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Editor: K. LAKSHMANA SARMA



Sri K. Lakshman Sarma delivering his Presidential Address at the convention. The Institute Emblem is on the wall.

स्वाधीनस्वास्थ्यमहाविद्या

SWADHINA SWASTHYA MAHA VIDYA

By

K. LAKSHMANA SARMA

A condensed version of Practical Nature-Cure
in Hindi

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The Life Natural

VOL. XVI

JANUARY 1959

NO. 5

RECOGNITION

Too many of us are obsessed with the notion that, in order that our movement may prosper, we must strive for and obtain Governmental recognition, and support. But quite a long time ago I became convinced that this will be disastrous, and hence it will be wise for us once for all to renounce this, and work for something a great deal more valuable,—recognition by the people.

Dr. Jesse Mercer Gehman in a long article which will appear in the next issue has set forth the tragic history of the Return To Nature movement in the U. S. A., wherein it is shown that the hankering for state recognition has led to the acceptance of a curriculum of studies, wherein allopathic ignorance was by far the larger part, the instruction in the True Science was very little, and the result was practical extinction of Nature-Cure.

Our reason for rejecting governmental recognition and aid is profound, and subtle, so that it may appear to be unconvincing to the professionals who want to share in the prosperity of the allopaths.

In the first place, governments everywhere are the natural enemies of the people, being wholly subject to the Vested Interests, whose prosperity depends entirely on the perpetuation of ill health and its outcrop, disease. The medical profession is itself a Vested

Interest, but having no existence of its own, distinct from that of the much more dominant one, namely the manufacturers and traders in drugs, vaccines, serums etc. And without the consent of these enemies of Health these wretched things, miscalled governments, can do nothing that would emancipate the people from subjection to these diabolic men, whose profits—which are of astronomical size—come from the monopolistic dominance of allopathy. The allopaths in their turn are definitely against any progress of our movement. That they are so will be manifest from the persecution against one Dr. Narayanamurtigaru, ostensibly for pretended violation of rules of medical ethics, but really for the unpardonable sin of sincerely and enthusiastically praising Nature-Cure, without regard to the medical policy of pretending that Nature-Cure is unscientific quackery. The allopaths want, in the alternative, to gain complete control of Nature-Cure, so as to be able to destroying it after discrediting it.

Also governmental aid will lead to interference with the movement, which will lead to patronage being extended to the unworthy,—those whose fitness to serve as teachers of our science is to be doubted.

Our view is that each and every system of healing must be allowed and compelled to stand on its own merits or demerits. But because this foreign system—which, according to many disinterested medical authorities, is downright quackery, is maintained as the state system of medicine, enjoys an almost complete monopoly of the practice of healing, and thereby severely handicaps the progress of all other systems.

The government is also, because it is unable to take an impartial view of the merits of the competing system, confiscating our fundamental rights, subjecting us and our children to processes of blood poisoning,

miscalled prophylactics. Lakhs,—perhaps crores—of children are being massacred annually by compulsory vaccinations and inoculations, and health is by this reason extremely difficult to maintain. We are therefore at war with the Government for the recovery of our God-given inherent right to live for health, in our own way, rejecting the state system of Medicine. And so long as this war is not ended as it should be, we can have no truck with this government. Though many in our ranks are likely to truckle to our enemies, it is absolutely necessary that we at least should refuse to accept the unqualified dominance of this foreign quackery, even though the result may be poverty.

On this point our dear friend and comrade in the war for Medical Freedom, the late Miss Lily Loat agrees with us on this question of 'Recognition' by the Government.

Our duty is to carry on as have been doing so far, doing what we can to educate and emancipate as many as possible of the people from dependence on doctors and doctoring.

Seth L. N. Gadodia

We regret very much to record the demise of Seth Laxmi Narayan Gadodia of Delhi in the last week of November at his residence in Delhi. He was 83. Along with his banking business he found time to study and propagate Nature-Cure. In this work he was ably assisted by his wife. He had helped our Institute financially by instituting free scholarships for the Training Course in 1945 and for the holding of All-India Conferences in various years. His help always came unasked. We wish to convey our heartfelt condolences to his wife and son Sri Ram Gopal Gadodia.

May his soul rest in peace!

ACTIVITIES IN DELHI

Regular Weekly Lectures

Delhi Public Library, Delhi, (Natural Hygiene Group)	Mondays 6 p. m. 7 p. m.	Lectures by Sri L. Ganesa Sarma.
Mahabat Khan Road Residents' Association (Qr. No. 73, Mahabat Khan Road)	Tuesdays 7-30 p. m. 8-30 p. m.	Lectures by Sri S. Swami- nathan.
Social Education Centre, Paharganj, Opp. New Delhi Railway Station.	Wednes- days 7-30 p. m. 8-30 p. m.	do
Social Education Centre, Mohalla Kabaristan, Turkman Gate.	Thursdays 7-30 p. m. 8-30 p. m.	do
Social Education Centre, Opp: Delhi Junction, Queens Road, Delhi.	Fridays 7-30 p. m. 8-30 p. m.	do
Qr. No. II/0/5. Lajpatnagar (Opp. Govt. Boys' High School)	Sundays 8-30 a. m. 10-30 a. m.	do
No. 1, Sivaji Place, New Delhi-1. (Opp: Birla Mandir)	Sundays 4 p. m. 6 p. m.	do

Note :- Besides the above, talks are held at other places at irregular intervals. Details can be had from Shri L. Ganesa Sarma.

FOOD PRODUCTION: A SCHOOL'S ACHIEVEMENT

The following letter to the Editor appeared in *The Hindu*, of 16-11-58.

When I was in South Kanara district in October, I came across a striking instance of school boys taking an active interest in food production. The Anandashram High School, Ullal, a suburb of Mangalore, has an agricultural wing attached to it. Boys of the three highest classes in the school are encouraged to work on a three-acre plot attached to the school under the supervision of an Agricultural Demonstrator. During the last five years, this wing has achieved notable results in rice production. In 1954-55, they produced 45 Muras of paddy (a Mura being equivalent to about 84 lbs.) the cost of production being Rs. 350. Steadily year by year the yield has gone up and in the season just ended 89 Muras of paddy were raised at a cost of Rs. 234.

The explanation given by the school authorities is interesting. There is an abundance of farm manure, compost and green manure, the last being grown in the school compound. It is claimed that this doubling of the paddy crop in five years has been achieved without the use of any chemical or artificial manures. Experiments with the Japanese method of cultivation seem to have yielded encouraging results and this method is now being used in the plot attached to the school. The authorities hope to raise a second crop with the installation of a pumping set.

New Delhi

B. Shiva Rao

MESSAGES

May God bless this Convention with success!
May God bless Sri Sarma and other students of
Nature-Cure with health, long life, peace, prosperity
and Kaivalya!

SIVANANDA

(His Holiness Swami Sivananda Sarasvati)
Rishikesh.

Dear friend,

You are all doing a magnificent work in giving your services to this kind of missionary service. I am happy to see that arrangements for a National Convention of your Institute is to be held there, which will be attended by present and former students for an exchange of ideas. What an interesting time this will be. I have said, and I would repeat, that the true renaissance of Nature Cure, can come, and considering our situation here, must come from India. However, you will all have to act rapidly and concertedly for there is a determined effort in health officialdom in India to institute the orthodox allopathic slavery of the West, which we are constantly fighting

" We had our annual meeting of the Citizens Medical Reference Bureau just a week ago, and it was expressed there, and it is true, that medical freedom is being sacrificed more than ever for expediency in so-called social welfare. One of our big problems here now is the constant chemicalisation, and use of antibiotics in the preservation of food, which is after all mass medication. So if I may, I should like to point out how important it is that at these Seminars and study courses the right of the individual to freedom of choice of the physician from the school of healing, which he favours

and the security of his person, which are part and parcel, I understand, of the Indian Constitution, must ever be insisted upon.

Very sincerely yours,
JESSE MERCER GEHMAN,
President,

The American Naturopathic Association, Inc.

It is evident from the fact that diseases and human sufferings have increased directly with the increase of allopaths and millions of medical preparations claiming miracles. Commercialism and medical exploitation are on an increase. Time had come when high level impartial enquiries or surveys should be made by the Central Government to find out truth as to the efficacy of various systems of medicine and warn the credulous suffering humanity about the dangers ahead.

Since it is an acknowledged fact that disease is the punishment for wilful violation of Nature's laws in every day life, including matters of diet, it is better to prevent the disease by following natural way of life. I have no doubt the Convention will succeed in arresting attention of the ailing humanity to the rich store of health and longevity which the natural and humane way of life can bestow.

Bombay Humanitarian League }
149-Shroff Bazaar, Bombay-2. } J. N. MANKAR

The importance of natural methods cannot be over-emphasised and you, who are devoting yourself to naturopathy, are performing a very necessary work in living reform.

Natural methods of correcting ill-health are much more than a system of medicine, they are in fact, a restitution of Man's proper living—vegetarian foods,

which must play a large part in healing are not only harmonious to his anatomical needs but are in keeping with his highest ethical ideals.

If progress appears to be slow and sometimes discouraging it is heartening to compare our present day standing with that of 50 years ago, when there were hardly any naturopaths and vegetarians were often ridiculed. Almost every new scientific discovery in the field of nutrition gives greater weight to our arguments, and in Britain today there are many orthodox trained doctors practising on naturopathic lines, and medical journals are reporting the failures and dangers of the wholesale use of powerful drugs. Indeed. The Lancet recently stated that many of the new drugs should only be used if the patient is expected to die anyway.

Now that cracks are appearing in the orthodox structure it is the time to place your achievements before the public. I therefore wish your Convention the greatest possible success.

20th May, '58.

GEOFFREY L. RUDD
Secretary, The Vegetarian Society,
Bank Square, Wilmslow,
Cheshire, England.

It has been my privilege on previous occasions to send messages of good-will to past Conventions, but I feel that on this occasion my message should be one of congratulations on the progress that has been made in India by the Nature-Cure movement. This has no doubt been due to the untiring efforts of those enthusiasts who wish to see mankind freed from such illogical practices as vaccination, inoculations, etc., and instead taught to rely upon the inherent healing forces of the body.

There can be no doubt that Nature-Cure, being based on truth, will eventually oust the medicineman, however strongly entrenched he may be at present.

I wish all concerned with the Convention, and all those who attend, the greatest possible success.

STANLEY LIEF,
Editor, Health For All,
London.

Greetings to all Indian Naturopaths, members and visitors to the Annual Convention of The Institute Of Natural Therapeutics at Delhi.

On behalf of myself and all Australian Naturopaths and Vegetarians, I send you our good wishes for the success of your Convention.

It is our hope that it may be the means of spreading far and wide the advantages of Nature-Cure for the relief of physical suffering, and the illumination of the mind for the greater development of such individual's own higher nature and spiritual consciousness.

Dr. G. E. C. DOWNING, Ps. D.,
Ms. D., N. D.,
Editor, The Australian Vegetarian.

It gives me great pleasure in sending my warmest greetings and very best wishes for the success of your Convention, and for the continued progress of Natural Therapeutics in India.

At this critical time in the history of mankind, the philosophy of Nature-Cure as applied on physical, mental, emotional and spiritual planes of living, offers a new hope to mankind.

Yours sincerely,
TOM. W. MOULE,
Director of Therapeutics,
Managing Director & Co-Editor,
Health For All.

It need not be emphasised—as all Naturopaths are aware of the need—that one of the urgent duties of the Convention should be to declare itself unanimously and in unmistakable language, its demand for the fundamental right of everyone to choose that kind of treatment in health and disease which he wishes to follow and to reject any treatment which he does not approve of, in respect of himself and his family and that this fundamental right should be incorporated in the Constitution of the Union of India as early as possible.

The Convention is sure to be crowned with great success.

F. G. NATESA AIYAR, F.I.I.N.T.
Madras.

Natural Cure of Eye Defects

REVISED FIFTH EDITION (1956)

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

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

Rs. 2.

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

Bharat Jyoti, Bombay.

ANNUAL CONVENTION

The Indian Institute of Natural Therapeutics
held at the Ramjas College Hall, Delhi,
on 16th and 17th November, 1958.

The Convention opened with a prayer, Vande-mataram, sung by Srimati Pattammal Sarma.

In the absence of Sri Gopi Nath Aman, Chairman of the Reception Committee, due to certain unavoidable circumstances, his address (in Hindi) was read by Sri Jagdish Chandra Sharma.

Delegates and brothers,

We are lucky that this Convention is being inaugurated by the Honourable Sri Morarji Desai, Union Minister for Finance. Nature-Cure has not so much relation with the treatment of the sick as with the living. Real living is Natural Living. There is a wellknown saying “Prevention is better than cure.” But there is little application of this in practice and we neglect this in our daily life. Small negligences, sometimes, even lead to serious dangers and fatal consequences. That is why stress on natural living is important. Unfortunately, life in a city is more artificial in comparison to that in villages, the reason being the atmosphere. Green and well-grown trees are felled for raising huge buildings. A visit to the market will tell you that life is for eating and there is no fixed time. No attention is paid either to the stuff we eat, or the time we eat at. Wherever you go, you see even educated men and women eating on the road, and what do they eat!..... It is painful to say.

In cities nothing is available in its fresh or unadulterated form. We were under the illusion that at least

fruits—fresh or dry—are naturally ripened. Now, it is not so. Even they are ripened with the help of chemicals, which are harmful.

Businessmen who adulterate food-stuffs do their trade in such a manner that existing Prevention of Adulteration Laws are found inadequate. Even if they are brought to book they are able to purchase ways and means of escape from the legal clutches. As far as normal life is concerned, it appears that civilised life is quite contrary to Nature, e.g., wearing socks in summer in the tropics, drinking hot tea and chilling icecream, and liquor at parties and so on. If you hesitate aping any of these habits, you will suffer the consequence of being taken for a rustic and uncivilised person. When the society has such notions of civilisation, reform seems far remote. Fortunately, in India this artificial life is confined to about 17% of the population, the rest 83% being rural population. Even out of this 17%, people with meagre income are excluded. It is the rich and the top middle class who are victims of this ghost civilisation. Under such circumstances the message of the Life Natural will do great benefit, if spread in the villages, but in fact it is being done in the cities and towns, where receptivity is lacking. If the Nature-Cure movement attains a little success in cities it is undoubtedly a great success.

The vital problem is selfreliance and the strength to follow the path of one's conviction. Sri Morarji Desai, our chief guest, refused to accept alcoholic drinks in parties held in his honour, and his desire was honoured. Similarly, when the President of our Union, Dr. Rajendra Prasad, visited Japan recently, he also expressed his desire to shun alcoholics in parties to felicitate him. Such instances give us a moral strength and an encouragement for further hard work.

It grieves us to note that the advice of Mahatmaji has fallen on deaf ears even in the case of his followers and close companions, whose almost entire support—financially and otherwise—is for allopathy which he called a Satanic science. What could we do? Why Nature-Cure, even indigenous systems of treatment are not liked by our modern gentry.

I remember well that when I and some of my friends had appeared before the Dave Commission, we were plainly told that there is not even a mention of the name of Nature-Cure in the terms of reference, and continued to say that they had to deal with Ayurveda, Unani, Homeopathy and Tibbi systems of treatment. How could we blame the Commission, if those who form the commission that are responsible for such things.

Anyhow, we are to carry on with our work, when great men like Sri Lakshmana Sarma are at the head of the movement. It is of great importance to remember always that ideological differences do not split us into splinters and thereby lose our strength. I have had connections with bodies working for the Nature-Cure movement where I have felt this need, and hence this caution.

It is our goodluck now that our Union Health Ministry has started taking attention of the presence of our movement. I had an occasion to meet Dr. Karmarkar, Union Minister for Health, along with Sri Balkobaji Bhawe. We are glad to hear that he atleast is in favour of Nature-Cure and likes to encourage it. So we must take advantage of it.

It is needless to say that above politics or religion, art or education, Health must be given first priority.

It is most important to make the ways of living of children natural, with special attention on their diet at

home and at school. Where the children cannot move and play in open air, no school should be permitted to be run. It is true that children take instances from their elders in moulding their lives. Therefore if the life of the parents and the teachers are unnatural it affects their living as well.

I began to love this system since it saved my life. Only the experts can lead us on the way to the Life Natural. I now wish only to welcome you all. It is no good erecting an idol of Gandhiji and worshipping it, but it is necessary to put his teachings into practice. I welcome you again to this Convention.

Sri Morarji Desai while inaugurating the convention spoke as follows :

Sisters and Brothers,

I have great pleasure to inaugurate this Convention this day. My belief in Prakritic Chikitsa (nature cure) is great. For a man to keep health under nature-cure, no other help is necessary. I know Shri Lakshman Sarma for some years. He has done good work for nature cure. It is my desire that his work should increase and the belief of people should increase and then get benefitted. Nature cure is not to fight, not to find fault with others. He will practise it and show to others that that is the only cure which will help all. For health, whatever systems are, many are right, many are mistaken, but nature-cure follower should not hate other systems. Then their power become less and propaganda becomes weak. If others hate nature-cure, we should not think ill of them. We should have no trouble about it.

From government side we do not get much help. But why? If many people follow other systems, how can government think about this or help these? When

there are many who follow nature-cure then our work will increase and we will get recognition. Otherwise not. I have been following nature cure for the past 45 years. My belief is in it. Ayurveda also I have belief and in allopathy also.

There is one thing in nature-cure's principles. Man's body is made in a way that it is a complete machinery. Man is not perfect. He wishes to become perfect. He is Apurna and therefore illness occurs. Apurnata in everyone's care of the body is the cause of illness. According to nature cure if a man is suffering he can himself remove it. What is disease? We think it is bad, because we do not understand it. Sickness is the sign of our fault. We do not control our food. Body is made in such a way whatever it wishes it takes. The rest it throws out. That is the work of the body. But when things out of food grow more than it can throw out, then sickness comes. It is the effort of the body to throw out the bad things out of itself. This is sickness. Names are differently given. If you fast, leave food for a time whatever the taste of the food, then disease will go away. But if you do not and go on taking food you have to be given medicine. If you leave food and with enema take out poison from the stomach then there is no chance of disease. To take out poison is the effort of the body. Therefore you get temperature. So don't put more weight on the body when you are sick. This is one of the principles of nature cure. If you make increased dosha, then the machine gets spoilt. You have to help it. In Prakritic Chikitsa you become independent. We have to make others understand this.

Even followers of nature cure sometimes go to medicine. The followers at least should keep to nature cure only. If you cannot trust yourself, then how can others trust you? Those who have no belief we

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It is by these means that followers of Nature-Cure cure themselves at home, without depending on doctors of any kind.

Incidentally, it must be known that Nature-Cure is a Liberating Science and a Domestic Science, wherein God Himself is the Healer. Thus in Nature-Cure every one is provided with the best possible Doctor, the All-Knowing and Gracious God. His ways are mysterious, but benign, and radical cure by the recovery of health is the reward in most cases. But *prayaschittaic karma* is needed,—fasting, etc.

Nature-Cure is not built upon by the process of trial and error, but by Inspiration from God. The study of this Science is the best part of a Liberal Education.

Nature-Cure comprises a knowledge of the Law of Health which are in harmony with the Order of Nature, and with our religious belief, based on the Vadic Philosophy. In Nature-Cure it is taught that Life is an independent reality, a gift of God, and hence the basic policy of Nature-Cure is Non-Violence, eschewing drugs, vaccinations and inoculations and as a rule also operations.

The non-violent measures of Hygiene that are employed in Nature-Cure ensure a real—radical—cure of disease and a steady rise in our health-level, due to the fact that once a patient is cured, he thereafter becomes, for life, a follower of that system and does not submit to medical treatment any more. Even in old age he retains health and fitness and lives longer than he would do otherwise.

A public servant who follows Nature-Cure is unique in this, he is not in need of sick leave. And he is able to do work better than the rest, whose

health is below par, because they believe on the false science of allopathy.

The follower of Nature-Cure is able also to bring up his children in the Natural Way and to cure them, when sick, in the same way.

The success of Nature-Cure is due to the fact that it is the only system for the resurrection of Health, after it had been lost, due to the chronic or destructive diseases that have been built up by wrong medical treatments for the illnesses that could and should have been treated non-violently.

Experience proves that diseases are far less to be feared, than doctors who do not know the Right Way to deal with them.

It is said that Nature-Cure requires character. The follower must have self-control. He must not be self-indulgent.

But this does not mean that the follower will be unhappy. On the contrary he will be more happy, because he will have mental as well as bodily health.

The confirmed follower of Nature-Cure is not afraid of disease. His healthful habits are alone sufficient to ward off epidemic and other diseases that may prevail among his neighbours. He is not afraid of infection.

The effort to prevent disease by implanting disease is severely condemned in Nature-Cure. These consist in fouling the blood-stream. It is freely confessed that these measures do not prevent epidemics. Their compulsory enforcement is thus a measure directed against Health, for which the State should be censured and fought, so that we shall have freedom to live in the Right Way for Health and Long Life.

A filthy blood-stream affects the nervous system and tends to produce incurable diseases of the brain and defects of the mind. Vaccination, for example, causes sleeping sickness, due to an inflammation of the delicate tissues of the brain,—which is fatal in more than 50% of the cases.

The Natural Way of Life is a *Yoga*. It is called *Swasthya Yoga*, and it is far more efficient than the so-called *Yogaasanas*, of which we hear so much nowadays. The practice of *yogasanas* may go to supplement the effects of natural living, but it cannot supplant it. To think that *yogasanas* can compensate for the bad effects of wrong eating and wrong living is a fallacy. I have come across a few *yogasana* teachers who have paid with their lives for believing in such a fallacious theory.

Self-control in eating is by far the most important part of Natural Living. Fresh leafy and other vegetables, grown on soil manured with natural compost manure, cooked conservatively, or raw and fresh fruits and nuts should form the greater part of the dietery, and cereals, from which nothing is removed by milling and polishing, should be the lesser portion. And these should be eaten when there is natural, keen hunger, the digestive organs having been rested and recuperated. The quantity eaten should be restricted, so that there may be perfect digestion, and no needless waste of vital power.

May this True Science of Health, by Divine Grace, spread among the people and may they attain the reward of living it, namely health of mind and body, length of life and happiness here and hereafter.

Shri Lakshman Sarma added :

The problem of life is complex. A great many things are there, favourable and unfavourable and that is why it is difficult for a man to go through life with ease and happiness. The basic problem, the one problem without solving which others cannot be solved, is what we call the problem of health. Well, unfortunately, owing to certain blemishes, we think that the problem is one of disease and when we think of disease health is forgotten. Even the problem of disease, I can tell you from my experience, is only a problem of health in disguise. Disease does not come all at once. It comes after health is lost. So then a wise man must first of all try to avoid disease, prevent disease. But there are a number of wrong ways of preventing disease. I shall not tell you during this afternoon anything of that part of the subject. When the right method is pointed out, it follows that the other methods are already condemned. Health is not something which can be bought over a counter. Health is a reward of right living and so what is the question? What is right living? And what is wrong living? If people go on living as they like, indulging themselves in what they think to be enjoyment, the penalty is disease. We take health for granted. We begin with the health given to us by our parents. In childhood we are brought up by our parents, who are more or less ignorant. Feeding, for example, is considered to be the means of health. Anyhow feed, stuff. The heavier, the bigger the body, the healthier you are. That is the superstition, especially in civilisation.

Now then, where are we to get this knowledge of how to get health, how to avoid disease? Knowledge is of two kinds, right knowledge and wrong knowledge. Without knowledge there can be no right

action, and only that knowledge is good which leads us to right action. Now, God is the giver of right knowledge; But to whom does God give right knowledge? Only to those people who have trust in God, surrender themselves to God and are prepared to act as instruments of God. Only those are rightly guided. People who think themselves competent, learned and so on, do not get any guidance from God. God leaves them severely alone. All knowledge, all human knowledge is one integral whole. We look upon religion as something which has no practical application in life. But philosophy and ethics are not to be put in different compartments. In business people put away ethics. In life ethics is forgotten and when ethics is forgotten, where is the place for religion? Religion and philosophy are necessary for health. Our lives must be in harmonious relationship with our religion. So a system of living for health and for the cure of disease must be something which is in harmony with our own culture. The Upanishads, the Bhagavad Gita are the sources of our culture. 'Yukthahara Viharasya'. He who in his doings, in his diversions, and in his activities acts in accordance with the law of God, for him, whatever enterprise he takes up, that enterprise will end in success. Yoga means application of one's mind to the goal. The goal is to be reached by certain activities. Here I might mention an important principle of ethics which is usually disregarded. Very often people act upon negation of this principle, namely that the end justifies the means. Does the end justify the means? Is it possible? In a definitely ordered creation, there is an organic relation between the end and the means; it is the means that bring out the end, without the means the end will not be there. The end is shaped by the means. If you follow the proper means, you get the intended end. If you follow some other means, you get some other end. If you follow

the God-appointed means for acquiring health and for being free from disease, then you get real health and not imitation health, which is only artificial health. Artificial health is a contradiction in terms. Artificial Health is a fraud. What are the means to be employed for this? One great principle stands foremost. We must be grateful to Mahatma Gandhi that he has laid great stress upon the principle of non-violence. I do not know how far people can follow the principle of non-violence in practice in our lives and in all branches, and in all our activities. It was Gandhiji's emphasis upon non-violence in general that led me to the discovery that what is commonly called nature cure is only non-violence in action in the most important part of our lives.

