

The INDIAN NATUROPATH

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

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Vol. XVIII

BEZWADA, APRIL, 1947

No. 4

The Editor Speaks

NATURE CURE IN PRACTICE

The name of the patient is Mrs. P. L.

Her husband is a teacher in the High School. One fine morning she was brought to me by her husband. He happened to be my class-mate and an inhabitant of our village, now working in town.

I was given the following information.

She is a diabetic. She was having Ayurvedic treatment. Dr. S. a friend of the teacher was an Allopath practising Homoeopathy. The Allopathic doctor was also consulted and he treated her along with Homoeopathy. At a certain stage she had an abscess on the back six inches below the occiput. The abscess was near the right scapula. In spite of the Ayurvedic treatment and the Homoeopathic sugar pills the abscess was increasing. The Ayurvedic herbal poultices and the Homoeopathic globules did not improve her condition. In their anxiety they consulted the Allopath and he said that a six inch cross + was necessary. He did not guarantee a cure as the situation was grave. As there was no other proper place he advised them to rush to Madras and take the help of the experts there and that it was worth trying instead of rotting in the moffusil.

Then the husband of the patient thought of trying Nature Cure. When I examined the case these were the external conditions.

The abscess instead of being hot was cold. It was not red but violet. There was pain in the abscess and she was not having sleep due to the pain. The abscess was hard. She was having fever at all times and it was going up to 102° F. at night. Her tongue was coated and she had no proper appetite. When I took up the case, I was not well versed in Iridiagnosis. The abscess was on the right side and her facial expression showed an excess of encumbrance on the right side. Though she had stupid constipation, and bad digestion, her heart and lungs were almost normal. I had a faint doubt of her recovery and so did not guarantee a cure, as they are not certain of recovery even in other systems of cure, and they had no other course open to them.

They promised to follow my instructions to the letter.

I ordered a fruit diet for 15 days. She was having cold water enemas every morning followed by an abdominal hot wateromentation with a rubber bag for 15 minutes. The abdomen was cooled with

cold ablution. Then she took a Kuhne's friction sitz bath for 10 minutes.

Then the abscess was fomented with the hot water bag with water of 110° F. Then it was cleaned with cold water and sweating pack was laid over the abscess.

At 9 a. m. she was having her fruit diet.

At 3 p. m. she took again fruit.

From 3-30 to 4 p. m. I applied violet rays on the abscess through a chromo disc. Then the abscess was washed with dilute lime juice and the sweating pack was continued. She took a hip bath in the evening. She took fruits at 6 p. m. The sweating pack was renewed every hour.

In a week the abscess began to soften. A relative of mine was studying in the Medical College. That was the final year of the M. B. course. He saw her and thought that it was a cold abscess and no amount of treatment will be of any use. He dissuaded to continue the treatment and give up the case. But on persuasion of the patient's relatives I made bold to proceed routine course of treatment. In a fortnight the whole abscess softened and there was an opening at its top. From the top of the abscess the abscess spread up to 12" downwards. It was like a bag of pus. I waited for opening in the lowest part of

the abscess so that all the pus may flow down. Unfortunately the skin at its lower part is so thick that it did not give way. The pain was severe. The occasional application of the green chromo disc did only help in the thinning of the pus and did not help in its opening. The pain was very severe. After waiting for 3 days I made bold to press out all the pus from the abscess through the upper opening. That day she felt intense pain after the removal of the pus. The pain was treated with hot water fomentations and with blue disc.

Afterwards everyday pus was being pressed out of the abscess. Slowly the upper outer layer peeled off and the abscess was open, covering an area of 12 X 3". It was a ghastly look indeed. We treated the open wound with blue charged oil and linen. It took a full month for healing all the portions of the wound. It took one month more for the whole skin to resume the natural shape. To-day after 7 years she is still alive and if you see the back no trace of it remained. She is still taking jowar and vegetables along with an occasional addition of pulses and roots. She trespassed one or two times. She took rice and chutney with a result that the sugar re-appeared and she was re-treated to the jowar and vegetable diet. She takes seasonal fruits of the citrus family and she is hale and happy.

RADIUM TREATMENT

The editor of the Medical World (18th January 1946), commenting on the results of radium treatment taken from the Twenty-Second Annual Report of the British Empire Cancer Campaign, said: "The general practitioner is shy of radium treatment, because his experiences of it for anything like really severe conditions is often that they have been made infinitely more painful and extensive."

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The Nature and Function of Mind

By John H. Manas, Ph. D.

Beautiful surroundings and pictures, good books and harmonious music are some of the things which mould the mind of Man and make for real progress, peace and happiness.

One of the most controversial, least known and most misunderstood subjects today is that of "Mind". Webster defines mind as; "the intellectual or rational faculty in man, consciousness, intelligence, memory, soul". This is not exactly true. In the Greek language, for mind we have the noun "dianoia" and the verb "dianooumai". Both are composite words from the preposition "dia", which means through, by way of, by means of, and "nous", which is the thinking agent, or that which thinks in man, the human soul. Therefore, "dianoia" for mind in the Greek language means the substance or the instrument through which the soul of man functions in thinking.

This etymological fact brings us to the acceptance of a dual principle in man that, of Spirit and of matter. This dual constitution in man, the microcosm, necessarily brings us to the acceptance that God, the Macrocosm, is also of the same dual principle. In every thing in Nature, in the heavens, on earth, in all material substances, one sees two outstanding things, matter and motion. The latter is the phenomenon of an invisible force acting upon visible substance. Since this phenomenon is universal, in all heavenly bodies and in the atoms of all substances on earth, we come to the logical conclusion that this force is Universal, permeating all things and all beings in Nature. This invisible Universal force we call the Spirit of God, which, by acting upon Cosmic Matter, brings forth creation. In the same way the human soul as a spark of Divinity, an invisible force, acts

upon its four physical bodies, physical, etheric, emotional and mental. This explanation agrees with the Greek definition of mind as being a material substance through which the soul of man functions.

What is Thought

All persons who have evolved to the stage of being conscious of the independence of their soul from the shackles and the influence of their physical bodies can understand how the soul works through this finest material body in man, his mind.

Man receives impressions from the outside world through his five senses. These impressions are nothing else than vibrations reaching the mind through the brain cells. These mental vibrations and images the soul perceives according to its development and forms respective conclusions through its faculty of reasoning. It works like the movies. The man in the theater sees a series of luminous pictures on the screen. The soul of man sees similar pictures on the screen of its mind.

When man thinks, the opposite operation takes place. His soul, the thinker in him, creates its own pictures on his mind, or his mental canvas. As the painter paints, using paint, brush and canvas, what he sees outside, or what he sees inside in his mind, in the same way, the soul uses the faculties of imagination and visualization, and projects on its mental body, as on a canvas, the creation of its consciousness. *The product of this function of the human soul projected and taking form in its mental body, we call thought.*

and the operation by the soul we call thinking.

The faculty of the soul that compares several various mental pictures and seeks a harmonious relationship between them to its inner satisfaction we call reasoning. The painter who can paint the clearest and the most vivid picture with such an arrangement of the objects involved as to cause a pleasing feeling in the spectator, is considered the best painter. In exactly the same way, the soul that can imagine and create in the human mind (mental body) the clearest and most vivid mental picture with the most harmonious relationship to the human desires, motives, emotions and objects, is considered the best thinker. We, therefore, can see that thinking depends upon the development of the consciousness of the human soul, the training of the mental body and the thought materials available to the soul and its ability to imagine, to visualize and correctly to compare among several various mental pictures, or thoughts.

How Habits Are Formed

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

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

Evil thoughts are like weeds, or tare that our enemy sows in our field when we are asleep. The fact of this mental law proves beyond any doubt, that bad books, shows depicting murder and crime, obscene magazines, vulgar language and immorality can cause destructive habits to be created in the minds of weak souls, or the souls who are taken unaware by the incoming bad mental image. Thus these mental weeds find a way to take root and grow in the mental body, or mind of a person. On the contrary, beautiful surroundings, beautiful pictures, moral shows, good books and fine harmonious music certainly are the molders of the minds of persons for real progress, peace and happiness.

This was the reason for the many beautiful temples, statues, stadia, dramas, public dances, all kinds of games and festivals held regularly by all the people of the community in all cities and villages of ancient Greece.

How to have Peace and Happiness

From the above facts explaining mental laws in operation, one can clearly see the reason for our present day chaos, inharmonious, wars, unhappiness, sickness, poverty and all kinds of trouble in which humanity is found and is suffering today.

No man-made law or any human power can win over the tremendous soul force of the individual who was brought up or has allowed himself to acquire bad mental, emotional and physical habits. The nature of the human soul is continuous activity. This action is directed and expressed in society in good or bad deeds, according to the good or bad habits existing in its members.

The salvation of humanity as a whole today depends upon the creation of moral discipline in the physical, emotional and mental natures, or bodies of the individual, everywhere in the world. This is the only way out of the national, racial, social, economic and religious chaos of the world today.

N. P.

Soil Food v. Drug By J. C. Kumarappa

In human nutrition people recognize the difference between staple food and drugs. Usually the staple food is eaten in large quantities and it contains all the elements necessary for the human body in the right proportions or nearly in the right proportions. Milk for instance will contain fat, proteins, calcium and vitamin A besides other similar ingredients. But if for any reason the body of a patient needs more vitamin A than is found in milk because of some diseased state of the body, then to meet this need vitamin A may be administered in the form of some liver products, such as shark liver oil or cod liver oil. We recognize, therefore, that an ordinary wholesome food differs from medicines. The medicines are administered in small doses according to the needs of the particular patient and his condition. An old man may take a different dose of medicine from that of a middle-aged one, the latter would need a different dose from that of a child.

Again, certain drugs are used as stimulants when individuals want to go beyond their energy provided by nature by indulging in dances at night clubs. Such individuals stimulate their bodies to meet the extra demand of energy by taking injections of morphia and such other drugs. For the moment they appear to be full of vitality and energy, but a time comes when they suffer from the reaction of the stimulants. Therefore all persons desiring to lead a normal life without overstraining the nervous or muscular system will content themselves with a healthy use of energy produced by the normal food.

Medicines are indicated in the case of the existence of pathological conditions, while stimulants are harmful to the body as they overtax the system. Thus the staple food, medicine and the drug, each has its

own place and cannot be substituted one for the other. Food for the normal person, medicine for the sick person and the drug for the over-indulgent.

Similarly in plant life too we have these three stages. Plants like animals need food. They draw this food from the air and the soil through the medium of water. If the normal food that the plant requires is deficient in a particular aspect, that deficiency may be made good by a proper diagnosis and prescription. Also, plants can be stimulated like human beings with drugs too. But that is an unnatural situation. In nature much of the mineral substances needed by plant life is provided in some assimilable form by micro-organisms in the soil. These micro-organisms take organic matter and present it in an assimilable form fit for the plants. In this normal way the animals feed on vegetation and after assimilating that which is needed for the energy and growth they pass out the rest back to the earth and these micro-organisms in the soil convert such material back into plant food and so goes on the cycle in nature. Any interference in this by men can only be justified by the circumstances.

The natural staple food of all plants is farm yard manure and other organic matter. Such manures have in them certain elements termed auxins which help better assimilation of the food just as vitamins in human food help in the biochemical process. The auxins are indispensable for plant life just as vitamins are indispensable for human beings and farm yard manure and other organic matter are rich in these auxins.

Where the mineral contents of the soil may be deficient owing to flooding and washing away of certain mineral salts it may be necessary to supply that deficiency by introducing certain chemicals. But this is a

process which is analogous to medicine to the human body. Just as medicines can only be administered by a qualified doctor after a careful diagnosis with a prescription suited to the particular conditions of the patient, similarly this method of adding chemical fertilizers to the soil should only be adopted after a careful analysis of the soil and the requirements of plant life to be raised on that soil. Without such proper prescriptions given by a soil chemist to freely use chemical fertilizers would be as foolish as a layman administering medicine to a patient, and it may be equally tragic in its results. Artificial fertilizers, therefore, are not plant food but they are medicines to the soil.

Just as the human system can be stimulated beyond its normal performance by drugs such as morphia, similarly plants also can be subjected to an unhealthy enhancement of their growth and production by the use of drugs. Chemical fertilizers can produce this effect: but it is an unhealthy, short-sighted and unnatural state of affairs.

If our agricultural food production is to supply the normal requirements of the human body, the plants from which we draw that food must also be healthy, normal and well-fed. Any artificial stimulant or artificial feeding will naturally affect our food as we depend upon, specially in our country, so largely on plant life as food. Hence it becomes imperative that we should watch the food given to these, the medicines administered and the drugs supplied. If there is any undue dose at any stage it will ultimately tell on the health conditions of the human being.

New Zealand grows most of its food supply on soils manured by chemical fertilizers and it was found that the people of New Zealand were subject to catarrh, influenza, septic, tonsils and dental caries. Therefore, Dr. Chapman of the Physical

and Mental Welfare Society of New Zealand carried out some experiments in Mount Albert Grammar School Hostel and subjected over 60 boys, teachers and staff, to experimental feeding. The food was changed from the "chemically grown fruits, salads and vegetables to articles produced on farm yard manure and he reports: "There is a marked physical growth and freedom from other common ailments, and their dental conditions have improved." It may be noted here that during the last war when young men were examined for recruiting, over 40 percentage of the New Zealanders were found to be unfit because of defective teeth. This experiment gives the warning that, if the health of the people of India is to be what it should be, we must beware of chemical fertilizers. This is purely from the point of view of our food.

Looking at it from the needs of the soil, chemical fertilizers increase the acidity of the soil. Parts of Bengal and Bihar have already suffered from this. To make the fertilizers effective, it is necessary to apply it at a suitable depth and not as a top-dressing. Application of manures at some depth involves deep ploughing and copious irrigation. In our country where the major portion of the land is subject to the vagaries of the monsoon it would be a pure gamble to plough deep and manure the land with expensive manures only to find at the end of the season that the rains have failed. Our farmers are not financially well off enough to take the risks of this type of land treatment.

As we have already indicated earlier, before artificial fertilizers can be used on any plot of ground a very careful analysis of the soil and its requirements have to be ascertained. This involves a wide spread, well trained expert staff of agricultural chemists who could function as 'soil doctors'. Before we have such a

personnel available at every plot of cultivable land it will be sheer folly to put artificial fertilizers in the hands of the farmers. It will be like handing in poisons—drugs like opium, morphia, etc.—into the hands of ignorant patients without any control as to their use. Therefore, even if we wish to introduce fertilizers as medicine, the condition precedent to such a course will be the introduction of agricultural chemists in large numbers. In our country we have not got physicians even for human beings in sufficient numbers. Where are we to find soil physicians in greater numbers?

With these facts before us we regret to notice that our ill-advised Central Government is pushing on with the promo-

tion and extension of artificial fertilizer factories. In Bihar at Sindhri, a scheme for artificial fertilizer factories involving foreign machinery to the extent of Rs. 12 crores and other buildings and equipment running into a further 10 crores are being pushed forward. We hope better counsels will prevail and the suicidal schemes will yield place to carrying on researches on more healthy lines which will provide a considerable amount of the organic matter, that is going to waste today, as suitable manures to our fields. Only such a course will provide us with health—giving food and save us from the unscrupulous exploiters who, regardless of the harm they are causing the people, consider accumulation of wealth the one and only objective in life.

Infection in Leprosy Work T.N. Jagadisan

"There is a lot of false heroism connected with leprosy work. After all, leprosy is no worse than a lot of other diseases with which doctors are associating themselves constantly in general medical work." (Dr. Cochrane)

In greatly welcoming Shri Vinoba's appeal to doctors to take to leprosy work, I wish to state the more known facts about the incidence of infection by leprosy work. Perry Burgess, the President of the American Leprosy Foundation, sums up the facts in the following words:

"Despite the facts that among the many leprosaria, scattered throughout the world, thousands of well people, doctors, nurses and lay workers, have been in daily association with patients, the incidence of infection is very small. Reasonable precautions are taken as with any infectious disease."

