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THE LIFE NATURAL



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M. M. Bhamgara



Infantile Eczema

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Children's Ailments

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By

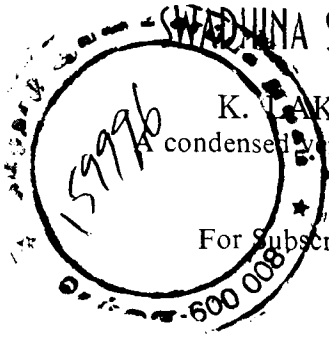
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The Life Natural

23 OCT 1958

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No. 2

Quackery

in Our Own Ranks

Almost anybody can become an allopathic doctor and, from his own point of view, be a successful practitioner. That is, he may win a high reputation as a good doctor and at the same time retire from practice in his old age - if he lives so long—with a competence for himself and his dependents. But to be a good Nature-Curist one has to be a great deal more than the average kind of man, in character, culture and other features of excellence. In particular, I think, he must be a lifelong philosopher, capable of thinking for himself, and of rightly appraising whatever is propounded by other philosophers as indisputable philosophic truth. The reason is that The Life Natural—which is our name for Nature-Cure,—is essentially a branch of philosophy and is hence very intimately related to RELIGION. But here I must put in the qualification that the Philosopher of The Life Natural must not be a narrow-minded bigot or fanatic, who believes that hatred or contempt of believers in other religions is necessary or proper. A religion that fosters such hatred or contempt is, in our view, not religion at all. The quality of any religion is best known by the degree to which it emancipates its follower from the tyranny of the ego-sense. Very few religions, in actual practice, do much good in this direction, though this is not to be blamed on the religion itself, but on the perverting and corrupting quality of its self-styled teachers or priests.

Quackery in the Life Natural arises chiefly from the retention of purely allopathic dogmas or tendencies, and the subconscious adulteration of the Natural Way with those defects. The first thing a student of the Life Natural has to do is to detect and root out from his own mind all of these perverse and subversive allopathic notions and habits of practice.

The basic notions of allopathy is the assumption that the patient knows nothing and counts for nothing in the actual procedure for ridding him of his disease. The doctor, it is presumed, knows everything, and all that the patient has to do is to submit himself unquestioningly to whatever the doctor is going to do to him. He must not ask him for his reasons for doing certain things, and for not doing certain other things. If the doctor advises an operation, and brings a surgeon to do it, he must at once lie down on the operating table and submit. If injections are proposed, he must not ask whether the substance to be injected is at least harmless; of course it will be considered a serious offence if he asks the doctor for a guarantee that there will be no untoward consequences.

Just the same vile mentality is characteristic of many self-styled EnDees. The latter prescribes certain fixed quantities of a variety of foods; the patient is expected to eat all that quantity, even though his own instinct tells him that the prescribed quantity is excessive and would not agree with him. An EnDee did this to a patient of T. B., who was himself an allopathic doctor; the latter, after about 16 years of disappointment, had come to this EnDee, hoping that Nature-Cure might be his salvation after all; he was forced to eat the prescribed rations and thus became worse and finally died.

Another EnDee made a patient fast for a week, and then instructed him to eat, with vegetables, one

Roti the first day, two the second day, three the third day, and so on. The patient tried to convince the expert that more than one roti would be too much for himself and begged to be allowed to follow his own instincts. But the EnDee would not hear of it.

This brings us to the grave crime of regimentation of patients, imposing a preconceived regimen on all of them without any consideration for the individual constitution. All the patients in a clinic must take a prescribed bath for the prescribed number of minutes, with water of a prescribed temperature. Some at least might feel that the water is too cold and that the bath is too long. A few may even be wholly disinclined to take the bath. But objections are not heard. The patient must obey or go away.

In the Natural Way it is the *patient* that is to be considered and treated, not his *disease*. The latter is only a symptom of his loss of health, and what he needs is to be restored to health by the most non-violent means. Indeed non-violence is the Basic Principle and Policy of this Way of caring for the sick. What he has to do is to cease doing the wrong things and begin doing the right things in a manner suitable to himself. Therefore the need is there for the expert—if he is really one—to adjust his methods to the patient's constitution and powers of reaction, so that only good results can come and no bad ones. One of the great pioneers of this True Science, Father Sebastian Kneipp, told Dr. Benedict Lust of the U.S. "*Individualise in treatment.*" While many practitioners seem to be instinctively aware of this principle and take care to adapt the treatment to each patient, there are many that consider patients, not as sentient human beings, but as merely cases of this or that disease, for which there is a particular programme of treatment, to be applied strictly

without any modification to suit the patient * This is a serious danger. Practitioners who cannot understand this point must be treated as quacks.

Another evil trait of the allopathic mind is to give the strongest possible dose of a drug which is the accepted remedy. Now this allopathic error is applied in 'Nature-Cure' also, so that it becomes *allopathic Nature-Cure*. One of the most potent methods for curing a patient in our system is Fasting. But the more potent a measure is, the greater should be the circumspection in applying it in practice. Here again Father Kneipp has given us a hint. "The mildest measures should be employed, not severe ones, as a rule." Accordingly fasting by the Instalmental process is the most proper, and not unlimited or abruptly long fasts. Fasting until the patient is either cured or killed is not 'Nature-Cure' but allopathy. But this is being done by some, who are considered to be great authorities in 'Nature-Cure'. Some of these men do suggest some cautions to be observed in this violent process. But these cautions are too vague and indefinite to be of use, except perhaps for the one who prescribes these cautions. Actually, in our country, a patient was put on an unlimited fast, and after 50 days of fasting on water alone, collapsed and died. The exact details of the case are irrelevant. It is not necessary for any chronic sufferer to fast for more than three days at a time; and he must eat sparingly—according to the strict rules of Vital Economy—in between, of foods that are conducive to the return of health.

For these reasons I strongly advise all patients to become their own doctors, or at least resort to only such, as understand and follow the above principles.

* Indeed, big books are written, giving precise directions for the treatment of each and every disease.

The Case Against Tobacco

It is many years since it was proved by statistical evidence that cigarette-smoking makes the smoker susceptible to cancer of the lungs, especially if he swallows the smoke and then lets it out. The manufacturers in self-defence conducted 'research' and then published a conclusion acquitting cigarette of all blame, putting it on other things, such as the acrid fumes released into the atmosphere by the exhaust pipes of diesel engines. They also pretended to make the cigarette safe for smokers by fitting it with filter-tips, which, they said, would absorb the tobacco-poisons that would cause cancer of the lungs. So in the result the smokers, who had been somewhat discouraged at first, were now convinced that their dear cigarette was harmless and recommenced smoking.

The answer to this dishonest propaganda has now been given, says a writer in "*Good Health*", a journal devoted to healthy living, but conducted by an Association of medical men, who seem to be somewhat midway between the extremely orthodox medicos, who believe in fighting disease with 'powerful'—poisonous—drugs and those who, like us, have renounced all faith in that system of Violence and taken to the *Life Natural*, where God is the Healer, whose beneficence is to be deserved by doing His Will.

The journal in its latest issue—August 1958—says that research on this point was conducted by the Sloan-Kettering Institute of New York City. Incidentally they also wanted to know whether nonsmokers, who are forced to breathe the air polluted by tobacco-smoke, would suffer in any appreciable degree. The group selected were members of the Seventh Day Adventist Church, which enjoined abstinence from smoking and drinking. Many hundreds of patients at

A Tribute To Miss Lily Loat

By

**M. M. Bhamgara F. I. I. N. T., M. S. S. Ch. (Eng.),
Director, Arogya Niketan, Rander Road, SURAT H.O.**

The National Anti-Vaccination League,
26/28 Warwick Way, London S. W. 1.

July 28th 1958.

Dear Dr. Bhamgara,

I am very glad you are working so splendidly against vaccination, and hope you will stir up real opposition to it.

Yours sincerely,
L. LOAT.

When I received this letter last month I had no idea it would be the last of the many encouraging and informative ones that this indefatigable worker for a humanitarian cause had written me during almost a decade.

I, like many other anti-vaccinists, had often bothered kind hearted Miss Loat with letters. She had been instrumental in getting me letters of exemption from the British Parliament through Mr. Viant the famed anti-vaccinist M. P., when I was harassed by Bombay Port Health Officer and my Passage Agents who tried to frighten me into submission to vaccinations with the threat that I would not be allowed to get off ship in England without proper certificates. And mine was not an isolated instance; she had helped similarly people all over the world hundreds of times.

"Please send me any useful material against cholera vaccine; the local authorities are harassing

our citizens" "Dear Miss Loat, kindly inform me when, in last ten years, Calcutta had smallpox epidemic, how many people were vaccinated, how many died both among the vaccinated and the unvaccinated, and the relevant months and years," All such queries were duly replied in details by her in surprisingly short time. She, of course, had workers to assist her in finding out facts; but often she was without any help, and then she never thought it beyond her position to work in place of clerks, and that too often overtime, regardless of compensations. She had really an encyclopedic knowledge on almost all aspects of vaccination and anti-vaccination; and I do not think it would be an exaggeration to call her the most well-informed anti-vaccinist in the world.

A long-cherished wish was fulfilled four years back when I met Miss Loat in London, at the old office of the League. Her office was full to the ceiling with files upon files of vaccination literature in various European Languages. Cuttings from all over the world were filed for ready reference, most of the work having been done by her all alone during the fifty years that she was secretary to the National A-V. League. That afternoon we conversed for a long time; she expressed a keen desire to get an Anti-Vaccination League formed in India, and wished either the Bombay Humanitarian League or the Indian Institute of Natural Therapeutics at Pudukkottai would come forward to found such a league. I had suggested then that she visit India, and arouse public and medical opinion against vaccination, prior to founding of such a League. She earnestly wished she could act upon my suggestion, but regreted her financial inability to go so far from England. She had been to France, Germany and Switzerland on lecture tours: but India was beyond her means. Thinking back about that meeting with

oil, preparations fried in oil or in any fat to eat. He was given simple ordinary food. In a week the itches disappeared, leaving the part shiny and with scars.

Within a fortnight the trouble started again with greater virulence, this time on both the legs, below the knee and above the ankle. When the same specialist was approached he was very much annoyed and said the trouble must have been due to some mistakes committed by us in diet. Another course of more costly injections and ointments went on for a month. Even on the third day of the application of the ointment the itches began to disappear. The doctor advised to continue the treatment this time for a longer period to be sure of a radical cure. After a month the itches disappeared leaving the affected parts black and shiny.

Four months passed without any trouble. But lo! the trouble started again on the same legs, now extending to the feet also. It was a horrible sight to see the boy scratching the affected parts and covered with blood. After scratching he used to weep and cry loudly due to pain caused by scratching.

A servant of my neighbour told me that he had cured several cases of this sort and offered to treat my boy also. Having got disgusted with the allopathic treatment I allowed that man to treat my boy. He prepared an ointment with some seeds, barks, sulphur and castor oil and applied the same over the affected parts. The boy screamed aloud because of the terrific burning sensation caused by the ointment. Still the treatment was continued for a week and at the end of which the eruptions disappeared leaving the parts much brighter and shiny. We were glad that a servant was able to cure the disease which defied even great specialists in allopathy because six months passed without any trouble.

After 6 months when the boy began to scratch the legs small pimples began to appear again. This time as I was studying Nature-Cure books I decided to try Nature-Cure for the boy.

To begin with breakfast was stopped. Coffee, tea and cocoa were totally banned. White sugar and Vanaspati were completely given up. Nuts and pulses were avoided in his food. He was given conservatively cooked vegetables without salt with one or two whole wheat rotis daily twice. Fruits were also given.

Daily sun bath for about half an hour in the morning was given. Wet bandage for both the legs and abdominal wet pack were applied. Non-violent enema was given daily. This course of treatment went on for three months. The boy cooperated with me fully as every application was giving him some relief. After three months I changed the simple wet bandage into wet earth bandage for the legs. There were signs of improvement within the first three months. In another month there was a curative crisis in the form of diphtheria with high fever. The crisis passed off with a couple of days' fast and clay pack for the neck. The treatment for the legs was as usual.

After four months' treatment on Nature-Cure lines the boy became free from all troubles. He is now hale and healthy and possesses a good physique.

Such are the wonderful things that Nature does for us.

Editor's Comments: The boy seems to have become all right now. It is possible the evil effects of the deadly drugs applied may still be lurking inside and bring some sort of nervous disorder later if the Life Natural is not followed faithfully throughout life. This fact should be impressed upon the boy when he becomes of age. (See Page 62)

**Inaugural Address by
Shri K. Lakshman Sarma, at the
Indian Institute of Natural Therapeutics,
Social Education Centre, Delhi,
on 13th September 1958.**

My Dear Friends,

You have listened to the testimony, the authorities or competent witnesses whose words you can believe, because they are thoroughly disinterested. They have benefited. They know what it is that has given them that benefit, and in that human philanthropy, in that love of mankind, they want that other people should equally be benefited. It is for you to draw the proper conclusion from the evidence that they have given. It is not for me to say anything more on that point.

