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THE LIFE NATURAL



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L. Ganesa Sarma

Editor: **K. LAKSHMANA SARMA**

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The Life Natural

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WORSE THAN DEATH

Grossly subnormal health is worse than death, because it is usually a long drawn out condition. It is life in death. But that is the condition in which the vast majority of the civilised live, if that can be called living. Civilisation is a complex of the total environment in which men live and suffer, wherein are included commerce and governments. Governments are supposed to rule us for our good, but these are so intimately involved in the other thing, commerce, of which it is only a facade, that it is really commerce that rules us, and it is undeniable that it rules us, not for our good, but its own good.

There is one other thing, of which we hear a good deal too often, namely 'Science.' But for a great many decades it has been deprived of its independance by its subjection to commerce, so that it works most of the time only as its slave, and hence is far more an enemy of TRUTH, and the people, than otherwise. This subjection of Science is privately admitted by the scientists themselves. And on one occasion a prominent scientist, who need not be named just now, betrayed this grave defect of science when he showed anger against the demand for adding a dye to 'Vanaspati,' complaining that it was a device to destroy a thriving industry. He was not scientist enough to understand that vanaspati is scientifically unhygienic, and therefore injurious to health. Indeed the fact that

quite a long time has elapsed since scientists were ordered to find a suitable dye for this purpose, which shows that the concerned vested interest has effectually prevented scientists from fulfilling the duty laid on them. Science is obviously on the side of the vested interests and therefore against the people.

It may here be explained that the health-value of vegetable oils in their natural, unspoiled state, is due to the unsaturated fatty acids of which they are composed, and that these are changed by the process of hydrogenation into saturated fatty acids, in order to solidify the substance, so as to resemble ghee, and that this change makes it useless as food, and certainly injurious to health if not eliminated.

The work of scientists, as servants of the Vested Interests, is steadily bringing about a state of worse than death in various ways, some of which are well-known. The interception of grains, such as wheat or rice, by the millers, who remove the factors that are indispensable for healthful nutrition by polishing rice, by refining and bleaching wheat flour, and by the manufacture of white, refined sugar, have been going on for many decades already and a great deal of disease, chiefly of the nervous system, are traceable to these crimes against the health of the people. The great increase of polio among the highly civilised peoples is due to this cause.

There has also been in vogue for some decades already the destruction of soil-fertility by the free use of crude chemical fertilisers, necessitating the use of deadly poisons as pesticides, for spraying on the crops, which is a growing menace to our health.

More recent crimes against our health are dealt with in an article appearing in the September issue of

'Fitness.' Animals are given injections of hormones, and antibiotics are added to their foods. The resulting meat is not good for its consumers. This, the writer of the article points out, is an additional argument for abstaining from all meat and taking to a sensible vegetarian way of life.

Most manufacturers of these products of misapplied science are themselves unscrupulous; they pretend that these are harmless. But there seem to be a few who are conscientious. The article mentions one of these, The Thompson Chemical Corporation of America. It has decided on moral grounds to stop manufacturing toxic insecticides.

And all these crimes against life and health are apparently condoned by the allopathic medical profession. And it is just natural for them to do so, because they themselves are committing similar crimes all the time. What they practise is only POISON-THERAPY, and thereby promoting disease and ruining health. And this system is the *state* system of medicine!

Our view is that this is unconstitutional. Governments must not exalt any one system above all the others, but must compel all without exception to stand on their own merits, and to leave it to the people to judge them according to their real goodness or badness. And for bringing about this reform we must form a Health-Defence League and make it an active force in the fight for our fundamental right to live for health. So long as the government continues in its present policy on health it is our enemy, and hence we cannot have any truck with it.

L. M. C. 16-8-10

PEPTIC ULCER

S. Swaminathan, F. I. I. N. T.,

No. 1, Shivaji Place, New Delhi-1.

A friend from Patna, while suggesting that an article should be written in *The Life Natural* on gastric and duodenal ulcers, observes that it is a treacherous disease, spreading like anything. He says that very frequently he comes across gastric and duodenal ulcer patients.

A peptic ulcer is an ulcer or sore either in the stomach or the duodenum (the bit of intestine immediately after the stomach). An ulcer in the stomach is known as a gastric ulcer, while that in the duodenum is termed as a duodenal ulcer.

CAUSE UNKNOWN BUT 'CURES' SUGGESTED!

While the medical literature covering the subject of gastric and duodenal ulcer states that the etiology (cause) of the disease is unknown, it is full of 'methods' to 'treat' the complaint! The usual medications include analgesics, sedatives, antispasmodics, alkalies of the soluble and the relatively insoluble forms, synthetic vitamin preparations, and the anticholinergic drugs. As every reader of *The Life Natural* ought to be aware all these (including the synthetic vitamin preparations) are poisonous and, while some of them may afford some temporary relief, they are, as a rule, useless, as every sufferer, who might have used them, would certify.

Where, even according to medical admission, the medications prove to be of no avail in affording relief, gastrectomy (partial stomach removal by surgical intervention) is resorted to. Here again, gastrectomy never

means a cure in any real sense of the term. The cause not having been attended to, the digestive disorder persists and the effects of pronounced malnutrition make themselves felt later.

THE QUALIFIED CANDIDATE

Let us now see why ulcers are formed in the stomach or the duodenum. After all, they are not formed in the stomach or duodenum of everybody. Who, then, gets it? Who is the candidate who qualifies himself for this? For a clear understanding of this question, it would be necessary to understand some facts about digestion in the stomach and the duodenum.

HOW ULCERS ARE FORMED?

So long as the digestive organs are in tone, there cannot obviously be any ulcerations in the stomach or the duodenum. The *immediate* cause of an ulcer in this part of the digestive system is said to be the result of a sort of self-digestion process in which the stomach juices begin to eat away the tissues of the stomach or duodenum wall. It is not the strongly acid or corrosive quality of the gastric juice as such which is responsible for the ulcer formation, for in that case everyone would have ulcers.

The gastric juice is secreted by the approximately five million glands in the mucous membrane of the stomach. The juice is a clear, colourless acid fluid, of a low specific gravity, containing over 99 percent. water; the remainder is partly organic and partly inorganic matter in solution. It contains 0.4 per cent of free hydrochloric acid, which is very powerful and which literally cuts to pieces the food it acts upon. The walls of the stomach would ordinarily be eaten away by this strong acid but for the fact that they are continually protected by an alkaline secretion. Only

those who by persistently committing serious dietetic errors and / or by enervating themselves in various ways including emotional strain, lose the tone of the stomach and duodenal lining to such an extent that it is possible for the hydrochloric acid to act upon the stomach or the duodenal walls, resulting in ulcers in those regions.

It is not only the strongly acidic gastric juice that acts on the atonic stomach (or duodenal) walls thus; the acids which form in the stomach as a result of deranged or disturbed digestion also exert a very similar influence in them in such circumstances.

NEGLECT IS DANGEROUS

With proper (of course, hygienic) care, the ulcer will heal itself and the membrane will resume its protective duties. But, if the ulcer is disregarded, the position may worsen; the stomach or the duodenal wall might be eventually punctured.

EMOTIONAL STRAIN LEADS TO ULCERS

In cases where ulcerations have occurred, extreme pain is felt when the stomach or duodenum, as the case may be, is not covered by food or liquid, as then it is exposed to the action of the gastric juices. With the nervous mechanism in a weak state, gastric juice secretion is also abnormally increased. The bile (which is an alkaline juice) is secreted insufficiently or does not reach the irritated parts. This imbalance in the secretion of the juices is directly attributable to the considerably weakened nervous system. This gives the clue why ulcer production goes with people of a certain emotional type. High-pressure executives, people who are ambitious and fussy over details, people who submit themselves regularly to some kind of tension, people who are unable to face their problems

and become frustrated frequently and people who are affected by any other destructive emotion persistently—these are very good candidates for ulcer. The emotional strain affects the nervous mechanism so badly and, where the feeding habits already happen to be on conventional, unhygienic, lines over a period of time, causes a breakdown in the lining of the stomach or the duodenum.

Dr. Dean MacDonald of St. Catharines, Ont., wrote in the Ontario Medical Review, some time ago that "many adults are unable to accept life with its various troubles, because they have not been taught how to practise such virtues as tolerance, co-operation, dependability and self-reliance. As a result they make ready material for potential conversion into many of the psychoneurotic states such as alcoholism or drug addiction, or even chronic ulceritis."

Contentment and peace of mind, he said, are made by the individual and are not found in external things. "A workable religion is very often absent," he commented, adding that everybody needs work, play, love and faith.

"I have never seen a patient with chronic—not acute—duodenal ulcers in which at least one of these essentials was not missing," he said

THUS YOU CAN PREVENT ULCER FORMATION

If it is realised that the tone of the digestive system is not lost until and unless there is persistent indulgence in consumption of refined and spoilt foods, the real cause of ulcer formation could very well be understood. In other words, ulcers can be traced to faulty foods. If you have never had peptic ulcer, you won't wish to have it. Then, please take care not to lose the tone

of your digestive system. Take foods in their natural, unspiced form, moderately, only when hungry. Observe the hygienic laws of living, in their entirety, avoid poisons of all types. Observe vital economy and thus keep your nervous system in tone. Have contentment, develop optimism and a constructive outlook. Avoid frustration and emotional strain. You will never have ulcers any time in your life.

THE TREATMENT—FIRST PHASE

When it comes to curing the ulcer itself, the problem has to be tackled seriously. The real difficulty in dealing with the gastric ulcer patient is that while he cannot cure himself without giving the digestive system the needed physiological rest through fasting, he would find it extremely difficult—during the very acute phase—to do so, as it would cause the affected surfaces to be irritated by the acidic gastric juice. The solution, however, does not lie in stuffing the patient with all sorts of foods. Again, in the very acute phase, a diet rich in cellulose would produce more irritation in the affected parts and worsen the patient's condition further.

Extreme caution would, therefore, be needed in dealing with patients in this phase. If this is exercised, the disease would not be "treacherous." The first object should be to help the patient in overcoming the extreme pain in the stomach (or the duodenum), the gnawing discomfort, with its accompanying depression and misery. This can be achieved by a dietetic programme somewhat on the following lines:—

7-00 to 7-30 a. m. Fresh raw cabbage juice (juice of the outer, greener leaves preferred)—3 ozs. (approx.) with an equal quantity of water.

10-30 or 11-00 a. m. Either tender cocoanut water (or juice of ash gourd (*petha* white) mixed with a little of மணித்தக்காளி *muca* (*Solanum nigrum*,) juice.

4 p. m. Raw (cow's) milk (about 8 ozs.) or fresh cabbage juice as in the morning.

8 p. m. Vegetable soup (*not* vegetables) with raw cocoanut milk mixed.

The above programme should be continued until perceptible relief is felt. It should, however, be possible to have quite a lot of relief on this programme, within a period of ten or fifteen days. No roughage should be taken at this time.

VITAMIN "YOU" AND VITAMIN "U"

Along with this dietetic programme, the non-violent enema may be taken once daily. A sun bath followed by a spinal bath would be very useful in toning up the nervous system. Either a stimulating wet pack over the abdominal region or alternate hot and cold fomentations over the area may be had, twice daily. Abdominal clay packs, wherever they can be applied, will be very helpful. Above all, the importance of vitamin "YOU"* should be stressed. The patient should be made to feel the sense of personal responsibility that he owes to himself in effecting a radical cure. He should realise that only he can help himself, by living on hygienic lines. He should undertake the programme outlined, not with any sense of diffidence or doubt, nor in any opportunistic manner to be given up the moment a little relief is felt, but with full Faith in the

* This refers to the patient. The second person has been used to denote the patient, in the context of the Nature-Curist advising him.

fundamental goodness of Nature. It should be impressed on the patient that the iron in his will is more important than the iron in the blood. The great truth expounded by the Gitacharya in the Bhagavad Gita (VI 5).

उद्धरेदात्मनाऽऽत्मानं नात्मानमवसादयेत् ।

आत्मैव ह्यात्मनो बन्धुः आत्मैव रिपुरात्मनः ॥ *

literally holds good in the field of health-culture. This is the Vitamin 'YOU' that should be administered to the patient, much more important than the Vitamin 'U' which he would be taking through the raw cabbage juice. If the patient is made to tackle the problem this way, much of his emotional conflict will disappear spontaneously, to his great advantage. It would then be possible to build up health in the quickest possible time.

THE TREATMENT – THE SECOND PHASE

When the sense of excruciating pain in the gastric or the duodenal region has been overcome to a great extent, as a result of following the dietetic and other programmes outlined above, the patient can take confidently to the second phase of the treatment. The diet, during this phase, might consist of a moderate quantity of conservatively cooked vegetables (not cooked in aluminium containers), with grated coconut, twice daily. The raw cabbage juice (mixed with a little macao juice) can be had once in the early morning and again late in the after-noon. The nonviolent enema, baths, etc. are to be continued as during the first phase. The patient should, of course, scrupulously avoid stimulants (tea, coffee, tobacco, etc.) for ever; he should also avoid too hot and too cold foods.

