar, Bhavnagar.
- S. Thambiah, M. C., M. R. C. P., D. T. M. & H. F. D. S., Professor of Medicine, Medical College, Physician, General Hospital, specialist in diseases of skin, Madras.
- R. S. Tirolkar, M. D. (Lon.), M. B. E., Professor of Medicine, Grant Medical College, Bombay.
- A. Vasudevan, M. B. B. S., M. B., M. R. C. P., (Lon.) F. S. M. F., (Bi.), F. N. I. Medical Officer, Venerary Madras. Professor of Medicine, Medical College, First Physician and Honorary Electro-Cardiologist, Medical College Hospital, Calcutta.

GONORRHOEA

Continued from page 36

ulceration and suppuration by means of oral administration and hypodermic injection of poison known as modern medicine. As long as he tries to close the opening he is successful in bringing about a temporary and deceptive cure. Meanwhile the filth that is responsible for the gonococci, is rotting in the veins and when it is impossible for the blood to maintain its alkalinity it marks a fresh opening somewhere else in a more virulent and dangerous form. The untold misery that is said to be caused by gonorrhoea and gonococci with shape of sexual nervous and mental disorders are not really due to gonorrhoea but to the poisonous drugs administered into the body. Now I shall not deal further on the detrimental effects of medication. I shall put forward a few practicable solutions for the amelioration of this nasty disease.

Some practical hints

1. We must aim at reducing the pain that is accompanying gonorrhoea. Kuhne's sitz baths of 10 or 15 minutes duration will often reduce the pain and induces the urine to flow freely by its cooling effect on the bladder, colonic irrigation with cold water will often reduce the heat in the bladder and a free flow of urine resulting from it. Colon and bladder being adjacent organs the water irrigated into the colon sinks into the bladder by the osmotic action and the thickened filth that is fermenting in the bladder is diluted and eliminated in the form of urine. Daily two or three kuhne's sitz baths of 10, 15 or even 20 minutes duration are useful in the acute cases of gonorrhoea. Either in the morning or evening cold water enema administered twice will be of immense benefit.

2. Drinking copious quantities of cold water will often cool the bladder and reduce

the quantity of the filth in the bladder and elsewhere drinking of cold cocoanut water fruit and vegetable juices will naturally increase the alkalinity in the blood and reduce the possibility for the progress of gonorrhoeal suppuration and discharge.

3. In the acute conditions of gonorrhoea it is always wise to put a stop to foods that form uric acid salts hydro carbons and aminoacids. Avoidance of cereals, legumes, and all other protein substances, all the varieties of sugar and sugar products milk and milk products undigestible fats is necessary. Ignorance to the real cause of the disease and to the efficient methods of the dietic regulation has created a series of researches and inventions of medicines that seem to cure the disease which in their turn have done more harm to humanity than the disease for which they are administered.

In acute cases of gonorrhoea we prescribe a temporary fast of 7 to 10 days. In that period the patient is given juices of fruits of citrus family and cocoanut water. For poor people who cannot afford to buy these fruits and tender cocoanuts we prescribe soft cold water and vegetables. Afterwards the gonorrhoea will be brought to control we aim at the biologic reconstruction of the body by resorting to a bread and vegetable regime or a rice and vegetable regime in addition to a small number of citrus family fruits. In gonorrhoea and all other ulcerous diseases we prefer jowar to rice and even wheat. Bread and vegetable ratio is kept in the ratio 1:3.

4. The color cure works wonders in this disease. I have cured a number of cases of gonorrhoea permanently by mere oral administration of blue charged water the dose being half an ounce and the number of doses being four per day. Thermolumen baths of 45 minutes duration with 1 yellow and 3 blue glasses from bottom to top are highly beneficial. The time to take this is between 8-15-9-00 A. M. or 4-15-5 P. M. in seasonsotr he

than summer. In summer the thermolune bath must be taken half an hour earlier in the morning or half an hour late in the evening than the above scheduled time. Those that cannot afford to buy a thermolune may apply blue sunlight or artificial blue light for 15 minutes to the abdomen once or twice daily.

The thermolune baths should not be taken more than twice or thrice weekly.

For a novice we give a daily routine of treatment:—

- 5-00 A. M. Off the bed (in summer)
- 5-30 A. M. Sitz bath of 10 minutes duration.
- 5-40 A. M. Half an hour walk for weak people, lying on the bed with blankets.

- 7 00 A. M. 3 pints cold water enema twice daily.
- 9-00 A. M. Complete cold water bath.
- 10-00 A. M. Citrus family Fruits for the first 10 days and for the remaining period 4 ounces of jowar bread with 12 ounces of vegetable. If javar is not available brown rice may be made use of.
- 11-00 A. M. Rest.
- 12-30 P. M. 10 minutes hip bath.
- 1-00 P. M. 3 sweet oranges.
- 4-30 P. M. 10 minutes sitz bath.
- 5-00 P. M. Half an hour evening walk.
- 6-00 P. M. Complete cold water bath.
- 6-30 P. M. Diet same as in morning.
- 9-00 P. M. Rest.
- Blue charged water half an ounce each at 6 A. M., 12 A. M., 6 P. M. and 9 P. M.