Now the knowledge of nature-cure, the ability to follow nature-cure is not a matter of luck. That, I agree, is the truth. But there is something which stands in the place of luck. My definite belief is that no one can obtain health and knowledge of the only way to obtain health, except through the Grace of God. Now how to obtain the Grace of God? By sincerity. Be true to yourself. Be as unselfish as possible and be ready to believe what is true. God is Truth and Truth is God. Truth is therefore something to which your devotion must be given. If a thing is true, you must be prepared to accept it. You must also be prepared to live according to it. you must be ready at a moment's notice to give up the untruth and take up

(Continued from Page 61)

Readers are referred to the Evidence of Dr. Eindlahr published as Appendix in Practical Nature-Cure, 9th edition, pages 553 to 570.

the truth. Knowledge of truth comes to you only by the Grace of God. God exists. Scientists say that there is no God. I know there are a number of scientists who believe in God, but the average scientist is neither a scientist nor even a human being. After all what is science? Should not the scientist be humble? be unselfish? How many so-called scientists are there without these qualifications? Man is liable to err. Scientists are liable to err. Do you agree? Then why make a God of the Scientist? They deprive you of God and they themselves want to take the place of God. God is described as Omniscient (all-knowing), Do the scientists know everything? Do they know what their own patients think of them? Do they know what is said by people who have been under them and who have suffered from their incompetence? Do they know what is said by these people? What serious charges are being brought against them? They do not know. And they don't care. They really believe that the vast majority of people are ignorant and even if they know the truth and know that doctors are not what they pretend to be, there are large number of other people *who* are ignorant and these good people can be exploited.

What is this medical science? How is it progressing now? In what direction is this progress? Is the medical progress going toward greater and greater increase in the public and private health, or is it progressing in the direction of greater and greater disease, chronic suffering and premature death? In what direction is the medical science going? I will give you some facts.

One of the trenchant critics who was somewhere a doctor, Dr. Alexis Carrel. He was a scientist doing research in one of the Rockefeller Research Institutes.

He made certain experiments of transplanting certain organs such as the lungs, the heart etc, from one animal to another. He got the Nobel Prize for that experiment. But what was the value of that experiment in human terms? Have the sufferers from ill-health attained any benefit? Up to date nothing. After that he came to the realisation that medical science has always been a failure. He wanted to make it something better and to that end he wrote a book '*Man the unknown*'. All these centuries there has been science, there have been Philosophers, there has been everything, but man has not been known and this ignorance about man was in his opinion the cause of failure of medicine?

In what way was there failure of medicine? In U. S. A., the "most advanced country in the world", the wealthiest country, the most advanced economically and in the standard of living; what sort of health are the people having? There is a large number of doctors. The proportion of doctors to the population is far higher than in any other country and as to hospitals, great many are there.

Shri Vinoba Bhave once said " If really there is antagonism between disease and doctors and hospitals what would happen? The more the doctors, the less must be the disease. The more the hospitals, the less must be the disease, so that in course of time some hospitals will have to be closed and some doctors will have to find work elsewhere. Does that happen? The number of doctors is not sufficient and bigger hospitals will have to be built with more beds. Thus new doctors are appointed and new hospitals are built and still disease increases. Again doctors are increased and hospitals increase and more money is spent. What is the result?

We read in books that in U. S. A. there are a large number of patients who are mental cases, lunatics and there are plenty of lunatic asylums. There are large number of lunatics in them and a larger number still outside, for whom there is no accommodation. There are very serious diseases, diseases of the heart, cancer, paralysis and neurosis, etc. and the greatest proportion of these diseases is now in U. S. A. In less advanced countries there is less disease. In our country there is not as much disease as in the U. S. A. But if our ruling class will have its own way, the time will soon come when we may overtake the U. S. A. Doctors are giving diseases, incapacity and suffering, long drawn out, and finally premature death. It is said that about one man in 4 or 5 of middle age is fated to die of cancer.

Of course there are so many other diseases competing with cancer, like diseases of the heart, coronary thrombosis, which completely stops the passage of blood in the heart. So there is a crisis. Men may die any moment. With great care man's life may be prolonged, but health is never restored. Any time he might die. They freely admit that they cannot cure chronic diseases. One important thing which is not denied is this. I feel I should give some explanation here. Diseases have three stages. The first is what they call infectious diseases. According to them these diseases are not due to any fault on the part of the patient. Some germ has taken hold of him, not because of any irregularity in his way of living. In our classes we shall discuss these. As Bernard Shaw has said, germs are present in the body, but they don't cause disease. On account of man's sinfulness, his self indulgence, his recklessness he gets disease. There was in Canada one Dr. Fraser, who made some unexpected discoveries about germs in relation to diseases. The disease starts and after the disease has started, the

germs that are already in the body undergo a change and become 'infectious'. The germ is infected by man; it is not the man who is infected by the germ. Disease starts, the germs come into existence within the sick blood. Whenever a patient came to him suffering from something he took a drop of blood from him, put it on a slide, examined it and found under the microscope *the germ was not there*. But the fever was there. After some hours again, he tried again similarly and the germ was found to be present. The disease started first. The germs came into existence later. If common-sense should be our guide, we should say diseases are the parents of germs. Without disease, germs cannot exist. Flu caused the germ for the flu. Dr. Fraser having said this was not content with this. He made some further experiments, a large number of experiments for nearly 2½ years. He obtained from laboratories germs of diphtheria, malaria and so on and made people take these germs in bread or milk or water, and sometimes by injections. Nothing happened. He wrote about this in the Canadian *Lancet*. All the doctors had the opportunity to read it. If they were honest men, what would they have done? They must make their own experiments and show that Dr. Fraser was wrong, or acknowledge that Dr. Fraser was right. They did neither. Were they scientists? A scientist is one who wants the truth. But still the germ theory is there. They are following it.

In our system no attention is paid to germs. Let the germs be. God will take care of them or Nature will take care of them. We do what we ought to do. We follow the natural way and then much sooner than under medical treatment the illness comes to an end, and the germs disappear. Nothing is done to kill the germs. So I ask, is the germ theory true? You have plenty of time to think about it in this class. Now do

doctors ever bother about the question of the patient's health? Does the doctor's coming and going enhance the patient's health? Does he restore the patient's lost health, or is he going to take away the little health he has?

Actually all medical treatments have the sure effect of slowly but steadily lowering the patient's level of health until from the first stage—the diseases which they call infectious disease—the second stage comes. In the second stage diseases are chronic. Chronic diseases last a long time. If the patient still believes in doctors and gets their treatment, the disease will get confirmed and his health will go down more and more and finally he will die a premature death. Doctors don't think that they are going to give radical cure for chronic cases like asthma and rheumatism. They give only symptomatic treatment. Sometimes a fit is caused. An injection is given and you see the fit is somewhat lessened and the fit goes away for a time. Then there is another attack and another injection is given and the effect is less each time and finally the injection has no effect.

Doctors make chronic diseases and if these chronic diseases are still treated by doctors, a time comes when the third stage of the disease begins. In the third stage, the disease is of a fatal nature like cancer, consumption etc. At this stage what can the doctors do? Even the second stage is incapable of treatment by them, but they pretend to do something. I leave it there.

Now there is a well known principle, *the end does not justify the means*. What does it really mean? It means that for every particular end there are particular means appointed by God. If you want health, you must deserve it. How is health deserved? I read in a book that Christians on Sundays in their churches

go through a number of prayers, and all these Christians repeat them after the clergyman. "We have not done what we ought to have done and we have done what we ought not to have done? And, there is no health for us." This is a confession that every Christian goes through, or is supposed to go through. Often he becomes sick, because he does things which he ought not to do and does not do things which he ought to do. So, to become healthy, he must stop doing the wrong things and begin to do the right things.

These two things everybody ought to do. Is it ever done under medical treatment? Now, we say by stopping doing things which ought not to be done, by doing things that ought to be done, we would be doing *prayaschittam*. We eat without hunger, even without appetite and we eat things which are unwholesome, which will not promote our health, but will promote our ill-health. Now, what is the *Praayaschittam* for these things? Don't eat without hunger. Don't eat harmful things, fried food, etc., and at the same time eat the minimum and not the maximum. Our belly is filled with a large number of organs and not all those organs are concerned with eating. Only the stomach is so concerned. What is the size of the stomach? $1/10$ or $1/20$ of the size of the belly. But we are eating a bellyful, not a stomachful. We eat four times as much as we need to eat. Reduce your rations from four times to two times, then from 2 to 1. The remaining $\frac{3}{4}$ is for nourishing doctors. We overeat so that doctors may not starve. Let them starve. Why should you incur disease so that the doctors should live. Happiness and abundant vital power bring ability, fitness for our work. You can attain them only by proper means, not by improper means not by taking the drugs given by doctors.

Then there is vivisection. Living animals are caught and are tied up and made immoveable and things are done to them which no really human being will care to do. What heartless devils they are—these vivisectioners! They themselves have confessed all this in the journals which they publish. Branding animals with hot irons, pouring boiling water into their stomachs, giving them electric shocks and so on. I have not got a list of these. Is this the way to obtain right knowledge? There was a debate between champions of scientists who claim that scientists have a right to torture the animals or any creature that comes into his hands—like orphans and lunatics on whom experiments are made. In that debate H. G. Wells, who was a man without conscience, claimed that a scientist has a right to obtain knowledge in any way that is possible. He need not have any pity, need not be honest, he need not even tell the truth. Naturally, he finds that it is not to his interest to tell the truth. This is the work of vivisection. Is it proper for any man to become a supporter or approver of that action? The whole of medical science is sinful, because their knowledge is acquired by sinful processes. Their knowledge is based on ignorance. Now, disease need not be treated at all. What is disease? And, what is health? Is there any relation between health and disease? I can answer this question very simply. Disease and health are related like darkness and light. Why is disease present? Because health is not there. Because health has fallen to a lower level. A disease is an expression or manifestation or is a sign of the loss of health. When there is darkness how do you try to get rid of it? Do you fire shots in it? As soon as you bring the light darkness is gone. In the same way from our experience I tell you disease disappears the moment health is brought in. How to bring back health? As I have told you already stop doing things which you ought not to have done. Begin doing things which you

ought to do. God is our doctor. Leave the case entirely in His hands. But at the same time purify yourself, cleanse yourself by doing this Prayaschitta. These are told in every good book on Nature-Cure. That is to say, the disease has to be cured, not directly by fighting the disease, but by restoring health. If health is restored, disease goes away. So in every case whatever may be the name of the disease, in whatever stage it is, what has to be done is simply to recover health by doing the proper penance, Prayaschitta. The name and form of disease does not matter. All diseases are one and the same. They are manifestations of one and the same. I need not give you details now. Is this not the commonsense way of recovering health? If you are not living the life natural, take up the life natural now. Begin to do the right things. Don't indulge in harmful things.

When this blessed science is available why should people go after doctors? Do the doctors know what is the cause of disease? Well, in the course of these classes I will be able to tell you. There is plenty of scientific evidence to confirm, to corroborate the truths of nature-cure. What is unscientific is not nature-cure. So, if this system is taken up every man is provided with a doctor for himself. Is it possible? Yes. Because God is everywhere. God is present inside you. He will take care of you provided you deserve His care. To deserve the care of God, do the right and avoid the wrong.

I do not want to impose my opinion on you. I am interested in your benefit. I want you to be saved of all the worries that attend on people who believe in doctors. First there is the question of economy. So much money is saved by people who take to nature cure. Also so much time is saved. People who take to it

do not require so much leave from service, sick leave. It is for the benefit of the Government that people should take to nature cure. To the extent that people are following nature the necessity for hospitals and doctors will become less. At the same time they are reducing the expenditure of Government. But we are made to pay taxes for the maintenance of hospitals. I don't want to say anything more. I will leave you to God.

By K. LAKSHMANA SARMA

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By Ramachandra Kathale, Retd. Sub Judge,
Naturopath, Borgeon-Meghe, Dt. Wardha.

In May 1931, when I was in service, I got a severe attack of blood dysentery and I used to get every day about 25 to 30 blood mucus stools. I became too weak. My weight which was 140 lbs. fell down to 112 lbs. I got malaria also. I could not walk. In addition to the above ailments I had anaemia also, my hemoglobin having come to 45 p. c. I took four months' leave and got admitted as an in-patient in the Government Mayo Hospital at Nagpur. I was given six emetin injections and quinine orally. In 15 to 20 days my blood dysentery and malaria had gone. But anaemia and debility remained. In those days there were no campolan or liver injections. Patent medicine, phospholecithin was given orally. Yellow and white substances of two eggs mixed with $\frac{1}{2}$ lb of milk and a tea spoonful of brandy and cane sugar were given to me daily. In addition to this I was given the soup of one chicken daily. Tonics and pills of liver extract were also consumed. This routine was followed for three months and I could then walk. My weight rose to 140 lbs. and my hemoglobin to 75 p. c. Still I did not regain my former strength and my face was yellowish. I used to have 99° temperature in the evenings. With this state of health I joined duty.

After some time I got back the blood dysentery and I used to have 15 to 20 motions daily. I became very weak and anaemic.

The allopathic doctor of that place who was a good friend of mine gave me six emetin injections, Kurchi, opium etc. But no relief. He then told me that my case was intestinal T. B. and advised me to resort to Ayurvedic or Homoeopathic treatments as Allopathy

had proved a failure. When my family members heard the word T. B. they began to weep.

Fortunately for me a gentleman in a casual talk suggested to me Louis Kuhne's Hip bath. I ordered for a copy of Kuhne's New Science of Healing and prepared a tub. I was determined to try that treatment. My relatives protested, saying that I would get fever and pneumonia by sitting in cold water.

I stopped all medicines and began taking hip baths from 1-10-1932. In the beginning I took the bath for 5 minutes and every fourth day I increased it by 5 minutes and stopped with 30 minutes. I was using fresh well water for the bath. After the bath I used to put on warm clothes and go for a long walk. I turned a complete vegetarian (Please read my article in The Life Natural, pages 229 to 232, December, 1957). I observed complete celibacy. I carried out the treatment without taking any leave from office. It cost me no expense except the book and the tub of which the former is still with me and the latter served me a number of years.

