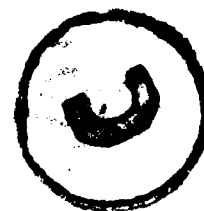


The Life Natural
vol-16 NO-6
January-1958



SL
LMm2, H42
N57.15.5
159993

THE LIFE

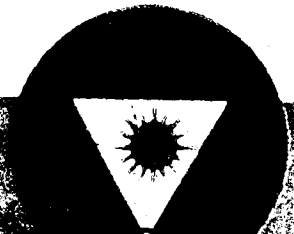
ANNUAL, 5]

JANUARY

1958

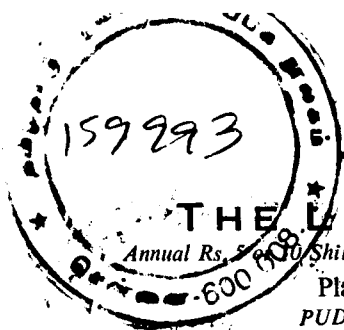
[50 Naye Paise

THE LIFE NATURAL



Vegan Stall at the XV World Vegetarian Congress, Bombay
Right to Left ; Sri D. C. Desai, Founder of the Vegan Society, Mrs. Desai,
Mr. Richard St. Barbe Baker of England and a Woman delegate.

Editor: K. LAKSHMANA SARMA



THE LIFE NATURAL

Annual Rs. 5 or 10 Shillings

Monthly As. 8 or 1 Shilling

Place of Publication:
PUDUKKOTTAI, S. INDIA

Editor: K. LAKSHMANA SARMA

January, 1958

CONTENTS

PAGE

Oh India!	257
Insomnia Can be Cured	260
Natural Healing of An Abscess	265
Care of Our Skin	268
15th World Vegetarian Congress — Madras	275
What We Should Know About The Human Body	279
The Dangers of Microbe Worship	285
Medicine Vs Ways of Living	289
Science and Human Well Being	293
Tobacco & Cancer	297
The Sandler Diet for Preventing Polio	299
Activities In Delhi	303

The Life Natural

VOL. XV

JANUARY 1958

NO. 5

Oh India!

17 JAN 1958

“Oh India! this is your terrible danger. The spell of imitating the west is getting such a hold on you, that what is good, or what is bad, is not decided by reason, by judgement, discrimination or reference to the sastras. Whatever ideas, whatever manners, the white men praise or like are good, and whatever things they dislike or censure are bad! What can be a more tangible proof of foolishness than this? Remember always that there is not in this world any country whose institutions are really better than the institutions of our land.” So said Swami Vivekananda. Another great authority on this point, Sri Arabinda Ghose wrote as follows in his booklet on the “Age of Kalidasa:”

“That there is still an unexhausted vitality in Her (India), that She yet nourishes the seeds of rebirth and renewal, we owe to Sankara and his successors, and the great minds and souls that came after them. Will She yet arise, new-combine Her past and continue the great dream where She left it off, shaking off on the one hand the soils and filth that have grown on Her in Her period of downfall and futile struggle and reasserting Her peculiar individuality and national type against the callow civilisation of the West, with its dogmatic and intolerant, its still more intolerant

ignorance,' its deification of selfishness and force, its violence and its ungoverned titanism? In doing so lies Her one chance of SALVATION."

There was at least one eminent Englishman, Sri John Seeley, who did not feel happy over the cultural conquest of our country by his countrymen. This was what he said in his book, "Natural Religion."

"And so India gets from England... ..all English heresies, all our deviations from the line of true civilisation, all our ignorances, rudenesses and short-comings."

But it is this rude and crude ignorance that our present rulers at New Delhi want to perpetuate in our country and copy its worst features, which have greatly increased since Sir John Seeley wrote the above lines. The civilisation and culture whereon depend our true welfare is the one that we have inherited from the Holy Ones of the past, whose message has been renewed for us by the Holy Ones of the very recent past, namely Sri Ramakrishna Parama-Hansa, and Sri Ramana Maharshi. It should not need to be pointed out that the politicians that have captured power over us are not at all qualified to settle our fate. The way they are following leads to national suicide.

Our readers know how the *Life Natural*, in all its principles and details, is rooted in the precious culture that we have inherited. Among the questions that face us, and which need to rightly answered is the question concerning the

filth-medication policy of our 'Health' departments. Vaccinations and inoculations are *Tamasic* procedures, and need to be penalised, instead of being state-endowed and enforced by penalties.

There are, it is true, a great many individuals, scattered over the whole country, who are more or less familiar with the sources of our precious culture, but who are quite oblivious of the true extent of the application of the principles of that culture, because they look upon that culture as having no influence upon the science and art of healthful living. This is due to the compartmentalisation of the knowledge that is enshrined in our holy books. This compartmentalisation—which is a segregation of the sciences and arts into distinct and exclusive compartments,—is an occidental error, repugnant to the spirit of our ancient culture. Actually the teachings of our religion and philosophy have an intimate relation to these sciences and arts, including that of living for health, happiness and longevity. That this is so will be evident to all those that have studied and understood that science as elucidated in our Practical Nature-Cure. It therefore behoves our readers to fight against this segregation and consequent falsification of this science.

Insomnia Can Be Cured

S. Swaminathan, New Delhi

SLEEP is Nature's device to "switch off" or reduce certain bodily activities for a time, to enable the physical and nervous systems to rest, replenish and recuperate. Work and rest are but two phases of life, the one necessitating the other; sleep prepares us for the activity during the ensuing period of wakefulness. As someone put it, "the rest of your days depends upon the rest of your nights."

Are you suffering from insomnia or sleeplessness? First of all, I would like to assure you that there is no such thing as perfect insomnia, complete wakefulness, every night. Even the so-called sufferer sleeps for some time, though it has to be admitted that he does not sleep enough, nor soundly. The first that the sufferer has to do is to stop worrying about his condition. It is worry that worsens the condition progressively.

The sufferer ought to know that the worrying habit won't work; it has never enabled anyone to solve his problems; it has never averted any crisis; it has, on the other hand, been the direct cause of weak nerves and of disaster; it undermines confidence and sound judgment, kills initiative and clouds the mind. The worried man will never be able to investigate any problem, much less take proper steps for solving it. To use narcotics and stimulants "to keep worry at bay" is extremely undesirable.

The only solution to the problem of insomnia lies in investigating the causes thereof and taking steps to remove them. Insomnia is a condition caused by unhygienic living. It is not possible to have sound sleep by consuming the so-called "sleep-inducing"

drugs. The state of unconsciousness produced by such drugs is often mistaken for sound sleep, but there is a lot of difference between these two states. Sound sleep energises; drug-induced sleep weakens. Insomnia can be radically cured by simple living on hygienic lines, which alone can confer real health on the follower.

Before we discuss the causes of sleeplessness, let us first examine how sleep is caused.

HOW IS SLEEP CAUSED?

Sleep is not a pathological state caused by poisoning but a physiological need. It is true that physical tiredness (which just indicates the need for relaxation) is conducive to sleep, but it is common knowledge that over-fatigue can prevent one from sleeping. In the words of Professor Jefferson, "fatigue alone is no guarantee of sleep."

The human being maintains his contact with the universe through the sense-mind and senses. The senses act only as informants and not as organs of knowledge. The organs of knowledge are the inner senses, a subliminal sight, touch or hearing. The external physical activity (as distinct from the real inner activity which is unseen) involves the physical and nervous systems. When the sense-mind and the senses get tired and retire from sense-objects, a condition of sleep, resembling unconsciousness, occurs. The surface-mind (as distinct from consciousness) which is mostly busy with the sense-objects and the reactions produced by their impacts on us, falls, as it were, "into abeyance"; the Consciousness plunges back into its source (what Indian Philosophy styles as the Moola Ajnana or Avidya). When the physical and nervous systems are given sufficient rest, the "waking state" recurs, and the activities that were for the time being kept in abeyance are resumed.

WHAT CAUSES INSOMNIA?

The causes of insomnia may be physical and/or psychological. Any distress—acute or chronic—may cause insomnia to a lesser or greater extent. As the distress itself is the result of the violation of Vital Economy, positive steps to restore health the hygienic way will relieve the sufferer of the troublesome condition.

If there are some external factors causing tension and strain, e. g. overwork, these will have to be lessened to the extent possible. Any emotional upset may delay the onset of sleep, because such a condition will stimulate imagination.