Gleanings

VACCINATION

In the land of the free, there is no freedom to stay healthy. Our precious bodies are at the mercy of the serum racketeers.

The menace disclosed itself in the Army notice of vaccination of all personnel with the influenza vaccine during October and November, by order of the War Department. Outbreaks of respiratory disease in different areas (during May and June), with prevalence of virus influenza, type B, suggests "possibility" of an influenza epidemic.

A large number are convinced that the practice of inoculation is harmful. Their belief is confirmed by facts and figures. Not only deaths and ghastly diseases such as syphilis, cancer, epilepsy, paralysis, sleeping sickness, lockjaw, brain fever, and others, are the results of vaccination, but also lifelong impaired health, which although not immediately noticeable is

nevertheless traceable to the rank poison injection. Why then is vaccination still persisted in? Because there is money in it, for the doctors and for the drug houses. And because where there is money in the offing, even right-minded people are able to delude themselves. J. H. Tilden, M. D., explains the situation:

"There are stacks of evidence bulking large of injuries and deaths caused by blood poisoning following inoculations, not only of vaccine, but of serums generally; there are proofs of deaths, of syphilis, of tuberculosis, of blood contamination of all kinds following vaccination and serum inoculation. And the pro-vaccinators admit, except in controversy, every charge, and even furnish proof in their literature of such tragedies; but they offset this damaging evidence by declaring that the fault lies in the technique and not in the fundamental principle; that the vaccine and serum are impure; that the preparations are faulty, or a chemical change

has taken place in them, or dirt has got into the vaccinated arm or the patient was anaphilaxic — hyper susceptible. Excuses galore are given out, and smack of so much scientific mystery that patrons of science are awed."

Let us look at a few of the facts. Australia, practically unvaccinated, has had two deaths from smallpox in 40 years. Japan, Mexico, and Italy, with compulsory vaccination, suffer repeated smallpox epidemics and high death rates. The Philippines, which has had compulsory vaccination since 1901, shows 45,673 deaths from smallpox since 1919, most of the cases having been thoroughly vaccinated. In Arizona, where compulsory vaccination was abolished in 1918, there have been no deaths from smallpox since that date. A report quotes David H. Reeder, M. D., La Porte, Ind., that "For 25 years we have been inoculating with vaccinal syphilis and I am convinced that much of the tremendous increase in death from cancer may be traced directly to this source." Syphilis was found in 200 out of every 1000 draftees in Kentucky, Maryland and North Carolina, where vaccination is compulsory. But in North Dakota, Minnesota, Utah, where it is optional, less than 10 draftees out of every 1000 showed syphilis.

PENICILLIN-THE WONDER DRUG

The active principle of the common Green Mold, *Aspergillus*, is chemically and physiologically identical with penicillin. This mold will grow profusely on many articles of food in the dark and under standard conditions of moisture and acidity. Many hospitals have found that sterilized extracts of this mold made under poorly controlled conditions work quite satisfactorily. The chemical manufacturers now prepare a purified product. Competition and increased usage has brought the price down to one-

sixth of its original figure. Many physicians and the unsuspecting public have by now been geared by propaganda to use this drug for any and every malady for which there is no accepted standard remedy.

We have seen many new discoveries in *Materia Medica* flash like brilliant comets, only to fade out and be practically forgotten. In this boneyard of discarded sure-fire remedies may be seen a host of vaccines, serums and toxin mixtures, antiseptics, soporifics and laxatives, besides a myriad of narcotic-containing patent medicines to dupe the innocent sufferer.

One of the latter-day comets, remembered by many of us was the ill-starred sulfanilamide which caused so many deaths when a certain manufacturer made up an elixir of sulfanilamide and in his haste to market the product neglected to test it out on rats. The many deaths are a silent but ghastly tribute to the evidently many gullible practitioners who seize upon anything new in the hope that they may be termed astute miracle workers.

We now have evidence of an approaching change in the attitude of the more conservative-minded physicians.

The Army men found that the blood coagulations were speeded up to such an extent by penicillin that the blood taken from a patient for study clotted in the syringe before it could be expelled. Even more startling is the change caused in the nature of the blood clot itself when penicillin has been given orally or by injection. Larger doses are ever more hazardous. The clot does not retract, is dark and exceedingly viscous in nature.

It is quite possible that because of these alarming discoveries by the Army that the future use of the present "wonder drug," Penicillin, will be restricted legally.

COLDS

A survey made by the American Institute of Public Opinion found colds reported in one-third of American homes, with an estimated total of 18,000,000 persons affected. This means that approximately one person in every seven was suffering from the common malady whose cause and cure have baffled medical science since its earliest times.

The above item is all very amusing were it not for the poor sufferers. Here, again, we find our medical brethren barking up the wrong tree. It is sporting of them, however, to admit being baffled. Wonder if they ever heard of a few days of fast for the common cold! It isn't even necessary for one to know the reason for colds, the cure works just the same. If our medical brethren are really sincere in trying to find a cause, we suggest they look into the matter of overeating of starches, proteins, sugars, etc., especially the devitalized varieties that flood the market. Yes, folks, the condition described in the bulletin above from the American Institute of Public Opinion, is entirely UNNECESSARY. Wake up, and get on the road to health, by following Nature's laws. H. W.