In three months my weight came down to 119 lbs. from 140. During this period I got three curative crises of a mild type of blood dysentery and they passed off without any special treatment. Because of the loss of weight I was slim and my relatives asked me to stop the treatment. I refused to heed their advice and continued the treatment for five months more. Before June 1933 I became completely healthy. My weight had risen to 133 lbs. and I got redness on my face. My vigour, energy and strength were that of a youth. My hemoglobin rose to 95 p. c. When Allopathy had failed kind Mother Nature through Bhagavan Louis Kuhne saved me from death and granted to me a fresh lease of long, healthy and happy life.

Eat Your Way To Health

L. Ganesa Sarma, Natesa Mandiram, A-434,
Defence Colony, New Delhi-3,

[The article under this title which was republished in the issues of The Life Natural for August and September, 1958, is now being continued further. -Editor]

The 23rd Nature-Cure Training Camp conducted in Defence Colony, New Delhi-3, during May-June, 1958, provided scope for demonstrating quite a good variety of preparations which were both health-promoting and also tasty. Most of them have been covered in the earlier part of this article. I shall give below the recipe for such of the items as have not been covered.

Stuffed-Tomato-Salad

This preparation is the one most suitable for serving on modern dining tables as it is beautifully dressed and looks very colourful—red, green and white.

It is a combination—a permitted combination—of three classes of highly positive, nutritious and cleansing foods, being at the same time very light and tasty without the addition of salt and pepper usually sprinkled on such preparations. The addition of salt caused the disadvantage of making tomato juice run out, and its omission is therefore a step towards conserving the essential part of the food. Addition of salt also destroys the Vitamin C which is present in tomato and the green leaves used in the stuffing. Vitamin C is said to be a preventive for scurvy. As a matter of fact we must say that Vitamin C deficiency causes scurvy. Bleeding gums and mucus membranes, petechial hemorrhages, retarded healing of wounds, etc are results of such Vitamin C deficiency.

Vitamin C is easily susceptible to rapid destruction by atmospheric oxidation. It is therefore essential that this preparation is done only immediately before eating.

The vegetables must be fresh and must be washed before cutting.

Tomatos of medium size—of a size that could easily go into the mouth as a whole—must be selected. Parallel cuts must be made in it, but not right through; there must be a number of openings within which the other things will be stuffed in. Chulai (முளைக்கிற அல்லது அரைக்கிற) or palak, coriander (கொத்துமல்லி இலா ஥னியா) leaves must be cut finely and raw cocoanut must be scraped and kept ready separately. A little of each is stuffed in each opening, the order being palak or chulai, cocoanut scrapings, and coriander leaves. The whole thing is now a composite salad or *fruit, nut and herb*.

Before trying this preparation once, people are apt to feel it might not be so palatable as to be taken by people in normal health. But this illusion vanishes after tasting the first. One demands more than one's share.

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24th Nature-Cure Training Course

September-October, 1958

Delhi

“ Since every increase of doctors and hospitals is followed not by a decrease, but by an increase of disease and a demand for more doctors and hospitals, it is clear that medicine is progressing if at all, only in the wrong direction, and the only way to lessen disease and promote health is the popularisation of the hygienic system called Nature-Cure,” observed Sri K. Lakshmana Sharma, inaugurating the 24th Nature Cure Training Course in Delhi on September 13th 1958, at the Social Education Centre, Opposite Delhi Jn.

There were many speeches testifying to the superiority and unique excellence of the now rising system called Nature Cure, whose more rightful name is the Life Natural, some of whom had been students of the previous training courses, namely, Sri Rup Narain Tandon who stood first in the last examination, Sri Chunilal who works in one of Delhi's centre of modern and western civilisation, the Cecil Hotel, and propagates right knowledge for health seekers, Sri Sitaram Gupta, who was the secy. of the Committee of management of the last camp at Defence Colony, Sri Swaminathan, but for whose untiring efforts Nature Cure would not be so well known in Delhi, Sri Ishwar Dayal, Deputy Commissioner, D. M. Corp., because of whose interest and help we got the use of the premises of the Social Education Centre on Queens' Road for conducting this training course.

Sri Ramlal Sethi, retd. Agricultural Officer, Govt. of India, who presided on the occasion, explained that he was a follower for long of Louis Kuhne's system

which laid stress more on one of the five branches (Hydropathy) and that he saw a wholeness in Sri Sharma's system though Sri Sharma does not call it his, in that it employed a judicious utilisation of all the five elements. He paid high tributes for the great value of his contributions to the Science of Health through personal hygiene.

Sri L. Ganesh Sharma, Secy. of the Institute gave a short report on the working of the Institute and thanked all those who contributed towards the success of the function. The whole hall reverberated with applause of the audience when they cheered Sri Charan Bhindra who made a voluntary offer of the use of his car for the conveyance of the Director to the Social Education Centre from and back to Defence Colony everyday. “ No thanking by mere words would equate his sincere philanthropy, and I can only pray to God that Sri Bindra be blessed with a healthy and happy long life ”, said the Secy. He thanked the Education Deptt. (Social) of the Delhi Municipal Corporation who are taking keen interest in spreading the right knowledge on Health and Hygiene.

PRAKRUTI JIWAN

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My Observations of Appendicitis

M. M. Bhamgara F. I. I. N. T., M. S. S. Ch. (Eng.),
Director, Arogya Niketan, Rander Road, SURAT H.O.

There have been several occasions on which I have treated appendicitis cases; three of these, I remember, were of an acute nature, when the 'attacks' were in the process of occurring and re-occurring, thus causing severe abdominal pain to the afflicted ones.

As is well-known, appendicitis means inflammation of the vermiform appendix, which is an important organ of elimination. In acute cases the pain is very severe, sometimes unbearable and exhausting. Same is also the case when disease takes an acute form in a chronic sufferer.

Some months back, one night I received an urgent call from a friend of mine, whose sister was suffering from some abdominal pain that was not relieved by any homeopathic medicine she had tried. It may be told here that the patient never took any allopathic medicine whatever the complaint; but, on the other hand, she *ever* took one or the other of homeopathic pilules for her gastric troubles. When I reached the place, she was having the spasmodic 'attack'; I marked the frequency of the recurrences, and noted it to be every five minutes approximately. She had been in a state of great agony for more than three hours.

Her abdomen on examination was found to be fluffy, almost cotton-soft; the patient informed me that it was such since the birth of her first child, now about four years old. It seemed that she had totally neglected to strengthen the abdominal muscles after her delivery; and that was a root of her digestive troubles which included lack of true hunger and unsatisfactory motions. Her abdominal viscera were very weak, and had sagged down (medical term 'visceroptosis'). I never had

imagined that her abdomen was so very tone-less, for she appeared trim and healthy apparently, when dressed.

The usual 'catechism' revealed that she had taken an incongruous mixture of sweet and pungent 'eats' for last three days. She admitted having 'felt' that some abdominal trouble was imminent, yet neglected to ward off the temptation to please the palate.

My treatments started with cool water packs on the abdomen, repeated times without number; this was to bring down pain. The 'attacks' were however, reaching a climax both in frequency and intensity. Neither the patient nor the relatives of the patient were informed what the condition was, because the very word 'appendicitis' would have horrified them. I had enough faith in Nature Cure; besides, I had some experience with such cases.

It is not *always* proper to give even the most non-violent enema to such a patient as here described, especially when the 'attacks' are unbearable. This is because the large intestine is chock-full of waste matter, and any increase of pressure in the rectum by enema may be reflected immediately in the right iliac region. The proper thing to do with difficult cases is to continue with the cool packs, or with alternate hot and cold water applications on the whole of the abdomen. The latter are known to give more relief; the hot application should be of shorter duration than the cold one (say, about one minute hot, and two minutes cold). If the pain does not subside, the hot applications should be kept longer.

In the particular case, I did give a small injection of enema with water at body temperature. A few drops of sour lemon juice were added to the water. I must have introduced only a few ounces of water when she felt the urge and the water was passed out. No solids

were detected. The enema was repeated twice more, and each time she could receive more water, and did pass out solid stools that were markedly old. All this while, the 'attacks' were coming at the usual frequency; they had not abated in the least. After the enema, the packs were resumed; this time a hot water bottle being placed on the abdomen to bring relief.

All these treatments were fatiguing to the patient; she was feeling drowsy. But the 'attacks' snatched away her sleep no sooner her eye-lids would meet.

From my experience I knew that the much needed relief from pain would soon come. After an hour more of the hot and cold applications the patient was merging into sleep for longer spells, and the 'attacks' were coming less frequently and less intensely.

It was getting very late at night, and I had to travel miles to reach my place. I left the patient with instructions to fast till the next evening, and to take only cocoanut water at night. I do not know if she followed these instructions, and other general dietetic hints I gave to her relatives; but the next morning I received the news that the patient was well and moving about. As an aside I may note here that such are exactly the cases which doctors think fit for immediate extirpation of the appendix, fearing peritonitis and death.

About eight years back I had to treat similar 'attacks' of appendicitis occurring at two different times in the same person.

In the first instance, the pains had started on getting up in the morning at about five o'clock; and had increased in frequency and intensity by eight o'clock. That was my first case of appendicitis.

The patient's relatives were allopathic minded; whereas the patient himself had faith only in Nature-Cure. Unfortunately, the poor fellow was at that time in such a state of agony that he had become unconscious of goings-on around him. One allopathic relative injected morphia. The patient all the while was too much in prostration to protest; and what little strength he did show against the needle attacks was easily overcome. However, his protests resulted in one good thing; he was not rushed to a hospital for operation; of course, the allopathic medicos then left the patient with a warning that they must not be held responsible for the possible complication of the case. What transpired thereafter, the patient was not aware of; he slipped into the stupor of morphia. When he awoke, he was feeling a great debility, and a dull ache along the ascending colon.

He knew that now was the proper time to take enemas. As he was all alone, (what relatives there were being too old to be of any help, and the allopathic relations having left him to Nature), he had great difficulty in heating water and preparing the enema can. He had to take the enema himself, which he did after travelling up and down the stair-case of his place (something not wise to do, because the strain may bring on fresh 'attacks'). After three separate injections of water, enough waste matter came out to ease the pressure and the ache; the patient felt restful.

The day was fasted out on water only. Next day the debility was less, enemas were taken twice. At no time the water injected was more than a pint and a half. The treatments were repeated for six days more; and the diet was restricted to diluted juice of sweet limes and grapes. The cure was achieved.

Soon after this occurrence, the patient developed a very severe form of eczema on the part of the body

Nature-Cure For Children's Ailments

Meningitis, Convulsive or Spasmodic Fevers

C. V. Chetti, Naturopath, Paradise, Vellala St.,
Purasawalkam-Madras—7

Strictly speaking the health of the child starts from before its birth when the mother should be held responsible for the food or nourishment she takes from when she is 4 months old in pregnancy. If she had been taking the so called tonics for health or for that of the child in her womb she has to pay dearly for it. If after the birth, the process of feeding the child with patent and tinned foods is resorted to, and childhood and infantile diseases had been treated along orthodox

Continued from Page 83

daily some abdominal exercises, especially those working the right external obliques muscle. One such exercise is bending to the sides; other is, lying on floor, trying to sit up or roll up into a sitting position by the strength of the abdominal muscles. These exercises may be done ten times to start with; and increased to about fifty repetitions daily. The idea is to make the appendix wall stronger, and to keep this organ free from any faecal encumbrance. 'Uddiyana' and 'Nauli' can be substituted for these exercises.

In fact, a simple dietary, the exercises and the enemas can help remove any danger of appendicitis when the 'attacks' seem imminent.

In chronic cases the patient does not develop fever. But if the patient does get fever during or after the 'attacks', he should consider himself very fortunate, because then his pains will be bearable. Then the usual injunctions for managing fevers may be followed.

— 11—12—1953.

lines there is great danger in the child's subsequent ailments. The child's health is being discounted at every stage of the disease if treated along orthodox lines and it leads to the zero point in the child's health.

My daughter who has been a 'Nature Cure' girl was taking double standard when she became pregnant. As long as she remained with me she would be following the 'Life Natural' but when she got back to her husband at Kurnool she would be pleasing him by taking some tonics for her own 'health' and for the 'health' of the child in her womb. Five months after its birth the child got a fever. My son-in-law would have the child treated not by ordinary doctors but only by the Governor's Surgeon. When I was present there, they would follow Nature Cure in my presence just to please me and in my absence they would give the child Glaxo 'D' — Horlicks — Milo's — Biscuits and what not! The child of five months grew to an year and half old. They were still at Kurnool when the child got infective diarrhoea of a persistent nature. When I stepped into their house at Kurnool I was confronted with so many patent foods and powders and pills. The child was passing variegated colours of watery stools all the 24 hours. My respected son-in-law would argue and argue with me when I made the child fast at least for a few hours on orange juice. In my absence they would give Arrow-root kanjee, Arrow-root biscuits, Talisman, Mantrams—etc., in their belief of all quacks' words that semi-solid and solid foods would bind the bowels; just to find the baby's diarrhoea aggravated. There was a regular fight between Nature Cure and orthodox medical treatment. All visitors were high placed Government servants whose words carried weight with my son-in-law and his mother. I was sure the child would be lost if it had stayed at Kurnool a day more in such surroundings. So I contrived to

transport the child and mother to my place in Madras taking full responsibility for the child's life more as a challenge. My son-in-law did not stay in Madras for good. The child was given some items of Nature Cure treatment and he was saved.