* By one's Self one should raise oneself and not allow oneself to fall; for Self alone is the friend of self, and Self alone is self's foe.

White Sugar and confectionery are, of course, taboo. The second phase, on this programme of diet, may last for 2 to 4 weeks.

OCCASIONAL FASTING

By the end of the sixth or seventh week, the patient would have sufficiently improved; ulcers would have healed by this time. Henceforward, the person could, by following the principles of Natural Hygiene, keep himself healthy. Hereafter, the patient could fast occasionally, as and when needed, for short periods, so that he could maintain his health at a high level. In the words of Poojya Sri Lakshmana Sarmaji

उपवासैर्यथोक्तैश्च मध्ये मध्ये स्वनुष्ठितैः ।

शारीरं मानसं स्वास्थ्यं क्षिप्रमेव भवेन्नृणाम् ॥

“Short fasts occasionally observed, in the proper manner, would ensure a high level health, physical and mental.”

A WORD ABOUT MOLASSES.

The friend from Patna, to whom I have referred in the beginning of this article, would like to know whether the use of molasses could be recommended for peptic ulcer patients. He thinks that sulphur and other decolourising chemicals added in cane juice to extract minerals in the shape of molasses must be mixed in molasses, and hence he doubts whether molasses would not be harmful. It is true that molasses contain 11.4 mg. percent of iron, inositol (a form of vitamin B) 500 mg. per ounce of dry weight, and other B-complex vitamins. In fact, there is hardly any other “food material” which contains so many vitamins in it, and it is because of this, it is recommended by the medical profession. The writer would, however, share the

doubt expressed by the Patna friend. If the raw cabbage juice is taken regularly by the patient and if the other items are also followed by him daily, as recommended in the course of this article, there would be no need to consume molasses.

Beware of Glucose

Glucose is a synthetic product, equally with white, refined sugar, a treacherous foe to health. It is obtained by the action of sulphuric acid on starch and is freely used as a sweetener in all commercialised drinks and edibles that are not food. Dr. Royal Lee is quoted by Doris Grant in her article in 'Fitness' for January '59, as having warned at the 1958 Natural Food Associates' Convention in America, that synthetic glucose favours cancer, causes diabetes, and blocks the assimilation of calcium, needful for the formation of strong bones and teeth, especially for babies and children.

How Doctors Prosper

In the Lancet, January 3, 1959, a professor of Medicine wrote as follows:—

"Fortunately for the medical profession, lay folk are ignorant of the natural processes of repair, immunity and adaptation which preserves health and corrects injury and disease; they readily accord to the doctor the power of a god. This belief is the basis of the doctor's influence and affluence through the ages." (*Health For All*, March, 1959)

Comment should be needless.

Constipation And Headache

Cured the natural way.

A Case Report

By Dr. P. C. Jayna, Chandni Chowk, Delhi—6.

I have been a chronic sufferer from headache since my early childhood. Along with headache I have always suffered from constipation and indigestion. It will be no exaggeration to say that I never knew what joy & lightness of body and mind ensued from a clear and healthy motion. Sometimes for days together I had no movement of the bowels while mostly the movements were poor and scanty. Pain in the abdomen, loss of appetite, burning sensation and bad taste were the other usual accompaniments of constipation. In order to get rid of constipation I had to resort to laxatives and purgatives which produced a temporary movement of the bowels but after their effect was over the bowels again refused to work for a considerable time. In order to save myself the agony of constant headache I had to induce forced vomiting (by putting my fingers in the throat) and thus to empty out the contents of the stomach. These contents were so acidic, they left my mouth and teeth sour for hours together. I had to take analgesics like Anacin, Aspro, Saridon etc., times without number. All this gave a very temporary relief. During my visit to Europe in 1953, my condition became worse. Due to lack of fresh fruits and green vegetables (I am a strict vegetarian) and the excessive use of potato, rice and white bread the bowels became more obstinate and the headache more persistent, I must admit, due to this constant hammering in the head and the continued constipation, life was not at all pleasant.

It was during the latter part of 1957 that I was introduced to Shri Swaminathan of New Delhi, by a common friend. Later I attended a course of lectures delivered by him in New Delhi. The lectures were both significant and illuminating. Mr. Swaminathan proved a God-send to me. I marvel at his patience and perseverance in conducting his classes—and his intelligence and sense of humour too. As the subject of Nature Cure was rather new to us, we used to pester him with all sorts of questions—sometimes silly and frivolous—but he with his thorough knowledge of the subject and his usual light-heartedness, cleared all our doubts and made several of us his “CONVERTS.” I honestly feel that as regards such missionary zeal and passion for Nature Cure, it will not be easy to find a parallel of Mr. Swaminathan.

During the course of the lectures I made an appointment with him at his house which he very kindly granted to me, despite his very busy time schedule. He gave me a very patient hearing and spent a good part of an hour investigating the various deep-rooted causes of my trouble.

I forgot to mention in the beginning of this article that I also developed a continuous watering from both my eyes,—more so in the left. I explained everything to him in detail. During the course of lectures I had already got a general idea about Vital Economy, Positive feeding, Rational fasting, Wrong combination of foods and Unity of diseases. Mr. Swaminathan was kind enough to put me on the following line of treatment:

1. Regular visit to the lavatory both times at fixed hours—motion or no motion.
2. Early morning walk—preferably barefooted on the grassy lawns.

3. Moderate diet and to follow the principle, “Eat only when you are hungry and eat less.”

4. Less of proteins and fats and carbohydrates and more of Vitamins and minerals in the form of fresh fruits, fruit-juices, green leafy vegetables and vegetable soups.

5. Occasional rational fasting.

6. Frugal breakfast, light lunch and early dinner.

7. No coffee, tea, liquor, nonsmoking.

8. Drinking of water on rising, before retiring and in between meals. No water with meals.

9. To minimise the use of white sugar, white bread, fried foods and condiments.

10. Use of non-violent enema, if and when necessary.

For the eyes the following exercises were prescribed:

1. Rolling of the eye balls up and down without moving.

2. Rolling of the eye balls side to side horizontally.

3. Looking up at the right corner and then looking down at the left corner.

4. Looking up at the left corner and then looking down at the right corner.

5. Rolling of the eye balls in a circle, clockwise and counterclockwise.

6. To look at the tip of the nose and then to look abruptly at a distant object.

7. Splashing the eyes with cold water.

8. Occasional palming.

I must admit, I was not very strict in following the above treatment rigidly. Old habits, wrong combination of foods and some other little mistakes were always there. But I tried to persevere with the treatment as far as I could and derived a lot of benefit from it. In a short time the constipation cleared away and indigestion and headache also disappeared. The watering from the eyes was rather obstinate and took some considerable time. But in the end, it also started getting less and less and has practically disappeared now.

In nature cure we have unity of disease, i. e., all diseases can be traced to one common cause (our injustice to our body by wrong eating and faulty elimination). Similarly we have the unity or oneness of treatment which is just remedying the injustice done to our body (by vital economy and positive feeding) and the same line of treatment holds good whatever the disease. I have advised the same treatment to several of my Dental patients with appreciable results.

In the end, I take my hat off to Shri Swaminathan who initiated me into this "Look younger, live longer" wonder science called Nature Cure. It has done a lot of good to me, and I am sure will prove of the utmost benefit to every body who cares to follow its principles in right earnest.

Natural Cure of Eye Defects

By L. Kamesvara Sarma, M. A.

Rs. 2.
"I am practising the doctrines preached in the book and have benefitted considerably in eye-health to an extent which I did not think possible even in my wildest dreams. Soon, I think, I will be able to go about without glasses which I have been using for the last 20 years."

Homi C. Press, B. Com. Ll. B., Bombay 2.

CARE OF THE TEETH *

By V. Ramaswami Iyer, F. I. I. N, T.,

and

Saraswathi Ramaswami, New Delhi

1. PHYSIOLOGY, STRUCTURE AND PURPOSE OF TEETH

We have great pleasure in presenting to you this paper on "Care of the Teeth." Of all ailments of the body teeth trouble is the most difficult to tolerate. Hence it is imperative that we should understand this ailment in somewhat more detail than we at present do.

PHYSIOLOGY—Teeth are provided for proper chewing of food. We are provided with two sets of teeth in our life time. They are (i) the temporary or milk teeth; and (ii) the permanent teeth. Temporary teeth are generally 20 in number, while the permanent are 32. A child of 3 has normally two incisors, one canine and two molars in each half of the jaw. They drop out when the child grows to the age of about 7 and all of them are gone at 12. Altogether there are 4 incisors (biters), 2 dog teeth (canine), 4 chewers (bicuspid), 6 grinders (molars) on each side, making 32 in all. By 15 all molars appear except the last 4. These appear at about the age of 21 and are therefore called wisdom teeth.

STRUCTURE OF THE TEETH—The part above the gum is called the crown. Teeth are set in jaws and are placed inside a socket. This part is called fang or root. The incisors and canines have one fang,

* Paper read at the Annual convention of The Indian Institute of Natural Therapeutics, Delhi on the 17th November, 1958.

the premolars or bicuspsids. have two and the molars have three fangs. A tooth has a cavity in its centre which contains blood vessels and nerves etc. This is called the pulp of the teeth. On the crown, that is, the part above the gum is a hard substance which is called the enamel. The fang or root of the teeth is surrounded by a hard cement-like substance. This holds the teeth in its place in the socket.

PURPOSE OF THE TEETH — The function of the teeth is to cut, crush and grind food. This process is termed mastication and is effected by the lower jaw moving against the upper with the help of certain muscles attached to it. During mastication food is not only ground but also mixed with a fluid in the mouth called saliva, secreted by the salivary glands. This secretion is an involuntary process. There are six of these, three on each side. These are named respectively, the parotid gland near the ear gland, the submaxillary gland under the lower jaw and the sublingual gland under the tongue. The thought of food, smell and taste when put into the mouth stimulates the secretion of the saliva which is poured into the mouth to be mixed up with the food that is being chewed. The teeth chew the food and break it into small pieces. Then the tongue mixes the saliva with the food. Saliva is an alkaline substance containing an enzyme known as ptyalin. Enzymes are substances which bring about profound chemical changes in food. This enzyme converts the starch in food into sugar. The insoluble starch is thus partly changed into an easily soluble sugar in the mouth. Therefore if food remains in the mouth for a longer period it gets mixed up with the saliva better. Slow mastication by keeping food in the mouth longer makes the food sweeter, as the starch is converted into sugar already in the mouth. In addition there are two large glands in the stomach

and secretions from these take part in the digestive process. To this process teeth have a definite contribution to make.

II - BRIEF HISTORY, PAST AND CONTEMPORARY WORK.

We have so far given a summary of the physiology, the structure, the purpose and function of the teeth. We would now like to give a brief history of past and contemporary work on dental diseases. It will be noticed that :

- (i) animals do not get dental troubles ;
- (ii) that the disease is prevalent mostly in civilized countries and is therefore a disease of civilization ;
- (iii) that the aborigines and the earlier races and older generation are not so much affected as the generation of today.

The causes and remedy of this condition will be studied elsewhere in this paper.

Dentistry even today is not very well developed. It follows partly the system of allopathy and uses some of their drugs while they have their own material and machinery for making dentures, for filling of cavities or for making new sets of teeth. In fact they have developed the latter aspect of this work to the maximum extent, so that today they are able to fit one with false dentures more beautiful than any under natural conditions, that one will not be able to suspect that he is having false dentures at all.

Dentistry is comparatively young and traces its origin to Egypt some time in the 5th century B. C. From Egypt it spread to Greece and Rome about 400

B. C. Gradually from the 3rd century B. C. and subsequent periods up to 6th Century A. D. it went to Europe when she was passing through a period of darkness called in history the "Dark Ages" when science was punished most cruelly. Later in the 11th century A. D. it began to reappear in Arabia. From 1300-1368 it travelled to France and from 1520-1728 about 137 treatises have begun to appear in France, in Germany, in Italy, and in England.

By its very nature dentistry has no assumptions, its scope is limited and I believe there is an undertone of recognition in it of this aspect of its limitation. Like most allopathic practices its policy is to mend where it could and where it could not mend it prefers to end it. It is therefore the last straw in the hands of a drowning man.

DISEASES OF THE TEETH.

Blackwell (1955) correctly says "Mouth is the show window in which the body displays its physical wares" Unclean mouth, dirty gum and teeth start many of our bodily ailments. Mouth is the doorway to the stomach, the canal to feed the human system. In the opinion of the authors the converse is also true and in fact truer. The stomach is the source from which energy is distributed to the body and if the source gets wrong everything else get wrong and the nearest and most directly connected to the stomach is the mouth and the teeth in it.

Diseases of the teeth are classified roughly under :-

- (i) Swelling of the gum ;
- (ii) Sensitiveness of the teeth due to erosion of teeth ;
- (iii) Caries ;
- (iv) Pyorrhoea ;
- (v) Irregular alignment of teeth.