HOW CAN INSOMNIA BE CURED?

Constitutional treatment designed to increase the general health of the body and to eliminate the toxins resulting from previous dietetic errors, etc. is the only way to cure this condition radically. The following tips will be useful for the sufferer:

Avoid all stimulants and drugs—The more the use of stimulants and drugs, the more irritated will be the nervous system. With an atonic nervous system, sleep would become an impossibility.

Natural Foods—Natural, wholesome foods should be consumed in regulated quantities, well within the assimilative capacity, and only when hungry. Positive foods should predominate. Vital Economy should be observed scrupulously. Devitalizing foods are to be completely avoided.

Relaxation—In the words of Sir Cedric Hardwicke, "sleep is best induced by narrowing the focal range of the mind.....requiring that it be made to concentrate on a single restful theme in order to relax the

nervous tensions and induce proper rest." The individual should relax as thoroughly as possible, especially after the nightfall. All emotional and exciting causes have to be avoided. A worried or excited person can never sleep soundly. Besides the general hygienic treatment to be followed religiously for the promotion of health, the sufferer can take to certain methods of relaxation in the early hours of nightfall. One of the methods which the writer has seen working effectively in this regard is for the sufferer to spend an hour or so before retiring to bed, in reading books by or about realised sages or saints. The writer must record here that in numerous cases complete relaxation was induced by reading books like, "The Gospel of Ramakrishna" (by M, published by the Ramakrishna Math, Madras), "Sri Ramakrishna, The Great Master" by Swami Saradananda), "Gandhiji, The Last Phase" (by Sri Pyarelal), etc.

Spinal Baths—Spinal Baths, once or twice a day, will greatly ease the nervous tension and induce relaxation. Not unoften, sleep overpowers individuals even when taking the spinal bath. Such sleep is found to be very much more refreshing than even the ordinary sleep. (The interested reader is referred to the detailed article on "The Spinal Bath" in August, 1957, issue of *The Life Natural*.)

Rhythmic Breathing — Regular practice of Pranayama for a few minutes daily will improve the capacity of the lungs. There is but one way to cleanse the blood and that is by better and more rhythmic breathing.

Hot Foot Baths—Where the health-level is low, it may be necessary to take hot foot baths daily for a few minutes before going to bed.

Non-Violent Enema—Non-violent use of the enema is recommended in chronic states of ill-health.

Other Requisites—The bedding should be firm, if not hard. Spring and sponge mattresses are highly undesirable as the body sinks out of alignment. High pillows cause tension in the neck muscles and impede blood circulation to the head; hence they are to be avoided. Bed clothing should be light, of course commensurate with the needs of the climate. If too many coverings are used, acute discomfort will be felt. Even in the choice of bed clothing, it is preferable to avoid closely-woven materials. Bed clothes have to be aired and sunned as often as possible and kept clean. The face should not, on any account, be covered, and there should be free ventilation in the sleeping room. Tight dresses, belts, etc. have to be avoided always, as they impede blood circulation and would cause one to wake up. During sleep, the sweat glands are more active and the skin attracts more blood. If, due to tight dresses, belts, etc., circulation is impeded, sleep will be disturbed.

Before going to bed, the bowels and bladder should be emptied.

"Sleep-Producing" Drinks—It is claimed (by vested interests, of course) that a glass or so of a specified drink would induce sleep. Most of these "manufactured" products are devitalizing in character; hence, they are to be thoroughly eschewed. Moreover, it is unhygienic to have a drink of milk or any other food within one or two hours of the night meal.

General—One should avoid going to bed shortly after taking the meal. An interval of at least an hour, preferably two, should be allowed. Late meals should always be avoided. One should never eat at night, if overtired.

If the above hints are followed, the sufferer will be able to cure insomnia radically, though it would take a long time in bad cases.

Natural Healing of An Abscess

Sri T. S. Visvanatha Pillai,

4, Dr. Muniyappa Road, Kilpauk, Madras 10.

On the elbow of an eight year old grand daughter of mine an abscess formed. A wet-earth-bandage was applied on it. Nothing else was done for it on Nature-Cure lines. The abscess grew in size and there was stabbing pain, which became greatly lessened by when the earth bandage was on. After a week a young medical student, a relation, who happened to come to the house, looked at the arm of the child, tried to frighten me, saying that what I was doing was wrong, that the abscess would corrode the flesh inside and cause a gangrene rotting of the flesh—which would necessitate amputation of the arm, and then went away. At that time it was only two or three years I had taken to the Natural Way. Those, that had till then believed that there would be at least slow improvement by the wet earth bandage, now became alarmed, and insisted that a doctor should see the patient. I then showed the girl to a reputed doctor, drawing a salary of Rs. 1000 at the Government Hospital who was also a relation and doctor to the family. He examined her and said that the abscess was ripe for operation and advised that it should be done at once. As soon as operation was mentioned the girl set up a loud cry. I calmed her somehow and brought her home again, and then told her: "Why are you so afraid of operation? It will be over very quickly. But if you will not be operated on, then you must submit to strict Nature-Cure. This is, you must take only correct diet and fast, take baths and enemas also. Merc earth bandage will not suffice." For two days she hesitated. Then without my calling him the doctor came of his own accord, he being a great friend of mine,

and he had brought with him a surgeon also. Seeing the sterilising materials, chloroform, and the nickel plated implements, the girl set up a louder cry than before. As she was motherless, the people in the house were unwilling to force the operation on her. In a soothing tone I told her: "There is no use crying, if you will fast as I say, there will be no operation. But you say you won't fast. It will take a long time if only an earth bandage is applied. You have also pain. The people here are afraid because the doctors, whom they trust, say that if the case becomes serious it may become necessary to cut away the arm. Do you not care if you become a cripple?" She replied: "I shall fast. How many days should I fast? When can I take meals?" I explained to her in detail: "I cannot say how many days you will have to fast. The abscess must ripen and open of itself; till then you must fast. Twenty four hours after it bursts open, the fast should be broken with watery food and then by slow degrees usual meals will be allowed." The girl, who was naturally of very keen intelligence and strong mind, considered for a while and stated her determination to fast. The great doctor also was present during this talk. Having no other go they took leave saying: "Yes; let her fast. Let us see how things go after four days." This they said only for formality's sake. At once my grandchild cried out: "If even after my fasting for four days these men come again, what is the use?" I reassured her, saying that they would not come without my calling them. "Again she said: 'Today they came of their own accord, and they would see me after four days!'" I told her: "As they have seen how firm you are, they would not come to see you unless I call them," and this set her mind at rest. From thence onward she took only water and nothing else. Also she had baths, enemas and earth bandages, all regularly. —From the next day after

starting the fast the pain became very much less. She herself was astonished. With her hand in a sling she went about the house as usual. The abscess, which had grown to the size of a cocoanut, burst open of itself and all the pus and blood came out in one flood, and the abscess collapsed. A wet cloth bandage was then applied. Nothing came out the next day. The fast was broken according to the rules. Not even a scar was left when the opening was healed. After a few years she was unable to remember on which arm the affliction had occurred.

Meanwhile, the very next day after the operation was decided against and the fast was decided upon, I had to go to Coimbatore to treat another grand daughter. The above detailed Nature-Cure for abscess was carried out in Mambalam, Madras. Two grandmothers of the girl, both about 90 years old, lived in the same house. The patient, instead of remaining in bed in one place, was roaming about the whole house into every room of it. When the grandmothers were eating their meals she would be looking on with a cool mind, unmoved by a desire to eating, while the little girl was put on a fast. It was reported that once a grandmother pressed her saying: "Eat one orange; your grandfather will not find fault with you for that." The girl gave a reply which was worthy being recorded in history: "Only if a reply comes from grandfather saying that I may eat an orange, shall I eat one!"

The fact that the house people were able to carry out the programme of cure in my absence, with such superficial knowledge as they had imbibed from what I had said on various occasions, without themselves reading the books—at a time when I myself had had an experience of only a few years—will show how simple and easy this natural way is. It was to bring out this unique virtue of this method that I have written this note.

