

The Life Natural

vol-16

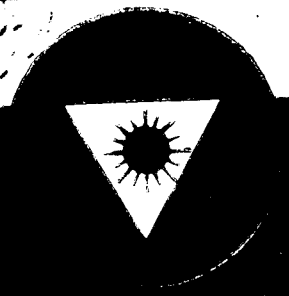
NO-9

May-1958

JL
Lm2, N42
N55-15.9
159994

53

MAY
1958
[50 Naye Paise]



THE LIFE NATURAL

Whooping Cough Cured Naturally

K. Narayanan

Miraculous Cure of Leucorrhoea

C. Bhanumurthi



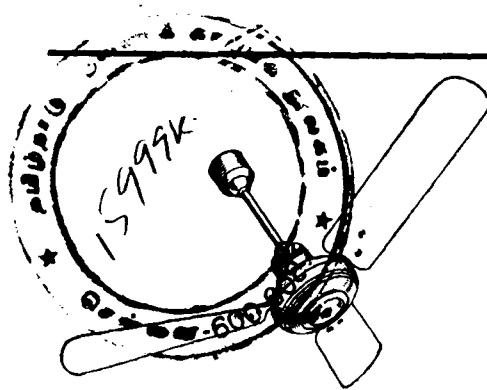
Stop Implanting Disease

Editor

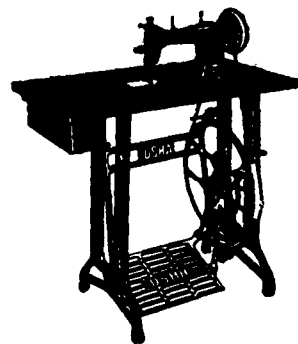
Burns and Scalds

S. Swaminathan

Editor: K. LAKSHMANA SARMA



U S H A



Available From:

USHA TRADERS,
17, Lady Harding Road, Gole Market,
NEW DELHI 1.

Note:— Our Sewing Machine can be had on
hire-purchase system also (easy
monthly instalments)

Natural Cure of Eye Defects

REVISED FIFTH EDITION (1956)

Rs. 2

By Prof. L. KAMESVARA SARMA M. A.

Printed on fine art paper in clear types and tastefully got up.

“With the growing realisation that glasses are not a cure for defective eye-sight, greater interest has come to be evinced in the natural ways of restoring correct vision.....The booklet under review, as the title makes it clear, aims at making out a strong case for allowing Nature to have its way in putting an end to eye-defects.....Sri Sarma prescribes diet and exercises for treating the body as an organic whole. Instances of ‘miraculous’ cure of short sight by natural methods have also been given.”

Bharat Jyoti, Bombay

The Life Natural

VOL. XV

MAY 1958

NO. 9

Stop Implanting Disease

Our constitution and political conventions are almost exact copies of the British ones. But the British example has been rejected in respect of one subject, the controversial medical measures of ‘prophylaxis,’ vaccinations and inoculations are still compulsory here, long after Britain had relaxed, and finally given up, compulsion in respect of these. In Britain, as an inevitable result of facts brought to light by evidence let in before a Royal Commission, a conscience clause was enacted in 1907, and compulsion was wholly given up by an Act passed in 1946, which came into force in 1948. After independence, 24 British Doctors submitted to all the governments in India a Petition against compulsory vaccination, which however was ignored.

The failure of vaccination was unreservedly admitted by responsible medical officials. One of these admissions was the following:—

“Ten years’ statistics afford no evidence that vaccination affects the usual epidemic course of the disease, and hence this fact, in face of the extensive vaccination work of the present and past years, appears to lead to the

conclusion that, in its epidemic form, smallpox must be met by improving the sanitary condition of the people."

Other confessions to the same effect have been made which can be quoted if necessary.

An eminent British surgeon, Sir James Paget, made the following clear admission.

"The progress of the vaccine or variolous infection of the blood shows us that a permanent morbid condition of that fluid is established by the action of those specific poisons upon it"

Thus it is not denied that vaccine is poisonous, and hence dangerous by its very nature.

Dr. A. Srinivasan of Madras once admitted publicly that vaccine is only "*diluted pus*."

Thus vaccination is just the sowing of the seeds of many diseases, including smallpox, and it is this fact that explains the undeniable fact that epidemics of smallpox are now much more severe and fatal than when there was no vaccination.

There is abundant historical evidence showing that these epidemics will become a great deal less than now if vaccination be given up and sanitation be more rigorously and thoroughly attended to and carried out.

All epidemics without exception arise from neglect of sanitation and unhygienic living by the people, and should be dealt with accordingly.

Also there is abundant evidence to confirm that vaccinations as well as inoculations cause

death in too many cases and the cause is the poisonous nature of vaccines and serums-

There is abundant evidence bearing on the subject, which will be supplied to whoever is willing to make an earnest and honest study of the whole question.

It is expected that the central government and the members of both houses of parliament and assemblies and councils will be willing to look into this question and thereafter take steps to end this grievous interference with the people's fundamental rights—at least those of them, who are not on the side of the Vested Interests in this matter.

The Deadliness of Vaccine

In a letter published in the *Lancet* of January 5th, 1957, Dr. J. Helman reported that he had seen *five cases of malignant disease* arising a few weeks after smallpox vaccination. Of these, three had occurred in 1956, and the other two in 1939 and 1942. In his comments the writer said: "The lesion [injury] produced by vaccination is usually local, but the virus [poison] is disseminated throughout the body. These cases were noticed because the malignant condition arose so soon after vaccination; but it is not impossible that cancer may be linked with vaccination even though a long interval has elapsed." — From the *Anti-Vivisectionist*, March-April, 1957.

Burns and Scalds

Sri S. Swaminathan, 1 Sivaji Place, New Delhi

Burns are caused by contact with fire or hot bodies or liquids. Chemicals may also produce burns. If caused by moist heat, they are termed scalds.

Burns and scalds are not disease but really accidents. They ought, however, to be treated as acute disease, as the vital organism responds to the suddenly changed circumstances as it would in cases of acute disease.

In cases of severe and extensive burns and scalds, death may result within a few hours. The shock and pain in such cases may be such as could not be set right by the vital organism. Where, however, the burns or scalds are not extensive, it would be possible to give immediate relief and restore the person to normalcy within the quickest possible time by Natural methods. Scar formation may be avoided to the greatest possible extent. Scars are generally left only when the normal structure of the skin in the affected area is destroyed by the poisonous ointments, etc. that are applied. If naturally treated, i. e. without the employment of any poisonous substances, no such 'seals of disapproval' are formed over the affected area. Scar formation is, however, inevitable in a few cases even when naturally treated. This would be the case, had the burns or scalds been of such a nature as to have immediately caused a deep destruction of the tissues in the portion affected.

Scalds are to be treated in exactly the same way as burns. If the burns or scalds happen to be of a relatively minor nature, they could be set right without any great effort. The portion concerned could be kept immersed in cold water, or cool water, or a cooling wet bandage can be given almost throughout the day.

A fast, or an approach to it, observed for one to three days as the need may be, with a non-violent enema daily, would restore complete normality.

Burns and scalds may be caused by the skin coming into contact with strong acid or strong alkali. It would be desirable in such cases to control the action of the substance by a suitable neutraliser, that is, an acid by an alkali and *vice-versa*. This is not to be taken as medication because it actually neutralises the chemical before it could do any havoc to the skin. After application of the neutralising agent, the portion should be washed by plain water. The rest of the treatment should be on the usual lines. Of course suitable measures of Vital Economy—fasting or an approach to it—will be necessary.

Where the burns or scalds are of a severe nature, they ought to be treated most non-violently. The following two case histories will be helpful in giving an idea to the reader how fairly severe cases could be handled. The first one happened about two years ago, while the second occurred about four months back.

Case History - I

The patient was a child, aged 2½ years at the time of the accident. The child had unknowingly sat over a hot iron plate, generally used for preparing *chapatis*. The iron plate was fairly hot at the time and the portion behind the thigh down to the knee was completely affected. Fortunately, the child's father—who is incidentally a follower of the Science of Natural Hygiene—was at home at the time. He immediately applied raw coconut oil; over this was applied a cooling wet bandage. After a day or so, the child began to play about, with the usual vigour. The local application was continued regularly for a week. Throughout the period, only dilute fruit juice was

given to the child. The non-violent enema was also given twice a day.