A German author (1549) describes caries as a "disease and evil of the teeth in which the teeth become full of holes and hollow and this condition more often affects the back teeth, especially so when they are not cleaned of clinging particles of food which decompose, producing an acid moisture (literally a sharp moisture) which eats them away and destroys them so that finally with much pain they rot away little by little."

John Hunter (1778) refers to the "most common disease to which the teeth are exposed is such a decay as would appear to deserve the name of mortification." Fox (1808) repeated by Bell (1829) spoke about caries as "dental gangrene."

Kocher (1841-42) speaks of decay penetrating the enamel which had "thus formed a natural outlet for the bony abscess."

CHEMICAL THEORY

Robertson (1835) suggests "caries of the teeth resulted from the action of an acid generated by the decomposition of food particles or fluids lodged at particular points about the teeth and dissolved out the calcium salts of which the teeth is composed. These points were shown to be pits and deep grooves between the teeth or about the margins of the gums.

Regnart (1838) defined caries as destruction of the teeth by decomposition at the very spot where the acid was formed. They denied inflammation of the dentine in its causation and thus did not support the theory of inflammation producing caries propounded by Fox, Bell and others. Regnart said caries began on the surface of the teeth, pits and fissures open to the surface.

In 1873 the microscope was used in its studies.

CHEMICO-VITAL THEORY

Tones (1878) said "Dentin has no provision for circulation of blood and no provision for its repairs and injuries. Dentin, he said, was a vital issue and the vitality should be destroyed before the teeth are destroyed."

Magitatz (1878) re-established again the chemical theory that the destruction of calcium in the teeth by acids is responsible for caries.

The Germans (Leber and Rottenstein) claimed to have determined micro-organisms in dental tubules of carious areas. This view however was not accepted luckily and did not make much headway.

Enright (1920) suggested vitamin deficiencies for teeth ailments.

MICRO ORGANISM THEORY

By this time the vicious and incorrect theory of Pasteur that all diseases were the result of a pathogenic micro-organism spread and Friesell and Trescher (1932) propounded this theory, which however did not find much support.

Remarkable discoveries with diet and nutrition loomed more now into prominence and vitamin became closely connected with well formed teeth and a lack of vitamins was associated with destruction and calcification of teeth. This thought even today rules.

Bocks and Jay (1946—47) say that one of the main factors in Caries is the sugar content of the diet and when sugar (white sugar, author's) is removed from the diet dental caries can be reduced by as much as 80%.

Blackwell (1955) in his book "Black's Operative Dentistry" says that saliva is a fluid that constantly

bathes the teeth and consequently could under ideal conditions wash the substrate from the tooth surface. The rate of acid formation depends on two factors:— (1) the substrate from which acids may form; (2) the enzyme system which may convert the substrate to acids. The amount of washing or diluting possible would be the result of a number of variables, one of which would be the rate of flow. It would seem, says Blackwell, that nature has planned this way since the most copious flow occurs when one masticates food. At this time and for a short time thereafter the maximum flow is obtained. Mastication forces the saliva into the more inaccessible spaces between the teeth and this aids in the flushing out of the food particles. Saliva is saturated with calcium and phosphorus ions and in most cases it is super-saturated.

In this paper we do not propose to deal with the various treatment for ailments of the teeth, such as filling, replacing of teeth by artificial or even replacing of the full denture in cases of severe and more advanced pyorrhoëa. We have so far given you an idea of the physiology of the teeth, and then the nature of the diseases as expressed by various workers in dentistry. To our mind dental treatment so far has not been satisfactory at all. We shall presently come to treatment by Nature-Cure. We give a case report in this and then the general advice for the reader.

III—TREATMENT UNDER NATURE CURE

Of all diseases the most painful, the most intolerable and the least understood is the affliction of the teeth. Only those who have had some form of tooth trouble can realise the intensity of the pain, the nervous affection it causes and the general reaction on the rest of the body like high temperature, restlessness, disinclination for work of any sort, the pain almost

driving one into madness. Under the 'Structure of the Teeth' we said that each tooth has a cavity in its centre containing blood vessels and nerves. When the tooth is exposed, it causes tremendous pain as the tooth becomes extremely sensitive.

In our studies so far it was mentioned that dentists have classified these diseases as (i) bleeding and inflammation of the gum; (ii) cavity in the teeth; (iii) pus formation between the teeth at various stages, painless in the beginning and early stages and painful in later stages when the teeth get loosened from its socket; and (iv) wrong alignment. If at all, the dentist has a place only in the last case mentioned to set right the wrong alignment by his dental surgery. Perhaps even this would not have occurred if one lived in the Life Natural way. Naturopathy treats all these conditions except the wrong alignment of the teeth as one disease, namely inflammation with local rise in temperature. The earliest of dental diseases is the bleeding and swelling in the gum; then follows cavity in the teeth and dirt accumulates between the teeth requiring frequent tooth picking which in turn increases the inflammation. Often the condition deteriorates and leads to the disease known as pyorrhoea. We do not therefore treat these cases differently but treat them all as inflammation.

CASE REPORT

We give here a typical case report. We have treated several other smaller ailments of the teeth successfully which we did not consider important enough. One of the authors of this paper (Shri Ramaswami) had once a cavity in one of the molar teeth filled with silver by a dentist. It lasted for its maximum period of two years when it got loosened from its hold and the teeth got exposed. In the

process of mastication of food, the already sensitive tooth became injured causing inexpressible pain. The face was swollen and the jaw could not be opened. The whole head was aching and there was temperature in the body which was sympathetic on account of the pain. There was no question of taking any food.

The patient could not sleep. The patient in this instance wished to try out treatment according to Nature Cure and did not wish to go to a dentist who could no doubt give relief in two or three days by using various drugs to produce local anaesthesia followed by filling of the teeth with cement and silver.

The authors have read in books on Nature Cure:

- (i) that hot and cold packs given alternately on the chest relieve inflammation and congestion of the lungs in cases of pneumonia;
- (ii) that hot and cold fomentations are given to relieve swelling, to relieve pain and thereby making the natural process of healing surer.

The authors applied this knowledge to certain cases of abscess which were very serious and which would be considered as likely to become septic by medical men. The result was very successful so much so that even the very first application gave the much needed relief to the patient and quickened the healing effects without the least sign of deterioration. This treatment was of course in addition to the auxiliary dietetic, and fasting treatments. In the course of their experiments on health, they had a chance to study in detail the effect of hot and cold baths, that is, the application of hot fomentation followed by cold application as a cure for all cases of pain and the healing that is produced as a result was miraculous. Hot bath

expands the pores in the tissues, and immediate application of cold pack contracts and this process of quick expansion and contraction produces a local painlessness which is not induced by medicine but by natural process.

The authors wished to apply this knowledge and experience to the soul-killing pain of dental trouble. Now it was most painful to apply any water, hot or cold, to the troubled teeth. When hot water was put into the mouth—no gargling was allowed as gargling cools the water—keeping the face in a slightly slanting position to allow water to the affected teeth—there was severe pain. Again cold water as obtained from a mud pot was similarly applied and that produced equally severe pain. This process was repeated for about 15 minutes—or rather I should say until the patient got relief for time is no factor—when relief from pain was obtained. The process was repeated both morning and evening and in three days' time the pain was removed altogether. But after two weeks the pain returned again. Now that the trick was known the same process was repeated and this time the relief was quicker and more effective. The treatment that is given at night when all is quiet after about 10. p.m. was the best and most effective as the patient was able to give the treatment in a calm and quiet atmosphere. For Nature Cure is Yoga and before you can get result you should establish quietness.

The next trouble took as much as three years when similar treatment effected the cure. The author was once speaking among a few friends about teeth and their ailments referring to what he had done in his case. Among his audience was a dentist who immediately challenged and put him on his chair for examination. After some time he admitted that he had

done something and then he said that a German dentist had similarly said about hot and cold treatment.

IV—RESULTS

The results of this treatment are:—

- (i) There were small pieces of teeth where previously the cavity was filled by the dentist. For filling the dentist drills a hole after desensitising the spot to put in his fillings. This naturally weakens the teeth which after a time breaks into pieces requiring extraction. The hot and cold treatment removed such of the weaker teeth in the process retaining only the stronger ones and giving relief from the pain at the same time.
- (ii) The gums got stronger.
- (iii) After you masticate some sour fruit or green mango or lemon, a certain sensitiveness is produced and the teeth are unable to masticate ordinary food. This treatment removes such a sensitiveness.
- (iv) Above all, the treatment cleanses the mouth as no other could and occasional treatment of this sort will help in the hygiene of the mouth.
- (v) I am not overlooking the dietetic precautions necessary as, of course, I expect every Naturopath will do the needful in this connection. Partial cooling baths like the spinal bath, or the hip bath, followed by a shower relieves very greatly the bodily strain.

VI—PRECAUTIONS

- (1) Avoid taking white sugar, white flour, white bread, tinned food and hydrogenated vanaspati. Use whole wheat flour, unpolished rice ordinary oil and ghee. Take good quantity of vegetables raw and cooked. Avoid fried things. Nuts and fruits are your food. If you cannot afford them, vegetable leaves (Sag) is your best friend. Use them.
- (2) Avoid drugs for sickness. Various drugs affect the teeth, especially mercurial drugs. They are enemies of health and of the teeth.
- (3) Do not use paste and brush for cleaning the teeth. They are unscientific. Doctors who talk of germs, how do they tolerate this anachronism? Can a brush ever be clean? There is only one answer to this. Our forefathers had their teeth fairly full until at least they were in their eighties. Today in our forties and even earlier our teeth either all of them or many of them have been removed. The unclean brushes are unscientific. What are pastes that people use? They are purified Chunna, calcium and soap and a few drugs like menthol etc. Take lessons from the uncivilized. Teeth diseases are a sign of civilization. If you do not want teeth troubles, go back to the uncivilized and observe what they were doing. Frequent uses of brushes and paste will eat away the gum and help to destroy the enamel holding the teeth. They create crevices and space between the teeth, giving place to dirt and decay.
- (4) Use twigs newly cut from certain trees. They are very good cleaners. The rootling that

falls from the branches of a banyan tree is best and there are similar trees from which twigs are taken. Various powders out of the barks of trees are made. Use such of them that do not irritate.

- (5) Our ancients used especially for children burnt ash from cowdung cake. These are good and can be used with benefit. They not only clean the teeth and help to keep the alignment as massage is given by the forefinger. Mango leaves fresh can also be used with benefit.
- (6) In the author's experience—they have been using this for over 15 years now—charcoal powder with about 2 or 3 per cent of common salt mixed has been found the best. They have to be used by hand (forefinger). The finger cleans the teeth and in the process strengthens the gum by the massage. Use the finger softly while using the powder as it should not be very fine.
- (7) Eat for the teeth. How are animals keeping their teeth clean and white? They eat grass. Grass is good and we can chew a few grasses occasionally from time to time. Grass is good as it is the only leaf exposed to the sun very much. Eat fruits, bite them and do not cut them. Sugarcane can be chewed or at least eat some pieces of sugar cane (ganna). They clean the teeth as you eat them. A few pieces of lemon can be chewed from time to time. Do not be afraid of sourness affecting your teeth. Hot and cold washes will set them right. Salt is used with charcoal powder mainly to dissolve the black colour quickly.

- (8) Above all live the life natural to the best of your ability. Nature will amply repay you with health, wealth and prosperity and save you from the doctors and drugs. You will then feel as the poet has said.

“God is in His heaven,
And all is well with the world.”

Lokasamasthas sukhino bhavanthu.

The Truth Put Plainly But Bluntly - II

Universal advertising via the press, billboards, movies, the radio, the funnies, etc. has made everyone cigarette-conscious, has prompted thousands of otherwise intelligent people to believe that perhaps after all there is precious little harm for the great solace it is promised to give.

Deeper and deeper the vicious advertising of cigarette manufacturers eats into the life-blood of our nation. Corroding the blood vessels, weakening the heart of its users, tobacco is extolled higher and higher by advertising experts for no better reason than it brings in great financial returns to the few while it is undermining our composite national vitality at its source.

* * *

The greatest friends of tobacco are advertising, ignorance and lies.

The profoundest and ablest enemies of tobacco are education, knowledge and truth.

Dr. Jesse Mercer Gehman (U. S. A.)

Activities in Delhi

Thirty Six Basic Nature-Cure Study Group

The 36th Basic Study Group commenced its sittings, as scheduled, from the 15th March, 1959, and is in progress. The sittings are held at 6 a. m. daily at the Social Education Centre, Opp. Delhi Junction. The Group is expected to conclude by the 30th June, 1958. All those partaking in the Group are sharing keen interest in the Study of Natural Hygiene.

LECTURES:

(i) Delhi Public Library, Delhi

Sri L. Ganesa Sarma is continuing his weekly talks on Natural Hygiene under the auspices of the Delhi Public Library, Delhi. Talks are on Monday evenings at 6 p. m. at the Library Premises.

