

The Life Natural

vol-14

NO-10

June 1967

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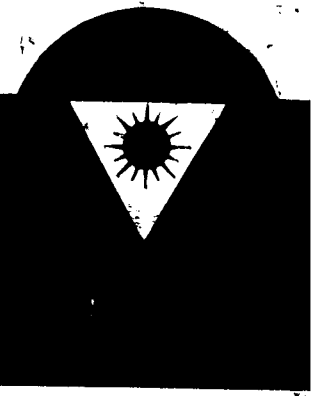
Vol. XIV

No. 10

JUNE

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1282

CONTENTS



HEALTH AND CURE

Editorial

EXPERIENCE OF A FOLLOWER

M. P. Sharma

FROM THE CLUTCHES OF SMALLPOX

Surendra Prasad Garg

OUR KNOWLEDGE OF VITAMINS

M. M. Bhamgara, F. I. I. N. T., M. S. S. Ch. (Eng.)

MENORRHAGIA

C. V. Chetti

SUMMER WORRIES

L. Ganesa Sarma

DIABETES CAN BE RADICALLY CURED

S. Swaminathan

SCIENCE RUNNING AMOK

ALL INDIA NATURE-CURE CONFERENCE

PAGE

305

310

315

317

321

325

332

337

341

Annual Rs. 5]

[50 Naye Paise .

Editor: K. LAKSHMANA SARMA

THE LIFE NATURAL

Monthly 8 As. or 1 shilling Yearly 5 Rs. or 10 Shillings

Place of Publication :
PUDUKKOTTAI, S. INDIA

Editor: K. LAKSHMANA SARMA

Articles for publication and questions to be answered under the column 'Question Corner' should be sent to the Editor.

All other communications including orders and remittances should be sent to:

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LM-2, 2/2
NS-14-10

The Life Natural

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Health And Cure

A STUDY IN NON-VIOLENCE

These two words are intimately related, not in allopathic practice, but in that of The Life Natural. The explanation is that in the former the aim is not to restore, or help towards the recovery of, lost health, but only to give relief from the symptoms of the disease, which alone the allopaths consider as the disease, and not the cause, namely the lowered health-level, which in its turn is the result of living without regard to the Laws of Health ordained by God, whereas in the Life Natural the aim is not to relieve the symptoms, but to remove the cause, the low level of health, by making due amends by hygienic measures; the relief and the radical cure of the disease come about spontaneously, as byproducts, along with the Return of Health. The implications of this outlook in our System will be understood by going through our text book, namely *Practical Nature-Cure*.

The necessity for cures arises only when health has been lost in some degree, not when health is being maintained. But since in modern civilisation ill-health is almost universal, the problem of cure faces nearly every human being, though few are aware of it. Diseases are being harboured by civilised persons, mostly in latency. Even newborn children are found to be diseased, more or less seriously, so that the rearing of children is almost always a difficult problem, not only for the

believers in drug-cures, but even for confirmed believers and followers of the Life Natural.

Under these conditions it often happens that patients recover only a fraction of their lost health, not the whole of it. But health is such a precious boon, that even a fractional recovery of it is of enormous value. We must here take note of the fact that we are not in a position to make bargains with Nature, because She is Divine, but must be content with what She is pleased to give, however little it might be. We must not forget that Health and Happiness are essentially Nature's gifts, that our power over the rewards of our good conduct is greatly limited. Indeed there is the fact that we have practically little or no control over our own minds and bodies; even what we call our will power and our skill in foreseeing the future and planning accordingly are divine gifts. But experience shows that, with reliance on God ('Nature') and fulfilment of the requirements of the Life Natural, considerable improvements in health are achieved. And Health makes life worth living and happiness possible.

The situation is somewhat like what happens to an elastic band of rubber or steel subjected to a high degree of stretching. If such a band be lengthened by attaching a weight to its lower end, and then allowed to recover its original length by removing the weight, it would do so, if it had not been stretched too much. Otherwise it would not recover its original length, but would be somewhat longer than before.

In the same manner if one's bodily constitution be subjected to strain by misuse, that is, by unhygienic habits, and if afterwards there is resort to hygienic measures for recovery of health, the result will vary according as the strain has been, or not been, too much for the constitution to bear. In some cases the consti-

tution may have been so far weakened, that it would not recover its original excellence, but would recover only a fraction of it. But even this partial recovery is not to be despised,

In allopathic practice the strains on the constitution, the wrong habits, are not removed; not only that, but more handicaps to health are added in the form of poisons, filthy or otherwise. Hence the later diseases, to which the patient falls a victim, are strictly doctor-made, (iatrogenic), and the final result will be that he will be landed in due course in diseases of degeneracy, like cancer, tuberculosis, heart-disease or nervous or mental disorders, which medicos cannot cure, nor even palliate. In fact they only make the patient suffer unnecessary pain, from which relief can come only by death, or by a timely Return to Nature. That being the alternative, the one who resorts to Hygiene is comparatively better off than those who stick to allopathy to the very end. But even when death is near at hand, the Natural way is a blessing. The constant pain that a cancer-patient has to suffer because a radium needle had been inserted into the cancerous tissue, left there for some time, and afterwards removed, is relieved by the hygienic care bestowed on him—in case he is so fortunate—and his last days are free from suffering.

The fact is that the constitutional derangements due to the encumbrances—themselves the effect of unhygienic living—lower the health-recovery potency of the patient more or less, and hence perfect recovery is impossible in the circumstances. If the Disease-Progression in a case has gone on until the patient is landed in the second, the chronic stage, but not far in that stage, then he may be able to recover, by natural means, practically the whole of the health he had lost. If it be that he has not only reached the second stage, but has gone far into that stage, so as to be landed

very nearly in the third, the degeneracy stage, then his health-recovery potency would be much less, so that he may be able to recover, not the whole, but only a part of the health that he had lost. If on the other hand he has landed deep in the third stage, that of Degeneracy, then his health-recovery potency is greatly reduced, the utmost that he can hope for would be a Retrogression to some point in the second stage, which would be free from that degeneracy of the living tissues, which is the characteristic of the third stage. In such a case there may remain one or more *latent* diseases, which would remain latent, being held in check by Natural Living.

Not only that, but by observing the policy of Non-Violence as taught in our school—the school of Sanity in the approach to the problem of cure—these latent disease-taints,—consisting of encumbrances with foreign, toxic filth—would steadily become less and less, without assuming a patent form for many decades, until extreme old age is reached. What would happen afterwards is immaterial. The purpose of Non-Violence is to make sure that the disease taints remain latent and harmless,—that they do not come out in patent form prematurely, that is, before Mother Nature is ready and able to deal with it successfully. This point has been emphasised in our text book. The fact that a high degree of longevity, with sufficient health, is possible to achieve, if the proper principles and policies are put into practice, is itself a proof that these principles and policies are in full accord with the divinely ordained ‘Order of Nature’, as it is called.

For instance, in my own case, I have always been aware that perfect health has not been recovered. One of the reasons might have been that I did not try to carry out any drastic programme of health-recovery. Some latent disease or diseases had, it appeared, survived, lurking somewhere, where they would not

matter, not interfering with the healthy functioning of the body as a whole. What would have happened if I had not followed this cautious policy may be imagined by the reader. This health has been quite sufficient to sustain the strenuous labours that I have had to perform through more than four decades. Thus my case is unique and exceptional, conveying lessons of profound importance for followers. It may be said that those who have been more fortunate, are not safe to follow, for obvious reasons.