Care Of Our Skin

C. Bhanumuri, Gandhinagar, Kakinada.

That the "SKIN" is one of the four excretory organs (not less important than the other three viz. lungs, kidneys and the large bowel) in our body, may not be known to very many. If kidneys separate "uric acid", lungs throw out 'carbon-di-oxide' and 'water-vapour', and the large bowel excretes undigested and useless part of our food, the skin does the work of *both lungs and kidneys*. The millions of pores on our skin take in oxygen, from the air, and "breathe out" carbon-di-oxide and water-vapour. In fact, when lungs are unable to do their function effectively, at any time, owing to any temporary lung trouble - like cold - it is the "skin" that takes over the duties of the lungs also, and keeps the human machine "going". Persons who paint their bodies with a thick yellow paste and dark stripes, to act "tigers" on some festivals, suffer heavily, if they allow the "paint" to remain on their bodies for an unduly long time, as, then the brunt of throwing out carbon-di-oxide and water vapour falls entirely on the "Lungs". Hence the necessity of keeping our skins *absolutely* clean, by removing the constantly accumulating dirt and 'effete' stuff gathering on it, both from 'inside' and 'outside' of our bodies.

The way in which people dress themselves, in India—a tropical country—in loosely fitting clothes, is most sanitary and healthy, as it allows a free play of air on every part of the body. The tightly fitting coats and trousers are most unsuited to the Indian climate, which as Lord Macaulay described, scorches our skins for the major part of the year. Exposure of our skins to the Sun produces a kind of "tan" on our skin, and

this protects our bodies, from the bites of dangerous insects and flies. A 'delicate' skin is, in no way a compliment to us. It is this "tan" that makes labourers' skins *tough*, which is their shield against any possible 'infection' from outside, to which the so-called upper classes fall an easy prey.

The skins of Aboriginal tribes and Africans who have not had the touch of civilization, are tough as they are almost naked, and as their bodies are hardened, by the varying changes in climate.

They hardly know what skin diseases are. Skins of healthy persons are shining in appearance, and hard to the touch and are not blemished by any spots, or discoloration, or eruptions, all of which indicate the presence of some foreign matter in the system. Healthy skins perspire freely.

Doctors say that in cases of fire accidents, if a third of the skin is burnt away, the chances of the burnt person surviving, are remote, which shows what vital part skin plays in human economy.

The best way to preserve skin, in a healthy state, is by applying some good oil to the body daily, preferably a vegetable oil like "Til" or gingelly oil, coconut oil or almond oil. Some prefer animal products, viz., cow's ghee, Shark liver or Cod-liver oil. Cow's ghee enters the pores of the skin quickly and is thus easily absorbed. These oils vegetable or animal—serve as food to the roots of the hair on the skin. If people, after having rubbed oil, expose their bodies to the gentle rays of the morning or evening sun, for some hours, the skin absorbs the "D" vitamin from the Sun, which plays a great part in keeping us healthy. I prescribed this procedure to two bonny children—a boy and a girl, aged two and six respectively, (in our family) and

both have shown wonderful results, in a short time, after they took to this course of applying oil and standing with oil on, in the mild sun for 2 to 3 hours daily. They both, are quite healthy and normal to-day.

It may be noted here that babes in Andhra area, are smeared with gingelly (Til) oil daily, just after they are given their daily warm water bath, and the rapid growth in babes which we notice, I attribute to this besmearing of oil over their bodies, and the consequent absorbing of "D" Vitamin, from the day light. It is unfortunate that, in upper classes and in middle classes also, to some extent, this practice of rubbing oil over the bodies after their daily bath, has given place to the pernicious practice of sprinkling the so-called scented floral powders, all over their bodies, which, I am bold to state, is a menace to the health of babies, as it hinders the skin from performing its physiological functions and as it may also get into their lungs and get into the tiny alveoli therein.

Sri Dr. A. Lakshmiopathi B. A., M. B & C. M., Principal, Ayurvedic College, Trivandrum, takes oil bath (with Til or gingelly oil) daily, and at 78, he is as sprightly as a young man of 30, and travels all over India to propagate Ayurveda. In taking oil bath daily, he is following the golden precept of Ayurveda viz., "Nityam Abhyanganam Achareth." This wholesome practice of taking oil bath, at least bi-weekly, obtains in Tamil-Nad, more than in the Andhra, where there are people who 'boast' of not having taken an oil bath, for some years together. Not an excusable boast indeed! Many of these 'boasters' insist on their boots and shoes being rubbed with boot-polish daily, to make them look bright, and yet it is very strange that they should not understand what applies to the *dead*, *leather* of their boots, applies a hundred-times more

to their *living skin*. We all know how light we feel and how soft and clean and bright our skin becomes, after an oil bath, which practice is as old as Ayurveda in India. Before marriage ceremony, and in fact, before every happy function in our homes, the persons taking part in it, have an oil-bath first. This practice of taking oil bath frequently and, if possible, daily, contributes not a little to our longevity. Expert barbers in India are specially trained in the art of massaging the bodies thoroughly, before they proceed to give us an oil bath. George Bernard Shaw and Mahatmaji who both longed to reach the Upanishadic limit of 125 years, used to massage their bodies daily, with some oil and the former used to sit on boats in the sea—close to his residence—whenever there was sunshine. (It must be noted that Sunshine is a luxury in England).

Dr. Muthu, the famous Indian T. B. Specialist who practised in England for a long time, once said that the incidence of T. B. among the peasants of India is comparatively less, as they spend most of their time in the Sun, in fields and as, thereby their bodies absorb plenty of "D" Vitamin from the Sun's rays. The Sanskrit Dictum "Arogyam Bhaskaraditcheth" (We must look to the Sun for Health), amply illustrates the "effect of Sun's rays" on our health. We see what care rich people take of their motor cars, which they oil regularly, in order to keep them in excellent running condition, and yet they pay little or no attention to their bodies. Some rich people who are too busy making money, cannot spare time even to take their food leisurely. They merely bolt down their throat, a few morsels, and board their cars to attend to their urgent money-making business. This undue haste in taking food is responsible for much of the illness that the rich are subject to. How many rich men are reaching even the biblical limit of "three-score and ten"? Another

class among the rich, spend thousands of rupees and a good deal of their time in raising costly and artistic buildings, but they cannot spare an hour daily, for massaging their bodies, with a suitable oil and then taking a warm water bath. Doctors who should know better, are the worst sinners in the matter of attending to their "Skin Hygiene" and even in observing the general rules of health, and it is why we find they are the most short-lived among the educated people.

To revert to the alarming practice of our young men donning themselves in coats and trousers in summer, as well as in winter, whether their work demands this "coat and trousers" dress or not, I must point out how some young men feel it a disgrace to go out in their age-old dhoti and lalchi, a loosely fitting cloth for the lower parts of the body, and an equally loosely fitting shirt-like garment for the upper part, and how, thereby, they are certainly undermining their health.

While Hon'ble Sri C. Rajagopalachari could act as the Governor-General of India in his dhoti and lalchi and while Hon'ble Sri Rajendra Prasad is adorning the 'Presidential' Chair in our country in his Dhoti and his loosely fitting long-coat, our young-men are ashamed of going out in their mother-land, in this simple and hygienic dress. Surely this is a change for the worse among our student population. We know the "Burmese" Ministers and other Burmese high dignitaries who come to India, stick to their age-old lungi and short-coat. Europeans in India stick to their European dress (Trousers and coat, which only shows their loyalty to their custom in their cold climate, though those Europeans working in Salvation Army have taken to the Indian costume. We hear that in U. S. A. and U. K. some women are taking kindly to the graceful and loosely fitting sarrees of the East, in preference to their tightly fitting gowns

Perhaps, many people do not know that there are some societies in the West, who have adopted "Adam's Dress". They argue that human beings have no business to clothe themselves, while animals move about naked, and that, as in the case of animals, humans also get accustomed to the rigours of the climate, if they go about naked. These societies are banned by their respective Governments and so when they go out of their colonies, they wear clothes. These "Nude Societies" have published lots of books on the benefits derived by living naked.*

Just as tooth pastes and brushes are a menace to our teeth and gums, so are soaps to our skin. Ninety-nine per cent of the soaps available in the market suck out the natural oil of our skin and dry up the skin. Costly soaps like "Cuticura" and the like, do not do much harm. Hand-milled powder made from whole green-gram, is the best for our skin, to be used both for oil baths and at other times. "Sesakar" powder comes next and the soap-nuts, used generally by many, also suck out all the natural oil, and are therefore, not desirable stuff.