In his 3rd year the boy got some fever attended with convulsions and my daughter who grew more sensible with her age, and training treated him independently on Nature Cure lines. As usual my son-in-law would get him several patent tinned foods to make him "healthy and strong".

Meningitis or Call it By Whatever Name

On Vinayaka Chathurthi (16-9-1958) the boy got up early morning and finished his ablutions, dressed himself up before 9 A. M. to attend to Genesh Pooja. He seems to have expressed slight head-ache and pain in his left cheek. His mother gave him an enema of warm water. He took his bed. At 10 A. M. I was preparing for my Sun bath. It appeared that he was (1) having high fever and fits. My wife and daughter seem to have given him hot foot bath, spinal massage with wet cloth over the head and put him in bed. At 1 P. M. I was attending to the Genesh Pooja. All People rushed to his room and brought him in (2) high fever and severe fits. I was not at all aware of what all took place previously. When I took him up the temperature was shooting very high. Such a temperature for a child of 5 years was unusual. I applied wet cloth over his head, gave some downward passes over his spine and a hot foot bath. After having thus controlled the fits and fever in less than 5 minutes, warm water was forced into his mouth by opening his clinched teeth and vomiting was forced some how. A warm water enema was given. In another 5 minutes the temperature got itself to normal. As both the previous enemas did not work, I gave him 6 oz of cold

water (retained) enema for the 3rd time and it worked well. He was put to bed. (3) After an hour there was fever again accompanied by fits of less severity. Again an enema of warm water was given for the fourth time in which he passed whitish liquid with some mucus. Again a hot food bath, the same spinal massage and wet cloth over the head got him to normal. He was put to bed and it was noticed that his trunk and legs were slightly swollen. Now perspiration was induced by covering him with woollen blanket. He was given hip bath. After this he had a natural motion (very blackish is colour). Again there was fever (4) with slight fits. This time a wet cloth massage over the spine was enough and then he was again put to bed. Again (5) there was fever. This time another cold hip bath was given with legs placed in hot water and wet cloth placed over the head. (Every hip bath lasted for 10 minutes). After that he was put to bed. Again after one hour he was feeling (6) feverish. Wet cloth massage over the spinal column was enough and the boy was laughing and was in a playful mood. He went to bed after taking a cup of Mosumbi Juice at 8 P. M. At intervals of every 1 or 1½ hours the crises, fever and fits appeared and in less than 10 minutes they were controlled and brought to normal. Thus from 1 P. M. to 7 P. M. the crises appeared in very rapid intervals and every time the temperature was reduced in less than 10 minutes. Here I must say that the treatment had to be kept abreast of the rapid crises.

Thanks to 'Nature'! This is a typical case of a boy of 5 years to get several rapid crises for 6 hours continuously and all of a sudden every time. The highest temperature and the severest fits as at first appeared grew milder each time as the treatment progressed up to a point when the boy would laugh and play.

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I have reported honestly how the child was brought up from embryo stage to his 5th year. It was not without any cause that children even when brought up on natural lines in later years suffer from dangerous cirses. The seeds of disease have already been sown by the follies of parents

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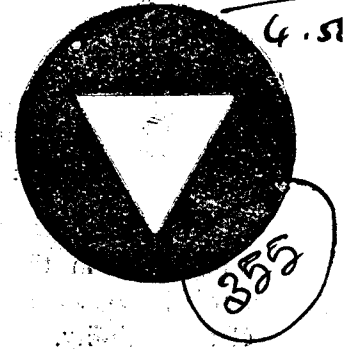
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THE LIFE NATURAL



For Whom Is Nature Cure

Editorial

The Cure of Gall Stones

Swaminathan

Eat Your Way to Health

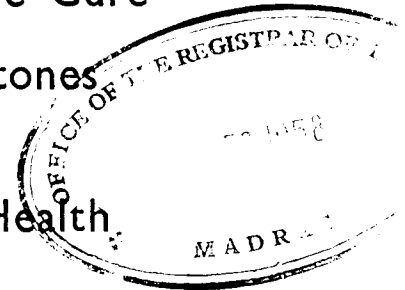
L. Ganesa Sarma

Tobacco—The Fatal Weed

M. M. Bhamgara

Infantile Asthma

R. N. Ayengar



The notion that costly fruits and nuts are necessary is also a mistake. Tomatoes, bananas and ground nuts are good enough and these too need to be eaten in strictly limited rations, as otherwise they will do more harm than good. Besides, vegetables and herbs may be relied upon as the staple food and these may be supplemented by the addition of the so called inferior grains which are really superior in health-value to wheat and rice. Buttermilk is preferable to milk, and bran which usually costs very little is of high value as a food medicine. Apart from this there is the fact that fasting which is the supreme medicine costs nothing. And fasting has to be resorted to every day even by patients who are on diet. What is essential is Vital Economy—through reduction of the number and size of meals,—and a positive, as opposed to a negative—diet.

An objection is raised namely, that Nature-Cure is a philosophy, and is hence suitable only to the few and not to the many. The answer is that though Nature-Cure is a philosophy, it is also a religion, and hence is open to every one who can learn it as a religion and follow it, even though somewhat blindly. A great many people do so.

There are practical difficulties to be encountered by those who wish to bring Nature-Cure to the poor. But I shall not deal with them now. My answer to the question is this. Nature-Cure is not for the rich nor for the poor but only for those who have the courage and the intelligence necessary for one who is prepared to become and be his own doctor—to take upon himself the responsibility for his own health and cure, instead of seeking to cast it upon some body else. This means that the would be Nature-Curist must first make up his mind to become a student of the Science of Well-Being.

How to Deal with Gall-Stones

S. Swaminathan, 1 Sivaji Place, New Delhi-1

The gall-bladder is a muculomembranous bag attached to the under surface of the liver. It is pear-shaped and could hold about 1 to 1½ ounces of bile. It receives the cystic duct. Bile is formed, at a more or less constant rate, and in the interval between meals, the bile secreted by the liver generally finds its way to the gall-bladder, where it is stored. In order to accommodate the large amount of bile secreted by the liver, the gall-bladder concentrates it. The bladder empties itself into the duodenum, as and when it is needed there for purposes of digestion.

When the function of the gall-bladder is deranged, due to constant enervation, the bile in the gall-bladder becomes much too concentrated. This results in the more solid constituents of bile (more especially, cholesterol) being precipitated and “stones” being formed in the gall-bladder. The stones may vary greatly in size—anything from a grain of sand to that of a walnut. They may again exist in quite a number and the very small ones generally escape through the bile duct, without any very obvious difficulty or symptoms. There is apparently no great difficulty felt even when the large-size stones are in the gall-bladder. It is only when such fairly large-size stones move down the gall-bladder, that “biliary colic” is experienced.

Stones are not, however, formed in a day, nor are they the results of chance or accident. They are preventable and not inevitable in a certain age group. Stones cannot be formed unless and until there is catarrhal inflammation in the gall-bladder, and please remember that this condition cannot exist only in this organ, if the other parts of the digestive system are

in tone. The catarrhal inflammation of the gastrointestinal tract—which is itself the result of persistent indulgence in the wrong type of foods and other enervating habits—may, if the cause is left unattended, extend up the bile duct into the gall-bladder. In such circumstances, the entire digestive system—the liver and the gall-bladder included—should have been sluggish for a fairly long time. The person concerned should have had enough “warnings” from within but he should have dealt with each such symptom the suppressive way. Nature gives enough warnings to man before the onset of a really chronic condition. If those warnings are heeded in proper time and hygienic care is resorted to then, the system could be enabled to purify itself. There is no other sensible way of restoring oneself to health.

Formation of stones in the gall-bladder is preventable, by living the sensible way. ‘Biliary colic’ is not a “must” in the middle age. If one follows the hygienic way of living, one can maintain a high level health all throughout.

Having assured the reader that biliary colic is not a “must” for everyone—or even for quite a good number—in the middle age, let me now explain what should be done to a person who is having this trouble already. Doubtless, it is the result of unhygienic habits persistently followed for a fairly long time in the past.

Not every case of severe pain over the region of the gall-bladder is a case of gall-stone. More often than not, considerable pain is felt in the region on account of the distention of the gall-bladder due to gas formed in the small intestines—forcing its way up into the gall-bladder. There would be no “stone” in such cases and there is no question of removing it surgically.

As the gas formation in the intestines is the result of persistent dietetic errors over a period of time, the hygienic care would consist of a sensible diet reform, interspersed with frequent short fasts of a day or two. The principles of food combination should be borne in mind and scrupulously observed in all such cases. Besides, the sufferer should take to Natural Hygiene fully and completely; he should not be content only with diet-reform, which is only a part of Natural Hygiene. The non-violent enema may be taken, with great advantage, in such cases daily. The spinal bath may also be taken, once or twice a day. Alternate hot and cold fomentations over the abdominal region could greatly relieve the pain.

Again, there may be severe pain over the area without there being “stones” in the gall-bladder, mainly due to a catarrhal condition prevalent in the organs surrounding it. The same method of hygienic care, as briefly referred to in the preceding paragraph, would do in such cases too.

The symptoms of biliary colic are a burning, excruciating pain which extends from the region of the liver to the right shoulder, rise in temperature, profuse perspiration. There may be loss of consciousness in quite a few cases. The severe symptoms would last generally for a few hours and then subside. Dull ache, continues to be felt in the succeeding days and great weakness is felt by the patient.

There are many who claim to have “remedies” for dissolving gall stones, but all these claims are without any basis whatever. There is no stone-dissolving drug. In cases of biliary colic, the pain ceases as soon as stones pass into the intestines. Whatever drug is last used, or whichever doctor attends last, gets the credit of having “cured” the patient. How do people love to

delude themselves about the 'wonderful curative agencies'? To mistake a mere coincidence for a cause should not, at any rate, pass under the comouflage of, or be presented to the world as, a scientific conclusion so-called!

The medical theory—and the general impression largely based upon it—that the ailment is the result of germ infection and that it cannot, therefore, be prevented or eradicated, is wrong to the core, as almost every reader of the *Life Natural* will know. Gall stones do not form in a healthy body.

If the body is rid of its toxic overload and if the causes of enervation are corrected, restoration of health could be achieved in the quickest possible time. In the words of Dr. Weger, "given proper assistance, the chemistry of the body can be so altered that stones soften, disintegrate, and pass out with but slight discomfort."

The patient who is down with biliary colic should be given complete rest. No sedatives should be used. So long as the pain is very acute, nothing but water should be administered. If preferred, warm water may be given, for drinking. Alternate hot and cold fomentations over the abdominal area may relieve the pain to a very great extent. After the acute pain is over, the patient is advised to adopt a hygienic programme which will restore him back to health in the course of a few weeks. During this period, he is advised, to live on raw and conservatively cooked vegetables, fruit and very little of cereal. No heavy protein or fat diet is to be taken. The non-violent enema and the spinal bath may be had daily. Short fasts of a day or two (if necessary, on vegetable soups or diluted fruit juice, taken moderately twice a day) may be observed in

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Eat Your Way to Health

L. Ganesa Sarma, Natesa Mandiram, A-434,
Defence Colony, New Delhi-3

One of our followers brought his mother one day to get advice regarding her treatment for Asthma. He could have started the treatment without my help. But he saw his words had little weight before her and had therefore to seek "expert" advice. She was quite convinced and was willing to follow all the instructions regarding diet, baths, enema, etc. But she was not convinced with my insistence on avoiding dal (pulses). However much I explained her that it was also one of the major causes of her trouble and that she could take it again when her trouble was no more there, when her digestion would have far improved and she would be able to digest it, she remained actually adamant and said in short that if she was to avoid dal and that if she did not avoid it she will not get a cure, she was prepared to suffer the consequences, even death, if it will have to be so.

But the son was in great difficulty. He wanted his mother to get well, really well. He has seen all these years the semblance of a cure through drugs given on the advice of doctors who had studied the "science" for more than four years at the college and had had long practice with an enviable return. He begged me therefore to suggest some way out of the trouble.

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between. With the adoption of this hygienic programme, the flatulence and the catarrhal condition would disappear completely and the person concerned would feel rejuvenated. Let him, even thereafter, continue to live the Life Natural.

One thing that came to my mind then did really work the wonder that he was after. I told her that if on any day she wanted to have dal, she cannot have it cooked immediately. She will have to plan for it earlier and make the preparations sufficiently in time, it will be somewhat of a laborious process. She assured me that she was prepared to accept all that, if I could allow her to take any type of dal in any form I chose.

Dal, as it is generally taken, in the Punjabi way, consists either of Bengal gram (chana) or black gram (urd) and that too cooked in the wrong way. Firstly, the outer husk is removed along with which goes the fibrous or roughage part of the pulses (3.9% in the case of Bengal gram and 4.1% in the case of green gram), and also the carotene or Vitamin A content of the two grams (310 and 158 units in 100 grams respectively from Bengal gram and green gram). That which remains is predominantly of starch and protein which are by themselves very heavy and heat producing. Mistakes do not end here. It is cooked along with ghee or worse still in vanaspati (hydrogenated groundnut oil). There is a point that we must remember. Very often, in Nature, where there is protein there is also fat. But this fat does not cause any trouble in digestion. That is so because of the very structure in which the two, protein and fat, are set in creation. Each minute globule of fat is having a covering of protein. Protein is digested in the stomach and the fat is released for digestion in the intestines. If we add fat externally, it forms a covering over every particle of protein and prevents the digestion of protein in the stomach. Therefore, the quantity of protein that is taken is of little value to the eater, and at the same time becomes a burden which is not easily removed as it lacks roughage. Undigested and waste products of digestion if

not removed in time, putrify and produce foul gases, thereby poisoning the blood stream. These mistakes must be discontinued forthwith.