What is called nature cure is only an application of this fundamental principle, the ethical principle, the philosophical principle, of non-violence. Well, there are other systems and most of them consist of violence to the body in different degrees. What are the facts? I may tell you in the beginning of life and for a few decades we are subject to diseases which we call acute. A disease is said to be acute when it is superficial and not rooted in the constitution, and which will normally, left to itself, go away of itself. I shall give you an example of this non-violence that produced results, where violence could not. In the course of my rambling in one place I came across a case of a buffalo calf. I myself did not notice it, but I was told by a friend after it had happened. In a certain village in the north-west corner of the Mysore State there was a family of rich people. They were business people. The mistress of the house was suffering from incurable rheumatism. Doctors had tried their best. They could do nothing. I was called, and I gave her a prescription which consisted partly of fasting, dieting and

baths, especially sunbathing. After a week I had to leave that place and go to Bombay. I came back to the same place because I was asked to do so to see the patient again. During my absence had happened this case of the buffalo calf. In the house there were a number of animals kept in an open place. This calf was sick and it was taken to a Veterinary Hospital and it was thought that the calf was dying and will certainly die in a day or two. One day in the morning one of the younger members, son of that old lady, got up from his bed and came out to where the said calf was among other animals. He saw the dying calf. It was tied also. That the dying calf should be tied was ridiculous. He called the servant and told him to untie the calf. The man did so. He saw immediately that the calf, which was simply lying down, with great difficulty and pain got up and stood on its four legs and began to walk to the open sunshine. The man wanted to tie it up again because he thought that the sunshine would kill the animal; but the animal wanted sunshine. The animal was set free. It went into the sunlight and basked there until it was comfortable and warm. And then it went inside and sipped a little water. It did not take any food. Now you see the only creature in the world that seeks food in sickness is man. In sickness fasting is the law of nature, especially in all acute diseases. Because in sickness there is no hunger. To eat when there is fever is a mortal sin. Therefore we are punished with death. This calf went through this programme for a few days, three or four days. Meanwhile the disease mysteriously disappeared. Then the calf began to eat and play. These people were astonished. They wondered who taught this buffalo calf Sarma's treatment? In the jungle there are no hospitals, no medicines. There are no doctors. Where there are the largest number of doctors and largest number of hospitals, take it for granted that that nation is sick. If there is any country

in the world where there are no doctors, be sure that there is no disease there. If year after year we are demanding more and more doctors, it follows that there is more disease; and this is a vicious circle.

What is this Nature-Cure? We are sinners. We commit sins right through life and then punishment comes. How to get rid of the punishment? Religion says that when we have committed sins we must do prayaschittam. Without that the sin will not go. The suffering must be endured until that sin is washed off. What are the sins we have committed? Eating without hunger. Tempted by the dishes that are being prepared in the kitchen, we sit down to eat. To eat without hunger is the foremost of our sins. Hungerless eating is the primary sin and from that all other sins proceed. We indulge ourselves through the five organs. Suka Brahman says "If a man has conquered four senses and not conquered the sense of taste he is not a jitendriya. A regular part of practical religion is fasting. We have vratas, for Kritika, Ekadasi, Shashthi, and so on. It is in this way we should get rid of our disease, of our sin of eating without hunger. Then there are other mistakes we commit. We seclude ourselves in buildings where there is very little sunlight. We must breathe pure air. We must breathe properly. Do we breathe properly? Do we breathe out all the used air? We should breathe out thoroughly and breathe in fully. This is pranayama. You get more vitality because blood gets purified. We don't keep our bodies clean. We are in a hurry. And we must keep the blood pure. We must not allow our blood to be fouled. The introduction of many foul substances such as vaccine or serum into the blood stream is a grievous crime. Nobody has got the right to do it to us. We must keep our blood pure and for that purpose we must recover

our freedom, our personal right to live according to our own opinions and not the opinions of other people.

So it is by prayaschitta that health is recovered when it has been lost. To remain healthy through life should be our aim. Let disease come, but when it comes the most important thing to do is not to treat it violently but to treat it non-violently. Health is the true preventive of disease. Even Pasteur, the inventor of the germ theory, was compelled to confess that the germs have no power to give disease to a healthy man. In health the germs have no power. Put the followers of Pasteur forgot this. The only way to be free from disease, especially from serious diseases, is to maintain health, and health means not only freedom from disease. Health is necessary for using all the powers, all the faculties that are necessary for living effectively. The healthy man is able to meet all the demands of nature and he lives longer, the man who might have died between 30 and 40. That is to say if you want to take to Nature-Cure you must not call a doctor. What we have to fear is not the disease but the doctor. Beware of the doctor. He does not know the nature of the disease, the cause of disease. He does not know how health is acquired and retained.

I must tell you that not all doctors are ignorant. Not all doctors are quacks. If a man is a doctor, usually he is a quack. When is he not a quack? When he understands that health is the reward for right living and when health is lost the proper thing to do is to reform our ways of living. Our body should not be poisoned. Simply because a man is sick, he should not be fed on poisons. It is admitted that drugs which are poisonous are bad for healthy people. Healthy people might be able to stand the drugs, but the sick people cannot. Therefore there is more reason for saying that drugs ought not to be given to the sick.

A man who has lost his health because he has been believing in doctors, finally in the course of a decade or two, he loses his health completely. Then how could he recover it, unless he stops calling doctors and taking drugs? He should stop it if he is to follow nature cure. One doctor is enough to kill a patient. Why call many? Food can be the cause of death if taken at the wrong time and in wrong quantities. They feed the patient when he does not want to eat. They drug the patient. Your health, which was somewhat abnormal before, now will become normal if you take refuge in Nature. It ascends to a higher level. Diseases which are called acute in which the vital processes are going on vigorously for getting rid of the foreign matter which has caused the illness, when that disease is allowed to proceed in its own course you get back to normal in due course. Naturally when health is restored by natural means, you recover your health and something more also. So it is not enough to follow the laws of health when you are in health; you should follow these laws also when you are in disease. One thing I want to tell you. The blessings that will come to us if we give up the wrong way, the way of violence, and take to non-violence which is nature's way there are innumerable advantages. One of these is that Nature-Cure is a domestic science.

It does not belong to a profession. In Nature Cure, according to my opinion, there should not be the distinction between doctor and patient. The doctor and the patient must be one and the same. Or alternatively let the doctor be God, and not a man. This living body was made by God and only He, the Maker, knows the intricacies of the machine that He has made. If a watch has gone wrong, you must take it to a man who knows its mechanism. You cannot take it to a blacksmith or a tailor. Our bodies are wonderfully made.

There is such a complexity, such refinement, such delicacy of parts that any man with a [bit of common-sense will say we should not interfere with it.

Only the Maker must do the repair. Surrender yourself, body and soul, to God and do what is expected of you. Something is left to us to do. Surely then God will cure us. If this is not done, what happens in course of time, if repeatedly this living body which was the wonder of God's making, is subjected to handling by quacks, excuse me—I speak from conviction—what happens is that health becomes less and less and less. In the case where the disease has taken root and has become a permanent feature, has affected the constitution which is more or less ruined, these diseases do not go off easily. They persist. They become permanent and they are therefore called chronic, that which will endure till death. They are diseases like rheumatism, asthma, consumption, dyspepsia. Can doctors say they can cure these diseases? Naturally they cannot say. Now it is supposed that doctors cure diseases, what they call infectious disease, which we call acute diseases. We know that doctors do not really cure diseases. There is real cure only when the root cause of the disease is eliminated, when it is no longer in the body. That is called a radical cure. The radical cure and the medical cure cannot be the same. Radical cure is real and the other is suppression. A disease that is suppressed does not go outside the body, but is inside. It is not manifested by outward symptoms. Doctors think that if the symptoms are stopped, then the man is cured. Because diseases are suppressed again and again by doctors, the man is landed in the second stage of disease, which is called chronic. For a chronic patient there is no hope except from Nature. Innumerable patients have been cured of asthma, of dyspepsia, of rheumatism and so on, by following the Natural

way. So great are the blessings of nature cure that you become your own doctor, subject to God alone. Mental health is also restored and maintained.

For mental health you need not go to a psychologist. These psychologists do not really do any good. Out of numerous people suffering from psychical disorders, two out of three recover without any treatment and with these costly treatments through psychiatry, two out of three are claimed to have been cured. But in our system we do not need to bother with psychology. There is real psychology. The so-called psychology is still in its infancy.

It is said that man depends for his health on food, because man is made of food. It is explained in one of the Upanishads that the food we eat consists of three parts, the gross part, the medium part, which is a little more subtle, and there is another part which is wholly subtle; which is beyond science, which is super-scientific. This part nourishes the mind. Let us take a common scientific view. Man works through the brain. What we call brain is only an instrument of the mind. The mind and the brain are not identical. Now since brain is the tool of the mind, does it not follow that the brain should be in proper condition if the mind is to work well. The brain is part of the body. Blood that circulates in the body also circulates in the brain. If the blood is pure and is not poisoned by vaccines and serums, then that pure blood also passes through the brain and nourishes the brain also. An elementary knowledge of physiology will tell you that food has got a great deal to do with our mind, because it affects the condition of the brain. If you improve the body, it improves the brain and it helps the man. This efficiency of the mind is necessary for all functions of life. Especially for religion, a pure mind, a mind

which is in harmony with itself, not a house divided against itself, is necessary. What about religion? If religion is only something to be believed, what is the use of it? So we have to accept this discipline, this reform in the mode of life which is commonly called Nature-Cure. I do not want to detain you further. Here is something very valuable which you ought to study and put into practice, May God bless you!

Sri L. Ganesh Sarma, before moving the condolence resolution, requested the President to unveil the portrait of the late Miss Lily Loat, Secretary, National Anti-Vaccination League (Britain) who passed away on the 16th of August, 1958.

The president, after unveiling the portrait of the late Miss Lily Loat, who had been the life and soul of the National Anti-Vaccination League of Britain for about sixty years, gave a short speech extolling the selfless work of the members of that League in general and of Miss Loat in particular, ended with an exhortation to the audience to throw off their Tamasic inertia and emulate the brilliant example set by all those selfless servants of God and Mankind, of Satya and Dharma.

Sri L. Ganesa Sarma then moved the following resolution.

This Convention of The Indian Institute Of Natural Therapeutics places on record the heartfelt grief of all followers of The Life Natural at the passing away of the following pioneers of our system of living and healing:—

1. Miss Lily Loat who as Secretary of the (British) National Anti-Vaccination League had been carrying on an indefatigable fight against filth medication of every kind and perhaps whose last action of her life was the writing of the paper to be read at this Convention:

2. Sri Krishnam Raju of Bhimavaram who propagated the Life Natural not by precept but by example and whose sanatorium in Bhimavaram had been commended by no less a person than Mahatma Gandhi;

3. Mr. Edgar J. Saxon, who till his death served as Editor of "Health & Life" and who in that capacity did pioneer work in propagating the cause of right way of raising food from the soil; and

4. Mr. Bernarr McFadden who through his magazines and his books and by example that he set was largely responsible for the popularisation of Nature-Cure not only in America but in the whole world.

The resolution was seconded by Principal Ramachandra Sarma and was passed unanimously. The audience observed silence, standing, for two minutes to pray for peace to the departed souls and for the continuation and success of their mission by all followers of the Life Natural.

The second resolution was moved from the Chair. The president first explained in detail how dirty matter is being introduced into the blood stream on the pretext of preventing disease, and the extent of the havoc that they were causing and also exposed absence of any scientific claim for their practice as well as the absence of truth in the records that the guardians of these inhuman methods cause to be maintained.

This Convention places on record its deep sense of gratitude for and sincere appreciation of the sustained effort that has been and is still being made by Bharata Ratna Sri Chakravarti Rajagopalachari to bring home to the people and the Government the futility and dangerousness of B. C. G. vaccination.

After this the Convention adjourned for the afternoon.

The afternoon session commenced with reading of papers. Sri V. Ramaswami Aiyar F. I. I. N. T., was the first to be called by the Chair to read his paper on "Care of the Teeth", submitted by him and Srimati Sarasvati Ramaswami.

In this paper the authors give a brief account of the physiology, structure and purpose of the teeth. A brief history of work done on dental troubles is given beginning as far back as the third century B. C. Like all wisdom it seems that this knowledge also travelled from East to West. As regards the cause of the disease, the authors refer to three theories propounded by various workers. They are - (1) The Chemical theory, that is, that the acid formed on account of various food particles formed in the crevices of the teeth destroys the calcium in the teeth; (2) the nutritional theory, that is, want of vitamins; (3) the Pasteurian theory, that is, that a micro-organism is the cause of the disease. Of these the last theory did not find much headway and even today the first two theories hold the field. The authors do not accept the classification of diseases, but would consider all diseases of the teeth as one and treat them as inflammation.

The authors give a case report and explain how the alternate hot and cold application of water when wisely applied not only cured the disease but also gave the much needed relief. They give their experiences of this method in treating abscesses with great benefit to the patient. Usual baths and dietetic precautions were no doubt observed.

For remedial measures they condemn the use of brushes and pastes as unscientific and unhygienic and suggest the use of twigs of trees, certain powders from bark, mango leaves and charcoal powdered and mixed with salt to taste as the best cleaners. Eating of sugar cane pieces (ganna), fruits, and raw vegetable help in

keeping the teeth clean. Avoiding of tinned foods, and sugar (white) help in the preservation of teeth. Occasional hot and cold water treatment for the mouth, strengthen the teeth and gum and remove the uncomfortable sensitiveness of the teeth.

Quite a number of interesting questions were raised by the delegates. One was whether it was advisable to give hot applications and whether it would not do if only cold applications are adopted. The Questioner referred to the prevalent practice in the countryside of not giving anything hot to the cattle as it is believed that it will cause dental decay or even falling off of the teeth.

Principal Sarma summarised the views of the President on the general question of the advisability of giving hot and cold applications. Where, however, cold applications alone are preferred or desired, they can be had with advantage. He added a warning that hot applications alone would be harmful.

Another delegate narrated the instance of how he tried in vain to relieve the tooth ache of a patient by administering repeated grass-juice gargles. Principal Sarma intervened to point out that grass juice could not be claimed to give instantaneous relief in such cases. All that could be said in favour of grass-juice gargles is that they have a long term value in the improvement of dental hygiene.

The advisability of taking citrus fruits, suggested in the paper, was questioned. Here again Principal Sarma differentiated between the acidic taste of a citrus fruit and the acidic waste as a result of metabolic activities.

Srimati Srivastava next read her paper entitled "Tamase Ma Jyotirgamaya", (Lead me from darkness

unto Light). Therein she narrated how she was led to the goal of Natural Health from what appeared to be the darkest hour in her life.

This paper will be published in the next issue.

The third paper taken up was that of Sri Ram Lal Sethi, Retired Agricultural Commissioner, Government of India, on "Soil Health". Sri Sethi gave an extempore talk which was listened with rapt attention.

This speech will be published in a later issue.

The fourth paper was that of Sri S. Swaminathan.

This appears elsewhere.

Principal Ramachandra Sarma then gave the audience a summary of the paper received from Dr. Jesse Mercer Gehman.

He also referred to the very valuable paper sent by Miss Lily Loat, perhaps the last one that she wrote, before her untimely demise. The same is published elsewhere.

The resolutions were then taken up.

3. Whereas during the process of preparation of vegetable ghee or hydrogenated oils involves

(i) the removal of certain ingredients originally present in the vegetable oil and which are essential for the maintenance of health.

(ii) the conversion of certain kinds of fats which are more useful, to other kinds of fats which are less useful,

(iii) a decrease in the digestibility of the oil,

(iv) the addition of certain poisonous particles which are injurious to health.

Whereas it has been demonstrated experimentally that the hydrogenated oil used as a cooking medium leads to several disease-conditions and impairs health;

Whereas the practice of adulterating ghee with hydrogenated oils has reached enormous proportions and is the great cause of depleting health,

this Convention resolves to suggest people to boycott and appeal to the Government to place a ban on the production and sale of hydrogenated oils.

Moved by Sri Kaushal Kishore Jain.

Seconded by Sri Madan Lal Jain.

Passed unanimously.

4. The Contributory Health Service Scheme and the Employees State Insurance Scheme are considered to be a step in the direction of the establishment of a full-fledged welfare state. It is supposed that through these two means the State endeavours to make medical aid available to certain classes of people when the need arises. With this object in view employees of the Government and industrial establishments are required, compulsorily to make a regular contribution to fund. Whenever an employee falls ill allopathic treatment and allopathic drugs are provided to him free of charge.

Firstly, this Convention is of the opinion that this scheme, while it is not likely to improve the health of the nation, there is reason to believe that it is likely to result in a degradation in the health level of the people. This is inevitable because it leads to an enormous increase in the intake of drugs and even diehard allopaths admit that all drugs are poisons. The only difference being that while we, believers in Natural Hygiene condemn it in no uncertain terms, the allopaths only try to make out a case that drugging is a necessary evil. An enormous increase in the intake of drugs is bound to have a disastrous effect on the health of our people.

Secondly, this Convention wants it to be remembered that all believers in Nature-Cure and Natural

Hygiene are conscientious objectors to the taking of drugs in any form. While they consider it unnecessary for them to contribute to a fund from which they are not likely to derive any benefit, they object also to be parties to the administering of poison to other people.

Thirdly, these schemes place a premium on sickness. The employee who by regulated living maintains his health works efficiently in office or industrial establishment and makes payment, and this money is being spent on those who, by leading a reckless life spoil their health and consequently turn out less work to the State or industry at greater cost.

This Convention therefore recommends that a thorough orientation is needed in the outlook of our Welfare State. Without going into details it recommends to the Government to introduce a scheme which will place a premium on health and healthy living, which will promise rewards to healthy people and encourage healthy living without of course ignoring the needs of the sick. This Convention also resolves that the element of compulsion in the present scheme should be dropped forthwith and the participation of employees in the schemes made entirely voluntary.

Moved by Sri Hukum Chand Bagga

Seconded by Sri Ram Kumar Gupta

Passed Unanimously

Sri Hukum Chand Bagga, an active worker of the Yoga Health Department of the Bharat Sevak Samaj, Delhi, stressed that the Government should actively propagate health-culture. The present schemes actually tax the healthy to confer supposed benefits on the sickly ones. They even tended to encourage sickness as it lacks sound foundations of a real health scheme.

In Sri Bagga's view the enormous expenditure on the public exchequer can be avoided if the Government could broadcast the message of healthy living as given in the 'Key To Health' by the Father of the Nation.

5. This Convention while it appreciates the work that has so far been done to spread Nature Cure in India, feels that the measures that have been adopted for the purpose are inadequate. We have got now books and magazines for adults. But very often adults who come to Nature-Cure do so after having lost their health through doctoring and drugging. Naturally the benefit which they derive, though considerable, is still limited. Again in the case of adults we have first of all to make them unlearn many things that they have come to regard as gospel truth and hence the process of learning is not only very painful but often remains incomplete. Therefore it is not only desirable but necessary to begin with the young. To the young we should speak not of disease and treatment, but of health and hygiene. It is necessary therefore to have small text-books on Hygiene and Physiology for the young people of different ages, written in very simple, homely style and conveying entirely non-controversial information with emphasis placed on right living and right thinking. Fortunately, most of our ideas of health and healthy living are now universally accepted and it may not therefore be difficult for us to get such books accepted by the educational department. This Convention therefore requests the Director of The Indian Institute Of Natural Therapeutics to give us a lead in this matter.

Moved by Sri S. Swaminathan.

Seconded by Sri Ram Kumar Gupta.

Passed unanimously.

6. Whereas there has been during the past few years a phenomenal increase in smoking, particularly in schools and colleges;

Whereas when a person smokes, it is not only he alone that inhales the smoke but every person who sits with him in the same room, bus or railway compartment;

Whereas smoking endangers the health of the smoker and makes him susceptible to dreaded diseases, like cancer of the lungs;

This Convention calls upon the Government to prohibit

- i. The publication of advertisements which encourage smoking.
- ii. the showing of smoking in cinemas,
- iii. smoking by students as well as teachers in schools and colleges,
- iv. smoking in buses and trains, and
- v. smoking in all Government offices.

7. If the Hygienic standpoint is correct,—and our experience proves it correct—there is no cause for vivisection.

Vivisection is unspeakably cruel and dehumanising. A doctor who has practised vivisection cannot be trusted not to make inhuman experimentation on his patients.

Vivisection is defended as a means of preventing vivisectional experimentation on human beings. But

such experiments are not prevented. They take place. More experiments do not throw any light on the truth about Life.

Experiments in Cancer Research have been performed for about half a century. The result is negative. Cancer deaths have been increasing steadily and are still increasing.

The reason is based on an unproved theory.

Germs do not precede disease.

Viruses arise from within, not from without. As some doctors know polio virus is found in the stagnant bowel. Restore bowel health. That is the remedy.

At least after McCarrison's work there is no excuse for experiments based on the germ theory.

This Convention therefore believes vivisection to be cruel, useless and dangerous and urges on the Government to put an end to this inhuman practice.

Moved by Sri Amrit Lal Jindal

Seconded by Sri Jagdish Chandra Sharma

Passed unanimously

8. Whereas we followers of Nature-Cure and Natural Hygiene firmly believe that the only way of protecting oneself from disease is by building up health through practise of the Life Natural;

Whereas allopathic prophylactic measures, viz., vaccination and inoculations involve the sowing of the seeds of diseases in the body and the so-called immunity conferred by them is only the result of weakening of the life's will to health;

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Whereas a close scrutiny of the statistical data of various countries proves beyond any possibility of doubt that vaccination against smallpox far from diminishing the incidence and fatality of smallpox has actually increased them and that it may itself be the cause of smallpox and of other disease-conditions even more deadly than smallpox in that where they do not kill they cripple the patient or life;

Whereas in the case of other kinds of vaccination and inoculations their utility has been far from established but has only been taken for granted without any kind of control experiment;

Whereas in the country of its origin vaccination laws have been repealed due to pressure of public opinion;

Whereas in spite of the fact that the Father of the Nation was a bitter opponent of all kinds of vaccinations and inoculations, and in spite of repeated appeals made to the Government by successive conferences of Nature-Curists in different parts of India, the Government has closed its eyes and ears and has chosen to be guided in all such matters by the prejudiced and by no means selfless opinions of the allopathic profession;

Whereas vaccination of infants is compulsory under the law of the land;

Whereas submission to vaccination and inoculations is unavoidable in schools, colleges and in the services and is insisted upon whenever one visits a place of pilgrimage;

This Convention calls upon its members to carry on a relentless crusade against these measures, through the press, the platform and such other means and thus build up public opinion and to force the Government not only to grant exemption to conscientious objectors,

but to disestablish and disendow this system and to make its practice a criminal offence punishable under law.

Moved by Sri Sheo Prasad

Seconded by Sri Chuni Lal

Passed unanimously

The Honorary Secretary then thanked the following people for their contribution towards the success of the Convention: Honourable Sri Morarji Desai, Union Minister For Finance, who inaugurated the Convention, Sri K. Lakshmana Sarma, Director, The Indian Institute Of Natural Therapeutics, who presided over the Convention, the Donors and Patrons, Members of the Executive Body of the Reception Committee and the volunteers, the Delegates, the Principal, Ramjas College, who gave the hall as also all facilities needed, and all those who contributed towards the success of the Convention.

The Convention closed with singing of the National anthem.

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.

Symposium on "Food & Natural Hygiene"

17th November, 1958, 4-30 p. m.

Opening the symposium, Principal Ramachandra Sharma pointed out that the Food Problem had been with us now for nearly 15 or 20 years. With the passing of years the condition, instead of improving, has become worse. The reason was that the right approach was yet to be made. While Principal Sharma did say that famines had been occurring even earlier, from time to time, the problem has assumed greater proportions now.

There were three aspects to our present food problem. One is that our people are not getting enough food. The second is that they are not getting good food. The third is that the people are not having the right knowledge about food.

The problem has to be talked in all the three aspects. Mere stress on the quantitative aspect alone will not lead us anywhere towards a solution for the problem, observed Principal Sarma.

Natural Hygienists have been recommending a diet in which vegetables and fruits predominate. The question often asked is whether it will be possible for the whole nation to take to this diet, or whether it will prove to be impracticable from the standpoint of the availability of cultivable land.

Giving an idea of the standard diet recommended by Government in their publications and other propaganda material, Principal Sarma explained that it will not be possible at any time in the future to provide such a diet to one and all of the population. If such an attempt is made, it would require at least one acre of cultivable land per head, and we do not have so much

land nor the man power to cultivate such a vast area of land. It is therefore, he observed, bound to fail.

He had been devoting thought to this problem since the year 1945. Based on the recommendations of Natural Hygienists, he prepared a standard diet, to provide which we will require only 0.3 acre of cultivable land per head. Statistical data in India are very meagre and therefore makes it inevitable to make certain assumptions, but, he assured, they were sound assumptions.

When he made his calculations, Sri Sarma continued, he took into account only the dry nutrient available from the food,—not the mere bulk.

Where one acre of land is used for pasture, the yield will be about 18.40 units. If the same area of land is devoted to poultry farming, the yield will go down to, 7.00 units. But if the same area of land is put to the use of growing leafy green vegetables, the yield will go up to 300 units or more (dry material); and if put to the use of growing vegetables, the yield will be between 200 and 300 units.

The solution is evidently in reforming our dietary habits. It is essential, he stressed that vegetable production be encouraged by the Government, when the food problem will be very easily solved. Campaigns after campaigns are being conducted for growing more food, laying stress only on grains and cash crops. If the Government were earnest to solve the problem, and he had no doubt they were so, they would be wise to subsidise vegetable production. The yield of vegetables is always much larger than that of grains. In the case of the latter, we take only the seed part of the yield, but in the case of the former, we take almost the whole produce.

There are three ways of removing the husk from the paddy: (1) Milling, (2) Hand pounding and (3) dehussing in a wooden chakki. The first yields the worst results and the third the best.

The endosperm or the starchy part of the rice has a thin film on pericarp of bran and there is at the tip of the grain a small speck which is the germ or embryo of the rice. Vitamins and minerals that go to contribute to the health of man, are present in a great proportion in the bran and the germ. And these are absolutely removed in milling, leaving behind only the starchy endosperm, fit for only the binders paste. The loss suffered in handpounding is only the germ. Here also the bran is partly separated and it remains in the form of fine powder and a great part of it is lost while separating the husk and the rice. The rice remains whole, intact with the bran and the germ, only when it is dehussed in a wooden chakki.

By milling the rice, the rice suffers a loss of 17% of the bulk. At the end of the cooking, because of the practice of draining off of the surplus water, a further 20% loss is there in bulk. But considering the nutritional value, he reminded the audience that there is a 100% loss.

Milled atta also undergoes the same amount of loss by bulk and health value. If we should live and that healthily, such wastage must necessarily be avoided.

