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## Saviour of Humanity Passes away



**GANDHIJI sipping Orange Juice**

Gandhiji passed away. At a time when his presence is required more than at any time in the History of the World, Gandhiji passed away leaving the World in gloom and utter darkness. He is well and rightly acclaimed to be the Saviour of Humanity. Never before in the History of Humanity, a personality that moved the World as vigorously and vehemently as Gandhiji was born. Every Nation felt it had lost its own son. Born and bred in India, he lived for the whole world. His creed of non-violence directed the whole world's attention to himself and to India. He has glorified India more than ever in the estimate of the world and gained sympathies of Humanity for the cause of our country. His creed of non-violence is not the panacea for India's cause of attaining freedom but the permanent cure for world's ills. His scene of action was India. But his target is the World. That is the cause why he had made history by attracting the attention of the world.

He is not only a saint and a seer useless for practical daily life. But he is a practical guide to every day problems. His life is a guide book to each individual comprising Humanity at large. He is a doctor for the psychological ills of the present day world. He is an experimentalist on every thing that is truthful, permanent and everlasting and ever enduring. Like Truth, he experimented on Naturopathy which is the system of life advocated by Naturopaths all over the world.

We have lost a Naturopath who lived and preached Naturopathy in all its aspects — the only way of living life. May His Soul rest in peace.

## ★ *The Indian Naturopath* ★



★ Editor ★

Dr. P. Venkatramaiah,

N. D., D. M.

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BEZWADA



## NATURE CURE IN PRACTICE By The EDITOR

One early morning a friend of mine had sent word for me. The following was his tale of misfortune, given to me on the first visit:—

He was suffering from a nasty itching all over his body for a number of days. He tried almost all the sedatives and he could not have any relief. The night was all troublesome to him and he had not a wink of sleep. He was even tempted to suicide a few times, which he somehow controlled with all his might. Remembering my presence in the village, and hoping to get some advice from me he had sent word for me.

I explained him that wrong diet, his blood had become impure, and by correcting his habits of diet and recreation, he would be once again healthy. He promised to follow my instructions. For three weeks he should not eat any solid food. He may take a few oranges every day. He must sit in the evening sun 3 hours every day. That being winter he could take the full course of 3 hours sun-bath continuously. He was taking whole body bath twice daily. He did not take even Kuhne's bath as he had no tub at hand, nor did he care to secure one. He took 2 full colon flushings with 3 pints cold water each time.

After one week he had good refreshing sleep and had no skin irritation. His hunger improved. He had to eat 7 or 8 oranges a day. After the second week the skin slowly peeled away and his digestion still improved. There was no need for the enema. He was taking 15, 16 and even 20 oranges every day. On the twenty second day of treatment he took cooked vegetables and a few morsels of cooked rice. The diet was increased along with the digestion. More than 10 years have passed; he is not having that skin trouble till to-day. Because the skin disease was active and acute, there was such a rapid cure. Had it been suppressed by mercury or sulphur it would have taken a number of months of treatment for the achievement of a permanent cure.

## DON'T SUFFER FROM NERVOUS COLITIS

By Sir Arbuthnot Lane, M. D.

With considerable accuracy, an alternative title to this article might be "The Abuse of Purgatives." The reason for this will shortly be made apparent. Colitis technically means an inflammation of the colon or large bowel. It may occur in an acute form as the result of food-poisoning, or as a specific infection, such as dysentery.

However, we are here concerned with the chronic condition—the so-called mucous or nervous colitis—which is so prevalent among civilized communities. It is a disorder which is responsible for much debilitated health, not only of body but of mind. It is a disorder which results, mainly, from faulty hygiene.

Let us consider what I believe is the fundamental cause in the majority of cases. The use—or shall I say the *abuse*—of purgatives is almost universal today. The evening pill or the morning draught has become part of the daily ritual in the lives of vast numbers of civilized adults. Fortunes have been made and are still being made from the sale of purgatives. Advertisements appear in newspapers throughout the world advocating infallible cures for constipation. Intelligent men and women take

their daily dose with a faith in the efficacy of drugs which is medieval.

It is regrettable but true that most people in these times still imagine there are short-cuts to health. Moreover, such people are much more interested in the cure of ill health than in its prevention.

There are many factors in everyday life which conspire to produce constipation. Admittedly, these factors are not always easy to circumvent. The pace of this machine age, irregularity of habits, the consumption of refined and concentrated foods, the use of the motor car with consequent decline in bodily exercise—all these favor the development of constipation. And constipation brings in its wake the purgative evil.

In my opinion, as much harm is wrought by the abuse of purgatives as by the abuse of alcohol. It is unfortunate that the average man or woman will not realize that constipation can be cured (and, of course, prevented) by natural means. Mainly by careful dieting, special exercises, a proper usage of sunlight and fresh air, and a correct mental outlook, constipation can be eradicated.

Recourse to the habitual use of purgative drugs is in the nature of a drug addiction, and, as with all drugs, larger and larger doses are required to produce the desired effect. It is amazing to hear of the gigantic doses which some people (mostly women) are in the habit of taking in order to

"relieve" their constipation. More tragic still is the indubitable fact that many people take purgatives not because of constipation, or of irregularity of the bowels, but because their symptoms appear to coincide with those they have read about in the advertisements!

Mucous colitis is very often a sequel to the abuse of purgatives, especially in individuals of nervous or anxious temperament. Even the orthodox medical profession is alive to this danger and in one of the most recently published standard text-books there appears this statement:

"The most common cause of chronic catarrhal colitis is the habitual use of purgatives, which are frequently taken even in the absence of constipation." Most purgatives are dependent for their action upon their irritant effect upon the bowel. The delicate living membrane of the interior of the bowel is thus subjected to constant irritation and small wonder that in time a catarrhal inflammation is set up.