On the third day, there was a bit of pus formation. This continued for two or three days. On the sixth day, the child developed a little fever. An abdominal wet pack was applied at the time of fever, twice a day. By the seventh day, the child had become normal. The wounds had healed up completely and normal skin had formed. There was no scar formation in this case.

Case History - II

The child, aged about 14 months, had very serious scalds on his right arm, hand and chest. The child had dipped its hand accidentally in boiling milk and in fact, could not even know how to take out the hand for a few moments. The right hand had burnt completely upto the elbow and the condition of the fingers was very serious. Only the child's mother was at home at that time. She immediately applied coconut oil mixed with some herbal powder of a non-poisonous variety. Later on, that very night, the child was brought to me. The child's hand and chest were full of blisters.

I suggested that small pieces of cloth might be dipped in cocoanut oil and put over the affected regions. Cooling wet packs were to be applied over them. The affected portions were to be exposed to mild sun light for about half an hour daily. The mother was advised to take only positive diet for some time, as the child was taking only mother's milk. Diluted carrot juice was given to the child once or twice in the day. After seven days, almost all the blisters disappeared, but the skin had not formed. At this stage, the child had some vomiting and fever for a day or two. The cooling wet bandage and the cocoanut oil bandage were continued even after the first week. The mother

was, however, now permitted to take some bread made of wholewheat flour. Ash-gourd juice, grape-juice, carrot juice, each fairly diluted, was given more or less in rotation, to the child. Abdominal wet packs were given to the child once or twice a day. All the time the bowel movements and urine were normal.

In about a month's time, all burns over the right arm were healed up and only a few scars remained. The burns over the region of the chest took some more time but these too have been cured completely. There are a few scars left in this region too. These scars have, however, started fading and it is hoped that normal skin would be formed even in those places.

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 corner 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.

Miraculous Cure of Leucorrhoea

C. Bhanumurti, Gandhinagar, Kakinada

My sister aged about thirtyone, mother of two sons (14 & 11 respectively) had been suffering from leucorrhoea (white discharge or 'whites', as they say) for some three or four years by then. After some Ayurvedic treatment, she was taken to Dr. Macphail's Womens' Hospital at Rayapuram, Madras. Five or six weeks' stay in this Hospital produced no appreciable effect in her case. Besides, she, being a lady of very orthodox type, was not quite willing to take the liquid medicines from the hands of the nurses there. As she refused to continue in the hospital any longer, she was brought home. She had a few abortions prior to and after her visit to this Rayapuram Hospital.

As I became a Votary of Naturopathy, in 1910, I was pressing my sister to try Hydropathy and non-stimulating diet, to which she could not easily agree. She was very much emaciated as a result of this troublesome complaint. Somehow, she could be induced to try this "fad" for a few months.

My method, in those days when I first became a convert to Naturopathy, was 'going the whole hog.' Salt and chillies were completely tabooed. She was given four or five cooling baths—2 Sitz and 2 or 3 Hip baths daily.

Sitz Baths were given at 5 or 6 A. M. and 5 or 6 P. M. She was taking Hip baths at 9 A. M. between 1 and 2 p. M. and again, at about 3-30 P. M., the duration of each bath having been about 30 to 40 minutes. Mild steam baths were given weekly, just before the morning hip bath. Nowadays, the Sitz bath of old may be substituted by the spinal bath, as described in Sri K. L. Sarma's 'Practical Nature Cure,' as it is found to be more effective than Kuhne's Sitz

bath. The first meal, given between 10 and 11 A. M., consisted of a small quantity of Handpounded rice, and plenty of green vegetables, all conservatively cooked, in a steam cooker, absolutely free from salt and chillies. Graham bread, as described in Louis Kuhne's Book, (vide page 98, Allahabad Kitabistan Edition) with conservatively cooked green vegetables, were served in the evenings at about 7-30 P. M. 1½ hours after the second Sitz bath. Good thin butter milk formed part of both the meals. Enema was applied, whenever bowels were found costive. This intensive treatment was given for nearly four to five months, with the result that the chronic, disgusting 'whites' gradually disappeared, and the lady acquired the bloom befitting her age. There was a glow of red blood all over her body. Her step became steady, and she regained the activity which was hers before she gave birth to her first child. Abortions became a matter of the past, and she conceived, in three or four years, after she became her old self. She had a bright and healthy son, her third boy. In the course of another ten years, two more children were born, with proper spacing between two consecutive child-births. This complete and miraculous cure, is possible only under Naturopathic treatment. This lady, now in her later seventies, is the proud mother of three sons and two daughters, one of whom is now adorning the bench of a Highcourt—besides having a good number of grandchildren and great grandchildren also.

It may, in passing, be said that my brother was saved, literally, from the jaws of death, from a collapsing state of dropsy and asthma, in his 23rd year (please vide my article in 1957, March issue of 'Life Natural'). My sister's case was the third treated by me, mine having been the first (please vide '1957 August 'Life Natural'). In all these cases, Louis Kuhne's New Science of Healing was my bible

Another interesting case of 'white discharge,' completely cured by Naturopathy, was that of the wife of a rich merchant—Sri Chunduri Venkataratnam of Vetapalem (Guntur Dt.) in her thirties. After spending some thousands in Presidency Hospitals, for 3 or 4 years in vain this gentleman put her, under the care of a Veteran Naturopath, Sri Palaparthi Narasimharow of Vetapalem, author of two classic books on Nature Cure, in Telugu. She was put on fruit fast, with a judicious use of Enema, and the application of wet packs, neutral baths—all modern versions of Naturopathy,—and this lady once more regained her youthful appearance. As a token of their high appreciation of this system, they built a 'Nature Cure Sanitarium' in their native place Vetapalem (Guntur Dt.) at a cost of nearly fifteen thousand rupees, in a salubrious part of their village, and had the same opened by me on 15th August 1957. Chronic cases are being treated now, in this Hospital, by the veteran Naturopath referred to above. This is the only Nature cure hospital for Guntur District.

Allopathic treatment only suppresses the symptoms of a disease, and patients are lulled into believing, that their disease is cured. But this suppressed disease reappears with greater virulence a few months after this so-called cure. Bringing down the temperature, in severe cases of Typhoid fever is no more than this. It is why cases of 'Typhoid', cured by the use of 'Chloromycetin, never recover their pre-fever health, and generally look weak throughout their life. Some tender children to whom this chloromycetin was given, even succumbed to the remedy. Every disease must be allowed to run its course, without treatment of any kind, only aiding the elimination of foreign matter and ensuring slow cure.

Can We Do Without Glasses?

Sri M. L. Jain, 2/72, Roop Nagar, Delhi

The reader will come to know from the following case-history, that, in many a case, spectacles are self-imposed vice, and can be got rid of simply by making one's living hygienic in the true sense.

Six years back, my younger brother used to have pain in his belly. This pain was relieved by 'digestive mixtures' and 'digestive pills' to start with, though later injections had to be resorted to for giving him relief. Three years later, he got very severe pain; he was operated upon and his appendix was removed.

A year later, he complained that he could not read what was written on the blackboard in his classroom. An eminent eye-specialist was consulted. He gave him glasses and said that there was no alternative. So the patient has been using spectacles for the last two years.

In May, 1957, I happened to listen to Sri S. Swaminathanji of New Delhi, who was conducting a Basic Study Group in Natural Hygiene. His convincing talks, all full of logic, made me realise the faults in our daily living. At his behest, I was able to go through some literature on the Natural Way of Living. I could appreciate the principle of Unity of Disease, which briefly means that every disease is fundamentally the result of the foul or toxic matter inside the body which gets accumulated as a result of wrong eating and unhygienic living. With this belief, I used to recommend the same code of Natural Hygienic Rules to my friends suffering from one ailment or the other and, to their surprise, each one of them got cured, simply by changing some of their old eating habits. In this very context I thought that my brother was given repeated warnings in the way of ever-increasing pain in the belly and, because the real cause of wrong

2/72, Roop Nagar

dieting was not attended to and the trouble was simply suppressed by medication, he had not only to lose his appendix but later his eyes too began to suffer. Due to wrong eating, his blood was not pure. The eyes get the maximum strain in student life. His eye-muscles, etc. got weakened due to impure blood-supply and so the eyes could not cope with the work they were compelled to do. The restoration of good blood-supply could tone up the eye-muscles and supply the eyes with the lacking nutrition.

