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The Indian Naturopath

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

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THE INDIAN NATUROPATHIC ASSOCIATION

The Madras Provincial Naturopathic Conference, Nellore, 31-8-1947

RESOLUTIONS.

1. This Conference requests the Government to recognise Naturopathy as a method of treatment of disease as has been done in some American States, and establish or assist to establish four Naturopathic institutes in the four linguistic areas of the Madras Province, so that Naturopaths may be properly equipped and trained for taking up service as Naturopathic doctors.
2. This Conference requests the Government to establish a Naturopathic Clinic or Sanitarium in each district or give liberal grants to those existing ones.
3. This Conference requests the Government to abolish compulsory vaccination and inoculation, and exempt all Naturopaths and their families who have conscientious objections to such vaccination and inoculation from the penalties prescribed in the Madras Health Act as is prescribed in England.
4. This Conference requests the Government not to encourage production and sale of Vanaspathi as it is found to be injurious to the Public Health.
5. This Conference requests the Government to keep the minor tanks in good repair and not allow tank beds to be assigned for cultivation.
6. For solving the food-crisis, this Conference suggests to the Government that all cultivation of tobacco and turmeric in garden lands should be compulsorily abolished and that the ryots be encouraged to grow food crops thereon.
7. This Conference requests the Government to take steps to prevent juvenile smoking and exhort the teachers in Government and aided schools not to set a bad example to the boys in their institution in this behalf.

READ
THE INDIAN
Naturopath
For Health:
Physical
Mental &
Spiritual

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The Indian Naturopath

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

Vol. XVIII BEZWADA, OCTOBER, 1947 No. 10

The Editor welcomes articles on
NATUROPATHY

in all its aspects for publication.
Also News Notes of Naturopathic
activities of different Associations
devoted to Naturopathy are of
interest to us.

Books on Naturopathy and allied
Subjects will be also reviewed in
these columns.

EDITOR SPEAKS

SHALL WE INVITE ANOTHER EVIL?

With regret to have read the decision of the Government of Madras, to start tea shops in place of toddy shops in the prohibition areas :—

We congratulate the Government for the courage with which they have resolved to introduce prohibition in eight districts in the Province. We are glad also they have boldly foregone the revenue on the sinful source of income. But it is a pity and a misfortune on the part of the people for the Government's decision for the substitution of tea for toddy.

It is a decided fact and a decided scientific truth that tea contains a slow poison called 'Tannin'. It is in no way less dangerous than toddy bulk for bulk. Those that are already addicted to the evil cannot be saved but those that are free from it till now should not be indulged to fall a prey to it. That does not show even wisdom on the part of the Government. To deprive the ordinary toddy taper just to encourage a foreign company for the production of more tea and send us our incomes. We pray that the Government will take this timely advice and start shops to distribute joggerly water or buttermilk in place of tea.



OUR CREED

We Believe:

That our bodies are our most glorious possession;

That health-Wealth is our greatest asset;

That every influence which interferes with the attainment of superb, buoyant health should be recognised as a menace.

We maintain that weakness is truly a crime;

That sickness is the penalty of violated health laws;

That every man can be a vigorous vital specimen of masculinity;

That every woman can be a splendidly strong, wellpoise specimen of femininity,

IF THE LAWS OF LIFE ARE RIGIDLY OBSERVED.

INDIGESTION

EDITOR

Indigestion is not in itself an independent disease. It is often the result of some other disease such as anemia, chlorosis, neurasthenia, hysteria etc.

People are often responsible for indigestion, through their irregular habits, improper, immoderate habits in eating and bad mental attitude. To cure indigestion one need not necessarily irritate the digestive system by stimulating medicines. Such behaviour does not improve the condition. On the other hand it exhausts the system and makes things worse. So in dealing with a case of indigestion one should take care to correct his habits in the first place. One should keep a peaceful attitude towards circumstances. One should not indulge in things that do not easily digest. When one feels heavy after a meal it means that he has eaten more than what he actually needs. If after a few hours after a meal if one feels heavy in the stomach, it means that he has taken food that is richer than his needs. If one does not easily defecate that means that he has partaken foods that are pasty and greasy.

Indigestion is seldom incurable. If proper care is taken one can be assured of a speedy cure in almost all cases of indigestion.

One woman was complaining of indigestion and was vomiting the contents of the stomach three or four times after every meal she took. She took medicine for a very long time and

she was declared incurable. When we met her and advised her to take fruits for the first week she did well with the diet. Then she was given cooked vegetables for another week. She was feeling better. When I asked her why she was taking food even she had repeatedly vomitted the contents of the stomach, she told me that she was taking food for fear of weakness that would be caused by the suspense of food. When she was given lighter food such as fruits and vegetables later, she was improving and was feeling better. She could courageously follow my instructions and was improving with this lessened diet.

In some cases people often indulge in foods that are very rich in fats and proteins in the hope of growing stronger with the diet. To their disappointment their digestion is spoiled and they grew weaker and weaker day by day. When they advisedly resort to homely light meals they improve in health and feel stronger day by day.

Indigestion is not so much an organic defect. It is more or less a functional disease. When the digestive fluids are thin and when the diet rich in fats and proteins are taken, indigestion is resulted. Though the digestive

fluids are normal if one indulges in sweets and condiments when digestion is caused by it.

Though the digestive fluids are normal and though the diet

that is taken is of a healthy nature, even then there is another corner where from indigestion may be caused.

Ayurveda says:—

“మాత్ర యాఽ భక్త్యనుగం పథ్యం
చానం న జీర్ణతి చింత శోభ భక్ష్యోధ
స్వప్నశయ్యా ప్రహరైః”

“Mathrayabhyavahrutham pathyam channam najeeryathi chintha soka bhaya krodha swapna sayya prajagaryh” Though the diet that is taken is normal as to quality and quantity, it may not be properly digested by the following causes.

1. Anxiety 2. Grief 3. Fear 4. Anger 5. Too much sleep 6. Sedentary habits 7. Wakefulness. Why one resorts to such mental excitement Ayurveda ably says “అశాన్తిరంతః పశువత్ భ్రంజంతి యేఽ ప్రమాదతః శోభానీకస్య తేమా లం జీర్ణం ప్రాప్నుంతి హి.”

“Anathma vanthah pasuvathi bhunjanti ye appramanathah roganeeekasya the mulam ojeer nam propnuvanthihi” Disregarding self when one like cattle indulges in abnormalities of diet, one possesses indigestion that is the cause of all diseases. The above verse requires explanation. When one disregards the athma and thinks the body as himself and takes the guidance of tongue in the taking of food he naturally yields to the perverted and sophisticated dictates of the tongue and partakes of foods that are qualitatively and quantitatively are against the healthy needs of the body.

In that way one contracts indigestion which is at the seat of all diseases.

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NATURE CURE - ITS EFFICACY

Address of Mr. O. VISWANATHA RAO, B. A., B. L.,
as Chairman Reception Committee of the Madras Provincial
Naturopathic Conference, NELLORE '31—3—47

This town has a good deal of literary and political history behind it. In the 11th Century A. D., on the banks of the Pennar, the famous Telugu Poet Tikkana wrote the Andhra Mahabharata. On the other side of the river, in Padugupad lived the Poetess Molla who wrote the Ramayana in simple verse. Sreenadha, author of Sringara Nishadham, also belonged to this place and was patronised by the then Rajah of Venkatagiri. At Gudlur, near Kavali, lived the famous Telugu Poet Yerra Pragada. Among the modern poets, Gopinathuni Venkata Kavi and the late Vedam Venkatraya Sastri stand uppermost.

Nellore occupied a prominent place from the 11th Century to the 14th Century as a buffer state between the Chalukyas in

INDIGESTION

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If one takes care to look to the needs of the body and carefully avoids the abnormal and faulty qualities and quantities of the articles of foods then one has done the first portion of cure. The second portion is the avoidance of mental abnormalities.

Whenever one feels indisposed, let him safely miss a meal or two or take fruits instead of a square meal, then he will avoid a number of ills that come in the train of an innocent indisposition or a mild cold.

the North and the Pallavas and the Cholas in the South. After the Vijayanagar Dynasty established its supremacy in Southern India, it made Udayagiri a strong fortress and established a Vice-roy there.

There are two ancient temples in this town, viz., Sri Ranganathaswami temple and Sri Moolasthaneswaraswami temple. At a short distance from this town, there are the famous temples of Sri Kamakshi Devi and Sri Narasimhaswami. It is our good fortune that you have visited this town with such hoary past at our request without minding the inconvenience and worries attendant upon the present-day travel.

20 years ago, a similar Conference was held at this place and it was presided over by the famous Poet, Scholar and Naturopath, Sri Kasi Krishnacharyulu.

We have assembled here today to take stock of the progress Naturopathy has made in our Province. Naturopathy is as old and ancient as our Hindu civilisation. In Vedic Texts, we find Hymns in praise of the five elements, viz., Pridhvi (i. e. Mother Earth), Water, Sun, Air and Akasa. Our ancient Rishies developed Yogic culture by devising a number of Yoga Asanams which keep the body in perfect health.

Nature Cure is nothing but regulating the life of the individual into perfect union with nature. God in His infinite

Mercy, has provided our system with spontaneous healing process. Whenever a disease manifests itself in the body, it is nothing but nature's attempt to rid the body of the foreign matter accumulated in the system by wrong living and wrong diet. We Naturopaths believe that diseases, by whatever nomenclature they are called, after all take their origin from one common source, i. e., accumulation of unwanted foreign matter, and that all diseases can be cured only by helping nature in the elimination of foreign matter from the body. Dr. Louis Kuhne in his book “New Science of Healing” has elaborated this subject in the 1st Chapter of that book. The suppression of the disease only tends to drive the foreign matter inside and make its appearance in another form and in a different shape. Very often, we find that when attempts are made to suppress an ailment like dysentery, fever sets in and so forth. Therefore, we do not believe that any artificial aides which are repugnant to nature and which tend in any way to suppress or obstruct the free elimination of foreign matter, would really cure any disease. The remedial agents recognised by Nature Cure are the five elements, viz., Fire, Air, Earth, Water and Akasa which is the finer force in nature.

Mahatma Gandhi, the father of our Indian Nation and the apostle of truth and non-violence, has proclaimed over and over again the benefits of Nature Cure and has written a book “Arogya Marga” in Gujarati more than 20 years ago, and the book has

been translated into English and the Indian vernaculars. Recently, at a prayer meeting held on 24-4-1946, speaking about the place of earth in Nature Cure, Mahatma Gandhi said, "one of the curative uses of earth was an earth bath. Dry, finely powdered earth, rubbed on the body cleansed the skin. Mud applied on the body and allowed to dry, could cure any skin diseases. More than 40 years ago, a little nephew of mine had boils all over the body. They were slow to respond to any treatment. Finally I took the case into my hands, covered the boy's body with mud and made him run about naked. The boy was cured in 8 to 10 days. We are born of earth and return to earth after the life's journey. We cannot live in the air. In the morning prayers, there is a sloka in which the devotee invokes Mother Earth and asks for her forgiveness for treading upon her. If we expect our prayer to be heard, we must show our reverence in practice. We must not soil the earth or dirty the surroundings as many of us do to-day. If somebody soils the earth through ignorance or oversight by spitting or making nuisance, we should cover up the filth with dry earth."

The Hip Bath and the Sitz Bath have been found in practice to be potent remedies for all diseases. Those of us who have practised the Hip Bath and the Sitz Bath advocated by Dr. Louis Kuhne can justify the wonderful curative effects in various diseases. In my personal experience, I have seen persons suffering from chronic fever, chronic in-

digestion, tuberculosis of lungs and intestines, chronic bronchitis, fits, etc., have been cured by following these baths and the diet prescribed by Dr. Louis Kuhne in his book. That is why in Andhra Desa, Nature Cure has been identified with Tub Baths. Besides water-cure, we have got a more potent remedy of Sun Light Cure called "Chromotherapy". Dr. Babbitt, a famous Scientist and Philosopher of America, has written a book called "Human Culture and Cure" in which he advocates Sun Light Cure and Cure by finer forces like Magnetism, Hypnotism, etc. Dr. Pucha Venkataramaiah has placed the Andhra public under a deep debt of gratitude to him for translating Dr. Babbitt's book into Telugu, which is called "Suni sitha Vaidyam" — (సూని సిథ వైద్యం). Over 30 years ago, the benefits of this Chromotherapy was put into practice in India by Pandit Jwala Prasad, retired Subordinate Judge of the United Provinces, and he has written a book called "Chromotherapy" in which he gives the benefits of his experiences of this treatment on various diseases. Our ancients have devised "Surya Namascarams" as the most potent force for curing diseases.

It is not necessary for us to dilate upon curative effects of pure air. The present-day treatment for Tuberculosis is nothing but the advocacy of living in Sanatoriums where we can breathe pure and fresh air. The famous Naturopaths, viz., Dr. Benedict Lust and Henry Lindlahr of America and Dr. Louis Kuhne, Adolf Just and Father Kneipp

of Germany, advocate very strongly the benefits of living in Sanatoriums.

Lastly, Akasa, the finer force, has wonderful effect in curing diseases.

Mahatmajji has been advocating the benefits of RAMANAMA in curing all diseases. In the "Harijan" dated 3-3-46, Mahatmajji writes, "No matter what the ailment from which a man may be suffering, recitation of RAMANAM from the heart is the sure cure." But he says, "Mere lip-recitation of RAMANAMA will not do. It has to come from the heart. It is conscious belief in God and a knowledge of His Law that make perfect cure possible without any further aid." Those who have read the life of THULASI DAS, the famous author of "Thulasidas Ramayana," would have noted how he cured a man suffering from Leprosy by asking him to have a dip in the Ganges and reciting RAMANAM. Japa of any Mantra from the heart has been recognised by our ancients as a potent remedy for curing all diseases.

Thus, we depend upon five elements for our cure. Along with the natural remedies, we advocate change of diet also. The diet that is prescribed is nothing but a Satwik food prescribed by Sri Krishna in the 17th Chapter of Gita.