This is particularly apt to arise in nervous people who are victims of constipation (or who imagine they are). The retention of food in the lower bowel (rectum) is apt to set up over-activity of the nerves to the muscle and the secretory glands of the colon. This leads to painful spasms and to an excessive secretion of mucus. Couple this with the injudicious use of purgatives and the result is mucous or nervous colitis—a condition which, if once established, is not easy to cure, and which can be responsible for chronic invalidism.

(Continued on page 29)

## IRIDIAGNOSIS

By Harold S. Grimes

The Science of Iridiagnosis establishes the fact that all pathological and functional disorders of the tissues are registered in the iris of the eye by various abnormal lines, marks and discolourations, each type of iris defect being characteristic of a certain tissue condition, and the severity of the defect indicating the degree of tissue disorder.

### Anatomy of Iris.

The iris is the frontal continuation of the middle coat of the eyeball, the Choroid. The function of the choroid is to supply replenishment to the entire eyeball. It is consequently abounding in blood vessels and nerves. The iris structure controls accommodation of the sight through the contraction and relaxation of the ciliary muscle which surrounds it. The pupil normally varies from one third to one twentieth of an inch in diameter. The closing is affected by the contraction of a ring of unstriped muscle fibres called the sphincter and the contraction of the dilator muscle—unstriped muscle fibres radiating from the pupil to the periphery; which is attached to the junction of the sclera and the cornea by the ciliary ligament.

The structure of the iris is made up of four layers. 1. Surface Endothelium, which is a single stratum of flat endothelial cells continuous with the inside lining of the cornea. 2. The Stroma, which is subdivided into two sections. Firstly a dense

mesh of delicate radiating connective tissue fibres, intermeshing numberless nerve filaments, blood vessels, lymph vessels, and large irregular branching connective tissue cells. Secondly, in the deeper layer of the Stroma a band of involuntary muscle about one millimeter wide encircling the pupil—the sphincter muscle aforementioned and a stratum of involuntary muscle fibres extending outwards—the dilator muscle. 3. Basement membrane, a stratum of strong connective tissue forming the basic support and innermost layer of the iris. 4. The pigment layer. Two strata of epithelial cells of a dark purple colour, which rests on the uneven upper surface of the basement membrane. This pigmentation prevents the penetration of light into the dark vitreous chamber of the eyeball and gives the eye its natural colour.

The Blood Vessels of the Iris arrange themselves into two concentric circles. (A)—The major circle, a ring of long and short ciliary blood vessels around the outer rim of the iris, which branch and converge toward the pupil to form the minor circle. (B) Which is another halo of blood vessels surrounding the outer edge of the sphincter muscle. These vessels again branch and extend inwards to the pupil.

The nerve supply of the iris is important. The circular muscle fibres are supplied by the short ciliary nerve branch of the motor oculi or third cranial nerve coming directly from the brain.

The other structures are supplied by the long ciliary nerve which is directly attached to the cervical ganglia of the sympathetic nervous system. These nerves pass forward to the iris through the choroid coat of the eyeball. Along the margin of the iris they form a circular plexus coinciding with the major circle of blood vessels. From here the nerve filaments extend inwards through the various iris tissues. Some of the nerves form a complete and separate network immediately beneath the surface endothelium. These are arranged in triangles, like the petals of a cosmos, the bases of which rest on the outer rim and their apices point inward towards the pupil. The sides of the triangles coincide with both the blood vessels and the nerve filaments. These triangles represent the various organ areas and the zig zag ring formed by their apices, the Sympathetic Nervous System itself. Every organ and part of the body is controlled by branches of the Sympathetic Nervous System, which converges along the spine and branches directly to the iris and its correlating areas.

N. P. H.

### Pulp of the Orange

The pulp of the orange if well chewed may be swallowed without injury by healthy persons. One or two oranges eaten at bed time is an excellent means of encouraging bowel action. The acid of the orange stimulates peristalsis. The indigestible fibre of the pulp helps to furnish the bulk material necessary for formal bowel action.

### FACIAL CULTURE

(Continued from page 19)

sooner or later plainly indicated in the face as well as in the waistline, and the value of a youthful face can hardly be over-estimated—not only socially, but in contact with people generally in business and otherwise.

# GOOD POSTURE BEGINS IN BABYHOOD

By Mary Halton, M. D.

At home is baby's private gymnasium, and his mother is his Physical Director. It is up to her to see that he grows up with the bodily perfection which is every child's birthright.

Through many ages the Greeks have inspired the world leaving to us in their statues, magnificent immortal sermons in stone which speak to us every one of the great truths that physical strength and beautiful development are the basis of grace and nobility of the human body.

Each little baby has, in his body, the germ of his own perfection. If his natural powers are properly cultivated, he will develop like a Greek statue to a human being of supreme excellence.

Few of us realize how very many people are affected with poor posture, which is only the expression of a poorly developed body.

In a recent Silhouettograph survey conducted by Mrs. Mary Hubbard Knapp, in charge of Physical education of two hundred and eighty-six women of the freshman class of California State Teachers College, San Jose, California, only one man was found to exhibit a normal grade A posture and only seven per cent were graded B. When President Hoover held his White House Conference on Child Health and Protection, a few years ago, prominent experts from all over the country attended.

The Committee on Medical Service reported: "We may

reasonably believe that perhaps seventy-five per cent. of the male and female youths of the United States exhibit grades of body mechanics which are in perfect." And later on, in the report, "Throughout the country the amount of intelligent attention which is being given by parents to the body mechanics of their children is negligible."

Poor posture is the term which has been used in the past by Physical educators to describe the slumped figures, crooked backs, protruding abdomens, weak shoulders, narrow chests and shambling legs, so commonly seen. But now the term "poor posture" is being discarded in the Scientific Lexicon, for it has been found inadequate to describe these body discrepancies.

They are found to be not entirely the result of poor habit positions of the body. They depend for their existence upon more deep-rooted causes, a number of varied pathological factors. Therefore the term "body mechanics" is rapidly displacing the old word "posture".

Educators in physical training have struggled for years with growing boys and girls trying to correct round shoulders, crooked backs, prominent abdomens, and the rest of the bad postures and achieving not very good results. Their work has been an attempt to repair a machine which slum-

ped down because it was originally of poor construction.