He placed before the audience the example of Denmark. When America was discovered, land having been freely available, food production was plenty and they were exporting a great part of the harvest. Denmark was one of the countries who started depending upon imported food-grains changing their own occupation to Animal Husbandry. During the World War I Denmark was conquered by Germany. Foreign

imports were blocked. And Germany demanded food supply from Denmark. There was both shortage and disease. The people of Denmark requested Dr. Hindede to tackle the problem; he was made a regular dictator in respect of food. Dr. Hindede was of course a medical man, but was a convinced Natural Hygienist. He saw to it there they had less number of animals. Almost all the pigs were killed and the pork was sent to Germany to satisfy the over-lords.

Principal Sarma continued, explaining how the National bread that was supplied to the people was prepared. The greater part of the flour that was formerly removed from the flour, as unfit for human consumption, was again added to the flour and bread prepared. Polishing and sieving of flour was also banned. The people had no milk, but they were given plenty of vegetables and fruit. He was able to bring down the death rate to 6.6 per 1,000 which is the lowest recorded so far in any country. Vested interests, the medicos had little work. And they had him, (Dr. Hindede) removed from power the moment they found it convenient or safe, after the crisis was tided over.

This reform in dietary may not appeal to a great majority of the nation, and a solution may therefore be still far away. But Principal Sarma explained that reform of the individuals did matter, as they will be setting a good example and would thereby contribute towards solving the problem.

Continuing, Principal Sarma warned that we must not be led astray by interested parties propagating against Natural Hygiene. He cited the example of the vested interests purchasing support of medical men and scientists Sir William Arbuthnot Lane was a great authority among medical men. But he was a man of truth. He became almost Nature-minded. He founded the New Health Society. They printed posters warning

the people, "The Whiter Your Bread The Sooner You Are Dead," and had them pasted all over Britain.

But the vested interests found it possible to carry out a wider publicity for their posters stating that white bread was safe. The greater wonder in it is that they were able to get more than 1,000 medical men to sign them. It needs no scientists to tell us that vanaspati is bad, we are experiencing its effects. But the Governments are starting factories themselves. We boast that we are second to none in the world in respect of scientific knowledge. But our scientists are not ashamed of saying that they cannot find out a dye-stuff to colour vanaspati so that adulteration of ghee can be prevented. The late Dr. S. S. Bhatnagar said in Calcutta that people wanted to stifle vanaspati industry by compelling them to use a dye-stuff. So, the Government is unwilling to help us. The Government has medical men, people interested in our ill-health, as authorities of Health. Sri Morarji Desai and Sri Gulzari Lal Nanda are all interested in health and Natural Hygiene. But they could do nothing in favour of it. They have got to get things through the channel, the medical demagogues, (demogorgons).

There is only one way of solving the food problem—the Natural Hygiene way. If we do not adopt this, unless there is a change for better in our dietary habits there is no solution for this problem, concluded Principal Sarma.

Certain questions were raised at the symposium on the dangers that would result from an abnormal increase in animal population if even the present meat-eaters turn pure vegetarians. Doubts were also expressed if the solution suggested by Principal Sarma was capable of universal adoption and whether the problem could be solved if a vast majority did not attempt to solve the problem in the manner suggested.

Sri Swaminathan prefacing his answer to the questions impressed upon the audience that shortages are twofold, viz., primary or defective food supply, both quantitatively and qualitatively, and secondary or induced shortage. Unless the primary shortage is made up, there is no hope of redemption. Fortunately the population so affected form a microscopic minority. The secondary or induced shortage could of course be solved without any effort from others at increased production. In fact the solution is only a reduction of consumption of food quantitatively. Such an effort at the home level to relieve the secondary shortage and the primary shortage as well. Explaining the significance of the term secondary shortage, he pointed out that the shortage is due to the defective assimilation of foods in the system. Many people consumed lots of food and were actually duping themselves that they were deriving a lot of nutrition thereby. They do not know that nutrition is a physiological process and that it need not be in direct relation to the amount of food consumed.

Quoting the Upanishads, the speaker suggested that a solution be worked out at the unit level, regardless of whether other people are going to follow it or not.

Referring to the dangers of possible increase in animal population, Sri Swaminathan gave his opinion that animal population would not have reached such a staggering figure but for man's interference—domestication. If animals were left to live wildly, Nature would limit the population.

It was also possible, in the opinion of the speaker, to save a lot of waste that was now going on. People over-eat, it is said, just because of habit. But over-eating is not possible, if natural foods are consumed in their unspoiled form. It is true that even after taking

to Natural Hygiene, a few people continue over eating because of *purvasamskaras*, but by and large a person with a little will-power can overcome this over-eating habit by taking to Natural food. Taking to Natural food would save quite a good quantity of food which will go to relieve the primary shortage.

It is observed that a good amount of crops is affected by pests and insects, thus contributing to primary shortage. Sri Swaminathan pointed out that if crops are raised on healthy soil in healthy ways, using natural instead of artificial manures, the insects and pests would not present a problem. The pesticides and insecticides at present used only try to add one more unhealthy factor to the already unhealthy crop.

Principal Sarma intervened to say that Sir Albert Howard challenged anybody to try to introduce any type of pests or insects on a piece of land cultivated by natural compost manure, and he added, the challenge stands.

Sri R. L. Sethi agreed with the views already expressed. Soil health is most important for proper food production. The qualitative aspect could never be tackled if soil health is neglected. As one of the solutions, he suggested that people should go back to the villages where they had beautiful blessings of Mother Nature, in the form of really pure water, fresh vegetables and milk from cattle grazing on green pastures. Indigestion and constipation are diseases of civilisation. Referring to the possible increase in animal population in case all the people turned vegetarians, he, as an agriculture specialist, suggested castration.

The President here intervened to say that we should only do our duty and leave the results to Mother Nature. If She decides that animal population must increase at the cost of the human race, let it be so.

**Address sent by Miss L. Loat, Secretary of
The National Anti-vaccination League
26-28 Warwick Way, London, S. W. 1.**

I am very pleased to have the opportunity of expressing my good wishes for the success of the Annual Convention of the Indian Institute of Natural Therapeutics.

I learn that the present Health Minister at Delhi concedes that Nature-Cure has got a place and is even prepared to sanction grants.

Might I suggest that such moves should be examined with the very greatest caution. What freedom of thought or of practice will naturopaths have if they sell themselves for grants from a Government Department?

All Governments defend the practice of vaccination and inoculation and the Governments of India are perhaps the most bigoted in their devotion to these dangerous and useless practices.

If Naturopaths accept grants from the Government they will find that strings have been attached to those grants. Hitler consolidated some 30 German unorthodox health associations, most of them practising some form of Nature-Cure, ordered them to arrange for their adherents to attend training colleges for two years, and authorised them to practise in Germany after they passed out of college. But at the same time he made anti-vaccination illegal in Germany. Anyone who even merely published a book or a pamphlet against vaccination or inoculation was liable to arrest by the Secret Police and to punishment for breaking the law. The punishment was a fine or imprisonment. All those thousands of adherents of the Nature-Cure system in Germany could not utter a word of protest

was greater than in any year since 1901; they were more than three times greater than in 1942 and more than four times greater than in 1947.

In 1945 a smallpox epidemic raged in Calcutta. Vaccination and re-vaccination were enforced by a notice issued by the Bengal Government, failure to comply with which entailed imprisonment and/or a fine. Yet Calcutta had an even more terrible smallpox outbreak less than five years later (1950–51). By March 1951 10,000 cases and 2,000 deaths were reported. A mass vaccination drive was again launched and according to *The Times* London by the middle of April smallpox deaths in Calcutta had increased to 500 a week!

Madras has had compulsory vaccination for a very long period, but epidemics of smallpox have recurred regularly. In three weeks in April 1951 the State of Madras recorded 4,376 cases with 954 deaths. In the last Madras Public Health Report that has reached me an enormous amount of vaccination and re-vaccination is recorded together with records of serious outbreaks. Yet all they appear to be planning is a tremendous mass vaccination campaign.

Madras City is supposed to have a conscience clause. Provision is said to have been made for exemption of conscientious objectors under the District Municipalities Act and the Local Board Act, and early in 1953 the Madras City Municipal Act was amended so that it should contain a similar provision.

This was in my opinion worse than no exemption at all, since it required a person who asked for exemption to go before a magistrate, specially empowered by the Government in this behalf, and seek the exemption either for themselves or for their children from vaccination, on the condition that they undertook to subject

themselves and the members of their families to isolation of such description and for such period and to such further restrictions as might be directed by the magistrate. Such a procedure could result in the permanent isolation of the objector and his family. The Madras Minister of Health, Mr. A. B. Shetty, told the Legislative Council on February 8 1955: "Members should also realise that exemption would not be granted for the mere asking. Many restrictions like isolation would be imposed on an exempted person".

This reminds me of what happened to British troops when they were leaving India in 1946 and 1947. Objectors to vaccination had to undergo 16 days' quarantine at Deolali, but the men who brought the smallpox into England were recently vaccinated men. Not one of the objectors developed smallpox.

Indian records reveal the complete failure of vaccination to protect individuals. In every official report on vaccination and smallpox there is (or was until recently) a table showing the vaccinal condition of the cases of smallpox nursed in hospital. In all of these tables it is shown that more than half of the sufferers were vaccinated persons and that many vaccinated children aged 1, 2 and 3 years were sufferers from smallpox, and always a certain number of revaccinated cases are shown.

You have probably found that many defenders of vaccination have no reasoning powers whatsoever. They are blinded by their obsession over vaccination and incapable of recognising the stupidity of their contentions. They start by saying that the vaccinated are protected against smallpox and then they go on to say that these protected people are endangered if anyone is allowed to remain unvaccinated. Dr. A. Lakshmanaswamy Mudaliar, the then Leader of the Opposition in the Madras Legislative Council, said

on February 8th. 1955: "In the case of smallpox even if one person was attacked there was the danger of the whole community being affected", i.e. that the whole vaccinated community, all of them protected by their vaccination, is in danger of contracting smallpox from one person who develops the disease. Where is Dr. Mudaliar's faith in the efficacy of vaccination to protect?

VACCINATION IS DANGEROUS.

Perhaps England and Germany have the most complete records of deaths from vaccination. India does not appear to record them although I have been told by many parents of the deaths of their children from vaccination. Even British records are by no means complete. There is justification for the belief that for one admitted death caused by vaccination at least 19 others were caused by the operation but attributed to septicaemia, marasmus, bronchial pneumonia, or some other disease condition. There are also deaths which have been certified by a doctor as due to vaccination and have subsequently been removed from the vaccination classification by the Registrar-General after the certifying doctor has had to answer a number of questions. Nevertheless, although these deaths are greatly reduced in number by the refusal of medical officials to admit that vaccination can cause death, nearly 2,000 such deaths have been officially recorded in England and Wales since 1875, and they are still occurring. In 1956 there were 4 such deaths, 3 of them of babies. In 1957 two adults died from the effects of vaccination, one of them vaccinated during a smallpox scare at Tottenham and the other done in order to visit Canada and dying from inflammation of the brain a few days later.

During the last 26 years only 2 children under five have died of smallpox in England and Wales but

when diphtheria immunisation was made compulsory for children in 1940, although most of them must have been opposed to it.

So much for Government recognition of Naturopathy!

You would have no guarantee that pure Nature-Cure would be taught in Government-recognised Institutes. The probability is that by degrees the teaching in those Institutes would be on orthodox lines, with advocacy of drug administration and of inoculation of every kind.

American experience of recognition of an unorthodox system of treatment, namely, osteopathy, shows that when once such a system of treatment joins hands with the Government it loses its own freedom and even assists in the attempted suppression of other unorthodox medical systems.

Turning to the question of vaccination, I can hardly think that a congress of Naturopaths is unaware that all the evidence obtainable over the 160 years that have elapsed since Jenner introduced his nostrum has proved that vaccination is useless and dangerous.

The greatest epidemiologist of modern times, the late Charles Creighton, M. A., M. D., made a prolonged study of the evidence available in Britain, Germany, Italy and other countries, over a period of 80 years, and came to the conclusion that vaccination "is a grotesque superstition". George Bernard Shaw called it "an amazing empirical stunt".

The subject of vaccination and smallpox is so vast that I can only touch on a few points in regard to vaccination, which probably many of you have had brought to your notice in "The Life Natural" or in other Indian publications.

VACCINATION IS UNSCIENTIFIC. No one knows what vaccine lymph really is. Neither Jenner nor anyone since him defined vaccination in any scientific manner and there is no legal definition of it. When you examine the British Therapeutic Substances Acts and Regulations you discover that vaccine lymph is—vaccine lymph. That is what all the verbiage amounts to. No one knows the precise origin of the material used for vaccination; no one knows when or if a vaccination has been “properly done” or whether it was “successful.”

VACCINATION IS USELESS. The British official records disclose hundreds of thousands of vaccinated cases of smallpox with many thousands of vaccinated deaths—over 4 000 in England and Wales since 1880. As vaccination was more and more practised in Britain in the seventies and eighties of last century, so the proportion of vaccinated patients in smallpox hospitals increased, until at last in 1884 it reached 100 per cent. in a hospital at Bromley. The worst smallpox epidemic recorded in England and Wales occurred in 1871–2 when the population was most vaccinated. It caused over 42,000 deaths. As vaccination declined so smallpox declined.

Jenner said one vaccination would protect for ever after. During his lifetime this idea had to be given up and revaccination at the age of 14 years was suggested. The British Government made 10 years of age for revaccination in regulations made under the Vaccination Act, 1898. When children developed smallpox in the 1901–2 London outbreak although they had been vaccinated less than ten years previously, seven years was stated to be the period of protection, then five years, and under the World Health Organisation's regulations it was reduced to three years. The Ministry of Health in an Official memorandum recommended

the yearly vaccination of doctors likely to contact smallpox, the MEDICAL PRESS suggested six months, and in the British Army the protecting period was reduced to one month and even to 2 weeks!

These reductions are due to the failure of vaccination to protect for longer periods. The experience of the British Army in Egypt in 1943–44, when 70 per cent. of the smallpox cases were men who had been vaccinated less than two years before the attack and 16 per cent. had been vaccinated less than two months before, caused the commanding officer to issue an order that all who had not been vaccinated within the previous two weeks were to be done again! One man had died of hemorrhagic smallpox less than two months after having been successfully vaccinated.

The history of vaccination in India proves that vaccination is useless and that compulsory vaccination is an outrage if not a crime. For nearly 80 years compulsory vaccination has been applied to the cities of Bombay, Calcutta and Madras, and for over 40 years compulsory revaccination has operated in those cities. By degrees compulsion has been applied to almost all the Indian municipalities and to many thousands of Indian villages.

The health reports of all the Indian Presidencies reveal the failure of these compulsory laws to control smallpox in India.

The Public Health Report for Bombay State for the year 1950 provides evidence of this failure. During that year 1,049,416 persons received primary vaccination and 2,006,122 were revaccinated. The previous year 3,260,084 had been re-vaccinated, and in each of many preceding years the primary vaccinations and the re-vaccinations had numbered many millions. Yet the number of deaths from smallpox in Bombay in 1950

106 have died of the results of vaccination. In 1942 12 deaths from vaccination were recorded, and not one from smallpox.

It is not only the deaths from vaccination that must be deplored; there are the countless numbers of injuries from the operation. Wherever you inquire you will find people of all ages who have suffered badly from the results of vaccination, and some of them are still ill or disabled through vaccination against smallpox or some other kind of inoculation.

The prevalence or absence of smallpox in any country has no relation whatever to the vaccination laws of the country; but has a direct relationship to the sanitary and general living condition of the people. England, with only a third of its infants vaccinated, and only a tiny proportion of its population re-vaccinated and Australia and New Zealand with less than 1 per cent of its babies done, have practically no smallpox, while Mexico, Italy and the Philippines, with strictly enforced vaccination and re-vaccination laws have had disastrous smallpox epidemics.

Smallpox is endemic in India and should be banished by extensive sanitary and economic measures. Several Indian official reports have admitted this, and in the Indian Public Health Commissioner's Annual Report for 1936 it was stated that vaccines, serums, drugs, etc.

"are no substitute for sanitary dwellings, fresh air, pure water and abundant and wholesome food. These are the foundations on which alone the superstructure of individual and communal health can be built."

* Foundation Foods For Prevention of Polio

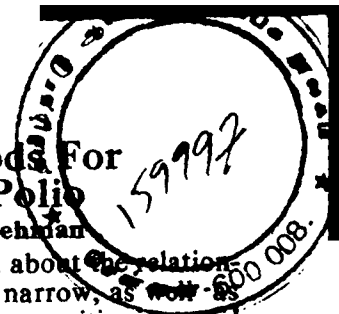
By Dr. Jesse Mercer Gehman

Much has been said and written about the relationship of food to polio. Some rather narrow, as well as broad statements, have been made by nutritionists and physicians bearing on the subject of food and the appearance of polio.

Suppose we discount all that has been said and written and simply view the prevalence of polio today when the food used is composed mainly of the most carefully processed, and frequently adulterated food. Now, compare this situation with that in years gone by, when foods came to our table untampered with, and the condition was practically unheard of. I refer to the days when milk, for instance, came almost direct from the cow to the table; when peas, lentils, beans, corn, barley and rice were not degerminated. When more honey and old dark brown sugar were used. We observe the astounding phenomena of practically no infantile paralysis in those days. Why? How come? The answer is supplied in the comparison we just made a moment ago. Food is an important factor in the presence of polio and the absence of polio.

Infantile paralysis, or more popularly "polio," arrived when we began feeding our children incorrectly and took on other "softening" living habits. Polio increased in greater force as these things became habitual and we processed and adulterated foods more and more. Processing and adulterating food became more prevalent, as we departed more and more from the use of good fresh whole milk, unprocessed cheese, and butter, whole grains, ample peas, beans, lentils, fresh vegetables, and became the largest meat, sugar and white bread consuming nation in the world.

* Paper submitted to the Annual convention of the I. I. N. T., 1958.



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OVER-COOKED AND PROCESSED PACKAGED FOODS

Years ago the natural foods, except cooked vegetables, were our salvation, as they supplied all of the required mineral elements, among them calcium, which is so much emphasised today.

Mother unknowingly cooked the best out of the green vegetables and poured it away, while salads, in those days, were the exception rather than the rule, but whole, raw natural milk, whole corn meal, whole grains, all foods unadulterated between their source of supply and the kitchen at least, made up considerably for mothers over-cooking of vegetables.

With the advent of the germ theory of disease, came the recommendation that foods should be well cooked. Now we are in the midst of the packaged era, which, unfortunately, usually means processed and adulterated food or food that has been tampered with in one way or another.

Whole families are fed packaged foods. Junior and Jane from the time they eat their breakfast of a packaged processed adulterated breakfast food saturated with pasteurized milk, and sweetened with demineralized white sugar—each and every one lacking in calcium—not to mention other equally valuable minerals—on through the day eat of foods equally poor in nutritional qualities.

The more hands our food passes through from the farmer to the consumer, the greater is the danger of its losing nutritional value.

No mother or housewife could be expected to keep pace with all of the findings in nutrition. This is neither necessary or useful, and the widely differing theories and opinions are most confusing, to say the least. The Government solves the problem by favoring the

use of food supplements, instead of taking sides, against food processes or for natural foods. In other words, while recognizing the poor quality of natural foods supplied, the Government recommends and insists that certain foods be fortified, as bread, milk, cereals, etc. What short sightedness it is to denude or rob foods of their natural organized nutritive values, and then try to make up for the loss by supplements. But so it is. It seems easier on the distribution, but works an irreparable hardship on the nerves and health of our people.

FIRST PRINCIPLES OF PROPER FEEDING

The first principle for all mothers to bear in mind for the proper feeding of the family, especially the children, is that the quicker garden fresh food is brought to the table the better, and the second principle is that such of the foods as need cooking must be cooked as little as possible to make palatable, and the water in which the food is cooked must also be a part of the meal. The third principle is that all foods should be used as close to their natural state as possible, free from adulteration, with nothing added and nothing taken away.

The commonly known building materials in the food we eat most of, as the starch, protein and fats, supply energy, repair tissues and act as fuel—but the starch foods, the protein foods and the fats contain factors, some known, and some unknown, which bolster the body vitality and strengthen it, adding the tone to all the vital processes of the body.

Less well known for their value as builders, repairers and energizers, are the foods high in mineral content such as the green vegetables, the fruits, the whole grains, the fresh whole milk, etc. etc.

All foods in their natural state have varying amounts of most of the better known food categories as starch, carbohydrates, protein and fat. Even green vegetables and fresh fruits have amounts of protein and starch, so mothers need not be afraid that children will lack what they need by following a less complicated and more natural simple dietary.

FROM WHERE DO OUR FOODS COME?

All of our food springs primarily from the good earth, that is from the soil, or the sea. All foods have a vibratory rate and their adaptability to the body is determined by that rate.

The by-products of animals as milk, cheese, butter and eggs are foods which have been transformed from the foods delicately organized vegetable kingdom of higher atomic vibratory activity into the far less delicately organized by-products of the animal kingdom, which are of coarser atomic vibratory activity.

FOODS BEST ADAPTED TO HUMAN USE

We will deal here specifically with all those foods best adapted to human use for the preservation of health and the prevention of disease, including the "dread" polio, which need not be dreaded, if mothers only apply common sense to feeding children.

All foods in their natural state can positively be said to be preventers of polio, and conversely all foods which have been processed, adulterated, or in any way altered can be said to be contributory to the cause of polio.

Mothers must remember that to prevent not only polio, but other diseases as well the best food is the simplest food:

FOODS WHICH PREVENT DISEASE

If the naturally organized foods in the following categories are used as freely as desired, *polio can be prevented*. All of these foods are organized from the seed up through the stem and plant to fruition, in nature's great laboratory, the earth, under the beneficent influence of moisture (dew or rain), the air, and the sun.

All these foods have developed from the seed into fruition and the elements have become progressively more adaptable to the human organism as is always the case in the vegetable kingdom, which include fruit, grain and nuts.

The by-products of animals as milk, cheese, butter and eggs, have their proper use as food if not abused. They have however, begun the devolutionary process, passing back to the vegetable kingdom from the animal, being in this sense less adaptable for free use in unlimited quantities than fruits, vegetables, nuts, cereals, etc., but they are foods which most people like, and hence demand.

The only other foods which man tends to use excessively are the sun-dried fruits. They taste so good, but are so concentrated that they become a liability to the body rather than an asset if used in too large quantities.

Raw whole milk is the one natural by-product of animals, coming from the vegetable kingdom, which cannot be used to detriment or excess, provided it is used alone, or to accompany fresh fruits or fresh vegetables. But fresh natural milk too becomes a liability when used freely in the average mixed dietary composed of whole grains, cheese, butter, peas, beans and lentils, etc. and much more so when meat forms a part of the mixed dietary.

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The only other foods which man tends to use excessively are the sun-dried fruits. They taste so good, but are so concentrated that they become a liability to the body rather than an asset if used in too large quantities.

Raw whole milk is the one natural by-product of animals, coming from the vegetable kingdom, which cannot be used to detriment or excess, provided it is used alone, or to accompany fresh fruits or fresh vegetables. But fresh natural milk too becomes a liability when used freely in the average mixed dietary composed of whole grains, cheese, butter, peas, beans and lentils, etc. and much more so when meat forms a part of the mixed dietary.

All foods in their natural state have varying amounts of most of the better known food categories as starch, carbohydrates, protein and fat. Even green vegetables and fresh fruits have amounts of protein and starch, so mothers need not be afraid that children will lack what they need by following a less complicated and more natural simple dietary.

FROM WHERE DO OUR FOODS COME?

All of our food springs primarily from the good earth, that is from the soil, or the sea. All foods have a vibratory rate and their adaptability to the body is determined by that rate.

The by-products of animals as milk, cheese, butter and eggs are foods which have been transformed from the foods delicately organized vegetable kingdom of higher atomic vibratory activity into the far less delicately organized by-products of the animal kingdom, which are of coarser atomic vibratory activity.

FOODS BEST ADAPTED TO HUMAN USE

We will deal here specifically with all those foods best adapted to human use for the preservation of health and the prevention of disease, including the "dread" polio, which need not be dreaded, if mothers only apply common sense to feeding children.

All foods in their natural state can positively be said to be preventers of polio, and conversely all foods which have been processed, adulterated, or in any way altered can be said to be contributory to the cause of polio.

Mothers must remember that to prevent not only polio, but other diseases as well the best food is the simplest food:

FOODS WHICH PREVENT DISEASE

If the naturally organized foods in the following categories are used as freely as desired, *polio can be prevented*. All of these foods are organized from the seed up through the stem and plant to fruition, in nature's great laboratory, the earth, under the beneficent influence of moisture, (dew or rain), the air, and the sun.

All these foods have developed from the seed into fruition and the elements have become progressively more adaptable to the human organism as is always the case in the vegetable kingdom, which include fruit, grain and nuts.

The by-products of animals as milk, cheese, butter and eggs, have their proper use as food if not abused. They have however, begun the devolutionary process, passing back to the vegetable kingdom from the animal, being in this sense less adaptable for free use in unlimited quantities than fruits, vegetables, nuts, cereals, etc., but they are foods which most people like, and hence demand.

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Here are the foods rich in the minerals all need, the child especially.

Kale	Cucumbers
Broccoli	Carrots
Cabbage (red or white)	Beets
Celery (Pascal)	Radishes
Parsley	Parsnips
Turnip Greens	Onions
Escarole	Celery Roots
Swiss Chard	Leeks
Lettuce any kind)	Potato (Irish-Sweet & Yams)
Peppers	Whole Milk
String Beans	Cheese
Tomatoes	Eggs

THE MANNER OF USING NATURAL FOODS

Arrange for fresh vegetable salads. Salads should be comprised of as many vegetables as grow above the ground as desired, though two are enough, and one that grows below the ground.

Whole milk, cheese, eggs or nuts can be used to accompany any fresh vegetable or fruit meal if desired, and makes a delicious combination.

NUTS should be of the raw variety and not fried in oil as has become the custom here in America in the past several years.

NUT BUTTERS made from either raw or only lightly roasted nuts are delicious, nutritious and can be used with fruit and vegetables.