The most publicized case is Father Damien, but contributing exceptional factors are not

known to the public. To quote the late Dr. O. E. Denny of the U. S. Public Health Service:

"The good Father never took any precautions against infection but lived surrounded by his sick parishioners, under un-hygienic conditions, his food prepared by leprosy patients, his clothes washed by them and even his pipe smoked by them."

Brother Joseph Dutton, Father Damien's successor whose work was largely medical and who spent 48 years at Kalaupapa, Molokai did not acquire the disease. Nor did the two nurses Mother Marianne and Sister Leopoldine, who served with Father Damien, acquire the disease. The biographer of Mother Marianne Dr. T. Wood Clark says:

The experience of Mother Marianne and her associates and followers has taught the medical profession a lesson of great value. They have proved beyond question that if sanitary precautions are properly carried out,

one can spend his life among leprosy patients with impunity. They have, by their example, demonstrated the important truth that leprosy, while infectious, is not contagious."

In the 78 year old history of Kalaupapa there has been only one other case besides Father Damien's of infection by leprosy work. It was that of Father Peter hailed as "Father Damien's prototype." But he had only a small, dark, elevated spot high up on the forehead. He was operated and the spot removed. He has continued ever after to be clinically and bacteriologically negative. Today at 73 he is an active worker at Kalaupapa.

Culion in the Philippines, founded in 1907, is the largest leprosarium in the world with many hundreds of employees, nurses and physicians. Only two cases of institutional infection have been so far reported—a priest and a labourer. The labourer developed the disease one year after arrival and as he had a brother as a patient in the colony it was easily established that the infection had happened before his coming to the colony. According to medical reports the diagnosis of the priest was doubtful.

The evidence of Dr. M. Carreon regarding the San Lazaro Hospital, Manila is very interesting:

"From the time the present San Lazaro Hospital was founded 264 years ago up to these days, no physician, nurse or attendant has ever been known to have developed leprosy."

Medical and missionary literature frequently refer to the instances of Father Boglioli of New Orleans, Father Daniel of Brazil and Mary Reed in India. Father Boglioli, the Italian Chaplain of Charity Hospital, New Orleans, sometimes called "the Father Damien of Louisiana", is the only person known to have contracted the disease in the long history of the hospital. In 1879 there was a ward of 15 leprosy

patients, attended daily by physicians and nurses. It is interesting that while none of the physicians and nurses contracted leprosy, Father Boglioli who administered religious rites to two patients in the ward and visited the ward from time to time should have acquired the disease. Father Daniel is said to have contracted leprosy in a similar manner. Eminent authorities have stated that both these cases are scientifically questionable. Dr. Christobal Manalang believes that the nature of their contact as priests administering religious rites to patients lodged in a hospital does not warrant belief in institutional infection. He believes that they could have harboured infection prior to their institutional contact.

Mary Reed worked for 7 years as a missionary in India but not in a leprosarium. Then she returned to the United States and discovered that she had leprosy. She returned to India and worked in leprosaria. She recovered from the disease without treatment and lived a life of active services till 86. Dr. R. G. Cochrane thinks that her leprosy was so slight and benign that while her devotion to the cause deserved wider fame her leprosy was certainly not worth at all the publicity it has had.

In the history of Carville (Louisiana), which is completing its 52nd year, no member of the medical or nursing staff has contracted the disease. One non-medical employee, not having much direct contact with the patients, is reported to have had the infection. Perhaps he did, and that would be only a very small incidence—one case in 52 years. But as the worker came from a highly endemic district there is reasonable doubt as to whether he had not been infected in his earlier years before coming to work in Carville.

In reviewing the cases of institutional infection in leprosy one is struck by the fact that few or no cases concern physicians and nurses. Their contact is far greater

and more intimate than that of the clergy. As a rule, however, they have observed nothing more than the usual sanitary precautions taken in any general hospital. Dr. William Brady can well assert:

"Hansen's disease (leprosy) is feebly, if at all, communicable through ordinary human contacts and that the place where one is least likely to contract the disease is in a properly conducted Sanatorium."

The doctor who takes to leprosy work today does not need to fear infection. Nor need he intoxicate himself with the belief that he is on the road to martyrdom. Let us in all humility learn the lessons of Father Damien's example, but let us not play upon the theme for dramatic effect. When six Franciscan Missionaries left the United States to work in a leprosarium in Australia, the New York Sunday Mirror

(October 8, 1944) broke out with lurid head-lines: "N. Y. Nuns in living suicide by contact with leprosy: The same inevitable tomorrow awaits those heroic missionaries of mercy as Father Damien who came under the insidious touch of the disease." This is sensational but unscientific. Leprosy is difficult to acquire except in childhood and in an endemic environment. Inoculation with heavily bacillated tissues have failed to produce leprosy in those experimented upon. Father Damien is only the exception that proves the rule and there are sufficient reasons explaining the exceptional occurrence. It now needs far less heroism or none to take to leprosy work if one weighed the facts and shed the fear. But if the fear and the glory are gone, the opportunity of service still remains.

It pays to Fight Dr. Benedict Lust

The world loves a fighter. From the earliest days, the man who could "dish it out" and who could "stand the gaff" in return, has won the admiration of the multitude. And this is well. Too many folks are inclined to knuckle under when things go against them and, as the saying goes, take it lying down.

But the fighter—the true fighter—never bends his knee to adversity. He dies on his feet and refuses to exist as a slave. And from these fighters the world has obtained what progress it has enjoyed.

The timid folks on the side lines—the watchers—the waiters—the wishful thinkers—have never contributed anything worthwhile to man's welfare. And they never will. It is the players who really achieve success—never the cheering audiences. True, fighters make enemies—lots of enemies, but the fighters' characters can be honestly judged from the type and variety of the opposition

arrayed against them

Enemies do not mean that a man is wrong. Enemies simply indicate that the fighter had the back-bone and the guts to stick up for what he believed irrespective of whom he might offend. The folks who have no enemies—who never tread on anybody's toes—never do anything of real worth. They are the railbirds of life—the onlookers—the colorless persons. They are the first to cheer the winner in any field. Likewise they are the first in trying to tear the laurels from his brow. They never build what they do not later seek to destroy.

With organizations, the same rule holds true. The fighting organization is the organization that gets places and does things. But a two-fisted, red-blooded group which surges ahead against all opposition is an exception. Such organizations are as scarce as hen's teeth. Far too

many groups start out with high ambitions — high aims — and with splendid principles only to end up behind the theoretical stone-wall of inactivity which has been erected by the pussy-footing majority of their membership. Too many organizations — ripe for battle — led by conscientious and well-meaning individuals — are quickly stymied by a craven membership of ne'er-do-wells — parliamentary experts — and limelight strutters — members who talk loud and who do nothing but ham-string the fighters. Too many meetings are merely the gathering ground of bickering, squabbling nitwits who, because of their number, monopolize the floor and spew asinine ideas in an endless stream thus filibustering the efforts of the "doers" and making the whole organization rock with discord and doubt. You have all seen such gatherings and have listened to the mouthings of these self-appointed orators who so usurp the stage and stagnate intelligent action, that the fighting members quit the organization in disgust.

During the past 50 years, too many organizations have been misled by clap-trap truisms. Too many organizations have adopted, as their slogan, that old moth-eaten idea that: "You can catch more flies with sugar than with vinegar." These organizations have tried to adopt that "sugar" method in their dealings with Modern Medicine. It didn't work and it never will work. Modern Medicine goes on the theory that you can kill more flies with serums, poisons, vaccines and court proceedings than you can with cream-puff boxing gloves. Therefore, the followers of Hippocrates have become immune to the "sugar" treatment from any source.

Modern Medicine differs from the Nature Cure as oil differs from water. You cannot mix the two. The only way for the Nature Cure to win is to realize the basic truths about these differences and to stand on its

Constitutional rights. Drugless healers, to succeed, must adopt the militant policy of fighting fire with fire. Where this has been tried — and really followed up — the Naturopaths have won. Not only that, but drugless therapy will continue to win when backed by such a spirit because Truth is much stronger than Deception — and the Nature Cure is the true healing art.

Of course, thanks to the Almighty, there are a few organizations built by fighters who do not permit their members to "Milk-toast" them out of their belligerent spirits. To those organizations we can all doff our hats in veneration.

One such organization is the group that is fathering physiotherapy under the able leadership of Dr. Harry Francis of Indianapolis, Indiana. No, that organization is not a perfect one — it is not always right in its endeavors. It makes mistakes the same as any group, but in spite of its shortcomings, it must be classed as a fighting organization — a punching organization — an organization that meets all foes unafraid. That group early learned that the greatest barrier to the progress of physiotherapy was in the nature of legal difficulties. So it wisely hired a capable, two-fisted lawyer by the year and consistently followed the advice of such counsel. That organization therefore does not hit in the dark and hope — against hope — to be able to mend its broken fences when they appear. Not at all. That organization lays its programs carefully and, once settled upon a plan of procedure, it goes ahead come hell and high water. As a result, it has to take no one's dust and when it hits, it hurts. More power to that group.

Then in New York State there is another militant group — a group of scrappy Chiropractors. This Eastern organization has weeded out all internal rows and saves

its power for the real enemy of Chiropractic. It also has a competent lawyer at its elbow and under the leadership of Enos C. Olson, it has become a real force. The fact is, that although Chiropractic is not a recognized profession in New York State, Modern Medicine has already found that it is extremely unlucky to try to haul in any of its members. Perhaps the immunity of these members — some 600 of them — is just a coincidence but whatever the situation, it works out mighty nice. Experience has shown that when one of these members happens to fall in the toils of unfair medical laws, the lawyer is right on job and the other members swing into action to give what help may be necessary. That is the sort of co-operation that counts.

That is the sort of co-operation that wins. That is the sort of a group that the lay-public has to admire, no matter what private opinions may be held as to the merits of the controversy between Chiropractic and medicine.

Every drugless organization could be like these two. But it takes fighters — it takes backbone — and above all, it takes a membership that will, as a unit, back these fighters to the limit. Every group of Naturopaths in this country could be a fighting group — a worthwhile group — a group of doers. Such a condition is not up to the leaders — it is up to each and every individual member of the group. Yes, the whole world loves a fighter — and that love applies to organizations as well as individuals.

—N.P.

Measurement of Health P. G. Shah.

Health is the most precious possession of an individual. Woe be to the nation that lets its individuals neglect their health! With the dawn of freedom in India, it has become our paramount duty to see that the country and its people are steadily advancing to A 1 standards from the existing low level.

The last war has proved beyond doubt the root causes of the problems of health in India. They arise mainly from poverty and malnutrition; while dirt and squalor arising out of insanitary conditions lead to epidemics and infectious diseases with attendant high mortality and morbidity. On the other hand ignorance and indifference accelerate each one of these difficulties. The recruits who would have been ordinarily rejected on account of poor physique, after a few weeks stay in fair though not ideal conditions in military camps and after proper feeding, have come up to the normal standards. The achievements of the Indian

soldier in the last war, in matter of physical endurance, military discipline and general efficiency have removed the superstitions about military castes and have established beyond doubt that the physique of the Indian is capable of giving results which are in no way inferior to the performance of Western soldiers who had the advantage of generations of previous training and experience. To obtain similar results for the ordinary civilian population there should be no difficulties except the lack of effort and finance.

The average span of human life in India is 23 years against 61 in England; the infant mortality is as high as 267 per 1,000 in some areas while in England it is only 60 and in New Zealand only 30 per 1000. The average height, weight and chest measurements in India are much lower than those in other countries and though we may not aspire to breed a race of giants, we must take a periodical review of the average

measurements which our people are able to attain. For this purpose standard biometric surveys should be started throughout the country. These biometric surveys should be initiated on a uniform basis under the auspices of a Central Biometric Institute laying down uniform standards of measurements in a number of categories e. g., height, weight, chest expansion, blood pressure, lung capacity, haemoglobin percentage, white blood corpuscles, red blood corpuscles, intake of proteids, carbohydrates, fats, and vitamins. These measurements will require some laboratory equipment and can be possible only in large cities. Physical fitness depends also upon emotional balance and it is possible to measure this by a record of various phases of discipline, co-operation, altruism, inhibition and persistence. The perfectly healthy person ought not only be physically fit and alert to protect himself and his family, to be efficient in his work, but to be of highest service to the society in which he lives. Such Biometrical laboratories should be provided in each of the provincial cities and also in the larger district towns.

The villages and smaller towns may be expected to prepare biometric data on the basis of their limited resources and watch whether the physique of the locality is showing the correct upward trend. For this purpose the village school master need be supplied only with a measuring tape, the common village weighing scale being utilized to determine the weight. With the measurements of height, weight and expansion, sufficient data can be obtained to arouse the health consciousness among the

villagers. Village competitions, teluka competitions and district competitions of feats of physical valour organized under physical education associations, athletic associations etc., would provide useful materials for such statistical compilation.

The help of health centres for families suggested for the cities may be extended to rural areas. The city centres are intended to take up the family as a unit and would cover the functions of medical examination of children at schools, of maternity and child welfare centres, and of helping the average wage-earner and the housewife in their health problems. The city health centres may send out a travelling staff to individual villages for making health surveys and collecting reliable health data. Such Health Clinics or Centres working in association with the Government and Municipal Departments and under the guidance of Central and Provincial non-official Biometric Institutes will provide reliable records of measurement of health. From these records it will be possible to compare Indian standards and averages with those for other countries and to suggest, if necessary, new standards for various regions and for the country as a whole. A Health Centre with the above ideals has been established by the Gujarat Research Society at Parekh House, New Queen's Road, Bombay, where medical examination and advice is given at present, without cost, to families undergoing complete health survey, including laboratory diagnosis and check of diet. It is hoped such voluntary efforts will be started in other parts of the motherland.

Donot be Nail Shy!

If you have been constantly embarrassed by brittle splitting nails, why not consider the possibility of a calcium deficiency? The nails as part of the tissues of the body, are affected by the presence of lack of calcium. So try to get more calcium and vitamin D into your body by eating vegetables and fruits containing calcium and vitamin D.

Fat Digestion and Its Disorders By A. L. Allen, N.D

This subject, of interest to us all, is effectively explained in a "straight from the Shoulder" manner by a wellknown Naturopath and Biochemist.

Fat in the diet is classed with the carbohydrates, because, like the sugars and starches, it consists of Carbon, Hydrogen and Oxygen and because it is a source of heat and energy for the body.

It is energy in a very concentrated form, in fact, one ounce of fat contains more energy than two ounces of the carbohydrate sugar, or two ounces of protein.

Obtaining energy out of fat is a slow process. If we want to classify the carbohydrates according to the speed at which they release energy, we can do so by considering other fuels. In order to build a fire in a stove, we use first of all, paper. Paper ignites at the touch of a match and burns quickly for a short time. Then we have thin pieces of wood, which are ignited by the paper fire. They burn more slowly but set the thick pieces of wood on fire which burns long enough to ignite the coal which provides a slow lasting fire. In the body, the fruit sugars may be compared to the paper, the other sugars, honey, sugar, molasses, etc., are next in availability like the thin pieces of wood. The starches, needing at least two stages of digestion before they are available are still slower, like the heavy pieces of wood and then the fats provide a slowly released, long lasting source of heat or energy, like the coal. That is why a breakfast consisting of sugary fruits or fruit juice, a cereal with raw sugar or honey and toast with butter or peanut butter for the vegetarian, or bacon for the meat eater, gives such a well fed, satisfied feeling, which carries one along full of pep and energy.

Different fats contain different fatty acids. Some fatty acids are considered

ESSENTIAL fatty acids, because they are definitely needed by the body and have no substitutes. Experience has shown that the ability of the body to maintain normal health, to maintain normal growth as well as normal sex functions and reproduction depend on diets adequate in the essential fatty acids.