Irresponsible !

Here is a letter to the Editor which appeared in The Indian Express of 9-5-57 :

“While one welcomes the vaccination drive in Madras, it has to be stated that in some cases the reaction has been serious. Either the lymph is old, or the vaccine is bad. Anyhow persons, whose power of resistance is not high, suffer toxic effects. The Public Health Department must move quickly in this matter and remove the defects”—V. G. Ramachandran, Tirukoilur.

Here is evidence to show that the filth miscalled lymph or vaccine, is bad enough already, which becomes filthy and more toxic, the longer it is kept. Governmental departments are notoriously careless in the discharge of their duties, and hence utterly unworthy of trust. Even if vaccination be good—which it is not—in the interest of the public it is urgently necessary to make the men in power fully accountable for the consequences of their blunders and *must be forced to work with halters round their necks*. Then alone would they realise their mistakes and give up their criminal ways.

Experiences of a Follower

M. P. Sharma, 3-B, Raja Bazar Lane, New Delhi

In May 1949, I suffered on account of blood motions which I was having for about a fortnight. I thought of going to some doctor, but I had no faith in Allopathy, and there was no good Vaidya or a Homeopath in whom I could have complete faith. As I was living in New Delhi, I could not think of going to a Hakim in such a hot weather for treatment in Delhi city which is far away. This was a problem for me. I somehow came to know of Shri L. Ganesa Sarma—a very experienced, kind-hearted and selfless Naturopath—son of the famous inventor of Indian Naturopathy—Shri Lakshman Sarma—of Pudukotai in South India. I thought I was very fortunate to find him out for my treatment, and ultimately my choice proved to be excellent.

2. I requested Dr. Ganesa Sarma for treatment. He gladly took up my treatment. He gave me instructions as to what I should do, and used to give me massage daily at my house. In one week's time, my bleeding stopped, but the treatment was continued for some more time, say, one month. It was a very vigorous treatment—it was 'Kaya Kalp'. Then he left the treatment on me and I was carrying it on for 5 months more. I would not try to explain here all the details of the treatment he gave me, but I must say here that he was kind enough to give me a sort of training in this treatment, and by the time my treatment finished, I had myself gained sufficient working knowledge of handling ordinary patients for ordinary diseases. By the treatment which Dr. Sarma gave me, I lost 42 lbs in weight, till I became a skeleton, and could not be recognised easily even by my sister who saw me after the treatment had just finished, because when she came to hear about my sickness, she came

from outside Delhi and could not recognise me till I actually talked to her. But by and by, I gained weight and became quite hale and hearty, as I am now.

3. I give below some of my experiences :—

I. My mother had been an old patient of rheumatism for about 20 years. Before I had any experience of Naturopathy, I got her treated by many Vaidas, Hakims and Doctors, each for at least one month, and had to give up their treatment one by one, after they declared it to be a hopeless case. At that time, there was no alternative but to take up her case myself. I consulted Dr. Sarma at that time, and got some hints from him from time to time when I was in difficulty, and he gladly gave me his valuable advice, for which I shall always remain grateful to him. My mother's age at that time (January 1951) was 70 years. At this time, her condition was very grave and uncontrollable. Her illness had increased so much that *she could not move at all from her bed*; and if she tried to move any part of her body, or if anybody happened to strike with her charpoy, she began to shriek with pain and agony. She was having pain all over her body, specially the portion below her abdomen, and she had grown very fat. She could not sleep during nights, because as soon as she tried to lie down, the pain increased, and *she had to remain sitting all the 24 hours*. She would not take anything except milk in the mornings. The situation was full of anxiety for us all. I decided to take leave from office, which I took for 2½ months, and gave her the following treatment :—

[a] Every third day, I gave her one enema of pure tap water, which she could not retain for more than 5 minutes at the most. This helped in reducing her body to a very great extent. As she was unable to move in order to go to the latrine herself, I had to use a bed-pan for the purpose.

[b] I gave her hot-water foot-bath treatment thrice a week, which was helpful in reducing her pains over her body. I used to do this treatment on the charpoy itself, as she was unable to move. Half an hour after every such treatment, I gave her a bath with lukewarm water and then with cold water, she sitting in the sun.

[c] I used to get some earth from the top of a high mound, got it cleaned up and prepared a plaster after mixing it with water and applied it on the legs of my mother where there was swelling and pain, etc at about 9 A. M. every morning, after removing her charpoy to the open courtyard so that she could keep her legs exposed to the sun for at least 2 hours till the plaster was dried up. At 11 A. M. I removed the dried plaster away, washed the legs for about 5 minutes by pouring hot water on them first and finishing it with cold wash, after which I wiped it with a dry towel and then gave her massage of an oil which the Vaidyas generally prescribe for rheumatism. Dr. Sarma taught me this massage also very well, and I knew it full well. This massage, I also gave her daily at about 8 P. M. This treatment gave her relief of swelling and pain also.

[d] Whenever she had some itching sensation on the affected parts, I took a lemon, put it into fire for a minute, and after it burst, I took it out and painted the liquid that came out of it on the portion affected, and the itching sensation subsided.

[e] At about 11-30 A. M., she took one or two chapatties with some leafy vegetable or other fresh or green vegetable cooked, without adding chillies to it.

[f] At about 12-30 P. M., I tied strongly a long thick wet cloth around her abdomen, after squeezing water out of it thoroughly, and wrapped a blanket or a muffler around the cloth. As she could not sit in a tub for hip-bath, etc., I had to do this treatment as an alternative. It was done only for two hours' duration.

[g] At about 2 P. M., or even earlier at about 1-30 P. M., I gave her juice of cooked carrots and tomatoes after putting some salt in it. It used to be about 4 chattacks daily.

4. At the beginning of this treatment, when she wanted to go out in the verandah of my quarter, or to go inside the quarter from the outer verandah, it could only be done by two of us removing her bed wherever she wanted [of course, keeping her on the bed all the time, as she could not move herself], but after giving the above treatment for about a fortnight, she began to show signs of recovery—became thinner and lighter, becoming more active in a way, with lesser pain [When she used to have pain during nights, a hot water rubber bottle which we kept below her legs at the time of going to bed, was of great relief at the time of pain, and we used to change the water by putting hot water many times during nights].

After about a month of this treatment, she could, without help, sit on a "Pidha" [a sort of a quarto size charpoy], and whenever she wanted to go outside the courtyard of my quarter, we used to help her by pushing her "Pidha" at which she also used to apply her arms' strength every time the "Pidha" was given a push. This process was repeated at evenings on her way to the inner verandah.

5. In about 2 months, her body became very light and active, every one of her troubles became lesser and lesser. Now, she could get up and down the charpoy "Pidha" as and when she wanted. At times, she would use a jute bag [empty] instead of a "Pidha" and move with marked ease on the cemented floor wherever she liked, and thus began to feel that she was now a free individual not much relying on others' help, and also that she had got rid of nearly all her ailments,

except, of course, a little swelling on her right knee which has subsided now.

6. This whole treatment was continued for about $2\frac{1}{2}$ months, till the expiry of my leave, by which time she had improved very admirably. But, as she regained her health, she would not now accept her restricted diet and began to quarrel with me on that account, so much so, that she left my quarter and went to my younger brother's quarter, where she was eating everything that she wanted to eat—there was practically no restriction. By and by, she began to gain in weight and form. But her improvement was in a way checked. But, all the same, she is now living with hope for the future—a thing which we had all given up. The after-effects of this natural treatment of $2\frac{1}{2}$ months are so wonderful that in spite of her not having any restricted diet or natural living, her condition is satisfactory for her age—which is now 79 years. Long live Naturopathy !!