A meal children will love is nut butter spread on unpeeled apple or pear slices and dotted with figs or raisins or dates.

CHEESE either domestic or imported, is usually best cut from the larger pieces rather than packaged.

EGGS of course, should be fresh when used.

WHOLE GRAINS, as wheat, corn, millet, barley, oats, with wheat preferred, can be used to accompany any cooked fresh leafy vegetable meal.

LEGUMES: Peas, beans, lentils, in fact any of the legumes cooked make a delicious meal when used with a salad of the composition desired, especially one composed of lettuce, celery, onion, or with cooked leafy vegetables.

WHOLE GRAIN BREAD. Whole wheat or other whole grain bread for a delicious and palatable addition to any fresh vegetable salad or fresh vegetable plate.

MINERALS OF FRUITS AND VEGETABLES are more abundant in the skin and in that portion immediately contiguous to the skin;

THEREFORE, all skins of fruits and vegetables other than those that are processed by waxing as oranges, and other citrus fruits, turnips should be taken with food raw or cooked.

ALL FRUITS OR BERRIES in season are best eaten alone as a meal, or if hunger becomes evident between meals—at recess after school, or the young child at mid-morning or afternoon, as follows:

FRUITS

Oranges
Apples
Pears
Cherries
Persimmons
Grapes

BERRIES

Gooseberries
Raspberries
Blackberries
Strawberries
Huckleberries

COMBINING VEGETABLES & HEAVIER FOODS

Any of the fresh leafy vegetables cooked can be combined with melted cheese, or poached egg; or when raw with chipped cheese and hard boiled egg. Any such meals are ample, and definite meals of disease prevention.

FRUIT SALADS. Fruits can be cut in layers to form a delicious fruit salad, the layers alternated with chopped dried figs, raisins and/or dates, and fresh cocoanut or other nuts. If Nut Butter dressing is preferred it is tasty and nourishing. Simply mix nut butter with water.

COMBINING FRESH FRUIT SALAD WITH HEAVIER FOODS

A fresh fruit salad, combined with nuts, as almonds, or pecans, or English walnuts, peanuts (a legume), or any other kind of nut, fresh cocoanut make a complete and satisfactory nourishing meal for a child of any age, after the age of two.

Before the age of two, good whole milk is the best food. The infant's stomach is not ready to handle heavier foods until the dentition, (the teeth) are provided—about the age of two.

A simple sample day's dietary follows:

BREAKFAST: Fruit as desired. A whole grain cereal, with a bit of butter or melted cheese.

MID-MORNING, if hungry—Apple, or pear

LUNCH: Vegetable salad composed of chopped Pascal Celery, Sprig of Parsley, Chopped Lettuce, one beet or carrot. Onion if desired. Serve with baked or steamed potato, or instead of potato, lentils or beans, or diced cheese.

DINNER: Steamed vegetable meal, peas, or string beans, or lima beans, or cereal as whole wheat, or corn meal, or brown rice, or eggplant, to form the base of the meal, using carrots, and any leafy greens, as kale, or broccoli, or cabbage, or turnip greens; etc. etc.

DRINKS: The child requires no drink other than pure water. If additional drink is desired at any time it should be an occasional glass of unsweetened fruit juice, or fig juice..

SOFT DRINKS of any kind are a detriment to the child's health.

COLA DRINKS are especially injurious because of the presence of phosphoric acid.

NO CHOCOLATE DRINK, as all processed drinks are powered with refined white sugar, a definite factor in disease causation.

CONDIMENTS as salt, pepper, mustard, etc. not necessary. If salt is desired use preferably Vegetable Salts on market.

LEMON JUICE is preferable to vinegar in making salad dressing; one teaspoon lemon juice to three of oil makes a satisfactory dressing,

MAYONNAISE may be desired. If so, make your own. It is simple. Use honey, brown sugar, in place of white, and lemon juice instead of vinegar in any recipe.

MILK: is not essential to children after the age of two, if the dietary is balanced as suggested.

FOOD RESTRICTION

EMERGENCIES

If power foods as peas, beans, whole grains, nuts, etc should become unavailable and whole unpasteurized whole milk, as KRE-MILK, is available then it can be used to advantage with fruits or vegetables, or alternated with whole grains.

FRUIT SALADS. Fruits can be cut in layers to form a delicious fruit salad, the layers alternated with chopped dried figs, raisins and/or dates, and fresh cocoanut or other nuts. If Nut Butter dressing is preferred it is tasty and nourishing. Simply mix nut butter with water.

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TEA, COFFEE, CHOCOLATE are all in the common addictive class and destroy the child's natural desire for the foods which he needs to keep healthy.

SWEETENERS—Children in this country especially love sweets of the wrong kind. All of our sweets—candies, cakes, ice cream, drinks, etc. are loaded with white sugar. Children should be led away from all white sugar and white flour products. Honey and/or raw brown sugar obtainable in health food stores and many other stores to-day, may be used sparingly.

Instead of sweetening cereals with either honey or brown sugar, both of which are rich in minerals, mineral-rich sun dried fruit as raisins, apricots, figs, or dates serve admirably well, cooked with the cereal.

And as a sweet snack, the dried fruits as referred to are excellent.

The foods suggested herein are all foods rich in those protective qualities, building the vital force in the body, which prevents degenerative nervous diseases in children, especially polio.

All other foods, are a dangerous threat at all times to the present health and happiness of children and also to their future health and happiness.

No mother who follows out the fundamental principles of food given here need have any fear that her child will be undernourished, and will have a nutritional protection against Polio second to none.

Factors other than important nutrition having a bearing on the infants and child's health, among them the demands for an abundant intake of air, are covered in a more comprehensive series.

Civilization and Natural Hygiene

(S. Swaminathan, F. I. I. N, T. 1-Sivaji Place, New Delhi)

THINK FOR YOURSELF

While practically the entire mass of mankind has been looking for the cause of diseases in germs, bacilli, bacteria and the like, eminent Natural Hygienists all the world over have been stressing the need to observe hygiene, and to eschew all kinds of poisons, for the maintenance and recovery, of health. Though the message of Natural Hygiene has been having more and more adherents, as time goes by, we should honestly admit that we do not even now form a sizable minority. This is not due to any fundamental defect in the theory that we stand for, but to the lot of habits inculcated in the modern man and woman, even from childhood, by vested interests under the garb of civilization. The vested interests are fully exploiting man's short-sighted intellect whose one dominant thought is immediate earthly gain. The purely rationalistic method of thinking which "science" uses to "conquer nature" has put mankind in a pitiable plight. Modern man, by and large, submits himself meekly, unquestioningly, perhaps even unknowingly, to the harmful influences that lie hidden in this so-called civilisation.

Let me not be mistaken as one condemning everything in the modern civilised world. I am not suggesting that we should revert to barbarism. I am only pleading for a correct appraisal of the situation that mankind—I mean civilised mankind—finds itself in today. Let the modern man not simply be led by the nose by vested interests; let him not be dictated to in his day-to-day living by the food-manufacturers, pill-mongers and druggists. Let him first of all try to use the God-given power of viveka, discrimination. Let

him think for himself. Let him not develop retrogressive adaptation—as he has so successfully done—to the unhygienic influences and factors under the false idea that he is more civilised than his brethren.

NEUROTIC AGE.

Curiously enough, we live in a neurotic age. “Weak nerves”—this is the cumulative effect of a number of enervating habits indulged almost regularly by the modern man. He enervates himself not by a single factor or influence, but by a number of them. His wrong approach to the problem of disease is a typical instance.

NOT A REALISTIC APPROACH.

The medico considers the patient to be a collection of organs, rather than as a man—a triple unity of body, mind and spirit. The symptomatic treatment suggested by the medico, and readily submitted to by the patient, is indicative of the wrong approach. The intelligence within—the Life-Power—is not at all taken into account; nay, the existence of such a Power within is not even admitted. In other words, there is a mechanical approach, not a realistic one.

ARE WE “SPECIMENS OF AN OUTMODED AGE”?

Our opposition to the employment of drugs and poisons in treating disease is because of the fact that they have no “health value”, that is their consumption will not improve the standard of health of a man. Drugs are not food; drugs are not a basic need of living as air, water, food or rest is. Our opposition to drug treatment is presented by vested interests as “unscientific”. Our condemnation of the manufactured goods—which are devitalised—and of stimulants is again misinterpreted as “uncivilised”. The vested interests are out to distort and misrepresent us in every way. They even go to the extent of saying that we are “specimens of an outmoded age”, not willing to

“benefit” by the technological inventions of to-day. But, are we? Let us introspect. When such an accusation is made against us, some of us even develop an inferiority complex. Some feel that we belong to a hopeless minority and that we would never be able to make the mass of mankind realise the truth in our point of view.

I would plead with every one, who has taken to Natural Hygiene, not to develop frustration of any kind. Our slogan should be “to educate, not to medicate” and we should translate this into practice. It should be possible for mankind to be civilized without suffering, if those harmful influences of civilization are weeded out. The idea is not to go back to first Century B. C., with all its slums and insecurity. We can live in hygienic surroundings, in better houses, in well-planned cities. We can live with better sanitation outside. A certain amount of security and freedom from fear are essential for proper health, and civilisation need not rob us of these.

IS MAN GOING TO BE... ..?

But, the primary factor is how we conduct our day-to-day life. Is money going to be the be-all and end-all of man? Is man going to be controlled by the technological inventions that come tumbling out one on top of the other in our atomic age? Is man going to be a tool in the hands of money and machine, to further his ambition, to become more wealthy and more powerful? Is he always to be guided by the utilitarian conception, having his eyes only on immediate advantages—economy of time, strength and money—and cast all other considerations to the winds? Should convenience and expediency be the sole considerations in the matter of choosing his food, in the matter of dressing himself, in choosing his residence?

CONVENIENCE AND EXPEDIENCY.

Recently I happened to travel with a Professor of English of a leading college of Bombay. He is apparently a well-read, cultured gentleman, knowing etiquette and manners. He intervened in the talks which I was having with a few fellow-travellers on the dangers of devitalised foods. I was pointing out the dangers of hydrogenated oil, and explaining to them how oil is spoilt in the process of deodorising and decolourising it. I was pointing out the dangers of stimulants and drugs. The professor tried to justify the use of all these. He would use vanaspati, because it was "convenient". He would use stimulants and sedatives, as he considered them to be convenient modes of giving him the relief he wanted from depression and pain. He would not worry what the long-term effects of these "convenient" products would be on the human constitution. He would characterise us, hygienists, as over-cautious people who cannot tune themselves to modern living. He would not, for a moment, accept that people in the so-called advanced countries are having more chronic and degeneracy disease. He would say that the less developed and less civilized countries are having almost the same degree of incidence of disease as the other ones. In a sense, the professor in question typifies modern thinking which looks only to convenience and expediency.

SAVING A DAY AND LOSING A YEAR

I would like everyone to investigate into the whole question. If smoking or drinking were to be convenient and expedient in a certain sector of society, should we take to it? If consumption of a so-called wonder-drug were to be convenient and expedient for the purpose of getting some immediate relief, should we take to it? Should we submit ourselves to the harmful influences of civilization simply because they enable us

to save a little more time, or accumulate a little more wealth? What is the use of saving a day or two, and losing a year? Many friends would not have time to go out for a walk. They are so busy at home and outside. But they would have plenty of time to attend to their own funeral; I mean to say that they could die years ahead of a normal life.

OPPORTUNISM PAYS IN THE WRONG COIN.

Let man develop a wider, more comprehensive, way of thinking, in harmony with the eternal Laws of Nature. Let him understand that opportunism would always pay in the wrong coin. Health, which is the greatest and the most valuable possession of man, can be had only by following the Life Natural.

WHY HAVE "WEAK NERVES"?

I said earlier that we live in a neurotic age. Nervous debility is the end-effect of repeated violation of the eternal Laws of Nature. Nervous diseases and nervous breakdown do not come as a bolt from the blue. They are not the result of ill luck or stars. Having become exhausted, the patient having "weak nerves" feels frustrated and helpless. He feels a bankrupt, as it were, and the life before him is dark and bleak. Exhaustion is at once an effect of civilization and a reaction to it.

UNDERSTANDING THE PROBLEM.

How can exhaustion be at once an effect of civilization and a reaction to it? The desire for an answer to the problem of "weak nerves" has led both medicos and laymen far astray from a real understanding. If you desire an understanding of the problem—and that is what all you do want—the mind should not be distracted by issues of secondary nature of importance. So long as there is conflict with, or opposition to, a problem, there can be no right relationship to the

essential to problem. Freedom from the desire for an answer is establishing a right relationship. Do people want to get rid of the problem? Yes. Most people do, and this is hailed as solving the problem. People do get indigestion, headache, toothache, etc. etc. They do not bother to find out *why* they are having it. They consume some pill, of an Indigeneous or imported variety, and dupe themselves they have solved their problem. What a self-deception!

A dispassionate approach alone can solve the problem. It is only in such an approach that the prejudices, fears and hopes of man would not colour the problem. There has, I am sorry to say, never been a dispassionate approach to the problem of disease by the medicos. Their minds had always been, and still continue to be, full of the ideas of struggling against, of developing a resistance to, disease. They start with the hypothesis—is this not a preconceived notion, a prejudice?—that disease occurs only to spoil the health of a man? What wonder is there, if they arrive at wrong conclusions? Having started with a hypothesis, their minds all the time hover over it, and finally they declare that the solution is the same as the original hypothesis. Even as organised religion has built up a standard code of conduct or thought and does not ordinarily allow a bold thinker to investigate the real problem, vested interests in food-manufacture, drugs, etc. have built up some pet theories and the common man is apt to blindly accept these theories. He does not outgrow the accepted line of thought.

Let the medicos give up their wrong approach. I am quite sure that they would be able to investigate the problem thoroughly, as did Dr. Trall, and many others. Then, they would be able to arrive at the right solution.

Let us now try to investigate the problem of "weak nerves". A dispassionate observation would reveal that people inhabiting the so-called civilized parts of the world are much more affected by nervous debility than the people in the under-developed, or comparatively less civilized, parts of the world. The over-eater, the city dweller who cannot escape hurry or tension or who feels frustrated, is a better candidate for nervous debility. The farmer or peasant inhabiting a countryside is not subject to the same factors and, hence, he happens to be better in his standard of health. These factors appear to be having destructive effects on the health of man. Let us now proceed and see whether they cannot be corrected.

HIGH-TENSION LIVING.

The high speed and high-tension living, that is a characteristic of the modern life, is one of the greatest enervating factors. Hurry and tension are to be avoided as much as possible. There is no use in saving five minutes if, in so doing, one is forced to submit himself to hurry and tension. If the mode of tackling the problem, outlined earlier, is understood and followed, hurry and tension would be practically absent. Nervous tension can be reduced to a minimum if one knows how to live, and does live, the Natural, Hygienic way. Relaxing the natural way—without stimulants or tranquillizers—is the only method of recouping energy.

FREQUENCY OF FRUSTRATION.

Another characteristic of modern civilized life is the frequency of frustration. This is largely the result of unfulfilled desires—the desire to get more power, more money, position, name, fame, etc. Even a very well-to-do person is after more power and money, name and fame. "Money" is the modern "panchakshara" under whose spell man forgets even the most important need, health. Man in his early years squanders away

health in order to accumulate wealth; later when he finds his health level very low, he is prepared to part with all his wealth if only somebody could give him health. But, can he purchase health? When man is bent upon achieving something and when his colleagues and employees do not work up with the same enthusiasm, he gets annoyed often. Petty annoyances mount up into a wave of frustration.

The problem of frustration can be solved only by removing the cause thereof—the desire. Money should be the means to enable man to live in the world; it should not make him its slave. Frustration worsens the condition of man; it makes him a neurotic.

WRONG FEEDING — AN EPIDEMIC!

Another characteristic feature of modern civilised life is wrong feeding. This has become almost an epidemic, as it were. Large sections of population are engaged in interfering with the wholeness and nutrition of natural foods, in preserving them in tins and bottles (by poisoning them!). Large sections are engaged in lowering soil-health, leading ultimately to defective food-production, defective in the nutritional sense of the term. Large sections of population are engaged in the manufacture or production of the so-called stimulants, tea, coffee, tobacco, etc. and sedatives. These are not foods in any sense of the term, but are recommended, and used, by almost the entire civilized mankind with disastrous long-term results.

CONCLUSION.

Natural Hygiene deals with the subject of healthy living and my plea to every follower is to make others realise that it would be possible for man to be civilized without suffering, only by following the basic principles of this Science of Health. Make others understand, give them not do's and don't's.

I have tried to present our point of view on civilisation. I have tried to point out that Natural Hygiene could be followed even in these modern times. The popular notion that we oppose everything of civilisation is wrong. Let not the addicts and vested interests misrepresent us any more! Let the critics understand that Natural Hygiene represents the only unprejudiced, unbiassed approach to a problem which has assumed colossal proportions — thanks to the universal desire to get rid of the problem of disease the most convenient and expedient way!

(Paper read at the Annual Convention of I. I. N. T., 1958).

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Lily Loat Memorial Fund

Dear Sir (or Madam),

The Fund has been opened at the request of some of the many members who have written letters of sympathy for the loss of Miss Loat, and admiration for the work she had done, and who desire to honour her memory in some practical way.

Those who have been closely connected with the work of the League, and with Miss Loat's expert and strenuous efforts for it, have very gladly welcomed this gesture, both because they themselves feel the same urge to honour Miss Loat's memory in some permanent manner: and because they can think of nothing that would have pleased her more than that gratitude for her work should be expressed in this way.

The Council hope, therefore, that every member and many friends will contribute something to this Fund. No target has yet been set, but they are confident that admirers will wish to make the memorial a really worthy expression of the esteem in which Miss Loat was held by all.

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

Yours faithfully,
HALL PARKE,
Treasurer.

Friends in India may remit their contributions to **L. TYAGARAJA SARMA**, The Life Natural Pudukkottai, S India. The same will be announced every month in The Life Natural.

Natural Hygiene Society at Palwal

Natural Hygiene Society was inaugurated by **Sri K. Lakshman Sarma** at the Sanatan Dharam College, Palwal (E. Punjab) in the third week of November. **Sri L. Ramachandra Sharma**, M. Sc., Principal, presided.

Reviews

The Yoga-Vedanta Sutras, published by **Sri Swami Chidananda** for the Yoga-Vedanta Forest University, P.O.Sivanandanagar, is a very small book conveying the Master's teachings in brief sentences (Sutras.) It consists of Neeti (conduct) Sutras; Mantra Yoga, Hatha Yoga, Arogya Sutras, Tantra Yoga, Nada Yoga and Sri Sivananda-Adhyatma Sutras.

The Yoga-Vedanta Forest University, published by the same, priced Rs.2, is a detailed history and description of the work done by the Institution of that name founded and conducted by the Master. Incidentally it gives an insight into the Vedanta Philosophy as taught there. It consists of 238 pages.

Thus Spake Ramana, a booklet of very small size, of 118 pages, by **Sri Swami Rajesvarananda**, Editor, The Call Divine (Bombay), giving a brief digest of the Vedantic Teachings of **Bhagavan Sri Ramana Maharshi**, the Holy One That for more than fifty years dwelt in the vicinity of the holy place of pilgrimage, Arunachala (Tiruvannamalai, S. R.) resorted to for solace and illumination by thousands of devotees and disciples. The book will serve as an Introduction to the abundant literature embodying His Teaching, which throw an abundance of light on the dark corners of the sacred lore known as the Vedanta (Upanishads). This teaching is designed to lead up to the great spiritual adventure, the Quest of One's Own Real Self, who is the Reality of what is popularly known as God, the Sat-chit

Ananda Para Brahman. The book is priced 10 Annas, and is available from the Sri Ramanasramam, Sri Ramanasramam P. O. Tiruvannamalai, S. R. (S. India).

Whispers Eternity, a book of prose poems, where-in the heart of a great Yogi Devotee, Sri Yogananda Paramahansa, (the founder of the Self-Realisation Fellowship and its spiritual head, communes with God, the real Self, expressing his longings for spiritual union with that supremely Beloved One. These poems are indeed with a high fervour of Divya Prema (Divine Love) and are a source of spiritual inspiration and uplift to all who are on the path. The book is priced \$ 3.00, published by the Self Realisation Fellowship, Los Angeles, California, U. S. A. The Paramahansa has a large number of disciples both in the U. S. A. and in this country. He inculcates the practise what is known as Raja Yoga as taught by Patanjali, enormous vitality by the highest Prema-Bhakti (Divine Love), which is the safest and surest of all the various paths to Re-Integration with the Supreme Being, which is our Goal of Perfection and Eternal Beatitude.

NATURE CURE

Journal of the Avadhuta Nature-Cure Sanatorium

PATAMATA LANKA, VIJAYAWADA

Editor : Dr. K. W. Bhairawamurti, B. A., B. L., N. D.

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Seth Laxmi Narayan Gadodia of Delhi who passed away at Delhi at the age of 83.

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Editor: K. LAKSHMANA SARMA

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NO. 6

Science and Our Right to Live

Observations and studies over more than half a century has led me to the realisation of the FACT, that, under the conditions now prevailing all over the world, governments are the Natural Enemies of the People. And this is chiefly because Science has dethroned God and usurped His Place. And our own government is, unfortunately, no exception. In saying this I have to confess that I do not know whether any one in the government is, or is not, aware of this lamentable condition.

It cannot for a moment be contended that the government has not had opportunities to become aware of this truth. Very soon after 'Independence,' twentyfour British Doctors submitted a brief, but fairly complete and—to any open-minded person—convincing petition for the withdrawal of compulsory vaccination. If in fact this petition was not seen by any member of the Cabinet, then the blame will rest squarely on the shoulders of someone of the topmost medical men in office.

A similar opportunity for disturbing the complacency of the medical conscience was given by someone resident in Madurai, who was made to lose two grand children by compulsory vaccination; one of these was killed by the vile toxic filth, miscalled vaccine, at a time when the grandfather was unaware of the deadliness of that substance. The other was forcibly vaccinated in spite of protests, and died, being poisoned through and through by the deadly filth, after a long illness, which none of the doctors could cure.

In one of the preceding issues of *The Life Natural* I have given out details of 25 deaths due to vaccination, which had been found by house to house inquiries by a gentleman of a highly sensitive conscience, Sri S. A. Sambasivam Pillai of Karuntattangudi, a suburb of Tanjore. That vaccination is murderous is plain enough from this and a great deal of evidence that is available in great abundance. Indeed in Britain at least it is freely confessed that there is a considerable likelihood of death from vaccination, which provokes an allergic response in the shape of some serious disease—which might be any one of a great many varieties, affecting some one or more of the vital organs, wherein the brain or the nervous system is one.

Our brilliant prime minister entertains the opinion, which he seems to have expressed publicly at least once, that anything scientific must be compulsory. But does the Government give a guarantee that the particular 'scientific' teaching which may be in question is true and can be verified to the satisfaction of the persons who may be put in danger of loss of health or of life by its enforcement by compulsory law?

In this connection I may point out a fact already given out in *The Life Natural*, that a French Court in Bordeaux, after anxious consideration for seven long years, came to the conclusion that the Government in such circumstances IS liable for the consequences and must pay compensation to the aggrieved person or persons.

In this respect we human beings are at a disadvantage as compared with quadrupeds. An instance has been recorded in our *Practical Nature Cure* where the State Govt. voluntarily offered to pay full compensation for the cattle that had been killed by some inoculation going wrong. Perhaps this act may be relied on as an admission of liability even in the case of human beings. But this would necessitate bringing the matter to adjudication by a High Court or the Supreme Court.

From this it follows that in the law as interpreted by our governments *we have no right even to live!*

What is the reason for this tragic state of affairs? In my opinion the reason is that the governments are themselves UNFREE. They are the abject slaves of the Vested Interests, who constitute the Real Government and the men who pose as our rulers are really the bond slaves of the men who own these interests. This evil is the result of the great treason these nominal rulers are committing by treating this foreign Quackery as the State System of Medicine, having unlimited and unquestioned Power of Life and Death over all human beings that have the misfortune to live in this unhappy land.

I must point out that this evil has been fought manfully and partially at least conquered in Britain, wherefrom this evil has come to us.

Here is a clear pronouncement on the limitations of legislative power by a great authority on the Common Law of England, Blackstone:

"No laws are binding on the human subject which assault the body or violate the Conscience"

On the question whether we should tamely submit to any authority imposed on us by an ignorant and incompetent government, here is a

pronouncement by President Wilson of the U. S. quoted by Charles Forward in his book on the iniquity of vaccinations and inoculations, 'The Golden Calf':—

"The spirit of every profession is different to the spirit of the community. I would not trust any particular business to any particular profession exclusively if it were public business, because every profession that I know anything about has its special point of view."

Blind and uncritical acceptance of 'authority' is warned against in the following pronouncement by Sir Walter Langdon Brown in a lecture reported in the British Medical Journal of the 16th March, 1935:—

"In addition to the craving for magic there is another tendency which affects us all, to seek security in authority. There are some things about which it is too painful to be in doubt. Certainty is sought in authority, without too critical inquiry into the source of that authority. This tendency has repeatedly asserted itself in the history of medicine and has frequently delayed its progress."—(Quoted in *The Vaccination Inquirer* of the 10th March, 1935, in the Editorial Notes,)

This clearly applies to the subject of this article. Doctors of the allopathic school are not authorities for us, who condemn their system as the grossest quackery.

IS THERE A FUTURE FOR DEMOCRACY?

If the government would only leave us alone, we would be only too glad to leave it alone, because, in the first place we do not love politics, and in the second place we are too weak and poor to take upon ourselves the burden of saving the world. But the fact is growing clearer every day that the government will not leave us alone. It is usurping powers which do not naturally belong to it. Indeed, under the pretext that it must work as a 'Welfare State', it is daily encroaching upon our fundamental rights, thereby reducing us to a lower level than cattle; for cattle have money-value, which we do not have, as demonstrated in the P. N. C., as shown on pages 60 and 61. Indeed it is plain that the ruling party has really no faith in Democracy, and looks upon the people as only material for their experiments in bringing about a Welfare State, thus adopting the methods of the Communists, whose ways they publicly condemn.