Again this does not mean that it is necessary to consume pulses, at least by ceasing to commit the earlier mistakes. Pulses are necessary to supply protein for replacing the tissues of the body that are wasted in doing physiological and physical work. We do get a good amount of protein in the food that we take—the vegetables, fruits, milk and milk products, and wheat or rice. Most of us who do not engage ourselves in hard physical work do not need any more protein than that we get through these sources. It is the excess that we take that contributes to our troubles.

But there are people like the mother of my friend who feel that they cannot eat a meal which does not contain any of the pulses, and that it is highly essential for getting strength enough to be active. And there are also people who wish them well and who can neither convince them nor control them. It is for them that we have to think of some method by which the evil effects of the wrong diet will be fairly mitigated.

I therefore suggested to him that he can give her germinated (Sprouted. अंकुरित முளைக்கட்டிய) green gram, cooked along with the vegetables. I insisted that a separate preparation of dal in the usual manner must not be permitted. The old lady was very much pleased with this allowance, and this made the practice of the other methods of treatment suggested very easy and simple. She got well in much less a time than expected. Her digestion improved very soon. The constipation that she had had, almost since her birth, was relieved in about a month. The test of it is that when an enema was given after natural motion, it brought out nothing more. She had that feeling of a free and full motion.

Though all pulses are deemed to be high protein foods, they also contain starch (carbohydrates) and green gram (மீன் பாகிப்பயறு phasbous radiatus) contains 56% of it. By germinating this it is changed into sugar (maltose). Also because of the activity of life having been set up by the sprout coming up, things necessary for life—the vitamins—are also brought in. It is said that there is about 15% of vitamin C in germinated pulses. These are the known advantages. There may be many more that are yet to be revealed to us, for there is no end to knowledge. The least that we tamper with these is the best. Eating these things raw is the best. Next best will be to add to the vegetables, after they are partly cooked, so that all the beneficial constituents are not thoroughly lost.

It is not difficult to eat it raw. A trial can be made by tasting germinated green gram or any pulse or cereal and just soaked grain. The germinated ones are definitely sweeter than the ordinary soaked grain. It is not just the sweetness of sugar. It is something quite nice and enjoyable.

Germinating any grain is very simple; only it takes time. Soak the grain in water over night. The amount of water used should not be too much. It must be only a little more than that required to cover the grains. The purpose is that there must be almost no surplus water left behind. If the grains are left in the water for a long time, there is both an advantage and a disadvantage: (a) the grain will germinate quicker, (b) but there will be a foul smell. This can be overcome to a great extent by changing the water in the morning. About 12 hours soaking is enough normally. But if there be not any urgency, then it can be prolonged upto 36 hours by changing the water every 12 hours. After

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TOBACCO—THE FATAL WEED

M. M. Bhamgara F. I. I. N. T., M. S. S. Ch. (Eng.),
Director, Arogya Niketan, Rander Road, SURAT H.O.

None are so blind as those who will not see. And unfortunately the number of such blind people exceeds by far those who have lost their vision.

The harmfulness of tobacco is coming more and more in light, and even the popular press that relies so much upon income from tobacco advertisers is compelled to print an occasional article or report against smoking. The evidence is overwhelming, and none can refute it, that the poisonous weed is a killer.

Medical literature against tobacco is piling up as research goes on and on. Here are a few excerpts from reliable sources, none of them naturopathic! "experiment which showed increase in lung capacity more than 77% in favour of non-smokers" "In one experiment, non-smokers increased in height 24% more than the smokers" Dr. J. H. Kellogg believes that the rapid increase in the number of insane, epileptics, and other cases of degeneracy is unquestionably in large part due to the use of tobacco. It should be remembered that tobacco contains not one, but many toxic substances: nicotine is the well-known offender, but there is also arsenic which is used for bleaching the cigarette paper, and the furfurol which is formed by

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soaking, the grains are to be bundled up in a thick towel or a gunny bag and hung up. Occasionally, say once in 3 or 4 hours, water must be sprinkled over it, so that it does not dry up. The grains will sprout on the second day or the third depending upon the success of the soaking done earlier.

burning of the paper. Furfural acts chiefly upon brain and nerve cells. We all know of the medicos blaming smoking for the increase in lung cancer, here both nicotine and tobacco-tar being blamed by investigators. Among the other poisons in tobacco can be named carbon monoxide, cyanides, monocyanides and pyridine derivatives.

Not only *smoking* tobacco can do harm; tobacco when *chewed* is also an equally pernicious substance. Epithelioma of tongue, jaws, cheeks and lips can occur by chewing tobacco or even by keeping the tobacco in contact with these soft tissues of the oral cavity. Modern research has conclusively proved that chewing tobacco produces changes in the human system similar to those caused by smoking; and this includes increase in pulse rate and blood pressure and decrease in skin temperature.

In Russia advertising of cigarettes is banned, in U. S. A. tobacco is the most advertised item. America as a Government has also financial stakes in the tobacco business, the Government receives tobacco excise amounting to 2 billion dollars annually. In India too, many lakhs of rupees go in the GOI coffers annually from the tobacco business that is expanding rapidly, more and more land being taken up by tobacco cultivators. One of the chief reasons for our food grain shortage is the Government's direct or indirect encouragement to growing of money-crops. To devote the most fertile land in the South to growing tobacco and then to rely upon the North to provide Southerners with rice is height of folly. Yet, money makes the mare go.

Many smokers entertain a false delusion that it is only the other man who gets cancer or gangrene from smoking. In this connection, I would do no better

than quote Bob Hoffman, the editor of *Strength and Health* magazine, who writes in the current issue.

"At a baseball game the other night a man in the next box was having an uproariously good time. He was eating everything that the vendors sold, smoking incessantly and cheering lustily. As the game progressed, I got to know him better, and finally got up nerve enough to ask him how he had lost both of his legs. 'Gangrene; the result of arteriosclerosis,' he said. And yet he was smoking like chimney

"My late friend, Tommy Thompson, who worked at the post office in York, was a stout, jolly, short man. He always had a pocket full of cigars, and whenever I met him I would reach into his pocket, pull out a cigar, hand it to him, and say 'Here, Tommy, have a cancer stick.' But the sarcasm would never touch him, he would only laugh. One time he complained of a constant sore throat and persistent cough. A little later, he was absent from the post office. After some time he showed up at work again,—trying to talk through a hole in the chest. His larynx had been removed. I could not understand a word he said, and I felt terribly embarrassed every time I went to the post office and ran into him. He had developed cancer of the larynx; the larynx which is the voice-box, was removed. Did he stop smoking? No, indeed, he had to have some fun out of life. It was not too much later that they took him back to the hospital. The cancer had spread to his mouth and tongue. The doctors could not cut out everything, and so poor Tommy died a horrible death weighing just 65 lbs. Countless times I have told this story, but all seem to think that it would not happen to them."

So that is that. Warnings are a-plenty; and it is suicidal for anyone to stick his neck out. Yet, many

surprisingly do just the same. That is why in the beginning of this article I said, "None are so blind as those who will not see".

Next month I hope to list some of the tried-and-proven methods of giving up tobacco.

By K. LAKSHMANA SARMA

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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.

Anti-Cruelty week

Sarma urges no interference with the order of Nature

The Ahimsak Party of New Delhi had organised an Anti-cruelty week in Delhi with a view to educating the masses on the various kinds of himsa (cruelty), that is being practised in these modern days and to enlist public support to the cause of non-violence not only to animals, but man included. The week was inaugurated on the 1st of October, 1958, by Sri K. Lakshmana Sarma, Director, The Indian Institute of Natural Therapeutics, Pudukkottai (Madras). A short summary of his inaugural address is given below.

MEDICINE HAS NOT RAISED THE HEALTH LEVEL

The constant necessity for increasing the number of doctors and hospitals is itself a proof of the failure of allopathic medicine from the health point of view. If health improves, the need for these must become less and less as time goes on. This can only be by the spread of the Gospel of Natural Living, which includes the cure of diseases—not by fighting them with drugs—but by making amends for our past wrong living. This is called Nature-Cure, a liberating science, which confers positive health, longevity and healthy old age.

VESTED INTERESTS EXPLOIT THE COMMON MAN

The study of this science opens our eyes to the evils of western civilisation, the essence of which is the exploitation of the common man by Vested Interests, which wield power over the government itself. The inevitable result of this secret and sinister power is the loss of personal liberty.

VACCINATION & INOCULATION—

CRIME AGAINST LIFE AND HEALTH.

The compulsory vaccination and inoculation imposed at the behest of allopathic medicine is a serious.

crime against life and health. The substances are filth—Amedhyam—and the effects are the ruin of health and the massacre of lakhs of children and others, every year. In a small area of not more than three villages in two years there were 25 deaths indisputably due to vaccination. The government does not guarantee safety of the rite. Epidemics of small-pox are *confessedly* not prevented, nor lessened, by vaccination. If vaccination were good, compulsion will not be necessary. The medical department is guilty of fraud and of innumerable murders. The proper remedy is to dis-establish this evil system. It should cease to be the State system of medicine.

PROGRESS OF MEDICINE A MYTH

The so-called progress of medicine is a myth, because it is progressing in the wrong direction. Doctors do not know the truth about the new drugs that are pouring out of the factories. The manufacturers claim that these new drugs are safer than the old ones and equally or more efficient. This is soon disproved, and other new drugs are issued to take their place and this goes on without end. This only proves that all drugging is wrong. Besides, all drugs are poisons. What is needed is reform of ways of living and giving up of evil habits, as taught by Nature-Cure. By this system even medical failures are restored to real health.

TEST ON ANIMALS – NO PROOF OF EFFECT ON MAN

In the factories the new drugs are tested on animals, and on the faith of these tests, the new drugs are recommended as safe. But they are not safe.

CRUELTY BY VIVISECTION UNLIMITED

The progress of medicine is based upon the practice of unlimited cruelty by vivisection (Vivisection—

Dissection while living—Oxford Concise Dictionary)—of innumerable animals. This has not led to any change for the better in medical practice. The end does not justify the means, and if right means are not employed, the ends reached will not be right.

Vivisection is indefensible and tends to mislead doctors.

SOIL HEALTH IS AS IMPORTANT

AS HUMAN HEALTH

Human health depends also on the health of the soil. In Nature the soil is alkaline and is endowed with HUMUS. By chemical fertilizers the soil becomes acid, and the humus is exhausted, and then the land becomes uncultivable. It becomes desert. Also the germ population and earth worms are killed and then agriculture becomes impossible. The crops are sickly and attract pests, and these pests are killed by poison-spraying which makes the food unfit for human consumption. Organic compost manure is the only means for producing health giving foods. The farmers need to be educated on these points.

PASTEURISATION KILLS NECESSARY ORGANISMS

The pasteurisation of milk is a great mistake. By this process only the friendly germs are destroyed and milk loses its health-value. The dead bodies of the slaughtered germs are still in the milk. *Fresh untreated milk alone is food.*

NEVER INTERFERE WITH THE ORDER OF NATURE

“When once you interfere with the Order of Nature, there is no knowing where the results will end.”

SCIENTISTS ARE HASTY, DO NOT WAIT

TO KNOW WHOLE TRUTH

Scientists commit the mistake of ignoring the long term effects. They are too hasty to proclaim

Natural Cure of Swelling

By Ramachandra Kathale, Retd. Sub Judge,
Naturopath, Borgeon-Meghe, Dt. Wardha.

When I was Extra Assistant Commissioner (Deputy Collector, in January, 1947, without any noticeable reason, my right leg had a big swelling near the knee. I had great pain and difficulty while sitting for passing stools in the Indian style. While walking a noise "khat—khat" came from the knee which could be easily heard by anybody standing near. There was no swelling or trouble at any other place. There was no fever. I could walk and attend to my work.

An allopathic doctor gave an ointment to be rubbed on the swelling. It was tried and proved useless. Then an oil given by the doctor was also applied with no effect. Then Stone's Linament was also tried but to no good. My allopathic doctor friend said that the trouble was due to my old age and that it was natural that I should be having some disease or other always. He further said medicines would be helpless in old age.

Then I gave local steam baths, in all five, as prescribed in Louis Kuhne's New Science of Healing. Within five days the swelling disappeared as also the pain. I then showed my leg to my friend, the allopathic doctor and he was wonderstruck that the cure was effected by simple steam baths alone.

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My Experience With Nature-4 Infantile Asthma and Its Cure

R. N. Iyengar, Coimbatore

Many a children are suffering from this dreadful disease and my children were not exceptions to this.

One of my daughters now three years old, had her first attack of this asthma when she was 1½ months old. After that often she used to catch cold and her lungs used to be choked with phlegm with the result the breathing was difficult and the child got fever.

Not a month passed without the child getting an attack of this disease. Sometimes it was virulent, sometimes mild but all the same it did come every month. The child was usually given a patent purgative and after 4 or 5 motions during the day, the breathing used to become a bit free and in a couple of days she used to get complete relief. Thus for 3 or 4 days in a month the child was down with this asthma.

After about a year this attack came in quick succession i. e. even twice a month and lasting for a couple of days more each time, thus making the child to be in bed for two weeks in a month. During these days the child had to suffer a lot especially for free and unrestrained breathing. The lungs used to be choked with thick coating of phlegm which was noticeable in her purged motions and spittings after cough. The same ayurvedic drug (Balsathi—children's friend) was given as purgative and "Vicks' Vapolub" in the earlier stages and Anti Phlogestine in the later stages were applied on the chest to relieve congestion in the lungs. These applications gave only temporary relief.