Now science is announcing that in order to achieve good posture it is necessary to secure a good body through well-balanced nutrition which should begin in the prenatal state; good gland balance and good development, which rests largely upon well-rounded exercise begun at an early age.

In other words, in order to attain good posture, or rather fine body mechanics, it is necessary to have a healthy father and mother and especially for the mother to be scientifically cared for and fed a well-balanced diet for the nine months of her prenatal state. Then the infant himself must have good care and a proper diet so that he can develop. How good development of the body is to be attained?

An outstanding authority on physical training, Dr. Josephine L. Rathbone, assistant professor of Physical Education at Columbia University, says that "good posture" is built "first, by sufficient exercise of the right kind in the growing years, especially creeping, hanging, climbing and balancing."

As the baby grows he naturally takes to just these four exercises and since the home is his private gymnasium, with a little care it can be properly equipped and made into ideal training quarters for the young athlete's preparation for his battle with life.

For his "creeping" the floor must be immaculately clean and cleared of rickety pieces of furniture that he can upset.

For his "hanging" exercises, his first efforts are to pull himself up by grasping his mother's fingers. Then there is the rail of the crib to hang to and many babies derive much fun later on from swinging on hanging rings or a small rod suspended from the doorway.

For his "climbing" it is easy to provide low boxes and suitcases. The stairs are admirable for climbing and later he can tackle the couch. It is pretty wise to open the windows from the top during the most active part of his climbing career, for many ambitious babies have succeeded in reaching the window sill and have fallen out.

The "balancing" is by far the most important part of a child's physical training and is best attained through rhythm, for it is the basis of all smooth, efficient, graceful motion. Psychologists tell us that in order to attain superior physical development, emotional satisfaction must be derived from exercise. Turn on the radio and encourage your baby to dance with the music and laugh. Remember that this foundation is invaluable. For if the child is to excel in games and such sports as skating, tennis or golf, rhythm is indispensable. In fact good rhythm is a fundamental necessity for success in any sport.

The mother who wishes a perfectly developed body for her baby turns herself into a good physical trainer, a laughing football coach, for babies love laughter and play, and after all, life is just a big football game. Train your baby right and he will be a winner.

There is one great enemy of good physical development. It is fatigue. Fatigue tears down the body structures. Babies and growing children should sleep twelve hours every night, besides day sleeps according to age, and to quote Professor Rathbone again, "It is necessary for children to lie down several times during the day." Fatigue is exaggerated by such unhygienic measures as bad ventilation, lack of sunshine and improper clothing and especially bad shoes.

A factor that plays havoc with the body of many a child is another type of fatigue which comes from a pathological source. Some children are always tired and this may be the result of toxic poisoning arising from chronic infections, such as bad teeth, diseased tonsils, chronic indigestion or frequent colds.

Of supreme importance to the young child is prolonged rest after a serious illness such as pneumonia. If the body of the child is subjected to strain at such times it may slump down and years of repair effort may not undo the damage.

Mothers who have weak and delicate babies are carrying a handicap to begin with, but they will find an inspiration and an urge to ultimate achievement in the life of the late Anna Pavlova, the greatest of all modern dancers. Little Anna was an ailing sickly baby and doctors despaired of her life. She was taken by her grandmother to a health resort in Russia. Here she was brought up largely in the open and physically trained by her grandmother.

She entered the Russian Ballet School at an early age and developed into physical being of great perfection. The civilized world gazed at the beauty of her body and her movements and capitulated at her feet.

To quote from English and French critics writing of her in 1931: "The very soul of beauty—the embodiment of purity and perfection." "Each of her appearances on the stage in the nature of a miracle which cannot be rationally explained." "Anna Pavlova is not a dancer, she is a direct manifestation of the divine."

The fate of human beings is said to be in the "Lap of the Gods." Certainly the physical fate of your baby is in your lap, mother. There is a call to you that you make it a glorious fate.

## A Doctor on Doctors

Sir Farquhar Buzzard, Regius Professor of Medicine at Oxford and one of the King's Physicians has awakened to the fact that the medical profession is becoming unpopular, and has been trying to diagnose the reason.

His diagnosis is that doctors are "taking up and following a flock of sheep each new call stunt as it is offered them." His persecution is simple, viz., that claims to be dropped! All medical men can do is prevent disease.

This, then, is where we are—after years of "medical research," with its painful ugliness and specious promises of cures for all our ills.

## ELIMINATIVE DIET

By JILL GORE

I have a keen desire to "jump over the moon," sing hymns of praise, soar like the lark and generally speaking "express" the exuberance of my verbosity! Why? "Children of the New Age," I have just completed a week of the "Eliminative Diet" cure.

### *This is my story:*

After reading "Some Hints upon Health," by F. E. Pearce four of us decided to *do it*. We *did*! To those who *have*, that should be enough, but for the benefit of "Those who *have not*," our Chief Brother has very kindly and rashly invited me to write a short account of our experience.

The characters in the Drama are my mother, sister, one mere man (whisper it softly, a flesh eater and wine bibber!) and myself.

First morning: Four enthusiasts arrived down to breakfast, keyed up to concert pitch, full of noble resolutions, a certain amount of kindly superiority for the one member of the family about to eat a normal breakfast, and...hot water plus vegetable salt.

Chorus: "Isn't this delicious!" "Don't forget the hot water!" Oh! No tea! "Um. "Well, *Anyone* could give up *any* thing for a week". Glances at end of table where ordinary food is abundant. Hasty glances in other direction.

Shortly after breakfast, all went out and were weighed.

Returned home... more fruit .....still happy.

Later. Me: "Heavens! My head! *What's* the matter?" At intervals, each member of group, according to temperament and sex, "My head!" Early to bed.

Second day: Similar..... enthusiasm slightly diminishing!