The right kind of State as visualised by Gandhiji will appear from the following statements culled from his writings; "Real Swaraj will not come by the acquisition of authority by a few, but by the acquisition of the capacity by all to resist authority when it is abused."

"No school of thought can claim a monopoly of right judgment. In a vast country like this, there must be room for all schools of honest thought."

"True morality consists, not in following the beaten track, but in finding out the true path for ourselves, and in fearlessly following it."

"They say means are after all means. I would say, means are after all everything. As the means, so the end. There is no wall of separation between means and end."

"My Swaraj is to keep intact the genius of our civilisation."

"..... every man or woman, however weak in body, is the guardian of his or her self-respect and liberty."

"Under Democracy individual liberty of opinion and action is jealously guarded."

It may also be recalled that Gandhiji insisted on decentralisation of power and condemned the concentration of all power at the centre.

Now comes corroboration from two sources. In the *Hindu* of January 6th, 1959, there were two emphatic judgements on the present trends of the state policy which holds our destinies in its own hands. One of these was reported under the caption "*Rights of the Individual, Encroachment by the State,*" and came from the International Congress of Jurists. The other had the caption 'Bleak future for Democracy' and came from Sri Vinoba Bhave.

In the former we find the following pronouncements.

Mr. M. C. Setalvad, Attorney General of India and President of the Indian commission of jurists, said that modern Governments, with their manifold functions, had so largely encroached upon the manner of life and the liberty of the individual, that a constant watchfulness was necessary on the part of those concerned with the administration of the law to guard the rights of the individual against the State

He said also that Fundamental freedoms which respected the rights of the individual and provided effective means for their enforcement could thrive only in countries where justice was administered by an independent judiciary and where the profession of the law was able and willing to assist the individual in enforcing his freedoms."

Mr. S. R. Das, Chief Justice of India and chairman of the Reception Committee, said: "The true concept of the rule of law.....prescribes a code of conduct alike for the individual as for the state and is designed to protect and uphold the liberties of the individuals, not only against their fellowmen, but also against the State."

Mr. Thorson, President of the International Commission of jurists, said that "freedom was man's greatest treasure," and added "We as lawyers, judges, and practitioners of law, must steadfastly guard this great treasure. That is our duty, and we will not fail in that duty."

The President of the Congress, Mr. Vivian Bose, in his address, said: ".....our business is to see whether we, as lawyers and judges, cannot stir the conscience of the world into insisting that there shall be certain common decencies for all men in all lands, so that, as we cross from frontier to frontier, we can, each one of us, be sure of being treated as ordinary human beings, judged on our own merits as men, sure of certain basic rights, seeking no favours, asking for no false standards; and that in our own lands we will be able to live as free men in a free atmosphere, subject only to such obligations and duties as will ensure that freedom is not license, and that freedom for one man does not mean freedom to trample on the rights of his neighbour."

Sri Vinobaji points out in his speech that Science upsets the equilibrium of the socio-political structure, by providing newer and newer weapons, thus enabling governments to become irresponsible and tyrannical, due to their gathering all power into their own hands.

He points out the fact that so-called democratic governments are functioning like communistic ones. "Very often," he said, "it happens that things, which appear contradictory to each other, come closer and ultimately get transformed into the other.....Hence just as communism comes closer to capitalism, so also democracy to militarism, because today democracy also seeks to achieve the welfare of the people through a centralised government."

"Consequently a 'Welfare State' is formed and a great deal of power and initiative is concentrated into the hands of governments. All this is being done in the name of democracy."

"I repeat, where a great deal of power is concentrated in the name of the welfare of the people, and an army is maintained for its protection, democracy digs its own grave by its own hands.....the sanction behind every government is the army."

"..if the people become as much dependent under the rule of a Prime Minister in a democracy, as in monarchy, there is not much to choose between the two."

"Modern governments are as omnipotent as God. Such a vast power of great variety is concentrated into their hands that it paralyses the initiative of the people and leaves them helpless. These centralised governments have then to depend on the force of arms for maintaining and carrying out their authority. Under

any circumstances this is a dangerous state of affairs and calls for serious consideration from all those who believe in democracy."

It is clear that the remedy is to compel the government to leave the people's welfare to their own choice and effort, concerning itself with its primary duty of seeing to it that people in an advantageous position do not misuse their freedom to trample on the freedom of others. In this context we should take notice of an important confession made by a minister of the Union Government. In answering a question in the Rajya Sabha arising from the fact that certain doctors issued medical certificates to post-men who reported sick *en masse* in June last, Mr. S. K. Patil, replying to a question by a member said. "*Doctors are a privileged class,*" which meant that even the government was unable to take action against the offending medical men, as they would be able to do in the case of those who do not belong to a privileged class! Does the constitution allow any class of men to be a privileged class? Is there any remedy for this serious anomaly?

It is this privileged position of the doctors that makes the government the chief enemy of the people, so that they are denied even the right to live. Lakhs of children are massacred by vaccination and the government will not even take notice of the facts! Our democracy therefore is clearly a mockery.

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.

The Supremacy of Hygiene

The besetting sin of allopathic medicine is the pretence that hygiene is unnecessary and can be dispensed with, even for the prevention of diseases. It has been demonstrated, on the contrary, that Hygiene, alone, is sufficient, not only for prevention, but also for the healing of the sick. The sick have to be cured, not by treating their diseases, but by restoring them to health. This gross superstition is the cause of the steady decline of health and the vast increase of disease among the 'advanced' nations. But it appears that even among doctors there are some who are aware that this medical assumption is wrong. Indeed there are a great number of doctors who have come to see that the hygienic way is the right way.

Very recently while going through a book on viruses, entitled '*Beyond the Microscope*' by Kenneth M. Smith, F. R. S, I came across the following passage.

"As an appropriate conclusion to this paragraph I quote the following remark of Dr. Wilson Smith. 'I would like to emphasise that a healthy man has a natural resistance against most infectious agents be they viruses or bacteria. Pathologists and research workers tend to forget that the first and possibly the most important of all preventive measures is the maintenance of good general health by means of fresh air, exercise and adequate nutrition.'"

If this be admitted and acted upon, it will be found that there will be no need for medicine at all, whether preventive or curative. Their preventive measures are hopelessly unhygienic and hence will not harmonise with the practice of hygiene. The curative measures are equally unhygienic, because all allopathic 'medicines' are poisons, which are aimed at curing less serious diseases by giving more serious ones. Thus superficial, easily curable afflictions are replaced by

chronic diseases which get deeply rooted in the patients' constitution, so that his life becomes a burden to himself and others. Hygiene on the other hand, not only prevents diseases, but also avails to cure diseases simply by restoring health.

Death By Injection

In the *Swasth Jivan* of Calcutta, Hindi Nature-Cure monthly, there was news of the sudden death due to a single injection of some deadly drug. The victim was a follower of Natural Hygiene residing at Ranchi in Bihar, who on his way to Delhi stopped at Kanpur to visit some kinsmen. There he fell ill. Contrary to his wishes the people in the house called a doctor, who gave an injection, which caused a dark colour of his skin and put an end to his life in a few hours. Such fatalities are certain to occur now and then, because all allopathic drugs are poisons, and their dosage is settled in a haphazard way, without regard to the degrees of integrity of the bodily constitution. And few are the 'doctors' who remember what they have learned in Toxicology.

This reminds us of a suggestion by G. B. Shaw, the best critic of western civilisation that lived in these times, namely that every case of death in the course of medical treatment should be treated as a possible case of homicide, and should be investigated by a Coroner to find out whether there was any rashness or negligence on the part of the doctor. If such a course be followed then at first and for some time the doctors will be able to influence the Coroner to give a verdict exonerating the doctor. But this will become more and more difficult, because the general public will become alerted and the medical profession will be forced to reconsider their situation and this may lead to some revision of their mode of procedure in treating

cases. If at the same time the people organise themselves and study the question involved, it may lead to medical men giving up their use of poisonous drugs, which will be a great gain to the people.

The very large number of young men entering medical colleges and coming out as fullfledged doctors licensed to treat the sick does not inspire in us confidence that all of them will be as careful as they need to be in the choice and dosage of drugs. It also happens that few are the professors of medical science who are aware of the fact that drugs are dangerous and should be used in the smallest possible doses, and discontinued before any serious harm is done to the patient's constitution. Indeed, if the doctor is conscientious and has an open mind, he will soon come to see, as Dr. Dewey did, that drugs are not medicines, and that it is needful to heed the Voice of Mother Nature as to what to do to the patient. Indeed a number of doctors have already come to have this understanding and are trying to follow a hygienic policy in treating the sick. A monthly journal called *Good Health* is being conducted by some of these people from England and more often than not I find good Natural Hygienic teaching in its pages.

Another fatality, due to rashness in treating a patient with injections of penicillin without regard to Nature's warnings, which, if heeded, would have caused the doctor to cease this improper mode of treatment, was narrated by Sir Alexander Fleming at Madras, whose lecture was reported recently in the *Hindustan Times* as follows:—

“By way of illustration of misuse of drugs, Sir Alexander explained how recently penicillin injection was administered to a chronic bronchitis patient. When the first injection was given the patient got a shock. Another injection was given later, when the

patient got a second shock, more serious than the earlier one. Two or three more injections ended in his death..” As to whether the doctors could be compelled to exercise due care and caution in the use of drugs, which are poisonous in varying degrees, even after experience has shown them to be uncertain in their effects, we have no reason to be optimistic. Unless forced by legal sanctions, doctors will prefer to kill some patients, so that they shall win credit for ‘saving other lives,’ as though a deadly drug can be expected to save lives.” On this point we have the confession of Mr. S. K. Patil, Minister for transport and communication at the centre.

“DOCTORS ARE A PRIVILEGED CLASS.”

The fatality reported in the beginning has a warning for us all, that we should not visit our relations, if we can help it, without making sure that they would not betray us into the hands of a licensed poisoner, miscalled a doctor, when we happen to become sick and unconscious. It may be necessary for us to obtain from them an assurance that we shall be allowed to go in our own way to Heaven, and not by the hands of a quack, licensed to kill by law.

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By

K. LAKSHMANA SARMA

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The Fallacy of The High-Protein Diet

One of our more recent pioneers, Dr. Henry Lindlahr, M. D., believed and taught that the different food-factors, protein, carbohydrates and vegetables (with fruits) should be in the proportion of 20 : 20 : 40. But since his time some real progress has been made. Dr. Hindhede of Denmark, who advocated a low-protein diet, demonstrated the rightness of this principle by his historically famous experiment, in which the whole Danish nation was subjected to a diet-prescription of much less protein than the then prevailing standard. He declared that for a person of 150 lb. weight an allowance of three quarters of an ounce of protein was enough. Our own view has also been that protein, because any excess of it will undergo putrefaction and result in virulent poisonous products, is a dangerous food to overeat. Besides we have the hint given by the Holy One, the Bhagavat-Pada-Sankaracharya, that Sattvic food, if sattvically eaten, builds up long-lived body-cells, much less nutriment would suffice if the Gita rules of diet are strictly followed. And because of this our view we see no scope for the rule of not eating protein and starch in the same meal.

Now there is a recent news item which strongly confirms our views about protein. *The New York Times* of May 7, 1957, carried the following :

“Atlantic City, May 6 :—

“Protein intake, not fats, in diet, alone, was indicated to-day to be an important factor in heart and artery afflictions that plague food-rich nations.

“The suggestion has come from re-examination of world-data on deaths from heart and artery diseases in food-rich and food-poor nations. Experimental

evidence confirming it was produced here to-day at the annual meeting of the American Society for Clinical Investigation... ..

"A group from the University from Pittsburg reported on studies of human volunteers fed vegetable proteins, fats and carbohydrates in varying quantities during a period, while the amount of cholesterol was determined regularly.

"When the subjects were fed little protein, their blood-cholesterol levels remained low, despite sizeable intake of fats, the researchers reported.

"The results suggest that dietary protein may be the one determinant of serum lipid blood-fat concentration in man, they reported. 'The results are consistent with the epidemiological observation, that populations getting relatively low amounts of protein have relative freedom from arteriosclerosis—hardening of arteries.

"Numerous observations and experiments have shown that physical activity, or lack of it, is also a determining factor in the production or prevention of atherosclerosis. Men who are engaged in physical work, even though they ingest considerable quantities of fats—even the indicted ones—do not develop arteriosclerosis."

It may be explained here that the dread disease mentioned in the above quoted paragraphs was for sometime thought to be due to the excess of intake of certain fats, which led to an excess of blood-cholesterol, which was observed in cases of that disease. Now the offending food-factor is found to be protein, the great favourite of the medical profession.

For us it is immaterial whether the mischievous food-factor be fat or protein. Both are *negative* foods, tending to build up defective health, which would lead to a degeneracy of the tissues, which in its turn becomes

the breeding ground of fatal diseases. Our American friends would say that gorging oneself on such foods will bring about TOXAEMIA, which means a poison-laden state of the blood-stream. But the blood usually gets rid of this evil load by dumping it into the tissues which it traverses, and hence it is these that are handicapped. And the poisons remain there until a vital effort for their elimination is started. Hence we do not use the term toxæmia.

That the human being requires comparatively much less protein than the other mammals, such as the cow, is seen from the observation that human mother's milk has a very low content of protein than that of the cow. And it is a fact that the calf of a cow has to grow up to maturity in a much shorter time than the human infant, that being the reason for the high protein-content of cows' milk. The human baby has a much longer time to grow up to maturity, and hence needs proportionately less protein. And Vital Economy requires that the protein-intake should be strictly limited. If this be done, then the human being has the chance of a much greater longevity. Hence feeding with undiluted cow's milk for babies, which produces 'bonny, bouncing' babies, is a serious mistake. On this point there is some relevant evidence, which was given out by Dr. Allinson in his presidential address at the last Annual Meeting of the National Anti-Vaccination League, reported in a recent issue of *The Vaccination Inquirer*. He said that the idea of feeding children up, so that you have *bonny bouncing* babies, is probably a mistake,* because, if you seek to mature any kind of creature, human or non-human, *too rapidly*, it results in shortening the life-span. It is very significant, he said, that middle-aged people's life-expectation today is only four years greater than what it was 20 years ago.

* A modest British under statement.

whereas the life-expectation of infants has been doubled, while in Scotland the life-expectation for the middle-aged is even diminishing. And he relied on the testimony of one Dr. Sinclair.

From all this we may draw the inference that the unlimited faith of our northerners in the goodness of milk, especially cows's milk, is by no means wise. Healthy, hard-working persons may escape most of the ill-effects, but the sedentary ones, and especially patients in Nature-Cure Sanitaria, are bound to be severely handicapped. A T. B. patient, who experimented on himself, taking the maximum rations of cow's milk, suffered disappointment and now finds that it is much safer to limit his allowance of milk to a great deal less.

Natural Cure of Eye Defects

REVISED FIFTH EDITION (1956)

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

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

Bharat Jyoti, Bombay.

HIGH BLOOD PRESSURE

S. SWAMINATHAN, F.I.L.N.T., No.1 SHIVAJI PLACE,
NEW DELHI

The art of maintaining health is something to commend the practice of which no great arguments need be advanced. No one ever likes to reach a state of chronic disability of some kind or other; but certain habits that are identified with ‘civilisation’ persist in upsetting the ‘inner rhythm’ of bodily working, so much so that disease has come to be recognised as something unavoidable in civilised society.

High blood pressure is a condition which is largely due to the stress and strain of modern living, characterized by undue nervous tension and ingestion of unhygienic foods. So long as the underlying causes of this condition are not removed, there can be no radical cure.

What is high blood pressure? What makes it high? And what should be done to bring it back to normalcy. These questions will be discussed in some detail in the course of this article.

The circulatory system consists of the heart, the arteries, arterioles, capillaries, venules and the veins. The blood is constantly on the move through the blood vessels. Pumped out from the left ventricle of the heart, the blood flows through ever-narrowing channels—the arteries and arterioles—into the capillaries, where it does its vital work of distributing nutriment and oxygen to the cells and tissues, and receives, in return, the cell and tissue wastes, including carbon-dioxide. Capillaries are extremely thin, hair-like, vessels. Once the vital work of transport and nutrition is complete, the blood laden with toxic wastes passes on into the venules and thence, through the veins, back to the heart. In the meantime, the eliminatory organs—the kidneys, the liver and the skin-glands—rid the blood

of much of its impurities. The impure blood, which has reached the right auricle of the heart, passes into the right ventricle. Then it begins its onward journey in search of the life-giving oxygen. Through the pulmonary artery, the blood reaches the lungs where the blood undergoes an air bath, as it were. Having become rejuvenated with oxygen, the blood returns to the left auricle, through the pulmonary vein. Thence, the blood passes on to the left ventricle, to commence the cycle again.

The special nerves, which control the arteries and arterioles, are known as vaso-motors. These play an important part in the circulatory system.

Pressure is necessary to enable the blood to flow through the blood vessels. Peak pressure is felt in the left ventricle, from which the blood begins its journey; it falls down steadily, until a negative pressure is felt in the veins. There are thus varying pressures in different parts of the body.

Apart from the changes in pressure, referred to above, the pressures change now and then according to the need for blood in different parts of the body. After a heavy meal, a tremendous amount of muscular contraction is called for in the region of the stomach and the intestines. The effect of this exertion on the heart is comparable to the effect of violent physical exercise. The heart has to rise to the occasion, by working more forcefully and more rapidly—there is a rise in blood pressure.

Passing emergencies exert a very similar influence upon the pressure.

Emotional factors, e. g. fits of anger, resentment, passion, worry jealousy, etc., etc. are also responsible for a rise in blood pressure.

Violent exercises have a similar effect upon blood pressure.

All physiological activities are endowed with the property of being adaptive. While the pressure changes to meet the differing needs of the moment, normalcy is attained as quickly in the case of healthy individuals. But if any of the underlying causes which account for an increase in blood pressure are allowed to persist over a period of time, a permanent modification takes place. It is this permanent modification in pressure that denotes a serious condition.

“You are as old as your arteries”—so goes the saying. So long as the blood vessels retain their tone or elasticity, we can expect them to do their functions without interruption.

When as a result of persistent wrong feeding, the blood stream becomes heavily laden with impurities (systemic refuse), some of these tend to be deposited in the blood vessels. The arteries lose their elasticity. This condition is known as hardening of the arteries (arteriosclerosis). In the changed conditions, the blood has to flow with an increased pressure.

Stimulants (like caffeine, tobacco, etc.), and drugs affect the general health of the organism and contribute to the confirmation of the conditions causing high blood pressure.

Disorders of the thyroid, pituitary and certain other glands, and of the kidney can cause an abnormal increase in blood pressure. It should, however, be remembered that the gland disorders are themselves the result of the violation of the Natural Laws of living.

External sanitation is very important. But it is possible to live unhygienically even in sanitary surroundings—this explains the reason why there is so

much of disease (specially of the chronic and degenerative types) in civilised society. While a lot of improvement has taken place in external sanitation, slums are sought to be created inside the body by constant indulgence in enervating habits, by denying the basic needs of living to the body, by improper breathing, by drugs, stimulants and sedatives, by faulty elimination, etc.

Symptom of high blood pressure are a feeling of fulness in the head, constant (dull) headaches, irritability, slow pain in the region of the heart, breathlessness on even slight exertion, lassitude, nose-bleeding, etc.

For the patient who is suffering from high blood pressure, 'scientific medicine' offers but little hope. The causes of the permanent increase in pressure have already been outlined, and it would naturally follow that it is only a reversal of the old habits, which caused the increase, that would lead the person back to normalcy. Without calling for a reform of living habits, 'scientific medicine' indulges in such assertions as

"A normal intake of meat of any sort is quite without effect on arterial pressure."

"The question of vitamins may be disposed of by stating categorically that no known vitamin has been shown to reduce arterial pressure in this disease."

"Operations (known as sympathectomies) for the relief of arterial hypertension consist of severing many of the nerves which stimulate blood vessels."

Such statements go to confirm how a change in the living habits (which really caused the rise in blood pressure) is not insisted on by medicos, and how various sedatives, drugs and other methods are used—ultimately to declare that 'there is no sure cure for this condition.'

The writer happened to come across a list of drugs used for the relief of hypertension. Though nearly a hundred items were listed, it could not in any way be regarded as an exhaustive list. But many of them are now in disuse or are forgotten. The writer is sure that even the few that are now in use would be given up ere long. The so-called anti-hypertension drugs 'noted for their quieting effect' have a debilitating effect on the nerves. Some drugs used are coal-tar derivatives and highly harmful to health.

A radical cure of the condition lies the Natural way. Doubtless, the health-seeker has to eschew all symptomatic treatments. Health must be earned by personal effort.

The sufferer needs to undertake a fast for a short period (of 2 to 4 days), which may be followed up by highly positive dieting for a few weeks—a diet of exclusive vegetables (raw, or conservatively cooked) and/or fruit, not more than twice daily, in strict moderation. Avoidance of salt and other spices and condiments has a positive and relieving effect in bringing back normalcy. Occasional fasting for a day or two, at intervals during this period, could be undertaken. The observance of Vital Economy is very essential, as

this alone would give the biological rest needed for the various organs and would promote elimination of the toxic matter from within the body. Spinal baths, once or twice a day, would be found useful, inasmuch as the nerves would be toned up. Rhythmic deep-breathing (Pranayama) may be practised for a few minutes daily. Sun-baths would activate the skin. Enema may be taken non-violently, so long as it is found necessary.

With the change-over to hygienic habits, the symptoms that go along with the condition termed as 'high blood pressure' would disappear and, once again, a healthy blood stream will surge forth along clean channels doing its allotted task. With the 'inner rhythm' restored, and knowing the way to keep up the rhythm, the erstwhile patient can continue to live healthfully, by becoming an adherent of Natural Hygiene.

Late Seth L. N. GADODIA

At a meeting held at The Delhi Public Library, Delhi under the joint auspices of the Natural Hygiene Group of the D. P. L. and the Indian Institute of Natural Therapeutics a resolution expressing their heartfelt condolences to the bereaved family was passed. Speeches praising the qualities of the late Seth were made by Sri L. Ganesa Sarma and others.

Convention Number January '59

80 pages — 50 nP.

In addition to full report of the proceedings of the Annual Convention of The Indian Institute of Natural Therapeutics held in November '58 in Delhi it contains the report of a symposium on "Food and Natural Hygiene" and papers on "Foundation Foods for Prevention of Polio" by Dr. J. M. Gehman and "Civilisation and Natural Hygiene" by S. Swaminathan.

The Number is worth presenting to others.

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The Naturopathic Profession And Movement In America Today ! What It Means To India !

By Doctor Jesse Mercer Gehman

President,

THE AMERICAN NATUROPATHIC
ASSOCIATION, INC.

(The original and parent American Naturopathic Association, founded by Dr. Benedict Lust, in 1896 and incorporated in Washington, D. C. in 1919.)

I have been requested to render an evaluation of the Naturopathic profession and movement in America to-day. With frankness and honesty I shall endeavor to do this in the hope that by so doing the profession in America may be awakened to the extent that at least a start be made on the long road back to the basic theories and practices, which established our movement and which obtained up into the mid-nineteen twenties, and with the prayer that the movement in India will by this evaluation be saved from the chaos, which has affected us.

While basic principles of Naturopathy were practiced in this country for more than half a century, particularly, the Pressnitz Water Cure though not known under that name, it remained for one, Benedict Lust, who was commissioned by Father Kneipp, the German Priest, to bring the Kneipp Water Cure to the people of America, from which evolved an organized profession. From this beginning in 1896 Benedict Lust rose to the challenge, established the Kneipp Blatter in 1897, and by 1900 had become a physician himself, and later the Father and Founder of Naturopathy, giving the therapy a name which has come to be accepted everywhere.

This present year is the Centennial of the opening of Dansville, New York, the pioneer health institution established by Dr. James Caleb Jackson. He was a doctor of Divinity, a profound student of human nature who had embraced the health reform ideas and put them into operation. A brilliant speaker and teacher he is considered one of the founders of the Natural Hygiene movement. This same Institution taken over by the late Bernarr Macfadden, Father of Physical Culture, about thirty years ago, and run for two decades as Macfadden's Physical Culture Hotel, still remains.

Then there was Dr. R. T. Trall, a propounder of basic measures who had a health institution, published a magazine, and also opened the first Hygienic College in 1856, under the name of the New York Hygeio-Therapeutic College. Other outstanding leaders were Dr. Isaac Jennings, a Water Cure man, and Sylvester Graham.

But it was the afore-mentioned Dr. Benedict Lust, who introduced not only the Water Cure of Father Kneipp, but also the equally simple and basic work of Adolph Just, which greatly influenced the life and well being, and work of Gandhiji: and the work of Lahmann. Bilz and Rikli.

Benedict Lust was commissioned by Father Sebastian Kneipp to bring the Kneippian water Cure—a complete system of healing by water, to this country during the late nineties of the 19th century. He was instrumental in establishing Kneipp Societies, brought out the Kneipp Blatter in German in 1898, which he continued for four years, and in 1900 he brought out the Kneipp Water Cure Monthly in English. It was early evident that his intention was to correlate all the good of all non-drug systems. The writings in these early magazines attest to this fact.

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By 1902 he had started the Naturopath, publishing both a German and an English edition.

Dr. Lust at about the same time founded the American School of Naturopathy on these same principles, and with the purpose of graduating men and women to carry the message to a suffering people.

I give you the foregoing early history so that you may envision the concept on which Naturopathy was founded.

By 1920 it became necessary to include Chiropractic as a course in the American School of Naturopathy, as so many students were attracted by this new therapy. In another fifteen years the curriculum had already begun to deteriorate. The tide to compromise the basic concepts and principles of Priessnitz, Just, Kneipp, Kuhne, Rickli, Jennings, and Jackson, could not be stemmed.

Dr. Lust later said to me: "I sometimes feel that so much more would have been accomplished had we continued to teach the basic work only with no thought of conferring degrees." This is along the lines Drs. Sarma and Swaminathan have been operating in seminars, and study groups. Had this plan of education continued in America there would have developed through the years a tremendous group of informed people sincerely devoted to earnestly spreading the message, and then there would have been less chance of compromise.