All irritants should be avoided. Coffee, tea and such other drinks have to be eschewed. We have to give up animal food. Dr. Kuhne, in his book "New Science of Healing," has devoted one chapter for this subject

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IGNORANCE OF NATUROPATHIC PRINCIPLES GIVES FATAL RESULTS

Professor Kausambi was one of the foremost scholars of India. His speciality was a study of Buddhism and the Pali language. For years he worked in America and England as a research worker in Buddhism and made many original contributions in that line.

Last year in September or October he went on a fast unto death. He felt that his work in this life was over and that, therefore, he should put an end to it. But his friends requested Gandhiji to intervene and Gandhiji was able to persuade him to give up the fast. But his health was shattered. He could not digest anything and suffered from urticaria which kept him awake at night. His own people wanted him to have the best of medical treatment, but he chose to spend his last days at the Sevagram Ashram. He would not have his children visit him even during the last stages.

At Sevagram Ashram he tried allopathic treatment for a while and then gave a trial to Nature Cure. But the will to live was not there and nothing seemed to help him.

He had a great desire to see Gandhiji before his death. But Gandhiji was held up in Noakhali and Bihar. During Gandhiji's last visit to Delhi he asked me to escort him to Delhi and back. All of us considered it a privilege to be able to do anything for him and I got Gandhiji's permission

to take him to Delhi, but at the last moment he changed his mind. "Why inconvenience Bapu in this state of my health?" he argued. "If I am destined to see him I will get better or else he will come here." But neither of the two eventualities took place and he expired on the 4th of June in perfect peace of mind. An Ashramite has given a graphic description of his last moments.

"At 10 a. m. Kakasaheb arrived and talked to him. He listened attentively and answered by making signs. Kakasaheb pleaded with him that he should allow his son and daughter to come to see him. But, he said 'no'. After that he had his sponge bath and asked someone to open the door on the eastern side as if he was about to step out. Then he took Shankaranji's hand and lightly pressed it, as if to thank him for the latter's services. And he quietly passed away. There was no sorrow or depression in the atmosphere. It seemed as if one of our esteemed companions was starting on a pilgrimage.

"The cremation took place at 5-30 p. m. Kakasaheb, Vinoba and the inmates of all the institutions were there. Kakasaheb discoursed about Kausambi's life and work after the cremation. It was a rare privilege to witness such a death. He has set an example as to how to welcome death as a friend. How I wish all of us would be able to culti-

vate Kausambi's detachment for life and be able to welcome death with a smile!"

Speaking about Professor Kausambi's death in the prayer meeting on the 5th of June Gandhiji said:

"I am sorry to give you the news of the death of Professor Kausambi, the distinguished Buddhist divine and scholar. He was one of the finest Palischolars. As such he had worked in America. Though his scholarship would have commanded a lucrative career, he chose the field of service and gave it to the Gujarat Vidyapith established during the non-cooperation days. He passed his last days at the Sevagram Ashram. Ablest doctors would have gladly attended to the deceased scholar. He could have gone to his native place Goa. He had a son and a daughter both receiving high salaries. But he preferred to live as a monk. He was reluctant even to receive any service from the Ashram members. But when he was assured that the Ashram people would consider it an honour to serve him, he readily consented to end his last days in the quieter atmosphere of the Ashram. He practically fasted during the time at the Ashram. Enforcement of the Buddhist doctrine in his own life had taught him to regard death as the most faithful and unfailing friend and deliverer. He therefore shed the fragrance of his life among the privileged inmates of the Ashram. His desire was that there should be no fuss when he died. His only wish was

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PRODUCTION Vs DESTRUCTION

J. C. Kumarappa

There is a great deal of talk about 'increasing production' and 'improving the standard of living of the masses of the country.' These two phrases are being bandied about at every convenient occasion. But what these phrases mean is hardly ever defined. These words are little more than slogans to capture the imagination of the unwary and to convince the unthinking public, which is generally carried away by much talking.

In a country where people are starving and where there is not enough cloth to go round, these phrases should carry the meaning of providing at least the mere necessities of the people, food and clothing. Our effort should, therefore, be directed towards giving two meals a day where one cannot be obtained today. And our effort should be to enable the people to be clad, at least against the weather, if not to satisfy their aesthetic sense.

Industrialists appear to be more concerned with developing their industries than with the needs of the people, for they say that if India were to develop her industries on a permanent footing the Government must

Ignorance of Naturopath Principles
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that scholarship or scholarships should be founded to send selected students to Ceylon to learn Pali and become Buddhist preachers." Susila Nayar.

follow a policy of export drive, even though we might have to suffer some privation for some time, and it is their firm conviction that the industrial development of India could not be put on a sound footing unless the products of Indian industries were exported abroad. They recommend our Government to base their proposals on the principles of an expansionist policy of production advocated by Lord Keynes,—'the more you eat of the cake the larger it becomes'. They believe that the social objectives of the Finance Member could be fulfilled only by such a policy. The hope that 'the more you eat of the cake the larger it becomes', however absurd it may seem to the common sense of ordinary mortals, it can easily be made feasible by these demi Gods who eat the cake no doubt, but the cake is not theirs but others. Herein lies the secret of this apparent miracle. Of course if they merely ate other people's cake, their own cake ought to remain constant. But the method of doing this is generally to bite off from the other people's cake a larger piece than you can eat. That of course makes their cake grow larger.

The methods adopted by the present types of large scale industries have been anything but progressive. They are using science to destroy rather than create. This being so, it would be well to examine the proposi-

tion how to increase production. When we, with the help of rice mills, produce unwholesome polished rice, can we call it increasing production? Is it not destruction of the production of the paddy by the farmer? Similarly when sugar mills produce white sugar from sugar cane juice and thus provide a less nutritive product, and perhaps devitalise the wholesome juice of the sugar cane, again would we be using the term 'increasing production' correctly? Is this, also not an instance of destruction of nature's gifts? There can be an increase in production over what is found in nature, if man's efforts result in an increase not only quantitatively but also qualitatively. When a farmer sows a seed and reaps a hundredfold because of his effort, we are justified in saying that the farmer has increased production. But when we look around at most of the efforts of mill-owners and measure their output and compare it with nature's generous gifts, we can only say that the machines have been utilised by man for destruction rather than production, much less for increased production.

Shifting crops.

In Bihar and in large sections of the U. P. thousands of acres have been brought under cultivation of sugar cane. Formerly these lands were not waste lands. If they had been waste lands and the sugar cane was an addition to the general production we would be justified in calling it an increase of production. Before the advent of the sugar cane cultivation,

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Biharis used their lands for rice cultivation and consumed hand pounded wholesome rice; but now the crops have been shifted, with the result that they cultivate sugar cane and are dependent on Burma for their rice. And Burmese rice comes polished—that means with all the nutrition removed—as pure starch. However much the sugar cane crop may have been increasing the bank balances of mill owners, can we, by any stretch of imagination, lay claim to having increased production when we drive the masses of people from the nutritive rice of their own cultivation to devitalised polished rice imported from outside? This shifting of crops from food to raw materials for mills is not only a disservice to the country but is injurious to the health of the people. It is not 'increasing production' when we are shifting the crop from food to long staple cotton for the mills and to tobacco and groundnut for export. At best it can be said to be pilfering and not production. This is the kind of 'increase' that has been taking place in the country and which has led to considerable distress to the people in meeting their primary needs.

In the same way, in Malabar the former rice lands have been converted into coconut groves and these coconut groves are producing coconuts, not for human consumption, but for oil for soap mills. Is producing 'Lux' soap, in however large a quantity, an increase of production when this is done at the cost of people's staple food? The people, who were formerly cultivating rice are at present

being given polished rice imported from Brazil. Hence, in the final analysis, the mill owners' efforts have resulted in the provision of Brazilian polished rice to the people who were once eating wholesome, unpolished rice of their own production and converted those rice lands into raw material for soap making. Is this 'increased production'? And is this striving to 'raise the standard of living of the masses'? We can well see that the mill owners have eaten some cake and at the same time the stock of their cake has increased. But what is the state of the common people?

When crops have been shifted deliberately from the production of staple food to raw materials for luxury goods, is it any wonder the country is facing famine after famine? If we really strive for greater production, our endeavours, should have by now, brought us to a more satisfactory supply of our primary needs. But when we look around we find that "the country today is suffering from the acutest shortage of food. It is an irony of fate that India, which is primarily an agricultural country, is now dependent upon imports of food stuffs to feed her population." Should we wonder at this stage? The fact cannot be belied and the deduction that our efforts, such as they have been, have resulted in decreased production, cannot be missed.

Standard of living

In a country suffering from un-employment and under-employment, even the method of production should be such as to

solve this great problem. Methods we have adopted so far of 'increasing production' have invariably led to increased un-employment. What is known in Western countries as labour saving devices can be better expressed as labour displacing devices, or in other words, devices for creating un-employment. In resorting to these large scale methods of production, mill owners have adversely affected the standard of living of the masses. Our famines are becoming perennial, even at times when nature's contributions have been generous. Is this not an indication that with all this much talk of increasing the standard of living we are really lowering the standard of existence?

People express the hope that the "industrial progress and the prosperity of the 400 million people are inter-related, and that they would not want any industrial development if the 400 million people are going to be in a bad way," "progress must bring progress to all the people and not to a few chosen ones", "we have to think in terms of the masses of this country" etc. We invite their attention to the facts of the case for increased production that have been stated above, and we would like them to consider whether we can increase production of the type they envisage by centralised methods of production in consumption goods. Let them take stock of the increased distress that has come to our land in the wake of our efforts put out in that direction in the past.

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SOME MISCONCEPTIONS ABOUT T. B.

By Dr. Surendra Prasad Garg

Tuberculosis is regarded a disease whose causation lies in the activities of one or other of the minute vegetable parasites known as microbes or bacteria. It is popularly believed that these parasites are inhaled or swallowed, in either food, drink or air. They maintain that the prevalence and destructiveness of the disease are due to the numbers and virulence of the germs. But this assertion is wrong. The truth of the matter is that tuberculosis is essentially a filthy disease. Tuberculosis is unknown amongst wild animals or savages living in their natural state, and if civilized men and women suffer from it then the inference would be that there is something wrong and unnatural in the civilized mode of living. It is peculiarly a disease of civilization. The fact that the bacillus is present after the disease is well advanced, proves that the germs are not the cause but the result of the disease. Germs are merely the scavengers of disease. The duty of the germ is to break down substances in the body that need to be removed. For example when an animal dies in the desert the vultures gather round for a feast. The vultures do not cause the death of the disease. The same idea applies to germs and human body. So it is the first misconception to say that Tuberculosis is caused by germs.

The second misconception is about the infectious nature of the disease. Even Lieut-Col. B. Vishwanathan, Adviser to the Health Department, Government

of India, observed the other day: "It was the cough and spit that spread the disease. So long as the patient does not cough at your face and so long as he takes care to spit in a spittoon he can not transmit disease to another even if he is near him." Naturopathic physicians strongly hold that Tuberculosis is due to underbreathing and poor air, poor food, lack of physical care, wrong mental habits and laxity. So long as the digestive organs are in fine shape, tuberculosis is impossible. As such they do not regard it infectious at all. My experience with a number of patients too confirms the view mentioned above.

The third misconception is that tuberculosis is hereditary. Infants born of diseased parents are not necessarily found affected. On the other hand if they are removed from their mothers immediately after birth and handed over to foster parents,

Production Vs Destruction

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We are all one with those who want to advance the cause of the masses and strive for the progress of the country. But we would submit that this must be done scientifically, not merely to satisfy the greed for acquisition of wealth for a few. So far as we have seen, Science has been harnessed, not for production but for destruction. May we hope that with the advent of Swaraj the point of emphasis will shift from material production to the welfare of the people.

they will not develop the disease at all.

Again to believe that mountain air is essential for the cure of a consumptive is the fourth misconception. Only pure and fresh air—not matter it is of hills or plains—is required for the treatment of the disease.

Last but not the least important misconception is that Tuberculosis is an incurable disease. No doubt, half a million people die of Tuberculosis every year. Despite the severe and dreadful nature of the disease it can safely be asserted that this is like others, a curable disease. If one grasps the underlying root causes of the disease and strenuously devotes himself to their removal and purification of his system, he is sure to be crowned with success. The conventional

allopathic treatment, however, is much abusive and does not lead to the desired end. Their germ and nutrition theories bring disaster to the patient. The most prominent part of their treatment, viz., the feeding, temporarily fleshes up the patient who is unable to retain the weight gained. Heavy and improper feeding weakens the digestive powers and affects the lungs. The inhalation treatment is also annoying to the patient. Drugs, e. g., Creosote, mercury compounds, etc. and injections used also do no permanent good to the patient. His energy is wasted. This is why allopathic methods and treatment have made people believe that the disease is incurable. On the other hand if cheap, simple and easy methods of Nature-Cure are adopted, the disease is cent percent curable.

ONE WORLD, ONE PROBLEM

By T. N. Jagadisan

Suffering unites the world in a queer way. It often tars the globe with one brush. Leprosy affords an illustration of this truth. All over the world there is the same neglect of the human needs of the leprosy patient and a superstitious dread of the disease. It is worth pondering why in a world of enlightenment and boasted progress, people should regard leprosy as they did thousands of years ago when the only surgeon known was the crude barber. Ignorance and prejudice perhaps account a great deal for the situation; but there is a deeper reason: man's failure in fellowship. The appeal of leprosy is essentially an appeal to the conscience of Man.

Below are given extracts from letters by correspondents living in countries where leprosy is a serious problem.

From Rizal, Philippines, writes Josephine Guerrero who, a patient herself, lives in the Novaliches Leprosarium "under the triple inspiration of great faith, great courage and great patriotism" trying to cheer up her less brave companions:

"The inside story of the life of the leper in the poor and sadly abandoned leper colony is too full of heartaches, misery and want. First, I want you to know that I am happy to suffer in God's love, for what joy can be greater? It would not be human, however, to tell you that I am never otherwise; nor would it be true. There are moments of unspeakable loneliness, of unexplained longings and yearn-

ings in which one's heart is tried to the core. But I feel that our Lord desires this strange hidden life for me for reasons I shall never know until He calls me Home. So I have made no oblation and only ask that He may give grace and strength enough to follow His will. But my companions are not so easily led like children; I fear many are grown bitter or despairing, futile, helpless, depraved and hateful. The rest are simply apathetic or cynically indifferent. I desire so much to alleviate all this human misery, and wish to be able at least to instil once more the feeling of hope, and to make their lives once more wholesome and bright."