II. In the summer of 1950 I suffered from an attack of lumbago. I just took hot water foot bath thrice a week for two weeks, which made me very weak (and I was also having spinal baths daily), but I got rid of the trouble for ever.

III. My brother-in-law once had a shooting pain in his molar gum. When I came to know of it, I gave him hot water foot bath only once, and the trouble was not there.

IV. A Farash in my office once came running to me in the evening, saying that he had been suffering with great shooting pains in his ear for months. He had spent about Rs. 100/- on it, which he had to pay to doctors, and that he could not afford to pay any more money any longer, and was in great distress. I simply advised him to practise this hot-water foot bath treatment thrice a week (giving him all the instructions

necessary for it), and asked him to report to me the result after one week. In the beginning of the next week, he again came running to me, but this time laughing, happy, hale and hearty, without any complaint at all, and said, "Sir, I am now quite all right by your kindness." I told him it was all God's kindness, and not mine, and that he could go home now.

The above are some of my experiences which I have given briefly only for those who may like to benefit by them.

From the Clutches of Smallpox

Shri Surendra Prasad Garg, M. A., LL. B., Jaipur

Every acute disease is a friend in disguise. When, due to unwholesome living and excessive eating, particularly negative items of diet, foreign matter is accumulated in our body and the excretory organs e. g. kidneys, skin and lungs etc. fail to eliminate the morbid matter, the inner life force takes to other methods of getting rid of this filth. These methods are acute diseases. Hence acute diseases are efforts of Nature to cleanse the body. Smallpox, Cholera, Pneumonia and fever are some of the acute diseases. In case one of such diseases takes place, none should be afraid of it and run to a doctor for help. Rather one should be grateful to Nature and help her in her task of scavenging.

As mentioned above being an acute disease smallpox is a friend in disguise and one should not be afraid of it. Deaths or abnormalities take place when this or other acute disease is tried to be suppressed by drugs, or stumbling blocks are put in the efforts of Nature to cleanse the body by feeding the patient or denying him pure fresh air and water. Since the disease is a friend

in disguise and should be welcome, the question of getting the child vaccinated in order to remain free from smallpox is ruled out altogether. Secondly vaccination if at all effective will paralyse the life force and increase the quantity of foreign matter already lying there. It will change the nature and form of the morbid matter which will affect the vital parts of the body. I remember a few years back one child of six suffering from epileptic fits was brought to me for treatment. Her father informed me that *she got the disease only after she had been vaccinated*. I am not going to dwell upon the fatal results of vaccination on health and longevity in this article. What I want to say is that smallpox should not be suppressed and vaccination is not at all a proper preventive.

Now the question arises what one should do on the occurrence of the disease. The line of treatment is simple and is the same as what we adopt in acute cases generally. Nature should be helped in her process of cleansing by absolute fasting till the disease subsides, sipping of cold (not icy) water, keeping in open and fresh air, cleaning the bowels with the help of enema every day, applying cold packs on the whole body or the affected parts of the body. This sort of treatment will lead to sure cure. In the month of June last my four children were overtaken by confluent type of smallpox. Though they had to suffer a lot yet they were saved by Nature Cure. At that time I was at a distance of 269 miles from my family. But my wife attended to the patients. I had faith in Nature and was not worried at all. I was attending to my magisterial duties free from any anxiety during this illness of my children who were at Jaipur. In these cases the principle of absolute fasting was strictly adhered to. Fruit juice and goat's milk both diluted with water was given *only when the acute nature of disease subsided*. Luckily none of the children asked for anything so

long the disease continued. Had the case been otherwise, they would have been denied any feeding, because it is the feeding which aggravates the disease and in a good number of cases causes death.

Readers should not be surprised to know that after smallpox the general health of my children improved a lot. Before closing this essay I may write one thing more. These children did not have the disease due to contagion from any one else. They were caught by the disease *at the same time* due to similar nature of foreign matter in their bodies caused by the same sort of living and inherent tendencies. Had they been kept apart from one another, they would have suffered from smallpox in similar environment. During this very season the five year old son of my sister got the disease at Tonk but he had to lose his life as he was denied fresh air and water under wrong notions. After his death the parents realised their blunder but then it was too late.

Our Knowledge of Vitamins

(Being excerpts from the thesis submitted for the Fellowship examination of the I. I. N. T. by
Shree M. M. Bhamgara F. I. I. N. T., M. S. S. Ch. (Eng.)

In certain experiments when animals fed on pure starch, pure sugar, pure fat and pure protein failed to survive, the missing vital food constituents were searched for. In case of human beings some diseases seemed to develop in certain regions and in certain circumstances, the reasons for which seemed traceable to stale or preserved foods. Search for these mysterious elements, the privation of which caused these deficiency diseases, led to the discovery of vitamins. At present there are about thirty known vitamins, about some of which not everything is known.

Vitamin A: In the vegetable kingdom no vitamin A as such is available; we get only carotene, which is called pro-vitamin. Vitamin A is found in animal foods only, such as milk, butter, fish-liver, etc. Ramchandra Sarma discussing this vitamin once said that it is better to take our vitamin A in the form of carotene rather than as A itself. An excess of vitamin A taken, say, as cod-liver oil, may prove harmful because of its concentrated form; but an excess of carotene obtained, say, from carrots, will not prove harmful, because, firstly, the vitamin content in vegetables is balanced with minerals, and secondly, the body will make use of just the necessary quantity of carotene to prepare vitamin A, throwing out the extra. Fresh butter is a good source of vitamin A; but that which is coloured by yellow dye is not to be considered good. 'Ghee' which is clarified butter also contains vitamin A, but both these concentrated fats need to be used very sparingly. The vitamin A content of cod-liver oil is destroyed when it is heated, and oxygen is passed through it. This should make us wonder if a similar change does occur during making of 'ghee' from butter, where also heat is applied in open vessels. Chemically (not biologically) cow's ghee contains 1000 to 2000 I. U. of vitamin A per 100 gms; and buffalo 'ghee' contains 500 I. U.

In a so-called balanced diet 7000 I. U. are needed daily. Carrots, so well-known for carotene and vitamin A, are now found to yield only a 16th of the carotene they contain; i. e., their biological value is about 80% less than their chemical value. Yet, we can get more vitamin A. from carrots than from butter. One pound of butter supplies us with about 400 units of A; one medium-sized carrot has more than 10,000 units. In a pound of carrots we thus have 40,000 to 50,000 units at least, of which 6000 units would be the minimum biological value.

Yellow maize is a good source of vitamin A. Red chillies are rich in this vitamin, but their use is objectionable because of their irritating properties. *Vitamin A coming in pill or powder form is only a drug, just as all artificial vitamins are, hence it is not food.*

Though vegetables and fruits generally do not have much fatty basis for vitamin A, it is wiser for us to obtain this vitamin from these sources and green leaves, than from any animal source including milk. Wherever there is chlorophyll, vitamin A is found. It seems that sunlight takes a part in vitamin A production; for example, the outer leaves of cabbage have all the carotene, and the inner ones have none. Carotene is yellow in pure state, which colour is masked by the green of chlorophyll. In tomatoes this is masked by a red pigment. Sunlight falling on human skin does not produce any vitamin A; but it is proved that somehow it acts so that body can do with even a little of vitamin A for quite a long time.