What happened to change the scene in America should be evident to all those who know anything about the basic philosophy of Nature Cure or Naturopathy, and who have taken the time to observe the qualifications of the modern Naturopath practising in the United States to-day.

In making this evaluation it is hoped that all Naturopaths worthy of the name, will awaken to the precarious situation in which we find ourselves, both as individual Naturopathic physicians and as organized Naturopaths, such as we are at the present time in America. This evaluation is made after long, and patient deliberation, and unless delivered we would feel derelict in duty and unworthy of the confidence and trust of loyal and genuine Naturopaths.

We appeal to all Naturopaths to seriously consider what we are about to reveal. Experience has taught us not to expect too much from the pseudo-Naturopath, who either by choice, or through lack of training has prostituted his career and his profession by aping the orthodox allopathic medical man as much as he possibly can without being caught, but perhaps even such can be alerted and awakened to his duty to the public and his profession.

There are approximately 3000 individuals listed in the United States as Naturopaths. Fully thirty per cent are a homadic tribe wandering hither and yon wherever the pickings are best, remaining if they can avoid detection for their inadequacy as professional men, or prosecution for their semi-medical practices, as the case may be.

GENUINE NATUROPATHS GREATLY LIMITED IN NUMBER

Of the 3000 in the United States today who claim they are Naturopaths, most of whom have bonafide diplomas from recognized schools, it is questionable if there are more than fifty fully qualified in basic principles, among them, who practise basic Naturopathy. We believe the number considerably smaller.

It is from among this small group that means must come, spiritual, moral, and financial, if we are to be resurrected from our deplorable lethargy and decadence.

.....to strengthen the Parent American Naturopathic Association, Inc. which was founded upon, and is determined to proceed upon the genuine basic principles of our philosophy and practice.

We are not blaming those, whom time and circumstances interfered with as they were getting theoretical and practical training in Naturopathy, but rather, those who have known the deplorable situation and have had the power to help, and yet, who have instead waged a persistent campaign of opposition and compromise, which has resulted in confusing the public and also produced poorly qualified practitioners.

The cry of the pseudoists has been that there is strength in numbers, irrespective of the quality of the numbers. This has been shared by some who should know better. An organization, or a movement, like a chain, is only as strong as its weakest member and will surely falter and break like the chain at its weakest link, unless the weak link is repaired or replaced. There are far more weak links in the profession to-day in America than strong ones, as everyone interested in a sound organization, and health profession, must realize.

WHAT CAN BE DONE FOR THE UNQUALIFIED?

Until this speaker proposed that all of our present day Naturopaths in America, who lack the basic theoretical training and practical experience be given the opportunity and privilege to, or be required to, supplement their college training, as a means of qualifying for full membership in the American Naturopathic Association, Inc. no thought had been given the unqualified and unfortunate, who though duly licensed by a commonwealth, whether by examination or reci-

procity, and who, despite legal qualification by licensure, have remained unqualified Naturopaths in the fullest sense of the word.

The cry has been "Number, with numbers we will succeed." Such unsound reasoning comes from those who are unconcerned about the public, and the future of the profession. They are driving for power, and believe more in the power of numbers than qualified members.

We propose that those unqualified men and women who have come into a license through good fortune, as for instance, the Grandfather Clause, should be given the chance to qualify themselves, likewise it is proposed that those whose school was obliged to spend so much time preparing them to comply with basic science requirements, (while genuine fundamental Naturopathic theory and practice had to be cut or curtailed, otherwise the student would have been required to remain in school for another two years, to acquire the knowledge), should be extended the privilege and opportunity, or be required to satisfy a definite standard of training to qualify as practitioners, and hence, strengthen our profession and organization.

We propose that everyone, especially (those who have strayed into the medical practice of inoculative procedures of whatever kind, penicillin and sulfa, among other nefarious practices), should place themselves in training at least several weeks or a month each year for several years at an Institution where basic principles of Naturopathy are followed, of which there are several in the United States and abroad.

THE WELL FINANCED OPPOSITION

The Executive Committee of the Parent American Naturopathic Association, listened with interest to the proposal in 1948 at Chicago, for a harmonious forward

movement based on the platform voted upon, but the ones in the organization with the power of money and a magazine behind them did not want this. They were too busy with other plans to grasp it. Their cry always was, has been, and in all likelihood will be, "Unification of numbers", and what a terrific price, for pseudoism has been paid on every side. Our profession has been prostituted by reason of the action of its members.

TIME FOR FUNDAMENTALISTS TO ACT AND BUILD A STRONG AMERICAN NATUROPATHIC ASSOCIATION

It is time for the fundamentalists of Naturopathy in all groups to awaken and size up! If they act now they can build, and firmly too, the Association as founded by Dr. Benedict Lust. If they fail, then organized Naturopathy may be set back a hundred years or more. In the past we had great men, rugged individualists who gave us the basic principles of Naturopathy... men like Priessnitz, Kuhne, Just, Schroth, Kneipp, Rickli, Beauchamp, Jackson, Jennings, Trall, Shaw, Powell, Lindlahr, Dewey, Macfadden among others, and last but not least, the teacher, the missionary, the organizer, Dr. Benedict Lust.

Today these names are forgotten for the most part by the majority of the 3000 who claim to be Naturopaths in America, and the principles advanced by those protagonists above named are not only not used but far too many practitioners are completely unknown, because they have never been studied. This can be confirmed by a perusal of the catalog of any Naturopathic School in the past twenty years.

WE MUST RETURN TO BASIC PRINCIPLES AND PRACTICES OR PERISH BOTH AS PRACTITIONERS AND AS AN ORGANIZED MOVEMENT. THE TIME IS NOW!

SCHOOLS, NOT PRACTITIONERS, HAVE FAILED

The practitioners in the field, who actually attended a full four year course in school (most of them serious-minded men and women), are not to be blamed, as they qualified themselves according to the requirements of the basic science statutes, and had ample instruction to warrant the Institution, chartered by the commonwealth, granting them a degree. Legally these people are Naturopaths. **FOR ALL PRACTICAL PURPOSES IN HANDLING THE ILL: ACCORDING TO BASIC NATUROPATHIC PRINCIPLES AND PRACTICE THEY ARE NOT NATUROPATHS, ANY MORE IS YOUR BARBER OR GROCER.**

Training in basic principles, theory and practice has retrogressed to the vanishing point and is not even a minor factor in the preparation for a doctorate in Naturopathy in the schools, which still exist in America today.

At the same time the preparation and training in basic sciences, so-called, the nature of which can never be of any but accessory aid to the practitioner or the long suffering public, on whom he will be able to practice, if he is successful in passing his basic science examination.

Those in a position to know, state that graduates from Naturopathic schools in America today cannot be thoroughly trained and prepared in the basic Naturopathic principles and work and be so qualified as long as the licensing boards insist that the applicant for a license to practice Naturopathy be qualified in the basic science without adding another year or so to the curriculum, which one can understand is economically not feasible. The so-called basic science standards were instituted by the pressure of the organized orthodox allopathic medical doctor to discourage students, and had the co-operation of over-zealous,

but more often than not inadequately qualified Naturopaths on the board. The result has been the licensing of unqualified Naturopaths, which has gradually deteriorated the practice as a whole.

Perhaps it was believed by the organized medical profession that the boys and girls preparing for a Naturopathic degree had neither the mental capacity to learn the basic science prescribed, or lacked the desire to learn them. In any event the thought was to discourage young men and women. But it made them more determined seemingly for other methods to thwart them had to be adopted.

In one State, even though the school operating there fully prepared the students in basic sciences, the board under medical influence has persistently failed students, thus preventing the adding of new physicians to the profession to take the place of older members, retiring or passing on.

In another State, much the same thing happened as the basic science laws became operative. Graduates were deliberately failed.

Actually there are only two or three Naturopathic schools in the entire world, which afford a reasonably sound basic Naturopathic education. I believe, India offers better fundamental training, as in the study groups and seminars of Lakshman Sarma and Swaminathan, than is to be found anywhere else. May this far reaching effort continue until it becomes emulated in every country in the world.

The precarious situation which I have just described with respect to our training school for young Naturopaths has been developing during the past four decades, especially the latter three decades, and with no effort other than my proposal for supplemental training to counteract same.

Most school men have fallen in line and have supplied that basic science demand while sacrificing the basic principles of Naturopathy to do so. Economically they have had to, or go out of business.

SUPPLEMENTARY STUDY A RARITY

Only the rarest type of sincere individuals the young man or woman of sterling character, and profound determination to know the truth, will voluntarily agree to take another two years to learn the principles, theory and practice of basic Naturopathy after once graduating from an accredited Naturopathic school empowered by the State to issue a doctorate in Naturopathy upon completion of the required number of hours, (though the actual hours in Naturopathic theory and practice are infinitesimal). But these are very rare. I have personally counselled those who have sought my guidance to take the time to saturate themselves with the teaching of the master pioneer for two years before matriculation at a school, so as not to miss this work so essential to successful Naturopathic knowledge and practice. In these men of old there is the spirit as well as the true philosophy and practice of our profession. Their concept of the significance of the spiritual values working in and through Nature, along with their practical observations are sadly needed today. Many other young men and women have been lost to the profession, because they have not been counselled or being counselled have not grasped the significance of the additional study, and have become out and out pseudoists aping the medical practitioner both in practice and belief.

Is it conceivable that the average person who has never heard of basic Naturopathic work, should push much of his previous schooling for a doctorate in Naturopathy aside, and take on basic Naturopathic

training? Graduates of the recognized schools have after all complied with the law. Can the average graduate be expected to do more?

Or can anyone conceive of an individual who may have been a very good shoemaker, a baker, a bus operator, or general utility man or a farmer, and who decided to become a Naturopath via correspondence, and who practised after a fashion among and upon his neighbors, and who, when the State set up a licensing board, suddenly became a doctor overnight with a license by reason of the Grandfather Clause, to practise with what he knew not, on his fellow creatures to restore health of which he knew less, to seek to properly prepare himself for admission to a Naturopathic school, graduate therefrom to satisfy himself, when he already has a license; or what is more important to begin his basic training, about which we are so deeply concerned if the profession of Naturopathy is to progress?

Yet, there are many of such legally qualified Naturopaths, plying their profession in States which legalized Naturopathy. Naturopathy. Yes, men and women who know less than nothing about the therapy and practice which they are legally licensed to practise. Unfortunately, it is of this ilk which dominates the profession today. We are convinced that it is these who have dominated any unification effort of the splinter groups in the past, and also these who have been responsible for the loss of licensure in States where a law was on the books, and are also responsible for the general chaos in the profession at large.

The fault lies not so much with the practitioners and the machinery which gave them recognition, as with the system, both legislative and educational, which forced them to be unqualified, but this does not alter the situation.

THE BASIC SCIENCE SYSTEM OF PERVERSION, THOSE WHO SUFFER

I would repeat that the system of basic requirements by state health boards, was cleverly instituted by orthodox medicine as an effective means of eliminating the Naturopaths

It was not enough that our men and women qualified for admission to the old Naturopathic schools which taught the basic Naturopathic work. We should have long since concentrated all efforts upon education of the masses, as was done by Dr. Lust years ago, and as has been done in India through study groups and seminars during the past twenty or more years.

In the minds of far too many of the Naturopaths within the past thirty years in America, the urge for legislation and licensure has exceeded the desire to educate the general public in the principles of natural living, and also the desire to assure the basic education of prospective Naturopathic doctors.

Laws were put through in a number of States to the consternation of organized medicine. But organized medicine countered with the basic science laws with their rigid requirements, believing that boys and girls who had trained for a doctorate in Naturopathy, could not meet them, or pass them, and fully aware that they would thereby waste the student's time and discourage him, not to mention diverting the thought trend of the student away from Nature Cure and toward medical theory, and the trick has worked all too well, even to their own amazement, for by the time the students graduate they are more medically minded than Naturopathically minded.

The prospective student for an N. D. degree naturally is concerned about getting a license. That is uppermost in his mind. So it has been ever since licensure

sing. He was not aware that the requirements for passing the basic science board (much of it not science at all, and with no bearing on Naturopathic work), and not needed by him, would steal away time and thought power, which should have been used in the study of basic Naturopathic principles, theory and practice, and what is more filch from him his concept of the spiritual significance of Nature Cure and the Natural Life.

The Naturopathic profession has suffered a setback of many years because of the deterioration in service occasioned by the poor training of the graduates who have been released from the schools to prey upon the public.

The public has suffered most by this unholy scheme of organized medicine with which Naturapathic schools during the past twenty years have foolishly and perhaps innocently at first, cooperated, and thereby they have conspired to narrow the health field down to one school of healing; namely: the orthodox allopathic medical, and the pseudo-allopathic, which policy was so strenuously denounced by that great liberal, Benjamin Rush, M.D., one of the signers of the Declaration of Independence, when he said:

"To restrict the art of healing to one school is un-American, and despotic. It will constitute the bastille of Medical Science."

Until the past two and one-half decades, however, the public did not suffer greatly as the Naturopaths had not yet considered the use of drugs, and anti-biotics, or begun to use them in their practice, as Naturopathic schools were much better and laws accompanied by basic science provisions were unknown.

The modern Naturopathic practitioner in so many instances has suffered least of all, for often he has practised more or less in ignorance of the existence of

basic Naturopathic principles, and therefore, he could have no compunctions about his mal-practice of Naturopathy. It is such who dominate the Naturopathic field in America today.

OPPOSITION TO NATUROPATHIC MAL-PRACTICE CRUSHED!

The first outstanding departure was auto-therapy, a vicious system of self-poisoning, though homeopathic remedies preceded it; then followed injections and inoculations of one kind or another, and then drugs, sulfa and what not, and now penicillin, aureomycin, and a host of other anti-biotics, which came with the Narcotic Clause in the statute permitting the use of the hypodermic needle, not to mention the highly dangerous synthetic minerals and vitamins.

The situation became so bad several years ago that this speaker called attention to it in several articles for the Herald of Health and Naturopath but the editor, who had become sole owner and publisher of THE NATUROPATH, nine months after Dr. Lust's passing, refused to publish them to avoid offending advertisers, even at the expense of sacrificing our basic principles and philosophy.

Yet, the hue and cry of the various splinter groups continued to emphasize, 'the power of numbers' 'in numbers there is strength', apparently irrespective of the principles. This cry waxed strong for a period, and then waned, until today one seldom hears it.

The parent American Naturopathic Association has always stood against such action, and always will.

A BASIC PLATFORM OF NATUROPATHY IS BORN

Since 1942 we have been welding and campaigning for a sound platform and finally at the Golden Jubilee Congress on July 29th. 1947, attended by several

Naturopaths from India, the Platform Committee succeeded in completing it, though some items were sacrificed through strong opposition of a small coterie acting under the influence of one of our own group.

As a courtesy it is possible he may have been invited to sit in by the late Dr. Jacob Howard Miller, the Chairman of the Committee. Others on the legally constituted Committee were: Dr. Wm. H. Baum, New York; Dr. Charles Vaughan, South Carolina, and Dr. Anne S. Bergholz, Milwaukee, Wisconsin.

THE PLATFORM OF THE AMERICAN NATUROPATHIC ASSOCIATION, INC.

The Platform as read by Dr. Anne S. Bergholz, Secretary of the Platform Committee, to the House of Delegates and accepted by it on Friday, August 1st, 1947, at the Golden Jubilee Congress, I now have the pleasure of repeating for our friends of India:

"We believe that the living body under normal, natural conditions is a self-sustaining organism.

"Secondly, that the theory of health and disease is based on Nature itself.

"That the body is governed by definite natural laws with regard to the functioning of the physical, chemical, biological, and physiological phases.

"That ill-health is, therefore, a result of a departure from healthful living out of harmony with Nature's laws.

"That to the degree that man departs from these natural health-restoring, and health-sustaining forces, ignorantly or intentionally, to that degree he pays the penalty in ill-health.

"That Naturopathy as a philosophy, art and science, recognizes the body's inherent processes of healing, and acts in no way to suppress, antagonize

or hinder these vital life forces, but rather to arouse, assist and cooperate with them for a restoration to the normal.

"That to this end Naturopathy proceeds as follows: It makes use of the healing properties of such natural agencies as air, sunshine, water, light, heat, electricity, body manipulation, rest, natural, vital foods organic vitamins, minerals, herbs, in conjunction with the cleansing and eliminating processes and principles of other physical and mental culture.

"Naturopathy does not make use of inorganic vitamins and minerals, drugs, narcotics, surgery, serums, vaccines, anti-toxins, toxoid injections or inoculations.

"Naturopathy also provides for the prevention of disease and the preservation of health by teaching the basic fundamental laws of Natural Living and their application in daily life."

In good faith, we proceeded to make arrangements for Unification, which were aborted by reason of the diversionary efforts referred to by one of our officers, which is an Association matter of no interest here except that it was the reason why we could not proceed to unite in one group, on the Platform adopted.

Our stand which has always been against unifying on the basis of "numbers only", has been commended by a number of stalwarts in all of the various groups, and we have been refreshed to have these brave souls tell us that unity with splinter groups, dominated as they were by pseudo Naturopaths, could mean only one thing, the death of organized Naturopathy and the American Naturopathic Association, and at the same time deliver a most serious blow to the basic principles

of Naturopathy. It is from among such courageous ones in all groups that a better American Naturopathic Association, can rise, if they will act.

Our patience and perseverance has been strained to the limit. We have done everything under heaven to effect Unification of the genuine Naturopathic forces of all groups.

We have been opposed at every turn by the power of wealth combined with prejudice and a drive for an organization dominated by the many unqualified to swell the ranks. We are confident the confusion which exists is due to people who do not comprehend basic principles, or if they do, they have blinded themselves to the need for the re-assertion of these principles, and are willing to sacrifice them for numbers in membership, and the power they hope to achieve.

NATUROPATHS IN AMERICA HAVE REACHED THE DEPTHS PROFESSIONALLY AS INDIVIDUALS AND ALSO ORGANIZATIONALLY

We deplore the depths to which organized Naturopathy in America, has sunk. We call for a turn about face before it is too late. The profession can rise from the depths. We appeal to the genuine of all groups in America to avoid further confusion, which can in the end bring only disrepute to our noble profession, which is now stigned in the mire of pseudoism and compromise. We appeal for a return to genuine Naturopathy a return to basic principles. Yes. A Return To Nature if you please!

Failure of young men and women to obtain training and preparation in the basic tenets, of Naturopathy, in accredited schools it follows that the fundamental principles of vital action and its proper interpre-

tation; the vital economy of the body and its understanding; and the inviolate sacredness of the blood stream are practically unknown by either the students or graduates. Consequently the latter enters upon the practice of Naturopaty accepting the germ theory of disease causation based on the long since disproved Metchnikoffian and Pasteurian findings, on which rests the present practice of Allopathic medicine; and accepts without much question the vaccination against smallpox; and polio, and pertussis, B C G against tuberculosis, the Pasteurization of milk, the degermination of grains and a host of other procedures rejected by true Naturopaths who have had sound and adequate preparation.

CAN WE RISE? WILL WE ACCEPT THE CHALLENGE?

The various splinter groups of America, have been dominated by pseudo medics, who have spread their vicious foolishness and venom throughout the membership of these groups in the hope of enveloping all. The result has been the loss of licensure in one state after the other. We appeal to the ones who still have reason left to turn their backs on pseudoism and once more embrace basic Naturopathy, to qualify themselves as Naturopathic practitioners, as well as members of our representative organization

All Naturopaths worthy of the name must refuse to support the unholy efforts of the officers and trustees of any organization which tolerates compromise with medicine. We must have nothing to do with the Naturopath who insists upon using, or the organization which tolerates the use of the word "medicine" with that of "Naturopathy," if we are to reestablish the profession.

(To be continued)

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Reviews :

**Paramahamsa Yogananda
 In Memoriam**

Paramahamsa Yogananda was an Indian Yogi, who underwent training in the practice of what is known as Raja Yoga to which was added, as the dynamic element, the Yoga of Devotion also. One of his books, ‘Whispers from Eternity,’ was reviewed in the January issue. The book now under review is a narrative of the Paramahamsa's Mahasamadhi, or Videha-Mukti, whereby the Spirit ceases to ensoul the body. From this account we learn that the Master—who has founded a great many centers of Yoga, styled Self-Realisation Fellowships both in America and in this country—was aware beforehand of the event and gave some hints of it to his disciples, which were not understood at the time. This dissociation from the physical body took place quite peacefully. It is also reported that after the event the body remained unchanged, without any of the symptoms of decay, and an attestation of this peculiarity by the Director of the Forest Lawn Memorial-Park to whom the body was entrusted for embalming, so that the fact may be authenticated. This is one of the signs of the perfection of Yoga. The disciples understand that their Master's spiritual essence survives and sustains them still. We are happy to note that the succession of saints and sages, which began with Sri Ramakrishna Paramahamsa of Dakshineshvar, is still continuing for the salvation of the human kind, free from

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The Life Natural

VOL. XVI

MARCH 1959

NO. 7

The Nature-Cure Movement and Its Future

It is unfortunately true that most people consider consulting the nature-curist only after the conventional methods of 'treatments' have failed over a long period of years and/or when they are threatened with (what is generally told to them as) the only "alternative" left through surgical intervention. Even when faced with the latter "alternative", the patient and his relatives are told of "the great strides made by modern surgery" and they are "assured" that the "operation" would be a relatively simple and minor affair. Yet, there are thousands and thousands that are still afraid of the surgical knife; hence it is that I included the latter category of people among those that resort to the nature-curist.

The reason why people, almost frustrated with the results of the previous treatments by "qualified" practitioners, seek the Nature-curist at a late stage is just because of the great superstition spread and nurtured by vested interests and weakly accepted by the great majority of the lay public, that Nature-Cure is

not scientific. Persons who had been reading '*The Life Natural*' regularly could see through the fallacy very easily. I would request those that have recently taken to the study of Natural Hygiene to study the subject thoroughly, so that they could fully understand the soundness of the theory of the Science that they have chosen to adopt in their daily life, not only till they overcome a particular condition, but even thereafter, *in order to stay cured all through life*.

There are quite a number of patients who consult someone who does not himself have a full grasp of the theory and practice of Nature-Cure; when the patients follow the programme "chalked out" by such a half-baked nature-curist (it is again unfortunate that we have numerous such persons in our country), many of the patients feel disappointed and develop a sense of hostility to the movement itself.

The reason why the Nature-Cure movement is not yet very much developed in our country is *not* because of the lack of people to guide the movement. There is apparently no joint effort made by them to work for the advancement of the Cause. Each one, except in the case of a few individuals of high eminence, is seeking to establish an all-India organisation more for the purpose of conferring degrees on others. The few all-India (?) organisations that exist are already showing signs of decay as did the all-India (!) organisations that have died

before them. There are groups and factions within them, each one of these groups or factions consists of professionals; the added pity is that quite a good number of them do not have a full grasp of the principles of Nature Cure, which is indispensable; indeed, some sneer at theoretical knowledge.

A great responsibility rests on the followers of Natural Hygiene (who are non-professionals) to purge the movement of these undesirable factions and see that the movement takes the right turn. As has been stressed in the columns of this journal, the knowledge of health-culture that is propounded by Natural Hygiene has got to be spread among the people. The current superstitions that hold the field of health have to be rooted out lock, stock and barrel. This can be done only by a full-scale propaganda on the right lines, to educate people on the basic principles of Natural Hygiene. Once the people are convinced that Natural Hygiene can be practised in daily life and that it would benefit them greatly by enabling them to live a fuller life, with full physical and mental health, the movement would become strong. The drug-dispensers and the pill-producers would not then be able to influence public opinion as they are doing now, to sell their own products. Those with a purely professional interest in Nature-Cure cannot then act in the way they are doing now.

It is only when such an educational programme for the spread of the Natural Hygiene

is undertaken by quite a number of people on organised lines, will it be possible to expect the mass of mankind to avoid the different symptom-cum-0 'pathies even at the earlier stages; the incidence of chronic disease can be brought down, or perhaps even eliminated, only by such an organised health-education programme. Will those interested in the real onward progress of the Nature Cure movement give a thought to this?

S. Swaminathan

The Truth Put Plainly But Bluntly

Some persons, who are inclined to the use of hard epithets, have called the drug-system "The Art of Killing". As we have nothing to do with the moral aspect of the question, we prefer the more classified term "Science of Nonsense". It is nonsense, in one sense; for there is no sense in it. It is nonsense systematized. It is a series of nonsensical vagaries reduced to fixed principles of palpable absurdity. The art of doctoring folks with all sorts of drugs, and every kind of destructive, has been called "the sense of medicine", and allopathic medical journals are constantly teeming with new discoveries and great improvements in "the healing art", nine-tenths of which amount to nothing more nor less than some additional contrivance for getting a greater supply of drug-poisons into the human system.

Dr. R. T. Trall, M. D.

Merchants of Disease

The famous scientist, T. H. Huxley, familiar to college students at one time as the author of a textbook of physiology, was also the author of another book on the same subject, but jointly with another, Yousmans, in which the following passages occur :

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

From this it will appear that among doctors there have been two trends, one towards reliance on Nature's Sanitary Influence, and another relying upon methods which these authors describe as quackery. And the practitioners of the former quality are described as enlightened. But it appears that, due to the growing power of the drug, vaccine and serum manufacturing businesses, the former class has dwindled, while the latter have become dominant, due to their capture of political power. It is these latter that have been the cause of compulsory vaccination and other governmental interferences in family life.

It is plain that the aim of these authors of the book on Physiology has not been fulfilled, chiefly because a detailed study of physiology, comprising the minute and confusing mass of anatomical information has not become popular. At the same time there has been the inertia of the average man, which made him refuse to take upon himself the responsibility for his own health and longevity.

It is true that a general knowledge of physiology tends to educate the more active minds to realise the grave consequences of tampering with the delicate and subtle mechanisms of health-maintenance, which Mother Nature has designed and perfected through millions of years. But textbooks written on the visible part of this machinery, leaving out the invisible, but all the same more important part, the spiritual, would be imperfect and this perhaps was one of the causes of the failure of this purpose.