After describing the miserable want prevailing in the colony, this brave heroine writes:

"Medicine: even that is not adequate. We have no laboratories here; we have no sufficient medical help; in short, this is not a hospital, it is a prison and the patients are classed not better than the criminals. They say the government is poor, yet it has funds for everything else. Why? Is it because the world has conspired against the leper? Because once a leper always a leper? But I am being furious for nothing perhaps. I suppose the lot of the leper is simply like this. Or is it? Or should it be? I want to do something about it. The administration thinks the leper is cursed, that he is hopeless. Is the leper utterly to be blamed if he has learned to take the law in his

own hands, has become rebellious, covetous and even repulsive? Living here I have learned that perhaps the blame does not lie wholly on the leper himself. Most of us are completely abandoned even by our families; the rest of us have no family." Beryl A. Clarke writes from Virgin Islands U. S. A:

"Out here leprosy seems to be taken for granted. A few people are put in the colony and not much done. On that account I am afraid there is little to tell about the work done here."

Louis A. Moreno from Cuba writes:

"It is only in recent years that our problem has been seriously taken into consideration and the Government at present is attending to it. There are plans to build new dispensaries in other cities and large colonies in the central section of the island. All this depends upon our Congress granting a special budget."

Joseph L. Hislop writes from Chacachare, Trinidad:

"What I abhor most bitterly is the attitude adopted by the public towards the poor afflicted. Take a case in point where a young man was hounded down by a limb of the law and a doctor, as though he had committed some great crime and sent to the Leprosarium. He rallied with the disease and took treatment. He finally got paroled in three years. I say this young man with a clean discharge certificate, duly signed by the leprologist as fit was no danger to the public. He went in search for work and got a job as an oiler on one of

the Government run trains. He did his work well and promotion came his way as fireman, until some one who knew that he was at one time a patient at the Leprosarium reported his case to the General Manager who in turn gave him a laid off ticket for an indefinite period. "Fired in smart"! He got another job and the same fate attended him. He again sought another, this time as a chauffeur to the manager of a theatre. He was doing well until some one again reported to the manager that he was at the leper settlement. When the boss heard that, he flew out of his car and asked the man to get out and paid him off on the spot, and in the haste of paying off this man two twenty dollar bills were mixed in the money. The man not wanting to be dishonest returned the overchange to the manager who refused it on the ground that he was a leper. The young man in his thirties could have stood the torture of the stigma no longer; he committed suicide by hanging himself in his room."

A. H. Pipe of Southern Rhodesia, Africa, writing of the resignation of Dr. B. Moiser O. B. E., writes:

"He left us in mid-April last, after having served here for seventeen years as the sole medical officer, and for most of that time without any European nursing staff and assistance; it was only in his last year that he had the help of a trained nursing sister and also of a welfare sister. This shortage of staff, and lack of response to his continued requests for assistance, together with more adequate accommodation and equipment,

were the main reasons for his tendering his resignation." "Dr. Moiser practised the idea of voluntary treatment, with as much freedom, as possible, and was opposed to any form of force or coercion, believing that compulsion always defeated its own object by driving the disease underground. He holds that nowhere in the world can the compulsory system be shown to have stamped out or even appreciably decreased the incidence of the disease, whereas where voluntary segregation and treatment are encouraged many more cases will and do come forward. In his practice here, the Doctor actually kept the law in the background, having agreed on this point with the Medical Director of that time when he was appointed. In actual fact, there is an Ordinance for "Leprosy Suppressin" which is still on the Statute Books of S. Rhodesia, and which, of course, was in force all the time the Doctor was here. But like many another law in this and most other countries, it was administered "benevolently", and was only there if required in exceptional circumstances. Unfortunately, since the Doctor's departure, it has been decided, apparently, to apply the principles of compulsory segregation to Southern Rhodesia, and the position here is now that patients are compelled to come here and to remain here if they are residents or citizens of the Colony. In this respect, the practice now conforms to that of the neighbouring Union.

"It must, however, be admitted that general living conditions here are still considerably better

than those at Westfort Institution near Pretoria. The few Europeans here still have each a separate house or cottage with their own garden, and each is self contained, whilst the six hundred odd African patients are not herded within barbed-wire, prison-like compounds, as is the case at Pretoria. Admittedly, the native compounds here are old and have served their time and purpose, and require to be replaced by more modern dwellings, but this is a question of a long-term development policy for the Health Department to tackle, when material and labour can be found. The present native quarters consist of six compound, or large villages, comprising "kimberly" (unburnt) brick and thatched huts, nominally for two patients, but actually, in many cases, owing to present lack of accommodation, having to house as many as four, and in one or two extreme cases, five."

Letters from abroad also speak of new sulphone drugs which promise to give better results than *chaulmoogra* oil. They write enthusiastically of "Hope for the almost hopeless", "Hope reborn" etc. But even a specific cannot alleviate the human misery caused by leprosy if ignorance and fear were not abolished, and if neglect of the leprosy patient was not replaced by intelligent human care. At present it is estimated that only less than five per cent of the world's leprosy patients get any reasonable care and medical treatment. If 95% of the patients do not yet get even the *chaulmoogra* oil, new drugs

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FIGHT AGAINST CANCER

Sir W. Arbuthnot Lane M. D.

We must face this tragic fact. The greatest disease enemy of civilized mankind is cancer. This ruthless disease is the most formidable problem of modern medical science. Its ravages exact an enormous toll in human suffering and distress. To innumerable middle-aged men and women the fearful possibility of falling a victim to cancer is a haunting dream. Cancer strikes at those in the full maturity of life. At the time a man and woman are hoping to enjoy the fruits of a life of labour, the enemy steals on them like a thief in the night. The social and economic problems which follow in the wake of this disease are devastating. It is impossible to exaggerate the evil of cancer. In Great Britain alone 60,000

people die of this disease every year. In the metropolis of London cancer claims 7,000 victims annually.

Surely, these figures convey some idea of the immensity of the cancer problem.

What is the fundamental cause and nature of cancer? We must bitterly confess that we are still in relative darkness on this vital point. No single medical problem has received more investigation at the hands of research workers in every civilized country and yet the final elucidation of the mystery of cancer escapes us. Theories too numerous to count have been postulated but none has stood the test of time and experience. The root cause of cancer is unsolved. Nevertheless, we must give credit to the

One World, One Problem

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which are costly and demand administration under controlled conditions will continue for long to be of academic rather than of practical interest, especially in a country like India where the dumb millions of villagers are left without any medical care. Why talk of drugs and treatment if you can't take them to the poor man? And as Perry Burgess, the President of the American Leprosy Foundation asks, "Why cure a man of his disease if he is never permitted during the rest of his life, to leave the prison of public abhorrence because of ignorance?" Let the clinician find a therapeutic agent.

Let the bacteriologist culture the organism of leprosy. Let the investigator and field worker study leprosy in its environment. Let the welfare officer relieve the overburdened psychology and repair the damaged bodies and souls of the patient and restore him to something like a working life. But let each worker whatever his particular field, be an energetic champion of the truth—the truth about leprosy which alone can release millions of patients from the age-old tyranny of ignorance, fear and prejudice. For leprosy speaks to us with an ancestral voice demanding from the enlightened today the redress of ancient wrongs.

indefatigable workers in this field for they have discovered great many facts about cancer facts which indicate both methods of prevention and cure. We do have some ground for optimism. Links in the chain of knowledge concerning cancer are being slowly and surely forged. Methods for the early detection of the disease are being perfected. The technique of treatment has vastly improved during the last decade. Cancer is curable under certain circumstances. It is undeniable that the prospects of the cancer sufferer are immeasurably superior than they were at the beginning of the century.

What do we actually know about cancer? The literature on the subject is colossal but I shall indicate here only the salient and established points. Cancer is a morbid process by reason of which certain cells in an organ or tissue of the body proliferate abnormally. These cells run riot and spread to other organs and tissues, strangling the healthy cells and destroying the function of organs invaded. That is a mechanical explanation of the mechanism of cancer but what initiates the merbid cell growth is still uncertain. For long there has been a tireless search for the cancer parasite—on the supposition that cancer is a germ disease. Many organisms have been found growing in the cancer cells, many of which can be transferred to a new host in grafts of those cancer cells. But so far no germ has been isolated which will cause cancer in a new host by its inoculation alone apart

from the live cancer cells. At the moment, the germ theory of cancer is under a cloud.

Perhaps the most significant fact that we do know about this mysterious disease is that cancer seldom if ever attacks a healthy organ or tissue. This is a vital point for it implies that cancer is virtually a preventable disease. If we can maintain a high level of general health, the chances becoming a cancer victim are much reduced, may be eliminated, although to claim complete immunity is probably unjustifiable in our present state of knowledge.

An organ or tissue which has been subjected to long-standing irritation from almost any cause is peculiarly liable to become cancerous in time. This is a fact of common experience. Workers with tar, paraffin, and other irritant chemical substances are peculiarly prone to develop skin cancer. The X-rays have claimed many martyrs — a strange fact when we recollect that X-rays are used for the cure of cancer. The breast and womb in women are the organs most involved by this disease, and these are the organs which, as a result of childbirth, are most susceptible to chronic inflammatory processes. Stomach cancer nearly always supervenes on long-standing disease of that organ, particularly it is a sequel to chronic stomach ulcer. Again, cancer of the tongue is known to follow from the prolonged irritation of a jagged tooth, especially combined with abuse of tobacco and alcohol. Experimentally, it is possible to produce skin cancers in rodents by the use of irritant tars.

Another salient feature of cancer is that it is essentially a disease of civilization. Among primitive tribes in Africa the incidence of cancer is practically nil. Does this not suggest that in departing from natural ways of living we civilized peoples have adopted habits which render us prone to the disease? It is my firm conviction that the dietetic factor in so far as it conduces to constipation has an important bearing on the great incidence of cancer.

This is admittedly a controversial point of view but there is a great deal of evidence which on empiric grounds justifies the hypothesis. Chronic constipation means chronic self-poisoning and a gradual but progressive tissue deterioration. I have postulated that cancer never attacks a healthy organ—an observation with which most authorities are in agreement—so that it is surely a reasonable conclusion to arrive at that constipation prepares the soil for the development of cancer. More-over, constipation is known to lead to irritative lesions of the gastro-intestinal tract, for example, gastric ulcer and colitis, and there is no doubt on clinical grounds to dispute that these are frequently the forerunners of cancer. It is on the basis of this conception that I believe that cancer is preventable, for by the adoption of a correct diet and habits of bowel evacuation, constipation can be prevented and cured.

Statistics show that cancer among civilized populations is on the increase. In this matter it is often argued that this increase is largely due to more accurate

diagnosis and to the fact that more people live to the cancerous age. Making allowance for these factors, it is my opinion that there is a *real* increase in cancer incidence and that it is associated with the unnatural dietetic habits of civilized peoples and the universal prevalence of constipation and autointoxication. At this point, I would like to make clear that no specific food is cancer-producing as is sometimes popularly thought. It is purely a matter of badly balanced dietary—with the excessive consumption of foods artificially prepared which are inadequate in respect of their vitamin and mineral salt content. And while on this question of popular misconceptions concerning cancer, I must emphasize that there is no direct evidence that cancer is a hereditary disease or that it is infectious or contagious in any way.

An interesting feature of this increase in the prevalence of cancer is the observation that lung cancer is becoming more common. This is attributed to the inhalation of tar dust from tarred roads, exhaust fumes from motor cars and possibly excessive tobacco smoking. Experiments have shown that cancer can be artificially produced by the inhalation of tar dust in laboratory animals. One of the latest views about the origin of cancer suggests that disorder of the endocrine gland balance may predispose to the disease. Under certain conditions it seems that the sex hormone and the pituitary may be carcinogenic,

THE BUSINESS OF A DOCTOR

HON'BLE SHETTY

Extracted from his opening address at The Madras Provincial Naturopathic Conference, Nellore on 30-8-1947.

Nature-cure or Naturopathy seems to be practised in several places of Andhradesa. Nature cure systems are not unknown in Europe and America also. The body contains within itself the power to bring about a return to the condition of normal well-being, provided the right methods are employed to enable it to do so. All acute diseases are said to be self-initiated attempts on the part of the body to overcome and throw off the toxic effect. Out of hundred patients who consult a doctor, 80 recover whatever is done to them, about 10 die in spite of any treatment they

might receive and this leaves only 10 per cent who might be influenced for good or bad by the treatment given. Diseases seem to be only Nature's attempt at overcoming infection and restoring the normal healthy functions of the human organism. The medical man seeks to cure disease by drugs, injections surgical measures, etc. The Naturopath contends that people's health does not depend merely upon hospitals and medicine bottles. Good houses, nutritious food, suitable working conditions and sufficient provision for recreation are what people need.

Fasting is one method of cure. In the animal world disease seems to be rare. When they become sick, they cease to take food. Cats and dogs teach us a good lesson in this respect. Fasting may, no doubt, help recovery in certain cases. It is particularly useful for the over-fed people. Sound dietetic treatment is good in some other cases. A properly balanced diet can set right patients who are suffering from what are called "deficiency" diseases. Most poor people easily fall a prey to disease on account of lowered vitality due to malnutrition or under nutrition. Good feeding is what they require. Hydro-therapy, if judiciously applied, effects some cures. Hip bath, enema with water to remove effete bowel matter, sponge bath or wet pack to abate fevers, fomentation for

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Nature Cure - Its Efficacy

(Continued from page 150) and says that, from a study of the digestive system of the human body, nature has not intended man to take to animal food. Thus, plain living and high thinking are our motto. The Naturopathic system is eminently suited to our climate and it is a great boon, on account of its cheapness and simplicity, to the poverty-stricken masses of our country. That is why Mahatma Gandhi has got established a Nature Cure Institute at Worly Kanchan near Poona and created a trust called "Nature Cure Trust" for its upkeep and maintenance. On the suggestion of Mr. Guljarilal Nanda, Labour Minister, Govern-

ment of Bombay, the trustees of the Nature Cure Trust are making attempts to open a Centre at Bombay to make it more popular and accessible to the public of Bombay. They have planned a programme which includes expansion of the Nature Cure hospitals for the poor, a Dietetic Research Laboratory, a separate Tuberculosis Ward, a well-equipped library and Gymnasium to train people in the art of Yoga Asanas, Pranayama and Physical Culture.