The Third day: Temperature more normal. Mother confesses to a keen desire for bulls-eyes (her secret vice!). My sister discovers that the only food she likes (which by the way, she *Never* eats), is meat! "Mere Man" takes loving sniffs at the Outcast's beer! And I discover that I *like* the smell of fried fish, which normally I detest! Curious!

All got weighed again— results satisfactory.

Fourth day: Morning congratulations all round. Past the half-way mark; general expressions of surprise at the mutual discoveries of how vigorous are our likes and dislikes. Ugh! *More* uncooked red cabbage!

Heathen meat-eater: "You people seem to forget that you've got to *think* the thing is going to do you good!" Gasps of astonishment from the three back-sliders! Salutary lesson absorbed!

Continue fifth and sixth day. "Mere Man" still keeping us up to scratch and amazing us all by the results already apparent in him.

All feeling much better, but not daring to even glance at the brown bread, butter, potato, tea, meat and beer end of the table.

(I sat beside it all the time!)

Seventh day! Glorious! Tomorrow! Counting *meals*! After "tea" (so called as a *snare* and a delusion), all "weighed in" Results again satisfactory. Returned. My sister and I discussed meals for "to-morrow"! Almost return to primitive man. Whole mind on food!

Last meal. Me: "I don't believe I *could* last another day." Meaty man: "I would if it were necessary." Horror in my soul (well, not really my *soul*, but I call it that for politeness sake!), lest the idea be taken up. Thank Heaven! We all decide to stop. We Stop. Next morning: *Food*..... Elation!

And *Now*—we all *feel* as though we are walking on eggshells, ready to face the world and conquer.

To end on a serious note. Out of our direct experience, I would love to feel that we could be the means of helping hundreds of others to try "the Cure." It is a trial of endurance and requires perseverance; possibly others would find it less trying than we did. But I am absolutely convinced that for any person subject to normal conditions and the less or great physical troubles arising out of them, the results will be little short of amazing—if only for the fact that it has induced in us such abundant vitality and such a keen sense of being "In Love with life." *Service.*

Learn not only how to remove a disease by correct use of food, but also how to build radiant health and dynamic energy.

## WHAT WE NEED

By Dr. Schippell

Let us learn and practice what we instinctively know to be a fact, namely that the present-day degeneration and misery of the human race can not be alleviated by laws and regulations, by loans and covenants, but only by the improvement which must come from within ourselves. It must come through a complete rebirth; through a different mental attitude, a different conception and conduct of life; through return of naturalness, true religion, simplicity, frugality, economy and joyous renunciation; through upbuilding and uplifting, through honesty and tolerance; through purposeful strengthening of body, mind and soul, so that we will again feel throbbing life within us, strong and powerful, enabling us to again enjoy life, nature, family life, art, book, picture and song, and to bear bravely whatever pains and vicissitudes life holds in store for us.

There are many alibies but they all sidestep the issue.

Some say that the remarkable advances of science, like the radio and airplane are miracles, another, scooping out a tumour from the brain and sewing up a wounded heart are modern miracles. Another says that the rebirth of a lost soul is a really important miracle. Another says that the gift of healing is granted to only a few favored individuals. Of course this is true, but "why"?

The analogy of an electric arc light fits the facts. When sufficient current passes through, the arc light melts a piece of steel

as though it were beeswax, the impossible becomes easy. An old mind has the habit of rebelling against new facts. Some of us are so adverse to changing our minds that we would rather argue, than learn a better way, or open the channel wide enough to accept response for power to flow, yet such a change will always pay dividends.

Civilization growth is brought about by a combination of Two Great Forces, Idealism—Love—and Right in an individual—Plus the Great Divine organization of souls in the invisible—working—and impressing new ideas upon the minds of more advanced thinkers.

We move slowly but surely ahead, yesterday we may have wasted, to-day we may not have accomplished what we sought to do, but tomorrow always beckons us on to new effort, to new joys, to new victories.

We shall surely see the day of better things. The world is improving—civilization, despite its shortcomings in a thousand directions, is not retrograding. Each tick of the clock sees something new and better added to the human intellect which seems utterly unlimited in its ability to absorb more and more knowledge.

Even science, staid, unbending science, with all its faults, is making fair progress along many lines. True, it lags dismally in the realm of medicine, it reeks of unfair bias where the cure of human abnormalities are concerned and couples its profound

discoveries with untenable theories that make each step forward a ground-losing proposition. Of course, with the passage of sufficient time, with the ever-growing realization of the public that these "Medical Miracles" are, in truth, delusions and snares, with the liberalization of the most flagrant of our unjust health statutes, science as it applies to the prevention, treatment and cure of human ailments will go back to first principles and take for its starting point the experiences of Father Kneipp, Presnitz, Khune, Bilz, and other leaders who have been ridiculed as visionary. Luckily, those changes in the medical view point are not far distant and many of those now living will see the day when healing will be left entirely to Mother Nature and the physician, no matter what his calling, will be but her handmaiden.

So there is no ground for pessimism, no ground for undue fears. The human race is certain to enjoy Greater Freedom, Justice,—Good Will and the removal of all wars and the causes of war—and the total abolition of Cruelty in every form. Then, and only then, there shall be no more hurt in God's holy mountain.

### *Service.*

"Bad temper in a child is usually the mother's own fault. Through ignorance she may lay the foundation for vigorous resistance to lawful authority." "When every mother is a psychologist, every baby will have a better chance of growing up into a happy, useful member of society."

## DANGEROUS DISEASES

By Nicholas Roerich

The Chinese Hospital Dialogue advises:

"Doctor, when I have formed a habit, is it hard to break?"

"I think if you are in earnest it can be done. As the proverb says: 'There is nothing difficult in the world, except the fear of an insincere heart.'"

It is most touching to see that a modern hospital book closes on such a wise proverb. Verily, remove fear and insincerity and at once the heart will recuperate. How many dangerous diseases have been caused by ignorance and its children: fear, covetousness and malice. As the next progeny of these we find the creeping as of slander.