To attain this I asked him to leave the spectacles for the time being. In the morning, for about three minutes he sat in the sun gazing through green leaves and then without leaves but with eyes closed. This was followed by palming. Then he exercised the eye-muscles by rotating the eye-balls. In the end, the eyes were washed with cold water. His diet was improved by adding more of fruits and vegetables and curtailing all sweets and fried food. Early in the mornings, he took *palak* or *petha* juice daily. After one month he felt appreciable improvement in his eyesight and in the second month he regained full vision.

Now we follow the fallacy of indiscriminate removal of the appendix and dooming the person to the spectacle vice for the whole of life out of sheer ignorance of the medical profession of the basic principles of Natural Hygiene. I feel that many people can get rid of the spectacles by following the Natural Way.

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.

Whooping Cough Cured Naturally

Sri K. Narayanan, New Delhi

“Whooping Cough is a disease of the respiratory tract, usually in childhood, accompanied by convulsive coughing, manifesting itself by symptoms of cold and sore throat two weeks after infection by the bacterium *hemophylus pertussis*. The cough, lasting from four to six weeks, is sometimes accompanied by vomiting and is characterised by a ‘whoop’. The disease is highly believed to be contagious.” My grandson, aged two years, was given the following treatment for whooping cough on the advice of Sri S. Swaminathan, an able exponent of Nature-Cure, and he got completely cured within 12 days.

The “treatment” did not consist of anything other than a sensible diet-reform for the period. Fresh air was the “tonic” suggested for the child. In addition, some water-cure methods were also adopted, in a non-violent way. The daily programme for the first five or six days was as follows:

- | | |
|--|---|
| <p>Early in the morning —</p> <p>Between 7-15 and
8 a.m
8 a.m.</p> | <p>Half a teaspoonful of ashgourd (peta) juice or some other herbal juice freshly prepared, and mixed with two or three spoonfuls of cold water, was given for drink.</p> <p>— Walking on green grass barefooted for about 15 minutes.</p> <p>— Sun bath for a few minutes.</p> <p>— A small quantity of whey sweetened with jaggery was given for drink.</p> |
|--|---|

11 a.m.	— Vegetable soup.
Noon	— Cooling packs over the abdomen and neck for half an hour followed by a hot-water foot bath for 10-15 minutes.
Evening	— A small quantity of juicy fruit.
Night	— Vegetable soup. — Abdominal and neck packs were repeated for some time.

The child, used as he was to rice, was not satisfied with Vegetable soup and began to cry for rice. He was looking weak. The intensity of the cough began to increase. My elders in the house scolded me that I was out to kill the child. I pleaded with them to be patient for a few days more, as I was convinced that drugging would only increase the agony of the child. I ran to my friend and explained to him the situation. He said that there was nothing to worry; the apparent worsening of the trouble was only due to increased elimination. As the child could not temperamentally adjust himself to the diet of vegetable soup, my friend suggested some slight changes.

Instead of vegetable soup, vegetables cooked conservatively (with cocoanut scrapings and green *Dhaniya* added) were used. A few pieces of thin onion scrapings, freshly cut, were mixed with the food: but these were removed after a few minutes, lest the child should feel the onion cuttings too bitter. A few pieces of thin *chapati* were also allowed. The child obviously relished this diet.

In addition to the above changes in diet, the child was given hot immersion baths daily. This bath was given in this manner. The child was kept in a tub with lukewarm water upto the neck for about ten or fifteen minutes. I was warned that the child should be taken out of the tub the moment he felt a bit tired. After removing him from the tub, cold water was poured over his head; this was followed by a vigorous rub with dry towel. The child felt very happy to be inside the tub with warm water; he obviously enjoyed the immersion bath.

He had now some cold. He had noseflowing. The cough also increased and the phlegm began to flow. He vomitted once or twice. After one or two days, the cough became less frequent. He had two normal motions daily. It took him in all about 12 days to get completely free from the cough.

There is a common notion that whooping cough is incurable, that it will run its course whatever be the treatment. The experience narrated above completely dispels the above theory. Nature-Cure is certainly a boon for humanity in general and children in particular. Drugging the children prepares them for chronic diseases on reaching adulthood. The drugless way of restoring health, by Natural Hygienic methods is the one which is the safest and quickest in acute diseases. The time taken for curing an acute disease the Natural way is very much less than what is taken in dealing with it the drug way. Again, if an acute disease is treated naturally, the patient would always be better in health after the crisis; the position is otherwise if drugging is resorted to. Children respond to Natural treatment much more quickly than older people do.

வெளிவந்துவிட்டது!

வெளிவந்துவிட்டது!!

ஸ்ரீ ரமண வீஜயம்

ஐந்தாம் பதிப்பு

ஸ்ரீ யோகி சுத்தானந்த பாரதியார் அவர்களால்

இயற்றப்பெற்றது.

பகவான் ஸ்ரீ ரமண மகரிஷிகளின்

வாழ்க்கை வரலாற்றைச் சிறந்த முறையில், ஆழ்ந்த கருத்துக்களுடன் எழுதப்பெற்றது. ஆன்மீகத் துறைக்கு இஃது ஓர் ஒளி விளக்கு. ஸ்ரீ பகவானின் மஹாநிர்வாணமும், அதன் பின் ஆசிரம வளர்ச்சியும், இந்நூலில் ஆரவது காண்டமாகிய “பிற்பா” லில் விரிவாக எழுதப் பெற்றுள்ளது. தமிழ் அன்பர்கள் ஒவ்வொருவரும் பெற்று மகிழ்ந்து போற்றற்குரிய, உயரிய, பல் சுவைத் தமிழ் நூல்

பக்கங்கள் :- 348.

விலை ரூ. 3-0-0

பல அழகிய படங்கள் அடங்கியது.

தபாற் செலவு தனி

ஸ்ரீ ரமணஸ்ரமம் புத்தகரஸயம்

ஸ்ரீ ரமணஸ்ரமம்

—

திருவண்ணாமலை

Sarmas' Books and The Life Natural including bound volumes for the previous years are available.

Subscribers are enlisted.

Outside orders are attended to.

Decent discount will be allowed to Booksellers, Libraries, Colleges and Nature-Cure Institutions.

Mrs. C. MACKENZIE, F. I. I. N. T.

4, SIR KRISHNA RAO ROAD, BASAVANGUDI

Bangalore-4,

Bulletin No. 2

Annual Convention of

The Indian Institute of Natural Therapeutics

New Delhi, June '58

At the Preliminary Meeting of the Executive Body of the Reception Committee of The Annual Convention of The Indian Institute Of Natural Therapeutics, held on Saturday, the 19th April, 1958, at No. 1. Sivaji Place, New Delhi-1, the following decisions were arrived at:—

1. *Objects*: (a) To meet and form a brotherhood of Natural Hygienists; (b) To discuss and exchange ideas both on the theoretical aspect and the practical application of the same, especially on the day to day problems in Health, (c) To get to know and make known the researches in the field of the Science of Regaining Health and that of Retaining Health, (d) To voice the problems of the Natural Hygienists and to represent to the Government or Governments and also to move the legislature for the removal of any hindrance in their living the Life Natural; and (e) to do such things as will be in promotion of the objects of the Institute.

NOTE: The Convention shall be devoid of any political atmosphere in it, confining the trend only to the academic and technical aspects of the problems.