Vitamin B: There are several vitamins with the letter B as their symbol. B1 or thiamin is considered essential for carbohydrate metabolism, and its deficiency is said to result in beri-beri, neuritis, and cardio-vascular disturbances. Its sources are whole cereals, legumes, nuts, yeast and wheat germ. Vitamin B2 or riboflavin is also known as vitamin G. Its action is identical to B1, and as regards retinal pigments, identical with vitamin A. Milk, yeast, whole wheat, eggs, peas, and green vegetables are its sources. Vitamin B3 or pantothenic acid is found generally in the sources of other B factors; research about this is yet inconclusive. Vitamin B5 or nicotinic acid or niacin is known to prevent a disease called pellagra; that is why it is known as pellagra-preventive factor. Pellagra is a disease of gastro-intestinal and nervous disturbances. The sources of vitamin B5 are also the same as other vitamin

B factors. There are B6 or pyridoxin, B12, the anti-pernicious-anemia factor, Bc or folic acid, and other vitamins in the B-complex group. Many of these have not been completely studied yet.

Fruits rich in the B group vitamins are: apples, red plums, pomegranates, prunes and dates. Of all food-grains, maize is deficient in B vitamins. Even in wheat flour B is found in very little quantity, though its scutellum, the membrane separating the germ from the endosperm, is very rich in vitamin B1. *Vitamin B cannot withstand temperatures of more than 100 to 110 degrees centigrade; during electrical grinding of grains, the temperature of flour may reach 120 degrees C. Hand-ground flour which does not suffer such a high rise of temperature, is thus, far superior in its vitamin content.* In the usual baking process for preparing bread, further destruction of B vitamins occurs because of very high temperatures in the oven. The same does not occur however, with our Indian method of making 'roti' or 'chapati', because heating is neither so prolonged, nor so intense.

In hot countries more of B vitamins are necessary than in cold regions. This is especially the case with cholin, a B vitamin, and thiamin. This excess need should, of course, come from natural sources, and not via injections or pills. *Injection of thiamin in a few cases has proved fatal.* Dr. Clarence Mills M.D., Ph.D., in his book "Climate makes the man" says that "thiamin is probably the most commonly used drug in America today". The word 'drug' is worth more than a cursory glance here. In medical circles today there is a strong movement going on to classify synthetic vitamins as drugs, and thus to restrict their indiscriminate use. Dr. H. E. Magee D. Sc. also considers vitamins to be drugs, and adds, *"Drugs obviously cannot take the place of food"*.

Royal Lee, one of the greatest nutritionists of U. S. A. says, "There is ample proof that unbalances

in vitamin intake are worse than deficiencies. There is a principle little known but highly important to the question of dosage; it is a fact that many vitamins may cause in excess quantities the same symptoms as are caused by their deficiency. Vitamin B1 in small quantities may *cure* herpes zoster; large doses can *cause* herpes zoster. Both deficiency and excess of B1 cause symptoms similar to hyper-thyroidism. In a deficiency of vitamin E there is a loss of bone calcium; in an excess of it there is also a loss of bone calcium.

More proof of the harms of artificial B1 comes from some Swedish investigators who have shown that there is an increase in pyruvic acid in the blood of human beings after prolonged treatment with thiamin; and pyruvic acid is a fatigue poison. Gall-stones, fatty degeneration of liver and other complaints have also been noted after prolonged use of synthetic vitamin B1. It must be noted here that aerated soft drinks, that contain refined sugar or glucose, rob us of vitamin B1; this is because it is thiamin that helps sugar oxidation in the body. [This is one of the many ways in which refined sugar injures health]

(to be continued)

Menorrhagia

SAFETY IN NATURE CURE

By C. V. Chetti, Naturopath, Vellala Street, Madras-7

Menorrhagia is the name invented by Medicos for excessive menstruation. The sufferer from this disease gets all the more appalling symptoms when treated in the orthodox medical ways with injections of blood plasma and over-nourishing food in order to compensate the loss of blood and energy. The Naturopath views such a "loss" from quite a different angle as only apparent

and proceeds calmly without any flurry. The patient and her friends however get disappointed momentarily to find that the Naturopath had not tried to stop the flow at once. Their disappointment is due to their ignorance of the Divine action created by Mother Nature in order to save Her child by expelling all the poisons in the system. Menorrhagia is the trouble that will make one stand aghast and will lead to a great deal of experimental treatment at the hands of the medicos, which would produce far more harm than the actual condition. The medico would concentrate his attention upon checking the excessive flow for the moment, ignoring the causes; whereas the Naturopath would check or set right the causes and would ignore the excessive flow which is nothing but Nature's cleansing process of the unwelcome poisons from the system. Herein lies the "quackery" of the Naturopath as the medical profession would call it in their wonted casual manner. The medicos may be able to convince the people that their injections or pills had stopped the flow, in good faith, but with what ultimate results God alone knows.

The flow appears again later on with great complications, or it may be some other symptoms more serious, in exchange.

Nature has found in the fortunate fair sex a very great means of periodically cleansing their whole system by expelling the accumulated toxic matter by way of the menses. This is denied to the opposite sex. The uterus [womb] is situated in such a position that if the intestines and the transverse colon are continually distended with gas or accumulation of food materials, there is constant downward pressure on the womb from behind by the overfilled colon. This condition of the colon and the intestines is chiefly due to wrong feeding habits. Such a pressure on the womb will retard its

normal functions and produce at the same time a very low state of health charging the whole blood stream and the tissues with toxic matter with certain manifest symptoms such as Anaemia and many more

There is also the inevitable present-day "fashion" of tight lacing—cramping the waist and chest—which is rapidly spreading to the country parts also, among labourers who did not know what a jacket was, some ten years ago. These "fashions" of false civilization retard the blood circulation and the proper growth of the internal organs. It also contributes to extra downward pressure on the womb and its surrounding structures. When menstruation begins it opens up an outlet. Nature tends to take advantage of this outlet to expel the accumulated toxins. Now it is necessary to find out whether the flow is really in excess, because it varies according to constitutions, general encumbrances, facial expressions and other factors. When a member of the fair sex is diagnosed as suffering from Menorrhagia it can be taken for certain that her general health is too low, that the substance thus expelled by Nature is purely a waste material and that it is nothing short of purification of the system to make it healthy and strong. This is lost sight of by non-Naturopaths and they look upon it as something bad, instead of good, and the Devil Therapy also comes in in certain families.

In a very recent case treated at the Institute the girl was reported to be 16 years old, but she appeared to be under 12. For six periods of menses she was passing profusely and this condition lasted for 8 or 9 days each time and gradually stopped. She got the next menses 10 days after the stoppage of last one. That meant she was having menses in less than 20 days, each time the flow lasting for 8 or 9 days. She was brought to the clinic on the 5th day of her last menses

in an exhausted and anaemic condition and the discharge was profuse.

An enema and a vaginal douche with warm water were given and her Kanji diet before she came to the clinic was substituted by fruit juices and water of tender cocoanut. The first day was passed with improvement in her general tone.