Fat Consumption

We Americans eat an average of about four and one-half ounces of fat per day. The amount varying considerably according to the seasons of the year, and the amount of actual work performed by the individual. About half of this fat is eaten as visible fat, such as butter, lard, vegetable oils and fish oils. The rest of the fat is eaten as hidden fat, such as the fat contained in eggs, nuts, grains, wheat germ, lean meats and fish.

While fats are a relatively expensive way to supply energy, their chief advantage is that fat supplies that satisfied feeling and because of its slow digestion, it provides lasting qualities which carry one over to the next meal without discomfort. That between-the-meals hunger may be just a habit with some people but very often an extra pat of butter with the meal will help to overcome the habit.

Fat Digestion

By digestion we mean that a food is split up into particles or forms which can be used by the body.

The stomach supplies a small amount of the fat digesting enzyme, lipase. But as lipase is only active in a neutral or alkaline

medium it is possible that fat leaves the stomach with very little change, except in persons who suffer from a hydrochloric acid deficiency. The stomach does however manufacture an enzyme, secretin, which is a sort of prompter, in that it starts the flow of bile from the liver and lipase from the pancreas when the stomach is ready to empty its contents into the small bowel, where fat digestion takes place.

The walls of the small intestine are thin, about as thick as an ordinary piece of wrapping paper. But they consist of nine different layers of villi, lacteals, cells, membrane and muscles.

In the small intestines all food is mixed with various enzymes, churned and moved along by the rhythmic contractions, about 10 per minute.

For the digestion of fat the liver supplies bile which consists of bile salts, bile pigments, cholesterol, lecithin and minute quantities of other substances. The role of the liver in supplying ample quantities of bile is important. Bile directly helps in the absorption of Vitamin K. It breaks down the oils and fats containing vitamin A, D and E. Fat is emulsified by the bile then (digested) split up into glycerol and fatty acids by the enzyme lipase, which is manufactured by the pancreas.

Many factors influence fat digestion. Among these we may list, the amount of bile, the amount of lipase, the proper alkalinity of the small intestine, etc. Soft fats such as butters and oils are easier to digest than hard fats which coagulate readily. This is one of the factors which affects the rate of absorption of the fats. The mind and emotions, such as happiness or grief, fear and hate, all play an important role in the amount of digestive fluids supplied by the glands of the body, the rhythmic propulsion of the food mass etc. Catarrhal conditions of the liver, gall bladder or pancreas affect the supply of pancreatic

juice and bile, and thus fat digestion. Inflammation of the small bowel, colitis, diarrhea etc, all effect the absorption.

While some persons try to confine their diet to vegetable fats and oils it should be borne in mind that vitamin deficiencies are likely to result from this practice as most of the oil soluble vitamins are found in the animal fats and are absent in vegetable oils.

Fat Distribution

When fat has been digested it undergoes further changes in passing thru the intestinal walls. About 40 percent of the absorbed fat enters the blood (the portal vein) and is carried to the liver, while about 60 percent enters the lymphatics to be distributed to different parts of the body. This distribution is determined by the various glands of the body.

Uses of Fat

Fat serves as an insulator and thus protects the body against extremes of temperature.

Fat also acts as a supporting material, holding stomach, bowels, kidneys, heart etc., in place. In inadequate diets, fasts etc., this supporting fat is often lost which results in loose (moveable) kidneys, dropped bowels, stomach etc.

Nature also uses fat to provide special pads where needed. Thus we have pads of fat in the palms of the hands and under the arches of the feet where they protect the nerves and blood vessels. Then we have fat pads in the cheeks which makes them soft and flexible thus aiding in eating and drinking. The sockets of the eyes also contain special fat pads which provide resiliency for the delicate eye balls, and finally nature generally provides ample pads for sitting by providing extra layers of fats on the buttocks. The female body generally contains more than twice as much fat as the

body. This distribution generally starts when the female reaches sexual maturity. It is influenced by the ovaries, and other glands.

When the body needs the fat as energy the thyroid gland makes it available. This action of the thyroid gland is due to the iodine content of its secretion, thyroxin. In so-called goiter areas where soil, soils foods and water are deficient in iodine, one finds much obesity. Incomplete digestion or utilization of fats is responsible for many cases of vitamin deficiencies, dry scaly skin, eye diseases as well as skin cancers.

If you want to digest and utilize your fats you should follow a few simple health rules. First:—Keep your liver active—many types of exercises will help you do this. Second:—Keep your liver CLEAN—over-eating, especially of dead, devitalized,

demineralized, mucous forming foods and CONSTIPATION are the principle offenders in this respect. THIRD:—Keep your liver and pancreas healthy—Vitamin and mineral deficient diets will quickly produce a sluggish liver and inactive pancreas. FOURTH:—Provide plenty of oxygen, for oxygen is like the draft in a stove or kerosene lamp, present in ample quantities it gives good combustion—when it is deficient you get a lot of smoke and clinkers in the stove as well as in the body. Right posture, proper breathing will be helpful.

If these measures do not help, then it is high time you found out what your body does with its fats as well as other foods by going to your Naturopath—Biochemist who is qualified to test your blood, urine, stool, etc., for a scientific determination of your difficulties. N. P.

Gleanings

Human Serum

While normal human serum is presumably the least toxic therapeutic agent that can be used in attempting passive immunization of children, the opinion that such serum can be injected without danger into children is not justified by clinical experience."

If this be true of human serum, then it is obvious that the peril increases greatly with the use of animal serum. The danger is not only immediate, but may be also remote. That well-known compendium Chemistry in Medicine points out this fact:

"The child that has been saved from an attack of diphtheria by diphtheria antitoxin may be sensitized to horse serum, its vehicle; should a common accident of childhood, a torn hand or leg require protective antitetanus treatment for the same child, he may stand in positive danger of death by anaphylactic shock from the vehicle, horse serum."

If there were no other method of healing, there might be some justification to undergo the risk of vaccination. But there are other healing methods, drugless healing methods that have highly successful in treating illnesses which the medical profession treat with dangerous serums

Ch J.

Stomach, Man's best Friend.

The stomach is indeed a wonderfully made machine. And the work which it accomplishes under the most adverse circumstances which it is compelled to undergo, is nothing short of marvelous.

There are various grades of machines. The flour machine is made for grinding flour; the stone crusher is made for crushing rocks, but the human stomach is used for flour mill, stone crusher, etc. The stomach is turned into a cesspool, a garbage bag, a receptacle for fiery drinks and all the drugs that man discovered. It is compelled to accomplish things for which it was never intended. Teeth are put in the mouth to chew food but food is forced into the stomach half chewed and the stomach is worn out doing the work which the mouth and teeth should do, besides it is a waste of fuel to force half-chewed food into the stomach.

The alarming constitutional troubles that arise from a disordered stomach is due to the fact that we have only one stomach, is due to the fact that we have only one stomach, and when that gives out the entire body is in a state of collapse. N. P.

The Cocoanut

The cocoanut kernel is exceptionally rich in fats. The ripe fruit contains over sixty per cent of fats and the rest consists of proteids and carbohydrates. Cocoanut also possesses the qualities of radium and its healing powers over all kinds of illness and abnormalities are due to this property.

Cocoanut is a perfect food. Man can live exclusively on it. August Bethmann and August Engelhardt in *The Carefree Future* have recorded an interesting

Fasting

Everybody but a poet needs an appetite. Doubtless the poet needs one, too, but he wouldn't know what to do with it. There's a man out West who boasts in his magazine how he fasts about half the time. Ah, so? There have been occasions when I didn't have money enough to get the holes patched in my shoes. But I didn't wear vain-glory — wore galoshes. When a man proudly displays his principles. You may know he's using them for patches. Poor beggar, I suppose they do look more decent than the apertures they cover.

There are just two excuses for a protracted fast — physical disease or spiritual stress. And in either case, once should suffice. To fast a second time is to prove the first a failure. I have fasted a month at a stretch. I shall not repeat the experience, unless I choose to relinquish the world and live in seclusion thereafter. The experiences that repeat themselves are but the lessons we would not learn. Get the good and go on — that is Fate's eternal monition. The Fasting-habit is a continuous confession of a dilatory soul. N. P.

Dr. Surendra Prasad
Grg. M. D.

experiment carried out by them on one of the South Sea islands (Kabakon?) which runs thus:—

"They lived solely on the cocoanut for ten years, and just one nut a day seemed to have been quite sufficient both to appease hunger, and keep them in perfect health and happiness. They knew not a day's illness and, so far as physical fitness was concerned, were each a match for more than two."

NATUROPATH

My personal experience shows that cocoanut is excellent food for mental workers. Milk and ghee can be replaced by its use. Cocoanut is both assimilative and eliminative food. The taking of cocoanut combats constipation, the root cause of a number of diseases. It contains different vitamins which purify blood and strengthen the mind.

As regards its milk we find in the *Materia Medica of Indian Vegetables and Drugs* by Nadkarni. "Cocoanut milk is refrigerant, nutrient, aprient diuretic and anthelminthic. Cocoanut water is cooling, refrigerant and demulcent."

Generally people throw away the water of raw cocoanut. But it is a mistake.

Cocoanut water mixed with pure honey is a very refreshing beverage.

Some persons are under the wrong impression that cocoanut kills hunger. As a matter of fact wrong method of taking cocoanut is responsible for unfavourable results. Nuts should not be eaten as a luxury, but they should form part of the principal meal. They may be eaten with fruits. In order to reap the best out of fruits and nuts one should take them instead of *roti* or rice. I myself have been taking cocoanut and fruits in the morning and principal meal consisting of *roti* and vegetables in the evening (afternoon) to the great advantage of my health.

Permanent Memorial to the Father of Naturopathy

Since the death, in September 1945, of Dr. Benedict Lust, acknowledged founder and father of Naturopathy in the U. S. A., admirers of his work in all parts of the world have demanded that steps should be taken to perpetuate his name and memory.

To fulfil these proposals, the Benedict Lust Permanent Memorial Association has been brought into being. Under the direction of Dr. Jesse Mercer Gehaman, an International Board of Chairman (of whom Shree Vithal Das Modi is one) has been appointed their task being to inaugurate, publicize and administer a memorial fund.

Their first task was to decide the form the memorial shall take. Such suggestions as the establishment of a Benedict Lust scholarship, the endowment of Chairs of Naturopathy in colleges and universities and the founding of libraries were fully considered, but the final decision was influenced by the offer of Dr. Lust's brother and executor to set aside a corner of the estate at Yungborn (the Nature Cure hospi-

tal on which so much of Dr. Lust's work was centred) whereon could be build an international shrine to the memory of Nature Cure's honoured father.

The shrine itself is envisaged as a great tower of stone from the countryside he knew and loved so well, on which will burn a perpetual light, symbolizing "The light of Naturopathy" and holding out promise of hope to suffering humanity.

The design of the memorial is in the hands of one of America's finest architects, and it was planned that the ceremonial laying of the corner stone should take place on September 5, the first anniversary of Dr. Lust's tragic death.

Readers of *The Indian Naturopath*, whether practioners or laymen who desire to acknowledge, in the form of a subscription to the fund, the debt owed indirectly to the Father of Naturopathy may do so through Dr. Vithal Das Modi, Director, Arogya Mandir, P. O. B. Sharatpur, (Gorakhpore) U. P.

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 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 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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Vol XVIII

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

No 5

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The Indian Naturopath

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

Vol. XVIII

BEZWADA, MAY, 1947

No. 5

The Editor Speaks

NATURE CURE IN PRACTICE

An Instance of Indiscriminate Starvation

On a hot May day, I sat in the Grandhalaya Press, going through the proofs. One gentleman from Utukuru came to me and requested me to follow him to examine and advise a patient in his village. I finished a strenuous pilgrimage by that time, and so told him that I could not follow him. He entreated me and finally made me consent to follow him.

In a motor lorry that was bound to his village we both travelled and reached Utukuru by 4 p. m. I saw the patient. He was almost reduced to a skeleton. For every 20 or 30 minutes he was forced to go to stools. On scrutiny I learnt that the quantity of the feces was almost nil and the pain in the attempt to defecate was horribly great. The anus has gone two inches inside.

On enquiry I learnt that for indigestion the patient was prescribed fasting in the Naturopathic Clinic at Morthota. At a certain stage the patient requested the doctor to allow him to break the fast. The doctor thought that a few more days of fasting would cure the indigestion permanently and a breaking of the fast at that stage might not completely help to arrest the disease. The patient yielded and followed his instructions.

After a few days more of fasting, the doctor thought that the fast might be broken and the patient was ordered a liquid diet, perhaps cocoanut water or sweet orange juice. At every attempt of this diet, the patient began to vomit. Dysentery began and the doctor could arrest neither dysentery nor vomiting. He finally intimated them about his inability to do anything in the matter and asked them to take him home. He travelled all the distance of about 100 miles and reached his native place. He is a carpenter and was a trustworthy worker for the village munsiff of Utukuru and the gentleman took all the trouble of getting me to the patient and he requested me for advice.

I had also not much hope in the case. But as a last resort, I ordered the sipping of an ounce of sweet milk. He did not vomit. I ordered another ounce of it after an hour. The milk was made warm to 100° F. In this way he was given 12 ozs. of warm sweet milk by 6 a. m. next day.

I gave them the following instructions and went home.

On May 10th.

2 ozs. of warm sweet milk at 8, 10, 12 a. m. and 2, 4, 6, 8 p. m.

On May 11th.

4 ozs. of warm sweet milk at 6 a. m.
10 a. m. and 2, 6, 10 p. m.

On May 12th.

6 ozs. of sweet warm milk at 6 and
12 A. M. and 4 and 10 P. M.

On May 13th.

6 ozs. of sweet milk at 6 A. M. 2 ozs.
of rice was to be cooked and given along
with 8 ounces of cooked vegetables at
11 A. M. Another 6 ozs. of milk to be taken
at 6 P. M.

From 13th to 20th May the pro-
gramme was to be followed. In this period
no cold water applications were to be taken
as treatment. Even the daily bath was to
be taken in lukewarm water at 100° F.

From 20th May onwards, he was ordered
daily two meals of rice and vegetables and
a fruit diet at 2 P. M.

I asked them to make the patient follow
the instructions; write to me about the
transformations of health and to seek my
advice at any stage if necessary.

I did not hear anything about him for a
long time. I thought the patient might
have exhausted his vitality and that he might
have collapsed.

At about the middle of July it was rain-
ing on one day. I was playing with my
children in my house at Dantalur.

One middle aged gentleman came in
and prostrated before me. I did not recog-
nise him. I enquired who he might be.
He told me that he was the same man with
whom I had left my instructions of treat-
ment at Utukuru and he was the same
carpenter. He could walk all the way of
6 miles from the railway station, only to
pay me his namaskaram of gratitude.

He followed my instructions to the letter
and his dysentery ceased at the end of the
first week. Every drop of milk and every

morsel of food was well assimilated and he
grew healthy and strong. His old indi-
gestion has perfectly gone and he was
O. K. in all respects.

A few comments are needed in this case.
The Sadhu Raghavendra of Morthota had
done well in ordering a fast. But instead
of prolonging it too long had he broken the
fast a little earlier, there would not have
been the anxiety in the treatment.

In a number of cases, a fasting need
not at all be resorted. It may be safer
also to feed the patient juicy fruits of the
citrus or the grape family or cooked or
uncooked vegetables instead of resorting to
a risky fast.

If the doctor is well versed in the
art of diagnosis and the science of dietetics,
he can trace out the cause of the disease
and eliminate the particular causative factor
of the diet and feed the remaining factors
of diet safely, for the benefit of the patient.