Membership in the Convention shall be of the following classes: Patrons—Rs. 250/- and above; Donors—Rs. 100/- and above; Special Members—Rs. 50/- and above; Members of the Reception Committee—Rs. 5/-; Delegates—Rs. 2/-; Visitors—Rs. 2/-. *Of the above* the Delegates shall consist of only the following: (i) Fellows of the Institute; (ii) Students (alumni, past and present) (this group shall include

even those who have regularly attended one of the study-groups held in Delhi and New Delhi.) The others who are interested in the Natural Hygiene way to Health and its retention through the Life Natural can attend as *Visitors*. *The Executive Body of The Reception Committee* shall consist of: (a) All those who attend the Preliminary Meeting (19—4—58) in response to the call; (b) Such of the people as are suggested at the Meeting, subject, of course, to their acceptance. *The following Sub-Committees* were formed: (1) Finance Sub-Committee: Sarvasri Mrs. Gadodia, Om Prakash, Madan Lal Jain, Devnath, Ram Lal Sethi, K. R. Sankaran, Amrit Lal Jindal, Telu Ram Varma; Publicity Sub-Committee: Sarvasri Gopi Nath Aman, A. S. Narayanaswami, R. S. Srivastava, Des Raj Gulati, Ram Kumar Gupta, K. R. Sankaran, Madan Lal Jain; (3) Technical Sub-Committee: Sarvasri Prof. L. Ramachandra Sarma, R. L. Sethi, Sita Ram Gupta, Jagdish Chandra Sarma, Miss Shakuntala Bhutani, Kaushal Kishore Jain; Yoga Sub-Committee: Sri Atmaram Behki, Director, Yoga Health Department of the Bharat Sevak Samaj shall be requested to administer the Yoga session in consultation with the Central Executive Body of the Reception Committee; and Entertainment Sub-Committee: Sarvasri A. S. Narayanaswami, Amrit Lal Jindal, Telu Ram Varma, M. R. Sagar, Des Raj Gulati. The Secretary and the Joint Secretary of the Indian Institute Of Natural Therapeutics (Delhi) shall be ex-Officio Members of all the sub-committees, and in case of any disagreement or tie the above two shall take the responsibility of taking a final decision. The Executive Body of the Reception Committee shall meet at least once a fortnight and oftener if necessary and the sub-committees shall meet as often as needed and shall try to minimise time by taking decisions by correspondence (or circulation) or even by telephoning.

The First meeting of the Executive Body thus formed is hoped to be held very soon. It will decide upon further plans for the successful holding of the Convention.

It is thought the following will have to be printed: 1. Bulletin in Hindi and English; 2. Brochure about the working of the Institute (i. Short Report, ii. Convention, iii. What it hopes to do, iv. Affiliated organisation viz., Natural Hygiene Society and the D. C. M. Health Association; and v. A few important personalities;) 3. Invitation Cards; 4. Lakshmana Sarma's Original Contributions in English and Hindi. Summaries of papers, Receipt Books, Letterheads, President's Addresses: Inaugural Session. Badges are proposed to be prepared with the emblem of the Institute and the distinguishing marks will be as follows: Visitors—No badge; Delegates—plain badges; Reception Committee Members—Orange Ribbon hanging down; Donors—Orange and green ribbon and Patrons—Orange, green and white ribbon.

Vivekananda on the Need of Liberty:

“Liberty of thought and action is the only condition of life, of growth, of well-being. Where it does not exist, the man, the race, the nation must go down.”

Does this not apply as against State-enforced compulsory fouling of the blood-stream to please the medical profession? Progress in the knowledge and practice of true Hygiene is held up by this and other tyrannies of modern states, mis-called democracies, and the individual's health and life are confiscated.

Herein is relevant the criticism levelled by Bertrand Russell in a exclusive interview to David Powell:—“Education is used by governments to foster ignorant prejudices—that is why they spend money on it.”

Copies of

The Life Natural & Sarmas' Books

are available in DELHI from :

1. CENTRAL NEWS AGENCY,
23-90, Connaught Circus, (Near Madras Hotel)
NEW DELHI-1
2. RAMA KRISHNA & SONS,
Booksellers, 16-B, Connaught Place,
NEW DELHI-1.
3. RAM KUMAR GUPTA,
House No. 10983, Shidi Pura, Temple Street,
DELHI-5.
4. A. D. KOHLI,
295-A, Lajpatrai Market, Chandni Chowk,
DELHI-6

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

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

RUPEE 1

What We Should Know About The Human Body

V-The Structure of Digestive System

Dr. K. S. Jamwal, Jammu-Tawi and

Sri S. Swaminathan, New Delhi

The Digestive System comprises the following organs: (i) the teeth, (ii) the tongue, (iii) the salivary glands, (iv) the oesophagus or gullet, (v) the stomach, (vi) the liver, (v) the pancreas, (viii) the small intestine and (ix) the large intestine.

The Teeth

Normally, each individual is provided with two sets of teeth. One is known as the "*milk teeth*" or *deciduous teeth*; the other is designated as "*permanent teeth*." The deciduous ones first make their appearance at about the age of six to eight months and continue to erupt until the child is about two years old. A complete set of milk teeth consists of ten in each jaw.

The second set of permanent teeth begin to erupt at the age of six. The new permanent teeth make their appearance accompanied by the dropping out of the milk teeth, up to the age of 12 years. Much later in life, between the ages of 17 and 25, four more permanent teeth may erupt. These are known as "*wisdom teeth*". When these have broken through, there should be sixteen teeth in each jaw.

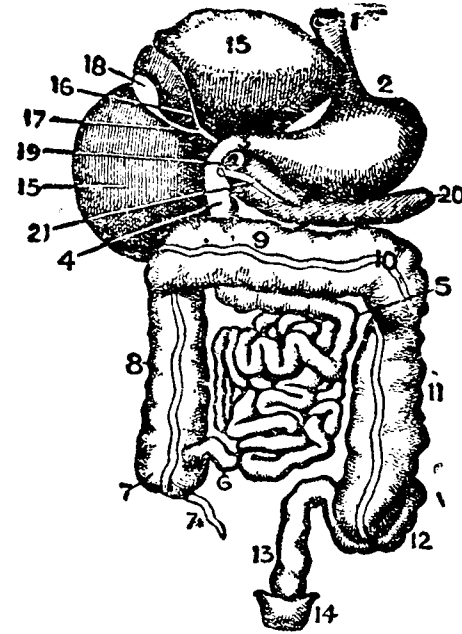
Composition

The portion which appears above the gum is called the *crown*, while the part embedded in the gum is the *root*. The crown is covered with a very hard substance called *enamel*. This is practically all mineral matter. The enamel does not extend to the roots, for here it is replaced by *cementum*, which holds the teeth in the socket. Beneath both enamel and cementum, there is another hard layer, the *dentine*. This is not so compact as the enamel. In the centre of both crown and root, there is the central cavity or *pulp*, filled with connective tissue, blood vessels and nerves.

The Tongue

This is a muscular organ, bearing upon its surface the nerve endings for the reception of taste stimuli and minute salivary glands. The salivary glands are grouped into three pairs, three on each side of the face. *Parotid glands* lie in front of and below the ear. *Submaxillary glands* are situated near the angle of the jaw and *sublinguals* are also in the lower jaw in front of the submaxillaries. Each gland is provided with one tube, for carrying its secretion into the mouth. The salivary glands are somewhat soft and pulpy and consist of lobes and lobules held together by connective tissue.

A microscopic examination of each lobule shows that it contains grape-like masses of cells joined together by their individual ducts. Each grape-like mass is called an *acinus* and consists of gland cells enclosing a minute cavity. This cavity drains into the tiny duct. All these ducts join together and form larger ducts which drain the entire lobe. All the gland cells are well provided with blood vessels and nerves.



Description of Diagram

1—Oesophagus or Gullet. 2—Cardiac end of the stomach. 3—Pyloric end of the stomach. 4—Duodenum. 5, 6,—Convulsions of the small intestines. 7—Caecum. 7* — Vermiform Appendage of Caecum, called “apendicula vermiformis.” 8—Ascending Colon. 9, 10—Transverse Colon. 11—Descending Colon. 12—Sigmoid Colon: the last curve of the colon before it terminates in the Rectum. 13—Rectum, the terminal part of the colon. 14—Anus, posterior opening of the alimentary canal, through which the excrements are expelled. 15, 15—Lobes of the Liver, raised and turned back. 16—Hepatic Duct, which carries the bile from the Liver to the Cystic and common bile Ducts. 17—Cystic Duct. 18—Gall Bladder in which bile is stored. 19—Common Bile Duct. 20—Pancreas, the gland which secretes the pancreatic juice. 21—Pancreatic Duct, entering the Duodenum with the Common Bile Duct.

The Oesophagus

This is a muscular tube connecting the throat with the stomach.

The Stomach

The stomach is a muscular bag. There is a valve between the oesophagus and the stomach, known as the cardiac valve, which allows the food to go only in one direction, into the stomach. The left hand portion of the stomach is known as the *fundus*. From here to a prominent constriction is the *cardiac region*. The remainder of the stomach, to which is attached the small intestine, is the *pyloric section*. It is separated from the intestine by the *pyloric valve*. The wall of the stomach consists of several layers and the most important of these are the inner lining of glandular tissue and the outer wall consisting of three layers of muscles. The masses of nerve tissue along with branches from the vagus nerve are embedded in the wall. Like all other important organs of the body, it is well supplied with blood.