When Nature Cure is advocated by no less a person than Mahatma Gandhi, it is high time that the popular Government should recognise this System and encourage it. Last year, the Indian Naturopathic Associa-

tion of Bezwada submitted two Memoranda to the Government of Madras on the 17th and 19th of July 1946 and requested the Government to lend their helping hand to Naturopathy.

We hope and trust that our sympathetic Health Minister The Hon'ble Sri A. B. Shetty who has kindly given a ready response to our request to open the Conference, would in a short time encourage the Naturopathic treatment and start Nature Cure Clinics in all the Districts and establish 4 colleges in the 4 linguistic areas to train persons in the art of Nature Cure.



THE ACTIVATING PRINCIPLE & ITS RELATIONSHIP TO CHIROPRACTIC

ARMAND GRIESSELLE, D. C.

The body might be likened to a watch. A watch is activated, put in motion, by the mainspring. The body is activated by the nerves, furnishing the body with activity through the spinal cord and its many branches. The muscles and organs correspond to the wheels and the watch.

When the main spring of the watch is weak, the power given off from it is weak, and the wheels of the watch move slowly. The same rule is true covering nervous energy in the body. If that is weak, the whole body, the muscles and the organs, slow down and we have a condition that is called nervous fatigue.

Let us go a step further. Let us suppose that one wheel of the watch, because of dirt and grime, is so clogged that it cannot be moved as rapidly as it should. The main spring still gives off its same amount of energy but that one clogged wheel slows down the action of the entire watch.

Carrying along our comparison of the body in the same strain, let us suppose that because of a misplaced bone in the spine, the nervous energy to some muscle or some organ is curtailed, is cut to a minimum. That organ or muscle slows down, does not function properly, and the entire mechanism of the body is affected adversely.

If the watch is cleaned by an expert, and the dirt or grime about the clogged wheel is

removed, allowing the energy from the main spring to be exerted as it should, the slowed down wheel swings back into normal action, and the watch responds immediately.

The same rule holds true with the body. If the displaced bone of the spine which is interfering with the flow of nervous energy, is pushed back into place by an expert, the flow of normal energy is resumed, the muscle or organ is rejuvenated and the entire body is thereby benefited.

That is how the Chiropractor works. It is his duty to see that the spine is in alignment-- that every bone is in its proper position and that there is no undue pressure upon any branch of the spinal cord which protrudes between the bones of the spine.

We all know that a slight jar, an unexpected jolt, may dislocate some bone of our spine. Those things happen constantly in our daily life. More often than not fortunately, those displaced bones fall back into place without assistance but sometimes they "stick in that unnatural position and then trouble ensues.

While an uneven spine is the primary cause of a squeezing of the nerves, muscles and tendons may also play a part in this undue pressure. A knotted muscle, or a pulled tendon, may interfere with the flow of nervous energy in much the same manner as a displaced bone of the spine. That is why massage and the

so-called bloodless surgery has so many advocates. These tensed muscles and tendons respond to outside treatment of a skilled expert and, by careful manipulation, abnormalities which seem to defy medicines, serums, inoculations and even spinal adjustments are remedied.

It is for that reason that many Chiropractors have broadened their type of treatment and while still paying particular attention to spinal adjustments, have carried their technique into the so-called "soft tissues" of the body.

Again, sometimes a mere correction of the diet will work wonders. The giving to the body of well-balanced, selected live foods will do much to enable to work out of these muscular and tendon tieups. Waste material, which the organs of elimination have failed to throw out of the system, may be moved away by a carefully restricted diet, and the congested muscles and tendons, freed of these acid-forming irritants, release themselves naturally and enable the body functions to proceed normally.

But a corrective diet takes time. And congestions often cause exceeding pain. Therefore, the skilled practitioner is enabled almost instantly to relieve such congestion, and free the body of pain, by a deft touch at the right spot. Bloodless surgery operations, which might be explained as Chiropractic applied to the soft tissues (the muscles and tendons), may take but a moment and yet the results may be far reaching and

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FIGHT AGAINST CANCER

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that is, cancer producing. However, this connection between the endocrines and cancer is still in the experimental stage and nothing precise is yet known on the subject.

One definite advance in the cancer problem is the great improvements in methods of diagnosis. The importance of this is obvious, for the sooner the disease is diagnosed, the earlier treatment can be established, and the better the prospects of cure or alleviation. In this matter, the X-rays have played a greater part in revealing the condition of many of the internal organs. There are few parts of the human body which are now inaccessible to the penetrating X-rays. Also, there are instruments which enable the doctor to view with his eyes the condition of the hollow internal organs, the gullet, lungs, and bladder, and again there are numerous laboratory tests which faci-

ACTIVATING PRINCIPLE

(Continued From Page 160)

premanant. Of course, much depends upon the experience and the knowledge of the Chiropractor. There are experts in every profession -- men and women who have successfully demonstrated their ability to meet abnormal conditions of the human body and to rectify them without fuss or feathers. These men and women are the safeguards, the true safeguards, of the health of our civilization. They deserve all the praise that is accorded them.



litate the accurate diagnosis of cancer. Unfortunately, it cannot be said that there is any infallible test for the detection of cancer in its earliest stages--nevertheless the fact remains that this disease is diagnosed much earlier nowadays than it used to be.

We now come to the point which probably has the greatest interest for every man and every woman-- the possibilities of treatment and cure. Immediately, our minds turn to radium and the magnificent work of Madame Curie. It is definitely established that the malignant cells of cancer are often, though unfortunately not always, sensitive to the rays emitted by the precious metal and that they can be so destroyed by properly controlled dosage without injury to the surrounding healthy tissues. In some "radio-resistant" tumors, the malignant cells are inhibited in their growth and remain dormant for a time but sooner or later they recur. This explains some of the failures of radio-therapy, but we must admit that radium is not an infallible remedy though it has achieved many magnificent successes. Another difficulty with radium is the fact that it is not always possible to bring the essential gamma rays in close contact with the cancer when it is in an inaccessible position of the body. However, new methods of technique, and the aid of the surgeon, is gradually overtaking this problem. The present position is well summed up in a recently published paper on this subject.

"The methods of radium therapy are developing rapidly. In

combination with deep X-rays and diathermy (electrically produced heat), we now have weapons by which we can attack cancer in almost all its forms, and in many with the certainty of success. But success will depend, above everything else, upon a precision which is not demanded in any other branch of surgery and an accuracy which challenges the resources of the physicist. It is upon the combined efforts of surgeon, the radiologists, the biologists and the physicist that the future of radium therapy will depend."

What of the knife in the treatment of cancer? In the old days surgery alone was the only method available and grave extirpatory operations were the rule. The surgery of cancer is a very different matter today. Every effort is made to avoid drastic cutting operations, and the surgeon is now concerned to a large extent with operations devised to enable radium to be brought into close contact with the cancerous tissue. Of course, radical extirpatory operations are still performed of necessity and are often remarkably successful but the orientation of the surgeon's mind to cancer treatment is very different from what it used to be. It is to be hoped that in the future the use of the knife in the cure of cancer will be a rare event but we must admit that in the present state of our knowledge we must take full advantage of all the surgeon can offer in the conquest of the dreaded disease.

Finally, we must give some consideration to the possibilities of the PREVENTION of cancer.

Bearing in mind that the fundamental cause of the disease is as yet enshrouded in mystery, cancer prevention must obviously present great difficulties. Nevertheless let us remember the axiom: cancer seldom if ever—attacks a healthy organ or tissue. In this axiom, we have an indication of a way to avoiding cancer. It is the way of health, the persistent and conscientious adoption of the elemental rules of personal hygiene. Above all we must avoid all possible sources of irritation and we must avoid the perils of constipation and its associated diseases. We can achieve the latter chiefly by carefully controlling our dietary and by striving to exist on foods which are as Nature intended them to be and not the artificial and refined products which are deficient in many of the disease-resisting elements. Let us not forget that cancer is a disease of civilization and as such, in my confirmed opinion, is preventable and should be prevented. Meanwhile the search for the basic causal factors of cancer and a certain means of cure must go on. In the interests of suffering humanity, the absolute conquest of this fell disease is urgently imperative.

The Business of a Doctor

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reducing pain and inflammation are all forms of water treatment. Regulated exercise, adequate rest and open air life are a part of Nature-cure.

The approach to the patient—The physician's attitude to the patient, his tact in winning

the patient's confidence and giving him hope of recovery are of immense benefit in restoring the patient to health, because the mind plays a considerable part in helping recovery.

It must be said, that the medical man of to-day, makes use of many of the methods of diet cure, water cure, etc., advocated by the Naturopath. The wise doctor uses but few drugs and that too in cases where he thinks they are necessary. It is the inexperienced man who suffers the patient with all sorts of medicines, tonics, artificial foods, etc. A great deal of good can be done by you by warning people against fraudulent advertisements of patent medicines claiming to cure all sorts of diseases. Not only the common people, even intelligent and enlightened men are often deceived by the expert advertiser. Any mysterious forms of cure, such as the magic ring, prescriptions given by some Sadhu to his chela, and other secret remedies make a great appeal to people. That is the secret of the quack's success. He successfully exploits the credulity of the human mind. He makes people believe that they have some form of disease and his secret remedy or 'mantram' alone can effect a cure. Bogus testimonials, facsimile signatures of fictitious physicians—these are the tricks of his trade. Even the modern doctor's mind is no proof against present day advertising which has become a specialised profession in the West. The patent medicine trade is said to bleed even the enlightened British public to the extent of several million pounds every year. The cam-

paign of quack medicines and tonic foods has to be combated by proper education of the people.

The prevention and banishment of many a disease are primarily matters of food and only secondarily of suitable conditions of environment. The highest aim of the medical profession should be to make the human race so healthy that it requires neither physician nor surgeon.

MAN WHO COINED THE COMPLEX

Famous Psychologist Dead

The man who coined the expression, 'inferiority complex', has died in Scotland.

He was prof. Alfred Adler, the famous psychologist of Vienna.

It was his theory that human beings can be divided into two kinds; those who had the courage to struggle against inferiority, and those who found the fight too difficult, dared not face their responsibilities and sought some form of escape.

Well known "Adlerisms" are:

"The style of a person's life is determined during the first four years life".

"No one should read a newspaper or a book at meals."

"We cannot live without striving for success or achievement."

"Adolescence is merely a continuation of childhood, except that the adolescent wishes to prove that he is grown up through having more powers of expression."

"The world has only attempted to punish crime, not cure it."

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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, 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 regeneration of human life, effort and culture on a natural basis.
6. To provide moral and if necessary, legal support to those that live or advocate a life according to Nature, particularly, to persons practising the profession of healing by Naturopathic methods recognised by this Association.
7. To do all such acts as may be necessary, incidental or conducive to rendering the knowledge of Nature's Ways and the Blessedness of Natural Life available to people.

In Particular :

- [a] Through the medium of books, journals and pamphlets, by means of lectures and the like, and, if possible by founding suitable colleges and other institutions of a standard type, to expound the philosophy of Natural living, and to teach the several systems of Naturopathy recognised by this Association.
- [b] To found and maintain suitable libraries and museums, and to collect into them books and exhibits teaching or illustrating the principles and practices of the philosophy of Naturism and the several methods of Natural Healing.
- [c] For the accommodation of persons desiring a life of serene purity, or treatment for any disease, to found and conduct health homes or other sanatoria in urban, horticultural or sylvan environments, and to demonstrate to the world the supreme efficacy of Naturism, by remedying all diseases by Natural Methods.
- [d] To establish orphanages, to admit young orphans therein and to bring them up in accordance with the principles of Natural Living.
- [e] To organise a corps of volunteers prepared to render 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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'CHROMOPATHY'

THE MARVELLOUS **SUNRAY** TREATMENT

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By

DR. E. D. BABBIT, M.D.,

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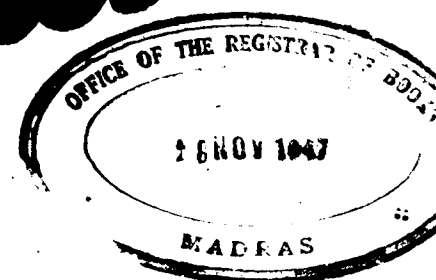
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Dr. P. Venkatramaiah

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BEZWADA



EDITOR SPEAKS

SHALL WE SMOKE TO DEATH?

Every day you open the Madras daily News paper you hear some statement on the coming famine and the need of procurement of more grain. There is a long story for this threatening famine.

From year to year the stringency of food grains in the province is increasing. Last year it reached the climax. The then Premier in power took courageously the problem into his hands and dealt with it as any courageous ruler can do. Then he thought of cancelling the acreage of tobacco in the country. Vested interests gathered together and forced him to withdraw the order, telling him that they had invested immense amount on the growing of the seedlings and on the plowing and manuring of the

land intended for the cultivation of tobacco. He, for the time being relaxed the order and allowed them to cultivate tobacco for the year 1946. We thought, that the Premier did not behave wisely and courageously to disregard the plea put forward by tobacco growers. Had he ordered the growth of food grains on the ploughed and manured land there would not have been this famine in this country. We hoped the present ministry might be wiser. But, this year not even one acre of tobacco plantation is reduced. We are sure to face a more severe famine next year if the Government that is for the people, by the people, does not take care in time in ordering a stop of all the acreage of tobacco and insist on the cultiva-

tors for the cultivation of food grain above.

Why should a cultivator of food grain sympathise a cultivator of poison, such as tobacco, in time when there is famine every where? Why should a poor cultivator of food grain who gets not even a hundred rupees for his acre, support a rich tobacco grower who gets 3 or 4 hundred rupees for his poison growing acre of land?