(ii) Social Education Centre, Delhi Municipal Corporation.

Under the auspices of the Paharganj Centre, regular talks on Natural Hygiene by Sri S. Swaminathan, in Hindi. The talks are on Wednesday evenings at 7-30 p. m.

At the Centre Opposite Delhi Junction, Lectures are delivered every Friday at 8 p. m. on Nature-Cure, in Hindi. Shri R. N. Tandon and Shri J. C. Sharma spoke during the month.

(iii) At Lajpatnagar

Regular talks have been arranged at Qr. II/0/5) Lajpatnagar, (Opp. Govt. Boys' School, Lajpatnagar, every Sunday at 8 a. m. Sri S. Swaminathan gave the following talks

1—3—'59 Mental Health.

- 8-3-'59 Control of Emotions.
 15-3-'59 Physiological Value of Continence.
 22-3-'59 }
 27-3-'59 } Food and Nutrition.

(iv) In Gole Market Area

The Advanced Study Group is meeting every Sunday evening at 5 p. m. The discussions during the month related to.

- 1-3-'59 Cataract.
 8-3-'59 Glaucoma.
 15-3-'59 Detachment of Retina and Squint.
 22-3-'59 }
 27-3-'59 } Hygienic Care of Children.

(v) D. C. M. Health Association, Delhi

Under the auspices of the Delhi Cloth Mills Health Association, Shri R. N. Tandon delivers weekly talks on Sundays at 5-30 p. m. The D. C. M. Health Association is an association sponsored by the staff and officers of the D. C. M., aimed at the propagation of Natural Hygiene.

Vegetarian Club in Brazil

"I received the copies of The Life Natural just in time when a Vegetarian Club has been formed. Some articles could be translated into Portuguese and published in their Bulletin."

Leonides Doblins, Laranjeiras, Riode Janeiro.

Nature-Cure Study Group

The second Study Group conducted by Sri Bhojraj at Ulhasnagar (Kalyan, Bombay) every Sunday morning, is being attended by thirty members.

Sensible Slimming System

(L. Ganesa Sarma, Hony. Secy., I. L. N. Tt Delhi Branch,
 A-434, Defence Colony, New Delhi-3)

In the west Nature-Cure has gained some popularity in that it is the only system that provides a positive solution for this problem of Slimming. But it has not gained enough because of the somewhat painful-seeming means to the end.

Therefore someone wrote an article giving a 'bright' idea for the same end of slimming under the title: "Eat & Reduce". In a nutshell the method is that one should take a heavy breakfast and go about one's work. The result of such a practice is that the food is not digested in time and there is neither hunger nor an appetite for further eating. Even if one eats, by force of habit, there is no proper assimilation nor nourishment. But expenditure of energy is there which (calorific need) is met by consuming the surplus fat accumulated in the body, causing a reduction in weight.

But we know it is not the proper way. 'The means do not promote the end'. Excess flesh is accumulation of foreign matter which the system has not been able to expel in the normal course of living, denoting thereby a depleted Vital Reserve. Such being the case further waste of Vital Energy for slimming is unwise.

I shall narrate a true historical story, only changing the names for the sake of suitability. If this note gives you food for thought and puts you on a sure and safe road, (this is addressed only to the obese) I do not want you to thank me, but give this knowledge to your (obese) friends too, and communicate the results to the Editor.

Raja Sukhabhogi was obese. He was too much after pleasures and was devoting rarely any attention to the affairs of his state. His care towards defence was totally absent.

Jnanendra Sarma, who was minister to his father continued in his position but he was unhappy that the king did not heed his warnings.

A neighbouring ruler got scent of the Raja's weakness and he besieged Sukhabhogi's city. Sukhabhogi's meagre forces surrendered and the king was taken a prisoner. The victor, realising the weakness of his victim, placed him in a tower in his own capital with just one watchman to guard him. Otherwise he had all amenities and freedom to ask for anything he wanted to eat.

Sukhabhogi longed to be free. But he also realised that, carrying his massive body, he could not run, and the hope of escape was too remote for him. Enough opportunities presented themselves, when the watchman used to be careless or even sleeping the most part of the day. But when he looked at himself in the mirror, he felt he was carrying himself. It was then that he realised that the mountain of flesh that he was carrying with him was not all himself.

Jnanendra Sarma had a paternal love for Sukhabhogi and he wanted to help him somehow. He knew that it would be possible only if the prisoner had shed all the surplus flesh.

Jnanendra Sarma was out of service and he had to start begging in the streets, going about singing the praise of Siva. He had a fine voice and his music was enchanting. When he used to pass by the tower in which Sukhabhogi was interned, he used to sing these lines:

“நீருமோரு பூசணிக்காய்—உண்ணு
நீட்டு காலே சுவர்மேலே
நித்தம் செய்தால் நிச்சயமாய்.”
நின்னைவிட்டகலும் இக்கோது

“Dilute butter milk and ash-pumpkin, resting the feet on the wall,—if you do this daily, surely this your defect will go away.”

These lines contain in a very succinct form instructions to be followed for slimming. Sukhabhogi easily recognised his minister's voice. He repented his past behaviour. Hearing the same lines repeatedly for a few days, he was able to follow the instructions contained in those lines. He started following them—yes, he did so to the letter.

He subsisted on thin buttermilk mixed with the juice of ashgourd (பேர, பூசணிக்காய்). This was regarding diet. He had another exercise to do by keeping his stretched legs raised and supported against the wall while lying flat on the back. He started feeling lighter day by day, having thrown off the ugly flesh every day. Steadily he was able to raise his back also and stand on his neck supporting the back by his hands by planting the elbows on the floor. So to say, the pose he assumed was Sarvangasana. It needs no saying that the story had a happy end.

This liquid diet served both to alkalinize his blood stream and also to ensure Vital Economy. The Sarvangasana helped to dislodge the foul matter which remained stagnant below the hips and also to improve the circulation of the blood.

So, now you know the method. You can adopt it to the extent you can and reap the benefit that you deserve.

Recognition Reader's Opinion

Sri P. Venkaiah Garu, B.A., M.L., Retd. Dt. Munsiff of Visakhapatnam (Andhra) a follower of Nature-Cure for the past many years writes as follows under date 17-3-59.

"I may say at once that I agree with the learned editor in his conclusion that a government patronising allopathy as their favoured system of medicine in India and showing a step motherly attitude to Ayurveda and Homopathy cannot be expected to give any real encouragement to Naturopathy and that all efforts to secure their genuine support would be fruitless and even harmful to our cause. But I feel that the editorial in question was rather too strong language in referring to the Govt. and the Vested Interests and their motives.

"Sri S. Swaminathan's article in the March issue describes the conditions in India regarding Nature-Cure and its followers and the attitude of vested interests to them in more sober terms and I fully endorse his views on the subject."

Opinions from other readers are welcome on the subject.

Editor, L. N.

The Stimulant Robs You - II

It was said in ancient Italy that all roads led to Rome. It can be said just as truly that all tobacco roads, whether by cigarette, or pipe, lead to nervous stomach trouble. Certainly there is no surer way in which to accomplish a serious derangement of that delicate mechanism known as the sympathetic and parasympathetic nervous system than to subject it continuously and excessively to the injury caused by those products of combustion we know as a "smoke".

—Dr. Joseph F. Montague, M. D. (U. S. A.)

Review

The Dual Revolution, by Jaya Prakash Narayan, a Sarvodaya Publication. Price: 25 nP. available from The Sarvodaya Prachuralaya (Akil Bharat Sarva Seva Sangh), Tanjore, Madras State.

This is a report of a lecture by the author on the Bhoodan and Gramdan movements carried on by Sri Vinoba Bhave, delivered in England to an English audience. Herein is given a graphic account of how the movement originated. In Telingana (Andhra State) Sri Vinoba was moving about, seeking to bring peace to that distracted region. An untouchable gave him a challenge, suggesting that the communists were forcibly taking land from the rich and giving them to the landless cultivators, and asking him if he could do the same thing by *his* methods. Vinobaji asked the land owners, and one of them offered more land than was asked for. Thus began the movement. The story is inspiring, showing that human nature has its good side. The movement is styled a Dual Revolution, because it demands an inner revolution in the hearts of the people, as well as outer one, the free gift of land to the landless.

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.

Activities In Delhi And Other Places

BOMBAY AND ANDHRA PRADESH

Sri S. Swaminathan in February visited Bombay, Poona, Uruli and Secunderabad. He had useful discussions with workers who are already working for the spread of Nature-Cure at all these places. Besides, he also interested quite a good number of individuals in the study and practice of basic Nature-Cure. Notable among the persons who were contacted were Miss Janet Irwin and Mr. J. N. Mankar and Mr. Bhoj Raj of Bombay, Sri Balkobaji Bhawe, Sri Krishna Chandra, Sri Gopalan, Sri Charana Prasad and others at Uruli and Dr. Venkat Rao at Hyderabad.

UTTAR PRADESH

On 5-2-59, a "Life Natural Lovers' Association" was founded at Muradnagar. Sri Lajpat Rai, an active worker of Delhi, gave a lecture on the basic principles of the Science. On 16-2-59 Sri Lajpat Rai, addressed a small gathering at Lucknow.

On 15-2-59, Sri Lajpat Rai spoke on "Longevity Thro' Life Natural" under the auspices of the Arya Samaj (womens' section), Allahabad.

DELHI

Sri Lajpat Rai gave the following talks at the undermentioned places in Delhi.

1-2-59 } Under the auspices of the Arya Samaj,
22-2-59 } Amritpuri, Delhi.

In America

Enquiries for The Life Natural and Sarmas' books may be addressed to:

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Pneumonia Cured Radically

Sukh Lal Arya, M. C. Junior

Basic School, Kanjrawla, Delhi.

A daughter of mine was suffering from low fever. It was due to the weak constitution that she had. The fever lasted only for two days. I had been a student of the 23rd Training Course held in Delhi under the guidance of Sri K. Lakshman Sarma and I had observed the methods demonstrated by Sri L. Ganesa Sarma. So I had enough knowledge to treat the child.

On the evening of the third day the girl got fever again with violent coughing. Breathing became fast with the mouth open. She had restless sleep. After some hours she was rolling her head with pain. I told my mother that the girl was having pneumonia. I was advised to call in a doctor or vaidya to save the girl.

After attending Sarmaji's lectures and studying his book 'Practical Nature-Cure' I was fully convinced that doctors had little knowledge of disease. Their poisonous drugs not only land the patient in chronic disease but also make the patient incurable.

When I told my wife and mother that I was going to apply the stimulating wet pack to the chest they were frightened. I assured them that she will get relief from pain soon. I put a wet pack six inches broad covering the back also. A woollen cloth was tied over the wet pack. After one hour the baby passed urine. She then slept soundly for four hours. Then the pack was removed. Bowels also began to move. Black coloured old stools came out. The child appeared cheerful. The next morning the wet pack was repeated.

The face was exposed to the cold air throughout. Nothing except water was given. In the day time a mild sun bath was given. The child became all right.

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California, U. S. A.

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FITNESS AND HEALTH FROM HERBS

Editor :

F. Newman Turner, M.N.I.M.H., N.D.A.
Dr. Cyril V. Pink contributes a series of articles on Natural Childbrith; Doris Grant, an author of many popular books on Diet writes informative articles on the subject in every issue; Articles by qualified herbalists on the cure of various ailments by herbs, diet and Natural Living is a regular feature. In addition to the above and various useful articles there is a 12 page supplement in every issue on subjects as 'Conquering Cancer' 'Lumbago and Fibrositis' etc.

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Registered No. M. 6801

Practical Nature-Cure

Completely revised 9th edition (November 1956)

By

K. LAKSHMAN SARMA

Rs 12-50 or 21 shillings or \$ 3

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

Madras Journal, Bombay

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

Madras Journal, Bombay

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

Vetnam Selvi, Madras

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

Practical Life, Rishikesh

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No. 9

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MAY, 1959

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THE LIFE NATURAL



See page 406

Editor: K. LAKSHMANA SARMA

Sarma's Nature-Cure Sanatorium

Ganeshnagar, Pudukkottai, S. Ry.

Director: K. LAKSHMANA SARMA

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

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

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For charges etc., please write to the Manager.

Nature-Cure Training Camp Cancelled

Owing to certain difficulties the Training Camp announced to be held in May-June '59 at Pudukkottai is cancelled.

We regret for the inconvenience caused to the intending trainees.

The Indian Institute of
Natural Therapeutics,
Pudukkottai
29-4-1959

L. Tyagaraja Sarma
Manager

The Life Natural

VOL. XVI

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NO. 9

A Tax On Vitality

Food is a tax on vitality,—an obvious fact, which however went practically unrecognised, even after Dr. Dewey pointed it out. The calorie theory of the amount of food one must eat was framed in perfect ignorance of the above truth, on the faith of certain demonstration with a machine called the calorimeter. These demonstrations were based on the absurd assumption that the living body was exactly like a steam-engine. The body is really more an electrical machine, though even that is true only within limits.