To express myself, I shall illustrate a
few cases:---

1. Take diabetis, for example. Every
one knows that the carbohydrate excess
is the main cause of the disease in most
cases. Instead of ordering a regular fast,
I often prescribe a fasting, with exclusive
vegetable or fruit diet, of course fruit diet
is the best. Oranges, batavias, santhras,
grapes, apricots are the best fruits of diet
in the beginning. After the condition has
sufficiently improved vegetables may be
added. Finally jovar may be given for the
main meal along with vegetables.

2. Suppose a patient is suffering from
a nasty skin trouble. Instead of a regular
fast, I often keep him on fruits for 3 to 6
weeks and bring him slowly to this accus-
tomed diet. It may take a little longer
for the treatment; but it is always safer
and surer.

In a number of diseases, the cause is
often the diminution of live organic mine-
rals in the body. In a regular fast the

body does not lose its toxins alone; but
the mineral quantity also is diminished. At
times the body will not be then able to
throw away the toxins from the body.
When fruits or vegetables are given as
food on the other hand, the body will be
able to keep up the alkaline level of the
body and will be able to reject the impu-
rities from the system.

By this, I do not mean that fasting has
no place in the art of healing. In almost
all acute diseases, the body does not need
even the small addition of the fruit or
vegetable diet. Even in such cases Dr.
Henry Lindlahr says that juicy fruits act as
medicines and the cure is effected more
speedily.

In their zeal some Naturopathic doctors
are resorting to indiscriminate fasting. The
convalescence, after an overdone fast, will
be too long and psychological effects will

often be very severe. With less restricted
dietetics on the other hand, the psychology
will not be disturbed and with hope and
enthusiasm the patient will be willing to
follow the instructions of the doctor.

In a case of fasting which I observed at
Bheemavaram, the patient suffered very
severely with nausea and vomiting. Even
drinking of water brought about vomiting
and even cold air was sufficient to cause
nausea and headache. In such cases, we
should always take a longer period for
treatment. We must take care that the
psychology of the patient is considered
well, before plunging into fasting.

The article is based on facts and no
illwill is intended nor the honesty or effi-
ciency of the doctors in question is doubted.
I have shown only another side of fasting,
which I hope, will be of much use to the
public.

What is Progress? By J. C. KUMARAPPA

The idea of spreading large scale indus-
tries seems to be associated with being
up-to-date, scientific and progressive.
Correspondents often harp on this and
enquire if the discouragement of textile
mills and banning of rice mills are not
putting the clock back. Hence it is profi-
table to spend a few moments to ponder
over what is progress and what is
scientific.

Today, the public may be made to
believe anything provided they are told
often enough what to believe. Propaganda
has become a science and is casting all
individual thought. Even education in our
colleges and schools is taking the form of
promulgation of undigested half-truths.
When rightly understood, science is the
basis of all village industries, and village

industries afford the fullest scope for
scientific research and application.

WHAT IS SCIENCE?

Science is not the creation of man.
Nature works in well-defined grooves
according to immutable laws. When man
understands these laws and reduces them
to a system of knowledge, we call it
science. It follows, therefore, that any
course of action to be termed scientific
should conform to nature in all its bearings
and where we deviate from nature, to that
extent we are unscientific. Man may
understand vaguely the lines on which
nature works, and make use of that partial
knowledge for his own purpose, deviating
by so doing from the course ordained by

Nature. Such deviation will lead ultimately to his own destruction because he himself is a product of nature. Destruction so caused may be at his own hands or through malapplication of a partial understanding.

PROGRESS

Progress signifies both the search after knowledge and truth as found in Nature and its application to satisfy human needs. In the measure in which we are able to pull alongside nature's dictates, we shall be progressing in the right direction. But in so far as we are pulling against the course of Nature, we shall be creating violence and destruction which may take the form of social conflicts, personal ill-health and the spread of anti-social feelings, such as, hatred, suspicion and fear. From these symptoms we shall know whether we are progressing scientifically or not. If our course of action leads to goodwill, peace and contentment, we shall be on the side of progress, however little the material attainments may be and if it ends in dissatisfaction and conflict, we shall be retrogressing, however much in abundance we may possess material things.

ECONOMIC ACTIVITY

The activity of man to satisfy his elementary needs must, therefore, not merely produce the material goods but should also be conducive towards the growth and development of his own personality. When a man eats food it does not only satisfy his palate but replenishes the waste products of his body, maintains it in good condition and allows for growth and further development. If the food that he ate only satisfied the palate without contributing to the two other aspects of his needs, it will be of no use. If a person drank water sweetened by saccharin all the time, however much he may like the sweet

taste, he cannot enjoy good health and strength as all the elements necessary for his body building, maintenance, replacement of wastage are not present in proper proportions. Taste is a good thing but it is not all. The main function that food plays is performed after it has left our palate. It is the manner in which the food gets assimilated in the body that is going to tell ultimately. Similarly, work also must not be judged by its outward appearance, nor by the quantity of things produced. Work should develop the human personality and be as food to all the human faculties. When we, through greed or false notions on a wrong sense of proportion, interfere with Nature hoping to obtain short-cuts, we generally end up by being wasteful. Nature does not believe in short-cuts. The mills of God grind slowly. Hence in our hurry, we often bring destruction on our heads and we imagine such quick results to be a sign of progress.

FOOD

For instance, nature packs up all nutritious articles, e. g., foodgrains, fruits, etc., carefully in such a way that the ingredients are kept intact and in proper proportion as will be necessary for the users. But when we destroy Nature's packing we create counter influences which also destroy the value of food.

Rice, to cite one example, is packed up well in the husk, coated with bran and equipped with pericarp and the grain. When this is to be eaten all that we have to do is to dehusk the rice. Such dehusked rice, because of its nutritive nature, will be attacked by weevils, vermins, rats, etc. Therefore, when we require rice we should dehusk what is needed at the moment and keep the rest as paddy. Then alone we get the whole benefit from eating the cereal. But man in his hurry uses a rice

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Fraud of vegetable ghee S. N. AGARWALA

When Dr. Hasan, the Minister for Public Health, Central Provinces and Berar, was asked the other day in the Provincial Assembly, whether the Government intended to impose restrictions on the sale of vegetable *ghee*, the Minister replied, "The Government is advised that it will not be in the interests of public health to prohibit the sale of 'pure' Vegetable *ghee* or to tax it to raise its price."

I was extremely surprised to read this report. Only a few weeks back Mahatma Gandhi, in the columns of the *Harijan*, emphatically condemned the sale of vegetable *ghee* (*vanaspathi ghee*) and described it as a great "fraud" on the public. Even from the scientific point of view, it has been now established beyond doubt that vegetable *ghee* is injurious to health. It is, therefore, astonishing that the Minister for Public Health should not realize the gravity of the situation.

In this connection I cannot do better than quote the following portions of a symposium on the subject of vegetable *ghee*, held during the Science Congress week at Bangalore last year:

"The problem of the nutritional value of vegetable *ghee* was discussed in all its bearings and it was felt that the widespread and unrestricted employment of vegetable *ghee* in the Indian dietary, in the absence of an authoritative and trustworthy pronouncement of its nutritional value or at least its innocuousness, was fraught with danger to the national health. As Professor Damodaran of Madras pointed out, it is curious that in spite of the growth and prosperity of the industry, there was little information regarding its nutritive value. Powerful vested interests have no doubt conspired to ignore certain facts about

vegetable *ghee* since they would adversely affect their industry.

"It is fortunate, however, that a few scientists in this country have interested themselves in the problem of determining the nutritional values of the product. Dr. V. N. Patwardhan (Bombay) who spoke at the symposium revealed that vegetable *ghee* adversely affected the growth and the reproductive function of animals. His researches have demonstrated that litters of rats bred and maintained on vegetable *ghee* as the only source of fat, suffer from infantile mortality and the few survivors do not grow well. Dr. Patwardhan said that of the fats he investigated butter stood out as the fat *par excellence* viewed from any angle — growth, maintenance, reproduction and lactation. No particular nutritional advantage was derived by hydrogenation of a vegetable oil since the untreated oil was equally nutritive. On the other hand, information available from other sources indicated that the ill effects of hydrogenated oils may manifest themselves in the second or third generation of animals brought up and bred on diets containing hydrogenated fats.

"The refining and the hydrogenation of oils — the two essential processes involved in the production of vegetable *ghee* — are probably responsible for 'devitalizing' the oil and for depriving it of all the essential vitamins, unsaturated fatty acids and other growth-factors. Insect feeding experiments, conducted by Miss De Souza in the Section of Fermentation Technology, Indian Institute of Science, support this fact.

"From the nutritional standpoint, the refined and hydrogenated vegetable *ghee*, whose popularity is reaching dangerous proportions, is not only inferior to *ghee* made from butter but possibly harmful to

the consumer. The verdict of the scientists who participated in the discussion was clear and unambiguous. Consume butter if you can afford, otherwise take any of the ordinary edible oils, without any treatment, as the next best."

The production of vegetable *ghee* is indeed one of the worst forms of capitalistic exploitation of the masses and it is high time that the Congress Ministries realized the need for restricting its sale without loss of time. In fact the hydroge-

nation of vegetable oil should be immediately banned altogether. Advertisements deceiving the public into the belief that vegetable *ghee* is beneficial to health should be legally stopped. Those who cannot afford to purchase *ghee* should be induced to use pure vegetable oil and not '*ghee*.' It is, therefore, necessary for popular governments to educate public opinion on this point. The enlightened public should also raise its powerful voice against this crime against society.

Blindness at a price J. C. KUMARAPPA

We had already written about the evil effects of *vanaspathi ghee*. Sir S. S. Sokhey, Director of the Haffkine Institute, Bombay, states that experiments conducted in the Haffkine Institute on the nutritive values of hydrogenated oil show that

- (1) The consumption of hydrogenated oils resulted in inferior growth;
- (2) Their consumption interfered with the absorption of calcium in the body; and
- (3) Their consumption resulted in a change in the fat composition of the body.

Recently, in the Council of State, Dr. Rajendra Prasad stated that the Research Institute at Izzatnagar had reported that the use of *vanaspathi* was bad for health and affected the eyesight. Experiments conducted on rats show that the third generation of them become blind. In the light of these scientific experiments one would have thought that any Government with the welfare of the people in their mind would have banned *vanaspathi* out of the country and locked up the *vanaspathi* manufacturers as anti social beings. But India is tolerant even to the extent of hugging its evil-doers.

We understand that the Government is contemplating provision for the detection of adulteration of *ghee* with *vanaspathi* by adding 5% basic oil and colouring it. We fear that this will be absolutely of no use. *Vanaspathi* is generally made of groundnut oil cotton-seed or oil. The addition of these oils in a small proportion will be of no avail for detection. Scientists are of opinion that at least 10% of sesame oil (*til* oil) is the least amount that can be effective, and no other oils would be useful. Besides, the colouring can be removed at a very small cost. One wonders why there should be the need for all this circumventing of the issue.

It is clear that the expenditures incurred by these manufacturers are of no avail to the nation as a whole. They add nothing to the existing fat of the country. If anything, they decrease their assimilability by hydrogenation and to the extent they are destructive of the fat stock of the land. The fresh oils that are produced at comparatively low rates are acquired by these factories and at a cost which is often double the original cost; they destroy the natural food values and make the nation subject to

various deficiency diseases, and for this disservice the nation has to pay in the utilization of its manpower, capital and human effort. We are amazed at our action when we sit down calmly and think over the *pros* and *cons* in regard to this question.

In so far as adulteration of dairy *ghee* is the main objective of this industry it is a direct hit on the dairy industry. In a country which is largely vegetarian reduction of *ghee* consumption, however caused, will undermine the health of the people. The argument that Western nations use margarine will not hold in our country. Margarine is used like butter over slices of bread and in a temperate climate the hydrogenation needs to be carried out to a very little extent. In our country such a treatment will still leave the product in a liquid state. Besides Europeans obtain animal fats from various other sources as they are meat-eaters and their cooking is done mainly with lard (animal fat). Hence, any comparison with other countries is fallacious.

India's is a cow-centered economy. We reed cows for the plough, for transport, for carriage and for yielding milk. Hence, any measure that adversely affects the maintenance of the cow will also adversely affect our national economy. A correct view of the affairs in the proper perspective would make *vanaspathi* production equivalent to cow slaughter, and we hope at least those who venerate the cow will look at this aspect of the question consci-

entiously and refrain from an industry which is based on pure avarice ignoring all considerations of national welfare.

From the economic point of view the *vanaspathi* mills in so far as they enter the market for vegetable oils tend to put up the prices of ordinary oils. So the poorer consumers of vegetable oil have to pay a higher price for the only source of fat that is available to them. The well-to-do classes who use this hydrogenated oil pay a still higher price for materials which may prove even harmful to them and perhaps obtaining nothing in return even by way of fat if the digestibility is impaired by hydrogenation. Apart from the raising of the price of oils even under controlled rates, because of the advent of capitalists in the market, the tendency is towards black-marketing, which again has an injurious effect on the budget of the poorer consumers.

We are amazed at the recommendation of the Advisory Planning Board which has suggested the raising of the target of production of this article from 82,000 tons in 1941 to 400,000 in 1950. Are we thinking of industries as a means of making wealth for a few, or should our industries be the means of supplying the needed articles to satisfy human needs? Are there no moral considerations to guide us in this matter? Is our industrial policy to be devoid of all humanity? If so, we are heading for the jungle. We trust that no time will be lost in calling a halt as far as this industry is concerned.

FINDS FINGERPRINT REVEALS DISEASES

Portland, Me.—a person's health can be diagnosed by a microscopic study of fingerprints, Miss Esta Barr, of Boston, nationally known scientist and criminologist, said today.

Miss Barr said she could tell from fingerprint lines whether the person was in good health or suffering from arthritis, cancer, tuberculosis, or poliomyelitis.

"If every child in this country were fingerprinted," Miss Barr added, "those with polio could be discovered and treated before the disease was too far advanced."

Learn from the experience of others

[The Chinese have a proverb: 'A wise man learns from his experience; a wiser man learns from the experience of others' The following article by Louis Bromfield appears in the *Reader's Digest* of October last and teaches us the lesson that we in India at any rate cannot afford to trifle with the soil, but must deal with it gently and reverentially. — V. G. D.]

On a clear, beautiful day last spring I flew from Austin, Texas, to Chicago. Unrolled like a map beneath our plane lay a good part of the vast Mississippi Basin, once the richest and most productive agricultural area of its size in the world.

It is still rich in spots, but most of it now is an area of steadily waning productivity. Most of its forests have been cut down, and much of its agricultural land has been ruined. All this has happened in less than 100 years and in some parts in little more than a generation.

Halfway through Iowa my companion looking down, said, 'Mr., that's a pretty sight! There's an awful lot of food being raised down there.'

From an aesthetic point of view it *was* a pretty sight. . . .

It was pretty all right, but my companion, a city fellow, saw only the surface. He did not see the ugly, frightening things which were taking money out of his pockets, and perhaps even the calcium out of his bones and the phosphorus out of his brain. Presently I began telling him what lay beneath the pretty picture, beginning with the moment we had taken off in the Black Lands in Texas.

The Black Lands, as virgin soil, were wonderfully deep and heavy with decayed organic material lying over a limestone or marl base. Such soil exists in few parts of the earth, notably in Texas, Alabama, Mississippi and Russia's Ukraine. As the plane rose, however, it became evident that in the Texas Black Lands great streaks

and circular areas had turned grey or white. The grey meant that the rich topsoil was almost gone; the white, where the limestone showed, meant that the topsoil was gone altogether. Many years and a vast expenditure of money will be needed to make that eroded marl grey base once more productive. When the white limestone shows through, there will be no more production for a million years.

How had this rich soil gone? It had been *washed* or *blown* away, because it had been ploughed year after year and left bare to the ravages of rain and wind.