The Small Intestine

It is usually twenty-three feet long, but the length varies between fifteen and thirty-one feet. The first ten inches are known as the *duodenum*. This makes a curve downward from the stomach. From here on, the small intestine is coiled back and forth, in order to fit into the abdominal cavity. The inner surface of the intestine consists of a series of transverse folds, which increase the surface area and also retard the passage of the contents.

The entire surface has a velvety appearance, which is due to the presence of numerous finger-like projections called *villi* (singular: *villus*). Each villus consists of a single layer of epithelial cells and some muscular strands enclosing a central "core". The cells rest upon

a network of capillaries fed from an artery at the base of the villus—that is to say, the wall of the intestine—and drain into a vein, also located in the intestinal wall. Into this central cavity may be found one or two blind tubes or *lacteals*. The closed end of each lacteal is situated near the tip of the villus, while the open end lies at the base where it joins on to a lymph vessel. At this junction there is a valve.

Attached to the intestine are two important organs, the liver and the pancreas.

The Liver

This is the largest gland in the body weighing about 50 to 60 ounces in the adult body and it lies on the right side of the abdominal cavity immediately below the diaphragm. It consists of two lobes, the right one about six times larger than the left. Into the liver runs the large portal vein which drains blood from the intestines. While in the liver, the blood comes in very intimate contact with the liver cells. As we shall see later, these cells carry on some very important functions. Having circulated through the liver, the blood leaves by several small (hepatic) veins to pass into the inferior vena cava which will transport it to the heart. The liver cells manufacture a greenish fluid called bile and this is drained away from the organs by bile channels which unite to form a bile duct. This is known as the hepatic duct. After leaving the liver, the hepatic duct soon divides into two. One branch goes to a sac-like structure called the gall bladder and this branch is known as the cystic duct. The other branch, or common bile duct, continues on to pierce the duodenum and through this channel the bile enters the intestine. There is a valve located at its entrance. As a rule, this valve is closed until the bile is needed in the intestinal tract.

The known functions of the liver are (i) excretion of waste product, (urea and uric acid), (ii) secretion of bile, which has itself a two-fold purpose, (iii) preparation of glycogen and (iv) detoxication of poisons that have found their way into the system. And disturbance of any of these functions will have serious repercussions on health. Disturbance of the first function leads to a condition known as cirrhosis; of the second, to jaundice, gall stones, etc.; of the third, to glycaemia (leading ultimately to diabetes); and of the fourth, to degenerative diseases. Such disorders are, however, almost always the result of persistent violation of hygienic ways of living.

The Pancreas

This organ, much of which lies behind the stomach, is very flat with a rounded "head" and a pointed "tail". The head is tucked into the curve of the duodenum, the body runs across the abdomen and the tail is far over on the left side. In the pancreas, there are two important types of cells. One type produces the pancreatic juice, which finally finds its way into one or two large ducts. These ducts usually unite to form a larger duct which open into the intestine, very near the opening of the common bile duct. The other groups of cells occur in more or less isolated masses of islands, known as the islands of Langerhans. The cells which make up the islands also secrete a fluid, but this does not go into the ducts just mentioned. Instead, enters the blood stream. This secretion is called "insulin" because it is produced by the cells forming the "islands".

The Large Intestine

This tube is much shorter than the small intestine, being about five feet long. It is, however, much

larger in diameter. At its junction with the small intestine, in the lower right hand side of the abdomen, there is a valve. In this region, the large intestine begins as a pouch or *caecum*. To the caecum there is attached the vermiform appendix, or what is commonly known as the appendix. Starting at the lower right hand side of the abdomen, the large intestine passes up to form the ascending colon. Below the liver, it turns left and crosses the body as the transverse colon. Having gone as far left as possible, it turns down the left side where it is known as the descending colon. Reaching the level of the hips, it makes an "S" shaped turn, known as the sigmoid flexure. This straightens out to form the rectum running to the anal opening.

The Tone of the Digestive System

As most diseases are due to incorrect nutrition, the tone of the digestive organs assumes a great importance. Most often, people suffer from what is known as secondary or induced shortage. If the tone of the stomach or any other part of the digestive system is lost, assimilation will be very imperfect and hence, there will be incorrect nutrition, even with an oversupply of the food factors. If the basic principles of Natural Hygiene are followed, not only will it be possible to retain the tone of the organs but it will also be possible to regain it where it had been lost already. "You are as young, or as old, as your stomach" says Prof. Ramachandra Sharma. If you keep it in good tone, there can be no trouble whatever. All the digestive disorders can be radically cured by following the basic principles of Natural Hygiene. The interested reader is referred to the articles on "The Tone of the Stomach" by Prof. L. Ramachandra Sharma in Vol. XIII of *The Life Natural*.

(To be continued)

The Life Natural

Bound Copies of the Previous Volumes

XIV Vol. 1956—'57 Pages 428

Price Rs. 5 or 10 shillings or 1 \$ 25c

Some of the important articles in the Volume :

The First Step in Better Breathing, Carrots, Tomatoes, Cigarettes and Cancer, Danger Foods, The Question of Drinking, Doctors and Doctoring, Hair Health, Homeopathy and Nature-Cure, Old Age: Is it a Disease? Sage Tiruvalluvar on Dietetics, Science Running Amuck, Hints on Sleeping in Winter, Spinal Bath, Starch: Its Use and Abuse, Sweet Poison, Our knowledge of Vitamins, Self-treatment articles on Biliousness, Colitis, Constipation, Diabetes (16 pages), Dropsy and Asthma, Gonorrhoea, Heart Diseases, Hungerlessness, Nervous Debility, Night Pollutions, Skin Troubles, etc.

There are a series of articles on Long Fasts by the editor followed up by M. M. Bhamgara, C. V. Chetty and Dr. J. M. Gehman which will be found very instructive by all readers especially chronic patients.

Bound copies of the Volumes for the following years are also available. We assure the readers that they also contain useful matter as in the above

V Vol. 1945—'46...218 pages Rs. 2—50

VII Vol. 1947—'48...567 pages Rs. 5—00

VIII Vol. 1948—'49...468 pages Rs. 5—00

IX Vol. 1949—'50...258 pages Rs. 4—00

XIII Vol. 1955—'56...384 pages Rs 5—00

Postage extra. Free postage for orders for Rs. 20/- and above.

Activities in Delhi

The Thirty-Fifth Basic Nature-Cure Study Group

This Study Group, which commenced its sittings on the 14th March 1958 is one of the best attended ones so far held in Delhi. The first phase of the Group is likely to be concluded on the 3rd May, 1958. The Group will once again reassemble by the middle of July or early in August, '1958, for a period of four weeks.

This Group was addressed twice by Prof. L. Ramachandra Sarma of Palwal. Prof. Sarma's address on the 13th April was concerned with the "Tone of the Stomach"; that on the 21st April related to "Food Combinations".

Lectures on Natural Hygiene

As the readers of the Life Natural are aware, regular weekly meetings are held under the auspices of the Natural Hygiene Group, Delhi Public Library on Mondays, at Lajpatnagar on Tuesdays, under the auspices of the Social Education Centre, Paharganj, on Wednesdays under the auspices of the Bharat Sevak Samaj, Lodi Road Zone, on Thursdays, and under the auspices of the D. C. M. Health Association on Saturdays and Sundays. Besides, the Advanced Study Group continues to meet regularly on Sunday evenings. Under the auspices of the Delhi Branch of the Indian Institute of Natural Therapeutics, regular meetings are held on Sunday mornings at A-434, Defence Colony (adjoining Sevanagar), New Delhi-3. Besides these regular weekly meetings a number of lectures are arranged off and on under the auspices of the various cultural and social organisation in the Capital.

Prof. L. Ramachandra Sarma gave a very illuminating talk on "Food and Energy" on Sunday, the 20th

April, 1958. This was attended by the members of the Advanced Study Group.

Film Show

There was a special function under the auspices of the Natural Hygiene Group of the Delhi Public Library on Monday, the 24th March 1958, when a film entitled "The Greatest Adventure" (produced by the American Natural Hygiene Society) was exhibited to a packed audience*.

Cooking Demonstrations

There were two cooking demonstrations, one in the Sita Ram Bazar area and the other in the Bengali Mal Market area. These are conducted entirely by ladies and provided practical training to those who attended. Conservative cooking of vegetables, preparation of salads composite rotis, etc. were practically demonstrated. All those who attended the functions appreciated the taste of the natural foods served. The Delhi Branch of the Institute proposes to conduct a number of such cooking demonstrations in the different localities of the Capital, with the help and active co-operation of the Delhi Natural Hygiene Society, the D. C. M. Health Association and other interested organisations.