Besides the calorie requirements were ascertained without regard to the limitations which affect the amount of food a man can eat, without upsetting Vital Economy, which is an inexorable Law of Health, the violation of which will inevitably reduce vitality and make the eater liable to diseases, until he stops violating the law.

In particular, we may point out two considerations which must be taken into account in ascertaining the proper MINIMUM,

which is also the MAXIMUM, that one can eat. This shows that there can be no universally applicable prescription of the food-load that can be put upon these digestive organs.

One of these is the person's ability to digest. This varies enormously from man to man, and woman to woman. The amount of vital power available for this labour is only the remainder left over after all the other channels of vital expenditure. One has to do his daily work. And there are also loss of vitality in sexual and other indulgences. To the extent one disciplines oneself this remainder will be increased.

The other is the amount of oxygen that one is able to obtain by normal breathing. If the breathing is subnormal, there will not be sufficient oxygen for ensuring that the work of food-disposal will be efficiently performed. But if one eats less, the oxygen that is available may become quite sufficient. This lessening of the food-load will make it possible for the breathing processes to be improved, so that more oxygen will be brought in.

These restrictions make it possible even for dyspeptics to recover health in time. Otherwise there is no hope for dyspeptics.

Thus it will be seen that the calorie theory does not fit into our science.

'The Welfare State'

Nowadays we are being given to understand that ours is going to be a Welfare State. And we generally assume, rather too hastily, that the welfare will be ours. Now before we choose to submit to the imposition upon us of this kind of state, it would be wise for us to investigate as to the chances there are for its being *our* welfare, rather than the welfare of those that have the greatest pull, namely the vested interests, who are really the natural enemies of the people, especially those who are unorganised and therefore too weak to resist the evils that will arise for us by this imposition.

If we scrutinise this idea, we shall find that the suggested state is a great deal too good to be true, because the proposed state is an Utopia, and hence not practicable in the suggested sense. Actually it is certain to materialise in a form which will take away whatever share of welfare we now have. The world-situation is by no means favourable to its being a real Welfare State, a State which will result in ensuring *our* welfare. And it is a known fact that Utopias are impracticable. This is specially so in democracies, because experience proves that the ballot box is not capable of giving us the kind of rulers who will be able and willing to give us this utopia. What would enable the people to get a real Welfare State is their own organisation and ability to prevent adventurers from getting into the places of power, and seeing to it that the proper men are put in those places, and to see to it that even these men remain faithful to their trust. The fact is, everywhere, according to disinterested critics, democracies are not so successful as promised by the makers of public opinion. The essential principle of a democracy is the preservation of the people's personal freedom, and it is this priceless boon that is at stake in all the democ-

racies, so much so that it is authoritatively pronounced that the price of Liberty is eternal vigilance. Now this price the people are rarely willing to pay. On the contrary the common man thinks that all he has to do is to vote for men who succeed in getting his good opinion—that between one election and the next, he is free to sit back and let the state run its course in its own way, without any care and effort on his part.

Now the idea of the Welfare State is very old. It is certainly not new. And hence there is some evidence of how it would work, if we let it take shape in any way.

An experimental Welfare State was tried out in one respect in Britain when the party in power happened to be the Tories (or Conservatives) who comprised the propertied classes and their dependents, who should rightly be called oligarchs. Their opponents called themselves Liberals, who professed belief in universal liberty, but their supporters also were men of property, so that they were really *liberal* only to themselves. At that time there was practically no Labour party.

The experiment consisted in legislating for protecting the people from smallpox by the method called vaccination, discovered by one Jenner, an apothecary practising in a village in Gloucestershire. This was at first optional. By means of propaganda, suppressing inconvenient facts, the rite came to be accepted by all the well-to-do people, and the medical men merely became beneficiaries by the very liberal fees & received for the very simple operation which it was. But the very poor people, who lived by selling their labour, did not take kindly to it, for the very good reason that in their case it was patent that the rite did not protect their children from the disease when it became

epidemic. The truth was that the disease affected chiefly the slum dweller in cities and towns, those living in sanitary quarters being practically free; these people really owed their freedom from the disease to the comparatively more sanitary conditions in which they lived, but they ascribed this to the vaccination which they took, being so taught by the doctors. Now the problem was how to rope in the slum-dweller, so that the fee-income from vaccination will be multiplied enormously.

At first the service was sought to be made popular by its being made free of cost, the vaccinators being paid their fees out of the public funds, and an Act was passed to that effect in 1840. But this had little effect in the intended direction. So the beneficiaries and their sympathisers thought of forcing vaccination on the poor by legal compulsion. Many eminent statesmen and believers in the fundamental right of personal liberty warned that this was unconstitutional and would provoke opposition and resistance. But their warnings went unheeded, and the leaders of the profession succeeded in getting it passed as an Act of Parliament, with practically no discussion, because the only people who had no faith in its protective quality and who dreaded it as capable of causing any fatal illness,—the poor slum-dwellers—were not represented in that august house. Nevertheless it was felt that legislative interference in private life, on a matter which strictly should be left to the discretion of the parent, was an invasion of a fundamental right, and to get over it, it was solemnly put forward as a justification, that a parent might, through sheer negligence or perversity, fail to give his child this indispensable protection against a serious disease, and the State as the guardian of the children has the duty to ensure that protection by coercive laws imposing deterrent penalties. And as it

was believed, on the authority of the medical men, that the operation was both safe and effective,—though in fact there was abundant evidence to the contrary—the law was passed without any dissentient voice.

Afterwards critics condemned this gross interference with private life, because, in the first place, the parent as a rule will not fail to accept this proffered protection, unless there were good reasons to the contrary, and in the second place the chances of smallpox, even in a great epidemic, were negligible as compared with a great many other diseases for which there was no preventive, and the preventive may by personal experience or otherwise be found to be much worse than the disease itself.

As to the argument that an unvaccinated person is a danger to his neighbours, it was pointed out that this amounted to confession of doubts as to the protectiveness of vaccination, the hypothesis being that vaccination protects the vaccinated, even when an epidemic is raging on all sides.

All these objections were brushed aside because the men in power and their supporters thought that the doctors are the proper authority to decide what is good for the people, the people having no right to have an opinion contradicting medical views.

At the same time there was discrimination against the very poor. The penalty was fixed at 20 shillings and costs, a trifle for the prosperous ones, but grievous to the poor. So the ruling class saw to it that they themselves should be free from compulsion. This shows clearly that the common man, in the opinion of the rulers, had no political rights.

This temper of mind was peculiar to the members of the Tory party. It was called sanctimoniousness, the ability to pretend that they were always right and acted from the highest and purest of motives.

It was claimed that the doctors were unanimous in their opinion in favour of vaccination. But the unanimity was the effect of the financial gains from the vaccination of all infants. But actually there were a few among the medicos, who became opponents of vaccination through observing not only the failure to protect, but also the danger to life and injury to health, due to the fouling of the blood-stream by the process. These conscientious doctors, as soon as they realised the true facts, resigned their posts as Public Vaccinators, thus renouncing an income amounting to many thousands of pounds a year.

In spite of the Act there were too many cases of default, the parents preferring to go to jail, and even suffering the loss of their household goods by sale for the realisation of the fines imposed. So a much more deterrent law was passed in 1867.

There had been frequent epidemics of small-pox from 1825. The last of these occurred in 1871—2, which caused more than 42,000 deaths. On the whole the total deaths running 16 years ending with 1872 were about 79,000.

This gave a severe shock to the complacency of the medicos. In the *Lancet* there appeared the following unreserved confession of failure :

“Those who have been building hopes, in their imagination, of a great and beneficial system of a State system of Medicine under which the great causes of disease were to be controlled, must abate their hopefulness. It must be admitted that the existing system of vaccination has been sadly discredited.”—Quoted in “An Inquiry into Vaccine Lymph,” a publication of the National Anti-Vaccination League, from ‘The Value of Vaccination’ by Dr. Winterburn.

The subsequent history of vaccination can be read in Chapter III of *Practical Nature-Cure*.

Does this not suffice to show the True Nature of the Welfare State?

AIR POLLUTION.—The need for “smokeless zones” has been emphasized in the Medical Press by Prof. F. C. Pybers of Newcastle. He claims that London air particularly, and the air of industrial cities generally, is laden with benzpyrene, a known cancer producer. He claims that persons living in these areas breathe in as much of this harmful chemical every day, as they would from smoking 100 cigarettes. Tobacco, of course, contains several other injurious elements apart from benzpyrene.

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Eczema—Its Cause and Cure

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

ECZEMA—

“THE NOT YET UNDERSTOOD” DISEASE!

A friend has forwarded an extract from certain remarks said to have been made by Dr. A. E. Clark-Kennedy, F. R. C. P., on certain diseases—of which Eczema is said to be one—which he classifies as “The Not Yet Understood”. I would content myself with quoting just a few sentences from the said extract, as it would serve our purpose here:—

“So easily does a little knowledge, particularly if it leads to success in treatment, make us forget how little we really know. For example, now that we can keep people with diabetes in almost perfect health, we forget that we know no more about its cause today than Hippocrates when he first described it over 2,000 years ago! So too with myxoedema and pernicious anaemia. We can treat them successfully and yet have not the remotest idea as to what causes them.....

“Nevertheless a number of odd conditions remain which cannot yet be explained in terms of a congenital defect, malnutrition, physical injury, chemical poisoning, infection, or even in terms of unexplained new growth or mysterious but inevitable old age. What, then, are they due to? No attempt at a description of the natural phenomenon of human disease would be complete without the more important of them somewhere in the picture.”

I am informed by the friend that one of the “more important” of the “Not Yet Understood” diseases which Dr. Kennedy mentions is eczema. The

friend wants to know what, according to Natural Hygiene, causes eczema and whether the condition could be *radically* cured. Obviously, he is one among the many who have had resort, without any benefit, to the various "eczema cures" put out by the enterprising trade.

PERCEIVE THE TRUTH AND MINCE NOT WORDS.

Before I deal with the subject of eczema, I shall invite the reader's particular attention to one of Dr. Kennedy's remarks: "We can treat them successfully and yet have not the remotest idea as to what causes them." I shall request the reader to ponder over this statement. Will it be possible to "treat" any condition "successfully" without knowing what causes the particular condition? "Any such treatment" cannot obviously effect a radical cure, cannot raise the health level of the person. How, then, could the treatment be declared as successful? If the medical "treatment" of a particular condition, say, high blood pressure, is going to lead to nephritis or some other distressing complaint, can it be claimed that high blood pressure had been "treated successfully"? Is not nephritis, or the other distressing complaint, the result of the suppressive treatment, and can it not, therefore, be stated that the patient has really been worsened by the "treatment"? Let truth be perceived straight and let there be no mincing of words. I am yet to come across a case of eczema cured *radically* by medical methods. Wherever medical treatment was resorted to, the patient's health-level had fallen considerably. Suppression cannot, by any stretch of imagination, be treated as a cure.

ON DIABETES.

As for diabetes, to which Dr. Kennedy refers, I believe the medical admission is that it cannot be

cured radically. Whatever the medical authorities might say, the diabetic patients know, to their own cost, that they have not been able to "cure" themselves in spite of years of "treatment." I would draw the attention of those that may be interested in the radical cure of this complaint to the series of articles which appeared in *The Life Natural*, pages 332-336, 350-356 and 387-392, Vol. XIV.

ECZEMA—ITS SYMPTOMS.

Now, I shall deal with what causes eczema and how it can be radically cured. I shall also cite a few illustrative cases.

Eczema, said to be the most common of all skin diseases, is an inflammatory skin eruption and it may appear in any part of the body. The inflammation is present along with the formation of pustules (elevated, pus-filled skin lesions), scales or fissures. The clinical features vary a great deal in appearance, distribution and extent. Some areas are dry and scaly, while others show the presence of vesicles or pigmentation and thickening of the skin. The most frequent symptom is itching which, often enough, compels even the most cautious person to scratch the affected area. Scratching, while it may give some momentary relief, worsens the condition. The eczematous patch, whether it is of the dry type or of the so-called "weeping" type, cannot be treated by any external application of a counter-irritant over the area affected or by any other local treatment of a purely symptomatic nature.

CAUSE OF ECZEMA

The real cause of eczema, *as of every type of disease*, is toxæmia, brought about by enervation. The skin is, it should be remembered, an eliminatory organ. If this function is disturbed, again due to wrong habits of living, the skin would lose its tone and it is in such a

Also the cereal taken must be less than the vegetables. This diet could be had for three or four weeks, or even more, till a perceptible improvement in the general condition is observed.

(b) *Dew-Walking*: A walk in the early morning over a grassy lawn, barefooted, will give the best results. This could be combined with non-violent *Pranayama*.

(c) *Air-Baths*—An air bath should be had early in the morning or at some other time when the air is cool and enjoyable. As much part of the skin as possible should be exposed to the cool air; this will have a tonic effect on the skin. It would improve the nerve-tone as well. The patient can move about vigorously when taking the air bath, or else have mild friction with either his hands or a dry towel.