From the second day the treatment comprised

- i. Enemas;
- ii. Vaginal douche on alternate days or once in three days;
- iii. Morning partial sun-bath for the abdomen under green leaves on alternate days;
- iv. Partial steambath for the abdomen on alternate days;
- v. Both the above mentioned items iii and iv were followed by prolonged hip baths* daily
- vi. Abdominal wet packs and 'T' packs.
- vii. Diet of only fruit juices, or water of tender cocoanut for three days. From the 4th day a few nuts or cocoanut scrapings along with fruits for two more days, and subsequently she was given vegetable soups, cooked vegetables in the day time and the fruit diet during nights, gradually changing to rice and vegetables. Some light exercises for the waist portion were also prescribed. Though the excess menstrual flow disappeared the next day after the treatment was commenced on the above lines, she continued every item at her home combined with oil baths twice a week. Now it is more than two months but the girl has not had her

* The patient sits in a tub of cold water immersing her waist with legs in another small tub of warm water and keeps in that position without any action for 16 to 30 minutes. In this process the warm water to the legs draws—mitigates—the excessive blood flow and at the same time all the organs in the womb and uterus portion are fortified by the cold water action.

menses. The absence of menses for two months at a stretch again roused some fear in the minds of her parents lest such condition should mean Amenorrhoea. Against this it should be stated that the less a woman menstruates the better her health is, and that the cessation of the flow altogether in the fairly young girl is a very good thing rather than something to be deplored, as is generally the case according to orthodox medical ways.

Now with the treatment of the shortest duration followed by dietetics and other routine prescribed to her she should have improved her constitution fairly sufficiently. Further the girl even though reported to be 16 years old her features and stature were not of a menstruous growth. Nature has definitely postponed the further process till the girl's growth indicated a menstrual condition. These are the views according to Nature.

Summer Worries

L. Ganesa Sarma, A-445, Defence Colony, New Delhi-3.

With Deepavali the cold weather crept in and the Holi is followed by the hot weather. On the 13th of April, the Tamils celebrated their New Year's day. The neem flower is an important item used in the special preparations to mark the commencement of the new year.

But, they say, it is due to the radiation caused by the explosion of nuclear weapons by the 'big powers', that oddities are observed. A keen gardener has observed oddities in vegetation. We had no neem flower for the New Year's day. There are epidemics in Hong Kong. Scientists foresee bone cancer due to radio active dust in 1000 persons out of a million, i. e., 1% of the population that come under the sway of the radiation. They also

fear there may be human freaks born in about 5 to 10 years. Mornings and nights are unusually cool in Delhi. Some may seem welcome changes. But when once we interfere with the order of Nature, there is no knowledge where the results will end.

The day is getting hotter day by day. People living in coastal and humid regions will perspire profusely and those living in dry regions, like Delhi, feel it blazing though they do not perspire. The schools and courts will be closed and they will enjoy a vacation, if they can afford it, in a summer resort situated on the hills. But what about those who cannot afford the expense and the rest who have to keep vigil in government offices, the essential services and the business, whatever be the weather? Should they suffer?

Whether a person is in an air conditioned room or is working as a stoker in a furnace, whether it is hot summer or cold winter, the body temperature is almost the same.

In winter there is loss of heat which has to be made good and in summer increase in heat which has to be removed and thereby keep up the body temperature at the normal. There are two processes which help to achieve this end. It is oxidation which helps to gain heat and evaporation of sweat which consumes the extra heat. The amount of water thrown out with the perspiration varies between 200 and 500 cubic centimetres per day. In a dry climate the water is very quickly absorbed by the atmosphere and it is not therefore so much noticed. Besides the level of external temperature, muscular activity also adds to increased perspiration. When there is muscular activity there is oxidation and thereby production of heat which in turn is lowered by evaporation of perspiration.

The sweat also serves a very important purpose. It brings out inorganic salts, including common salt

(a person consuming more salt can be observed to perspire more than others), and traces of urea. If for any reason the kidney is not able to function properly, the skin comes to its aid by throwing out larger quantities of urea.

Sodium chloride (common salt) is essential for the body, but how can the medicos assert that it may be in the inorganic form? If the inorganic form of common salt is useful for the system, why should Nature have provided organs to get rid of it through perspiration? This belief is based on the wrong assumption that there is no material difference between organic and inorganic substances.

In the armed services people are compelled to drink saline water during summer. Saltish water does not satisfy the thirst. This therefore necessitates drinking water much more than is actually needed, increasing therefore the salt intake; and this excess salt is thrown out through perspiration. Excess of intake of water will upset digestion by diluting the digestive juices. The sweat glands are overworked. Thus a vicious circle is set up, which ultimately ruins the health. Though the government, through the constitution, grants individual freedom, it is a known fact that it is denied in the field of health.

Even otherwise, people feel more thirsty during summer, especially after a meal. And we know it is wrong to drink water till at least two hours after a meal. Therefore the following precautions will be useful to avoid unnatural thirst:— (1) Drink slowly a glass or even a little more of water an hour before meal. (2) Greatly reduce the quantity of chillies or pepper in the preparations which, in turn, will necessitate reducing salt; and (3) Do not take fried foods. Most people who do not observe the above rules suffer from flatulence. For them, it is essential that they reform their lives on

the lines explained above, besides taking more of green leafy vegetables. Immediate relief is felt in most cases by wearing their dress loose, i. e., by wearing braces for their trousers. This enables the gas formed to move freely forward or backward and the feeling of discomfort will be reduced.

When there is profuse perspiration which brings with it the inorganic salts and urea, naturally there will be a foul smell which they call 'B. O.' (body-odour). In society, it is indecent to spread 'B. O.' There are cosmetic preparations which are ever increasing to combat this trouble. The toilet soap is the first thing during the bath. After the bath there are the creams, snows, powders, etc., etc.

A natural lubricant, called sebum, is secreted by the sebaceous glands. These glands fail to function properly when the skin is washed with soap. Further when the pores of the skin are covered up with the after-bath cosmetics, such as cream, snow and powder, the duct openings of these glands are blocked. The fat soluble Vitamin D cannot therefore be produced from sunlight, even if a person gets enough exposure in the sun. There are, therefore, possibilities for skin and other vitamin deficiency ailments to follow—dryness of the skin, boils, for which generally the summer is blamed, prickly heat and so on. Face powder is often used profusely when a person gets prickly heat. In a person of weak constitution or low vitality, there is an apparent cure which is actually a suppression and the trouble is sure to come up again sooner or later in a more severe form, perhaps even carbuncles. The explanation for this is that the face powder is a mixture of powder of talc stone, boric acid powder, some dye, and a synthetic scent resembling that of some flower, bearing actually no relation to the actual flower because it is a product of coal tar. Sweet-smelling organic preparations have been

in use in the South till some two decades back and even now they can be had of the Life Natural Book Depot, Pudukkottai. These can be used for washing the body with while bathing. When the reader asks for the preparations, mention must be made if it is for men or women.

The dress in summer should be light, porous and of any bright colour, preferably white. The modern craze for nylon and other artificial materials of dress will only take us disease-ward. Khaddar is the most preferable cloth. It is argued that it gets dirty too soon. It is good that at least for fear of wearing dirty clothes, the wearer will wash his clothes oftener. If the cloth looks clean, it cannot be maintained it will also smell clean, because it absorbs the perspiration all through the day or days during which it has been worn.