Slander is the transmission of a lie. It makes no difference whether the lie is transmitted in light-mindedness or malice or ignorance—its seeds will be equally destructive. I recall the remarkable reply of Kuindji, who himself was against every form of lying. Kuindji was on bad terms with Diaghileff. A certain artist, knowing this and probably anticipating that Kuindji would enjoy a bad report about Diaghileff, told to Kuindji some ugly gossip about Diaghileff. Kuindji listened patiently and then interrupted the artist with a thunderous exclamation: "You are a slanderer!" The man who had transmitted this gossip, after such an unexpected defeat, tried to justify himself by saying, that he did not make up that gossip, but that he only transmitted it "for information, even without any bad thought."

But Kuindji was adamant, he continued to look grimly at the unfortunate informer and repeated: "You brought me this vile news, consequently it is you, who are the slanderer!"

How many of such self-justifying slanderers intrude upon an atmosphere of creativeness. They scatter the most poisonous seeds and try to cover themselves with the shield of non-responsibility. They, as if, did not think of any consequences, they only repeated it for information, as if every slander and lie is not being repeated "for information" only.

It is not sufficiently emphasized that slander and lies are ugly. It is not pointed out that these fragments of darkness encumber and poison space. It would seem that people should know well, how anger and irritation poison the system, but then every liar and slanderer in some measure sinks into lethal hatred and first of all poisons himself. Hatred lives also around jealousy and ignorance and around that same perversity of the thinking apparatus, which is so difficult to heal. A child may be unsociable, queer, suspicious, but it is not born hating; this evil quality is taken up from the many examples, set by the elders.

"Slander, slander—something will always remain!" — What malicious care is expressed, in order that something hateful should remain. In this manner certain people are more concerned with the preservation of evil than of good. The good

in some measure will always be selfless, whereas evil, first of all, is egotistic. And if a man will begin to assure that he has committed something evil for the sake of good, believe him not; undoubtedly he wanted to justify his selfhood or tried to distinguish himself selfishly in the eyes of a superior.

One has to be surprised how weak are the laws that punish slander. In some countries the persecution of slander is almost impossible. One can convince oneself only, that not by laws which persecute slander, but by preventive measures, one may considerably weaken this poisonous asp. This may be attained also in schools, but still more so this can be achieved in home life. Exclude from the family circle all trifling gossip and you will save the younger generation from committing great slander. If youngsters do not hear from childhood any mutual accusations nor any seeds of gossip and slander, they simply will not respond to this type of "recreation."

If at home there is no card playing, then the first foundations of their character will form themselves without the necessity of murdering the most precious time. The future of family life very much depends upon the parents themselves perhaps precisely now one is led to remind of the hereditary possibilities of the family, for very often instead of an attractive principle the family creates but a repulsive element. And there, where lies repulsion alone, there—because of the absence of attraction—lies the beginning of chaos. Gossip and slander—what infamy!

## NATUROPATH

There are many epidemics. It has gradually become evident that not only the generally accepted scourges, like plague, cholera and the other infectious diseases, but also that many other illnesses are contagious. And what if slander also represents a contagious manifestation and moreover an epidemic one? There are many forms of very contagious psychosis. History mentions continuously facts of mass psychosis, which at times took really threatening dimensions.

If one were to investigate the sources of slander, one would no doubt find that in the pure, worthy and cultural atmosphere slander does not thrive. Observe the home as well as the social atmosphere of notorious slanderers and you shall find the real seat of this dangerous psychosis. Even ordinary falsehood is not pronounced everywhere. There are such places in the world and such persons, in the presence of whom the slanderer and liar feels himself uncomfortable, that he will dare to resort to his favorite parlance. But where slander is pronounced lightly, there look for an old established evil. The microbes of slander feel themselves there greatly at home.

Let us not feel astonished if among works on psychic diseases there will appear real medical treatises on slander, on its causes and methods of propagation and, let us hope, also about preventive measures.

One thing is clear—that, if life is in need of newly affirmed foundations, then first of all, all fatal epidemics must be overcome. Among these scourges

## EYESIGHT RESTORED

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

Many persons ask, from time to time: "Why have you so much faith in Chiropractic?" and my answer is a stereotype one: "because it is a science and because I have proved its efficiency."

Confidence? Yes, I have all the confidence in it in the world, coupled with my skill. I know what it will do from actual experience through the years. But the case that made me lose whatever doubt may have been lurking in my brain came to me when I was "fresh out of school" and what happened then built the foundation of my present enthusiasm and certainty.

### A Hopeless Case

The case? Well, it looked hopeless. A little baby of some four years of age, was brought in by its father. It was totally

blind and had been pronounced incurable by a large hospital in Philadelphia and thereafter by the Brooklyn Eye and Ear Hospital. A great eye specialist on Fifth Avenue, New York City, had refused to treat the child, saying that his examination showed that the optic nerve—the nerve which takes the impressions to the brain—was dying and that it could not be revived.

That was a fine type of case with which to confront a youth just out of Chiropractic school but I possessed some confidence in my art, even then and was in need of patients. I made an examination of the infant's spine and spied an abnormal condition which I realized could be the trouble with the optic nerve. There was a pronounced subluxation—

of mankind special attention will be paid to the multiformity of psychosis. Curing drunkards, drug-addicts, thieves and all criminals in the field of sexual perversity, will no doubt lead also to the cure of one of the worst perversities—the vice of slander.

It will be noticed, how different perversities manifest themselves simultaneously. When observing a slanderer or a notorious liar, you will find that the rest of his life is not pure undoubtedly he will be subject to other forms of criminality. In future State hospitals, besides the wards for drug-addicts, drunkards, thieves and other criminals, there will be one for the most dangerously infectious

disease—the word for slanderers.

And old English law provides that precisely slanderers are punishable by flogging. But let us leave it to the psychiatrists to decide, what measure of healing is best suitable in such a dangerous and abhorrent disease.

When one acquaints oneself with the Pasteur Institute, one will probably be asked not to remain too long in one of the laboratories, you will be warned: "Here are especially dangerous microbes." In future psychiatric hospitals visitors will be asked to leave quicker a certain ward, and it will be added: "The microbes of slander are very contagious." 182924

went out and were weighed.

meat and beer end of the table. energy.

a displacement—of the axis which is the top bone of the spine just under the skull.