Public Meeting

A Very largely attended public meeting was held in the lawns in Road No. 3, Roop Nagar, on Sunday, the 20th April 1958. This was addressed by Professor Ramachanda Sharma, Principal, S. D. College, Palwal, Shri Hukum Chand Bagga, Shri Ganesa Sarma, and Shri S. Swaminathan. Shri R. L. Sethi presided over

* It is regretted that the title of the film was wrongly mentioned as "Help Yourself to Health" in the April, 1958 issue of *the Life Natural*. The same film was exhibited on the 17th March, 1958, also, at the Delhi Public Library.

the occasion. The credit for organising this meeting goes to Shri Madan Lal Jain of Roop Nagar, whose enthusiasm in spreading the Cause of Natural Hygiene is highly laudable.

The Forthcoming Course-cum-Camp

Sri K. Lakshmana Sarma, Director, Indian Institute of Natural Therapeutics, Pudukkottai, is scheduled to arrive in New Delhi, on the 10th May, 1958. He will conduct a Course-cum-Camp at A-434, Defence Colony, New Delhi-3, from the 18th May, 1958, for a month. Those intending to avail of this opportunity may contact the Hon'ble Secretary of the Delhi Branch of the Institute at A-434, Defence Colony in time.

The Annual Convention

The Delhi Branch of the Indian Institute of Natural Therapeutics has undertaken the responsibility of conducting the Annual Convention in the Capital towards the end of June. There will be a three-day session. There will be the inaugural session, two technical sessions, a symposium on "The Future of Nature-Cure Movement", a separate session on Yoga Asanas and the Valedictory Session. A number of interesting papers from those practising Nature-Cure, both in India and foreign lands, will be read and discussed at the Convention. The Convention is being organised in close co-operation with the Delhi Natural Hygiene Society and the D. C. M. Health Association. The Yoga Health Department, Bharat Sevak Samaj, Delhi Zone will be in charge of the Yoga Asan Session.

The Executive Body of the Reception Committee of the Convention appeals to all those interested in the Cause of Natural Hygiene to extend full co-operation in the conduct of the proceedings. Further details about the Convention can be had from Sri L. Ganesa Sarma, A-434, Defence Colony, New Delhi-3, or Sri

S. Swaminathan, 1 Sivaji Place (opposite Bir'la Mandir), New Delhi-1. The important papers received for the Convention will be published in a special Number of "The Life Natural" as early as possible. Donations from those in Delhi and outside are to be sent to Sri L. Ganesa Sarma.

The Hunzas Today

"It may not be out of place to mention that now we are receiving reports that processed foods have been reaching the Hunzas—[the people whose superb health started Dr. Sir Robert McCarrison on his experiments at Coonoor, which proved that health is the natural reward of eating right foods in the right way]—and physical deterioration has been noted among this vegetarian tribe (which is not now strictly vegetarian). The Namdhari Sikhs can be authoritatively quoted as being among the most outstanding physical specimens anywhere." So said Shri Jayantilal N. Mankar at the 15th World Vegetarian Congress in India, reported in "The World Forum", No. 4, Vol. XI, Winter 1957—1958.

So the story of the Hunzas now becomes complete, showing that health, which attends on the eating of highly positive food unspoiled by modern Commerce, is lost when the foods of civilisation are eaten. The same result was observed in the case of the Maoris of the Pacific islands. When they lived on fresh vegetables and fruits growing in their native forests, they were supremely healthy, strong and longlived—living 130 years on an average. When they took to the food and habits of civilised Americans they lost their health and longevity, and their numbers also were reduced to less than a tenth. So the germ theory of disease is seen to be based upon ignorance of the Truth, demonstrated by McCarrison. The story of the Maori decline is given by Dr. Szeckely in 'Medicine Tomorrow.'

Animal Defence

The present time is called the "Age of Science." But it is much more appropriately described as the *Age of Sin*, though there is a great deal of pretence of doing good. The hypocritical claim that Vivisection is for the good of the people has been exposed times without number, even by doctors, who refuse to toe the line of their bosses. But Vivisection is only one of the numerous ways in which animals are being subjected to unlimited cruelty. And we question the right to live, of those bipeds whose heartlessness shows them to be only devils in disguise.

We are now in receipt of two books *You and the Animals In Peace and In War*, *The Chronicles of Ferne* issued recently by the Animal Defence and Anti-Vivisection Society, (15 St. Jame's Place, London, S.W.1) which show details of the humanitarian work that is being done by this Society. These contain valuable information on the broad question at issue, namely Man's Duty to Animals. In future issues we shall give extracts from these two books, which will be of profound interest to those who feel that we do owe a duty, to animals, just as much as to our fellow men.

Sir R. N. Chopra on Doctors

"One dare not estimate the harm that has been done through the indiscriminate use of *powerful* remedies, which science has placed in the hands of practitioners. The charge of irrationalism applies as much to them, as to the practioners of indigenous medicine." (Quoted by Sadhu Lazarus in the Madras Homopathic Journal, March, 1948).

Powerful drugs are inevitably poisonous. And it is practically imposible not to use them indiscriminately. The only safe course is to boycott them entirely, which is possible only in the Hygienic Way.

Books for The Divine Life

The following four books published by the Yoga-Vedanta Forest University (P.O. Sivananda Nagar, Rishikesh, U. P.) have been received for review.

1. *Sivananda Vani*, The cream of Sri Swami Sivananda's Immortal Practical Instructions on the Yoga of Synthesis in His own hand writing, Price Rs. 2. This consists of facsimile letters of His Holiness to disciples and devotees, which were the spontaneous outcome of His loving grace for their spiritual uplift.

2. *Sivananda Stotra Mala* in Tamil, Priced Rs. 2, consisting of songs in praise of the Holy Guru.

3. *Sivananda, Saint and Savant*, by 'Sri Kapila,' Priced Rs. 3, This contains 'Pearls on the Shore of Wisdom' (By Sri Swami Sivananda.) compiled by Sri N. Anantanarayanan, New Delhi and a biography of His Holiness's Life and Activities by Sri Kapila.

4. *Children's Sivananda* by Vani Bai Ram, Priced Rs. 3—50 nP. This is a life-like presentation of the divine personality of His Holiness, written specially for children, but useful also for adults, who follow the Life Divine, written with profound devotion and insight.

These books will be valuable additions to the home library of devotees, and should be read with devout minds.

How to ensure abundance of vitamins in our Food?

"In Madras McCarrison found that grain produced with *farmyard manure* contained more vitamins than that grown with minerals [chemical "fertilisers"]." From the journal of Indian Medical Research, 14 : 350, 1926, quoted by G. H. Earp-Thomas in *Herald of Health Washington*, August, 1956.

Misplaced Confidence in Drugs

Huxley and Youmans wrote as follows in their 'Physiology.'

"All who have watched the progress of the healing art in recent times will note that among the most enlightened practitioners there has been a steadily diminishing faith, in recent times, in medication, and an increasing reliance upon the *Sanitary Influence of Nature*. It is notorious that in proportion to people's ignorance of their own constitution and the true causes of disease, is their *credulous* confidence in pills, potions and quackish absurdities, and while this ignorance continues, there will be plenty of doctors who will pander to it. And not the least benefits to follow from the better diffusion of physiological and sanitary information will be the protection of the community from the numberless impostures of charlatanism and a better discrimination of the qualifications of competent physicians." (Quoted in an article by John T. Miller, D. B., D. Sc. in the *Human Culture Digest*, September, 1945)

Keep Your Brain Cool in Summer Using Herbal Oil

Ramaswami Pillai's famous Herbal Oil, Herbal Tooth Powder, Herb-Food-Medicine and Herbal Bathing Powder will shortly be available in Delhi. Arrangement for home delivery will be made when the order is for Rs. 5 and above.

Please contact

Ram Kumar Gupta

10983, Shidi Pura, Temple Street, DELHI-5

By K. LAKSHMANA SARMA

FASTING CURE AND VITAL ECONOMY
REVISED & ENLARGED SECOND 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."

CONSTIPATION DYSPEPSIA AND CONSUMPTION 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.

By RAMACHANDRA SHARMA, M. Sc.

SUNLIGHT FOR HEALTH Re. 1.