Oil is a good solvent of most of the dirt that cannot be washed away with plain water. There is a South-Indian practice of taking at least a weekly oil-bath. This removes thoroughly all the dirt from the scalp and the skin all over the body, opens up the pores of the skin, and produces a feeling of lightness and agility. Oil (til oil) is profusely applied on the scalp and all over the body and each part is individually massaged. It is generally auto-massage (see instructions in Practical Nature-Cure on page 296). The oil is washed with a thin paste of soap-nut (seeyakkai) powder, or flour of some gram, in water. The former is a bean-like fruit, red in colour when dry, and is available in the South. It will be good to boil it along with methi (மெந்தயம்), and make a paste of it for the purpose. In regions where the whole seeyakkai is not available, it can be had in the form of powder (it is available in Delhi). This powder can be mixed with water. If possible a paste of methi prepared after boiling it in water will give a softening and cooling

effect. Children in the South get this bath every alternate day. Aping the west, people in the South are also gradually leaving off all the good old habits and ladies fail to grow the long luxuriant growth of hair that they used to have. Some of the ladies bob their hair for fear of looking ugly with short ones—at least they become fashionable (should the spelling be changed as fashionable?) society women.

We have to work by day. If we go to our work after the day's main meal, either we sleep and digest the food, or we work and upset the digestion. But the food put into the stomach cannot remain idle. There are also the digestive juices, such as the gastric juice and the bile which, combined with higher level of external temperature, ferment and produce gases. Naturally, we feel giddy and find it difficult to carry on with the work. It is therefore essential to remember the rule that vital energy should not be dissipated by calling upon it to cope with more than one job at a time. If we should eat, we must rest; and if we should work, we should do it taking only water (अपोऽशनं कर्म कुह । (வேலைப்போழ்தில் நீரே உணவு). To satisfy the taste, we may take some light repasts of raw salads, or any one type of fruits or at the most some cooked vegetables with cocoanut scapings added. The principal meal of the day must be had only after completing the day's work, preferably after a bath.

People who go out in the sun are in fear of sun-stroke. But a person who has not loaded his stomach need not fear sun-stroke. A peon who was to roam about almost the whole day in the sun, distributing official communications intended for local and personal delivery, was easily braving his job by putting on an abdominal wet pack underneath his dress.

In deserts, like parts of Rajasthan and adjacent places like Delhi, where we get hot winds by night also,

we can neither sleep inside the building nor out of it. Inside, the walls are hot and we get the feeling of sitting in a bakery; and outside we become direct targets for the hot winds. I had tried several methods and one of them served excellently well. I covered my body (whole, including the face) with a wet cloth and this was again covered by a thin woollen rug. The feeling inside was very pleasant and I got sleep in no time. The latter half of the night gradually cools down and by that time the wet cloth also gets dry. The face can be opened later.

King Canute was not able to make the waves recede. Mahmud said that we must go to the mountain, as the mountain will not come to us. But we can ingeniously bring a summer resort where we are, by taking a Spinal Bath any time we please. See Practical Nature-Cure or wait for an article on the subject in *The Life Natural*

H-Bomb Fall-Out May Cause Bone Cancer

The British Atomic Scientists' Association recently published a 2,000 word indictment of H-tests in which it is claimed that every megaton bomb (equal to 1,000,000 tons of T. N. T.) exploded could eventually produce bone cancers in 1,000 people.

The report is careful to stress that (1) the figures represent the most pessimistic view, and (2) some scientists say that below a certain level small doses of radio-active strontium fall-out do not cause cancer.

MENACE

But at the same time the association—which estimates that 50 megatons of H-bombs have so far been detonated—says this strontium menace is increasing and that by 1970 we shall be almost half-way to the point at which the Medical Research Council would demand an immediate review.

Among the famous scientists who are members of the Association are Sir John Cockcroft, Professor Joseph Rotblat and Professor Alexander Haddow.

The Indian Express, Madras

Diabetes can be Radically Cured

S. Swaminathan, No. 1, Shivaji Place, New Delhi.

THE MEDICAL ADMISSION

It is claimed in medical text books that hundreds of thousands of diabetics continue to live with the help of insulin, without which they would have died very much earlier, that insulin enables "the diabetic to eat the good, wholesome food he requires for nutrition." Diabetics are actually encouraged to take to the insulin habit; they are told that its self-administration with a hypodermic syringe and needle "is no more burdensome and takes no more time than brushing the teeth, nor is it more painful if properly performed."

"Insulin saves you, but cannot cure you. By administration of insulin, you can continue to live as before with, of course, certain discomforts, but more cannot be promised. But research is continuing, and we hope one day to place before the people increasingly efficient measures for combating diabetes"—this is the medical admission (and hope)!

INSULIN HELPS WRONG LIVING and WORSENS THE CONDITION

The writer has come across numerous cases of diabetics whose condition had been steadily worsened by this symptomatic treatment. *Symptomatic treatment never cures; it can, and does, worsen the condition as the weeks and months roll by.* Insulin or its successors (whatever they may be) cannot be a substitute for hygienic living, which alone will give the needed biological rest to the organism to enable it to return to normality, to health. By enabling the patient "to eat the good, wholesome food that he requires for nutrition", insulin really helps him to continue the wrong living, the indulgence in incorrect nutrition, which had

caused diabetic condition, and which will worsen the condition, if continued.

WHAT MATTERS REALLY

In modern days too much stress is put on nutrition. But one fundamental fact is forgotten, that nutrition will be useless if it is forced upon a system, whose assimilative capacity is, for some reason or other, low. As was aptly remarked by an author,

"It is not what people eat, but what they digest, that makes them strong. It is not what they gain, but what they save, that makes them rich. It is not what they read, but what they remember, that makes them learned. It is not what they profess, but what they practise, that makes them righteous. These are very plain and important truths; too little heeded by gluttons, spendthrifts, and hypocrites."

WHAT IS DIABETES?

Diabetes is considered to be a condition commonly dependent for the most part on an insufficient supply of insulin, whereby assimilation of not only starches and sugars but also proteins and fats is reduced considerably. The storage of sugar in the liver is inhibited, the formation of sugar by the liver is accelerated and the utilization of sugar by the tissues is depressed. Ordinarily, when starches are digested, the blood carries the resultant glucose [sugar] to the liver and only a small amount of sugar is allowed to remain in the blood. In a diabetic condition, more than the proper amount of sugar remains in the blood [due to faulty assimilation of food]. In such a state, the kidneys overwork in an effort to get rid of as much of the excess as they can by excreting it through the urine.

NOT PANCREAS ALONE

Though the condition known as diabetes is ascribed mainly to a faulty functioning of certain groups of cells—known as the islands of Langerhans—in the pancreas,

it is not proper to hold that only the pancreas is at fault or have become inefficient, while all the rest of the digestive system is sound. It is this faulty notion that makes many diabetics indulge in their usual foods with, of course, little sugar or starch. Natural hygienists view diabetes as due to imperfect assimilation brought about by a depressed tone of the entire digestive system, with enervation in the background. This comes about by incorrect nutrition and violation of the Law of Vital Economy persistently repeated for a long time. Previous drugging does contribute its mite in weakening the digestive system and comes in for its due share of blame.

IS DIABETES INCURABLE?

The condition is regarded as incurable, insulin being admittedly only a palliative. In such a condition, the medical advice is to eschew even sweet fruits as they contain sugar!

Diabetes is certainly curable the hygienic way. The first prerequisite is that the administration of insulin [and any other symptomatic treatment taken along with it or in place of it] should be stopped. The non-violent enema, taken once a day, a spinal bath or two daily, positive diet in moderate doses once or twice daily, occasional fasting for short spells—these should enable the patient to recover his health in the quickest possible time, along with other measures of health-recovery.