Poor people take their oil baths in flowing water. They apply oil to their bodies, and wash their bodies and heads, with the pure soft mud of the river or the canal. This mud not only removes the oil applied and dirt on the bodies, but it renders our skin beautifully smooth and shining.

Sri Dr. A. Lakshmipathi, has not used any soap for over thirty years now. Instead, he uses only the green-gram hand-milled powder for his oil baths and also for ordinary baths. Surely, the fact that an experienced and a seasoned Doctor, born in the last

* Cloths of loose porous texture are most suitable for tropical climates. Close textured cloth should as a rule be shunned — E. D.

century and proficient both in Allopathic and Ayurvedic systems would not prefer green-gram hand-milled powder to the best soap in the world, for nothing. Besides being hygienic, this powder is the cheapest stuff for washing the dirt out of our skin.

The most essential things for healthy living are, in fact, the cheapest. Nothing can be cheaper than air and water (the two most essential things for living things, including plants), though even these have become costly in ~~man~~ made towns. It should be noted that any eruptions or boils on the skin should not be suppressed by poisonous ointments. On the other hand, we should observe fruit fasts for some days, taking "cooling" and "warm-water" baths, as described in Sri K. L. Sarma's Practical Nature Cure, to eliminate the foreign matter in our systems through the proper channels, which alone will eradicate these skin troubles. Ring-worm ointments and zinc-oxide pastes only drive the poison inside which will be the cause of new troubles like fevers and aches.

Sri Jawaharlal Nehru on 'Milk'

Sri Jawaharlal Nehru told Congress M. P. s on Wednesday, the 27th November, 1957, that milk was not a 'must' for maintaining normal health.

He quoted a Chinese scientist as having attributed the resistance of the Chinese people to disease to their avoiding milk.

Sri Nehru's remarks were made when a member urged during the food debate at the Congress party meeting that milk as a substitute food should be encouraged. Speaking for himself, Sri Nehru said, while in India he did not generally take milk because the quality was not always good.

Some Reflections On The Madras Session Of 15th World Vegetarian Congress

C. Banumurti, Gandhinagar, Kakinada - 500 088

THE FOREIGN DELEGATES, REPRESENTING NO LESS THAN 14 countries, expressed in no uncertain terms, their abomination of the heartless cruelty involved in killing dumb and unoffending animals for our food, when God provided us with so many kinds of cereals, vegetables, and fruits, for man to lead a happy, healthy and long life. Many drew attention to the fact that the strongest, the biggest, the most long-lived and at the same time, the most docile and noble animal, the majestic looking elephant, is a *strict* vegetarian, and exclaimed what more proof is required to show that health, strength and longevity can all be attained by living on vegetarian diet. Man has the additional advantage of partaking of milk also of some animals, which makes him a lacto-vegetarian, an advantage, if advantage it be, over strict vegetarians like the horse, the elephant and the rhinoceros. That the incidence of Cancer, (the biggest killer of humans) is greatest among non-vegetarians, was stressed by many speakers, which is a naked fact. Some pointed out, the structure of human teeth, and the length of the Alimentary Canal in human beings, is in close accord with the structure of the teeth and the length of the Alimentary Canal in "vegetarian" animals like the cow, the elephant, the goat etc. It is significant that a cat—an omnivorous animal—does not even smell a sweet smelling plantain, while not even Gods can induce a cow or an elephant, even to smell a non-vegetarian dish—let alone eating it. How rigid, the Almighty made the demarcation between vegetarian and non-vegetarian animals! Man alone

LM 2.142
257.15.5

the Lord of creation, with the gift of extraordinary intelligence and capacity to imitate his Maker, in creative capacity, has fallen so low as to find "CARRION" dishes as great 'delicacies' for his dinner table.

The havoc of mass destruction of God's creatures, committed by one single man, for satisfying his hunger was pointed out by Dr. Ralph Bircher, who quoted official statistics in 1955. According to him a seventy year old American consumes during his life time, 150 carcasses of fat cattle, 26 fat sheep, 310 fat pigs, 228 forced-fed calves, 2400 forced-fed chickens etc. This mass murder does not include fish, sea-foods, and other creatures killed for food. He further says that the average Australian would eat 62% more animals in 70 years than the average American. He asks us to see what *staggering* destruction of life, and infliction of suffering, is caused by only *one man*, on a heavy *meat diet*.

Huge wall-posters showing in brilliant colours, the horrors (which anyone can see in the slaughter houses in big cities in India) and the callousness of persons handling the carcasses and cutting the throats of terrified and struggling animals, were put at all the prominent places in the city. Smaller sheets of these posters, showing the variety of food stuffs provided by the Almighty in the vegetarian world for our food, side by side, with the horrors of the inferno of slaughter houses, were distributed to all the delegates, and the public assembled in the meeting hall.

Many foreign delegates expressed grave concern over the fact that many young-men in India who have had contact with Western countries have unfortunately been taking to meat-eating, (as if it were a sign of civilization and superiority) which, (they deplored) is the greatest menace to India, with its fast growing population. They looked to India—the land of Buddha and Gandhiji—for a lead to the West, in the matter of

turning non-vegetarians to vegetarians. A delegate from Turkey pleaded for vegetarianism in very strong language, and said that it cures diseases. He is a believer in Naturopathy which has many votaries in his land. The vegetable and fruit exhibition, held in the Rajaji Hall was so representative of almost all the vegetables and fruits grown in South India, that it attracted quite a crowd of people; who had to stand in long queues waiting for hours, to see the various stalls. The one *not very attractive feature* was, the Exhibition of vegetarian savoury and sweet refreshments, prepared in Dalda, which, we all know, is detrimental to health and longevity.

The Dutch Vegetarians prepared a three foolscap page pamphlet dealing with all the good aspects of vegetarianism, as against non-vegetarianism, and expressed their great hope of India successfully tackling this question of vegetarianism supplanting non-vegetarianism, leading eventually to the one-world ideal, which the world pacifists are eagerly looking for, in this terrible Atomic age. The untiring zeal and perseverance of Sri Rukumini Devi, M. P., (who is fighting for stopping the needless slaughter of lakhs of monkeys being transported to the West, for the fruitless attempts of doctors for saving men from polio-attacks.) in conducting the proceedings of the Congress Session in Madras, extracted the admiration of one and all, assembled in the Congress Hall.

A few figures given below show what great trouble the world vegetarian movement is taking to turn people from meat-eating to vegetarianism:

Some statistics (collected)

Cost per Ton:

Wheat	£ 31	Beef	£ 133
Oats	£ 26	Mutton	£ 322
Rye	£ 24	Pork	£ 303

Land Required:

The problem of over-population is overshadowing the future of humanity. At present, it is estimated that there is about *one acre* of fertile land per person in the world, which is available for food production of all kinds.

A vegetarian needs 0.5 or 0.6 acres of land, which includes a certain amount of dairy produce.

A meat-eater needs 1.63 acres of which 1.3 acres are needed solely to provide flesh foods.

Vegetable foods	lbs.	Animal foods	lbs.
Wheat, barley, oats, rye 2,000 to 2,500		Beef, including meat extracts like Bovril	168
Beans, maize 3 to 4,000		Mutton and lamb	228
Rice 4 to 5,000		Pork, bacon, ham and all pig-meat	300
Potatoes 20,000		Eggs, poultry and game	400
Carrots 25,000			
Turnips 30,000			

“Cost of Ill-Health”

In a written reply to a question by Shri D. C. Sharma in the Lok Sabha on the 28th November, 1957, the Minister for Health disclosed that the total value of sulpha drugs imported during the first Five-Year Plan period was Rs. 4,33,86,809. The total value of sulpha drugs manufactured in the country during the period was approximately Rs. 17,89,560.

To another question by the same Member, the Health Minister said (in a written answer) that a sum of Rs. 1,89,49,951 was spent by the Government of India on “anti-tuberculosis work” in the First Five Year Plan.

What We Should Know About The Human Body

II-THE TISSUES

Dr. K. S. Jamwal, Drug Research Laboratory, Jammu-Tawi, Kashmir, & Sri S. Swaminathan, New Delhi

(Continued from page 30)

In our first communication we discussed the structure and function of the cell, which is the basic unit of the different organs. If we proceed further and make an anatomical analysis of the organs, we see that they consist of various textures, called *elementary tissues*. Even as one's garments are made up of textures like cloth, lining, buttons, etc., each organ is composed of various tissues. The elementary tissues come under the following four heads:—

1. Epithelial tissues
2. Connective tissues
3. Muscular tissues
4. Nervous tissues

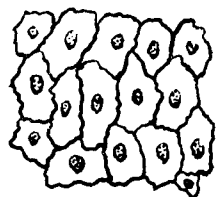
These are being discussed below in some detail.