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.

Photo Flash

A Pictorial Monthly Magazine Devoted to National Affairs & Personalities in Political, Social and Cultural Spheres.

SUBSCRIBE TO PHOTO FLASH

11-12, Scindia House, New Delhi

SUBSCRIPTION RATE

	Inland	Foreign
Annual (12 issues)	Rs. 6/-	Rs. 9/-
Single copy	Re. 0-50	Re. 0-75

The Average Englishman

"The average Englishman was not concerned with literature, music, art, science, philosophy. The communication of ideas was a very rare thing, one was lucky when one chanced to participate in it. Enter any bourgeois French household and you will find literature and art, science and philosophy, being discussed just as normally as money, disease, and personal relations." (From the 'Testament' of Dr. C. E. M. Joad, Philosopher and writer on serious subjects).

This deficiency is explained by Dr. Joad in the same book as follows, describing the nature of the Anglo Saxon mind. "Rooted in the particular, it shied violently at any attempt to introduce it to the general. Shivering in the cold draughts of the abstract, it precipitately fled with all possible speed to the warm shelter of the known and comforting concrete."

These remarks make it possible for us to understand the extreme of obtuseness of the orthodox, pro-vaccinist medicos who were improperly appointed to serve as Commissioners in the Royal Commission on Vaccination, which sat and took evidence from 1889 to 1896. It also explains the impenetrability of the English mind to the subtleties of the Divine Science of Health as set forth in our '*Practical Nature-Cure*.'

Learn Bharata Natyam at

Natesa Mandiram

Dance School

A 434, Defence Colony

NEW DELHI-3

Governor's Visit to Nature-Cure Ashram

His Excellency Sri Bhimsen Sachar, Governor of Andhra Pradesh and Mrs. Lalita Sachar visited the Ramakrishna Prakruti Ashram founded by the late Dr. Krishnam Raju at Bhimavaram, on the 8th April. He was received by the Secretary Sri Prasad Murti Raju and Dr. Parthasarathy took their Excellencies round the patients' wards and showed photos of patients cured of so called incurable cases like T. B., enlargement of the heart etc. The honourable visitors evinced keen interest in the various treatments given to the patients.

At the public meeting held on the occasion an address of welcome was presented by Sri Chaitanya-nanda Swami on behalf of the Ashram committee. Appreciating the service done by the Ashram His Excellency donated Rs. 250/—

For SARMAS' BOOKS and
THE LIFE NATURAL

Please Contact (personally or by post)

Ram Kumar Gupta

House No. 10983, Shidipura, Temple Street, Delhi-5

1. Home delivery of literature will be arranged on all orders above Rs. 5/-
2. Subscribers for The Life Natural will be enlisted.
3. Bound Volumes for the previous years of the journal and loose issues will be supplied, if in stock.

PRAKRUTI JIWAN

Telugu monthly on Nature-Cure

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

Annual Subscription Rs. 6

Published by

Sri Ramakrishna Prakruti Ashram, Bhimavaram,
(Andhra 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,

Radheh
(S. Radhakrishnan)

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

What is Preventive Medicine ?

“For the people as a whole, preventive medicine is very important. For instance, for tuberculosis and many other diseases, it is very important to increase the standard of living, to provide better food, better housing, adequate water-supply, etc. This *alone* can bring the incidence of tuberculosis down to the minimum.” This was said by Dr. Husfeldt in discussion with Dr. Mahadevan. A.I.R. Selections, No. 2, October-December, 1953.

This is a clear recognition that diseases of degeneracy must be prevented by measures of Natural Hygiene. Why then foul the people's blood-stream by instilling B. C. G. and the like disease-products?

स्वाधीनस्वास्थ्यमहाविद्या

SWADHINA SWASTHAYA MAHA VIDYA

By

K. LAKSHMAN SARMA

A condensed version of Practical Nature-Cure

in Hindi

Price Rs. 4

For purchasers of Practical Nature-Cure

Price Rs. 3

Postage extra.

Increase of State-Power, a great Evil:

“I look upon an increase in the power of the State with the greatest fear because, for while apparently doing good by minimising exploitation, it does the greatest harm to mankind by destroying individuality, which lies at the root of all progress.”—*Gandhiji*.

Bulletin No. 3

23rd

Summer Nature-Cure Training Camp

New-Delhi

A Note on Consultations

It is learnt that a number of followers and intending followers, mostly medical failures, desire to take advantage of the intended visit of Sri K. Lakshmana Sarma to New Delhi for getting advice in person. I am directed to say that he will do his best to help such people.

His time will, of course, be limited because of the various public utility engagements that he will be having there, e. g., lectures in the Camp, public meetings, interviews with legislators, etc., etc.

It is therefore necessary to regulate such consultations in time, more with the view of not disappointing such visitors if they come without prior notice. Unlike the drug-systems of treatment where masses of sufferers are attended to by a single physician, an adviser of the Natural Hygiene school has to devote sufficient time for the study of the case, the effect of earlier treatment, mostly of the drug way, and for making an approximation of the Vital Reserve in the patient, the idiosyncrosies of the constitution, and so on.

People intending to consult in person are therefore advised to write sufficiently in advance to the Honorary Secretary, The Indian Institute of Natural Therapeutics (Delhi Branch), A-434, Defence Colony, New Delhi 3 with a detailed case history, enclosing also a photograph of the patient, if possible.

Such early correspondence will enable an early study of the case so that queries for further clarification in person at the time of consultation can be kept ready.

They may also indicate the date and time when they wish to have the consultation. While attempts will be made to fix interviews at the time requested, it cannot be guaranteed that it will definitely be so, because there are apt to be many other engagements of public utility as already explained and too many seekers of health asking for the same time. They will be informed fairly in advance of the date and time fixed for their interview and every attempt will be made to stick to such programmes.

Fees for consultation will be Rs. 10/—per case. People whose gross income is less than Rs. 100/—per month will be given advice free on one day in the week.

In view of the heavy pressure of work, advice will necessarily have to be short, bearing references to the text books. People who go to meet Sri Sarma after a study of his books will be in a great advantage, as they could get all their doubts from the books, in connection with the case they are consulting for, clarified in person, and make further consultations needless.

People (mentioned in para 7 above) will get an additional concession of 20% on the cost of books purchased by them. Non-English knowing people must necessarily get the Hindi book, "Svadheena-svaasthya-Maha-Vidya".

L TYAGARAJA SARMA

Manager

The Indian Institute of Natural Therapeutics,
PUDUKKOTTAI (Madras State)

Nutrition Versus Vivisection

Vivisector Unwittingly Disproves

Need for Vivisection

By J. T. EGERTON

Delivering the Cantor Lecture of 1936 before the Royal Society of Arts under the title of "Nutrition and National Health," Major-General Sir Robert McCarrison, C. I. E., M. D., D. Sc., L. L. D., F. R. C. P., formerly Director of Nutritional Research in India, said: "To one whose work has lain in India, and who for more than twenty years has been engaged in a study of the relation of faulty food to disease, the belief that such food is of paramount importance in the causation of disease amounts to a certainty." Then followed a list of diseases resulting, in his opinion, from faulty food—a list, including tuberculosis, cancer, leprosy and heart disease, long enough to include practically all the serious ailments known to man and, of course, a whole host of minor troubles mostly connected with the respiratory and gastric systems.

McCarrison then goes on to say: "If we look upon 'infection' of whatever kind, be it due to protozoa, metazoa, or invisible virus, or to the intervention of vectors of pathogenic agents, as the evidence of personal or environmental uncleanness, then it may be said that the two chief causes of disease are faulty food and dirt. *These two are the senior partners in the criminal business of disease-production—each the coadjutor of the other. It is along lines of improved cleanliness, both personal and environmental that the triumphs of modern medicine have lain; it is along lines of improved nutrition that greater triumphs still remain to be achieved...When physicians, medical officers of health and the lay public learn to apply the principles which this newer knowledge has to impart—then will it do for medicine what asepsis has done for surgery. I see no reason...*

to detract from this view; on the contrary there is every reason to emphasize it the more, particularly in regard to preventive medicine." (Italics not in original).