Presently we passed into the red land of Northern Texas and Southern Oklahoma, once as fine grazing land as there was in the world. Here millions of buffaloes fed on the succulent bluestem and buffalo grasses, and the streams ran clear. But now the land, over-grazed by cattle and burnt over each year, grow only a thin weedy cover or coarse Johnson grass which most ranchmen regard as a pest. The dilapidated ranch houses were few and far between, and only a few skinny cattle grazed the once-rich land.

Worst of all, except where a few wise farmers had terraced their fields, the red soil was gashed by great gullies that were growing constantly into the land, devouring billions of tons of soil every year. The streams and rivers, swollen by spring rains ran red as blood. . . .

Government figures show an increase during the past few years in the average yield per acre of our major crops . . .

When analyzed, however, this statistical increase is not what it appears to be. No account was taken of the thousands of acres that have been abandoned because they can no longer produce, and of the fact that the yield on land still used is boosted by improved (hybrid) seed which 'artificially' increases production. . . . and which has nothing to do with soil.

It is well-known that the yield of virgin cornbelt lands (prior to 1850) was often 120 bushels per acre and upward without fertilizers. The current yield in McLean County, Illinois, one of the best producing corn areas in the country, is only about 55 bushels per acre. That is the measure of our soil's decline.

What we saw on the flight was the record of rich land worn out or destroyed. It hadn't occurred to my companion that this tragedy was costing him money in higher food prices, in the higher taxes that are required to pay subsidies, and perhaps to pay for future relief and made-work projects. He didn't realize that depleted land, which lacks minerals vital to the health of human beings, inevitably produces crops and livestock that are also deficient in these elements, and that people who eat the products of depleted soils gradually become physically and mentally deficient.

Many persons believe that all lettuce, for example, has the same vitamin and mineral content. This is not true. One head of lettuce can be high in mineral and vitamin content and another may have little more nutritional value than a glass of water. This is because the mineral, and to a large extent the vitamin, content of any vegetable is determined by the mineral content of the soil on which it is grown. Healthy citizens cannot be produced from eroded and depleted soils.

My companion had never realized that as the natural fertility of the soil goes down the cost of production mounts; hence the

price goes up for consumers and the farmer's profit declines.

What the 'pretty' landscape actually showed was an appalling record of the destruction of natural resources upon which the strength, wealth and power of this nation are founded. If the steady destruction of agricultural land continues, the price of food may increase until only the rich can afford steak, butter and cream. . . .

It would be wrong to ignore the progress being made in soil and water conservation and in soil restoration in various parts of the United States. Soil conservation laws have been an immense step forward. They are administered by farmers themselves, but the U. S. Soil Conservation Service stands ready to give engineering aid and advice.

The State as well as some of our great industrial corporations and societies such as the Friends of the Land and the Friends of the Soil are all doing important work. . . .

Over large parts of our country the great task of anchoring our soil and keeping our rain water where it falls still remains to be done. The ultimate responsibility for this job lies with the farmer. But in certain areas the soil has been so depleted that food raised on it wholly lacks essential minerals, and this has so weakened the rural population that they are unable to help themselves. Here some measure of Government aid is necessary. Money appropriated for the battle against erosion and floods will pay large dividends to the nation.

You can read the truth of the whole story in the passing landscape from the window of a train or an automobile. Try it some time. Bear in mind that every eroded field, silt-clogged river and burned-over forest, every ruined and abandoned farm, is costing you money — in higher prices, in more taxes, in more subsidies, in

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Bigger yields, less Nutritive value

(The following appears as an editorial note in the *Vegetarian Messenger* of December 1946. V. G. D.)

Some investigations concerning the nutritional value of New Zealand spinach and the relation between bigger yields and nutritive value were recently carried out by the Department of Agriculture, Missouri. As in the case of ordinary spinach the comparatively large proportion of oxalic acid which it contains does not permit of its calcium being utilized. The results of the investigation showed that New Zealand spinach contains from 21 to 30 milligrammes of Vitamin C per 100 grammes of fresh material, ordinary spinach from 40 to 100 milligrammes, and Kale, turnip greens and broccoli 75 to 200 milligrammes. The degrees of greenness in a vegetable, it was suggested, does not indicate any standard by which its vitamin or mineral content may be judged.

An interesting item in the investigation was that when New Zealand spinach was encouraged to grow in profusion by the addition of nitrogenous fertilizers, its vitamin C content was reduced. Comments upon this, made in an Australian medical journal, suggest that "the ever-continuing search for bigger yields may be a matter of regret from the point of view of nutrition." In this country there is probably not sufficient evidence available at the present time to confirm this fact, but one thing is quite evident: where greens have been heavily fed with artificial fertilizers their size has been extraordinary, but their flavour has deteriorated very considerably. The 'forced' greens which we get early in the season also suffer from the same lack of flavour. As in the case of so many other food stuffs, the more we interfere (beyond a certain minimum) with their natural growth or "make up" as in the case of whole grains, the less of their nutritive element will we obtain.

Died after Injection

The *Aldershot News* for 5th July 1946 reported an inquest on Albert Beesley (45), bus driver, of 86 Waterloo Road, Aldershot, who died on 5th May following an injection, against typhoid, typhus, and smallpox. He had been accepted for an appointment as ambulance driver under U. N. R. R. A.

Dr Eric Gardner the pathologist who made the postmortem examination, said his information was that Mr Beesley became paralysed down the left side following an injection, said to be a triple dose, earlier the same day, 2nd May.

Dr. F. Murgatroyd, who carried out the inoculation, said that it was given on 30th

April, and that he did not hear of Mr. Beesley's death until a few days ago. He said the injection, which was against typhoid, typhus, and smallpox, was the normal one and it had been used in thousands of cases.

Dr. Gardner, who had stated previously that, in view of the time factor, he was inclined to believe there must be some connection between the inoculation and Mr. Beesley's death, which was caused by a clot on the brain, told the Coroner that in view of what was now stated he felt the clot might be due to natural causes.

Dr. J. G. Hill stated that when he

examined Mr Beesley on 5th April, with a view to his taking up the U. N. R. R. A. appointment, he considered him a first-class life.

Recording a verdict that death was due to cerebral thrombosis, the Coroner said there was no evidence to connect it with the injection, which he was satisfied was a proper one and properly given. It was right that this case should have been properly investigated.

It will be noted that shortly after the injection was given Mr. Beesley became paralysed, and that Dr. Gardner, who had stated previously that he was inclined to believe there must be some connection between the inoculation and Mr. Beesley's death, subsequently changed his opinion, although when Mr Beesley was examined on 5th April by Dr. J. G. Hill he was considered a first-class life. The anxiety to absolve vaccination from blame will be noted.

American Drugs Racket

In the *Readers' Digest* of October last there is an article by Mr. W. La Varre with the caption 'Quarantine for Dr. Quack' introduced by the editor with this sentence.

"Our Latin American neighbours want us to stop selling them dangerous and fraudulent drugs."

Now that instead of a British be-knighted Indian we have a man of the people as our representative in the United States, we hope he will lose no time in inducing the Government of the United States to lay an embargo on the export to India of every quack remedy against which it protects the people of the United States. Meanwhile as these nostrums are being advertised and sold in India, it is necessary that our people should be asked to be on their guard against their tempting claims.

One of the drugs on this black list is MENDACO which in the United States is labelled with the warning that it must not be given to children under ten or to tuberculosis sufferers, as it contains potassium iodide. No such label, we are told, warns the millions of simple Latin Americans. That being so, we are not likely to go wrong, if we presume that the bottles sold in India also carry no such warning. Then there are CYSTEX, FORNOL, VI-TABS, HINOX, ROGENA and CEREGEN claiming to cure one complaint or another, but United States drug

inspectors say that these drugs are spurious and the advertising claims fraudulent. This list is only illustrative, not exhaustive.

Some of the facts disclosed by Mr. La Varre are startling and throw a flood of light on the methods of unscrupulous manufacturers.

A major drug factory produced penicillin under contract for U. S. Army and Navy use. Federal inspectors rejected a large batch; it was faulty, might be lethal. However the dangerous stuff labelled 'For export only' was shipped to South America where it was bought up at premium prices by hospitals and physicians. South America similarly became the unfortunate recipient of a batch of thousands of packages of gauze bandage, which, not having been properly sterilized and being found to be contaminated, were returned to the manufacturer by Government inspectors. A Chicago manufacturer concocts a dangerous abortifacient, capable of producing serious or even fatal consequences prevented from selling his dope in the United States, he swapped English labels for Spanish and is making his fortune in Latin America.

Let the Indian buyer beware of course, but the Government of India must prohibit the import of these fraudulent drugs, and Provincial Governments should take a leaf out of Denmark's book and forbid all patent medicine advertising in the public press.

Letter from Mr. Arthur Trobridge on Health Organisation of the League of Nations

15th Flora Avenue,
Darlington.
4th October 1946.

To A. Edwards, Esq. M. P.
House of Commons,
Westminster, S. W. 1.

League of Nations and United Nations
Organisation

Dear Sir,

I have been an active supporter of the League of Nations Union from its foundation, but have now withdrawn my support of its successor, on account of the League's "undercurrent of dishonesty and insincerity" to which you referred in your speech at Redcar on the 3rd inst.

During the past two years I have been in correspondence with Dr. Yves M. Biraud, the Chief M. O. H. of the Epidemiological Section, as to the slandering of the fair name of England in the "interests" of vaccination. The enclosed sheet of Official Returns will show you that, for the thirty-nine years since 1907, when the Conscience Clause against vaccination was granted, this country has been practically free from smallpox, despite the great reduction in the percentage of births vaccinated. This so alarmed the Ministry that an attempt was made in 1919-34 to stage a smallpox epidemic. This absurdity was so glaring that the M. O. H. for Gloucester, although an advocate of vaccination, suffered himself to be superseded rather than be a party to it, and he was ultimately followed by other M. O. H. S. The position was aptly put in a letter in the *British Medical Journal* of 4th August 1923 by Dr. H. Cameron Kidd, M. O. H. for Bromsgrove, who said he had had about 1,000 cases

but practically no deaths. This, said he, made him and other advocates of vaccination "look foolish".

But this did not trouble the League of Nations Epidemiological Section. In their Record RE 32 (page 440) they refer to our English "notorious conscientious objection clause, in the law of 1907", "which led to an epidemic of smallpox, which is steadily increasing". Then the Record proceeds to point out the vast expense incurred by such neglect of vaccination "in countries where smallpox has become endemic, as in England, where 331 smallpox hospitals with 7,142 beds have had to be provided".

And then, in RH 996, of 29th March 1945, we are favoured with a table covering the whole twenty-six years of the "epidemic", 1919 to 1944—a total of 82,164 cases, although in the last ten years of this period the cases numbered only forty-three. As in similar returns for some sixty other countries the number of smallpox deaths is given in most cases, I wrote at once to Geneva to ask the reason for the omission of the number of deaths from our English returns. Dr. Biraud then favoured me with a reply in which he stated that, whilst the number of smallpox cases was always promptly available, there was always a difficulty in getting the number of deaths up to date. I replied that the National Anti-Vaccination League has never experienced this difficulty, as a question in the House always secured the necessary information, and the returns up to date were always to be found in their journal. But if he hesitated to accept the information from such a tainted source, I ventured to refer him to an authority he could not dispute,

NATUROPATH

viz. himself, as most of the figures had already been given in the weekly and monthly reports of his own Department, which he had obviously overlooked. No reply has come to hand.

Among the 82,164 cases of alleged smallpox only 322 deaths were recorded, i. e. a fatality of 0.4 per cent, whereas the Royal Commission accepted the fatality of genuine smallpox as 18 per cent. Well might Dr. Cameron Kidd protest that such smallpox returns made him and other pro-vaccinators look foolish."

These absurdities are not likely to do much harm in England, where the true position is generally known, but they find acceptance in other countries which are dependent on the bilingual records of the League.

One other instance of the misrepresentations by the Epidemiological Section of the League of Nations, among many others.

In their *Handbook of Infectious Diseases* published at Geneva in 1945, 330 pages in English, it states (page 232).

"There is no known case of a smallpox infection during the first five years following vaccination."

I have been associated with this movement for over sixty years, but have never met with previously such a gross misstatement of fact.

Thus the *Lancet* of 25th November 1944 records 100 consecutive cases of smallpox in a military hospital in Egypt, of which 96 had been vaccinated, 70 within two years and 16 within two months.

In Dr. Barry's Official Report on the Sheffield epidemic of 1887-8 he admitted 444 cases of smallpox in children under ten years of age, of whom 137 were under five years of age.

The authors of the above, and of many other similar gross misstatements, are either grossly ignorant of the subject or have set themselves deliberately to mislead. In either case they have brought discredit on the League of Nations, and are unfit to be retained on the staff of the United Nations Organisation.

Yours faithfully,

ARTHUR TROBRIDGE,
President of the National
Anti-Vaccination League.

LEARN FROM THE EXPERIENCE OF OTHERS

(continued from page 73)

strikes for higher pay because the higher cost of food has eaten deeper into the purchasing power of the dollar. Remember that when our soil and forests and other

natural resources are gone it will not matter if we have all the gold in the world buried at Fort Knox or if the Treasury Department turns out truckloads of banknotes, for we shall be finished as a nation.

LEMONS

DURING the hot weather homemade lemonade is far preferable to the bottled gassy stuff usually sold by the grocers' stores. Lemon are cheap, and have many invaluable uses, and housewives are learning to use them instead of vinegar for salads, fish sauces, and other culinary purposes. After the juice has been extracted, always put the lemon skins into a wire basket in the bathroom for the purpose, and in preparing the morning bath throw them in to the water, and have the pleasure of enjoying a luxurious lemon bath. If you suffer from neuralgia, try the effect of rubbing the affected part with a cut lemon, it often works wonders.

WHAT IS PROGRESS?

mill and as he cannot store rice when dehusked he proceeds to polish it and takes away all its nutritious elements. By so doing he no doubt increases the storage properties of rice but at the cost of its food value. This is an instance in which human interference with Nature is thoroughly unscientific and injures man. Hence, rice mills are against progress and however skilfully the mechanism may have been devised, it is unscientific in the true sense.

HUSBANDING OF RESOURCES

A scientific use of resources should mean that we get the fullest benefit out of what we find around us. Man in his eagerness to use mechanical devices is often irrational in the utilization of resources. For instance, if paper is to be made out of bamboo by the simple hand process, we do not use bamboos cut fresh from the forest. The bamboos in the forest when they are first cut are used in various ways for roofing, for being made into mats, sieves, baskets and other household articles and then, when they have served their term as such, the broken and used-up bamboo pieces are converted into pulp, and paper is made from it.

But the so-called scientific industrialist cannot afford to work on this basis as his machines are to be kept going all the time, so in his hurry he has to get the tender bamboos from the forest and feed them into his mills to be converted into paper. For this purpose, he has to cultivate forests of bamboos, directing human energy into lines which were totally unnecessary in the former case. Hence, the mill process of making Paper as we have shown, is thoroughly unscientific and wasteful in the utilization of natural resources.

Similarly, if we have to utilize as food the nutritious elements found in Nature, we

Continued from page 68

may get *gur* from palm trees that grow wild on uncultivable lands and obtain the whole benefit of the sap, minus the water which it contains, along with sugar in a digestible form, and various minerals and salts.

But man in his anxiety to use his knowledge puts up sugar mills, converts good lands which may be used for cultivation of cereals into sugar-cane growing lands and then the sugar-cane is converted into sugar, wasting bulk of the minerals and salts in the molasses which are thrown out as unfit for human consumption and from which he prepares rum and gin to poison the people and to acquire for himself the money they possess.

Even if sugar be required to be produced by hand, the *rab* prepared from palm juice can be centrifuged, and having obtained the sugar, the molasses left can now be converted into edible *gur* rich in minerals and salts. Molasses produced from the sugar mills, as they are affected by the use of sulphur compounds in the processes, are not fit for human consumption and have to be wasted or converted into intoxicating drinks as stated above.