Dr. Alexis Carrel has shown in his book, 'Man the Unknown' that ignorance of this invisible part of the subject has been the cause of the failure of medicine. This part has since been found in the sacred lore of our own country and incorporated in the theoretical portion of the P. N. C., in the chapter on Biology and those that follow it.

We know that even Ayurveda has become perverted and changed beyond all recognition, away from its original pattern. Deadly drugs, like mercury, lead, zinc, copper and gold, have been brought into use, allowing the hygienic modes of health recovery to be forgotten and lost. But the original foundation remains and can be traced even now in the books. Diseases are traced to their true cause, indulgence in wrong ways in eating etc. This, in course of time, leads to the accumulation of filthy matter, also called

foreign matter, and the remedy consists in fasting, better breathing and so on.

By the contemplation of the cosmological teaching in the ancient lore we have arrived at the knowledge of the Fivefold Food-Medicine, of which Fasting and Diet-Reform are the two chief branches, with Pranayama—the Air-Cure—the Use of Sunlight, and baths. This gives us a complete system of Health-Recovery by Return To Nature.

Chronic diseases, which are medically incurable, like Asthma, Chronic Constipation, Dyspepsia, Diabetes, Neurasthenia, Rheumatism, Tuberculosis, so-called syphilis and so on are amenable to this revived Ayurveda, as will be seen from the examples given in 'Practical Nature-Cure.'

These recoveries have been possible because we now have a sufficient knowledge of the secrets of the Order of Nature whereof the two most important are Vital Economy and adherence to a highly Positive Diet.

First and foremost, it must be recognised that chronic diseases are the product of a slow and steady growth over many decades during which the doctors have done their worst to disorganise and reduce to inaction Nature's Sanitary Influence referred to by the authors quoted in the beginning. Hence the recovery of health will take, not weeks or months, but years, and the patient and his guide must be prepared for a long-drawn out course of the New Mode of Life until the root-causes of the disease are eliminated, and the patient is re-established in Natural Health. Then and then only is the evil wrought by these Merchants of Disease is completely annihilated, so that thereafter he STAYS CURED.

Every reader of the P. N. C. will see that what is said above is true.

Filth—Medication In Our Country

There is some little evidence to suggest that for a limited time inoculation of smallpox was in vogue in our country. But there is no suggestion by anybody that it was enforced by law on the people, or any portion of it. There is a vague rumour that this inoculation was or even is being undergone by pilgrims who go to worship in the shrines of the goddess, *Sitala*. We have never heard of it. But it was stated, at an Ayurvedic Conference held in the city of Madura, that in the books of Ayurveda there is a clear *prohibition* of the use of products of disease as remedies. This gives a hint that if at any time there was in vogue any form of inoculation against smallpox, it must have been condemned by the leading practitioners of Ayurveda at that time, and that is consistent with the fact that at bottom Ayurveda is hygienic, since it teaches categorically that diseases are brought about by the presence of foreign matter in the body, which itself was due to self-indulgence in unhygienic eating and other evil habits. This prohibition of disease-products is an important principle of Ayurveda.

It was also reported by Megasthenes that at that time—during the reign of Chandragupta—sick people were not given medicine for at least a week, only their diet was so adjusted as to allow a natural cure to come about.

The foreign system that has been established as the State System of Medicine is for this reason alone worthy of severe condemnation, showing as it does that its professors are men of Tamasic character.

SOIL FERTILITY

By L. Ramachandra Sarma, M. Sc.,
Principal, S. D. College, Palwal, E. Punjab.

Soil fertility may be defined as that quality of the soil which stimulates the rebirth of life in constant and regular repetition, that quality which enables the earth to renew its green carpet year after year. It is the top layer of the earth's crust that constitute the most important reserve of natural fertility. These few precious inches of the top soil contain within them vast, almost inexhaustible, stores of original material from which life on this planet is derived.

All life, both plant and animal, derives its sustenance, either directly or indirectly, from the soil. The bodies of all plants and animals, big or small are made up of materials derived from the earth. This is a process of exploitation, which has been going on without interruption ever since life began on this globe, and it is but natural that this continuous exploitation of the earth's reserves should result in the depletion of soil fertility.

But under natural conditions, the fertility of the soil seems to be inexhaustible. This is the natural inference which we draw from the extra-ordinary stability of the earth's green carpet, which has continued unchanged for millions of years. This stability has been achieved in Nature by an elaborate mechanism which includes :—

1. Continuous, uninterrupted restoration of the materials that are taken out of the earth ;
2. Maintenance of a continuous flow of materials from the sub soil to the top-soil, and from the parent rock to the sub soil ;

3. Anchoring the top soil firmly to its place.

There is no such thing as waste in the order of Nature. Animal refuse, decaying plants, dead bodies of animals—everything is returned to the soil in an effort to replace the substances which the animal or the plant had taken out of the earth during the course of its life. When a plant or an animal dies, it does not cease to take its place in the natural cycle, which goes on every where and at all times. The moment of death gives the signal for the onset of a series of changes in the making up of its body, leading gradually and by stages to the breakdown of intricate structures into simpler and simpler ones—through various forms of invertibrates to fungoid or bacterial existence and thence again through many intermediate phases to the final mineralised or inorganic stage. From this lowest stage of the cycle of life, the ascent starts once again via the sap of the plant.

The oldest practice of mankind appears to be an instinctive imitation of this natural process. Just as Nature renews the fertility of the soil by returning to it all her wastes, so too it is universal among all races of mankind to feed the soil with the waste products of animal existence, namely dung and urine. But the majority of the nations have been doing it in a rather crude way. They just allow the refuse to accumulate and when it has matured a little, they either dig it in or spread it over the lands. But the Chinese have adopted a more improved and therefore more profitable method. They mix the animal waste with some earth and abundant vegetable matter and allow the whole mass to decay and breakdown until the final stage is reached, when the plant can make use of the manure directly. The process is called *composting* and the end-product that is obtained after the final breakdown is known as humus. The plant cannot make use of organic material directly.

Animals get their nourishment from the crops. get it in turn from the top soil. When the plant or the animal dies, decay sets in and the final products of this decay go to enrich the top soil, and thus facilitate the renewal of the earth's green carpet. This again is no hand-to-mouth process. It goes on everywhere and all the time, and at any one time the amount of material that is undergoing transformation after being returned to the soil is immense. The top soil thus contains within itself huge reserves of fertility.

The top soil is therefore very precious and Nature has been making use of a highly complicated mechanism for retaining this layer in its place. The danger of its being lost, are however real. It may get loose due to the effect of scorching sun and then be swept away by the winds; it may be washed away by the rains. This is called erosion, and is to-day a serious problem confronting most of the civilised nations of the world, including our own.

The effects of erosion are said to be worst in countries of climatic extremes. The damage here is rapid and apparently irreparable. Where there was once a fertile landscape, the country takes on a bare and hopeless look. "Stretches of sand lie everywhere and rise in clouds of dust with the pitiless wind or are washed down into dangerous sand banks by ill-regulated and torrential streams; the rich vegetation fails to appear; a few hardy species struggle on; gradually even these vanish. Invasion by the desert has begun."

According to C. V. Jacks and R. O. Whyte (Technical Communication 36 of the Imperial Bureau of soil Science, Harpenden, England (1938), erosion is a problem of growing gravity in certain parts of Madras, Bombay, Deccan, the United Provinces,

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Chota Nagpur, and northern Bengal and Assam. The chief immediate causes of its increase are the uncontrolled destruction of forests, overgrazing and cultivation upon untterraced slopes.

It is however curious to note that this problem is essentially the result of man's interference with the order of nature. Before the commencement of agriculture the problem was not there. That does not mean that there should be no more agricultural operations. But it is worth studying how Nature is tackling this problem. Indeed all our methods of combating erosion are but humble imitations of the ones which Nature Herself adopts.

Nature succeeds in fixing this top soil to its place, without running any serious risk of destruction, by the simple, but remarkably effective method of keeping the surface covered with some kind of vegetation or other. She has a marvelous way of adapting the vegetable to the character of the soil, and climatic and other conditions. And this principle of adaptation is supplemented by another great principle—principle of mixed existence. In what appears to be a uniform patch of meadow grass there are dozens of different species, jostling and so to say, fighting each other. As the season changes, new varieties make their appearance. Herbage, bush, creeper, tree, moss, lichen and fungus, intermingling their manifold lives, strive simultaneously for their share of light and nourishment.

The principle of mixed existence goes deeper still. Indeed there is no separate vegetable and animal existences; these two kingdoms really constitute one kingdom. This dwelling together of the animal and the vegetable, this intimate gearing together of the

plant and the animal, forms the very basis of our continued physical health and prosperity. It is unheard of in the Natural order of things to attempt any type of vegetable growth without the enrichment supplied by the animal population. Both the excreta of the animal when living and also its dead body when it is no longer alive are absolutely essential for the continuation of vegetable growth.

The feeding of the soil with *organic* waste is of tremendous importance. Firstly it supplies the soil with *humus*, which enriches the soil, lightens it and enables it to retain moisture. Secondly it stimulates the growth of the useful creatures and of the microbial population.

To this microbial population is assigned the work of breaking down the remains of plants and animals. They are also capable of attacking materials which are toxic to plant life. Acting on organic wastes, the microbes produce a sticky material which holds the fine particles of the soil together and this cementing action of the glue produced by the microbes helps effectively to overcome the menace of wind erosion. A certain species of microbes fix up the free nitrogen of the atmosphere and thus augment the nitrogen of the soil. (The supply of nitrogen to the soil in the form of artificial fertilisers effectively checks the growth of this particular species of bacteria.) The soil microbes are thus essentially a population of silent workers capable of multiplying themselves rapidly whenever there is work to be done. They are themselves liable to decomposition and constitute in themselves a considerable reserve of plant food.

The forest stands out as a unique example of the working of all these laws enumerated above. Besides being the home of a vast and varied animal and

vegetable life, it is composed in the first place of one of the most marvelous creations known to us, namely, trees.

In the first place the trees anchor the soil. While the roots prevent the soil from slipping out of its place, the rich and abundant foliage constitutes a canopy protecting it from the effects of the sun and wind and also breaks up the rain into fine and gentle spray. The result is that the top layer is not only fixed to its place, but remains absolutely undisturbed, so much so it is always light, loose and perfectly aerated.

The roots of almost all trees go deep down into the earth, some roots going below the sub-soil and penetrating the parent rock. In this way the trees "provide the mechanism required to bring the various soil strata into relation with each other. They provide innumerable channels down which the rain creep. As they decay, they leave positive vents which draw in the atmosphere: aeration follows drainage. It is the combined effect of the passage of water and air which starts the life of the soil. Without these two elements that life would soon die down; the weathering and leaching processes would cease; the sub-soil would be unable to form, as it now does, ever-fresh layers of top-soil; it would not itself be constituted from the parent rock. The results would be disastrous. There would be completely static conditions."

The supply of mineral matter needed for the proper growth of the plant, and eventually for proper animal growth, are banked in the sub-soil. This store of minerals is sucked by the roots of trees, which go deep down. Thus nourished, the tree grows putting forth a rich and abundant foliage. In course of time the trees shed their leaves, the leaves decay and the end products constitute humus which goes to enrich the

top-soil. In this process the tree has achieved something wonderful; it has transferred a part of the fertility of the sub-soil to the top soil. The materials which have been transferred to the top soil in this manner will be utilised by the plants whose roots do not go down deep.

It is quite inevitable that our agricultural operations should upset this natural order. We cannot but cut down the forest; we have to select our crops; we cannot mix up dozens of them as Nature does; in our attempt to kill the pests we also kill the useful animals; we appropriate to ourselves the major portion of the seeds and in doing so withdraw from the soil a considerable amount of stored energy and substance. All this is inevitable and absolutely necessary for our existence. But at the same time, we should appreciate the disastrous consequences which are bound to follow such unrestrained interference with the order of Nature and we should try as far as possible to make adequate compensations for the harm which we are doing.

The present campaign for growing more trees initiated by our ex-Minister for Food and Agriculture Sri K. M. Munshi is bound to achieve wonderful results if the Government and the people of India take it up in all seriousness. There is no other method which can achieve at the same time all these three advantages :-

1. Augmentation of our food supply;
2. Restoration of soil fertility;
3. Prevention of erosion by wind and water.

In India we have all along been exploiting the soil without any attempt to return to the soil what is continually being taken out of it. The result is that

the Indian soil had long ago reached the state of maximum impoverishment. Our soil is perhaps the poorest in the world and hence our yields compare very unfavourably with that in other countries. And what is worse, as yet no serious attempt has been made to check this progressive deterioration

Growing more trees and the country-wide adoption of the practice of compost-making are the surest, easiest and also the quickest ways of remedying the situation.

Much has been said about the need for enriching our soils by means of artificial fertilisers. Whether it is good in the long run to depend on artificial fertilisers is open to question. There are some eminent scientists like Sir Albert Howard who maintain that it is not. But this fact is indisputable. Artificial manure can never take the place of humus. It may supplement the latter to some extent, but it is not a substitute to it. By supplying the soil with humus we not only replace the minerals that have been taken out of it, but we also prepare the soil for cultivation. Humus, as we have already noted, helps to take the soil light, loose and capable of retaining moisture and what is more important, it stimulates the growth of the microbial population and that of other useful creatures like the lowly earth worm, and this stimulation is absolutely necessary for successful farming.

The Stimulant Robs You!

"It is indeed rather difficult to understand how people who take tea or coffee with every meal can ever absorb iron from their food at all," observes a doctor writing to *The Lancet* (December 7, 1957)

Metamorphosis Of A Meat-Eating Millionaire Into A Saltless Sattvic Food Loving Naturopath

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

Truth is stranger than fiction. In these days, when some vegetarians, by birth and age-long tradition, are turning non-vegetarians overnight, in the fond hope of gaining *Herculean* strength, surely a gentleman on the wrong side of forty, having partaken of choice non-vegetarian dishes, highly seasoned and appetising ever since he tasted food in his very first year, (not from cheap leaf or base metal plates, but from gold and silver plates), should turn to strict sattvic food, eschewing even salt, is, in my opinion, nothing short of a miracle of the highest degree.

Such a transformation must be called *Metamorphosis*, from the following account.

Born in a small village, with little or no educational facilities, and having been, all along, a cultivating land-lord, he, like similar very well-to-do persons of his status, adored modern civilisation. He equipped his home with modern furniture, cushioned sofas, swinging spring cots, with 'dunlopillo' beds. Modern crockery adorned his dining room. Moderation in eating and highly seasoned appetising dishes never go together, more especially when people believe (as the majority always do) that strength and consequently health too, comes only from eating to one's heart's content. Doctors also encourage this habit of eating to one's satisfaction.

As a result of such eating habits the subject of our story did suffer rheumatism, indigestion and insufficient elimination, sure consequences of overeating

and eating rich foods. Services of doctors (Allopathic, Ayurvedic, Unani, and Homoeopathic), were always availed of, with little or no effect, as most of these doctors nowadays do not insist on fasting, the more so, as some of these, though they might have honestly believed in the good effects of fasting, might not have liked to displease a fat patient, (fat, both literally and metaphorically).

In course of time, our friend, naturally, developed a fat paunch, the natural and necessary consequence of over-eating. Hiccoughs, also, frequently troubled him. The slightest exertion would tire him. So, all these years, he must have felt ill at ease.

Accidentally he happened to read some books relating to nature cure and allied subjects. As the impulse for living a healthy life was there, the contents of these books, instead of being felt repulsive, went home to him, with the result that he immediately put the same into practice. It was his good fortune, he being a close associate of wrestlers, weight lifters, and Directors of Nature-Cure sanitariums. Their austere habits and their advice must have had their own effect upon his ways of living.

His usual habit of wearing closely fitting Kurta and pants gave place to his wearing the 'Enchanted Shirt' of the famous poem. The enchanted shirt of the ever naked shepherd, recommended to an ailing Caliph, not only saved the life of the Caliph, but also that of the Doctor, who recommended its use; for every doctor who preceded him was beheaded for his inability to cure the great Caliph. His costly long coats, pants and other valuable clothes, were distributed to the poor; and he took to some pairs of dhoties (wearing cloths for the lower part of the body), and upper cloths for covering the upper part of the body,

in the traditional Indian way. He now delights in always bathing his chest in plenty of air, light, and mild sun-light which is a 'Must' for real good health.

His present daily routine may be briefly given here:—

Rising from bed (not a bed now, but from a *hard and spacious* bench on which an ordinary cloth is spread) at 4 A. M. he finishes his morning ablutions, walks two miles, practises 18 Yoga-asanas, including 'Sarvanga' and Sirsha Asana (The shoulder-stand pose and the TOPSY-TURVY Pose, respectively), applies oil to the whole body, and then takes a plunge-bath, in a flowing canal. He then sits for his morning prayers at 7-30 A. M. and takes his breakfast of Graham bread and conservatively cooked vegetables at 9 A. M., and rests till 10 A.M. and would be reading books till 3-30 P.M. Garden work comes next. At 4-30 P.M. he practises Yoga Asanas again; and he again applies oil to the body and takes a plunge bath a second time. After finishing his evening meal consisting of fruits, he goes to bed, precisely at 8 P.M. to get up again at 4 A.M. next morning.

How strong should his will be, and what control he should have had on his sense organs—particularly taste, which is called the most unconquerable of all senses—to go through the above Gandhian routine, especially for one accustomed to a life of luxury, with access to all modern amenities of life.

In his little village, in his spacious Coconut Garden, he held recently a grand Exhibition of feats of strength, Yoga Asanas, wonderful feats in controlling even the smallest muscles of the body, and the like; men with All-India fame were invited.

Professor Kamineni Iswara Rao could lift discs weighing 360 lbs., and exhibited wonderful control over even the smallest muscles of his body. Messrs. K. Rangadas Chowdary, Kodali Achutarow and the subject of our narrative, novice as he is, in the field, exhibited Yoga Asanas, showing the several steps, leading to the final pose, in each case.

Sri Sathi Sattiraju (that is the name of our forty two year old friend) a recent convert, from all *pathies* to *naturopathy*, could, with his little practice, maintained both Sarvanga and Sirsha Asanas in perfect *equilibrium*, which ext.acted the applause of the two thousand people gathered in the garden, from all strata, of villagers and townsmen.

One noteworthy feature in our fortytwo-year *young friend* (I must say) is that he reduced his weight by 48 lbs. in a period of only two months, which clearly proves the irreducible limit to which he could reduce his daily rations. He appeared very energetic, as he kept standing for four to five hours, for which the exhibition lasted.

The weight lifters, Yoga-asana experts, who are adepts in muscle controlling feats also, were all rewarded after the exhibition.

Does not the above narrative clearly prove, that wheat diet, coupled with conservatively cooked greens, is a great reducing diet? It is an *agreeable irony* that energy increased inversely with the reduction in weight, a *scientific fact*, not known to very many educated persons even.* This is the secret of the Principle of *Vital Economy* discovered and so *ably* discussed, in his *Practical Nature Cure*, by the talented Editor of this journal.

* We read that Upton Sinclair also became stronger by reducing his food intake to half.

What do non-vegetarian friends, who equate a meatless day to a day of fasting say to this *exuberance of spirits and energy* in a typical meat-eating gentleman, after he became a convert to *Gandhian* diet? And that in the space of less than three months?

Is not the proposition 'Truth is stranger than fiction' proved to the hilt by the above account?

Persons interested in this wonderful gentleman's change from the life of a prince, to that of a peasant, may write to his address (Sri Sathi Sattiraju Garu, President, Panchayat Board, Vedurupaka Savaram, Via-Pandalapaka Post (E. Godavari Dt), for futher details of his life.

He made more than one hundred and fifty chain-smokers give up smoking all at once, and took a vow, from many more that they would give up meat-eating for the rest of their lives. He converted a village, full of party politics and petty quarrels, into a *peace loving Village* ever ready to follow the advice given by him, as their leader, almost an impossible feat in the present time, when people have grown too self-conscious, and self-important.

He hopes to open a *Nature Cure Hospital*, in his village in the near future, wean his co-villagers from doctors and drugs, and teach them how they could profitably utilise the amount thus saved on health-giving fruits and green vegetables.

Surely he is creating an ideal village, the dream of Mahatma Gandhiji, who was for a *Nature Cure Clinic* for every village, being *the cheapest and the most non-violent system of healing*. Is all this not a change from '*Darkness to Light*' as this ideal naturopath is fond of saying?

HOW TO TREAT PILES

S. Swaminathan, F. I. I. N. T.,
No. 1, Shivaji Place, New Delhi—1.

The causes underlying varicosity of the veins were explained in the course of an earlier article, (May, 1956) When the veins of the rectum become swollen and varicose, the condition is known as haemorrhoids (piles)

It is a mistake to regard this condition as a purely local disturbance and to resort to symptomatic treatments therefor. Injections, and not unoften surgical interventions, are recommended by the medicos, but the sufferers know it to their cost that these do not effect any radical cure. Any immediate relief that may be felt is offset by the re-appearance of the painful condition later.

The main causative factor is, as in every other disease condition, the persistent violation of the principles of Natural Hygiene. Regular ingestion of unhygienic foods and other dietetic errors, combined with a denial of the basic needs of living (e. g. fresh air, sunlight, relaxation, etc.) lessen the somatic awareness of the cells. In the earlier stages, Nature produces acute disease in an effort to cleanse the body of the accumulated filth, but this benign purpose is rarely understood. All kinds of symptomatic remedies are resorted to, without any thought of their lasting evil effects upon the human organism. Repeated mis-handling of acute disease (by the use of suppressive remedies) results in chronic ill-health, accompanied as it would ever be by persistent constipation.

Constipation of a chronic nature is the predisposing cause of piles. It would be worth while, at this stage, to recount briefly the causes of constipation.

This can conveniently be done under two heads, (i) dietetic errors, and (ii) drug-caused constipation.

DIETETIC ERRORS

Refined foods are a great menace to health. The increased use of such foods, imposed by civilization, is, no doubt, the predominant causative factor of constipation. There is no alternative but to live in civilisation; but we should be conscious of the health-destroying nature of certain habits and practices that pass under the name of civilised life. One can live in civilisation and yet be out of such health-destroying habits, by following the twin principles of Vital Economy and Positive Dieting. Such a hygienic follower will keep in direct contact with Nature, and enjoy a high level health, a state of physical and mental health wherein he will be able to express all his physical and mental faculties fully for the benefit of mankind.

Besides the consumption of refined (manufactured) foods, the common dietetic errors that are committed to-day are: hungerless eating, eating beyond the vital capacity, eating too often, eating fried foods, excessive consumption of protein-rich and fat-rich foods, white sugar and its products, wrong combinations, too little use of vegetables and fruit, hurried eating, failure to chew the foods properly, eating when emotionally upset, use of 'stimulants', etc. etc.* It will be worth while for everyone having sub-normal health to investigate the matter and find out for himself the dietetic errors which he may be so far (consciously or unconsciously) committing.

* The writer would in this connection invite the attention of interested readers to the series of informative articles on "Indigestion Its Cause & Cure" by Shri L. Ramachandra Sharma, in *The Life Natural*, Vol. VII.

DRUG-CAUSED CONSTIPATION

The atonic state of the bowels caused by the the dietetic errors is not set right, but made worse by drugs. Drugs such as anticholinergics, antispasmodics and hypotensive agents have a constipating effect. Stimulants and narcotics aggravate bowel atony. Some drugs produce restriction of bowel motility. The so-called antacids do not neutralize: they penalize the users in the long run. In short, the drugs, even when taken in the so-called 'therapeutic' doses, produce serious toxic effects, because they are taken persistently.

LAXATIVES AND PURGATIVES

Constipation is often sought to be remedied by pills, powders and purgatives. These irritate the colon and are harmful to the system in the long run. In the words of Mr. John B. Lust.

"Laxatives, oils, so-called liver pills, all of these are worthless in treating constipation. Constipation is not a disease of the colon or bowels, but rather of the digestive system. The root of constipation can be found in your refrigerator and on your stove, not in your body. Laxatives attempt to stimulate the peristaltic action (muscles which perform elimination) and induce bowel movements. Instead, they cause the peristalsis to become dependent upon such stimuli and what you then have is a crutch, not a cure. Furthermore, laxatives which are based upon high roughage content, without providing other mineral and vitamin value, will eventually cause grave damage to the stomach and bowels. Many ulcers and ruined digestive systems can be directly traced to heavy consumption of bran. Bran is but one part of the entire wheat-stalk. In its natural form, whole grains of wheat will stimulate the eliminatory system without irritating it. The remainder of the wheat product helps to protect us

against the bran which, taken alone, will eventually destroy your digestive and eliminatory system. Avoid bran preparations and similar concentrations of roughage."

THESE TOO ARE SYMPTOMATIC

Certain enthusiasts try to suggest a solution for removal of constipation the so-called yogic way. Jalakriya (drawing in water by the nostrils), Gajakriya (drinking plenty of water and forcibly vomiting it out immediately), etc. are suggested as remedies for keeping free from constipation. These too are symptomatic. They too affect the peristaltic motion of the digestive system.

RADICAL CURE OF CONSTIPATION

Any attempt to deal with constipation symptomatically is bound to fail. The successful treatment of constipation is achieved by the removal of all causative factors, by supplying the body with the requirements of health. Sane and safe dieting, with due regard to the principle of Vital Economy, will restore the tone of the entire digestive system, the colon included.

PILES CAN BE RADICALLY CURED

The person suffering from haemorrhoids (piles) will do well to understand the basic teachings of Natural Hygiene, so that he may follow the hygienic principles thoroughly and with full conviction. The following hints will prove very useful in effecting a radical cure of this condition the Natural Way.

A highly positive diet, consisting almost exclusively of raw salads, conservatively-cooked vegetables or fruit, taken not more than twice a day, in strict moderation, is recommended. It is a wise rule to abstain from

eating, when there is no hunger. Occasional fasts, of one to three days, will improve the value of the dieting referred to. During the short fasts, tender cocoanut water and diluted herbal or fruit juice may be taken in very small quantities, twice a day.

The enema may be used non-violently, almost daily in the earlier stages; later, it may be taken only when considered necessary.