MEDICAL FREEDOM

To properly protect the rights of the sick to get well and to aid the sick is a Christian duty and a duty of paramount importance. Our Saviour Jesus, the Christ, pointed out this fact to us because he made an important part of his ministry and teachings the relief of the sick.

The practice of healing was sanctified by the Master, and every physician of every school should recognize his responsibility by being honest and liberal minded so that the public should never suffer because of the narrow-mindedness of a few.

All advocates of Natural Healing are

thoroughly convinced that Medical Freedom is as important as religious freedom, and that every individual should have the right to select the mode or system of treatment deemed most efficacious to himself. The Naturopathic Physician is content to let his work speak for itself, and that results will tell the story. The Naturopathic Physician does not expect to compel the sick to take his treatment and does not believe in any class legislation that will take away from the individual the right to think and act for himself.

This is one of the fundamental freedoms, and the non-medical people all subscribe to this freedom. "That water seeks its own level" is axiomatic and any profession serving the public quickly loses its popularity when it fails to serve intelligently and efficiently, and consequently fades out of public approval. Truth is eternal and does not require bolstering by legal penalties.

C. N.

SOCIALIZED MEDICINE

It has been said many times by thoughtful men, and the facts bear out the statement, that it is not so much the indigents and low-income families who suffer from lack of medical care, in this country, as it is the middle-income groups. Indigents and low-income groups can get help from the country and township funds. The wealthy people have enough to pay for such care.

It is the middle-income people who suffer most. They have not the financial means for extensive medical care and hospitalization, nor are they in a low enough income bracket to get free help.

It is the middle-income people who often see the savings of several years wiped out almost overnight by medical and hospital expenses. The indigents have no savings to lose, but get their medical care just the same—if they choose to demand it

The primary demand for socialized medicine comes from those who think that medical and hospital expenses, not to mention dental profits and nurses' fees, are too high. They want lower prices, and they want some sort of "pay-as-you-go" plan which will guarantee them against the sudden incurrence of a monumental bill, or the elimination of several years' savings.

Unless the doctors themselves do something to guarantee the people an adequate health program and complete medical care, at prices they can pay, then the Federal Government is going to take over the job, and doctors will be working for Uncle Sam, in a completely regimented and state-controlled system. If America gets state medicine, with all its evils, it may be because the doctors themselves failed or refused to meet the challenge.

WEAK HEART

The heart is a powerful muscle, and subject to the same law that rules all muscles of the body. As the biceps muscles don't contract and relax of their own free will and accord, neither does the heart.

As all muscles are impelled into motion by nerve force acting on them, so is the heart. There is no exception to this law.

The strength of the heart depends on

the strength or the nerve force. Strong nerve force means strong heart. The heart weakens when the nerve force weakens. When the nerve force fails, the heart fails.

The heart stops when the nerve force stops. This occurs when any poison has paralyzed the nerves into in-action, as in the case of snake-bites, or poisonous fumes and gases sucked into the lungs in sufficient quantity.

Motor car exhaust gas in a closed garage soon kills when inhaled into the lungs, because it paralyzes the nerves. Of course it takes longer on highways to kill, because the gas is more diffused and less concentrated. But just give it time and it will do the job.

Tobacco smoke is not so powerful and deadly as motor car exhaust. It takes longer for it to paralyze the nerves and stop the heart. But just give it time and it will do the job.

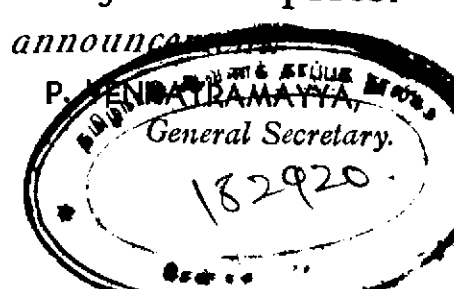
Sudden death in these cases is termed "heart failure" by doctors. The facts are, death results from paralyzed nerves, not from heart disease.

Some day the doctors may discover that heart function is the result and work of nerve action, of nerve force, nerve energy — atomic bio-energy—the Life Principle.

**The Eighth All India Naturopathic Conference
The Second All India Women's Naturopathic Sammelan
are post-poned sine die
since the arrangements are not yet complete.**

Watch this page for further announcements.

The Indian Naturopathic Association,
Bezawada, 5-2-1947.



The Indian Naturopathic Association

India's Premier National Organization for Health Propaganda

Its objects are:

1. To promote investigation into the origin and the true character of Evil and into Nature's Ways of eliminating it.
2. To foster the perfection of 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 Practice:

- (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 sanitariums 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 thereto and to bring them up in accordance with the principles of Natural Living.
- (e) To organise a corps of volunteers prepared to render full-time service to the cause of Naturopathy.
- (f) To found Naturopathic Societies wherever convenient, and to affiliate the same to the Association.

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