Here again we see that sugar mills are thoroughly unscientific and wasteful of human resources. They, like the rice mills, are only to satisfy the greed for accumulation of wealth by individuals at the cost of nutritious food products found in Nature.

UTILIZATION OF RESOURCES

In our quest for ways and means of satisfying our needs we have to take into consideration the resources available to us and make the best use of them possible. It will be unscientific to use coal for fuel where it is not available and where crude oil can be easily obtained. Similarly, where coal is available and where no firewood is available, it would be senseless to bring

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firewood from distant places for purposes of fuel. In the same manner, where human energy is available cheaply and in abundance it will be irrational to obtain other motive forces from distant places. In India, where people are suffering from unemployment and lack of occupation, to produce our needs by resort to mill production, which ultimately spreads unemployment, is unthinkable. From this point of view, hand spinning, however slow it may be, is scientific and in line with human progress while textile mills are irrational and spell ruin to the people.

PERVERSION OF TASTE

Through propaganda peoples' natural taste is perverted. They are made to believe smell and colour are to be avoided. They may be taught soon to hold that paper roses are better than natural ones as the latter do not "stink." The best example of this type of perversion for business purposes is the present drive to popularize *vanaspathi ghee*. Here the mill prostitutes scientific knowledge to deodorize and decolourize the natural oil, to substitute nutritionally inferior oils for the traditionally used ones, to solidify vegetable oils while lowering or destroying their digestibility. They render all this disservice at an enhanced price. Is this not taking liberties with Nature, Science and Progress? Do we not deserve it if in return Nature visits us with blindness, loss of powers of growth and reproduction? This is industrialization in all its nakedness. Such is what passes for science and progress today, heralding their advent by highly paid advertisements, exploiting the ignorance of the people.

MACHINES AND TOOLS

This does not mean that there is no room for machines. Where standardization and regimentation of labour are called for,

the use of large scale machines is indicated. Where precision tools are to be made and standardized articles are essential, then production of these through machines will be necessary. But in consumption goods duplication and standardization are not of the very essence of their being. A comb may be made of horn by hand; but no two combs so made will be precisely alike. There is no purpose in standardizing such articles. Hence making combs from plastics is not called for. Similarly there are many articles in common use which do not call for standardization. On the other hand, most consumption goods call for the catering of individual need and taste. In such cases, only cottage and village industries can answer the purpose. When a man has to be fitted with a pair of shoes, the shoes have to be made for his feet, even so as to conform to any deformities that he may possess. Such making of shoes for a particular person's feet is scientific and will help the shoe-maker to use his resourcefulness and ingenuity to meet the need and thus help him to develop his capacity; while standardized shoes though they may produce the articles in abundance, cannot be said to be thoroughly scientific in so far as they are not calculated to fit any particular foot exactly. So large scale production of shoes as compared with the work of the *mochi* is again unscientific and so against progress.

VIOLENCE AND DESTRUCTION

In the last two generations we have known the results of Mechanical production of standardized goods. The raw materials are needed in large quantities and they have to be collected from the four corners of the world and the finished products have to be assured of a definite market and for these the ocean routes have to be kept clear and safe. These conditions have

brought about the two catastrophic global wars. In the course of these wars much of the human production and skill has gone into destruction. Any war is definitely against progress, it turns men back to the jungle and so can be termed unscientific. Since our activities to satisfy our human needs have culminated in these global wars, they are unscientific and retrogressive.

CONCLUSION

Therefore when we attempt to plan production in our country to satisfy our needs, we have to be careful to choose the most scientific method and the more progressive ways. We must remember that production of a multiplicity of goods is not synonymous with progress, nor is destruction a sign of science. Attainment of quick results are not conducive to the production of culture. Nature works in mysterious ways and demands its own time. No man in a hurry can be either progressive or scientific. We need patience and we

need a ballest to our lives. This we can find only through satisfying our needs by village industries and decentralized production.

Large scale industries may be used as a necessary evil as has already been referred to above in the production of tools and machines needed for cottage and village industries and provision of basic raw materials such as sulphuric acid, steel, etc. It can also provide natural monopolies such as, communications, means of transport, public utilities like water and power. Anything more than this will spell ruin and destruction to humanity. It calls for great care and forethought to be able to judge. However, we cannot resort to centralized methods of production in the satisfaction of our daily needs. Wherever there is a doubt it is safer to fall back on the decentralized methods of production. Hence, we hold that the proper application of science and the way to real progress lies in resorting to village and cottage industries to satisfy our daily needs.

Andhra Provincial Naturopathic Conference

held at Bhimavaram Prakriti Asramam on 4-4-47, under the Presidentship of Dr. P. Venkatramayya Garu, N.D., D.M., Editor, The Indian Naturopath and Prakriti.

Resolutions passed at the above Conference

1. This Andhra Provincial Naturopathic Conference requests the Government of Madras to grant subsidies to existing Nature Cure Hospitals for healing the sick and for training 'Nature - Cure Doctors', and also to start more hospitals one for each District in the Province on the lines of the Nature Cure Hospital at Bhimavaram.

2(a) This Conference requests the Government of Madras to exempt such persons as have conscientious objection to Vaccination from the operation of the compulsory Vaccination rule, as is in vogue in England and other civilized countries

where Vaccination is not compulsory.

(b) The President is requested to form a small Committee to wait in deputation on the Minister for Health for necessary action in this behalf.

3. This Conference requests the Government of Madras to examine the Memorandum submitted by the Prakriti Karyalaya Trust, Bezwada, Indian Naturopathic Association in August 1946 and allot funds during 1947-48, for the propaganda and other work which the Trust and Indian Naturopathic Association have programmed for the spread of Nature Cure.

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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.

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(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 all-round 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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Editor: Dr. P. VENKATRAMAYYA, N.D., D.M.

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The Indian Naturopath

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

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The Editor Speaks

IMPOTENCE IN MEN AND FRIGIDITY IN WOMEN

These two states of health are kept so secret that the sufferers feel shy to announce openly even to their life mates. They do not dare to reveal their trouble to some of their friends or relatives for fear of being looked down.

As so many think, impotence and frigidity are not permanent diseases. They often come as safeguards in the life of people who are nearing sexual bankruptcy. If a reasonable period is spent in continence, the temporary period of impotence will pass away and one can feel his normal sex urge once again. One need not undergo any special treatment but patiently wait and see until nature again urges him to fulfill her mission of creation.

So many medicines are advertised openly in newspapers and sold secretly to sufferers, promising to cure the disease in no time. Some of them are the products of mercury and sulphur. These two minerals and some other herbs from the innocent *Gokshura* (*Pedaliu Murex* and *Tribulus Terrestris*), *Ratnapurusha* (*Viola suffruticosa*) etc., have got a special affinity for and chemically effect the nervous and the sexual systems of our body. They reach the said system, remove the inhibition and unduly and unnecessarily stimulate them. One who uses these seemingly beneficial remedies, feel an undue stimulus in their sexual

organs. By this stimulus they have got a feeling of freshness and rejuvenation and exhaust their reserve bodily energies in the sexual act. They do not know that their vital power which should stay in the body and protect the body from the onslaughts of diseases which come in the way is wasted away in this sex act. This vitality being spent away unduly and unnecessarily in the unnatural sex act the body is open for all sorts of diseases. Even without the medicines the body, after regaining its lost fund of energy, will again become normally sex active. Then the sexual capacity is again felt. So any talisman or manthram or thanthram are able to show the sufferer that he is restored to his normal sexual capacity. The hypocrites who put these talismans, *yanthrams* etc. are benefitted by the ignorance of the sufferers.

Instead of resorting to destructive medication these metaphysical methods are safer in that they do not add any new poison to the system. But they are utterly useless and unnecessary.

If one resorts to the medicines, advertised as specifics for impotence the body works at a minus balance and exhaustion of the vital power is the result. Then any amount of medication will be useless. Then impotence and frigidity will be permanent. In that condition, I have seen a

number of patients suffering from nervous breakdown, insomnia, insanity, diabetes, phthisis, and heart and nervous diseases of all kinds.

These medicines which seem to benefit the patients and improve their sex energy, temporarily, all of them, poison the system, exhaust the vitality and drive the patient to an early grave.

On the other hand, if one resorts to the natural methods of healing and conservative biologic mode of living, one does not only regain normal virility; but he improves in all other sections of his health and success.

1. If you have got any bad habits such as smoking, chewing of tobacco or betel leaves, opium, coffee, tea or cocoa, toddy or liquor, with attempt put a stop to all of them.

2. Take a cold bath morning and evening.

3. If the abdomen is felt hot, take one or two cold abdominal baths daily to cool down the unnatural heat in the abdomen.

4. Take brisk exercise every day or at least walk long distances.

5. Eat sufficient quantity of healthy diet and avoid all sorts of stimulating items from the dietery. Avoid all sorts of fish, fowl or meat.

6. Do not worry yourself about your impotence or frigidity. When you have started this new mode of living, you are sure to regain your normal vigour and surer still about the return of your sexual vigour also, along with it.

7. See that you have a regular motion of the bowels twice daily. If you think that some feces is still lingering in the intestines, resort to occasional enemas for a short period.

8. Do not experiment with meagre resources of your sex energies, but wait for a sufficiently long period until the virility is re-established and there is an

unavoidable sex urge before you resort to the actual sex act.

9. Sleep out of doors in the night. Do not shut yourself in, while sleeping.

10. Enjoy the sun light in the agreeable periods of the day.

11. Be optimistic and avoid all sorts of brooding and pessimistic view of life.

Impotence is a temporary disease until the body is poisoned too much by Vajee-karna methods and until the life fluid is too greatly exhausted by the unnatural means of gratifying sexual pleasure by the wasteful stimulus created by the Vajee-karanam. No one need confound the life lengthening methods of *Vrishya Yoga*, for the nasty and wasteful methods of *Vajee-karanam*. *Vrishya Yoga* teaches continent and natural ways of living for the conservation and development of vital energy.

Vajee-karanam teaches only unnatural life of stimulation and exhaustion.

12. You may follow the following programme with necessary changes according to your profession and environment:—

5 to 6 A. M. Rise from bed. Attend calls of Nature. Have a dip in cold water or a Kuhne's hip or sitzbath for 10 minutes.

6 to 7 A. M. Brisk exercise or a brisk walk.
7-30 A. M. A cup of Orange or Grape juice. If the patient is poor he may take a cup of vegetable juice or paste.

10-0 A. M. Bread and vegetables or rice and vegetables in the ratio of 1:3 with a minimum of 40 tolas of vegetables. A cup of sweet butter-milk or a cup of sweet milk.

3-0 P. M. Fruit or vegetable juice.

5-0 P. M. A Kuhne Hip or Sitzbath.

6-0 P. M. A tepid water bath.

7-0 P. M. Evening meal as in the morning.

9-0 P. M. To bed.

Whenever there is costiveness, a resort to enema is needed.

2. NATURE CURE IN PRACTICE

The name of the lady is V. She was 20 years when she had her second delivery. She had a safe delivery. After 15 days from the date of delivery, she had an attack of fever. She was delirious. When attempted she prostrated and she could not be lifted. Then I was called in. It was difficult for us to take her to the tub and give her a sitzbath. So an enema tube was devised to spray some cold water on the genitals and an artificial Kuhne's Sitzbath was given for 5 minutes. She could not be kept in position after 5 minutes. She was laid in the bed. After 3 hours we could lift her to the tub and a sitzbath was given for 10 minutes. After this she gained her senses and we could induce her to take an enema to clear her bowels.

After the enema she was again laid in bed for 3 hours and a regular Kuhne's sitzbath was given for 10 minutes, with her co-operation.

She was taking 3 sitzbaths every day for

10 minutes each. She was given oranges for her food. The fever came down after 4 days. She had no hunger. She had belchings and the smell and taste of these belchings were that of groundnut oil (peanut oil). After that she used to have loose motions of white colour. She had these belchings and white loose motions for 4 days at the rate of 8, 10 every day. She had thirst and it was quenched with pure soft cold water alone. Not even fruit juice was needed for these 4 days. After these 4 days the motions ceased and the hunger set in. After feeding oranges for 4 days she was given rice and cooked vegetables once a day and fruits for second meal. The treatment was the same as before. It took about 15 days for her to take her normal diet. She had full quantity of breast milk to feed the baby and the mother and baby lived happily.

It is queer to note that while she was pregnant she used to take peanuts for her tiffin as her father-in-law was a miser as not to allow for her fruits while pregnant.

Basic Philosophy of Naturopathy

CAPTAIN FRANK E. DORCHESTER, N.D., M.D.

Man should be encouraged to help himself without resorting regularly to outside modalities.

[The writer has witnessed case after case of degeneration where patients have been made dependant upon some type of physical treatment which deprived their bodies of the ability to function in a normal, natural manner.]

If Naturopathy is to live, to become an outstanding factor in the health of a Nation—recognized for scientific foundational principles—every practicing Naturopath *must* correctly interpret the philosophy underlying that practice.

It is all very well to obtain license to practice, then succumb to the lure of appearances, by becoming imitators of

Allopaths, if not in actual practice, yet in Allopathic philosophy.

Naturopathy, after all, is not merely distinguished from Allopathy by the fact that we do not use drugs, officially. If such were the case, then any drugless practitioner could thus claim to be a Naturopath. We are distinguished from Allopathy and even from our Homeopathic friends, by a

definite philosophy.

Unlike other schools, we do not over-use modalities, or treatments or medications which tend to pervert, or abnormalize. On the contrary we endeavor to follow and encourage normal natural purpose in man.

Man Subject to Normal Laws

Here we must understand a great and much misinterpreted fact. Man is subject to *normal* laws of nature, *not* to her *abnormal* laws. Too many practitioners using modalities which are not under Allopathic control, claim to follow the Nature Cure, and imply that their methods are natural while other schools use un-natural. Actually all cure is done by Nature.

One fact is outstanding. That fact is that man, himself, his health and well-being depends on his observance of the *normal* laws of nature.

If we utilize abnormal principles of nature, let us say, in treatment, the body tends to react accordingly. By this we mean that, constant use of any modality on which the body is taught to depend, gradually undermines the normal, and that body becomes victim to an abnormal dependence.

Specific drugs best show that for example, such as morphine. However, drugs are not the only agents. If we teach a patient that, to maintain health, he or she must place reliance on some specific machine, appliance, or any factor which tends to undermine self sufficiency, we contribute to an abnormality (or subnormality).

Should Teach Self-help

The purpose of the Naturopath should be, first, to teach every patient that self-help is a prime factor under normal natural law. Perhaps we might again use a simile to explain the meaning. Suppose we have a constipated person, and we advise any

treatment from the enema to herbs. Now possibly all, or any, produce results. However, insofar as the principle is concerned, if we advise *regular* dependence on either herbs or enema, we are only imitating the Allopaths in philosophy, and are not practicing true Naturopathy. We have thus advised the patient to rely on the extraneous, instead of advising and teaching the patient how to live under normal laws of nature. The first principle of normal nature is that man is sovereign of himself, and must, therefore, develop his own potentia, or regenerate his bodily powers that the body may cope with threat of disease, or of any tendency away from normalcy, as normalcy is health.

You and I know practitioners, whose anxiety for fees, and increase of income, have caused them to teach patients that by going regularly for certain appliance or machine treatments, such patients will retain their health. As a result, the patients, especially if rather credulous, feel ill when circumstances prevent periodic attendance for those treatments. If such patients do not become ill, they are mentally distressed. They become victims of a belief, not based on rational fact.

I see hundreds of such cases which have been victimized for months, even years. Finally even their credulity loses faith, and other relief is sought. The more we depend on the abnormal, the more we degenerate. Why is this?

Every faculty, function, cell or organ of man is subject to a definite rule. Only by reasonable and periodic use can these powers be maintained. Any muscle not used, any faculty unused for too long a period, degenerates as a natural result. Hence, any modality or treatment, no matter what, which supplants the need of our own functioning, means eventual degeneration of the function, or specific power.