EPITHELIAL TISSUE

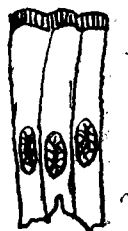
The epithelial tissue is composed of cells united by a minimal amount of connecting material and spread out as membranc, covering a surface or lining the cavity of hollow organs. Epithelia may be grouped into two great classes each of which may be again subdivided according to the shape and arrangement of the cells.

Class I – Simple epithelium — An epithelium consisting of only one layer of cells is known as simple epithelium. Its sub-groups are :—

(a) *Pavement epithelium*—This consists of a thin layer of cells and lines the air sacs of lungs, serum sacs and internal surface of blood and lymph vessels.



(b) *Cubicle and columnar epithelium*—Here the cells are thicker. Cubicle form is found in the thyroid alveoli, tubules of testis, and ducts of many glands. Columnar epithelium lines the alimentary canal from the stomach, to the anal canal.



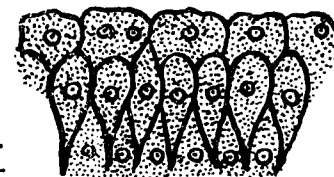
(c) *Ciliated epithelium* : The cells are columnar in shape and surmounted by a bunch of fine filaments. They line the air passage, fallopian tubes, testicular ducts, ventricles of brain and the central spinal canal. The fine hair-like processes (cilia) attached to the free edge of the ciliated cells serve certain useful purposes. The ciliary processes in the respiratory passages prevent foreign matter, e. g. dust, mucus, etc., from entering the lungs; those in the uterine tubes convey the ovum into the uterus.



The mucus-secreting cells which lie in the walls of glands and ducts lined by columnar (plain or ciliated) cells are known as *globlet cells*. They are found in large numbers in the walls of the trachea, colon and the stomach.

Class II – Compound epithelium An epithelium which consists of more than one layer of cells is known as compound epithelium. It can be classified into two sub-groups :—

(a) *Transitional epithelium* It is found lining the bladder, or ureter, where it is useful, because it can stretch out or contract over the wall of the cavity. The deeper cells are columnar ones, somewhat pear-shaped. As they multiply, the superficial layers of transitional epithelium are cast off.



(b) *Stratified squamous epithelium* Here the cells are arranged in more numerous layers. It provides a more resistant covering to surfaces, where outermost cells are constantly shed off and require replacement by deeper cells; hence is found composing the epidermis and lining of various orifices of the body. It lines the upper end of the alimentary canal from mouth to gullet opening in the stomach and cornea.

Nutrition of epithelium It has no blood vessels and is nourished by *lymph*. When the blood is circulating through the thin-walled small blood vessels in the tissues beneath the epithelium, some of its fluid constituents escape. This fluid is called lymph; it penetrates to all parts of the cellular elements of tissues and nourishes them.

The epithelial cells mainly serve as a protection for the tissues beneath. They are also found in the various glands, whose functions will be described later in detail.

CONNECTIVE TISSUE

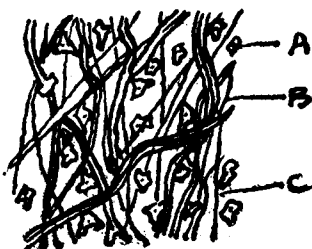
The connective tissues are the following :—

1. Mucoïd tissue
2. Areolar tissue
3. Fibrous tissue
4. Elastic tissue
5. Adipose tissue
6. Reticular and lymphoid tissue
7. Cartilage
8. Bone
9. Dentine
10. Blood.

At first sight, they appear to form a very heterogeneous group, including the most solid tissues such as bone and teeth and the most fluid, blood. But, they resemble structurally and functionally.

(a) *Mucoïd or jelly-like tissue*—It is solely found in the embryo and after birth, it is found only in the vitreous humour of the eye-ball.

(b) *Areolar tissue* — This is a very typical connective tissue and has a wide distribution. It forms sheaths for muscles, nerves and blood vessels, glands and internal organs.



A-Connective tissue B-White Fibres C-Elastic Fibres

(c) *White fibrous tissue*—This is a kind of connective tissue, in which white fibres predominate. It is found in tendons and ligaments, in the periosteum, 'duramater' of the brain, true skin, sclera of the eye and in the thicker fasciae.

(d) *Elastic tissue* — This is a form of connective tissue, in which yellow or elastic fibres predominate. It is found in the ligaments flava of man, in the arteries and veins, in the lungs and trachea. In the blood vessels and in the air tubes of the respiratory tract, the elastic tissue assists in keeping them open. In the ligaments, it helps in performing sustained muscular effort.

(e) *Adipose tissue*—In almost all regions of the human body a larger or smaller quantity of adipose or fatty tissue is present. The chief exceptions are the subcutaneous tissue of the eyelids, penis and scrotum and the cavity of the cranium.

(f) *Reticular tissue*—Reticular or retiform tissue is a kind of connective tissue, in which the ground substance is of more fluid consistency, than elsewhere.

(g) *Adenoid or lymphoid tissue* This is reticular tissue, in which the meshes of the network are largely occupied by lymph corpuscles. It is found in lymphatic glands, thymus, tonsils, etc.

(h) *Cartilage* This consists of cells embedded in a firm, translucent ground-substance, found principally at joints and between bones. It derives its blood supply from a covering membrane known as *perichondrium*. It is non-vascular. Cartilage is divided into two chief kinds, (1) Hyaline cartilage and (2) Fibro-cartilage.

(i) *Hyaline cartilage* It forms a smooth lining on bone ends, found in rib-cartilage, cartilage of nose, wind pipe, ear and larynx.

(2) *Fibro-cartilage* It occurs in semilunar cartilage of the knee joint, hip bone and in intervertebral discs, pinna of the ear, epiglottis and larynx.



(i) *Bone* Bone contains nearly 50% of water and the rest is solid matter, composed of inorganic and organic substances. Inorganic substances are calcium phosphate, calcium carbonate, calcium fluoride and magnesium phosphate. Organic matter is chiefly collagen, which is converted into gelatin by boiling.

(To be continued)

Question in Lok Sabha

Those who chew tobacco were more pre-disposed to cancer, according to data collected by the Indian Cancer Research Centre, said the Health Minister, Shri D. P. Karmarkar.

Replying to Shri Bibhuti Mishra, M. P., the Health Minister said that persons smoking cigarette and bidi were liable to be victims of lung cancer. The Indian Cancer Research Centre had given publicity to their findings. Government also proposed to give further publicity.

To a supplementary by Shri P. C. Bose, the Health Minister said that Government are in close touch with various journals and researches carried on not only in England but in other countries and that there also it had been found that there was a greater proneness to cancer in the case of tobacco smokers than in others.

Dangers of Microbe Worship

By F. W. Cope, F. N. I. M. H., D B. M.

Ever since we were introduced to the microbe by Lister and Pasteur we have embraced him lovingly. We have set him up as a graven image, and worshipped him with feverish and fearful fervour. We have offered him boiled sacrifices, and plastered him with artificial antiseptics.

CARBOLIC VERSUS BLOOD

The trouble is that we have, in a general way, become so obsessed with the microbe, so convinced of his omnipotence and omnipresence, that we have altogether lost sight of the fact that his attacks upon us would be entirely without effect if only our defences were in any sort of physiological order.

The only true antiseptic is healthy blood, and when we consent to cultivate that we shall be in a position to defy the microbes. We shall never counter him with carbolic and chloroxynol preparations. "How are we to obtain healthy blood?" you may reasonably ask. To this I reply, "By casting aside your pseudo-scientific catch-words and by applying a little common sense to common things." We need seek no further for a justification of this proposition than the way in which children are treated in most civilized countries.

PAMPERED FROM THE CRADLE

From the moment he leaves his mother's breast a child is divorced from common sense to become the puppet and plaything of the pseudo-scientist. He is coddled and over-clothed against imaginary chills, he is fed with artificial pap so that he may achieve adenoids and indigestion and grow to resemble, with his prominent teeth and undeveloped lower jaw, a rabbit rather than a human being.