If one cultivates food grain, he gets his food for his family and fodder for his toiling bullocks; where-as when he grows tobacco he gets neither food for his family nor fodder for his cattle. He must depend on others for his sustenance.

If the Government is wise enough it will immediately put a

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FASTING

Ch. Bhanumurty, B. A., L. T.

Fasting for health should be distinguished from *fasting in health*. In fact not more than one in hundred can be called 'healthy' in the true sense of the word. A truly healthy man should have good digestion, good assimilation, good sleep and capacity for work and easy evacuation of bowels. When constipation is a sign of civilization, how many can come under the title 'healthy'?

So, once in a fortnight, after properly evacuating bowels by enema, one in health should fast, taking nothing but water, and even that, if necessary. One who is sick should fast, taking only water with lime juice, occasionally taking care to clear bowels daily. The fast may extend from two weeks to two months, as one American fast expert asserts, provided it is properly supervised and stopped when the purpose of the fast is served. It is always safe to fast for a lesser period than one can. In some fasts what are called "orange fasts" orange juice may be taken daily or on alternate days as indicated by the strength of the patient, colour of urine and his general condition. Under no circumstances should the person be allowed to degenerate to a condition of absolute prostration. Allopaths say that till the ninth day of the fast, body can live on its excess fat, and from thence onward it begins to eat its vital tissues. There is no age limit to fasting as it can be safely taken by persons of all ages, if only the

body is kept free from poisons by the daily use of the enema through out the fast. As eating and sleeping may be overdone, so fasting also may easily be overdone and unduly long fasts do lead to fatal results. It is why fasts longer than 3 or 5 days should not be undertaken without the guidance of the experts.

Sickness is due to retention of poison in the system and elimination of poison leads to health; elimination of poison can be effected by fasting followed or accompanied by Nature Cure, Hydropathy, Osteopathy, Chiropractic and other curative processes.

No expert's help is necessary for fasting for a day or two if the precaution of eliminating faecal matter is taken with the application of enema. If enema is not used, toxins discharged into the alimentary canal are liable to be reabsorbed as there is no bulky food to induce peristaltic contraction; and so cause them to be evacuated. *A curative fast* should not be confused with merely starving. In a properly conducted fast a process of elimination should be encouraged through the function of skin, lungs, kidneys, bowels — by properly massaging the skin, by moving about in well-ventilated spaces, and by using enema, respectively. A curative fast should not be continued till it damages the tissues. In starvation, not only is the elimination omitted, but the lack of food is prolonged till normal tissues of

the body are themselves gradually impoverished and destroyed.

How allopathy overdoes itself can be seen from the fact that poor Wendell Wilkie went to the hospital with a common sore throat to be treated with a wonder drug, he died, and the medicos afterwards put out a bulletin that he had died of heart failure. But when he entered the hospital they never diagnosed his heart trouble.

While there are big Sanitariums in beef-eating America, for Nature Cure, including fasting, Osteopathy, Chiropractic etc.,-it is strange that there is not single sanitarium in India comparable to the smallest one in America. Nature cure is recognised as a system of treating diseases by very many States in U. S. A. In spite of the strong opposition of the medical associations of Allopaths with their vested interests; Homoeopathy also which is so widely practised in the Western counties has recently been given recognition by the Madras Government. "Naturopathy" is spoken well of by the Ministry of Madras and it is but just that in the land of Rishis, it should occupy its rightful place in healing systems.



IMPLICATIONS OF FASTING

By Mahatma Gandhi

A friend writes:

"It seems to me that to put your life in jeopardy has become the final and natural remedy for you. Be that as it may, I cannot help thinking that the remedy is akin to keeping a patient alive by administering injections or oxygen to him."

The above reflection proceeds from pain due to affection. Nevertheless, I must say that the writer has not given much thought to his criticism. Many other well-wishers probably entertain the same hasty opinion. Hence this public discussion.

The critic's simile is inapplicable. Administration of injections or oxygen are outward remedies, calculated merely to prolong bodily existence. Therefore, they are properly described as of momentary value. Nothing will be lost if those remedies were not applied. A physical body cannot be made immortal. All that medical skill can do is to prolong the existence for a while. This temporary prolongation confers no lasting benefit.

On the other hand, fasting is never intended to affect another's body. It must affect his heart. Hence it is related to the soul. And in this sense the effect, such as it is, cannot be described as temporary. It is of a permanent character. Whether the fasting person is spiritually fit for the task and whether he has properly applied the remedy is a different matter, irrelevant to the present purpose.

Of all the fasts of which I have recollection, and of which

of one only it can be said that though there was no fault in the conception, it was alloyed with external remedy with contra indication. Had this mistake not been made, I have no doubt that its natural, beneficial result would have flown from it as in the others. I refer to the fast I had undertaken in Rajkot against the late Thakore Saheb. I saw my mistake, retraced my step and averted a dangerous crisis. The last was in Calcutta in the

RAMA - THE SUPREME PHYSICIAN

Gandhiji referred to the newspaper paragraph about his illness. It had appeared, he said, without his knowledge and it had hurt him. The illness was not such as to interrupt his work and he was already feeling better. It should not have been given so much importance. Dr. Dinshah Mehta had been described as his personal physician. That was wrong. He had told Gandhiji that he was not responsible for the description. Dr. Dinshah had come to him at his call, but it was not to attend on him as a physician. He had come because he was troubled by spiritual questions. Dr. Mehta was a Nature Cure man. He was Gandhiji's friend who had often helped him. But Gandhiji did not need his assistance as such.

Dr. Sushila Nayyar, Dr. B. C. Roy, Dr. Gilder Mehta, Dr. B. C. Roy, Dr. Gilder Mehta and the Late Dr. Agari had been his personal physicians. But none of them had ever given

month of September. Admittedly, the result was as it should have been. Having reference to the spirit, I regard it as permanent. Time alone would show whether the effect was of a lasting character or not. It must depend upon the purity of the fasting person and the accuracy of his perception. That enquiry would be irrelevant here. Moreover, the fasting man is not competent to undertake the enquiry. It can only be done by a properly equipped impartial person and that too after my death.

anything to the press without first showing it to him. To-day, his only physician was his Rama. As the *bhajan* sung during the prayers had said, He was the curer for all ills, physical, mental and moral. This realization in a concrete form had come to him during his contemplation with Dr. Dinshah Mehta of Nature Cure. In it *Ramanama* in his opinion had the first place. He who had Rama installed in the heart required no other aid. Even earth and water treatment was unnecessary for one possessed by Rama. That was the advice he gave to others in need. It would ill become him if he followed any other course.

There were great *hakims*, *surgeons* and doctors who had served humanity for the sake of service. There had been the great Dr. Joshi in Delhi who had served the Hindus and the Muslims rich and poor all alike.

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SOME RULES OF HEALTH

Dr. Surendra Prasad Garg, M. A., N. D.

1 Drink a glassful of water on rising in the morning, on retiring at night, an hour before each meal and two or three hours after eating.

2 Live as much as possible in the open air. If compelled to work indoors, be sure that the living and work rooms have an ample continuous supply of fresh air. The breathing of cold air is a continuous tonic.

3 Working in the open air is one of the best forms of exercises, especially working in the garden, pruning etc. Do some good, hard muscular work every day enough to produce slight muscular fatigue and free perspiration, but avoid exhaustion. Exercise out of doors is the most beneficial. Yogic exercises (asanas and pranayama) is the best of all special health exercises. Swimming in water, Suryanamaskars, rapid walking and hill climbing are excellent; stair climbing is good.

4 Always sit erect with chest high up. Sit as little as possible. Standing and lying are more natural and healthful positions than sitting.

5 Cleanse the mouth and teeth thoroughly before and after each meal, on rising and on retiring.

6 Take a short cold bath every morning on rising. This is an excellent tonic. Cool air bath and rubbing the skin with a dry towel improve skin health very much.

7 Rub the scalp with the finger tips dipped in cold water twice a day.

8 Food is the natural laxative, hence constipation must be chiefly combated by regulation of diet. The food may be assisted by the use of Agar-Agar (China grass), sterilized bran or other sattivia seeds. Lubrication of intestinal tract by the use of clarified butter, oils etc. is also very advantageous. Our twenty-six feet intestines stands in need of irrigated with vitamins found in uncooked foods.

9 Sun baths should be taken daily and followed by cold water bath.

10 Sleep with windows open or preferably in the open or verandah with the face uncovered.

11 Lemon juice, white sand, orange peels should take place of soaps which should be strictly avoided.

12 Wear light, loose and porous clothes.

13 Heavy and complex meals, white sugar, spices, coffee, tea, cocoa, white polished rice, milled flour, pulses, brinjals, tobacco, ice, soda water must be eschewed.

14 Avoid smoke and dust.

15 Vegetables are best taken in the raw form. They may be steamed, boiled or baked.

16 No food should be taken while mentally or physically tired or while in anger and sorrow.

17 Occasional fasts should be resorted.

18 Oil lamps should not be kept burning in the bed room.

19 Even the slightest inclination to answer calls of nature should be promptly attended to.

20 For those of weak digestion or overstrung nerves or illness due to any other cause, genuine olive oil mixed with any fruit juice may be rubbed over stomach, chest, throat and all along the spine. It is an invaluable in cases of lung trouble and in repairing of delicate children.

21 Sleep mostly on the right side and never on the back. A very simple but effective method of inducing sleep in cases of persistent insomnia is to take a very moderate quantity of liquid food before bed time.



EDITOR SPEAKS

(Continued From Page 165)

stop to the growth of poisonous tobacco and order the ryots to grow food grains for the people. If the ryot does not oblige the needs of the country, the Government can penalise the tobacco producer and pay subsidies to the growers of food grains. We cannot afford to die for the pleasure of smoking. We shall not smoke to the extent of death. Let the Government of Madras help the poor people of the country by ordering a stop of the growth of tobacco and increase the acreage of food grains.

SUPREME PHYSICIAN

(Continued from Page 165)

He served the poor free and even gave them food and money for return fare. But having gained the knowledge that he had, he wanted to fall back upon none but God.

INSOMNIA

By Rasmus Alsaker, M. D.

Insomnia is wakefulness during the ordinary hours of sleep without any external cause such as unusual noises, brilliant lights and other sensory stimulations. True insomnia is rather rare. But false insomnia is common.

Discomfort, pain and over-activity of the mind keep sleep away. So do certain diseases that stimulate the nervous system and the brain. Many drugs that intoxicate the body, such as coffee, have the same effect.

The majority of coffee drinkers are so accustomed to taking a cup of coffee with every meal that often they do not experience any sleeplessness as the result of taking coffee for dinner at night or even later in the evening. Other people, however, are so intoxicated by one cup of coffee at night that sleep remains away for many hours.

The coffee addict who can take plenty of his beverage and still sleep may doubt this statement, but it has been proved conclusively over and over again. Caffeine is, of course, a toxic alkaloid. It does not intoxicate in the same way as large amounts of alcohol do, but there are many ways in which it can poison the body.

For the past twenty-five years I have known intimately a gentleman who is now living in New York City. His wife is a habitual coffee drinker, taking one or two cups at dinner every night. She long ridiculed her husband because, he would refuse to take it at dinner time, saying that it kept him awake for hours,

sometimes until four O'clock in the morning.

One day the wife asked the maid to prepare for dinner some gelatine flavored with decaffeinated coffee. The husband ate a very generous portion of this gelatine for dessert. He remained wide awake until two O'clock and then, realizing that his wife was awake too; he told her that he felt as though he had been drinking coffee—that he had the same peculiar inward quivering that he had always felt when he drank coffee at night. The wife confessed that the maid had made the mistake of using real coffee in the preparation of the gelatine dessert. It was not until five O'clock in the morning that the husband was finally able to go to sleep. After that the wife was convinced that there are people who are unable to take coffee at night and enjoy a good night's sleep.

Coffee is not a necessary beverage but if any of the readers of this article are addicted to this drink and also suffer from insomnia, it would be well for them either to refrain from coffee at dinner or else use only the decaffeinated kind of coffee.

Another class of insomniacs frequently encountered by physicians are those who take various powders and potions in order to induce sleep. This should never be done under any circumstances. All these drugs are harmful, and some of them are dangerous to an extreme

degree. Some of these preparations contain barbiturates, which attack the integrity of the blood and cause death. Barbiturates should be used only for pain-killing or analgesic purposes.

Let me tell you what happened to one woman who took sleeping potions everynight for over ten years. Her family physician told her that the drug was harming her. She had noticed that her general health was deteriorating for no reason known to her or her physician other than the sleeping compound she was taking nightly. She realized that if she continued to rely on drugs she would have to increase the dose from year to year. She decided to break the bonds of her slavery.

She came to me for advice. I told her there were two ways of freeing herself; the first one would result in some uncomfortable nights, but the conquest would take place in a short time; the second method consisted of tapering off, which would take quite awhile. She said she preferred to have some unpleasant nights and be through with the nonsense.

For six nights she had true insomnia, caused by years of drug addiction. The seventh night she slept the sleep of exhaustion and conquest for twelve straight hours. Thereafter she told me that every night she slept like a baby. During the day she had a sense of elation over the victory she had won.

Addicts of various dangerous drugs such as opium and its derivative, morphine, and the terrible marijuana which human reptiles are vending near public

schools, have the same difficulty. Alcohol slaves sometimes suffer in the same way. They must have their drug or they are tortured, and that torture includes insomnia.

This fact is so well known to the police and the various district attorneys in different cities that they gather up victims of drug addiction and imprison them until they are half-cared with desire for their drug. The police can then get out of them any information they want about the distributors of cocaine, morphine, marijuana and other drugs, merely with the promise of satisfying their cravings.

Another class of insomniacs are those people who persist in engaging in a high degree of mental activity during the evening. They become so mentally stimulated that it may take an hour or two before their minds can calm down enough to permit them to sleep.

My advice to these people has always been: Work effectively during the day, which is long enough for all the mental effort that is good for any human being. But after dinner relax or engage only in enjoyable pursuits that do not over stimulate the mind.