The sufferer must take spinal baths regularly; this will tone up the nervous system. The bath will also be very useful in strengthening and toning up the digestive canal, specially the rectal walls and veins which would be in a very weak condition.

Practice of rhythmic breathing in cool, fresh air, for a few minutes daily, is highly recommended.

If the above programme be followed, with due regard to the principles of Vital Economy and Non-Violence, health will be restored as quickly as possible. The sufferer would not only get rid of the painful condition known as haemorrhoids (or piles) but would have a clean and healthy organism thereafter.

Needless to say, the erstwhile sufferer should follow Natural Hygiene for the rest of his life, so that he could enjoy high level health all the time.

Nature-Cure Study Group at Kalyan, Bombay

The second Study Group conducted by Sri Bhojraj K. Chhabria under the auspices of the Nature-Cure Association, Ulhasnagar, Kalyan, began on the 8th February, '59. The Association is having a library and intends to start a charitable clinic. The Study Group meets every Sunday morning for two hours. An enthusiastic student of the First Study Group, Sri Nirmal Sabhachandani, B. A., LL. B. has been elected the Secretary of the Association.

The Naturopathic Profession And Movement In America Today! What It means To India!

By Doctor Jesse Mercer Gehman

President,

**THE AMERICAN NATUROPATHIC
ASSOCIATION, INC.**

(The original and parent American Naturopathic Association, founded by Dr. Benedict Lust, in 1896 and incorporated in Washington, D. C. in 1919.)

continued from page 267

DIPLOMA MILL PRACTITIONERS, M. D.'S AND N. D.'S

The men and women of diploma mill vintage, have no conception of genuine Naturopathy. How could it be otherwise? Many of them have obtained their diplomas through the "quicke" method—post graduate course, requiring from two weeks to two months, or simply an exchange of cash for a diploma.

Many Chiropractors desirous of licensure as an N. D., distraught medics, disillusioned Osteopaths, soothsayers, astrologists, palm-readers and what not have obtained these diplomas for a price ranging anywhere from \$ 15 to \$ 1500-00, depending upon the gullibility, willingness to pay or position to reciprocate on the part of the would-be doctor so favored for a price.

But think of the price the American public has been paying by having men and women released with no more qualification than a diploma which they have not earned, to prey on their illnesses. The situation

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smacks of the terrible period through which orthodox allopathic medicine passed forty years ago, when staid Old New England's dignity rocked under the revelation of flourishing diploma mills while M. D.'s, whether the applicant was a baker, butcher or bootblack without training were made at so much a head.

We have been passing through a similar experience ever since way back when?..... Well, ever since states saw fit to issue charters for schools, there have been the unscrupulous who have seen fit to sell diplomas at a price with no greater qualification than the purse. Some have done so without benefit of a Charter. It became a flourishing business with centers in California, the mid-South before the Tennessee holocaust, Maryland, Indiana, Missouri and New Jersey. From these centers the guilty purveyors reached out across the land, with the aid of prematurely proposed legislation, and a dearth of educational effort for the masses including the legislators themselves.

PENDING LEGISLATION FERTILE SOIL FOR DIPLOMA MILL OPERATORS

Every time there was proposed or pending Naturopathic legislation in a state the field became fertile soil for a fruitful harvest in diplomas. We recall Dr. Lust's returning from one of his last trips to the West Coast. He was dejected to find diplomas from the New Jersey center wherever he went from Southern California to Canada, and he knew that most of the men and women who displayed them on the walls of their offices, had never been out of the commonwealth in which they resided.

We knew a rest home proprietor, who, though knowing nothing about Naturopathy, had never gone to a Naturopathic School, and yet, who was offered

The Naturopathic Profession in America

one of these same diplomas for \$25-00; and we know of an instance where a member of the Board of Health staff of a State having a Naturopathic law was offered a diploma from this same school for \$95-00. This Board of Health staffman was investigating the merits of the school with reference to reciprocity. Needless to state those who held a diploma from this school, whether legitimate or otherwise, were denied reciprocity, and even those who earned their diploma by hard work were deprived of the right to take an examination.

We know of another case in another State having a Naturopathic law, where a school without legal right to issue diplomas was issuing diplomas, making Naturopaths and clearing the so-called graduates through State and National Societies for membership.

We have on record a statement from a correspondence school, revealing that at one time all the members of a certain State Examining Board were graduates of that particular correspondence school, and that their graduates were licensed. Then there is the record of one of the country's leading Health Lecturers, and vitamin salesmen who presented himself for membership and was turned down as his diploma was from an unrecognized and unknown school.

Issuing diplomas has been a profitable business at the expense of the integrity of the profession, business which was made possible by putting legislation too far ahead of education—education of the masses so that they would know of what a Naturopath consists, and education of legislators, so that they would be in a position to protect the profession and the public alike!

We sat in an attorney's office soon after a Naturopathic law was passed in a certain state, and learned that the Naturopaths had nothing to do with getting

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We sat in an attorney's office soon after a Naturopathic law was passed in a certain state, and learned that the Naturopaths had nothing to do with getting

the law through—that it was obtained by a group of Chiropractors, who had not been doing well as Chiropractors. They had become Naturopaths by dint of making application to a certain school, parting with a sum of money, and promising reciprocation, and taking at most a week's course leading to the N. D. degree. Dozens of Chiropractors were graduated in five days as Naturopaths at so much a head. In five years after the licensing of some 600 or more Naturopaths, most of them unqualified, the law was lost by the Naturopaths themselves.

Diploma mills have preyed upon practitioners desirous of collecting degrees, as well as those unqualified, whoever could afford the price, and there has been little effort to stop the practice.

When one of our trustees, the late Dr. Bey, was arrested in New York, on the false charge of practising medicine without a license, he was brought into contact with both Federal and State investigators, who revealed the horrible diploma mill operations. They stated names of operators and places.

As this is being written we received a letter from a party who advises he paid \$ 900 for correspondence courses leading to degrees; none are worth the paper on which they are written.

There were centers of diploma mill activity other than those mentioned which have enjoyed a thriving business, among them: Indiana, Missouri, Texas, and also Alaska.

PROSTITUTION OF THE PROFESSION

The traffic in diplomas (which still goes on), has meant the prostitution of our work; in common parlance,—selling it short or down the river. This

practice has gradually deteriorated our profession and discredited it as well as the practitioners comprising it, the genuine as well as pseudoists alike, until there is left seemingly only the one criterion for that part of the public aware of what constitutes Naturopathy, whereby to judge the practitioner, namely: how does my physician live? What are his habits? Does he smoke, drink, gourmandize? Does he believe in the germ theory of disease? Does he respect his body as the Temple of the living Spirit? Does he embrace Nature or compromise with orthodox medical science? Does he recognize the Omnipotence of God and the immutable laws of Nature? Not how many diplomas does he have, not merely from what school has he graduated, or is he licensed by this or that commonwealth!

Some time back we had a caller from a mid-western state. The individual had visited the Naturopaths listed in a large city of that state. All of them had some pet therapeutic device, vitamin, mineral or injection, or machine. Several of them smoked while speaking with the prospective patient; none of them inquired to any extent into the personal habits of the patient. The patient and his wife left each office in disgust, and the last Naturopath they visited recommended a course of drugging and an operation, and sent them to an Osteopath, who was of the vintage accepting drugs and surgery. They determined something must be wrong with the profession in their state. How did they know? Well, they had read a few books, among them: Adolph Just's "Return To Nature" and Louis Kuhne's "The New Science of Healing," and the book which was the turning point in Gandhiji's life. They were saved by their knowledge of what Naturopathy consists, and are eager messengers of the true basic Nature Cure, and Natural Life.

But think how many poor, deluded souls, with broken health, the uneducated ones who knew not the true meaning of Nature Cure, who were victimized by these pseudo-Naturopaths, to whom they went for succor and guidance!

THERE MUST BE EDUCATION OF THE MASSES TO COPE WITH THE MENACE OF UNQUALIFIED NATUROPATHS, WHICH A CONSPIRACY OF GREED, IGNORANCE AND EXPLOITATION COMBINED WITH MEDICAL CHICANERY HAS SPAWNED UPON THE PRESENT GENERATION.

EXTINCTION OR SURVIVAL?

We are now facing the same fate as is facing the medics, both as individuals and as a profession, namely: extinction by reason of the inefficiency of our practitioners to cope with the demands for assistance made upon us by a long-suffering public, and not by lack of an organization dominated by unqualified Naturopaths.

The medical profession is on its way out by dint of failure. The same applies to the Naturopathic profession in America. Will we the Naturopaths be able to step in when the time comes and provide the service our people need and want? This can be answered only by patient education of the masses.

Yes, the picture is dark, but greedy men and women with an eye to business and no compunctions about the welfare of their fellowmen, prey upon the weak and characterless, who wish a doctorate by seizing the opportunity to exploit Naturopathy through conducting mass production of doctors at a price. Those legitimately graduated students from recognized schools fail also, because the effort of the schools was

to qualify the graduate for basic science rather than basic Nature Cure. Therefore, today we find in America the Naturopathic house divided against itself—a tower of Babel, where there should be a common ground for understanding, and this motley throng of incompetents, my friends, holds forth today in America.

The time is not too late to prevent the same thing from happening in India. These study groups and seminars are doing much to educate the people. As students go out from here they reach out and teach others and in this way people come to learn of true Nature Cure, Natural Living, The Life Natural, or Naturopathy, call it what you will, and therefore, cannot be fooled by the pseudoism of unqualified practitioners. But the next step is to see that only schools teaching the basic principles, theories and practice of Naturopathy, be established to train those young men and women who desire to enter the profession.

You cannot unite fire and water—one destroys the other, and likewise we cannot unite medicine and Naturopathy. They are two separate and distinct schools of thought and therapy. This will always be the case.

The grist of the diploma mills and inadequately trained graduates of the majority of the legalized schools during the past twenty-five years in America are not Naturopaths, but pseudo-medical men practicing any phase of therapy both within the literal laws of some states and without benefit of law if they can get away with it. This is confirmed by the loss of licensure in various states as a direct result of pseudo medical practice.

OUR INTEREST IN UNIFICATION

The only interest we have ever had in unification of the various splinter groups has been to see the basic principles of our philosophy and practice brought to the fore, so that our profession once again could command respect and gain the confidence of the public, as was the case for the years after Dr. Lust founded the American Naturopathic Association. Woe begone the day when one of its confusionists had the audacity to state that Dr. Lust served a period, which he termed, "the patriarchal period, but Now Naturopathy has emerged." Emerged to what we would ask? It was this same individual who prevented Unification of the splinter groups on the platform I read today! Would that we had Dr. Lust with us today to see what confusion departure from fundamental precepts and principles has wrought.

We sat in many conferences with Dr. Lust on the matter of Unification. He stood for fundamental principles. At one of these conferences it was possible to achieve an added membership of upwards of 400, while he knew there was some mighty good timber among the group he was aware that the organization was dominated by pseudoists and could not enhance our work. He was courteous and kind, and rose to the occasion by stating he appreciated their proposal and their desire to become a part of us, but he felt this was not the time. He would consider it. Disintegration soon began in the group proposing unification and in two years there remained less than 100 members, and in another year it had gone the way of many similar organizations, dominated by medical minded.

Were he here today he would look with sadness upon the scene of chaos which has developed from the causes we have enumerated.

Would that we had with us today the pioneers of early days. You would not see Naturopathy prostituted on every side by the members of the profession itself, and the practice of Naturopathy looked down upon by the general public which has thus far never had a chance to learn of what it consists, so busy have organizations been in legislating, for laws to practise instead of educating the people, and properly preparing physicians to serve the people.

The situation has become so pronouncedly bad that genuine Naturopaths are reluctant to recommend a practitioner in another section of the country, unless his training and methods of practice can be vouched for personally.

Genuine Naturopaths are faced with the duty of protecting themselves, the public, and the profession itself against the untrained, the incapable and the exploiter of human misery. They are ashamed of the situation which exists.

Yes, friends of India, this is the picture we are faced with in America today. It is not exaggerated in the least. We hope this does not happen in India. India can still save itself. India is young and can profit by America's errors.

There will be those who having heard this, can confirm and supplement the experience we have had, and who have knowledge of the gross irregularities in practice and the departure from basic principles of our profession.

The time has come in America for a house-cleaning of the Naturopaths. Those who want a profession composed of members of whom they can be proud, members who are qualified to practice this noble work.

OUR INTEREST IN UNIFICATION

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...men and women who will be a credit to our movement, must stand firm and unite on a sound platform of Naturopathy as a profession if it is to survive.

Unification with any group or groups, unwilling to accept and abide by the rigid platform adopted by the Parent American Naturopathic Association in 1947 and 1948, is against true and genuine Naturopathy, and against the American Naturopathic Association, Inc.

We have known all along that the various groups have been dominated (ever since breaking away from the Parent Organization) by pseudoism and compromise on basic principles, yet, we proceeded in good faith hoping to bring the good timber of all groups together. The failure lies in a lack of profound purpose, sincere interest and pure concept in the future of Naturopathy, on the part of the majority of those in power in the various groups.

We are standing by the basic principles and philosophy upon which Naturopathy and the American Naturopathic Association, Inc., was founded in 1896, by our departed leader, Dr. Benedict Lust, who espoused the work of Father Kneipp, Vincenz Priesnitz, Louis Kuhne, Adolph Just, Otto Carque, Arnold Rickli, Johann Schroth, Edward Hooker Dewey, Linda Burfield Hazzard. Were Dr. Lust alive, he would, we have no doubt, raise his voice in protest against the unholy efforts we have referred to.

You too, have your champions in Naturopathic purism in the person of L. Sarma, Swaminathan and others. I am confident that under their leadership the philosophy of Life Natural, and the Naturopathic profession will move forward until it is available to all the people of India by freedom of choice.

This however, will depend upon a continuance of wonderful educational programs provided in these study groups and seminars; the qualification of men and women as Naturopaths to serve those who cannot serve themselves and the retention of the right of free choice.

A REBIRTH OF THE AMERICAN NATUROPATHIC ASSOCIATION

The genuine Naturopaths, members of no matter which organization, and those who are members of no group, who are loyal to the basic principles of Naturopathy need to unite for a stronger and better American Naturopathic Association, Inc.

If there are 500 such in the country, fine—if there are but 50 we will be better off to accept the 50 stalwarts and go on from there. This is the speaker's profound belief, and conviction, based upon a close study of the situation as it exists today:

Those who respect genuine basic Naturopathy will shun compromise.

There is only one way to save Naturopathy for both the present and future generations. We must return to basic principles, and concepts.

Organized Naturopathy based on any other plan will fail and will either set Naturopathy back a hundred years or will result in its being completely absorbed by orthodox allopathic medicine. There is little difference in practise in many areas of the country now.

Only a comparatively small proportion of the public and Naturopathic physicians are now aware of what Naturopathy embraces.

It is time for education—education of the masses, and yes, true and genuine education of the young men and women who aspire to be professional Naturopaths; it is time for a return to basic principles—time for the genuine Naturopaths, wherever they are, to awaken—to rise up and save our profession; not by unity of numbers, but unity of men and women who know, accept and practice the basic principles.

This plan and this only will sustain us and gain for us respect and regain the confidence of the people and earn us recognition. May India profit by the sad experience we have had in America.

Though in the beginning naturally the organization would, because of the limited number of Naturopaths accepting the platform adopted by the Conventions of 1947 and 1948, be comparatively small, there would be that invaluable ingredient of quality which would in time restore the prestige of the profession, and result in the dissemination of basic natural living knowledge to the masses, who in turn would come to support an uncompromising therapy when it was required.

We would naturally expect the majority of Naturopaths holding forth in America today to object to belonging to an organization with the restrictions of the platform of the American Naturopathic Association, because of their dissimilar beliefs, and also because in their opinion an organization of restricted numbers can be of little benefit to them.

However, these restrictions will not deter the qualified Naturopath who thinks in terms of the future of the profession and the movement. A strong organization of purists and fundamentalists who believe in, and practice, the basic principles of Naturopathy is the only salvation of Naturopathy in America today.

FEDERATION OF NON-DRUG THERAPIES OR HEALING

This once achieved can then have representation on the executive council of a Federation of Non-drug practitioners, such as I have not only proposed but have lent my efforts to achieve during the past half dozen years. The purpose of this Federation would be to look after the interests of all in the non-drug professions, placing main emphasis on the right of all the people to the freedom of choice of the physician from the school of healing favored. Of course, this Federation would represent a solid front for non-drug recognition and equal rights in all social legislation where the services of a physician is provided for; and legislation to protect the qualified physicians of the various schools, and of course, the public at large.

Whether this can be achieved in our time is questionable for a number of reasons; but chiefest is that the smaller groups as the fundamentalist Naturopaths, the modern Naturopaths, the Physcultopathists, the Natural Hygienists, Naprapaths, etc. are all too small for each of them to be significant; yet, jealously guard their beliefs and practices, feeling that Federation representation might jeopardize these. On the other hand, the Chiropractic group, which represent the second largest therapeutic group in the United States, has proved itself sufficiently significant to have legislation and recognition in most of the states of the Union. But some of the leaders of even this large group have seen the light and manifest an interest in such a Federation; so we are not discouraged.

VALUE OF THIS EVALUATION TO INDIA

Whatever this evaluation of the Naturopathic picture in America may mean to Americans in our

present chaotic condition is difficult to predict. However, by an awareness of it, India can avoid the pitfalls which lead to the deterioration of the Naturopathic movement in America, and thereby prevent the same from happening here.

But it will take watchful, and patient perseverance on the part of your leaders and all you people, for you have arrayed against the orthodox allopathy of the West, in the form of the World Health Organization, which has all the World for experimental purposes. In the ten years of its existence it boasts of 196 000,000 people successfully inoculated. All countries in which WHO operates should insist that its operations be confined simply to improvement in general sanitation, hygiene and better living conditions; and that any treatment service whatsoever should be strictly on the basis of freedom of choice of the individuals. It is not so now and this bears careful watching if the individual freedom which Gandhiji and his disciples and followers, labored so long to give India is to be a reality and not simply a mirage.

The followers of the great teachers of ancient India with respect to personal health, and the great teachers who now hold forth in seminars and study groups all over this vast domain year after year, have a right equal to that of these who prefer allopathic or homeopathic treatment, or ayurvedic treatment, and that right must not be sacrificed to expediency, or what officials believe best.

Fortunately India has outstanding political leaders also who have a desire to see that individual rights are respected and protected; but there are other public officials close to them to whom public health matters have been entrusted who will, unless they are stopped, strive to make orthodox allopathic medicine, state

medicine, and the law of the land as has been done in many instances in America.

Many of your leaders have given public expression to the principle of individual liberty upon which India has been founded.

Your Vice President, Dr. S. Radhakrishnan gave voice to the regard held for personal liberty when he proclaimed: "India has adopted the democratic form of society where *the individual and not society* or the state is the primary unit." He made this statement in his address to the Convention of the Illinois Institute of Technology at Chicago, on March 28th of 1958 when he spoke on the Awakening of India after achieving Independence.

Vice President, Dr. Radhakrishnan again emphasized the importance of the individual, by putting it first, in a statement he made after meeting with President Eisenhower on March 19th, when he said that they found themselves in agreement on the fundamentals of the new world, "*sanctity of the individual*, the rule of law, social justice and the right means of achieving right ends."

When Aga Khan was installed as the Forty-ninth Imam of Ismaili Muslims of India, at the Vallabhai Patel Stadium in Bombay, on March 11th, this year he said: "India is one of the pioneering countries of Asia in the acceptance of the concept of *individual liberty*, and parliamentary democracy, and that the Government of India has guaranteed *every citizen* the right to speak, write and worship as he thinks best."

I have come in direct contact with the narrowness of some officials of India, who would place the right of individual freedom with respect to freedom of choice

and the security of his body, at the dictation of the state. It is a dangerous sign and must be fought by freedom loving people of India, or you will find that you will soon have fastened upon you socialized medicine.

It looks as though the influence of the exploiters of the West are exerting decided pressure on your public health officials generally and perpetrating the same degradation of personal individual liberty, for in the same city, Bombay, where the Aga Khan was installed and proclaimed for individual liberty, there has been established a plant for the production of DDT.

We in the West have suffered and are suffering from DDT in mass application. There is scarcely a meal purchased in the average eating establishment, which does not contain residue, such is the prevalence of the practice of spraying with DDT. Yet this menace to the health of the people goes on apace, prompted by the commercial interests who have reached officials and convinced them that it is for the welfare of the people at large.

Mass spraying has already been instituted in some areas here with horrible effects on the wild life, and crops. The results in human suffering is yet to be reported, unbelievably, this mass spraying was done under the sponsorship of our official government agency, The United States Department of Public Health, without warning and without the consent of the people.

This violates religious, medical and individual liberty, the great principles in which all your leaders believe, and all our leaders are supposed to believe in also.

Take a lesson from the West, and take steps to forestall the destruction of religious medical and

individual liberty on the pretext of aiding the economy and health of the people.

Union Finance Minister, Morarji Desai pointed out before the Lok Sabha, the Government's position with respect to the policy of freedom and Independence, when he said: "Help from friendly countries on all sides is welcome, but control in this country will be only of this country's Government and not of anybody else. No foreign Government is going to control our policies—economic, social or political."

This is an exemplary stand but the policies governing public health, which come under social needs, are already under the domination of the same instruments of commercial interests which manufacture antibiotics, vaccines and deadly sprays. The same forces and people who have operated here, are operating effectively in India.

Mr. Desai should be aware of this, or if he is not he should be informed so that he can look into it, for on May 21, Mr. Desai stated in the Rajya Sabha, that the second DDT factory was being set up by the Government of India in Kerala, and that the contract for supply and building the factory was with an *American firm*.

Dr. Rajendra Prasad, a great and good man, with profound conviction on the dignity of man, the sacredness of all life, is an outstanding leader.

Prime Minister Jawaharlal Nehru also a man of devotion to the principles of priceless liberty and freedom achieved by virtue of the leadership of the revered Gandhiji, is dedicated to the sanctity of the individual.

India is blessed with great leadership, but the leaders cannot know all that is taking place to exploit

the people, to deprive them of religious liberty by reason of subjecting the bodies of their fellowmen to treatment they do not wish, unless they are fully, constantly, and repeatedly informed.

Your leaders Dr. Sarma and Swaminathan and all you good people here who are devoted to the same principles of individual freedom and liberty held dear by your political leaders must keep them informed and make your co-operation available to them.

We are obliged to do the same in the West. We do it through various organizations. In America we do it through the Citizens Medical Reference Bureau, Inc., with a history of forty years in the field. Other younger organizations also are active as the National Health Federation, also Capital News, published in Washington, D. C., and many other people and agencies. Newspapers—the small newspapers and commentators are most important. It takes less of money, than it does of persistent effort to bind the people together to oppose a common threat to their right of free choice and security of their persons.

The recent fluoridation controversy has confirmed this again. All over America small groups are defeating the fluoridation of the public potable water supply of one community after the other.

Mother India take heed. You are a young democracy. May you achieve the complete religious and individual freedom Gandhiji lived and gave his life for. Grapple to you the firm faith and conviction of your great leaders. Keep all your people alerted through the press and every other form of communication available in addition to the study groups, and seminars, the books and magazines, so that they will know their rights and

the value of the Life Natural and Naturopathy, and demand and receive this therapy when it is needed.

If you do this, what occurred in America in the Naturopathic movement cannot occur here in India.

India can spur the renaissance of the Life Natural, and Naturopathy. The West looks to you to fulfill this challenge.

GOD BLESS YOU ALL.

Copies of

The Life Natural & Sarmas' Books

are available in DELHI from:

1. CENTRAL NEWS AGENCY,
23-90, Connaught Circus, (Near Madras Hotel)
NEW DELHI-1
 2. RAMA KRISHNA & SONS,
Booksellers, 16-B, Connaught Place,
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 3. RAM KUMAR GUPTA,
House No. 10983, Shidi Puran, Temple Street,
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 4. A. D. KOHLI,
295-A, Lajpatrai Market, Chandni Chowk,
DELHI-6
 5. THE NEW BOOK DEPOT,
Connaught Place,
NEW DELHI-1.
- and all other leading booksellers & news agents in
Delhi & New Delhi.

Important Announcement

THIRTY-SIXTH BASIC NATURE-CURE STUDY GROUP AT DELHI

The next Basic Study Group, which is the thirty-sixth of its series will be held at the Social Education Centre, opp. Delhi Junction, from the 15th March, 1959. The daily sittings will be held from 6 a. m. to 7 a. m. and the discussions will be in English. All those interested in learning the subject may attend. Regularity and punctuality are, however, expected on the part of those who attend.

The Group will be conducted by Sri S. Swaminathan and Sri L. Ganesa Sarma.

Statement about ownership and other particulars about newspaper

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Dated 1-3-19.9

L. TYAGARAJA SARMA
Publisher

The Scientific Doctor

(As seen by D. H. Lawrence)

"When I went to the scientific doctor,
I realised what a lust there was in him
To wreak his so-called science on me,
And reduce me to the level of a thing.
So I said 'Good Morning' and left him."

D. H. Lawrence was a popular novelist a few decades ago. It has been remarked by many experienced observers that the mental attitude of doctors to their patients is exactly what is revealed in the above lines of poetry. It is indeed a tragedy of civilisation.

25th Nature-Cure Training Camp

May-June-1959

Pudukkottai, S. India

The Indian Institute of Natural Therapeutics, will conduct the 25th Training Camp at Pudukkottai in May-June '59 for four weeks under the guidance of the Director, Sri K. Lakshman Sarma, assisted by an efficient staff.

Exact dates will be announced in the next issue.

Loat Memorial Fund Bombay Representative

Sri J. N. Mankar, Hony. Secy. Bombay Humanitarian League and Vice President, International Vegetarian Union has kindly agreed to represent the Fund for the Bombay region. Readers are requested to send their remittances to the address given below

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Naturopath, 3126, South Grand Avenue,
LOS ANGELES, 7
California, U. S. A.

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

Bharat Jyoti, Bombay.

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

Helicoverpa zea (Burr)

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

History of the ...

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

Sentiment: Very Mixed

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

Page 116: Photo 2

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