(d) *Fasting*—Occasional fasting for short periods of a day or two is recommended. Fasting should be resorted to also whenever there is a healing crisis. Detailed instructions on fasting could be had from a study of Sri Lakshmana Sarma's "*Practical Nature-Cure*".

(e) *Sun baths*—A sun bath daily could be had with great advantage.

(f) *Spinal baths*—Spinal baths could be had once or twice daily. It would enable the patient to relax himself fully. Where a sun bath is taken, the spinal bath should follow it.

(g) *Enema*—There are many, even among the Nature-Curists, that would find fault with the enema and would term it as unnatural. The non-violent enema as recommended by Sri Sarmaji, could be had, once daily, with great advantage. It is non-habit-forming and by its use nobody would lose his bowel tone.

(h) *Herbal Oil*—The itching sensation that the eczematous patient might have in the beginning could be greatly relieved by the application of the herbal oil prepared by Sri N. Ramaswami Pillai, F. I. I. N. T., the noted Herbalist and Nature-Curist of Adaikkamangalam (S. India). Thousands of sufferers in Delhi have used his herbal oil with great advantage and I would commend its use. The herbal oil, incidentally, is not a specific for eczema or any other skin complaint and it is not a poison. It will, on the other hand, improve the skin tone. Hence, no one need have any mental reservation in using it.

(i) *Cooling Pack*—Cooling wet packs, or better still clay packs, could be had over the affected areas.

(j) *Right Mental Attitude*—Above all, the patient should have a constructive mental attitude. This could be had by the understanding of the basic principles of health-culture, that Natural Hygiene advocates. Let him have Faith in the fundamental goodness of Nature.

THE HEALING CRISES

If the above hygienic factors and conditions are provided, according to the needs of the patient, he could very well recover quickly. The healing crisis should be welcomed* and they should not at all be suppressed. The following brief case-histories will show how efficacious the Natural Hygienic methods have been in radically curing eczema:—

CASE HISTORY—I

Mrs. G. approximately 30 years old when taking to Nature-Cure treatment, had eczema of the "weeping" type for over ten years. The hands and the forearms

* The reader's attention is invited to the article "Welcome The Healing Crisis" in pages of *The Life-Natural* September 1957. A study of this article will enable the sufferer to know how he should conduct himself during a healing crisis.

were the portions affected. The usual suppressive methods were tried for 10 years, but to no effect. With a predominantly *positive* diet and other programmes as outlined earlier, radical cure was obtained in 4 to 5 weeks' time. There was no healing crisis, as such, during this period, or immediately thereafter. She had a fairly severe fever for about a week, six months after she took to Nature-Cure. Now, the patient has no eczema, nor any other complaint whatever. Since taking to Natural Hygiene, she has been a staunch follower and she has, in her own way, been introducing the Science of Health to many persons.

CASE HISTORY—II

Mr. K. L., aged 52 years, an office superintendent in a European firm in Delhi, had eczema. The disease had started from the right foot and slowly spread all over the body, including the face. The usual ointments, injections and other symptomatic treatments were resorted to. At times, some temporary relief was obtained, only to be followed by a virulent relapse each time. Homeopathic treatment too was tried in vain. Took to Nature-Cure treatment in May, 1958, and in about two months' time a radical cure was obtained. Since then, Mr. K. L. has been an ardent follower of Natural Hygiene. He, along with his brother who too is an enthusiastic follower, is doing solid work in propagating the Cause of Natural Hygiene in the Capital.

CASE HISTORY—III

The patient was one Mr. B., aged about 26 years, a stenographer by profession. First eczematous patches in thighs were "cured" (in July 1957) by application of certain ayurvedic ointments. The patches reappeared in right hand fingers. The same "remedy" was tried but now in vain. Later, allopathic, ayurvedic and

other "remedies" were applied in turn, but the eczematous patches increased in their size; both the hands were affected, so much so that Mr. B had considerable difficulty in doing his official job. Even relief could not be had the conventional way. Ultimately, he took to Nature-Cure treatment. Practically the entire programme was followed by him except that he could not take the spinal bath for certain reasons. In about six weeks' time the eczematous patches had completely disappeared. A number of boils came up—all of them were just healing crises—and they were treated the Natural way. The patient had very recently one extraordinarily big boil over the chest area; a lot of pus came out of this and he is now in good health, his hunger having improved. He is now very active and healthy.

CONCLUSION

The few case histories given above are but typical. Those that care to understand the Message of Natural Hygiene and adopt it in their daily living, with due regard to the twin principles of Non-violence and Vital Economy, can achieve similar results within the course of a few weeks.

By RAMACHANDRA SHARMA, M. Sc.

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The Truth Put Plainly But Bluntly-III

All cures, with no exceptions, ride to success and glory on the backs of self-healing crises—processes induced by the healing power of Nature for the restoration of normal function; all cures fail, with no exceptions, when Nature withdraws Her helping hand. Those who desire to take the credit for their cures should be charged also with the responsibility of taking the blame for their failures. This simple rule, if universally recognised, would undermine medical mythology and superstition, prevent the exploitation of the sick, and provide a commonsense basis for the treatment of those who suffer from impaired health.

— Dr. J. H. Tilden, M. D.

If every specific were to fail utterly, if the cinchona trees died out, and the arsenic mines were exhausted, and the sulphur regions were burned up, if every drug from the vegetable, animal and mineral kingdom were to disappear from the market, a body of enlightened men, organized as a distinct profession, would be required just as much as now, whose province should be to guard against the causes of disease, to eliminate them if possible when still present, to order all conditions of the patient so as to favour the efforts of the system to *right itself* Great as the loss would be if certain active remedies could no longer be obtained, it would be the death blow to *charlatanism*, which depends for its success almost entirely on drugs, or at least on the nomenclature that suggests them.

— Dr. Oliver Wendell Holmes, M. D.

The Stimulant Robs You - III

The sense of security and comfort experienced by the coffee drinker is one of the most dangerous drawbacks of coffee. It is a false sense of security, a false sense of comfort. He would consider himself to be well when he is actually not so. The long-term effects of coffee drinking are debility and disease.

The caffeine in coffee—the coffee-bean contains 1 to 2% of caffeine—is a heart stimulant. Like drugs and certain other soluble chemicals, coffee robs the addict of the body's vitamin sources. Particularly, it has been noted that the addict is robbed of inositol and biotin, Vitamins of the B Group. Coffee also prevents the utilization of calcium in the body. The addict thus invites dental diseases, including caries and cavities.

A report in *The New York World Telegram and Sun* (12th April 1957) stated: "A potent cancer-causing chemical known as 3, 4-benzpyrene has been found in coffee root obtained from coffee-roasting plants." What guarantee is there that there is no trace of this chemical in the coffee seeds? Perhaps, some day in the future, scientists may establish a close connection between coffee drinking and cancer.

The stimulant thus promises the addict a lot of 'insecurity and discomfort, debility and disease. These are its long-term effects. Coffee is a dry, and is as bad as other drugs and the health-seeker can have no place for coffee in his daily routine.

Acute Crisis In A Weak Patient

(L. Ganesa Sarma, Hony. Secy., I. I. N. T. Delhi Branch, A-434, Defence Colony, New Delhi-3)

"Am I talking to Sri Sarma?"

"Yes."

"Would you be able to go to my house after your office hours in the evening to see my ailing father, please?"

"Yes I shall go with you if you could come and take me."

"Then I shall await you at the gates of your office at 5.00 p. m. Please look for me."

This was a telephonic conversation.

I had been to see the patient. He was laid on a mat spread on the floor. He looked very weak and emaciated. The son narrated the case, and the patient supplemented wherever necessary.

The patient had had quite a number of motions ranging up to a hundred each day and that for some three days. Each time only very little matter went out along with some foamy mucus. There was an uneasy feeling of extreme heat and dryness in the rectum which was slightly relieved by washing with cold water. When there is a motion, no amount of the patient's effort to clear off as fully as possible was of any avail.

Having studied a little of Nature-Cure, he was strict in the matter of food, i. e., he took no food, as it was a severely acute crisis. He was gradually losing strength. The only strength in him was just enough to reject his neighbours' generous advice that he should immediately be carried over to a hospital. That spoke well of the depth of his conviction.

Though strong of mind, having grown physically weak, he had begun to lose courage. In short, he feared he may not survive that crisis. But, knowing as he did, that the means must justify the end, he was prepared even to welcome death, if it should be so, for he knew there is no true path to Health other than the hygienic way.

It is true that every one would like to live, if he could manage to. In achieving that result some people look to shortcuts, caring only for the immediate results, being absolutely ignorant of the ultimate effect which is generally the opposite of the immediate one.

Knowledge combined with experience is necessary to be free from the illusion of benefit from the immediate effect. This patient having heard the lectures of Sri Swaminathan and studied the text-book, *Practical Nature-Cure*, was blessed with this understanding. As for experience, he has had the negative side of it all the years before he came to the Nature's Path.

Now, before advising a course of treatment, a careful study of the case is essential. One must not rush to do anything that might cause violence to the system in the state of health in which it was then. For that it was necessary to ascertain some points which I did by interrogation.

He has been a chronic sufferer of some of the many digestive disorders for quite a long number of years. All the time he has been having relief (not cure) by the unhygienic way.

Having learnt about the Life Natural, he started reforming his eating habits. As a result, he has obviously effected Vital Economy to a great extent. The Will to Health from within, armed with this revitalised life-power, exhibited an approval of his reformed way of living and wanted to cleanse his system to a fairly

great extent. Thus the disease which was latent in him, having accumulated each time, it came out in a patent form. But that expression of the Will to Health was definitely a strong one.

Knowing full well that he has been a chronic patient, we can conclude that that crisis was an acute phase of his chronic disease. Generally, we can start treating him for an acute trouble till the patency of the disease abates.

But such a step is not always safe. Of course it helps life to go ahead with the work it had taken in hand. But it happens that the Vital Reserve is not equal to the enormous task that it has started and it is run out. The health of the patient is raised to a higher level no doubt; but it exhausts itself so thoroughly that life becomes extinct.

This is also very often observed that in very weak patients, when they get serious crises, progress towards health is slow or almost nil. But suddenly there is a rapid improvement of health, and encouraging signs of elimination, which were ere then absent or very meagre. But we are not to gloat over such sudden seeming-success. In many cases death follows such an incident.

I was once called to see a patient suffering from uraemia (kidney failing to remove urea from the blood and the blood getting concentrated with the acidic waste). He was in a very weak state of health. From the tip of the tongue to the rectum there was inflammation and he could not talk except by gestures. I said that before any treatment could be attempted, I must have a rough estimation of his Vital Reserve. Both the tests I had suggested did not yield satisfactory results. Obviously, I did not go there further. Next week I got a call again. I was told that some other

naturopath was treating him and that they would have some encouragement if I could go and see and tell them if the course of treatment was proper. I had to go. There was that naturopath giving the patient a hot hip-bath in the sun. Besides that it seemed violent, I could not see any reason in such a method. The patient had no strength to sit up and needed somebody to support him. I felt it a little too cruel to the patient. Immediately after the bath, the patient had a bowel evacuation. The "doctor" was proud of his treatment and encouraged the relatives gathered there, quoting in Urdu the famous Unani specialist, Hakim Ajmal Khan, that as long as the patient had eliminations through both the channels (the rectum and the genital) and he was breathing, there was no fear of death. I saw the faeces and preferred to return home. While doing so, I told the person who took me there that the patient had also cancer and that he might not see the sun rise again. I am sorry, it did happen so. Of course, as I said earlier, there was no hope even at the time they first called me. That naturopath was quoting like a book-worm without understanding Life. He had mistaken the last spark of life for a rapid improvement in the progress towards health and he was congratulating himself on the success of his treatment.

In a small percentage of such hopeless cases, survival is possible by cautiously planning the treatment, provided there was some response to the treatment. That was exactly my problem then.

In the case of the diarrhoea also my inquiry was to know about the response to the treatment that Life showed. The extremities of his limbs were of course at a lower temperature than the body, but not too cold. There was a slight rise in the bodily temperature. He had thirst. He got relief from the uncomfortable

feeling in the rectum by washing with cold water. He was conscious all the time. Abdominal wet packs were welcomed by the patient and he had an inward feeling that it will be soothing to him. These were the encouraging features in him.

When emaciation is there, accompanying a serious crisis, the step taken has to be in consideration with two points. Acute crises demand absolute fasting. But when the patient is already too much emaciated, a certain amount of building is also necessary. The latter can be done by feeding, no doubt, low feeding. Digestion of food will of course cause expenditure of Vital Energy which will, in turn, slow down the process of elimination, resulting in mellowing the crisis to some extent. But care must be taken to supply such food as will tax the system the least and such food as will almost completely be assimilated.

I therefore suggested his taking any one of the following about four times in the day :—

- a. Dilute ashgourd juice,
- b. Whey,
- c. Bran tea.