If he runs, he perspires. and being made of some super-clay, the little darling must not perspire.

So his skin remains inactive, his muscles unexercised, and his skeleton a scarecrow.

If we were to apply a little common sense to the so-called "problems" presented by rickets, adenoids, appendicitis, and even tuberculosis in young children, we should not fail to realize that these and many other diseases, to say nothing of chronic but undefined ill-health, were due to an impious defiance of Nature's laws.

These are the diseases of mere stupidity—the arrogant and unimaginative stupidity of the alarmist pseudo-scientist who imagines he can improve upon the milk in Nature's laboratory by boiling all the vitality out of it.

Health From Herbs

Help us to Propagate Nature-Cure Further

Subscribers are requested to communicate three addresses each to whom a specimen copy of The Life Natural will be sent.

Books By K. Lakshman Sarma

FASTING CURE AND VITAL ECONOMY

(2nd revised and enlarged edition) Rs. 1— 50

"It is the best book on this subject being written so that any one can understand and follow its teaching. We do not know of another book in which Vital Economy and Positive Feeding are so clearly explained."

Radiant Health Messenger, Australia

CONSTIPATION DYSPEPSIA

AND CONSUMPTION (2nd Edition) Rs. 2

The problems of constipation and of dyspepsia are the most outstanding contributions of civilisation to the chronic misery that life is to the civilised man. Constipation and dyspepsia are admittedly incurable by any but natural measures.

SUNLIGHT FOR HEALTH

By RAMACHANDRA SHARMA, M. Sc.

Even the dreaded tuberculosis of the lungs has been found to respond to mild sun-treatment, combined with judicious dieting. Sunlight stimulates circulation and helps in the vital processes of assimilation and elimination. It purifies the blood; tones up the nerves; rejuvenates the skin. Practical methods of sun-bathing are described.

Re. 1

If You Get this Journal Unasked

Please take it that it is sent at the instance of a friend interested in your welfare. If you like the contents you are requested to become a regular subscriber by remitting the annual subscription of Rs. 5.

Review

Health Without Drugs

This is a book in Sindhi written by Sri Bhojraj K. Chhabria an experienced naturopath of Bombay.

The main contents of the book are Causes of Diseases, Germ-theory, Natural methods of prevention and cure, Fasting, Hydropathy, Chromopathy, Mud cure, Yogic Exercises, Massage, Food Reform, Fruits and Herbs, Rules of Health etc.

To those who know only Sindhi this book should be useful. Price Re. 1.25

Available from:

NATURAL HEALTH HOME,
Block C. 691, Ulhasnagar 4 (Bombay)

VEGANISM

OFFERS

ENDLESS VARIETY OF
delicious and nutritious
NATURAL FOODS

Exclusively from the
vegetable kingdom

FRUITS	NUT MILK
NUTS	COCO MILK
VEGETABLE	VEGE OILS
CEREALS	DRIED FRUITS
PULSES	MILLETS
LEGUMES	BROWN SUGAR
OIL SEEDS	LEAVES
VEGE SEEDS	HERBS
COCONUTS	SALADS

Medicine Vs Ways of Living

Dharam Chand Sarawgi

In September 1953 the World Medical Association General Assembly which was attended by 500 delegates from different parts of the world adopted at its closing plenary Session at the Hague a report declaring "Experience does not seem to prove that man on the whole is getting healthier by every step forward by the Welfare State. True, some old scourges have been taken away from him but new and more insidious ones are taking their place".

In our daily experience also we see that although the use of medicines has increased and doctors and scientists are making untiring efforts to invent more and more effective drugs and medicines, the health of the common man has deteriorated. If we just have a look at the health of those living 50 or 60 years ago (not to go far back) and compare it with that of ours today we will surely find that their health was much better than ours. This goes to prove that medicines do not pay in the long run. They are not the proper remedy for our health. How can a thing claim to be a remedy if it deteriorates rather than improves health?

It, then, naturally follows that the search for a remedy for health is still to be made. We read in books on health and heart-specialists speaking that the real solution of our health problem lies in our own regulated diet and restrained way of living. Such specialists have spoken in unambiguous terms that it is the regulated diet and similar way of living that matters, not the medicines. They recommend use of medicines only when for being irregular in our diet and proper way of life we fall ill.

This means that it was necessary to popularise general rules of diet and proper mode of living to improve the condition of the health of the common man. But no sincere and real effort has ever been made to educate the public to follow dietetic principles and natural ways of living. In their stead use of medicines was propagated in various ways. May be for the selfish interest of the doctors or inventors or manufacturers medicines, were profusely advertised. This gave currency to their use and, as the doctors have said, the medicines while suppressing one disease gave rise to another still more dangerous.

Thus diseases, epidemics, pestilence invaded human beings one after the other from all quarters and their sufferings multiplied in leaps and bounds. The use of medicines increased so much that the medical men themselves had to complain against their excessive use. Sir Alexander Fleming the famous inventor of penicillin once remarked that this medicine is used too freely. He explained "many people given the drug for unimportant ailment become sensitive to it. This meant that in case of later serious illness for which it could normally do much good the cure was something worse than the disease." In our country we see that the doctors are practically mad after penicillin and prescribe it for every disease whatever. The excessive use or misuse of penicillin in such circumstances is but natural.

It is really a pity that we go on using medicines without considering the least the ways of Nature. This is why we are losing our health gradually and continuously. Nature has provided within ourselves such elements that always help to purify our body. The only thing necessary is to see that we do not allow those elements to grow weak by our unnatural way of living. Had we been conscientious about this we

would not have spoiled our health. Since the time we began to take medicines in place of following the natural rules of health our troubles have increased. This is why men of experience and knowledge advocate living a natural way of life rather than taking medicines. This was the ground of Mahatma Gandhi's opposition of the use of medicines. Let it be known in general that we can never improve our health if we ignore Nature.

Our condition has become very peculiar. Every action of ours goes against the natural rules of health. We do not practise restraint in our diet nor do we improve our ways of living. Whatever, whenever and wherever is offered to us we sit to it without considering the least what is useful and necessary for our health. We take rotten things of the bazar, infested though they may be with injurious germs and take them in dirty places and thrice dirty dishes. Whether hungry or not if we come across certain meals, which we are fond of, we would not mind taking it in abundance. We can neither resist our own temptations nor can we resist the persuasion of our friends or relations to take more meals than required by Nature. We behave as if we live to eat and not eat to live. No wonder as a natural consequence of this we suffer from ill health and serious diseases.

Our other ways of living are also wrong. We have forgotten the useful proverb early to bed and early to rise altogether. We would not take physical exercises, not even take a morning walk. We do not know when to work and when to take rest. Above all we are becoming sluggish and lazy by nature. This fact has been endorsed by Dr. Dudley White, heart specialist to President Eisenhower who while sounding a note of warning saying that the most common form of death in future years

will be caused by Coronary Thrombosis had remarked "in U. S. A. 52% of all deaths recorded were due to heart disease. This high incidence was due to the fact that we are getting soft. Two important elements in the rise of heart cases are too rich a diet and lack of exercises."

With practically this state of affairs in view Mahatma Gandhi had also once remarked that to improve the health of the society it is necessary that at least for a decade the poor should be given the diet of the rich and the rich that of the poor.

The tendency of softness as Dr. Dudley calls it, has spoiled our mental structure altogether. The inventions of machines have added fuel to the fire. We have become addict to machines and delight in getting our work done by machines without giving the least exertion to our body. The common man is not becoming self-reliant but is becoming machine slave.

We have actually forgotten all ways of nature and have imbibed within us such habits as can never do us any good.

This state of affairs has to be changed. We cannot achieve good health by going away from Nature. We shall have to co-operate with Her and if because of our present mode of life we cannot avoid certain irregularities we shall have to make them good by regular exercises and casual fasts etc. Anyhow we must exercise control over our diet and improve our way of living to attain good health.

PRAKRUTI JIWAN

Telugu monthly on Nature Cure

Editor : C. Bhanumurti, B. A., L. T., N. D.