Many are partial insomniacs because they persist in taking their fears, worries, depressions and various problems of life to bed with them. This is a terrible error because it invariably throws the mind into such a turmoil that normal sleep becomes impossible for an hour or more. And when sleep does finally come, it is so restless and disturbed that it fails to refresh the system as it should.

Another source of poor sleep and insomnia is listening to very exciting radio programmes before retiring. This is true of adults and children alike. I have known adults who listened to such horrible gang stories and crime stories on the radio that they were shocked into sleeplessness for hours. One of my patients said to me not long ago, "For weeks my oldest boy had difficulty in going to sleep. After retiring he tossed about in bed and was feverish. My wife and I could think of no reason for his strange behaviour—until we remembered his devotion to exciting stories on various juvenile radio programmes which come on just before dinner. We finally had to make it a rule in our home that the children were not to turn on the radio after five O'clock. After that the boy slept as peacefully as he had previously."

All who work should realize that during the day they accumulate fatigue poisons, irrespective of whether the work is physical or mental. It requires a certain number of hours of complete rest to eliminate these fatigue poisons from the muscles, nerves, blood and other tissues. During the period of sleep is the most favourable time for this purification process. For this reason the best plan, on retiring, is to clear the mind and keep it clear.

If the mind persists in remaining active, assume the mental attitude that the hours after retiring are to be spent in relaxation and rest—hours of restoration and purification. Do not worry if you fail to go to sleep at once. If the mind persists in thinking, use your will-power to

turn your thoughts to matters that are pleasant and beautiful—the most delightful friends you know, the loveliest flowers, the most beautiful country scenes, the happiest phases of your past life. By doing this you relax mentally and physically until finally peaceful sleep descends upon you.

Many sleep poorly because they permit themselves to be highly tensed all day. They work in a state of tension and then live in it after working hours. They even retire in such a state and consequently they either sleep poorly or lie awake when they should be asleep.

For people like this it is most important to learn how to relax. Either lie down on a comfortable lounge or bed, or else sit in a comfortable chair and let the chair completely support the whole body, from below and in back. The hands should be gently cupped and separate from the lap or on the arm of the chair. The feet should be on the floor and not crossed. Then the tension victim should tell the world to run itself, and just flop physically and mentally for the time being. This breaks the tension.

I told one of my patients to do this some months ago. She seemed somewhat dubious about it, but decided to follow instructions. A few days later she telephoned to tell me excitedly, "It actually works!" I told her I wasn't surprised, for I knew that it had worked for thousands who had tried it.

By far the most numerous insomnia victims have no idea

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MEDICINE AND SURGERY

By Dr. LUST.

This is the day of operations—medical and surgical operations—for almost any ailment from diseased tonsils to cancer. The average medical man or surgeon seems to believe that he must cut into your body to be happy, must cut into your body to prosper financially and must cut into your body because of his unsound belief that no other method of treatment—except this cutting—will eliminate the abnormal conditions which his expensive instruments and his self-interested intuition have supposedly found in your body. Yes, the modern surgeon and the modern medico live by the scalpel and the hypodermic needle. Unfortunately, far too many of their patients die by them.

So closely are surgery and medicine intertwined that there seems to have been a marriage of the scalpel and hypodermic needle. The butchering or "Needling" of human bodies seems to be the modern treatment of most all serious ailments. Of course, there are minor branches of these "self appointed guardians of the public health," who depend more on the burning of the human carcass by X-ray or radium, others who depend on the vaccine scratches and still others who, like the drowning man grasping at each new straw, take full advantage of the money-making possibilities of these constantly arriving "wonder" drugs from the laboratories.

But all in all, whether it is the scalpel, the "push-needle," the

vaccine silver or the "Miraculous" finds like the sulphas, penicillin, etc., far, far too many of these professional activities net the same result—new mounds in the cemeteries and broken human beings by the tens of thousands nursing their butchered bodies in the seclusion of their homes until a kindly Reaper steps in and ends their misery.

It is a ghastly business—for business it is. But it is an unregulated business—this dealing with death—unregulated by all the recognized standards outside the golden professions of surgery and medicine.

Let us look at the truth of the situation. A young chap goes to medical college for four short years. He may be brilliant, a master student, and a man who will later develop into an outstanding character of repute. On the other hand, as is often the case, he may be a Simple Simon—a memorizing moron of good family—sent in to get a degree because he is incapable, in the opinion of his family, of earning a living in the business world.

Yes, the world is full of those silly individuals who can memorize the printed page, pass wonderful examinations within the scope of those pages, but who have no more common-sense or mature judgment than a Mortimer Snerd or a baby in its bassinet. Yet, as has been proved often and again, if that memorizing moron has the proper family connections he can be admitted

in full standing to practically all of the learned professions—including surgery and medicine. And once this type of human vaccum gains his coveted sheep-skin in the ranks of the followers of Hippocrates or surgery, he may go forth into the wide world and indiscriminately slaughter any human being he can cajole or frighten into submitting to his ministrations.

There is no restraining legal force to stay his hand. There is nothing in the ethics of the medical professions—to say him nay. If he has sadistic tendencies, like young Loeb and Leopold, he may enter a research laboratory where, behind sound-proof walls and padlocked doors, he may vent his spleen against existence by torturing helpless animals—making lingering hells on earth for God's lowly creatures—in the sacred name of "scientific research." Or, if this same licensed moron, not possessing sense enough to come in out of the rain but holding a beautifully engraved "license to practice," is set up in business by his fond parents on Park Avenue or Michigan Boulevard, he may desex nervous neurotic females to his heart's content. Or, if his peculiar tendencies run to drugs or strong liquor, and he is possessed of sufficient influence with the powers-that-be, he may join the staff of a public hospital where he can carve, whittle and run the bodies of the poor devils who are thrown upon his operating table by ambulances.

Most medical men and geons are high-minded, sincere in their belief that called medical science.

surgical skill can alleviate human suffering better than any other system of healing. Yes, we agree that there are many sincere men in the ranks of orthodox medicine. That these sincere men are wrong — woefully wrong — in their ideas, the actual experience of every true Naturopath has proven beyond all doubt.

No, we cannot blame the sincere, misguided medical men — but what we can object to, what we do object to, is that there are far, far too many of the moronic type of professional scalawags in their ranks — far too many warped mentalities in their midst — ne'er-do-wells that they, the good and conscientious practitioners, refuse to denounce publicly and throw into the gutter. That is why the lay public is losing respect for the vaunted invincibility of medical and surgical science. The man on the street and the woman in the little two-family house around the corner have seen too many human wrecks spewed up by the hospitals and clinics to have any thing but a profound disgust for medical and surgical efficiency.

That is also the reason why the average person, when ill, now turns to the drugless profession for relief. That is why 9 out of every 10 Americans pass up the laboratories, the clinics, the hospitals and the "good old family doctor." They are becoming wise, these Americans, and realize that the Nature Cure cannot harm them or their loved ones. Under the care of a true Naturopath — be he Chiro-

INSOMNIA

(Continued from Page 168)

somnia, but they believe they have and consequently they are in as much trouble as those who truly suffer with insomnia. These are the individuals who dramatize their insomnia.

Years ago a woman sixty-two years old consulted me about insomnia. Her forty-years-old daughter accompanied her. The mother's story was, "I have not closed my eyes in sleep during the past two weeks and I simply have to sleep or what will become of me?" She assured me she had not even napped but that for two weeks her insomnia had been complete and total. She certainly talked a convincing case of insomnia. She had some indigestion and suffered with a moderate amount of autointoxication and over-weight.

After the consultation I asked the daughter if she would remain in the private office a little while longer so I could give her some special information. When we were alone I asked her how much her mother slept nightly. This was the striking reply. "Mother sleeps soundly seven or eight hours every night. She often snores so loudly that she wakes up the rest of the family, but she comes down the next morning and tells us she

pist, Herbalist or other type of drugless practitioner — the chances for weathering the illness are more encouraging. The drugless healer follows only natural methods — he does not live by the scalpel, the poison dosages, the filthy vaccines, serums and inoculations.

has not closed her eyes all night."

Mother had no high blood pressure, no tumor on the brain, no special disease to cause any insomnia, but she was honest in believing she had the disease. It was her way of dramatizing herself among her friends and relatives. The rest of her life had been so commonplace, so unexciting, so sheltered that this was her way of getting attention.

The Cure? It was very simple. She was told to stop talking about insomnia except to me when she made her visits. Since there was no object in having insomnia when she could not talk about it, it vanished within two weeks. Many a housewife has talked a good case of insomnia to get out of making breakfast for her husband. The cure for this type of insomnia is never to mention sleeplessness or insomnia.

Those who work hard physically or mentally can have all the sleep they need if they will stop worrying about sleep and refuse to take the problems of the day to bed with them. If they are ill they must, of course, learn to live correctly so as to overcome their disease. I have seen hundreds of high blood pressure patients who complained of restless sleep and insomnia. When they changed from their bad living habits to good ones the blood pressure came down and normal sleep returned.

Real insomnia is based on bad physical and mental habits that either cause disease or bring about mental tension.

If you would have restful sleep at night lead a moderate

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WHAT IS MAN'S FOOD

Nature has ever been a fond mother, and sought to train her myriad children in The Way of Life. That we have gone astray there is no doubt whatever, for the prevailing mental chaos in the world today is indicative of the fact that man is a perverse creature.

The prime necessities of life remain classified as food, shelter, and raiment; all else may be regarded more or less as coming under the heading of luxuries — in many cases being utterly useless and quite unnecessary.

Wants Increase Miseries

The great Law of Work forces man to exert himself daily in order to assuage the Pangs of hunger, and find the necessities for a simple existence apart from all other considerations. Our needs are far different from our wants, and our miseries multiply as we increase our wants and strive for the things which in most cases we can do without, and be all the better for in their absence. All animals were originally herbivorous and as evolution developed the human species

INSOMNIA

(Continued from Page 170)

rate, constructive life, doing your work during working hours and avoiding undue excitement during the evenings. When you retire, do so for the purpose of relaxing the body and mind, and resting without worrying about sleep or anything else. Sound sleep will then be yours, sleep that purifies and rests body and mind.

we eventually reached the point where by induced false habits of life, man becomes the eternal instrument of his own torment. We have planned our habits apart from the laws and decrees of Nature, and our hospitals and asylums are filled to overflowing with those who have fallen by the wayside because they have violated Nature's simple laws.

Flesh instead of fruit

Man, despite all that is stated to the contrary, was originally intended to live on the fruits of the earth, not to attempt to maintain life upon the flesh of dead animals. Flesh eating is undoubtedly the prime cause of cancer and the host of other horrors and evils which haunt that underground city called the human abdomen. We not only kill to eat, but we blunder yet again by destroying any value in meat by cooking it in gas ovens, then finally bury the remnants in the Stomach instead of in the earth. Nothing is so decimating to man as this pernicious and fatal habit. Evidence abounds on all hands that fresh fruit and uncooked food in the form of salads, are the best and proper foods for man. This form of food is not only natural but is obviously rational in as much as the human body — being a psychic engine functioning on air — its food should be living food, not dead debris of a nauseating kind. The body is primarily a chemical laboratory which during both day and night furnishes the necessary elements to assist metabolism, combustion and radiation, which

go on unceasingly from the cradle to the grave. The real marvel is that it functions at all in many cases, considering what is daily food into it. Did we but realise these facts we would have little need for the chemist or physician. For we should maintain the bodily functions in full efficiency all our days.

Living Food for Living Bodies

Living food for living bodies should be our one rule of life; then the cost of living would be materially and automatically reduced and the ills of life avoided. A low diet or a sparse one is the surest road to a long and useful life. However, so perverse are our habits that in the main and long run they master us and make our lives one continuous round of slavery to our appetites. King Abdomen is the greatest ruler of all time and his subjects are dull, docile victims of convention and custom, the two Gods of our noisy and tempestuous world. Every meal we take should be regarded as worthy of a ritual, for our tables are the altars of our homes and the most important room in the house is not the drawing room but the kitchen where we prepare the meals upon which life is sustained, and our bodies are kept fit for functioning in our daily contact with reality when the battle of life never ceases.

Fewer and Balanced Meal

It is not necessary to give in these pages a series of tables as to what we should eat, for readers know well that the rational diet is the only one worth considering and adopting. We can only summarise, and state the fundamental principles.

VIVISECTION AND RELIGION

By B. S. FENTON.

For the past fifty or sixty years, strenuous efforts have been made in this country, to abolish vivisection—abolish the needless, useless, torture of animals by pseudo scientists. During that time, some 2,600 organizations for this purpose were started. Many of these failed immediately, for lack of financial support. Others lingered on a few years and then went down because of internal strife. Still others jogged along in a haphazard sort of way and today we find some two hundred still doing business "at the same old stand." However, these two hundred societies take in, in dues and donations, very close to a million dollars a year and spend, on the average, about 5 per cent for the direct relief of the animals. The remainder goes into fat salaries, stuffed "expense" accounts, clerical hire, literature—not to help animals but to get additional members—and other fund-consuming activities which lead to nowhere.

As a result, there is more vivisection today, proportionately, than there was a half century ago when this reform idea first took hold. The torture of helpless animals is increasing—not decreasing. The laboratories, making vaccines, serums, and inoculations from the animal "hells" they maintain, have grown into "big" business. Unless something is done, and done constructively, animal experimentation will spill over from the laboratories and get

schools. Already in many localities, the cutting up of live frogs, spiders and other living organisms is an accepted part of the so-called biological teaching system. The results upon the coming generations are not pleasant to contemplate. Yes, vivisection is here to stay at least, here to stay until the people of this country—the good, solid, substantial folks who make up the voting population—are made aware of just what is going on behind the locked doors of the laboratories and until they realize that no serum, no pus from a diseased animal ever cured a human ailment or ever prevented small-pox, diphtheria, malaria or any of the abnormal symptoms about which the medical doctors have woven a halo of scientific hokum.

The small, independent anti-vivisection society cannot wipe out this country-wide scourge alone. Experience has shown that the widely-scattered humane societies, each built along different lines and many of them along selfish lines, will not co-operate with one another on a definite program to wipe out this legal torturing of animals.