With infinite care I made the adjustment because of the tender age and the high nervous condition of the child. This same adjustment was made the following day and also the third. When the child was brought back on the fourth, I found, much to my satisfaction, that the bones were remaining in their proper places.

Within a week, the child showed evidence of returning sight. There was a definite reaction to light. This encouraged me very much and I kept up my daily adjustments, assisted by mild massage manipulation of the shoulder and neck muscles.

It was the eleventh day—or just following the tenth treatment—that the parents and I realized suddenly that the child was able to distinguish us.

From then on the recovery was rapid. Within 6 months the child was entirely normal and when the parents and I and little Hilda—as Exhibit A—journeyed to the office of the Fifth Avenue specialist who had refused to treat the case because of its apparent hopelessness, the specialist calmly announced that we were trying to substitute another child in the place of the one he had examined some seven months before.

Since then I have treated many, many different types of human abnormalities but nothing I have ever done has given me the thrill I experienced in bringing sight to that wee bit of humanity the big hospitals and the distinguished Fifth Avenue eye specialist could not help.

Naturopath.

## THE ALUMINIUM PERIL

By S. V. Lingham, F. R. S. A.

Aluminium is so popular with the masses that one is prone to feel sceptical if he is told that aluminium is one of the most dangerous metals and that it is an insidious enemy in our midst. Housewives, particularly prefer every kitchen utensil in aluminium because it is cheap, light and comfortable. And vested interests have so well propagated its superficial advantages that it caught on and now is one of the indispensable commodities in human life. But the fact remains that food preserved or cooked in aluminium, poisons our system slowly but surely.

It is hightime, therefore, that everyone realises this potential danger to national safety and eschew everything aluminium. Let it once more be said that aluminium is a slow-acting poisonous metal quite unsuspected but frequent cause of ill-health.

Aluminium vessels used in kitchens give rise to certain compounds that are harmful to health. And according to responsible British, American and continental research workers, the disorders that are due to aluminium poisoning ranges from constipation, gastric trouble, skin affections to a causation of cancer in a number of cases.

As early as 1913 Lancet published a word of warning that water should not be left in the bottle (aluminium) when not in use. This clearly proved that water was contaminated by aluminium and the argument that

aluminium is harmless stands condemned.

Since 1913 research workers have been busy and a mass of statistic proof has accumulated which proves beyond doubt that aluminium for cooking purposes is very harmful to health.

Another convincing fact against the use of aluminium is that food cooked in aluminium vessels do not taste as good as that cooked in other utensils such as earthenware.

S. Judd Lewis by analytical tests has discovered that normal human blood contains no aluminium. But a considerable amount of aluminium is found in the blood of the same man after feeding even with one meal of aluminium containing food. This daily absorption of particles of aluminium is unwittingly selfinflicted and proves a great hindrance in resisting disease.

Today, more than ever, when the whole world is faced with acute food shortage, every one of us should realise the importance of national health and one of the very effective ways of improving nutrition is to abandon such dangerous habits as cooking in aluminium whose evil effects when added to malnutrition will play havoc upon one's health. Much more important than growing more food is to eat less of cooked foods and above all to eat nothing that comes from an aluminium vessel.

**Beauty is an Art  
Help yourself to Beauty**

## DON'T SUFFER FROM NERVOUS COLITIS

(Continued from page 20)

Let us examine the symptoms of this disorder. To begin with, it is most likely to arise in adults over forty—those approaching middle-age. Women are the victims more often than men and they are usually of the high-strung, over-anxious and neurotic type. There is nearly always a long history of constipation and of the habitual use of purgatives or "opening medicines." Usually, the first symptom noted—other than a pre-occupation with the bowel function—is the passage of mucus with the stools. The mucus may be passed as thin membranous shreds, or it may be rolled up into a small ball. It is sometimes transparent, sometimes opaque and very occasionally it is stained with blood.

Closely associated with the detection of mucus is an abdominal discomfort which sometimes amounts to actual pain. This pain is situated most frequently in the left flank and in the lowest part of the abdomen. There may be a tenderness which follows the line of the large bowel, and in some cases it is possible to feel the hard lumps of food remains within the bowel.

This abdominal discomfort and pain may be constantly present or it may occur in definite attacks at intervals of weeks or months. Such attacks are often associated with emotional disturbances. The symptoms are such that they may stimulate appendicitis and needless operations have been performed on

this supposition. The degree of constipation varies, but during attacks it is more severe and hard small stools are passed which occasionally may be molded into thin or flat pieces as a result of anal spasm.

Of considerable importance are the nervous symptoms which nearly always accompany this form of colitis. The sufferer's attention and interest are liable to become morbidly fixed upon the abdomen and the state of the bowels.

Often anxiety arises as to the real cause of the trouble and a gloomy and pessimistic outlook may develop. Not infrequently the victim believes he has some grave disease—and an unfounded fear of cancer may arise. There are few bodily disorders which can so destroy mental poise. Health of mind and body centers round the abdomen to a remarkable degree. Colitis readily impairs mental efficiency.

Mucous or nervous colitis is very apt to develop into a chronic condition unless steps are taken to combat it in its early stages. If, however, thorough measures are taken, recovery can be firmly established in a comparatively short space of time. It is therefore essential to sufferers to adjust their mental outlook, and to realize confidently that their disorder is curable. An optimistic attitude will go a long way toward facilitating recovery. Without such an attitude even, the most rigorous physical treatment may fail.

At the beginning of the treatment the removal of any accumulations in the large bowel is advisable. This is best achieved

by colon lavage. The use of irritant purgative drugs *must be stopped at once*. The cure of colitis is *impossible* so long as such drugs are used. This advice cannot be over-emphasized: it is a cardinal point in the treatment of colitis. Colon lavage should be continued at frequent intervals to prevent further accumulations in the colon. A vegetable mucilage—such as agar—which swells up in the presence of water, is a most valuable aid to the relief of the constipation of colitis. Such a preparation acts solely by virtue of its soft bulk. It stimulates the bowels naturally and helps to re-educate the intestinal function. A tea-spoonful of agar or similar substance twice a day can and should replace every purgative.