Published by

Sri Ramakrishna Prakruti Ashram, Bhimavaram,
(Andhra State)

Science and Human Well-Being

REVIEW

Science is the God of the present century. We are being indoctrinated by the Press with the notion that Science is going to solve all our problems and save us from the perils that threaten us. But we, have the clear pronouncement of a scientist, Prof. A. V. Hill, which ought to suffice to cure us of this superstitious belief about science:—

"There are those who believe that more and more of technological improvements are the only things required for the betterment of mankind. One could easily be denounced as a reactionary for not being sure that human ingenuity through science would be sufficient to provide all indefinitely with a better life. IN FACT, EVERY TECHNICAL ADVANCE, EVERY SCIENTIFIC OR MEDICAL DISCOVERY BROUGHT WITH IT HUMAN PROBLEMS TO SOLVE, MORAL, SOCIAL, POLITICAL OR AESTHETIC. To imagine that scientific and technical progress can solve all the problems that beset mankind is to believe in magic, and magic of the unattractive kind, that denies a place to the human spirit."

Science itself has been the means of creating vast problems of health, of human character and welfare, as our readers, are likely be aware. There is the so-called science of 'medicine,' which is engaged in building up chronic incurable diseases, under the pretence of curing conditions which are only superficial and need only making amends for past mistaken ways of living. There are the trades in denaturing our food, depriving it of essential constituents, so as to enable commerce to earn profits. And science, being purchaseable, serves as the willing accomplice in converting good, fresh foods, supplied by Mother Nature, into stale, defective,

dead ones, coming to us in tins after a long long delay. These are only a few instances. So-called progress, which science has helped to bring about, is posing us new problems to solve, as Prof. Hill has pointed out. Science can be only what the scientists make of it. It cannot do good except in the hands of capable and philanthropic men. And such men are much rarer now than they were about fifty years ago. Readers would remember Swami Vivekananda's warning against science, given out many decades ago.

Some grievous injuries to human welfare that Science has perpetrated are laid bare in '*Science and Progress*', by Dr. J. C. Kumarappa, wherein he discusses the evil things that Science has helped to produce,—things which are insidiously undermining our health and thus helping to increase the incidence of diseases of degeneracy, such as cancer and diseases of the heart. There is the denatured, highly polished rice, very profitable to the *middle men* who intercept the grain and store it up, to sell it at a high profit. There is the Nakali Ghee, called Vanaspati, which is only denatured oil, which serves no hygienic purpose, but only enables Big Business to reap enormous profits. There are the artificial chemical fertilisers, which serve to worsen the hygienic qualities of the food grown, so that they become deficient in organic minerals and essential vitamins, and finally destroy soil-fertility by using up the HUMUS, which is not renewed—as it ought to be—by the free use of natural manures. There is also the increase of unemployment, due to the establishing of factories, displacing cottage industries. These and other allied facts are ably dealt with and the evils exposed by the author, who is an ardent follower of the Gandhian way in economics and other fields. A translation of this valuable book into Tamil has been made and published by a fellow-worker, Sri M. Vinayak. The original English book costs

Re 1. and the Tamil version costs Re 1.25. Both are available from M. Vinayak, P. O. Rayavaram, Via Tirumayam, Tiruchi Dt.; Madras State.

We earnestly advise our readers to obtain and study this book, and act upon the suggestion given therein.

Madras Woman M.P. Urges Ban On Export of Monkeys

New Delhi, Dec. 6

The Rajya Sabha today heard an impassioned plea from Smt. Rukmani Devi for banning export of monkeys from India which, she said, involved "inhuman cruelty and misery" to the animals.

Quoting copiously from foreign journals to illustrate "the tale of suffering" of monkeys exported for experiments, Smt. Rukmini Devi, who has long been actively associated with the Society for the Prevention of Cruelty to Animals, said "If our bodies are to benefit at such cost, personally I think it is not worthwhile. We have no right to benefit from a science which is cruel. But surely, a world which can produce atom bombs can also produce medicines without cruelty to animals."

She was speaking on her resolution calling for a ban on the export of monkeys. She had concluded when the Sabha adjourned till Monday. The resolution which cannot be taken up during the remaining part of the session, lapses.

The animals' voyage of misery, Smt. Rukmini Devi said, often began with their being "torn from the mother's breasts. Then followed the horror of catching them in nets, they screaming ceaselessly, and bundling them in crates for being transported in trains. If

anybody who saw them being huddled in the vans and then being thrown about as if they were inanimate objects on stations remained unmoved by the sight, he could not be a human being. In this way, 20,000 monkeys were exported in 1953 and now the figure was two lakhs.

She said various rules meant for regulating the handling of this business had been of no use. Wanton cruelty continued. The only safeguard was to leave the animals in the forests.

When a member interjected: "What about their menace?" Smt. Rukmini Devi retorted: "Surely we are not going to export all things that are a problem to us here. This whole thing is definitely a blot on India. If the monkeys destroyed food, it is for us to see how we can meet that problem. But, the greatest menace is man himself. Let it not be forgotten this problem has come up for two main reasons—deforestation and interference with wild life."

When another member said: "We have to be practical", she said: "The most practical thing is to have a human approach. In this country of the Buddha and Ashoka, is incompassion to animals the most practical thing?"—PTI.

The Indian Express, Madras.

Drugless Healing

By Prof. L. Kamesvara Sarma, M. A.

"is concise and yet comprehensive, simple and yet exhaustive and full of details, and will serve not only as an introduction to the study of the philosophy of Nature-Cure and its practice but also as a book of ready reference after one has studied the subject from various sources and points of view."

REVISED FOURTH EDITION (1948) RUPEE 1

Tobacco & Cancer

Results Of Study In India

New Delhi, Dec. 7

Investigations have been conducted in India to ascertain whether smoking or chewing of tobacco leads to the development of cancer of certain organs.

A study carried out in 1950 shows that the incidence of cancer in the region of the mouth was more common in Bombay than in New York or London. While 36 per cent of the cancer cases treated in a cancer hospital in Bombay were those of cancer of the mouth, the corresponding percentages in New York and London were 16 and 7 respectively.

Analysis of data collected in the course of the investigations suggests that the habit of chewing tobacco is probably one of the factors for the high incidence of cancer of the cheek, that of *bidi* smoking and tobacco chewing for the high incidence of cancer of the back of the tongue and upper part of the throat, and that of smoking *bidi* and cigarette for the high incidence of cancer of the lower part of the throat and adjacent part of the food-pipe.

The marked difference in chewing and smoking habits among the people of India explains to a certain extent the difference of the site of cancer of the mouth and the throat.

Investigations have also been carried out in Europe and America to determine the role of smoking in the development of lung cancer. The evidence collected so far suggests that the habit of excessive smoking of cigarettes is probably associated to a large extent with increased incidence of cancer of the lungs in those countries.

While investigations on this subject are in progress, it may be inferred that the habit of excessive chewing of tobacco and smoking of bidis and cigarettes can be one of the major causes leading to increased incidence of cancer in certain regions of the mouth and throat and the lungs.

The Indian Express, Madras.

Copies of

The Life Natural & Sarmas' Books

are available in DELHI from :

1. NEW BOOK DEPOT,
Connaught Place,
NEW DELHI-1
2. IDEAL BOOK DEPOT,
21, Shanker Market, Connaught Circus,
NEW DELHI-1
3. RAMA KRISHNA & SONS,
Booksellers, 16-B, Connaught Place,
NEW DELHI-1.
4. RAM KUMAR GUPTA,
House No. 10983, Shidi Pura, Temple Street,
DELHI-5.
5. JANTA BOOK DEPOT,
2324/1, Pili Bldg., Arya Samaj Road, Karol Bagh,
NEW DELHI-5
6. A. D. KOHLI,
295-A, Lajpatrai Market, Chandni Chowk,
DELHI-6

and all other leading booksellers & news agents
in Delhi & New Delhi.

The Sandler Diet for Preventing Polio

By J. I. Rodale

Dr. Benjamin P. Sandler of North Carolina stopped a polio epidemic in its tracks by going on the air and into the news columns with a diet for preventing low blood sugar. He stopped the epidemic, and he caused such a drop in the profits of ice cream and soft drink manufacturers that the diet was very soon buried from sight, even though Dr. Sandler's experiments had been published in the highly respected *American Journal of Pathology* for January 1941.

Dr. Sandler was at the Oteen Veterans' Hospital near Asheville, North Carolina, in 1948 when a polio epidemic struck the state. He claimed that he could establish complete immunity to the disease within a 24-hour period. On Thursday, 5th August, of that year the United Press carried the story through North Carolina and several neighbouring states who were also suffering severely. The polio epidemic stopped in its tracks after the diet had been highly publicized in the local papers and radio.