How may the average citizen be enlisted in this fight? That is a difficult question to answer. After all the effort of fifty years of propaganda, after the issuing of tens of millions of booklets, the records show that approximately 8,000 persons out of the 130,000,000 population actually support financially the "going" anti-vivisection socie-

ties. The man on the street and the woman in the little two family house is not interested. More than 13,000,000 families in this country have pets—are interested in one or more of God's lower creatures—but these 13,000,000 families which take in more than 30,000,000 adults are not sufficiently informed about the cruelties of vivisection to co-operate to have it abolished.

What is the outlook? Frankly, in this writer's opinion this animal torturing will continue unabated until there appears in our civilized life a new type of religion—a religion that brings forcibly home to each and every one that all living creatures—the dog, the cat, the monkey, the lion, the cow, the horse—are as close to God's throne as are human beings. Only then will man understand fully the preachings of the Prince of Peace.

That such a religion is coming, is a foregone conclusion. The soul of man will be stirred once more to its depths. But where this religion will originate, we do not know. But we do know that it is long overdue. Not one—not a single one—of the recognized religions of the present time allots to the lowest of God's creature an immortal soul. Some day, some way, this will be shown to be a mistake. When that day arrives and the creatures of God's handiwork all take their proper places in the mind of man, then vivisection, with all its foulness, its mentality-warping proclivities, its heartlessness and its plain "hokum" will vanish forever from the ken of man. May that day be speeded.

NATUROPATH

WHY ARE WE SICK?

Roland H. Berg, Ph. D., D. C.

In answering the question: "Why Are We Sick?" there are many things to consider. We should first give a thought to our ancestors. No one can deny that heredity plays a large part in our predisposition to illness and many of our weakspots are actually born with us. We should have been careful to pick out healthy ancestors. Next comes the building of physical and mental strength. Although few of us may be fortunate enough to be endowed with a particularly strong and healthy body, we can do much to better our physical and mental condition, through the application of Nature's laws. However, that is a matter which is strictly up to us. It is a big problem and takes in education, self-discipline, persistence and patience.

"Why are we sick?" There is just one fundamental answer, barring accidents and virus infections, and that is "poisons in the system." There are many primary and contributory factors that are responsible for these poisons, the chief being imbalanced body structure, and mineral and vitamin deficiency.

Freeing the body of poisons was the healing profession's first step into existence. It is their last step taken. It is the great primary source of all their growth and advancement. There is not a disease known, that is not the manifestation of poisons in the system. A poison-free body means grace and charm, power and speed, good health and life.

Poisons in the system, or systemic toxemia, fertilizes the soil for the incubation and germination of almost every disease. Here are some cases that have gotten excellent results and been restored to health after house cleaning their bodies and correcting wrong habits and methods of living.

Taking these cases as they come, they were diagnosed as follows: Sweating feet with foul odor, Bright's Disease, Sweating arm pits, foul order, Interstitial Nephritis, Chronic sores around mouth and in the corners, Gastro-intestinal weakness, Occipital headaches and dizziness, High Blood Pressure, Intense pain and blisters along ninth rib, Shingles, Severe scalp eruption with partial loss of hair, Eczema, Severe pain and swelling calf of leg and ankle, Phlebotic Edema, Severe pain and burning in stomach, Gastric ulcers, Periodic excruciating pains under right ribs and back, Gall Stone colic, Retention of urine and burning pains in urethra, Renal Calculi, Marked pallor and extreme weakness, Anemia, Chronic constipation, gas pains and tenderness right side abdomen, Catarrhal Colitis, Headaches, frequent colds, impaired hearing, catarrh of head or sinus trouble, Pain, swelling and stiffness of joints, Arthritis, Difficult and slow urination with pain, Enlarged Prostate. So we could go on and on. All just different manifestations of poison in the system. No wonder our bodies are

loaded with poison when we consider our American way of living. We move our bowels in the morning with a cathartic; wake ourselves up with caffeine in coffee; eat an acid forming, constipating, breakfast; go to work on a "pep-up drink"; drag the day through, while watching the time clock, on a "lift" with nicotine, in one cigar or cigarette after another; eat a bushel of toxic forming food for dinner in the evening, because we feel so tired out; a stiff high-ball or cocktail after dinner to brace us for a "date" or appointment; then at midnight or early morning to bed on an "aspirin" to relax our nerves. So round and round goes the "killing cycle."

Remember this—the two most important factors in restoring health are the correction of abnormal body structure by Chiropractic treatment and a complete house cleaning of the human system by detoxification. (Naturopath.)

Tolstoy's Lesson

Tolstoy, world-famous Russian writer, a strict vegetarian, tolerated no meat on the table where he was present. Once an elderly relative, whose liking for meat was proverbial, visited the family and there was speculation as to how she would take the meatless meal. Dinner time came, As they sat down the relative said a live hen tied to her chair.

"The chicken is yours", the host said, "only you will have to go to the slight trouble of killing it yourself because none of us would commit such a crime." The gentle lady preferred the vegetable dinner.

★ GLEANINGS ★

Steam Baths

Steam-baths have an excellent effect on the action of the skin, and as there is lack of action in every disease, steam-baths are useful in most cases. They should, however, not be applied more than twice a week. Weak people, patients who are very seriously ill, and very nervous persons should not take steam-baths. Nor do those who easily and freely perspire need them.

(a) Full-steam-baths. Required: A steam bath apparatus and a sitting-bath-tub.

Application: The bather sits or lies down, according to the shape of the apparatus, in the steam apparatus. The steam is admitted, and the bather perspires for about fifteen or twenty minutes, or longer, if he feels comfortable. Then shut the steam off, leave the apparatus, and take a sitting bath prepared for this purpose, and of a temperature from 86 to 94 degrees. Then, as indicated, slowly, (a), wash the body, arms, legs and feet with a rubbing-glove or wash-rag; then dry thoroughly, get dressed, and take care to get the body warm by exercise.

Wherever exercise cannot be obtained, warmth should be sought by getting into bed and putting on extra covering.

Those who do not possess a sitting-bath-tub may take a cool full-bath of 86 degrees, and if this cannot be had, an ablution of the entire body, with water of from 80 to 86 Degrees will suffice.

(b) How to improvise a full-steam-bath. Those who do not possess a steam-bath apparatus, and have no opportunity of going to a bath-house where steam-baths can be taken, can improvise an excellent steam-bath in the following way:

Put two cane-seated chairs about five feet apart, with the seats towards each other. Then take six thin boards cut them to about six or six and a half feet long, and put them on the seats of these two chairs. In this way you get a frame similar to a camp-bed. Put a pillow at one end for the support of the head, lie on your back on the boards, and cover your entire body with a large woolen cover which should reach the floor on both sides, the head remaining free. The woolen cover should be carefully tucked in at the shoulders. Then take three good-sized vessels half filled with boiling water and put them under the body; so that one is under the shoulders, the second under the seat, and the third under the feet. The woolen cover prevents the steam from escaping, and in this way thorough perspiration takes place. The bather lies about ten or fifteen minutes on his back, and then turns over and lies on his face for the same length of time.

Should the steam lessen during the bath, boiling water may be renewed, but not a moment is to be lost in the changing of the water.

Those who find steam too hot may put some covering on

the vessels; at first two pieces of wood may be put on the vessels, so that the cover does not fit it tightly, but leaves some space around the edge through which the steam escapes.

After a steam-bath a cooling off should take place, as described in the last paragraph about full-steam-baths. (Naturopath)

Vegetable Growing

Our people's diet is hopelessly low and ill-balanced being highly deficient in fats, proteins and other nutritives. The grass lands can grow excellent fresh vegetables, in abundance, on which poorer people can greatly rely during certain seasons, as they do, for instance, on *morwa* flowers in the Panch Mahals or on jackfruit in parts of the Konkan. Today fresh vegetable is an item of luxury to be found in the menu of the well-to-do classes only. The growers market every ounce of their produce to the cities and towns where it is sold at 4 to 12 annas a lb. And yet the grower hardly gets 1 or 2 annas out of it, the lion's share going to the railways and the city broker or the middlemen. Years ago this writer had reproduced in these columns figures of sale proceeds against expenditure from the account books of a renowned garden owner of the province who faced virtual ruin having had to distribute as much as 87½% of his income between the railway and the middlemen. Only a couple of years ago certain military camps near Wardha compelled village farmers to grow huge quantities of fresh vegetables for them but de-

camped suddenly to a distant front plunging that whole countryside in total economic ruin. I saw with my own eyes cart-loads of bewitching cauliflower flowers selling at one pice a lb. for a whole season and bullocks being fed with maunds upon maunds of beautiful tomatoes which could easily compare with those seen in the coloured advertisements in the *American Journals*. Only the other day I met a big grower of excellent vegetables in my own neighbourhood who supplied some few thousand lbs. of fresh vegetables daily to the military establishments and then to Government ration-shops in Bombay, but who now finds himself—and along with him 11 small villagers whom he encouraged to grow—utterly stranded as a result of a sudden stoppage of Government purchase owing to a change of policy.

All this maladjustment must stop and wise planning follow which would protect the growers against such calamities. Village growers should be discouraged to grow for big and distant cities, but helped to cater local needs within the district and a fair return ensured to them by fixing minimum prices, as in the case of milk, for their undertaking to grow for well-defined restricted areas.

Man Or Beast?

The so-called "labour-saving devices" in lands where manpower is scarce, develop into "unemployment creators" in countries where there is a surfeit of labour. With the advent of "labour-saving devices" the artisans are thrown on the land

in the first instance. Then the pressure becomes so great that man is obliged to compete with the beasts of burden for the "husks that the swine do eat".

This is the position of rickshaw coolies. They are competing with *tonga* horses. A *tonga* needs a driver to guide it. Now, with the rickshaw, the horse is eliminated and the coolie does both the work of the horse and that of the driver at a lower charge. Thus falls man from the human state to that of a beast of burden. Man is not physically built like a horse. This change overworks his heart and he finds an early grave along with his morsel of bread.

Any society which allows such degradation is guilty of inhumanity. People have organized societies for the prevention of cruelty to animals, but is there no one to heed the cry of those who are driven by poverty and dire necessity to envy cattle-feed?

Alcohol

"Alcohol is not a food. The argument that it has any food value at all is due to the fact that it is oxidized in the body. But citric and tartaric acids are also oxidized in the body, yet nobody would suggest that they are foods. The fact is that the oxidization of alcohol in the body is the result of the body's attempt to get rid of a poison. Alcohol is not a food capable of affording protection from the effects of cold . . . One often meets with the implication that . . . alcoholic beverages have a nutritional value apart from that supposed to belong to the alcohol they contain. Whisky

and other spirits, of course, have none. The lighter wines contain mere traces of sugar, together with very small amounts of gum and glycerine, of negligible nutritive value. In order to obtain, at most, half an ounce of sugar, an intoxicating amount of most wines is required. Coming now to beer, I have, to say the truth, hardly patience to deal with the often suggested and sometimes vaunted nutritional value of that beverage. The claim, when not wholly insincere, is ridiculous. A pint of beer mostly sold today contains some carbohydrate material with a food value equal only to that of about one ounce of bread, but even this material is so much altered by fermentation that we do not know whether it has real value as food. In any case, the cost of an ounce of bread is a very small fraction of a penny, while that of a pint of beer is anything from five pence to eight pence. It is unfair, and even cruel that propaganda, subtle, suggestive and intensive, should endeavour to persuade the worker that his beer makes more robust and increases the power of his muscles: thus tempting him to increased consumption and helping to salve his conscience when he knows that his expenditure is beyond his means."

Right Method of Living

Nature cure is a great sociological movement, though it has nothing to do with socialism, or any thing antagonistic to Government, Church or the public order. Nature cure falls in line with Christ's petition, "Thy Kingdom come!" God's Kingdom will not

(Continued on page 177)

AN EXPERIMENT WITH NATURECURE

The Experimental station at Simri was started on 30-6-47 in a regular manner, but I handled some cases at Madhubani and at the village Simri in the middle of June which were very successfully treated. The object of this Experimental Clinic is to give an elementary knowledge of Nature-Cure to the gram-sevaks undergoing training and to find out or adopt a simple method of Nature-Cure treatment according to the economic condition of the villagers. During

the period of 2 months I admitted 90 patients of which 55 were completely cured, 14 left the treatment due to want of faith and the rest are under the treatment. The treatment included Hydrotherapy, short fast, proper dietetic, earth-pack and Magnetic hypnosis, eg, spinning, light gardening, and Ramdhun to keep up the mental condition. The expense per head per day was approximately nine annas. A detailed table is given below :—

Disease	Number of Patients	Cured	Left the treatment	Died	Under the treatment
Dropsy	1	1	...	...	...
Liver enlargement	4	3	...	...	1
Hook-worm	2	1	1	...	...
Malaria	28	19	4	...	5
Indigestion	4	3	...	...	1
Gyppititic ulsar	1	1	...	...	...
Ulsar	1	1	...	...	...
Ectzyma	2	1	...	...	1
Mental derangement	2	1	1	...	...
Kalazar	1	1	...	...	...
Constipation	4	1	1	...	2
Amebic dysentery	3	1	...	...	2
Nervous debility	1	...	...	...	1
Influenza	6	5	...	...	...
Cronic dysentery	1	...	...	...	1
High Blood Pressure	1	1	...	...	...
Inflammation in utrees	1	...	1	...	...
Iching	1	...	1	...	...
Nepbritis	1	1	...	...	...
Anémia	2	1	...	...	1
Dispepsia	3	2	1	...	...
Fever	1	...	1	...	...
Eye-disease	1	...	1	...	...
Ear pain	3	1	...	...	2
Chest pain	1	...	...	...	1
Abcess	2	1	...	...	1
Leprosy	1	...	...	...	1
Typhoid	3	3	...	...	...
Rheumatic pain	1	...	1	...	...
Breast Abcess	1	...	...	...	1
Branco Pneumonia	1	1	...	...	...
Intestinal worm	2	2	...	...	...
Loober Pneumonia	1	1	...	...	...
Hysteria	1	1	...	...	...
Manechitias	1	1	...	...	...