(See page 94)

Is leprosy contagious? Dr. A. K. ROY CHOUDHRY M.B.B.S

The disease leprosy was all along shrouded in a deep mystery. All ancient people took it to be highly contagious. Even up to the present day, many a scientist too holds a view not in any way more enlightened than that.

So in the following pages a critical study has been made as to the contagiousness or otherwise of leprosy.

When the leprosy bacillus was first discovered by Hansen in 1874, the contemporary workers in leprosy thought that the disease spreads simply by contact, as in the cases of small-pox, syphilis, plague etc., but in later days several of the following facts and arguments were found to be not explicable by the contagion theory alone.

(a) All infectious diseases do not spread by contact alone as for example, - Malaria, Kalazar etc.

(b) There is lack of any positive experimental proof of the contagiousness of leprosy, such as has easily been demonstrated with many other bacterial diseases. It has not been possible to make decisive experiments with animals (1) Even Adler's experiment on Syrian hamsters was not corroborated by others (2) Repeated attempts to inoculate the disease in human subjects by Danielsen, Profeta (1) and others were without success; various later experimenters (as Holst, Witsch and various Japanese workers) have ventured on similar experiments but none of these were successful (3). Dr. Arning of Honolulu was reported to be successful in a case but that was of doubtful value as too very close relations of the subject developed leprosy spontaneously afterwards. From the clinical standpoint also we have:—

In the long history of Norwegian leper houses no contagion to doctors, nurses or other servants have occurred. Similar

observations have been made by other leprologists such as E. Kiel, Hopkins and, others in their different Leprosaria (4). Lowe also comments that many people exposed to the infection do not develop the disease. Instances according to him are quite common of highly infectious lepers living for many years in close contact with healthy people, the contact remaining healthy all the time (5). It is universally admitted to be very infrequent for the husband and wife to be both lepers—whatever be the duration of their conjugal life.

It has been observed that when leprosy patients are removed to a distance from the place of origin, the disease generally dies out. Lepers do not carry the disease either to their associates or their off-spring. If leprosy be really a contagious disease, how is the fact to be explained that in a community of 160 lepers (emigrated to America from Norway) the disease should die out among the descendants. The leprosy commission report also concludes that though they consider leprosy as an infectious disease, caused by a specific bacillus, but they are of opinion that there is not sufficient evidence to show that leprosy is maintained or diffused by contagion (6). J. A. Thompson quotes (7). from M. Zembacco (pp 220-22), "Among the monks of Mount Athos were many who thought it would be a sign of special grace if they were stricken with leprosy and who, consequently made every efforts to contract the disease. They associated themselves with the lepers in every way and even wore their flannels and under-clothing which were still saturated with the discharges from the leprosy sores. But although attempts for years had been systematically and perseveringly made not a single monk ever suffered to the least."

It has been observed that though lepers reside in England, France and U. S. A., many of them infectious, but not isolated still the contact cases are extremely rare, thus they never become foci from which the disease spreads (8). The Royal College of Physicians in 1866 made a very extensive enquiry throughout the British Dominion and came to the clear conclusion that the disease does not spread by contagion alone no explanation could also be given of its local distribution e. g. very large districts--in fact by far the largest parts of this world are entirely exempt while others suffer severely--of no really contagious disease can these be asserted unless indeed its prevalence has evidently been restrained by natural or artificial agency. How contagion alone can possibly explain the facts that where one has acquired the disease, hundreds equally exposed to the risk had escaped or small hamlets exist largely infected with the disease whilst others in the neighbourhood contain but few affected.

(c) The few isolated instances where superficially the contagion theory may seem true are:

The famous case of Father Damien of Molokai. But this self-sacrificing missionary not only exposed himself to the infection but also lived in the same surroundings and partook the same food, in other words he submitted himself to all the influences (that were prevailing in that island) which were causing the out-break and as a result became himself a leper. From the above it is evident that he was not only in contact with the lepers but also shared their methods of life in many other ways and as such in addition to contagion there were many other factors in common, so contagion alone cannot reasonably be held responsible for his disease. Similar to the above is Dr. Bensen's case where an Irishman became

leper abroad and when returned home, is supposed to infect his brother at home. The argument against this is this; if the disease were really contagious it would very soon have spread like wild fire through the whole community, for not the slightest precautions were taken against that or any segregation observed (10).

(d) James Knott writes that 25 years of trial of compulsory segregation of all known lepers in St. Croix has not resulted in any appreciable decrease in the incidence of the disease. Burgess also mentions a similar story of failure of segregation in Philippines.

In a truly contagious disease segregation would not have failed so miserably in stamping out the disease (9).

From the above it becomes apparent that contagion alone cannot cause the disease, there must be something in addition to contagion which makes a person susceptible to the infection. This additional factor, in the complex aetiology of leprosy, when present changes the body tissue in such a way that the soil is manured as it were and made ready to receive the seed.

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Genuine Fear T. N. JAGADISAN

Not infrequently the residents of a locality in which a Leprosy Home is located fear that the existence of the Home tends to increase leprosy in the locality. Very often petitions are sent to Government to have the Leprosy Home moved away from the locality. In the last few days Dr. R. G. Cochran, the well-known leprologist, and myself visited Ramachandrapur and found that there was genuine fear among the residents of Ramachandrapur that the disease was more prevalent in and around Ramachandrapur because of the contamination which they thought was spreading from the Home. We sympathized with the fear of the residents of the town and explained to them at a public meeting that leprosy being difficult to acquire except in childhood and in direct, close and prolonged contact with infective cases of leprosy, the existence of a Leprosy Home in which infective patients were isolated was not a danger but a benefit to the public. The public forget that it is not the Home that brought leprosy to the town but that it is the previous widespread existence of leprosy that brought the Home to the town.

The origin of Ramachandrapur Hospital is instructive and inspiring. Nearly 50 years ago a Canadian missionary, Miss Hatch lived in Ramachandrapur. She discovered that one of her servants had leprosy. First she was full of fear and decided to send him

out of her service. But the good, compassionate woman hesitated and enquired of her servant his history. A painful and moving story she heard. One brother of the servant committed suicide because of leprosy, another had turned mad because of leprosy and a third with leprosy turned a vagrant. It was hard for Miss Hatch now to send her servant away. She felt that he too would follow suit. She felt the call of fellowship and answered it immediately. She built a hut in her garden for the servant and provided for his human needs. That began for her her devoted interest in leprosy. More cases of leprosy came under her observation. More huts rose and more bodies and souls were looked after. Then she obtained help from Canada and started the Home which has now become a fairly large institution under the Mission to lepers.

When I narrated this story to the public of Ramachandrapur, they realized that leprosy was prevalent in Ramachandrapur long before the Home and that if the disease had increased in the town, it was because people knew little about how to prevent leprosy and how to care for leprosy patients. Let us hope that our visit to this town will have stimulated both the Mission authorities and the public to think of effective, preventive measures in and around Ramachandrapur.

A Brave New World

No brave new world is possible with a foundation of isolationism, or separation or exploitation or cruelty. No society can be considered genuinely humane that ignores the needs and rights of the living creatures of woodland, sea and air. A chain is as strong as its weakest link, and society is as humane as its treatment of the most defenceless in its midst. Man will remain barbarous as long as flesh is preferred as food. As long as the animal kingdom is subjected to ruthless exploitation, torture and slaughter, the fatal nemesis is war.

Science runs amuck J. C. KUMARAPPA

Early this April the foundation stone of the National Chemical Laboratories was laid at Poona. We trust the scientists will turn their ingenuity to help the small man.

Village industries have been struggling on their own merits against an artificial current set up by the paddles of large-scale industries. In season and out of season propaganda is carried on against the small producers. In a previous issue we had shown that real progress and the best utilization of nature resources are best achieved through village and cottage industries and that large-scale industries are wasteful, though all scientific laboratories are focussed to help them.

We have previously drawn attention to the way the bullock *ghanis* and dairies are being crushed by financial interests pushing up oil mills for the production of *vanas-pati* and how even the Central Government is helping on this programme by sanctioning new mills and shutting their eyes to the evils caused by mills and mill industries.

In spite of scientific evidence to prove the injurious effects of using polished rice on the health of the people, the rationing machinery has been used to distribute only polished rice regardless of the consequences to the people. Why could not our popular Governments follow the healthy lead given long ago by Travancore by banning all rice mills?

Since last November the Central Government has been circularizing all the Provincial Governments to discourage hand-processed sugar. A scientific approach to this question will indicate that thousands of acres of the best lands can be brought under the cultivation of cereals etc., if we can utilize palm trees growing wild in the jungles and on waste lands. Palm *gur*

and sugar can be obtained from these trees and such a programme will be complementary to the introduction of Prohibition as it will afford employment to thousands of displaced tappers. But then the strongly entrenched sugar mill interests are opposed to such a scheme as it undermines their industry. The Government seems to have ears only for such.

Nutritional experts tell us that *gur* is a wholesome food containing minerals, vitamins and sugar. While mill sugar is a simple chemical for producing energy, because it lacks the ingredients necessary for its own assimilation, it draws the needed material from other items of the food taken. Hence the Americans term the white sugar a 'devitalizing food'. Even as between hand-processed sugar and the mill sugar the former is more than ten times richer in iron contents. In spite of this in favour of hand-processing of sugar, the Central Government want the hand-process discouraged. In many places factory-made white cube sugar is outside the ration. So the rich can buy without any limit but their purse.

The ever-obliging Provincial Governments only need the sign to take drastic measures. The U. P. Government by its *Khandsari* Sugar Control Order of November 1945 is dealing a death blow to both *Khandsari* sugar and *Deshi Chini* producing industries.

The trend of events seems to be such that we shall end by hanging ourselves with "scientific" ropes. Our Governmental machinery appears to be set to destroy the industries of the common man by introduction of labour-saving devices which may be otherwise termed "employment-reducing-instruments." Is it scientific to introduce such in a country teeming with unemployment and under-employment?

At Lyalpur Agricultural College, the principal is a specialist in *maida* production. They have various kinds of electric machinery to remove all nutritive elements from wheat leaving purely starch behind. There is a revolving electric bakery also. The objective is to produce white bread, slices of which will be uniformly patterned like a honey comb. This can best be attained with the whitest *maida*. Should we not

more scientifically and truthfully designate this principal "specialist in food destruction"? Is there any place for such in a famine-stricken land?

We, in India, seem to be possessed with a mania to destroy all nutrition provided by nature by the use of mills — white rice, white sugar, hydrogenated oils. Is this where science is leading us?

Ayurveda and Naturopathy Dr. M. V. SARMA, L.I.M., N.D.

THEIR UNITY IN THEORY AND PRACTICE

Ayurveda is the science of life known in India from time immemorial. Naturopathy is the art of healing without drugs and operations. The purpose of this brief article is to show that these two sciences are but two sides of the one and the same foundation, like two sides of a coin. The former is comprehensive in Catholicity, while the latter is too plain and simple.

Before trying to understand Nature and Ayurveda, about their unity in basic formations, it is necessary to know at least in brief their interpretation of health and disease separately. We shall conveniently summarise the simpler and plainer one, Naturopathy, first.

History and evolution of Naturopathy.

Naturopathy is the outcome of observation in the natural living of beings in this creation, and elucidation of truths about health and disease in the laboratory of natural life, but not in the man-made instrumental laboratories. They are results of search in true laws by intuition of patients vexed of life, who did neither die nor were helped, after all possible means in Allopathic science were employed and exhausted. Their discoveries were put to

rigorous tests and proved thoroughly. In due course eminent Allopaths with noble qualities followed in all humility discarding the Allopathic system of treatment, and they systematised it furthermore. Naturopaths successfully survived all the rigorous persecutions and tribulations waged against them by pro-allopathic states and laws. It survived because its virtues are far above the allopathic level. These facts about the history of Naturopathy will, methink, suffice to satisfy any sceptics who still think that Naturopathy is a fad.

The Naturopathic unity of diseases and treatment:—

Louis Kuhne is the founder of the Great Law of Naturopathy in "the unity of all diseases and their unity in treatment". The cause of all diseases is explained to be foreign matter that accumulated from the digestive system and deposited in the body. So presence of foreign matter is disease, and absence of the same in the system is health.

Then the immediate question that baffles many sincere ones is how can one and the same foreign matter cause so many varieties of diseases with their million complexities of groups of symptoms.

Foreign or disease matter.

Foreign matter means, the matter which is unnecessary and injurious to the body. It is a burden to the body and causes diseases, either immediately, or later on, under propitious circumstances after lying latent for sometime due to the current unfavourable conditions.

The whole condition is going on by positive and negative forces playing on some medium. Heat and cold forces (or positive and negative electricities) acting with some kind of static matter is the theme of all life. The same is equally applicable to the human body.

Foreign matter changing shapes.

We know that any matter can change to three states viz., solids, fluids and gasses. This change of form can take place by the action of cooling or heating forces respectively.

The foreign matter (rather the disease matter of burden to the system), also can change to the solid, liquid or gaseous state, according to the predominance of cooling or heating forces prevalent in our body at the time and respective circumstances.

The movements of the foreign matter.

Our body is a unity of varieties of individual cells interwoven, with as many intercellular spaces or minute capillaries. The foreign matter can spread to other places in one of its three possible states through these capillaries or throats, which are also helped by the organs and tissues

of absorption and circulation. The laws of gravity, combustion and upward movement of gasses play their due parts in the process. Wherever it stays it obstructs the normal function or working of our system. This interference in normal work of the respective part or system results in some trouble, pain or uneasiness, etc., and these we generally call diseases. The symptoms vary enormously with the situation or situations, organ and organs interfered or damaged, the vitality and tone of the body, the capacity of the excretory organs to remove foreign matter in respect to the body. The climate, and other manifold circumstances outside the body, also, bear great influence.

The meaning in the names of diseases.

Diseases are but names adopted for the respective set or class of symptoms bearing according to the situation on system, organs involved to the respective extent, and the existing internal and external circumstances with the organism or body. More than that Naturopaths have no extra value in the Greek and Latin nomenclature of diseases. Those who want to know details about this diagnosis of Naturopathy may refer to the "New Science of Healing" and "The Science of Facial Expression" discovered and written by Kuhne. Those who know Telugu can get the same from "Thottivaidyam" being a translated Telugu addition of Sri P. Venkatramaiah N.B. available at the "Prakrithi Office," Bezwada. The purpose of this article forbids me to go into any more details.

Pure water will fulfil most of the important requirements as a mouth wash. The next best mouth wash is made by adding a teaspoonful of ordinary table salt to a pint of water. Commercial dentifrices, used for polishing the teeth have been proved to be not only useless but actually harmful.

Gleanings

CANCER OF THE LIP

It is difficult to say just where the normal changes in repair stop and the abnormal changes, that eventually leads to malignancy, start. At any rate, we have malignancies developing on the basis of an already diseased tissue, a tissue that is not functioning properly, a tissue that has reacted unfavourably to its new environment.

It is often said that cancer starts from a scar such as results from a peptic or duodenal ulcer. In my opinion, it is not so much the scar that causes the new growth as it is the underlying changes that have produced such a scar.

Two individuals exposed to the same environment or the same diseases and injuries will not be equally involved by new growths. Why does one develop cancer and the other not? It is because one person has a better blood supply and better nerve stability, a more perfect heritage for resistance and statistics include considerable evidence which favours this view.

An old gentleman, 67 years of age, had been treated for six years by the most famous specialists for cancer of the lip. In desperation, he came to see me as a last resort, and the results of our treatment was soon to be remarked. I diagnosed him according to our methods. I found that the cause of his malady was an old abdominal hemistasis. The effect of our treatment was surprising. After expelling the morbid matter in a period of about nine weeks, the old gentleman was quite well.

Here again, was a case of curing cancer which the Allopathic profession, as is well known, declares to be impossible. N.P.H.H.