McCarrison, like the majority of doctors who have qualified in the orthodox schools of medicine, believed in vivisection, and although he had arrived at his conclusion that the Hunza people, whose way of life he had studied for about nine years, were healthy because of their adherence to Nature's agricultural and dietetic laws, he put his judgment to the test by feeding colonies of rats on diets of the various native races of India, Hunzas, Sikhs, Mahrattas, Pathans, Punjabis, Nepalese, Bengalis, Madrasis, plus the standard diets of European, including British working class families. The Hunza-fed rats were healthy; the "Europeans" were disease-ridden. He proved to his own satisfaction and, he no doubt hoped, to the satisfaction of the medical world, that his judgments based upon his observations were quite sound. Perhaps he thought the medical world would be more impressed with the feeding experiments than with his own personal observations. Whatever his motive, he, without meaning to, placed the vivisectionists on the horns of a dilemma. If they accepted the validity of his experiments, and the thesis he built upon them, they would have to admit that the practice in which they place so much faith had now proved that further vivisection was unnecessary, which we anti-vivisectionists have always known to be the case. If, on the other hand, they repudiated the value of his experiments they would at the same time repudiate their own oft repeated claims that vivisection is a reliable guide to medical progress.

Since they, at no time, have repudiated either McCarrison's experiments or his findings, they are guilty on two counts: (1) of withholding from the nation knowledge which, more than any other, the people

would like to have, namely that the way to health and freedom from disease lies, not through the tortured bodies of defenceless animals, but through the observance of Nature's agricultural and dietetic laws, plus personal and environmental cleanliness, and (2) of continuing a practice for which there is not the slightest necessity. Human nature being what it is, it is perhaps too much to expect those engaged in vivisection, and in the commercial enterprises built upon it, to admit that McCarrison has solved the problem of health and disease which solution, if acted upon, would free men and animals from disease and keep them in perfect health. The corollary of this, of course, is that where health abounds even the flimsiest excuses for vivisection cannot exist.

W. T. Wrench, M. D., in his book *The Wheel of Health*, which is devoted to the study of McCarrison's work, has this to say about the reception the medical world gave to the 1936 Cantor Lectures: "Now, the reader might think that a statement that any small 'universe' (of rats) had been freed from disease would have created a profound impression amongst medical men...In Lister's day surgeons were so accustomed to pus and blood poisoning they could not think in terms of surgery without them. In all revolutions this is the case. It is the established profession, or class or aristocracy, which finds it most difficult to think in terms of change. This is very noticeable in the professional comments on McCarrison's lectures. Actually they were very meagre. I only found one reference in the corresponding columns of the leading journals during the few weeks following the lectures. The *British Medical Journal* itself did, however, devote a leading article. This article treated McCarrison's work purely from the point of view of diseases which diet would prevent. It overlooked the astonishing relation of a remarkable

health of human beings being transferred to rats as a perfect health. One notes it is liability to diseases, not remarkable health, that is the underlying philosophy.

To anti-vivisectionists, the real value of McCarrison's work is that he has placed in our hands a very useful weapon, which we can use against the vivisectionists - a weapon against which they have no defence. No amount of argument or sophistry will be able to disprove the fact that McCarrison had made up his mind about the causes of health and disease, which medical and anti-vivisectionists had known long time before he fed a single rat on the various natural diets. The present writer has used arguments based on McCarrison's "discovery" with disconcerting effect against a vivisector employed in the Glaxo lab rat tests. "On McCarrison's feeding experiments, Lord Boyd-Orr in *Food, Health and Disease* said: "Such experiments with rats, of course, do not carry the same weight as observations of human beings."

Our movement has often been accused of being merely "anti", and in view of the fact that we want to get rid of an evil that is perhaps natural. Nevertheless, we have always had much that is positive to say in regard to the prevention and cure of disease, and it is intended to place more emphasis on these positive aspects in future. Plans are being developed to this end, in the hope of rousing the whole nation to a sense of personal responsibility for personal health.

The Anti-Vivisectionist, March-April, 1958

Appreciation

Swami Agamananda, Head of the Advaita Asram, Kalady, Kerala State writes:-

"You are really doing a great service to humanity publishing this monthly at this time when people are mad after all artificial pleasures."

Cruelty Begets War

We are the living graves of murdered beasts,
Slaughtered to satisfy our appetites.
We never pause to wonder at our feasts
If animals, like men, can possibly have rights.

We pray on Sundays that we may have light,
To guide our footsteps on the path we tread.
We're sick of War, we do not want to fight—
The thought of it now fills our hearts with dread.

And yet we gorge ourselves upon the dead.
Like carrion crows, we live and feed on meat,
Regardless of the suffering and pain
We cause by doing so. If thus we treat
Defenceless animals of sport or gain,
How can we hope in this world to attain,
The PEACE we say we are so anxious for.
We pray for it, o'er hecatombs of slain,
To God, while outraging the moral law?
Thus CRUELTY begets its offspring WAR.

—GEORGE BERNARD SHAW

23rd

Summer Nature-Cure Training Camp Delhi

The editor of this magazine in co-operation with a competent staff will conduct a Training Camp for a month from the 15th May, 1958 at A-434 Defence Colony, New Delhi 3

For fee etc. please contact
Hony. Secretary

The Indian Institute of Natural Therapeutics at
the above address

	
THE LIFE NATURAL Annual for 1955 12 shillings Monthly 4s. 6d. or 1 Shilling Place of Publication: PUDUKKOTTAI, S. INDIA Editor: LAKSHMANA SARMA May, 1955	
CONTENTS	
	PAGE
Soil Impurities Disease	441
Burns and Scalds	444
Miraculous Cure of Leucorrhoea	448
Can We Do Without Glasses?	451
Whooping Cough Cured Naturally	453
Annual Convention of	
The Indian Institute of Natural Therapeutics	457
What Should We Know About Human Body	461
The Teeth, Composition, The Tongue, Description of Diagram, The Oesophagus, The small Intestine, The Liver, The Pancreas, The Large Intestine, The Tone of the Digestive System.	
Activities in Delhi	469
The Hunzas Today, Animal Defence,	
Books for The Divine Life,	
Misplaced Confidence in Drugs,	
The Average Englishman,	
Governor's Visit to Nature-Cure Ashram,	
What is Preventive Medicine?	
Summer Nature-Cure Training Camp	481
Nutrition Versus Vivisection	483

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

Practical Nature-Cure

Completely revised 9th edition (November 1956)

By

K. LAKSHMAN SARMA

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."

Bharan's Journal, Bombay

"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."

Bharat Jyoti, Bombay

"The reviewer has been following for the past 25 years Sarma's methods for the treatment of illnesses among relatives and friends and 'Practical Nature-Cure' continues to be his guide."

Sentamil Selvi, Madras

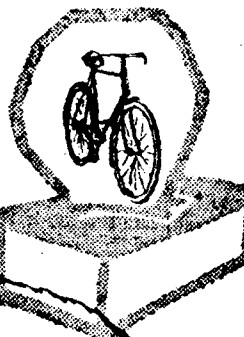
"This standard work on Nature-Cure, the ninth edition of which has recently been published, needs no introduction. Surveying a wide area of subjects pertinent to its main theme, the book attempts to present a clear exposition of the laws of health, metabolic process, food values, disease-prevention,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

Divine Life, Rishikesh

The Life Natural Book Depot

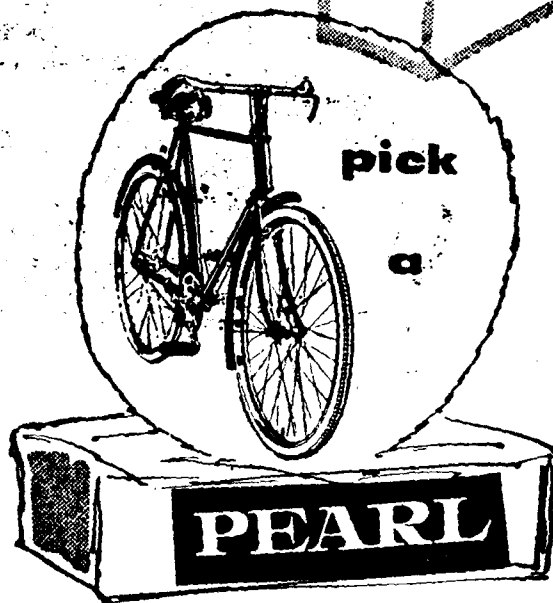
GANESHNAGAR, PUDUKKOTTAI, S. Ry.

choose a gem



pick

a



A GEM

**AMONGST
BICYCLES**

**THE PEARL CYCLE INDUSTRIES
PRIVATE LTD. NEW DELHI-1**