As days passed, the attacks became more virulent and as advised by elders in my family I did not go to

an allopathic doctor. I was made to believe that this attack would be only during infancy and pass off later. In spite of these advices and assurances I could not keep quiet witnessing the terrible suffering the child was passing through. Since I myself was under Nature-Cure treatment and getting some benefit, I decided to follow Nature-cure for the child also. By this time the child had become two years old.

The child was given a non-violent enema daily for a month and then twice a week. Hip bath for 15 to 20 minutes daily followed by sun bath for $\frac{1}{2}$ hour was given. She was having her mother's milk in sufficient quantity. The mother was taking positive food and so her milk was healthy. Occasionally cow's milk was also given. During the day time the child had an abdominal wet pack for about three hours. In the night a hot foot bath was given for 5 minutes. This course of treatment was followed for more than three months during which period she had many curative crises, such as cold, cough and fever and finally in the fourth month the child suffered terribly from whooping cough for nearly three weeks. This was cured by throat cooling with very small doses of cold water to drink and by continuing the other treatments mentioned above.

Daily in the morning on an empty stomach $\frac{1}{2}$ ounce of tulsi leaf juice was given orally.

The asthma did not recur all these months and the child is hale and healthy, thanks to Sri Sarmaji and Sri Luis Kuhne.

EDITOR'S COMMENTS

The common belief that this kind of asthma will last only during infancy and pass off later may seem to be all right. But it can be observed in all cases treated

by drugs that when they grow into boys and girls they are not healthy and get some other serious diseases. In the case of children treated by natural methods during infancy for this or any kind of illness it will be seen that they are healthy and strong and able to withstand any climate. We would suggest to our readers to make their friends and relatives to read articles like this to convince them of the scientific approach of Natural Hygiene.

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Food Reform in the West

By Janet Irwin

"Let Food Be Your Medicine

And Let Medicine Be Your Food"

This precept of Hippocrates, the Father of Medicine, aptly describes the basic purpose and growth of the small groups of enlightened people, which began to form at the beginning of the nineteenth century, to promote food reform. This happened at a time when the Industrial Revolution had caused man to be herded into large cities, and had ushered in an era of more and more sophisticated methods of eating; when refined and adulterated foods, such as white sugar, white flour, white bread, tinned foods, and a mass of other devitalised foods were becoming increasingly prevalent in the markets, shops, and kitchens.

"All creation is governed by certain basic natural laws: the contravention of these brings about disease—mental, physical and spiritual." Our forefathers who lived closer to the soil knew instinctively, and from personal observation, that a certain basic rhythm of life existed; and they understood the soil and its needs. Their pattern of life was simple. Living in an agricultural age, they had the full benefits of wholesome food, exercise (work), fresh air, water, earth, sunlight, and they enjoyed robust health. Industrialisation may have brought some benefits to mankind, but very rapidly caused man to be divorced from the soil; the ancient intuitive wisdom—the science of healthy living—became almost obscured western "Ersatz" civilisation.

From time immemorial there have appeared, in every age, enlightened men, and groups of their followers; to spread the light of knowledge among the misguided,

and bearing in mind that the West has been preponderantly meat eating, we recall various great names whose voices were raised against the slaughter of animals for food, and who advocated a diet which made them pioneers of food reform: Pythagoras, Herodotus, Socrates, Plato, Ovid, Plutarch, and others.

Coming from ancient to modern times, we find that the search for knowledge, carried on among others, by Paracelsus and T. Sydenham, culminated in strong parallel movements in various parts of the world in the early nineteenth century, mainly in America and Germany. This provided the impetus for a Food Reform movement in England. In America, over one hundred years ago Dr. Graham Trall, and others formed the nucleus of what we know today as the Natural Hygiene or Nature Cure movement—and let it be stated here that food reform and nature cure are inextricably bound together.

Simultaneously Priessnitz, Kneipp, Kuhne, and Schroth were establishing similar movements on the continent of Europe, with the emphasis of hydrotherapy, fasting, and herbalism. Even with the limited understanding of food science at that stage, all these pioneers insisted on the simplicity and wholesomeness of food for the maintenance of mental and physical wellbeing. The writings of Dr. Lahmann of Dresden at the time helped to start the Food Reform movement in Britain. It was enthusiastically taken up by the vegetarian societies. These latter groups have carried out an impressive amount of research into dietetics and the natural cure of disease, or rather a scientific way of living with the aim of establishing positive health.

Because of the emphasis on the protective value of raw food, such as salads and fruit, and less on protein,

and because of the discovery that self-poisoning or auto-intoxication resulted from the consuming of flesh foods, the vegetarian movement welcomed the introduction of food reform into its dietary. It is of interest to note here that the Government of Britain and the British Medical Association have recognised the health and nutritional value of a balanced vegetarian diet. Even insurance companies give more advantageous terms to vegetarians! Young and old international vegetarian sports champions also prove the great efficiency of a vegetarian way of life.

—Times of India, 24th August, '58

To

The Editor, The Life Natural

Dear Sir,

Received the September '58 issue and read with keen interest the Editor's comments under my article 'Pleurisy and Its Cure. (page 17) I thank you very much for the valuable advice given therein. They have been noted with attention for future guidance.

Further in this connection I wish to mention one point, which I am not able to refrain from mentioning, is this. The book 'Practical Nature-Cure' as its very name suggests is Nature-Cure in practical life. The man who masters that book can become, without any doubt, a doctor for himself and also a doctor for people around him.

This is not a word of praise which is being uttered. The book is worth its weight in gold.

Thanking you,

Coimbatore }
'4-9-58 }

Yours Sincerely,
R. N. Ayengar

Question and Answer

Some important questions in the examinations held at the end of the 23rd and 24th Nature-Cure Training Courses held in Delhi will be answered here. These answers are of course long and exhaustive. But the students are expected only to give the points and brief explanations. This one is the second question in the question paper for the 23rd Course. —Editor

Question: WHEN SHOULD WE AVOID EATING?

Ans. 1. WHEN THERE IS NO HUNGER

The fact that the stomach has become empty is known by the clean wind that comes generally in the mornings after bowel evacuation. It is after this that the stomach rests. After the stomach has sufficiently rested, hunger matures. If food is taken without waiting for hunger to develop and mature, which is also experienced by purity and lightness of body and a readiness to accept work and an alertness of brain, it may be that the fresh food that is taken gets mixed up with the stale food lying in the stomach and prove injurious to health and the stomach having to work incessantly without rest will strike work sometime later. This is exactly the situation referred to in the Tamil stanza by Bhagavan Sri Ramana. The Samskrit translation of the same made by my father is given below:—

“विश्रांतिं जठरस्य मे वितरस्येकां च नाडीं दिने
नानश्नान् दिवसे च तिष्ठसि कदाप्येकामही नाडिकाम् ।
नो जानासि मदीयदुःखमधिकं हे दुर्विनीत त्वया
साकं जीवतमत्र देहनिर्लेये मे दुस्सहं विद्धि भो ॥

“Oh iniquitous soul, you do not give me, your stomach, even one Nadi (24 minutes) of rest throughout the day; not even for one Nadi do you refrain from eating;”

never are you aware of the great suffering you inflict on me all the time: understand that hereafter I cannot bear to live with you."

The Tamil scripture, "Tirukkural" also says :

“மருந்தென வேண்டாவாம் யாக்கைக்கு
அருந்தியது அற்றது போற்றி யுணின்.”

which means, that one who takes food after making sure that the undigested part and waste products of the food taken earlier has been eliminated, will need no recourse to medicine, i. e., he will never fall ill. Therefore food must not be taken ignoring the cleanliness of the bowels

2. Food must not be taken when there could not be sufficient rest after the meal, i. e., if there is some work, physical or mental, to be undertaken after the meal.

Food is a tax on vitality, so also is work. There is a Tamil saying (the reader might think that I am often quoting from Tamil sources only. It is just because such general knowledge which comes more by listening to men of letters than by being a mere book worm, I had had it in the south where I was born and bred up and where Tamil is the language spoken. If there are parallels in other languages, the readers may please convey them to me)

“உண்டகளை தொண்டருக்குமுண்டு”

meaning that even a servant feels tired after a meal. There is a slightly different version too,

“உண்டகளை திண்டருக்குமுண்டு”

meaning that even a strong man gets tired. This is also said in the English saying, “After dinner rest a while. Dinner is considered to be the only principal

meal of the day. But now these words, breakfast, lunch, tea, dinner and supper just stand to denote the time at which the meal is taken. There are so many principal (heavy) meals in the day, excluding perhaps the one taken at tea.

Man has lost his natural instincts. (A friend by my side here says that ours is vanaspati instinct and adds, that we pride in self (deceit). We have therefore to take lessons from animals. Dr. Page has recorded that a dog, if it comes to know that his master would be going out for hunting, would not take food at all. One day his master managed to keep it in the dark about his preparations for a hunt and made the dog take his food. But he observed that it could not chase animals, nor did it have the scent of the whereabouts of the animals which it otherwise had. That dog in its old age was a sprightly youth still and his master in middle age looked a decrepit old man.

But this modern age demands scientific proof. It is because of their incapacity to observe life and Nature. And scientific proof is also there. Dr. Jules Virey, a French medical man, made his two dogs eat a full meal one morning. Leaving one of them at home (to rest, he made the other one run behind his coach as he went round visiting his patients. On return he examined the stomachs of both the dogs. The dog that was left at home had digested the food and the stomach was empty. The stomach of the other dog was full and digestion had not started at all. This proves that work and digestion do not go hand in hand.

This is also observed in the schools. Studious boys have shattered health, and healthy boys are generally the back-benchers. The latter manage to have their nap quietly in the rear end of the class and keep up their health and win a name for the school or

college in the sports and athletic activities. If your boys should be healthy and studious, they should be intelligent enough to take only a light meal in the day.

There is yet another example. A labourer doing road-laying work was observed to be far more vigorous in his work than any other worker in the gang. On inquiry he revealed that he took only one meal a day and that too at night and remained very active and got somewhat higher wages too. This is also the vedic teaching, अपोश्नान, कम कुरु, which means, take water (alone) and do your work.

Therefore one who violates this rule will come to grief.

3. Food must not be taken when in a hurry.

Firstly, there is a co-operation of the mind that is essential. This aspect I shall deal with later. Secondly there will be neither time nor patience to chew the food properly. By gulping the food in a hurry there will be no possibility of the saliva getting well mixed up with the food and the starchy part of the food, which forms the major part, (whether it is proper or not), cannot be digested. That is why very often there is stomach-ache and sometimes even griping pain in the belly.

4. Food must not be taken when in extremes of sorrow or joy, anger or fright.

The mental aspect of which I said I will deal with later is taken up here

For the production of saliva and the gastric juice, there must be the mental desire to eat. This is absent under conditions of extreme sorrow or joy or even haste (said under 3,) or anger or fright. Therefore there is

not the receptivity that is necessary, the mouth is dry and the food will not be chewed but just gulped down the throat with the help of the water taken frequently in between the mouthfuls of food.

Also Vital Energy is not available for digestion on such occasions, because it is engaged already in overcoming the effects of the mental condition, a condition of tension. If we add a further tension, there is violence to life.

I shall here cite an example. A certain race of cannibals whenever they get a foreigner, caught as a victim, they dance around him and go on shooting about his feet, giving him only one chance for escape, that is that he should spit, or else to dance and die as a sacrifice. No one will be able to spit in that tense situation of frights.

Therefore food taken under such conditions become poison and obviously detrimental to health.

If people say that they have a desire to eat while under such mental states, there is mistake somewhere, either the intensity of feeling is not so deep or it is an affected feeling to satisfy others.

5. Eating should be avoided when in acute state of disease.

An acute disease is there because of a determined and strong effort of life to cleanse the system of all morbid or toxic matter (mucus) accumulated in the body due to our known or unknown mistakes in living. The very system that normally digests food, assimilates it and eliminates the daily wastes and undigested products of food, etc., start the work of elimination. Obviously, there is heat, pain, swelling, etc., a disease and a disinclination to attend to the normal activities of the day.

The best that we could do to raise the level of health is to allow Nature through Life-Power to carry out the job that it has taken up in hand, not hinder it in any way. Other methods to alleviate pain or suffering of any sort will be successful only if this initial condition is adhered to. Taking food under such conditions of health is doing extreme violence to life. Feeding besides drugging, is one of the main causes of deaths in acute crises, like high fever. The blame is generally shifted on to the disease, while it is the eater and those who advised eating who are the real culprits. The eater escapes from the punishment for homicide, because he is already dead.

That is why the ancient saying: लङ्घने परमौषधम् Fasting is the best remedy.

6. Avoid eating after getting the wind showing that enough has been eaten.

When half or a little more than half of the belly is filled with food, a wind exits bearing the smell of the food just taken. The stomach which is an elastic bag gets shrunk when it becomes empty. But still it has a minimum size, (of course this cannot exactly be called the minimum, for it shrinks still further during fasting), beyond which it does not normally shrink in the case of people taking normal food. And that space is obviously filled with air. When food enters in, by its very weight and bulk, also the stomach being an elastic bag, the fundus part of the stomach yields and enlarges. But this yielding of space is not directly proportional to the quantity of food taken. Therefore when the stomach is half or a little more than half filled up, the air in the stomach is displaced and naturally when the air has been in contact with the food for some time, it carries with it the smell of the food. The exit for the wind is the mouth.

When we study the physiology of digestive organs, we learn that to be able to pulverise or mash the food and also to mix it well with the gastric juice, the stomach bag makes a churning movement while at the same time it also contracts and enlarges in successive progression. A completely filled bag cannot do this kind of work. The reader can easily try an experiment.