CASE HISTORIES

The following case histories would show how easy it is to adopt the hygienic life and to cure the diabetic condition. It is often seen that the patient has other complaints also. As in the mode of life recommended by Natural Hygiene health-culture is the sole aim [with due regard to the principles of Vital Economy and Non-violence], the patient gets radically cured of not

only his diabetic condition but of his other types of disease too.

Mr. A. D., a businessman in Delhi, was having diabetes. His eye-sight was poor. Towards the middle of July, 1954, he began living the Life Natural, in other words, he adopted positive dieting, vital economy, pranayama [for a few minutes daily] etc. At that time, he was aged 54. He took the non-violent enema for the first three weeks and later, he was taking it about once a week or so. He was also regular in his spinal bath daily. The moment he decided to follow the Life Natural, he stopped the administration of insulin. In about ten weeks' time, his digestive system had become normal. He was no more constipated, he began to experience good hunger and he was feeling active. He continued to live the Life Natural and is still doing so. He was wearing glasses before; but with the adoption of the Natural methods suggested in Kamesvara Sarma's *Natural Cure of Eye-Defects*, his vision was restored to normality.

Mr. H. of Gwalior, aged about 45 or 50, came to me recently. At the time he came to me, he was having daily administration of insulin into the system. He himself admitted that he was tired of the daily 'puncture'. I persuaded him to adopt positive dieting (with due regard to Vital Economy.) At my suggestion, he commenced having early morning walks on grassy lawns, bare-footed. Pranayama was being done non-violently during these walks. The first four weeks or so, he was living only on a diet of vegetables and fruits (sweet fruits not excluded). At a very early stage of the treatment, that is within a few days of his commencing the treatment, he wrote to me saying that all his friends were complaining that he was growing weaker and weaker. I, however, pointed out to him that there was a lot of difference between *feeling* weak

and *looking* weak. By a little reduction in weight, the patient himself would be feeling better and lighter, while the others might be tempted to remark that he was becoming weaker and weaker. When this was pointed out to him, he understood the position. He was not in fact feeling weaker; he was feeling stronger. Within four weeks he had improved considerably.

— (To be continued)

Dangerous Radiation From Watch Dials

LONDON, May 12

Civil defence officials have detected "a dangerous degree" of radio-activity in a north London firm of watch dial makers, which uses luminous paint.

Dr. R. D. Dewar, Medical Officer of Health for Hampstead, said the radio-activity could have caused a form of anaemia, or a growth similar to cancer.

"The premises generally, work-bench, floor and other places, were contaminated rather more heavily than was safe for someone working there constantly," he said.

All furniture and linoleum had been destroyed and the ashes removed—Reuter. *The Indian Express, Madras*

Radiation Victim?

BANGKOK, May 5

Thailand Sunday papers today headlined the death last night of a five-year-old girl who was allegedly the victim of radio-active rain.

The little girl was drenched by a shower that fell over Bangkok on April 28, and her skin began to show signs of burns. Her parents rushed her to the Government Hospital, where she was under treatment until she died last night.

The girl was said to have refused all food during her illness and was unresponsive to drugs.

Hospital officials said a number of patients with the same symptoms as the girl were now under treatment in the hospital—UPI. *The Indian Express, Madras*

Science Running Amok (II)

In the *May* issue we reproduced the whole of an article in the *Manas*, reviewing a book, '*Our Daily Poison*,' by Mr. Wickenden. Herein we shall give a few pertinent extracts from an article on Insecticides by Mr. T. V. Subramanian, Retired Government Entomologist, in the *Swarajya* of March 19, 1957.

After referring to the practice of organic farming by the ancients, and the work of Sir Albert Howard, demonstrating the wisdom of that mode of farming, due to its ensuring the continuous preservation of the HUMUS, the factor which ensures health of the soil, and consequently the healthfulness of the food for men and animals,—Mr. Subramanian quotes from articles in the *British Medical Journal* confirming Howard's conclusions. Dr. Wrench, working under the guidance of Sir Robert McCarrison, wrote that McCarrison found the Hunza tribe "unsurpassed by any other Indian race in perfection of physique; they are longlived, vigorous in youth and age, capable of great endurance and remarkably free from disease in general."

He also quotes Dr. Mackintosh and Dr. William writing in the same journal, who stressed the need for health of the soil, and other evidence to the same effect.

Then he proceeds thus:

"Application of heavy, concentrated doses of quick-acting manures has been resorted to, as all sources of green manure have been exhausted by the indiscriminate destruction of forest trees. The deleterious effect of these manures on the soil, on the crops raised on it and on the animals and men consuming them have been absolutely ignored, and their use is becoming more and more popular by the immediate effect of producing a bumper crop.

"In this connection the words of Wilfred Adams in his article in the British Medical Journal are very interesting. He says: 'Science is the handmaid of the deterioration of health and exhaustion of the soil, which are the two appalling products of our scientific age, by its amazing inventions of means to neutralise harmful effects of indulging human weakness in such matters as snowwhite bread and incessant extraction of bumper crops from the soil.

"In another issue of the same journal there is an article by Dr. Keith Heyman, where he says: 'Healthy soil in a fertile state is a teeming hive of life and industry. We in our scientific cleverness cannot sufficiently replace this process by artificial fertilisers. What are we doing with this life? We are first depriving it of all raw materials—animal and vegetable compost, then poisoning it with such powerful and indiscriminate poisons, that even the workers must be protected in their use. We are sterilising the soil and rendering it barren, paving the way for loss of soil-fertility, and growing crops that may be bulky, but deficient in various constituents and *prone to pest attack* and diseases. We commit other sins against the soil; we dress some of our cereal seeds with mercury (a protoplasmic poison); we spray our trees (and the soil under them) with tar-oil, DDT and other things, all quite indiscriminate killers of beneficial as well as harmful life. Proper cultivation, using the natural fertility of the soil and conserving it with vegetable and animal compost, and putting back into it the organic material (the Humus) that we take from it, reduces the incidence of pests and diseases in the crops by strengthening their own inherent resistance. Feeding on them in a fresh state, unspoiled by chemical ripening, canning, freezing or other artificial form of treating them, in turn, would breed a more robust and resistant population, preserving the balance of Nature

ordained by a wiser Mind than even our cleverest scientist.

"By all these methods the balance in Nature is upset by the scientists in trying to make the goose lay the golden eggs; the agriculturists are making the crops more and more susceptible to pests and diseases increasing in variety and severity, and have to strive to find ways and means to control them and eventually find themselves unequal to the task."

"Pests and diseases (of crops) began to increase in the country after the war when intensive cultivation was undertaken as a measure of self-sufficiency."

Then Mr. Subramanian goes on to detail the new, more deadly poisons employed to kill the pests. The diseases of the crops due to the chemical manures go on increasing, because scientists could do nothing for them. These have been already mentioned and dealt with in our May issue. After mentioning that all the entomologists had actively supported and promoted the use of these lethal chemicals he goes on to say:

"But their dangerous effects on the plants and on the animals and men using or consuming them were absolutely forgotten; very little or no attention seems to have been paid to the hazard-aspect of these insecticides in our country by those responsible for their rapid and unrestricted spread. The following extracts from journals are worth noting.

"DDT appears in milk-fat when spraying has been done in dairy compounds and on dairy cattle, or when fodder bearing DDT residues has been fed to the cattle.