Dilute ashgourd (पेठा, कुमाण्डम्, பூசனிக்காய்) juice can be prepared by adding equal quantity of water to juice of ashgourd squeezed out after grating the raw vegetable. Whey can be prepared by adding a few drops of lime fruit, juice to warm (cow's milk is preferred) milk. Bran tea is prepared by boiling bran in water. Bran can be of wheat or rice. People who do not know of the value of the presence of bran in the whole wheat flour or rice manage to remove it by sieving or polishing. Modern flour mills save their customers this labour of sieving the wheat flour by polishing the whole wheat grain first and then only grinding it into flour. This bran part of it is sold

as food for cattle. Now the mill owners include in the cost of the flour charges for polishing the grain and also earn by selling the bran separately. That is business. But business does not stop there. People suffer of deficiency diseases and the medico and the drug manufacturers thrive on the suffering of the people. So there is a licensed chain of public enemies.

He was to take it very slowly, a few spoons at a time and that too to be swallowed only after retaining the same in the mouth for not less than 10 seconds. Firstly, this helps in the digestion and secondly, he cannot over-eat. Therefore, it is not so very necessary to restrict the quantity by prescription.

Also, he was given the freedom to change the item any time he preferred or to mix any two of them, if he so desired. Thus he did not feel any monotony in the diet.

Mostly, in such cases, the extremities of the limbs become cold, showing a weak and impaired circulation. Also the bedridden condition of the patient further contributes to the sluggish circulation. But this condition should not be allowed to continue. Hot water foot-baths repeated several times in the day will definitely improve the circulation. When the patient feels warmth in his feet, he gets better sleep. And sleep is the best remedy there is. This patient had both; the hot water foot bath and its blessing, the sleep.

In between, whenever he felt thirst, he was given water in small doses each time. But he was advised to retain the water in the mouth till it became warm and then only to swallow.

As a minimum, one tonic enema a day was being given. This was not so much with the hope that quite a lot of matter could be passed out through that, as to

serve as an internal cooling bath. That is why the quantity of water was much less, so that he could retain it without strain for some time, say about 5 minutes. The exact quantity of water cannot be prescribed. It has to be arrived at by trial by the patient himself. The maximum quantity that he could easily retain is to be ascertained. This may not remain constant with the same patient all times. It could only be understood as the maximum that he could retain under his condition of health then.

Very soon the foamy condition of the stools ceased to appear. The quantity of matter coming out each time gradually increased, thereby reducing the number of motions by about 50% even in a day's time.

Within 4 days' time the condition of the patient was so far improved that the anxiety about life was no more there. The loose motions of foul old matter had stopped. And the patient had begun to feel the return of strength without any increase in the feeding. Feeding was of course gradually increased along with the increase in strength. The availability of strength was the justification for feeding. This also proves that strength is not derived from food. If food is the source of strength, then strength could not have returned without any increase in the feeding.

Had the patient been put on an absolute fast, giving him only water to drink, it might have seemed ideal arguing from the theoretical point of view of an inexperienced person. But we cannot say if the motions would have stopped or even reduced within so many days as it happened with the very light feeding. In serious cases the giving of medicinal food is a necessity, without which there will be no improvement, and the patient may die.

Bureaucratic Highhandedness

In the first quarterly issue of 1959 of *The Vaccination Inquirer* we find news of an act of bureaucratic highhandedness, which we would not have expected to occur in Britain. The news was first reported in some newspapers.

Mrs. Ann Knowles of Sheffield's two twin daughters, recently born, were taken away by a 'welfare visitor', while the father was away, on the pretext that the mother had tuberculosis. The father appealed to his local M. P. Sir Peter Roberts, who declared: "This is the worst case of infringement of civil liberties that I have come across in twelve years as an M. P. The Corporation had no right to take the children away without permission, which I am satisfied has not been given." Not only this, but it is said that the children were inoculated, of course without the consent of the parents. What will be the outcome of this gross crime by officials, we have yet to see.

By K. LAKSHMANA SARMA

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Questions and Answers

S. Swaminathan

[Under this column, select questions put forward by the participants of the Study Groups in Delhi will be featured along with the answers given to them. If readers have any general questions, they may forward to them; they will be published, space permitting, along with their answers]

Q. Sir, you recommend self-treatment (or home treatment) for every type of ailment, including the chronic ones. We have, however, been told by others that self-treatment is dangerous. We are confused. Could you enlighten us on this point?

A. Let us be very clear about the points raised by the questioner. When he was told that 'self-treatment is dangerous', obviously what was meant by the term 'self-treatment' was 'self-medication'. All authorities agreed that self-medication is dangerous and repeated warnings have been, and are being, issued about it. But, the fallacy that has been nurtured in the minds of almost everyone is that a poison ceases to be a poison when prescribed by a 'qualified' medico (or his counterpart, the vaidya, the hakim, etc.) Is this logical? Please think about it. A drug, which is obviously a poison, would be rejected by the living organism; it matters the least whether the drug has been self-prescribed or prescribed by a qualified medico or his counterpart. So, sir, if you mean by self-treatment, self-medication, that is really dangerous, that will weaken you, that will be violent, that may even prove fatal. When I condemn self-medication in such strong terms, please do not take it that I recommend medication by the qualified medico or his counterpart. Far from it. Sir, medication of whatever kind it be, is

indulged in with a purpose—to make wrong living safe? But, can wrong living ever be made safe? It is obviously impossible.

What is meant by the term 'self-treatment', as used often in this Group? A patient, whose health level is low, is advised to adopt Vital Economy in his daily life, so that he could build up health, so that restoration of health would be possible. If the patient takes to Natural Hygiene, with understanding—and this is not at all difficult—he can build up his health by hygienic, non-violent, methods. As there are no specific "remedies" and drugs in use, there are no hazards to face. All that the patient needs, or his near relatives who stay with him/her need, is an understanding of the basic principles of Natural Hygiene,—which are essentially simple—as well as the practical methods.

Natural Cure of Eye Defects

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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.

Your Teeth What Do You Know About Them?

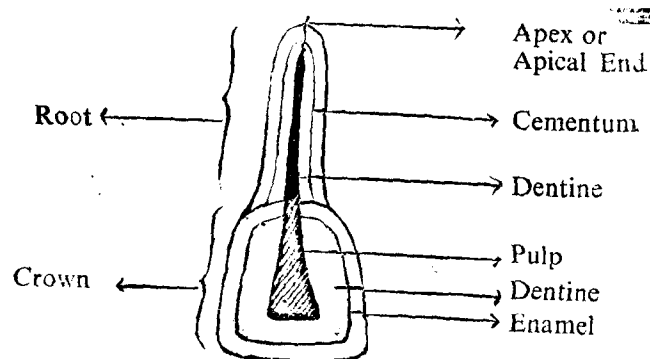
Dr. P. C. JAYNA, L. D. Sc., (Cal), Z. D. S. (Vienna)
FOUNTAIN, CHANDNI CHOWK, DELHI.

In this article I propose to merely touch upon the hygiene of the teeth and mouth and to lay stress upon the point that good and sound teeth are connected with a healthy, sound body. Later on I will venture, through some articles, to deal with the various Dental disorders and the natural way of combating and curing them. Our physical health is so much inter-connected with a sound and healthy dentition that an eminent physician has expressed the view that we can easily add ten useful years to our life by paying proper attention to the care of our teeth and mouth. Another eminent specialist has declared that 'Better Teeth will make a Better India.' I am personally of the opinion that over eighty percent of our Dental ailments can be traced directly or indirectly to our general ill-health. If we consider the human body to be a fortress then our mouth is the gateway to that fortress and our teeth are the natural sentinels standing guard over the gateway to the fortress. In order to ensure the safety of the fortress from the outside enemy the guards must be maintained in a fit and healthy condition. It is therefore apparent that if we neglect the health of our teeth and mouth our physical health as a whole is bound to suffer and vice versa.

Now I will tell you something about the care of your teeth and mouth. The subject of Oral Hygiene is so vast that much can be said and discussed about it. Now I will only touch upon the basic general factors.

The teeth of man are hard masses of calcified tissue attached to the upper and lower jaws (Maxilla & Mandible) by means of their roots in their respective

sockets. The outermost covering of the tooth is called Enamel after which comes the Dentine and finally the pulp or nerve which carries sensation to the tooth. That portion of the tooth which is above the gum margin and is visible to the eye is called the Crown while that portion which is inside the gum margin and is not visible to the eye is called the Root. The outermost covering of the root is known as Cementum within which again are the Dentine and the Pulp.



Natural teeth have three important functions to perform. The first and most important is thorough and efficient mastication of food. The second important function is correct speech and the third is formation and contour of the face.

We possess two sets of teeth; firstly Deciduous or Temporary teeth which are also known as milk teeth and secondly Permanent teeth which appear after the temporary teeth have been shed and are supposed to last a life-time. But if we do not pay enough attention to this set of teeth then perforce we will have to go in for a third set of teeth—this time artificial—from the Dentist. The milk teeth are twenty in number while the permanent dentition consists of thirtytwo teeth.

Thanks to our soft and refined diet and our modern and civilised mode of living, our jaws and mouth have become weaker and smaller and now rarely do we have thirty two teeth in our mouth.

Now I shall only take up the temporary dentition. There are no teeth present in the mouth of the child at the time of its birth but the buds of these teeth are already formed in the jaws of the foetus much earlier. It is therefore necessary that we pay due attention to the prenatal period of the child to enable it to form good and healthy dentition which starts erupting about six to eight months after birth. It is evident to anybody that only normal healthy parents beget normal healthy children. The physical and mental health of the mother has a great influence on the upbringing of her child. If the mother keeps indifferent health during pregnancy or has a perverted attitude towards life naturally it will have a general detrimental effect on the foetus and the teeth being an important organ of the body are also likely to suffer. It is therefore essential that the mother takes good care of her health during pregnancy and eats the right amount of well-balanced diet. The embryo is fed from the mother's circulation. If she does not eat and assimilate her food properly, Nature takes care of the BABY first and the mother afterwards. A brief outline is given here regarding the food of the mother during the *prenatal period*.

1. Milk:* At least one seer of fresh milk should be taken daily and during the nursing period. Milk is an absolute essential at this time as well as some fresh butter.

2. Fresh Vegetables: An abundance of fresh vegetables is necessary. Salads of leafy vegetables are considered absolutely essential to the diet.

* Editors Note: Milk is not the best food for the intended purpose. Leafy vegetables and herbs are better sources of calcium for the formation of good teeth.
Editor, L. N.

3. Fruits: Plenty of fresh fruits and fruit juices should be taken. Dry fruits are good for constipation. Steamed fruits may also be taken.

4 Cereals: Natural brown rice, bread made from whole-wheat flour and oats are advisable to be used.

5. Meat, fish, poultry and egg should be reduced as much as possible. Preferably this item may be omitted altogether from the diet of the prenatal period. CHEESE should be taken sparingly.

6. Tea, coffee, cocoa and condiments should be reduced as far as possible, or omitted.

7 Natural Sweets: Honey, maple syrup, brown sugar, figs, dates, raisins and sweet fruits should be taken in place of pastries and rich desserts. Fried and highly seasoned foods and stimulants must be completely avoided.

8. Water: Plenty of fresh water should be taken daily, to satisfy natural thirst.

POST-NATAL FEEDING:

It is no use arguing the point that the best food for the baby is the mother's milk. The desirability of breast-feeding may be summed up as follows:—

(a) It is chemically balanced, changes from day to day according to the age of the child and is absolutely free from bacteria.

(b) It provides natural immunity to disease. Wasserman proved that a drop of blood from a breast-fed baby will kill ten times as many bacteria as a drop from one who is bottle-fed.

(c) It supplies all the adequate materials for building good teeth in infancy.

Your Teeth: What do you know about them? 395

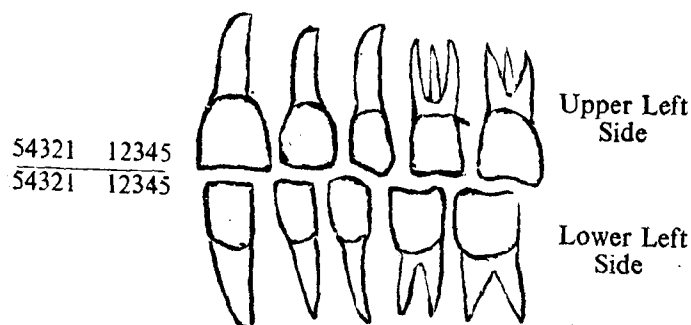
(d) The mechanical act of sucking the mother's breast gives muscular exercise for the development of normal healthy jaws. The muscles of the face and head are stimulated to proper development as well as the nasal passage and the brain case. Babies who are for some reason or other deprived of breast feeding and have to resort to bottle feeding do not develop good healthy jaws, have deep vault shaped palates with protruding teeth and suffer from poor facial development. Thumb sucking and the use of dummies should be discouraged as far as possible. The use of these articles also tends to produce deformity of the face and jaws, besides protrusion of the upper front teeth.