Of paramount importance is the dietetic factor. It is essential that the diet should be full and nutritious. Curtailment of the diet is not necessary, but the foodstuffs must be chosen with discrimination. An attempt to cure colitis by a mere *restriction* of the dietary will only accentuate the disorder.

Owing to the irritated state of the bowel, foods containing much roughage must be avoided in the early stages of treatment. Ample quantities of fruit juices should be taken. Most raw whole fruits, however, should be avoided. Similarly, raw fresh vegetables should be excluded, but root vegetables, potatoes, carrots, turnips, etc., may be eaten in a puree.

Cereals and tapioca should be taken with milk. Butter and other fats may be consumed

(Continued on page 31)

## VENEREAL DISEASE AND THE : : MENTALLY DEFECTIVE

By Captain A. G. PAPE.

Having lively memories of the strenuous fight in Edinburgh, over the Corporation's Bill, we ask permission to state the case for *Education in these matters among the young folk*—giving at the same time due regard to the main difficulty in legislation, i. e. the Personal equation—styled "the liberty of the subject."

When it is stated that venereal diseases are the results of contacts, either through sexual indulgence, or with clothing and utensils used by infected persons—though this is true, it is a long long way from exhausting the "causes."

The whole sorry atmosphere of this subject is charged with excessive disease emphasis, and unless we are very careful we ourselves are liable to place the disease first, rather than its "causes" and the antidotes, Purity and Sex-education.

Again ignorance—all-round ignorance—adds other difficulties, i. e. it is not generally known that *Vaccination Vaccines and Innoculations are fruitful sources of Venereal Diseases or that vaccinated persons register Congenital Syphilis* (vide Abram's Electronic Reactions); therefore when we are faced with children—blind, deaf and mentally defective as a result of parents having venereal disease, and when we know other causes of re-infection—we need

wisdom as well as knowledge in our practical reactions.

If disease is elimination—if a man has bodies other and finer than the physical, i. e. Emotional, Mental, Intuitional, Spiritual bodies, etc.—and if Venereal Disease, like Cancer and Consumption, is not only a physical disease, let us then see to it that our methods of treatment do not drive the disease into these other bodies. We have to attack this rotten root of venereal disease, which will only grow rotten fruit, in the nation's soil, by teaching the Laws of Health, Sex, and the Evolution of Life and Form, in all our Elementary, Public and Private Schools—but *let these teachers be qualified and cultured parents*.

Along this line of dealing with causes we find that the laws of Reincarnation and Karma, while showing the reasons how and why, at the same time re-emphasise the need for wisdom in our treatment of the results, for if these outer conditions of venereal disease are the mirrored picture of the inner disease, it is clearly useless trying to alter these things by dealing with the surface of the mirror. It is the inner qualities that need changing—to improve their reflection—this has often been said, I know, but not too often.

Further, we would direct attention (1) to the fear of the growing Inquisition of Science

wherein are to be found Vivisection and vaccination, etc., (2) to the facts that this inquisition along these lines; plus the physical, emotional and mental demoralisation of venereal associations, are types of Devolution; and (3) to the unwelcome truth that the present methods of dealing with venereal diseases are not necessarily going to the root of the matter.

It is not true that the best cure for this disease for most people is the disease itself and that the best preventatives are Purity and Education?

Meanwhile, we remember the "Jukes" case, where five mentally defective Juke sisters produced 600 feeble-minded epileptic Jukes and there are among us thousands of unrecorded "Jukes." (2) An Edinburgh Professor is reported as stating before a women's organisation that at least one in ten of our menfolk are tainted (3) I find also that every "civilised" nation shows this blight of venereal disease, but so far, not one nation has stamped it out! (4) The part played by Thought, Emotion, and the inner side of venereal disease, is only partially known (propos of these things let me here give thanks to one great Lighthouse in this dark sea—Dr. Annie Besant, President of the Theosophical Society), and until these facts are generally taught we shall continue in our present pass.

We are asked to decide (1) whether V. D. shall be made a notifiable disease; (2) and/or whether V. D.'s shall be segregated; (3) and/or whether V. D.'s shall be sterilized—these things in our reaction to V. D.

and its sordid associations gain an importance and superficial authority which wiser considerations modify, and while allowing their secondary importance, we would direct attention to giving authority to all Educational bodies, so that they may deal *at once* (a) with the children suffering and (b) with all other children—stating in every case the whole reason why, and giving common-sense instruction in this all-important matter.

As to grown-ups, especially those suffering from V. D., they too have a right to know all the implications of this dread disease—that it affects them and theirs not only in this life in this body, but *in other bodies and after this life*.

"He, still impure, shall not despair;

He, who is pure, shall not despise.

He, who but strives, stands closer to

The gateway, admitting to the New Race,

Than all who having seemingly attained, still

Criticize and condemn."

The beautiful teaching of "the World Mother" on Purity and the clarion call of the "World Teacher"—that *this world problem is the Individual Problem of conscious purity of thought and emotion*—are far better and more radical cures of V. D. than any inquisition of "Science."

We cannot make people pure, but they will become pure when they know they can be pure.

Service

Correct your Figure Faults

### DON'T SUFFER

(Continued from page 29)

in reasonable quantities. Condiments and spices are best avoided. For beverages, weak milk may be taken freely.

A dietary built up from the above foodstuffs will provide all the nutritional essentials, but, in so far as sufferers from constipation and colitis are generally suffering from a shortage of vitamin B, it is advisable that large amounts of this vitamin should be taken. It has been estimated that our ancestors in medieval times used to consume five hundred times the amount of vitamin B that is consumed nowadays. Undoubtedly vitamin B shortage is one of the important factors in the cause of constipation and therefore it is advised that sufferers from colitis should enhance their dietary vitamin B by the addition of one of the concentrated preparations of this vitamin which are now available.