"Cows fed with 100—200 milligrams of DDT per day per kilogram of body weight for upto 4 weeks exhibited loss of appetite; some cows developed tumour and some became very excitable. Haemorrhage occurs to the tissues of the heart, small intestines and other organs.

"The human system does not easily get rid of DDT, so that even minor quantities over a long period of time can reach undesirable concentrations."

"Death and severe intoxication from DNOC and parathion have been recorded among agriculturists from Germany and other countries in Europe, Africa and even India.

"Repeated doses [of HETP and TEPP] lead to cumulative toxic action. Paralysis may happen after poisoning by these compounds.

"Our experience from the experiments conducted at the Coimbatore Agricultural Institute has also given us great misgivings. DDT and Gammexane were first tried as preservatives of stored grains, and trials of feeding white rats on the treated grains resulted in the death of the rats in the course of a few days."

".....it is a strange thing and a matter for regret that the value of the most natural, rational, efficient, safe and lasting method of controlling insect pests, viz., the biological method, has practically gone out of consideration in our State, and DDT and its retinue, the chlorinated hydrocarbons and its cousins, the organo-phosphorous compounds, are considered the panacea for all pest damage. [By the biological method the writer means the organic farming advocated by Sir Albert Howard and others.]

"Let the Entomological Department and the workers therein be encouraged and supported in this direction, and not, as at present, be made mere agents and propagandists for the sale of these dangerous insecticides, leading to serious risk of life of the plants, animals and men consuming the plant products.

"It should be remembered that insects, whether by instinct or other power, are capable of changing their habits and developing the power of resistance to chemicals after a long period, as is readily seen in the case of flies and mosquitoes beginning to resist DDT."

It is hoped that these weighty testimonies by the more honest scientists would carry weight with thinking men. The problem of this 'age of science' is that science is not what most of the people think it is. It is servile and is tied to the chariot-wheels of Big Business, and is not free to seek the Truth and to proclaim that Truth to the whole public. This we shall deal with later, as it is both important and urgent.

All India Nature-Cure Conference

LUCKNOW

May, 4th & 5th, 1957

Many have been the efforts so far to unite Indian practitioners and believers of nature cure into one representative body; but such unions have either failed to materialise, or, after being formed, haven't stood the test of time. The group known as Akhil Bharatiya Prakritik Chikitsa Parishad seems likely to weather all storms and endure a long life, though it has its teething troubles.

The Conference had its second annual session on 4th and 5th of May this year at Lucknow. Shri Morarji Desai, the Union Minister for Commerce and Industry, inaugurated the Session, and Shri Balkoba Bhawe of Nature Cure Ashram, Uruli-Kanchan presided. On 3rd May Dr. Jawahar Lal of Health Ministry, U. P., opened a small exhibition of charts and models, etc., showing various modes of treatments.

In his inaugural address, Shri Morarji requested the Conference not to expect much by way of aid from the Government; instead to carry on the good work of propagation of Nature Cure by individual and collective efforts of practising naturopaths and the lovers of life natural. If, he said, the Nature Cure cause deserved help, the Government was bound to take notice and

give aid, if not in the Second Five Year Plan, then in the Third. He took the opportunity to present his personal grievances against some naturopaths who, he thought, acted parochially, made tall claims, or quarrelled with various drug therapies, or harshly denounced them as useless or dangerous. In his opinion, the narrow outlook of some naturopaths had been the greatest hindrance to progress of Nature Cure movement.

Of the several resolutions passed by the Conference, two were against B. C. G. and the wide-spread use of tobacco. Shri Vithaldas Modi of Gorakhpur proposed for a Nature Cure training centre to be opened as soon as possible; the proposal was seconded by Sardar J. Singh of Lucknow and self. Another proposal for immediate check on atom-bomb experiments was put forward by self and seconded by Shri Satyapal of Nilokheri. That the Bharat Sevak Samaj should include establishment of small Nature Cure centres in its activities, and that in schools there should be incorporation of Nature Cure teachings, were among the resolutions, all of which were passed unanimously.

In the new Managing Committee of fifteen members the writer had the honour to be included. Shri Vithaldas Modi regretted the absence of the grand old man of our movement, Shri K. Lakshman Sarma, and expressed his pleasure at the inclusion of the writer who represented Sarma's Institute.

Of the four offers received from Indore, Gwalior, Hyderabad and Surat for the next Annual Conference, the Hyderabad offer of Shri B. Venkatrao was accepted. The venue of the next Managing Committee meeting was fixed at Gwalior on invitation of Shri Prithvi Nath Sarma.

The onus of conducting the various meetings and discussions of the morning and evening sessions for nearly three days, rested in the capable hands of

Sarvashri Dharam Chand Sarawgi, Radhakrishna Nevatiya, Vichitra Narayan Sharma, Vishnu Datt Shukla and Kushiram Dilkash; all the gentlemen spared no pains to make the Conference a success.

—M. M. Bhamgara

BHAVE'S ADDRESS

The conference was presided over by Shri Balkoba Bhawe, brother of Acharya Shri Vinoba Bhawe. The following points from the printed copy of his address are worthy of note.

The practitioner should not suppose that the Science of Natural Therapy as now practised is perfect. If any patient fails to recover health by the system, the one who has treated him must actively seek to find out wherein he had failed. If he does this in every such case, he will probably contribute to the further improvement of the science. This will be the practical outcome of his love and compassion for the sick, without which he will not be a worthy Natural Healer.

The practitioner should himself be endowed with good qualities; among these the most important is self-control in all things, wherein Brahmacharya is included.

Not alone these, he must be a sincere devotee of God, trusting Him and relying on Him in all things. This is the only sure means of maintaining Health of Mind.

The success of a Natural Cure for the patient needs not alone the practical methods of reform and aids to health-recovery but also the practice of reliance on God, which is to be developed by Ram Nam [or its equivalent].

The Natural Way is not alone a means of radical cure of diseases, but is also a Way of Life, whose aim is the attainment and maintenance of allround health and goodness. This is the unique quality of this science alone. The practitioner must himself be an

example of this life, so that his patients may understand this and live accordingly.

Noticing the contention of some westerners that 'remedies' are out of place in Nature-Cure the President recommends the Middle Path of Shri Gita, wherein both faith with reliance on God and resort to the proper aids to health-recovery have a place.

No blind following of any westerner's system is proper for us. Only those items that are found, after scrutiny, to be based on truth, should be accepted and incorporated in our system. Incidentally the differences of conditions prevailing between our own land and the countries of the west must not be ignored.

It seems also that the President is for freedom from dogmatism, (अनाग्रह), so that the truth may be allowed to prevail. The details of the procedure for health-recovery have to be settled as the result of dispassionate and cautious experiments, not by dogmatism.

U. S. has Biggest Headache

NEW YORK, April 27

The U. S. apparently has the biggest headache in the world—its annual consumption of aspirin is 6,000 tons; according to figures released by the National Institute of Health.

This is said to be the highest aspirin consumption by any nation in the world.

The Institute report said the annual increase in the use of aspirin in the U. S. was almost twice as much as the nation's population growth.

The 'New York Times' described the phenomenon as "a sign of the times."

Economists confirmed that the aspirin consumption rate appeared to keep pace with the rise in income-tax, but asserted that they did not necessarily see any relationship between the two things.

—The Indian Express, Madras

Printed at the Co-operative Press Limited, Pudukkottai, and
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