My observation regarding the treatment is that all the acute diseases took average one week to be cured and I did not find the healing crisis which is generally belived by the Nature-Curists. Because as I proceeded with the treatment the symptoms began to disappear slowly and steadily and they recovered. Even cronic diseases which were treated did not show the crisis. But to come to a definite conclusion regarding this subject I should atleast observe five hundred different cases. I found the spinning and gardening has got the greatest therapeutic value specially in mental diseases.

Due to the lack of facilities and proper arrangement and a Pathological Laboratory I could not record the Pathological variations and other physiological phenomena of the patients before, during and after the treatment. I, therefore, believe from my experience that either the Government or the public should establish a well equipped experimental station where a proper research in Nature-Cure can be conducted. I hope the research may save the poor from the agony of the diseases.

N. B.—An interesting thing that I should note down here for the interest of the public is that two cases of Typhoid, one Intestinal worm, one High Blood pressure and one a kind of Hysteria were successfully treated here in a very short period and cured which were previously treated by the efficient doctors of Patna, Darbhanga and the Civil Hospital Madhubani in vain.

K. SANKARAN NAYAR
Experimental Station, Gram
Seva Vidyalaya, Simri

NATURE CURE IN PRACTICE

The name of the patient is J. S. She was residing then in Vizianagaram. Being related to me, I had to treat her in the later part of her disease. She had a protracted fever for a number of days. Quinine and other allopathic medicines were applied, and they could not reduce the fever. On the fifteenth day of the fever I was informed by wire the details of her illhealth. I went there and saw the patient. She was burning with unabating fever. She had thirst. She had no motion for a number of days. Glycerine was given through the anus in ounces. That could bring out small quantities of faecal matter. Her skin was quite dry. The case was entrusted to me.

As a first measure I gave her 2 high enemas with 3 pints of cold water each time. Large quantities of faecal matter of obnoxious smell passed away. Under allopathic treatment she was not allowed water enemas for fear, that it may produce perforation in the intestines. To keep up the strength she was given coffee occasionally along with whey.

I prescribed daily 3 hip baths of 10 minutes each. I applied a sweating pack, and when she was removed from the pack, the blanket in which she was wrapped was giving out odour which was similar to the stools that was removed before by the cold water enema. This revealed that the faecal matter that was collecting for a number of weeks or even months and deposited under the skin and the pores were almost closed due to the accumulations. By persistent cleansing of the skin with sweating packs and mild sun baths and with the cooling Kuhne's hip baths for a few days, her fever slowly came down.

She was given citrus fruits till the fever came down permanently. Then she was given slowly some cooked vegetables and rice. After this treatment she was spending quite healthy period without any after effects such as itch, diareah or the like which would be resulting in ordinary allopathic treatment, in which the fever is suppressed by quinine and such bitter drugs.

She was given a wet towel rub all over the body. Once in the morning every day the same was concluded by a whole body tepid water bath which was finished in 3 or 4 minutes. This exhilarated her condition and toned the irritated nerves.

— Dr. PUTCHA

Right method of Living

(Continued from Page 175)

be given to humanity as a sweet surprise, or as a wonderful gift. God's Kingdom on earth means the supremacy of goodness over wickedness; the rule of justice and of peace; means equality of humanity, that is, equal in aspirations; but attainments depend on individual efforts.

Whatever exists outside Nature has been created by man. The most complicated piece of machinery as well as the divinely inspired word in prose or poetry has been the work of highly aspiring men and women. Then it is but natural that the first and

most natural work, physical health, has to be effected by everybody. As everybody has to eat and to rest for himself or for herself, in order to still the hunger, or to strengthen the tired limbs, so everybody, men and women, have to make individual effort to keep the body in health and strength. Drugs and mineral waters, taken from time to time, may deaden the pain, may clean the system; but the killed pain will one day resurrect in some malicious or unexpected form and the system will soon need a new washout. Drugs, tonics, mineral waters are there for the effeminate, over civilized, nervous, hectic and epileptic humanity—for a humanity ready to die, to step off from the stage of life. But whoever loves life, in its thousand varied vibrations and pulsations with its ever growing and ever widening progress, needs health, needs a strong body. This physical good is only acquired by personal effort, connected with a little self-denial; this self-denial grows soon into a sweet habit for it is not long before we become aware of its good results. A systematic method of life which includes physical culture as well as diet is, in fact, the only right method of living. N. P.

LEPROSY RELIEF

MAHATMA GANDHI'S STATEMENT

"There were lakhs in India suffering from leprosy. People abhorred the disease and those suffering from it." He considered that those entertaining unclean thoughts were worse lepers than those who were suffering physically from the malady. Why should there be a stigma attached to leprosy any more than to any other illness?

In the past, service of leprosy patients was more or less the sole privilege of Christian missionaries. But later on philanthropic Indians (though very few) had come out for the service. He saw one such institution in Calcutta.

Leper Colony Near Wardha

Another such philanthropist, Gandhiji said, was Shri Manohar Diwan. He was Shri Vinoba's pupil and was prompted by him to take up the service. Mahatma Gandhi said he would call him a true Mahatma. He was not a doctor. But he had studied the subject and as a result of his wholehearted efforts had arisen a colony of leprosy patients near Wardha. There was the Maharogi Seva Mandal, which directed and organised leprosy relief work in C. P. Under the aegis of the Maharogi Seva Mandal, a conference of leprosy workers was being called at Wardha. The idea originally was started by Sri Jagadisan, an admirer and disciple of the late Shri V. S. Srinivasa Sastriar.

Shri Jagadisan had himself suffered from leprosy. He put it before the Advisory Medical Board of the Kasturba Trust and the result was the coming conference. Dr Sushila Nayar was going to Wardha in connection with the conference. Rajkumari Amrit Kaur and Dr. Jivraj Mehta should have attended it. But they could not leave Delhi then being engaged in national work. He was telling them about the conference in order to draw their attention to one of the pressing problems before them."

[Nature Cure teaches that leprosy is not a contagious disease and that it can be cured in most cases by the simple and biologic ways of living propagated by Nature Cure. We are glad a conference is convened and much relief will be bestowed to the millions suffering from the disease. If the digestive system is brought to normal by the natural methods of healing the disease is controllable. There are instances of cure mentioned in the new science of Healing written by Louis Kuhne of Germany. — Editor.]

HOW IMPOTANCY IS CURED

Yadapalli Murahari Rao

A young man aged 45, one day came to me and complained about his case of impotency and incurability of the disease. I promised him a perfect cure and put him on the following treatment.

1. A dry towel massage for 15 mts. early in the morning.
2. Sarvangasana and Mayurasana for ten minutes.
3. A cold hip-bath for ten minutes in the morning.
4. Flushing of the colon with cold enema twice a week.
5. Spinal massage, especially of the lower spine and the lower back for ten minutes in the evening.
6. An evening walk for nearly one hour before sunset.
7. Oil bath twice a week with coconut oil.

Diet

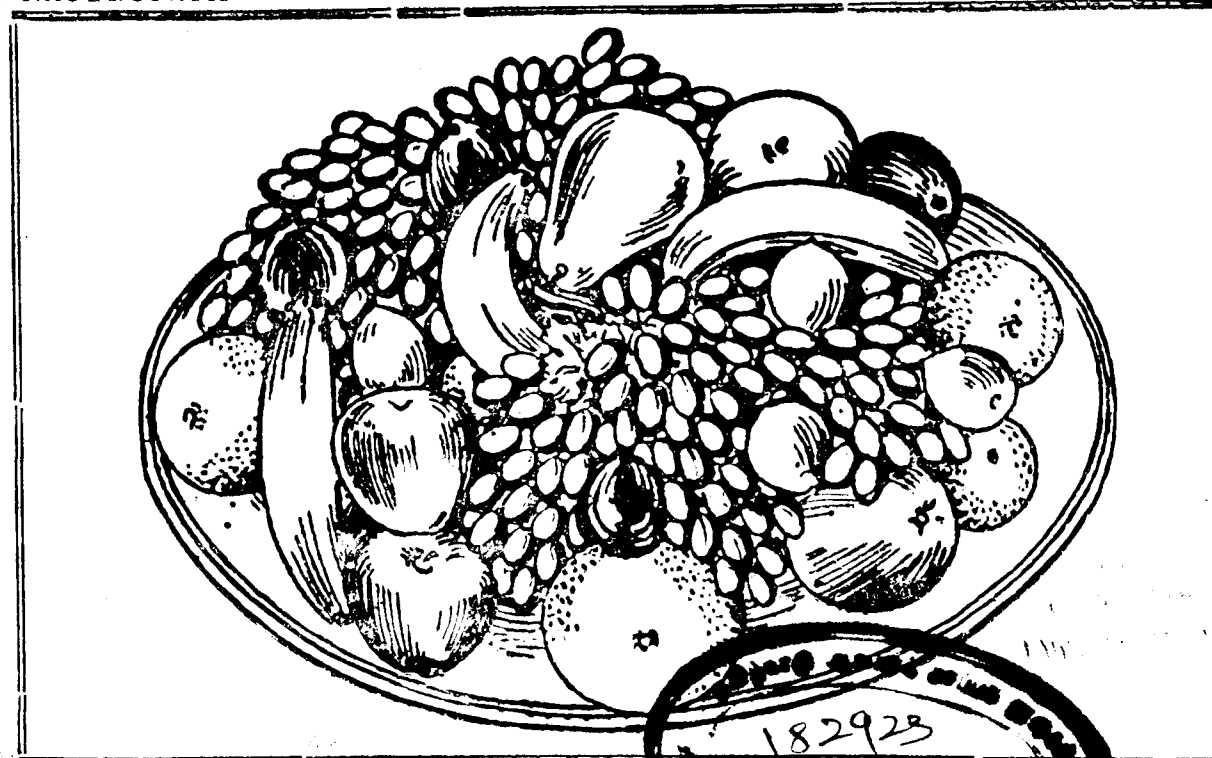
A cup of unboiled fresh milk in the morning. At mid-day plenty of two or three green vegetables, pounded rice and full quantity of butter-milk. Green dall is also allowed. In the evening two juicy fruits. In the night vegetables and rice as

usual at 7'o clock and at 9 a cup of fresh milk boiled with a number of dried fruits. Every day some raw vegetable is given as diet in the form of chetney.

During the course of the treatment he observed perfect Brehmacharya and systematic prayer. Coconut formed a part of his diet in vegetables. After 6 months not only his impotency is cured but his general health improved much. To-day I see a happy family in his house.

There are many middle aged men who murmur that their sexual powers are on the decline in spite of the use of repeated tonics. On close examinations we see that their general health is bad. Some are prodiabetic and some of them are nervous due to faulty outlook of sexual life. In most cases the sufferers were victims of masturbation and other allied diseases. Naturopathy if scientifically practised and well taught, is a sure remedy for a train of above complaints.

NATUROPATH



Food Ministers' Logic

C. BHANUMURTY, B.A., L.T.

So long ago as three months back I addressed letters to the Ministers of 'Food' and 'Agriculture' pointing out that lakhs of acres in Guntur, Kistna, East & West Godavari Districts are invaded during the last fifteen years, by the pest 'Virginia Tobacco' introduced by the 'White Dorais' during the days of the British rule, which is depriving people of 'Food' that used to be grown on these lands, not to speak of lakhs of tons of fuel which is being burnt away year after year, for curing this 'Dora Tobacco' as it is called. Fruit bearing Mango and Tamarind trees, in thousands are felled annually to feed the furnaces of Virginia Tobacco Barns, adding to the fuel scarcity in the province and depriving human beings of useful food also.

In 'FOOD' Minister's reply to the debate on 'Food Situation' in the province on the floor of the Madras Council on 21-9-47, while he defended the cultiva-

tion of cash crops like sugarcane and groundnut and plantains, on the score of the 'Caloric' value of food contained in them, he significantly omitted to refer to 'Virginia Tobacco' which has displaced Food Crops, like, dry paddy, gingelly, red gram, Horse gram etc., which used to be grown on these lands. Virginia Tobacco is 'Food' neither for Man nor for Beast. It fills the pockets of 'White Lords' who pay a nominal price to the 'Tobacco Grower' and get ten times the cost price, as their profit, after playing heavy taxes to the 'Central Excise'. "IS THIS WISE POLICY", I asked the Ministers in my letters addressed to them.

The Prakasam ministry actually passed orders in July and August 1946 restricting the area under 'Virginia Tobacco' but as it was not then possible to sow any other crops on these lands in those months (the season for sowing dry paddy, gingelly, etc., being June) they had

to revise their order and allow things to go on as usual for the year. The Food Minister is wrong in saying that this Cash Crop — I would say Poison Crop — is grown on lands, on which no other useful crop can be grown. In Razole Taluq, East Godavari, lands on which paddy is ordinarily grown, are being reserved for Virginia Tobacco, as the latter crop is **THRICE** as fetching as paddy crop. I fail to see why the Food Minister is so partial to Virginia Tobacco, which is a First class luxury and which can be gone in, at any price by those who indulge in smoking cigarettes. Lands on which country tobacco is grown which is luxury for the poor ryot, do not yield much of any food crop and they may be left untouched.

An Impartial enquiry by any individual as regards what was grown on the present Virginia Tobacco lands in all the four surplus districts will reveal that the provincial Govt is wrong in its view regarding Virginia Tobacco lands. It may be due to the influence of Tobacco Lords

(Continued on title page 4)

Food Ministers' Logic
(Continued from Title Page 3)

whose greed for piling Tobacco money can never be satiated & who easily gain the ear of the Ministry. It is no exaggeration to say that it is these Virginia Tobacco growing places that are largely responsible for smuggling rice and profiting largely by black marketing the same. No milk or milk products are available in these parts, as Virginia Tobacco has deprived people of the only 'Protective Food' that people have in this

country-milk and milk products. Cattle wealth is reduced in these areas, and the cattle fodder of neighbouring areas is purchased at any price by the Tobacco Growers for the bulls required for tilling Tobacco lands. You can see what a Vicious chain is this 'Dora Tobacco' responsible for:

Will the Ministers of Food and Agriculture, take up this question seriously, and stop Virginia Tobacco cultivation or atleast restrict it largely, till 'Food Crisis is got over'?



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