YOUR STOMACH

A man may lose one arm or leg and still be of use in this world and enjoy life. One kidney may be removed and the process of filtration will still be carried on. One eye and ear can be lost and yet hearing and seeing can be enjoyed, but when the stomach fails, the body fails. When an epidemic overtakes a community the water supply is first looked to in an endeavor to locate the trouble, and in most cases the search stops here. So it is with the human reservoir (the stomach), when it is sick the body is sick. All parts of the body are supplied from the stomach with nourishment, and are correspondingly affected according to the condition of the stomach. As impure water in the reservoir will sicken the people, so the bad condition of the stomach will fail to supply the parts of the body with the best material. A structure is no better than the material which it is made of, just so the body is no better than the substance it lives on, you are no stronger than your stomach.

The stomach, like everything, will fail by disuse. It is intended to receive food to be transformed into human body; to nourish the body and repair the losses. It was never intended to be converted into a receptacle for garbage. Abuses of the stomach can be carried on for a long time in various instances, it is a patient old friend, but there will come a time when the transgressor will have to pay for his indiscretion with compound interest.

We are called a nation of dyspeptics. We are living in the most favored land the sun shines on, and why should not our digestion be as good as any nation? Study the American habits and you will have solved the question. Our pace of life is too fast,

we are too busy and have not the time to masticate our food properly, our tension of life is too great. N.P.H.H.

LIVING ON NOTHING PER DAY

We have heard of enthusiastic Macfad-denites who managed to live on 15 cents a day and occasionally of one who had successfully narrowed down to three cents and a handful of peanuts, but these ascetics have been outdone by two professors who actually live without any expense at all.

They are leading an exceedingly simple existence on a small island in the South Seas, where their food consists only of cocoanuts and their clothes of loin cloths. The discovery of how to live on nothing was made by Professor Engle. He suffered from ill health from his childhood and nine years ago he started experimenting with a fruit diet.

He was soon convinced that the fruits obtainable in Europe were not most suitable and he left for the South Seas, and after experimenting, he has come to the conclusion that the cocoanut is the original, and therefore the most suitable food for man. The professor was joined by Dr. A. Beth and the two are now living on cocoanuts at a cost of nothing per day. Mr. H. M. Robson, a traveler, gives an interesting account of the professors' simple life.

"I found both the professors in very good health. I adopted the cocoanut diet myself and found it agreed with me excellently. The cocoanuts are quite different from those seen in this country. They are fresh and soft and are eaten with a spoon like butter. The nut is full of fresh milk and that is the only drink used. The island is a land of perpetual spring."

HYGIENE

The united action of the watery elemental power of nature has a marked influence on the existing vital powers of the blood, and affects its entire creative power. It predominates over the forces that exist in the narrow space of the human body, and is peculiarly exemplified in the case of plants, which depend for their existence upon moisture, sun and air.

As this power produces new vital power, it gives strength to the dying plant, so that it is again able to perform its functions, to dissolve, utilize and secrete them, and thus prolong its life. The same way the human body is sustained; when our organs are weakened by diseases, we call into use the same power, and that power is WATER.

We have to thank our Master for thus enabling us to make use of this vital fluid "Water," to cure and to harden our body, which, although simple in its make-up, performs much. Then, too, the use of certain herbs is not of less importance. They have been used for many years and it is not therefore necessary to prove their curative properties; they are recognized as the most simple and natural help for sickness.

The power of water is exerted with the best results in baths, and also by wrapping the body in sheets steeped in water. We can help the blood to perform its functions by drinking liquors containing these herbs.

Through the medium of circulating fluids, — the blood, in the case of the human body, the sap, in the case of plants, the existence of both is assured.

The construction of our body, strange as it is, and the plant, with its different organs, the root, the trunk, the branches, are, as a whole similar, each depending upon respiration and food. N.P.H.H.

Good-Bye Constipation MAURINE McCARTHY

[The writer sums up her simple but effective remedy for this root at all human ailments. No medicines or appliances are necessary to take advantage of her ideas and if you suffer from what the medical men call "food delay", just give this remedy a trial.]

It has been said that "money is the root of all evil." Speaking from the standpoint of psychology, this may be true. But, speaking from the health angle, I believe it can safely be said that constipation and its attendant, toxemia, is the cause of a major part, if not all, of the disease (dis-ease) of the human body.

If you are an occasional or regular sufferer from constipation and the various disturbances caused thereby, such as irritability, gas and bloating, restlessness, nausea, loss of appetite, etc., to say nothing of the more serious ailments directly due to it, you might like to try the astonishingly simple, natural method which cured me, as well as hundreds of others, of the great American curse—CONSTIPATION.

The treatment, if the following could be called a treatment, consists of two unbelievably easy steps which are:

A SIMPLE REMEDY

1. Upon arising in the morning, as your feet hit the floor, drink six glasses of hot water; get back into bed and lie for 10 minutes with knees drawn up to the chest (knee-chest position).

2. While lying in this position hold the positive thought of the expectancy of good results. Mind and body are reciprocal in action and holding a positive thought about results cannot help but bear fruit.

That is all there is to it. For the first several mornings—after that, say once a week, add a teaspoonful of table salt to one of the glasses of water. Salt is added because of its extra cleansing qualities and also because the average person, particularly

in summer, when perspiration is profuse, is deficient in salt content in the body. A normal person of average size loses about 1 1/2 pints of water a day "insensible perspiration"—vapor from the skin and lungs. So, by this intake of salt water, you not only free yourself of constipation—you re-supply your body with those elements which regulate body temperature, carry nutriment and carry off waste.

Charcot, the famous French physician, when asked, during his last days, to name the most important aids to health which he had discovered in his lifetime replied, in effect, that water, fresh air, sunshine and the simple, natural elements he found already here were the greatest of all—that his years of research and experience could add nothing to these great preventatives and restoratives.

FLUSHING THE ALIMENTARY CANAL

Water, the agent used in the above-mentioned remedy, cannot be surpassed as a cleansing and flushing factor. And, early in the morning, after a good night's rest, the alimentary canal and the vital organs are relaxed. When the six glasses of water are taken at that time there is no delay along the route from end to end, so to speak. The hot water goes straight through, picking up particles of waste as it goes, purging and cleansing along the way. Chances are, you will not be able to finish your morning toilette before the desired result will be obtained. At any rate, by midmorning you will experience relief and satisfaction and that feeling of being internally clean.

Try this plan and you will want not only to cross with silver the palm of the Gypsy to whom we are indebted for this remedy, -- you will want to empty your purse for his benefit.

There is also something else you can do to make doubly sure of perfect results. Eat those foods which provide an adequate amount of cellulose. Cellulose is the woody fiber found in celery, beets, asparagus, cabbage, etc., its effects are purely mechanical. Cellulose is not a true food but it has its value, nevertheless, in the matter of providing bulk and carrying off waste.

THE CASE OF THE LITTLE GIRL

As a case in point . . . a friend of mine had a little girl, who suffered from constipation. She was sallow, irritable, had to be coaxed to eat, and often ran a temperature. The mother tried many things, known to materia medica, but to no avail. That is, no permanent benefits were realized for after "a good cleaning out" as many of the advertisements for laxatives read, the child was worse off than before.

All of a sudden, the child improved; she began to have normal, regular movements. My friend was somewhat perplexed inasmuch as the improvement occurred during a

period when she had given up and was furnishing the child with no medicine of any sort. One morning she returned to the kitchen to replenish coffee cups and she found her small daughter eating what was left inside the orange halves after the juice had been extracted. Looking a bit sheepish upon being caught doing something, which in her mind, resembled stealing cookies from the jar she said: "It's good, mother, I've been eating the insides of the oranges you leave lots of times." It came to the mother, then, that the credit for the improvement in the child's condition was due to added bulk and fiber in her diet. Modern ways have done little, if anything, to improve upon foods in their natural state. Eat fruits and vegetables as nearly like Nature provided them as is possible. Water and cellulose are vital to body well-being. Be sure to use a sufficient quantity of both.

And don't overlook the fact that poor posture, irregular living habits, inactivity and emotional instability are often contributing evils. Along with using the Gypsy's remedy and adding more bulk to your diet, take steps to overcome the other things which may be helping to make you one who, although not actually sick, is certainly not well. If you follow such a program you can really say, with finality, "good-bye constipation." N. P.

BASIC PHILOSOPHY OF NATUROPATHY (Continued from page 84)

Consequently, where we usurp the normal power of the body to clear the colon, and depend on periodic use of enema, high colonic or other modality, we tend to pervert the organ involved. Its own motive and functional power wanes.

Under Naturopathic philosophy we should teach our patients how to regenerate their own organs and develop functional power. That will never be done by teaching an overdependence on outside agencies, which do the work that our own bodies should be made to do.

The Disgrace of Animal Experimentation

CARYL B. ABBOTT

Probably the most telling argument against animal experimentation is summed up in a single sentence. It is from the pen of the late Lord Chief Justice Coleridge of England. He said: "There is no such thing as necessary cruelty any more than there is such a thing as a necessary sin."

Animal experimentation is a blot against the medical and surgical professions. It is not a science. It accomplishes no useful purpose. It has never developed a single remedy for human ailments. Although it is responsible for hundreds of different types of filthy vaccines, serums and inoculations not one of these is of the slightest benefit in preventing, alleviating or curing human ailments.

Why is it continued? That is something that is beyond the understanding of thinking people. The leading medical men know that it is worthless -- they realize that it is useless cruelty and that it is demoralizing to those who practice it. Yet their great associations do nothing to end its existence. The leading surgeons know that it is useless as a training ground for students as each and every one has to unlearn everything that he or she may have acquired in these pest holes once they turn their attention to cutting the human body. Still the great surgical associations do nothing to stop it.

The whole truth is probably embodied in the fact that certain, unfeeling and heartless laboratories, with investments running into the hundreds of millions of dollars, actually live on this unholy torture of innocent animals. These great institutions, backed by the authority of the pseudo scientists who hacked, butchered, burned and mutilated thousands of dogs, rabbits, guinea pigs and rats behind locked doors,

are so powerful that the big associations are actually afraid to offend them and their various financial interests. In the opinion of the writer, no human being has ever been "made mad" through the bite of a so-called rabid dog. There are many isolated cases, where suitable tests were not made, on which certain medical men, for a probable fee, rest their claims that rabies -- if it does exist -- had been spread to human beings through dog bites. But no reputable doctor will say, positively, that if a person is bitten by a supposed "mad" dog, that such person will contract rabies. In fact, the evidence is all the other way. Reputable doctors admit that if so called "mad" dog bites a person, the chances are, probably 100 to 1 that that person will recover without any medicine whatsoever, yet the great laboratories, making this filthy anti-rabies serum (causing untold tortures to helpless dogs) have so worked the propaganda that the moment a supposed "mad" dog appears in a community, the local health authorities get flustered and put down quarantines and all sorts of regulations. While they wipe off their inoculation "needles" and wait hungrily for the victims to be driven, by fright, to their doors.

No, animal experimentation is nothing but a cruel, heartless hoax. It should be stopped, if for no other reason, than on the ground of cruelty, as a noted English writer, Leo Rodenhurst put it: "if a man is convicted of working a horse when it is not in a condition to be worked, he does not escape the penalty of the law merely by proving that he and other persons derived benefit from the labors of that horse." Yet animal experimentation goes on unimpeded

merely because the mentally warped individuals who carry it forward "claim" (without foundation) that it is in the interest of human progress.

"Is it truly scientific to feed rats, mice guinea-pigs, puppies, and even birds, on unnatural diets in order to ascertain the effect of certain foods on human beings? Is it reasonable to suppose that a disease, which may have taken years to develop in an unhealthy man, can best be studied by trying to produce it artificially in a healthy animal? Is a cure ever likely to be found by that means?"

"The late Sir Frederick Treves, the famous surgeon who operated upon King

Edward VII, confessed to a large audience of medical men that he went on the Continent and performed experiments on dogs; but such are the differences between the human and the canine bowel that he had to unlearn all that he had learned from the experiments, as he was hampered by the experience, which merely unfitted him to deal with the human intestine."

And so—Vivisection reviewed from a physical (health) mental (intelligence), moral (humane) or spiritual (religious) point of view is wrong, absolutely wrong. What further arguments should have to be put forth to the powers-that-be before such atrocities are wiped from the histories of the pages of civilization?

Papaya or Papaw Fruit

CARRIE FUNK-KOCH

As a fruit as well as a medicine, the papaya has meant more to the inhabitants of the East Indies, West Indies, Central America, Panama, Venezuela, Colombia, Peru, Ecuador, the Hawaiian and Phillippines Islands than any other fruit.

Centuries before Columbus landed at San Salvador, or before Magellan undertook his voyage around the world, the papaya fruit was considered by the natives as the only fruit necessary to use in order to keep well.

A booklet prepared by H. P. Traub for the Department of Agriculture, States:

"The Papaya is a source of important digestive ferment called papain, the marvelous digestive enzyme similar in its action to pepsin. This is obtained by bleeding the green fruit, exuding latex, or milk, being collected and dried on glass. It is an excellent source of Vitamins A and C, an appreciable amount of Vitamins B and G."

The papaya tree is an evergreen and suggests a pine tree in growth and grows to a height of 25 to 30 feet. The leaves

are usually two feet in diameter, dark green on upper side and light green underneath, and drop off as the tree and fruit develop. It bears the fruit along the trunk of the tree and not on top branches as do other tropical or northern fruit trees.

The tree bears pistillate, female; staminate, male; and hermaphrodite bisexual, flowers. The flowers are different in shape to orange blossoms, though of the same texture, and it is only when the blossoms appear that female and male trees are distinguishable. In some localities it requires fifteen to twenty months for a tree to bear fruit, and one can imagine the dismay experienced by growers when they discover their orchards of unprofitable trees have to be pollinated by hand, a method used where the sphinx or humming-bird moths do not participate as pollen transferring agents. With their long proboscis these moths are especially adapted to obtain nectar from staminate flowers having a long corolla like that of the papaya. The moths are most active in the morning

and during twilight hours of evening, resembling small hummingbirds as they dart from flower to flower. The perfect flowered trees, hermaphrodite, of course, produce fruit without pollination. Again some trees contain both staminate and pistillate flowers, while others bear male and bisexual blossoms.

According to F. B. Kilmer, "the beautiful races of the Antilles seem to have taken their brown and olive skin from the bright-hued rinds of the fruit which surround them, and their clear, clean complexions and exquisite flesh must arise from the use of the papaw fruit as a cosmetic. A slice of the ripe fruit rubbed over the skin dissolves spare flesh and removes blemishes. Young and old consider it a toilet requisite . . . the papaw has been brought to America as a cure for the national disease—dyspepsia."

Natives in tropical fruit who indulge in animal meat, rub slices of green papayas and meat before cooking to tenderize it; many suspend the meat among the branches of a papaya tree in the backyard over night.

As a vermifuge, the milky juice eliminates worms from the intestines after it is dried

and known as papain; is often used to prepare foods for easy assimilation, foods for invalids and children. And due to its digestive ability it aids in correcting liver disturbances and ailments due to indigestion.

When green it is used as a substitute for squash by baking or steaming the fruit. As a breakfast food it is eaten similarly to cantaloupe, plain, with salt, lemon or lime juice.

As a salad or fruit cocktail, diced papaya may be used with orange, grape fruit, pineapple, grapes and guava.

As a vegetable salad, it combines well with celery, tomatoes, small onions chopped fine, and served with mayonnaise or peanut butter dressing.

The ripe fruit is candied as well as used in marmalade and jam; the pulp may be served in frozen desserts, sherbat or mousse.

If eaten daily this magic fruit will give one more glamour than any other fruit and will remove the joy killing condition from which nearly 90 percent of the civilized beings suffer—constipation and B. O.

We have quite a number of recipes. We can furnish some free for your files by writing me care this magazine. N.P.

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