Fill the mouth with water as fully as you can, and then try to gargle. It will not be possible to do so. Therefore it is necessary to leave behind some empty space also. The limit up to which we can safely fill the stomach is therefore the wind of satiety (तृप्ति इकार) bearing the smell of the food.

Eating beyond this limit is to go beyond the limit of elasticity of the stomach bag and it will, by repeated commission of such a crime, remain distended and cause a pot belly. Digestion will be very difficult and incomplete when that state has been reached. Naturally many complications follow.

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Longevity

And The Hygienic Way

A correspondent writes complaining of the real and apparent contradictions in a contribution to the Hindustan Times (25th May '58) on the topic of longevity. The writer of the article is evidently ignorant even of the very existence of the Science of *The Life Natural*, and hence is without any value; it does not throw any light on the subject. It is also evident that my correspondent has no clear grasp of the hygienic truth about longevity, and hence it would seem that no notice need be taken of this newspaper article. But it is just likely that some of our readers may become perplexed and confused by writings of this sort appearing now and then in the newspapers, and hence it seems to be the better course to state and explain our views on this topic.

It is true, as the writer says, that alchemists did waste time and money in a vain endeavour to find the 'elixir of life,' by which health and longevity—or even immortality—might be achieved. That this was based upon superstition is now well understood by most educated people. But long long ago, even in the very early days of 'Ayurveda' it was clearly understood that health and longevity are obtained only by those that deserve them and that they cannot be had on any other terms. Hence the Ayurvedists called their system Ayur-Veda, which means 'The Science of Longevity.' The oldest book of Ayur-Veda, the Ayur-Veda Sutram, clearly establishes the fact that in its early days the system was wholly drugless and hygienic; it ascribed the occurrence of disease the accumulation of *mucus* (आम) inside the tissues, as due to hungerless eating, overeating and other causes, and advised fasting and

better breathing for their radical cure by restoration of health. But as civilisation advanced, quackery entered into the practice of the system, and hence the later text books,—though they faithfully set forth the truth about disease-causation as expounded in that early book—also give instructions on the preparation and use of poisonous drugs, prepared from deadly substances, such as mercury, arsenic and sulphur. Honest and highly cultured Ayurvedic pandits freely admit that these latter are for ensuring an easy means of winning a livelihood for the vaidyas, and that the truth of health and longevity is hygienic, not otherwise. It is to this perversion of Ayurveda that the Kaya Kalpas are due, and it is wellknown that this quackery has not rejuvenated a single old man; it is well-known that Pandit Madan Mohan Malaviyaji underwent a course of this treatment and *died* very soon afterwards.

My correspondent objects that among the non-vegetarians in Azerbaijan “there are 40,000 centenarians.” This is inconclusive because so-called non-vegetarians do not all eat meat in excess, and it is a fact that people who obey the Law of Vital Economy may live long even if they ate meat occasionally. Besides, heredity plays some part in the length of one's life.

It is also a fact that unintelligent centenarians ascribe their longevity to wrong causes, and hence their testimony goes for nothing.

There are abundant instances of longevity due to the practice of Vital Economy. Luigi Cornaro, the Italian nobleman, who lived in the 16th century was a typical case. It is also in evidence—according to the traveller, Marco Polo—that the Brahmins of our land in his time were longlived, due to abstemious eating. I may add the instance of one Wilfred Hill, author of

a book, ‘*Prolong Your Youth*,’ who himself did prolong his youth into what would be old age for other men; due disappointment with his experience as a victim of allopathy, he changed over to Hygienic Living, recovered health and lived much longer than most men, and he is alive today more than 90 years old.

There are a great many followers of the Life Natural, who have won a new lease of life and health and have lived much longer than the biblical “three score and ten.”

Selfstyled scientists are, it seems, seeking to discover some serum or glandular extract, which will prolong life. But since serums are filthy and toxic, and glandular extracts cannot possibly restore lost health, they are bound to fail in the end. But meanwhile they would find fools to finance their experiments and pretend that they are on the way to success. The notions that laboratorians alone are scientists, and not others, is a gross superstition. The true scientist is he that studies the hygienic laws of Nature and makes experiments on himself first, and then on others, to verify the teaching of that Science.

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Telugu monthly on Nature-Cure

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

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Activities in Delhi

Ahimsa Week

The Vegetarian Club, New Delhi, celebrated the Ahimsa Week during 1—7th October, 1951. Sri K. Lakshmana Sarma, Director, Indian Institute of Natural Therapeutics, inaugurated the week. In all the meetings, the speakers advocated the need to adopt vegetarianism. Anti-vivisection also figured prominently in the programme.

Lectures on Natural Hygiene

Sri L. Ganesa Sarma, Hon. Secretary of the Delhi Branch of the I. I. N. T., continued to deliver lectures on Monday evenings (at 6-00 p.m.) at the Delhi Public Library, opp: Delhi Junction. This series will be continued.

A number of Social Education Centres have arranged for weekly talks on Natural Hygiene. The programme is as given below. The talks are given by Sri S. Swaminathan in Hindustani and all those interested or desirous to learn the subject may attend the meetings regularly and benefit by them.

SOCIAL EDUCATIONAL CENTRE, PAHARGANJ
(OPP: NEW DELHI RLY. STATION)

Every Wednesday evening, 7-30 to 8-30 p.m.

SOCIAL EDUCATION CENTRE,
MOHALLA KABARISTAN, TURKMAN GATE,
DELHI.

Every Thursday evening, 7-30 to 8-30 p.m.

SOCIAL EDUCATION CENTRE,
OPP. DELHI RAILWAY STATION

Every Friday evening, 7-30 to 8-30 p.m.

At Lajpatnagar

Lectures in English on "The Laws of Nature" are delivered at Quarter No. II/0/5, opp: Govt. Boys' High School, Lajpatnagar, every Sunday morning, 8 a. m. to 10 a. m., by Sri S. Swaminathan. The lecture on the 19th October, 1958, was also addressed by Rajkumar P. V. Gajapati Raju M. P. of Vizianagaram, who is an ardent follower of Natural Hygiene. The Rajkumar's address was really inspiring.

The Advanced Study group continues to meet on Sunday evenings regularly.

Besides the above, Sri S. Swaminathan also gave the following lectures at the places indicated:—

5-10-1958 "Hygiene and Mental Health" under the auspices of the Youth Cultural Group, at Modern School, Barakhamba Road, New Delhi.

11-10-1958 "How to combat the Common Cold" } Under the auspices of the Mahabat Khan Road Residents' Association,

20-10-1958 "Food and Health" } New Delhi.

Lectures on Gita

At the request of a number of friends, Sri S. Swaminathan is giving talks on the Gita, every Monday at 7-30 p.m. at the Social Education Centre, Paharganj, opp. New Delhi Railway Station. The talks are in English.

THE LIFE NATURAL

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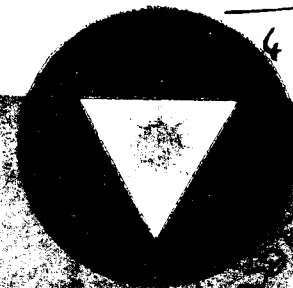
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NO. 4

Food-Shortage And The Central Govt

The following letter addressed to the Food Minister that appeared in a News Paper shows up the unscientific way of easing the food-problem resorted to by the Central Government.

“On the heels of the ghastly tragedy of food poisoning in Kerala which took a toll of more than 100 innocent lives. come reports from many towns and cities of food poisoning due to mixing of insecticide with the grains.

“With India importing lakhs of tons of American wheat and grains, heavily sprayed with deadly insecticide to prevent *already* rotten, long stored grains from becoming totally unfit for human consumption, we feel it is your duty to be doubly sure that American wheat, instead of filling hungry Indian stomachs do not overfill Indian cemeteries and burning ghats”.

VOX POPULI

Comment is needless.

Pasteur's Character

George Bernard Shaw, whose chief service to humanity was the debunking of scientific authority, pointed out that scientists are not to be trusted, and, it may be remembered, Swami Vivekananda also said the same thing. Now it is claimed that medical theories and practices are scientific and therefore must be accepted without question. We are firmly of opinion that we are in a uniquely strong position *vis à vis* science, in so far as it relates to health, and hence will not accept the conclusions of science without testing them in the light of our own true science. Pasteur's germ theory of disease is, from our point of view, unproved and untrue. The following passages taken from a book by an out and out admirer of medical science, Paul de Kruif, entitled *Microbe Hunters*, shows up Pasteur as having *no* regard for truth

"What a researcher this Pasteur was, and yet how little of that selflessness and candour of Socrates or Rabelais is to be found in him. But he is not in any way to be blamed for that, for those two last were only, in their way, looking for truth, while Pasteur's work carried him more and more into the frantic business of saving lives, and in this matter truth is not of the first importance.

[This is an audacious misrepresentation. Truth is of the utmost importance if lives are really to be saved, as will be seen from what follows.]

"In 1882 while his desk was loaded with reports of disasters, Pasteur went to Geneva and there, before the cream of disease-fighters of the world he gave a thrilling speech, subject: 'How to guard living creatures from virulent maladies by injecting them with weakened microbes,' Pasteur assured them that: 'The general principles have been found and one cannot refuse to believe that the future is rich with the greatest hopes.

"We are all animated with a superior passion for progress and for truth" but unhappily he said no word about those numerous occasions when his vaccines had killed sheep instead of protecting them.

"At this meeting Robert Koch sat blinking at Pasteur behind his gold-rimmed spectacles and smiling under his weedy beard at such an *unscientific* address. Pasteur seemed to feel something hanging over him and he challenged Koch to argue with him publicly, — knowing that Koch was a much better microbe-hunter than an arguer. "I will content myself with replying to Mr Pasteur's address in a written paper in the near future," said Koch, — who coughed and sat down.

"In a little while this reply appeared. It was dreadful. In this serio-comic answer Dr Koch began by remarking that he had obtained some of this precious so-called anthrax vaccine from the agent of Mr. Pasteur.

"Did Mr. Pasteur say that his first vaccine would kill mice, but not sheep. But some queer samples of it killed sheep!

"Did Mr. Pasteur maintain that his second vaccine killed guinea pigs, but not rabbits? Dr. Koch had tested this too, and found that it often killed rabbits very promptly — and sometimes sheep, poor beasts! which Mr Pasteur claimed would protect from death.

"Did Mr. Pasteur really believe that his vaccines were really pure cultivations containing nothing but the anthrax microbes? Dr. Koch had studied them carefully and found them to be veritable menageries of hideous, scum-forming bacilli and strange cocci and other foreign creatures that had no business there.

"Finally, was Mr. Pasteur really burning with a passion for truth? Then why hadn't he told of the bad results, as well as the good ones, that had followed the wholesale use of his vaccine?

* This claim has since been abandoned, it is clear, from a quotation from Lord Horder given by Dr. Mc Neil in his book 'The Cancer Mystery Solved'. Extraneous germs cannot be excluded.

"Such goings on are perhaps suitable for the advertising of a business house; but science should reject them vigorously," finished Koch, drily, devastatingly.

"Then Pasteur went through the proof and answered Koch's cool facts in an amazing paper with arguments that would not have fooled the jury of a country debating society. Did Koch dare to make believe that Pasteur's vaccines were full of contaminating microbes? For twenty years before Koch's scientific birth in 1876 it had been my one occupation to isolate and grow microbes in a pure state, and therefore Koch's insinuation that I do not know how to make pure cultivations cannot be taken seriously, shouted Pasteur.

"The French nation, even the great men of the nation, patriotically refused to believe that Koch had demoted their hero from the rank of God of Science—what could you expect of a German, any way?—and they promptly elected Pasteur to the *Academie Francaise*, the ultimate honour to bestow on a Frenchman!"

It should not be necessary to emphasise the need for a scientist to be truthful. Lying by scientists is a serious danger to the people, who will be the sufferers if their lies are propagated—as they now are—in the name of science.

It has been reported by honest critics who knew Pasteur personally that the chief weapon that Pasteur made use of in controversies was BLUFF. And fortune favoured him, so that his lies passed muster with his medical supporters

Simple And Effective Exercises

M. M. Bhamgara F. I. I. N. T., M. S. S. Ch. (Eng.),
Director, Arogya Niketan, Rander Road, SURAT H.O.

In the September issue of 'Life Natural' we had studied some of the dynamic movements for physical fitness. Herein are a few more.

Simple And Effective Exercises

(1) Standing, Alternate Leg-Raise:

Grasp any overhead object which must be strongly anchored to the ceiling. (fig. I) Then, with as little bend at the knees as possible, kick up high as in fig. II, one leg after the other. Concentrate on the contraction of the abdominal muscles. This is an effective exercise for toning up the superficial musculature as well as the sagging abdominal viscera.

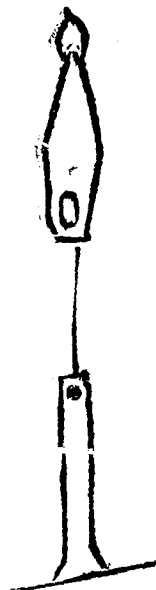


Fig. 1



Fig. 2

(2) Standing Side-Bends: As illustrated in fig. III. stand with feet comfortably apart, arms to the sides. Then raise up the right hand to the right armpit, same time lowering the left hand to the left knee (fig. IV). Reach as far to the left as possible without bending forward or backward, and without bending the knees. Duplicate the movement on the other



Fig. 3

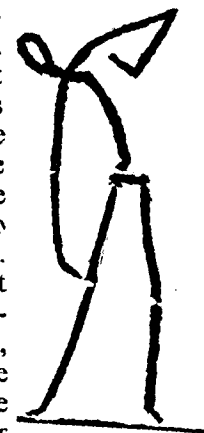


Fig. 4

side. Unless mental concentration is used, and the movement is done slowly and deliberately, no benefit will accrue.