WHAT IS THE DIET?

The diet Dr. Sandler recommends is not one that the average American will look on with great enthusiasm, for it eliminates some of his favourite dishes. Your neighbour will laugh at

you when you say that too many sweet foods may be the chief cause of polio. Yet your neighbour knows that sweet things are not good for him; deep in his heart he knows it. And the evidence against modern, refined sweets is so overwhelming that they seem to be implicated in almost every disease of our century.

Now about the diet that will bring blood sugar back to normal—it is not at all difficult to follow and it is certainly the most healthful diet anyone could eat, low blood sugar or not. Can you go on the diet for a day or so, then go back to your former ways of eating and expect to be immune from polio for the rest of your life? No, you cannot. But it has been our experience that if you stay on the diet for a month or so you will have no wish to go back to your old ways of eating. This holds good whether you are nine or ninety.

Actually the diet boils down to a few very simple rules. Eat lots of protein; go easy on the starches and sweets. Eliminate entirely products made from refined sugar—that means desserts of all kinds. Don't forget that prepared dessert mixes as well as most mixes of any kind (muffins, pancake, etc.) contain white sugar and white flour. [Excess of protein is bad.—Ed.]

Now is this really such a difficult diet to follow? Will this cause you any real hardship in preparing meals? What will you serve for dessert? Fruit, of course, fresh and raw—as delicious and satisfying a dessert as

anyone could want. How can you do without spaghetti and macaroni, noodles, pancakes, pie, doughnuts, pastries? Just forget that they exist; cross them permanently off your grocery list. And in addition, forget about bread unless it's the very finest whole grain bread that can be bought and even then don't eat more than a couple of slices a day. Dr. Sandler forbids bread entirely on his diet

Health From Herbs, England.

Herbal Preparations

In these days of artificial farming compost grown herbs are a necessity to maintain normal health.

Herb-Food-Medicine prepared from Sattvic herbs can be taken along with every meal.

Herbal tooth powder keeps the gums strong, stops bleeding and also cleans white.

Herbal bathing powder prepared along with sweet smelling roots, barks and flowers smoothes the skin.

Herbal bathing oil prepared with sattvic herbs and pure coconut oil cools the brain and ensures growth of hair and prevents them becoming grey.

The above preparations are recommended by the editor of this journal, Mrs. C. Mackenzie, F. I. N. T., the French lady Naturopath of Bangalore, Sri S. Swaminathan of New Delhi and many other Western and Indian Naturopaths.

Write for price list to:

N. RAMASWAMI PILLAI,

Naturopathic Herbalist, Koruppur.

P. O. ADIAKKAMANGALAM (Via Tanjore)

Madras State.

Gurudev Dr. Radhakrishnan's Blessings to
CITIZEN



VICE-PRESIDENT'S SECRETARIAT
NEW DELHI.

August 15, 1953

My dear Khera,

Thank you for your letter of 13th August. I am glad to get the copies of 'Citizen' and read them.●

It is a pleasure to know that your journal is being read by men and women in our schools and colleges. I hope very much that the journal will find a larger circle of readers.

Yours sincerely,

S. Radhakrishnan
(S. Radhakrishnan)

Shri Ishwar Das Khera,
Managing Editor, Citizen,
884, East Park Road,
Karolbagh,
New Delhi 5,

Activities In Delhi

BASIC NATURE-CURE STUDY GROUP

The Thirty-Fourth Basic Nature-Cure Study Group commenced its sittings at 26, Todar Mal Road, New Delhi, from the 15th December, 1957. The sittings are held daily from 7-30 p.m to 8-30 p.m. and the the Group is expected to conclude on the 1st March, 1958. The discussions are held in English.

The Thirty-Third Basic Nature-Cure Study Group, which used to meet regularly at Bazar Sita Ram, Delhi, from the 6th October, 1957, concluded its sittings on the 14th December, 1957.

TALKS ON NATURAL HYGIENE

Sri S. Swaminathan gave the following talks :

- 1-12-57 "Diet in Health and Disease" at 28, Todar Mal Road.
- 2-12-57 "Conservation of Vitality" at Delhi Public Library.
- 8-12-57 "Health The Natural Way" at Arya Samaj, Dev Nagar.
- 8-12-57 "Diet in Health and Disease" at 28, Todar Mal Road.
- 9-12-57 "Conservation of Vitality" at Delhi Public Library.
- 11-12-57 "Practical Tips to Perfect Health" at the Ramjas Higher Secondary School, Daryaganj.
- 13-12-57 "What is Nature-Cure?" under the auspices of the Delhi Study Circle, Social Education Centre, Paharganj.
- 21-12-57 "Food and Nutrition" — Karol Bagh Centre.

21-12-57 "An Introduction to Natural Hygiene"
X/86 Mill Gate Quarter, Delhi Cloth
Mills, Delhi.

Sri J. C. Sarma gave the following talks:

16-12-57 "Fasting in Chronic Disease" at Delhi
Public Library.
23-12-57 "Fasting in Degeneracy Disease" at Delhi
Public Library.

The following were the subjects discussed at the
Advanced Study & Discussion Group:

8-12-57 "Nutritive Deficiencies"
15-12-57 "Salivary Digestion"
22-12-57 "Gastric Digestion"

Sarma's Nature-Cure Sanatorium

Ganeshnagar, Pudukkottai, S. Ry.

Director: K. LAKSHMANA SARMA

The Sanatorium is situated in an ideal spot on
a high level in the north-eastern border of the town
bordering on the forest, with two fine rain-fed tanks in
close proximity.

While undergoing treatment the patients are
taught the theory and practice of Nature-Cure so that
they may become their own doctors and also be able to
treat the members of their families.

In summer the heat in Pudukkottai is ten degrees
less than Delhi, Allahabad and Vijayawada in the North.
It is not very cold in winter. Good vegetables and
tender coconuts are available all through the year.

For charges etc., please write to the Manager.

Printed at the Co-operative Press Limited, Pudukkottai, and
Published by L. Tyagaraja Sarma, Ganeshnagar, Pudukkottai.

The National Anti-Vaccination League

2nd FLOOR, 26-28 WARWICK WAY
LONDON, S. W. 1. ENGLAND

The National Anti-Vaccination League is
an organisation that is fighting for freedom,
for the right to get health and maintain it in
whatever way we think fit.

The League's resistance to compulsory
vaccination against smallpox, carried on over
many years, brought about the repeal of the
English and Scottish Vaccination Acts.

The League helped many Indians in their
fight against compulsory vaccination in the
days when the British were in control. It is
still ready to help Indians where its help is
needed. The manufacture and testing of
vaccines causes gross cruelty to animals,
especially calves, and vaccination has killed
and injured many human beings—babies, young
children, adolescents, and adults.

Study the subject and when you are con-
vinced that vaccination is an evil thing, join the
League. Annual subscription for membership
5 shillings. Subscription for bi-monthly journal
4 shillings a year. Work for the cause of pure
blood and natural living.

Completely revised 9th edition (November 1956)

 $\mathbf{B} \mathbf{y}$

Rs. 12-50 or 21 shillings or \$ 3

“The present book is a comprehensive account of the system of Nature-Cure in relation to a healthy life with particular reference to India. The author is a well-known exponent of the subject. His method of writing bears the impress of conviction and authenticity. Several case-studies, illustrations and practical hints, not to mention his pious attitude to the whole subject, make the book – it is the ninth edition – extremely interesting. It is a book to be kept in every home.”

“Here is a good book written by a doctor-philosopher. Dr. K. Lakshman Sarma is a pioneer among naturopathists and runs a sanatorium. He has spared no pains in making the book a very useful one.”

“The reviewer has been following for the past 25 years Sarna’s methods for the treatment of illnesses among relatives and friends and ‘*Practical Nature-Cure*’ continues to be his guide.”

“This standard work on Nature-Cure, the ninth edition of which has recently been published, needs no introduction. Surveying a wide area of subjects pertinent to its main theme, the book attempts to present a clear exposition of the laws of health, metabolic process, food values, disease-prevention, curative agencies of natural elements, diseases and their cure, and so on.”

The Life Natural Book Depot

GANESHNAGAR, PUDUKKOTTA1, S. Ry.

Printed at the Co-operative Press Limited, and
Published by L. Tyagaraja Sarma, Ganeshnagar, Pudukkottai.

[illegible]