Attention must also be paid to the general hygiene. Exercise in the fresh air must be regular and systematic. Light abdominal massage will often prove helpful by its gentle stimulation of the whole gastrointestinal tract. Exposures to the ultra-violet rays will act as a tonic to the mind as well as the body.

Care should be taken to insure that the teeth and gums are healthy and that there are no hidden sources of self-poisoning. A change of air and scene for a time will also provide benefit to the general health and a mental stimulus to recovery.

Let me conclude by saying that there are no short-cuts to

the cure of colitis. Nevertheless, by a conscientious application of the methods outlined here, recovery can be achieved and such a recovery should be permanent. Remedy the constipation, stop the use of all instant purgative drugs, and cultivate a cheerful optimistic outlook of mind if you would cure that troublesome complaint, mucous colitis. P. C.

### OSTEOPATHY

Osteopathy is an exact science. The practice of medicine is not. No drug acts upon all humanity in precisely the same manner. An Osteopath first locates a trouble, ascertains the cause, and then applies his methods, fully aware beforehand as to what the results will be. The Osteopath, being a "student of forces," deals with the body as a wonderfully constructed machine which, when perfectly adjusted, will continue to operate its full appointed time unless interfered with by accident or abuse. Osteopathy promotes health and restores Nature's harmony without in any way violating any of Nature's laws. Statistics prove that people who have tried almost every other form of treatment come to Osteopaths only as a last resort, and statistics show that 95 per cent are benefitted, 75 per cent cured, while only 5 per cent derive no benefit. If with these worst kind of cases such results are obtained it seems reasonable to suppose that had Osteopathy been adopted in earlier stages, results would have been even more surprising.

•CHROMOPATHY•

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## Gleanings

### Vegetarianism

Vegetarianism is the real art of life which aims at health, happiness and long life. Vegetarianism is the conscious fulfillment of our condition, of our aim and our mission in life.

Vegetable food changes the circulation of the blood and consequently also the flow of our thoughts. Pure food adapted to our physic creates harmonious thoughts and contributes therefore to our happiness and our well-being. Heavy impure blood causes melancholy thoughts and rouses the evil spirits which may cause a great deal of torture. But a meatless diet makes a man peaceful and less inclined to rudeness and excesses. More luminous and more healthy thoughts will make man understand the wrong done by man unto man, will make him long for reform and improvements and will fill him with the holy zeal to take up the arms for freedom and independence of soul, mind and body.

To be strong and to control oneself is the greatest of all virtues and this will be fostered by vegetarianism. That vegetarianism also strengthens the physique is proven by the athletic feats of English and German sportsmen. I myself as vegetarian of forty years have less difficulties in climbing mountains than I had when a young man of nineteen years and living on meat and beer. The consump-

tion of meat is an incentive to drink, and alcohol prevents the development of all higher, spiritual faculties.

Either ethical or hygienic motives will induce men to become vegetarians; these people are rising while their opponents, the meat eaters, are degenerating. It is a matter of course that vegetarians are not fat people, but they are tough and more capable of resistance than the paunch bellies. The ethical side of vegetarianism may be expressed in the words: "Do unto others as you want to be done by." Each living being has a right to live.

That does not mean that we shall not kill any animals detrimental to our well being. The duty of self-preservation commands as to protect ourselves against whatever might injure us. The almost unintentional killing of small animals is not to be avoided. Our device has to be: "We will not kill except in self defence." It may still take centuries before people will have reached this standpoint.

### Ruining the Human Bloodstream

If modern medicine were to have its way, the blood of the adult would be a mixture of dozens of filthy bacterial extracts, disease taints and destructive drug poisons. The tonsils and adenoids, the appendix vermiformis and probably a few other parts of the human anatomy would be cut out in early youth under compulsion of the health departments.

Which is more rational and sensible: the endeavor to produce immunity to disease by

making the human body a swill pot for the collection of all sorts of disease taints and poisonous antiseptics and germicides, or to create natural immunity by building up the blood on a normal basis, purifying the body of morbid matter and poisons, correcting mechanical lesions and by cultivating the right mental attitude? Which one of these methods is more likely to be disease building — which health building?

Just imagine what human blood will be like in coming generations if this artificial contamination with all sorts of disease taints and drug poisons is to be forced upon the people. — The Human Culture Digest.

### Almond Milk

Sweet almonds are put into boiling water and the skin falls off. It is best to cut off a little bit of each almond and taste it to make sure each almond is sweet. The bitter ones are not used.

Thirty of the sweet almonds, thus selected, are put into cold water for some hours, whereupon they are carefully dried with a clean cloth and pounded in a mortar for 10 to 15 minutes till they are reduced to a very fine pulp. Add, very gradually, a small tumblerful of cold water, stirring continually all the time. Strain through a fine linen cloth, pressing this to obtain all the juice. Add, if desired, a spoonful of fresh milk or cream. The more finely the almonds are crushed the better milk will be.

N. P. H.

EAT FOR HEALTH

## Our Creed

We believe that our requirements in the building of glorious health are:

1. Pure air and sunlight whenever obtainable; through ventilation of living rooms.
2. Wholesome diet of vital foods, well masticated, eaten only at the dictates of a normal appetite; frequent fasting of a day or two if needed.
3. Reasonable regular use of the muscular system throughout the entire body in work, in the gymnasium, on the athletic field, or otherwise.
4. Thorough cleanliness, which requires frequent baths — cold baths for a tonic, hot

baths for cleanliness — though dry friction with the open hands, brush or towel is also valuable.

5. Internal cleanliness, which is a matter of regular and thorough eliments.

6. Abundant sleep, measured in depth or quality as well as duration; this power of deep sleep being dependent upon sufficient exercise and healthful habits.

7. Right mental attitude; thinking is a powerful factor in maintaining Vital health, and can be constructive or destructive. The mind can build you up or tear you down.



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