Attend to these points: (a) After bending to the left, you have to come straight using the strength of the right oblique muscles, and (b) you must feel a strong contraction on the right side of the abdomen. Similarly after bending to the right, the erect position should be achieved through contraction of the left side abdominal muscles. The beneficial effect will be not only to the superficial muscles, but to the colon as well.

This exercise can also be done sitting on a low chair; this will enhance the benefits.

(3) *Lying Leg-Raise*: (fig. V) This is a very good

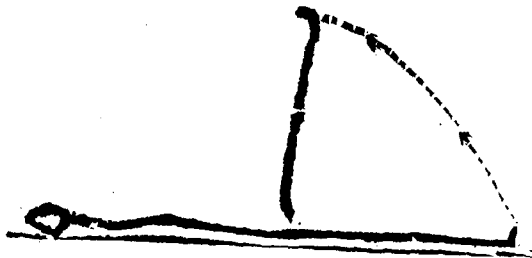


Fig. 5

exercise for the lower abdomen, and can be instrumental in ridding oneself of constipation and indigestion.

Lie horizontal on a not-too-soft surface. Keep arms to the sides; then raise both the legs up without sudden jerk, to a right angle. The lower back should not be raised, and knees should remain straight. The psoas muscles are strongly influenced by this exercise, hence also the small and large intestines. Lower the legs after a second's pause and repeat after two seconds' rest.

(4) *Overhead Roll*: Readers who are conversant with Yoga Asanas will note from the figure VI that Overhead Roll is an exercise resembling the Halasana. Actually, it is a continuation of the previous exercise. After the legs have been brought to a right angle, they are carried further back, overhead without knee-bend,

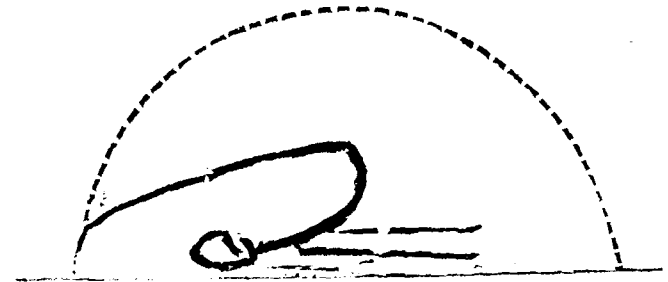


Fig. 6

so that the toes touch the floor some distance beyond the head. This exercise will work the parts mentioned in the last exercise, besides giving the whole of the spinal column a good stretching and stimulating effect. Unlike as in Halasana, the final position is not to be maintained for any duration; instead, the exercise is to be repeated with as little pause as possible at both the starting and the finish position.

All these exercises to start with can be repeated five times, and according to the increase in strength of the muscles concerned, daily increased by one repetition if possible.

Neither this set of exercises, nor the previous set given in the September issue of this magazine, can be considered complete unless brisk walking is included in the daily program.

Care of Children

R. N. Ayengar, Coimbatore.

I am presenting this to the Life Natural after my practical experience and observations on children, in order to help the readers by giving some salient points to be followed in bringing up the children.

As the saying goes 'The child is the father of the man' the children are to be brought up in a healthy atmosphere and in a natural way of life. The young children should not be clothed heavily but allowed to roam about without any kind of dress enjoying the fresh air and light. If the wind is too heavy then a light covering may be used. Generally children should use only very light clothing and that too sparingly as and when the occasion demands. In fact all children like to be as free as a bird without any kind of fetters like clothing, ornaments etc.

The sun bath should be given daily at least for 5 to 15 minutes in the mornings which can be progressively increased according to the age of the child. Occasionally hip baths may also be given.

The children should be fed by their mother's milk only upto the age of three and if mother's milk be not sufficient the next alternative is cow's milk with sufficient quantity of water added to it. At the same time steps should be taken to increase mother's milk by following natural methods in diet. On no account should commercial, tinned or bottled food be given.

As a rule the children should not be fed for more than three times a day. After six months the children may be given some herbal juice along with cocoanut water once in the day. After some months diluted

fruit juice or carrot juice may be given. After one year the feeds may be increased to four times, giving vegetable soup once. Care should be taken not to give any kind of eatables between any two meals as this will upset the digestion. Coffee, tea or cocoa should not at all be given to the children; breakfasts should be avoided. In its place $\frac{1}{2}$ ounce of tulsi and bilva leaves or some sattvic herb with cocoanut water may be given. White sugar and confectionaries made of white sugar and biscuits sold in the bazaar which are made of denatured white flour should not at all be given as they spoil their teeth and bring on many other deficiency diseases to them. In short, foods given should be positive, attention being given to Vital Economy.

Infants should be allowed to sleep by the side of their mothers so that the warmth of the mother's body may pass on to the children which will go a long way in relieving many kinds of ailments the children may be having. Even the dreadful diseases like diphtheria are cured by this contact.

Non-violent enema should be given to the children atleast once a fortnight. In sickness daily use of the enema is preferred.

I am sure children brought up under Nature-Cure methods will certainly be worthy fathers of the future.

In America

Mrs. C. Mackenzie, F. I. I. N. T., has set up practice as Naturopath at 3126 South Grand Avenue, Los Angeles 7, California, U. S. A.

Sarmas' books and copies of The Life Natural will be available at the above address. Subscriptions for The Life Natural at \$. 1—25 c. may be paid to her.

Vaccination News

In *The World Forum* No. 2, Vol. XII, July 1958, the following news item appeared, under the heading 'PARENTS, PLEASE NOTE':

"A two year old Wirral, Cheshire, England, boy contracted smallpox in April. His grandmother and sister were vaccinated as a precautionary measure—both developed smallpox. (*The Lancet*, May 3rd, 1958, p. 959)

"Replies from the Minister of Health reveal that in England and Wales in the 25 years ended December 1956, only two children under five died of smallpox, but 106 died of vaccination. In 1938, 1939, 1940, 1941 and 1942, 20 deaths were assigned to vaccination, and none to smallpox, for children under five".

It must not be assumed that the number admitted as killed by vaccination represents *all* the deaths due to that cause. Only those deaths, which are ascribed to vaccination in the death-certificates given by the doctors are made public, not all the deaths that are really due to vaccination; for the doctors as a rule take care to avoid mentioning vaccination as the cause, in order to save vaccination from reproach. The number of deaths actually due to vaccination are surely a great many times the number reported.

We have already seen that vaccination murders are in the region of lakhs, if not crores, in our own country. And since vaccine is only the pus of smallpox, it is undeniable that it can cause small-pox itself, as well as a vast number of other diseases. People must know these facts, until they realise the truth, that our medical departments are manned by unscrupulous Persons

The following news item is taken from the *Vaccination Inquirer*, July-August, 1958:—

"The *Dundee Courier and Advertiser*, March 3rd, 1958, reported the sudden death of Frank Gibson, second son of Mr. and Mrs Gibson, 7 St. Peter Street, Dundee, four days after he was due to sail for Australia....." He was vaccinated by his doctorSomedays after his vaccination he complained of feeling ill.....On the Wednesday before he died he had pains in his chest and was told to stay in bed for a few days. Three days later he felt much better and wanted to get up, but was advised to wait until the next day. On the morning of his death he told his mother he was feeling fine, and if she would give some warm clothes he would get up for a bit. An hour later Mrs Gibson went to her son's room with the clothes and could not waken him. He had never been ill before." The doctors would refuse to admit that it was the filth called vaccine that killed him. They would thus be manifesting only their fanatical determination not to admit the obvious truth, that poisoning the blood stream is a criminal act.

By K. LAKSHMANA SARMA

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24th Nature-Cure Training Course 1958-September-October Delhi

Students who were successful in the examinations held at the end of the 23rd and the 24th Nature-Cure Training Courses conducted in New Delhi and Delhi respectively were awarded certificates by the Director on the 17th November, '58. The names of students who attended the 23rd course were published in The Life Natural for September, 1958. The names of the students of the 24th Training Course are given below :-

Sarvasri

		Marks.	Rank.
1. Charan Singh Bindra	1, Mangal Building Behind State Bank, Chandni Chowk, Delhi 6	...	...
2. Dev Datta Nanda	H. No. 9191, Gali Zamirwala, Nawabganj, Pul Bangash, Delhi 6	55	3
3. Jagdish Chandra Soni	19, Dina Nath Building, Chandrawal Road Delhi 6	...	...
4. Jawaharlal Seth	H. No. 8901, Naya Mohalla, Pul Bangash, Delhi 6	50	4
5. Mir Singh, B. A., L. L. B., L. S. G. D., M. D. H.	30 Timarpur, Delhi	61	1
6. Prakash Chandra Jayna	16, Todar Mall Lane, New Delhi 1	...	...

24th Nature-Cure Training Course

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7. Ram Swaroop Aggarwal	C/o L. Muni Lal, Actt. 14/88, Pataudi House Daryaganj, Delhi 7	57	2
8 Shiv Dayal Gupta	P/24, Malkaganj, Delhi 6	...	...
9 Sohan Das	73 A, Kamalanagar, Delhi 6	...	...
10 Tribhuvan Das Patel	66 UB, Jawaharnagar, Delhi 6	36	7
Kantilal S. Trivedi	2, Jaipuria Building, New Chandrawal, Subzimandi, Delhi 6	33	8
and Bishambar Dayal Sharma, Motor Taxation Deptt, Delhi		50	

Students of the 23rd course, appeared for the examination at the end of the 24th Course.

Award of Fellowships

The following gentlemen have been admitted as Fellows of The Indian Institute of Natural Therapeutics on the 17th November, 1958 by the Director.

Name	Address
1. Sri Maurice Frydman	27 Napean Sea Road, Bombay 6
2. Sri N. Ramaswami Pillai	Nature-Christ & Herbalist; Karuppur, P. O. Adaikkamangalam, Tanjore Dt. Madras State.
3. Sri S. Swaminathan	1, Shivaji Place, New Delhi.

Sri Swaminathan is well-known to our readers outside Delhi through his regular contributions to *The Life Natural* and to those in Delhi we need not say much as Natural Hygiene has spread so much only because of his untiring efforts. At a function on the 17th November at Delhi he was decorated with a Khadi shawl and awarded the certificate by the Director. Sri Swaminathan replied suitably.

Sri N. Ramaswami Pillai, who was an Ayurvedic physician till 1942 came to us for the treatment of his own T. B. After a radical cure of his own ailment he utilised his knowledge in treating others by Natural methods employing sattvic herbs. He has done experiments with more than hundred sattvic herbs available in villages.

Sri Maurice Frydman, native of Poland was an electrical engineer in Mysore state about 30 years back. Later he joined Gandhiji's Ashram at Sevagram. He was a member of the National Planning Committee and at Gandhiji's suggestion drafted the constitution for the Aundh State near Poona. After coming into contact with Gandhiji he became a follower of Nature-Cure. After experimenting upon himself he has treated a number of persons by Natural methods successfully.

We welcome the new Fellows to our fold.

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.

Convention Special Number January, 1959

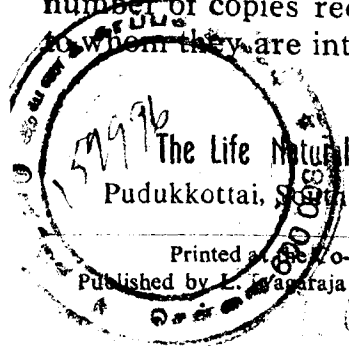
The Annual Convention of the The Indian Insititute of Natural Therapeutics which was held on the 16th & 17th Nov. '58 was inaugurated by Hon'ble Sri Morarji Desai, Finance Minister, Government of India at Ramjas College Hall, Delhi. The Convention was presided over by Sri K. Lakshman Sarma, Director of the Institute. Sri Gopinath Aman, Ex-Minister, Delhi State was the Chairman of the Reception Committee.

Since the full report, papers read at the Convention, Resolutions passed, and pictures taken on the occasion have not been received yet from the organisers in Delhi we propose to bring out a Special Number with about 100 pages on the 2nd January.

In addition to full report of the proceedings it will contain the following. Dr. Jesse Mercer Gehman's paper on Foundation Food For Prevention of POLIO and his informative article on The Naturopathic Profession and Movement in America Today! What It Means to India! Dr. Gehman is the President of the American Naturopathic Association, the original and parent Association founded by Dr. Benedict

Lust, in 1896. As such he writes with authority and it will be instructive to our naturopathic friends in India, the paper on 'Soil Health' read by Sri Ram Lal Sethi, Retired Agricultural Commissioner, Government of India. The paper on the 'Care of the Teeth' by Mrs. and Mr. V. Ramaswami Ayyar, Delhi 'Civilisation and Natural Hygiene' by Sri S. Swaminathan., 'Lead Me from Darkness to Light' by Mrs. Srivastava wherein she narrates how she was led to the goal of Natural Health from what appeared to be the darkest hour in her life., a paper sent by Miss Lily Loat etc., etc.

The Special Number will be beautifully got up and priced Rupee One or 2 shillings or 25 cents. Free to subscribers. It is a Number worth presenting to your friends to make them interested in Nature-Cure. You are requested to register your orders with money orders for the value before the 15th December, mentioning number of copies required along with addresses to whom they are intended to be sent.



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