I have already mentioned in the beginning of this article that the temporary set consists of 20 teeth, five teeth each on all four sides; upper and lower and right and left. Thus counting from the median line we have the central incisor, lateral incisor, canine, first molar and second molar on all the four sides making a total of twenty teeth. The temporary upper central incisor is more or less square in form and has a thick cylindrical root about one and a half times as big as the crown. The lateral incisor is smaller than the central and the root is also thinner and smaller. The cuspid or canine has one pointed cusp and has the longest root slightly curved at the end. The first molar has four cusps and three roots. The second molar is much larger and bigger than the first molar and has the same number of cusps and roots. The upper teeth are larger and broader than the lower ones and overlap the latter. The lower central, lateral and canine have one root each, while the lower first and second molars have two roots each.

The temporary teeth start erupting about six to eight months after birth and are complete within two and two and a half years. Children who are normal in

health erupt their teeth a little earlier while those suffering from rickets, infantile syphilis and like disorders, generally erupt their teeth a little later.

Girls erupt their teeth slightly earlier than boys, there being a difference of about thirty days between the two sexes. The lower teeth erupt a little earlier than the upper.



The normal signs of approaching dentition are:—

- (a) Increased flow of saliva,
- (b) Tendency of the child to bite,
- (c) The gums are tense and shiny,
- (d) The mouth is hot.

Approximate time of eruption and shedding of temporary teeth:—

No	Teeth	Eruption	Shedding
1.	Central Incisor	6-8 months	7th year
2.	Lateral Incisor	7-9 months	8th year
3.	Canine	17-18 "	12th year
4.	1st. Molar	14-15 "	10th year
5.	2nd. Molar	18-24 "	11-12th year

Care of the temporary teeth is also as important as that of the permanent teeth and the health of the child depends to a large extent on his efficiency to masticate

his food properly. Proper attention should be paid to the cleaning of his teeth regularly. When the child is too young to take care of itself the mother may clean its mouth by wrapping a piece of cloth around her forefinger, dipping it in saline water and thus cleaning the gums and tongue of the child. After the child is about one year old it can be put on a regular habit to clean its teeth both times. For this purpose any herbal powder or powdered charcoal mixed with a little common salt or burnt almond crust mixed with a little common salt is good enough. The gums and teeth should be rubbed with powder and later the mouth rinsed with water. While dentition is a natural physiological process, clinical observation leads us to think that irritation often exists during the period of eruption. The following general disorders are usually traceable to dentition.

- (1) Loss of appetite. (2) Sleeplessness. (3) Irritation of the nervous system. (4) Rise in temperature. (5) Frequent ejection of food. (6) Bronchitis & Diarrhea. (7) Violent screaming attacks. (8) Areas of inflammation in parotid and sublingual regions, tonsils and discharge through the external ear.

The question of a proper and well balanced diet is equally important. More stress should be laid on fresh fruits and green leafy vegetables and fruit juices and the consumption by the child of cakes, pastries and sweets should be discouraged. The food supplied to the child should be such as will induce proper mastication. The child should be encouraged to rinse his mouth with water after every meal. Fresh air, proper rest, light exercise and hygienic surroundings all play an important part in building a healthy and active child.

By paying proper attention to the hygienic living conditions, reducing the quantity of food and proper bowel functioning combined with cleanliness of the mouth, the above symptoms will disappear without doing any great mischief. If the gum covering an erupting tooth has become tense and swollen due to the pressure from below by the oncoming tooth, it may be, in extreme cases, necessary to have the gum lanced by a Dentist. But generally, alternate hot and cold saline water gargles three or four times a day will give relief from tension and pain.

Unhygienic feeding bottles, unclean nipples of bottles, dirty food and unhealthy surroundings may induce redness and swelling of the gums and mucous membrane and the condition is called Stomatitis.

The most frequent dental ailment that a child suffers from is caries of the teeth. Unnatural soft and overcooked diet of the civilised races are to a great extent responsible for the incidence of Dental caries. Through lack of proper cleanliness food particles remain sticking on to the surface of a tooth. This food is fermented, lactic acid is produced and decalcification of the tooth begins, resulting in small pits or holes known as cavities inspite of all the hygienic measures. Once a cavity is formed it must be attended to by a Dentist who will clean the cavity and fill it with Silver Amalgam* or Cement. Otherwise the cavity will become bigger and deeper and also painful when it may not be possible to save the tooth. When the cavity reaches the nerve the tooth becomes very sensitive to hot and cold sensation, is painful to touch and the gum swells up, sometimes giving rise to a discharging fistula. The child cannot masticate its food, may run temperature and becomes very upset. Sometimes the condition becomes subacute

* This amalgam contains mercury and hence its use is objectionable.
Editor, L. N.

or chronic, the nerve becomes dead and the tooth becomes a focus of infection which may cause trouble in a distant part of the body. Under these circumstances it will be best to have the tooth removed.

Another frequent complaint in childhood is malposed and deformed teeth i. e., teeth which are out of alignment and occupy wrong positions in the mouth, thus creating a disfigurement in the child. This may lead to inefficient mastication, poor health and also induce a feeling of inferiority in the child. This condition may also be attended to by a Dental Specialist.

From what has been said above it will become evident to anybody that proper hygienic care and a well balanced diet combined with fresh air, rest and exercise underlies the whole fundamental structure of the development of our bodies and their immunity to disease. By following simple natural rules of health and hygiene, a lot of trouble and expense can be saved and we can lead much happier and healthier lives.....

(To be continued)

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

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AIR-BORNE ACID:—Sulphur fumes belched from Britain's chimneys form nine million tons of air-borne sulphuric acid every year—a corrosive acid that kills at a steady rate of forty Londoners every week, according to a B.M.A. inquiry. Throughout the country the number of deaths resulting from air-borne poisons exceeds 10,000 every year. Most victims are middle aged men at the peak of their productive life. The main culprit, claims London Meteorologist, Dr. Richard Scorer, is the housewife. Statistics show that every ton of coal she burns results in "£5-worth of damage to other people's health and property."

ASPIRINS.—According to latest estimates, Britons swallow 2,500 million aspirin tablets every year. Because of the hitherto unsuspected dangerous effects, such as internal "trickle bleeding," caused by aspirins, certain branches of the Pharmaceutical Society are urging restrictions on the free sale of these popular tablets.

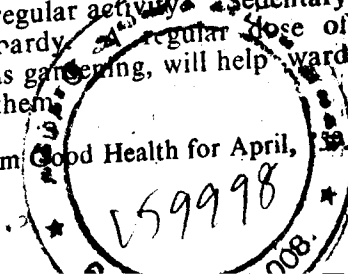
COFFEE CONSUMPTION.—A nutrition expert addressing a conference in Parkersburg, Virginia, stated: "No other race of people have as many ulcers and headaches as Americans. This is caused largely by the consumption of 3,000 cups of coffee every second in the nation."

CANCER RISKS.—The British Medical Research Council says one in every eight heavy smokers will die of lung cancer. In contrast, only one in every three hundred non-smokers will die of the disease.

HEALTHY ACTIVITY.—The more active one's occupation, the less likely is he to die of heart disease. In order to avoid coronary trouble not only is right feeding desirable, but also regular activity. Sedentary workers are in greatest jeopardy. A regular dose of strenuous exercise such as gardening, will help ward off the dangers which face them.

All the above Notes taken from Good Health for April,

2000-2-10-12
1000-10-12-12



Vanaspati in the Dock

Vanaspati, the imitation ghee, was in the news recently, many questions having been put in the Lok Sabha on the 1st of April last concerning its untoward effects on the human constitution. The Health Minister, Mr. D. P. Karmarker stated that investigations were in progress under the Indian Council of Medical research, and admitted that the evidence obtained by Government so far "seemed to indicate" that the effects of animal fats and hydrogenated vegetable oils, both of which were lacking in [unsaturated] fatty acids, "may result in increased levels of lipides in the blood-stream, which may in turn be associated with increased susceptibility of atherosclerosis [hardening of the arteries] and perhaps to coronary heart diseases." This amounted to an admission that the accusations levelled against that commercial product were substantially true. And yet the Health Minister says that he must wait for 'decisive results' from the investigations in progress. Dr. Sushila Nayyar pointed out that even without waiting for those results there was, according to the Minister, enough evidence for taking some action.

Strictly speaking, the Government ought to order suspension of the manufacture of Vanaspati at once, until "decisive results" are obtained. The burden of proving the injuriousness of a commercial product is thus wrongly thrown upon the people, whereas the manufacturers must prove its harmlessness. Clearly the

Government is too anxious not to interfere with the making of profits by the manufacturers. This shows up the scant regard the Government has for the people's health. Indeed a mere suspicion must be enough for ordering suspension of the manufacture.

The Good of being on a waiting list

N.C.P. in the March '59 'Health For All' says that many children who were on the waiting list for tonsillectomy operations were saved from the operation, being reexamined periodically, and then being found to have recovered from the affliction.

In the same issue, quoting from The British Medical Journal, he shows that liquid paraffin gets into the lungs and causes pneumonia. This proves that this foreign substance is absorbed and acts as a cause of disease, and so is not innocent.

Health-level raised by change to organic compost manure.

Sixty boys and seventeen teachers, living on diet, considered as scientifically correct, suffered the usual disease-conditions. When a change was made to foods grown without fertilisers, but with compost manure, there was a quick and permanent improvement in health. This was in the Mt. Albert Grammar School Hostel, and the Report was made by Dr. G. B. Chapman of the Physical and Mental Health Society of New Zealand.

News item in The Hindu, Oct. 13, 1940.

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“Far too large a section of disease today is controlled by the big manufacturing Pharmacists, who have enslaved us in a plausible pseudo-science.”—

Sir William Osler, quoted in the June, 1957 issue of the Kingston Health Chronicle, Edinburgh.

X-ray and Cancer

“In 1939 the great British physiologist *Sir Leonard Hill* wrote: Large doses (of gamma and hard x-ray) produced destruction of normal tissues such as marrow and lymphoid tissue, leucocytes and epithelial linings, and death ensues.....A neoplasma (tumour) should never be incised for diagnostic purposes, for one cannot tell at what split moment the cancer cells may be disseminated and the patient doomed.”

“*Dr. Herman Joseph Muller*, Nobel Prize Winner, a world renowned scientist, has stated the Medical Profession is permanently damaging the American life-stream through the unwise use of x-rays. There is no dosage of x-ray so low as to be without risk of producing harmful mutations.”

“*Dr. Reimann's* report on cancer cases in Pennsylvania over a long period of time showed that those who received no treatment lived a longer period than those who received surgery, radium, or x-ray. The survey also showed that following the use of radium and x-ray much more harm than good was done to the average cancer patient.”
Fitness, January '59

Our Representative in America

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Activities in Delhi

Thirty-Sixth Basic Nature-Cure Study Group

The 36th Basic Study Group, conducted by the Delhi Branch of the Indian Institute of Natural Therapeutics, continues to meet regularly at the Social Education Centre, opposite Delhi Junction. The sittings are held daily at 5-45 a. m.

Thirty-Seventh Basic Nature Cure Study Group (Village Gheora)

The Message of Natural Hygiene is having more and more adherents in the Capital, thanks to the efforts of a few staunch followers. One of our active followers, Shri Sukhlal Arya, has started a Basic Study group at Village Gheora (about eighteen miles off Delhi City).

On the 29th March, 1959, the thirty-seventh study group was inaugurated at Gheora. Numerous villagers had gathered at a special pandal erected for the occasion. Sri S. Swaminathan, inaugurating the Group, explained the philosophy of Natural Hygiene and exhorted the people to learn the art of healthy living and to actually live it. Sri L. Ganesa Sarma, Hony. Secy., Delhi Branch of the I.I.N.T., who presided over the function, cited numerous cases of medical failure who were radically cured by Natural methods. Sri Sarma expressed the hope that with the active help of Sri Arya, the villagers would soon have ideal health. He stressed the need to improve the sanitation of the village and hoped that before long unhygienic habits like smoking, tea-drinking, etc., would be given up not only by the people inhabiting Gheora but also by other villagers nearby.

On the cover page in this issue appears a group photograph taken on the occasion. Along with the local participants of the Group are Sri L. Ganesa Sarma and Sri S. Swaminathan.

(The sittings of this Group are held every Sunday morning at 8. Shri Sukhlal Arya conducts the Group in Hindi)

LECTURES:

- (i) *Delhi Public Library, Delhi:*
 - 6—4—59 Man or Beast?
 - 20—4—59 Law of Vital Economy
—By Sri L. Ganesa Sarma
- (ii) *Social Education Centre, Paharganj:*
 - 1—4—59 Nature-Cure Approach to the Problem of Dietetics
 - 8—4—59 Dangers of Devitalized Foods
—By Sri S. Swaminathan
- (iii) *At II/0/5, Lajpatnagar:*
 - 5—4—59 The Fallacy of Formula Feeding
 - 12—4—59 How Much To Eat?
 - 19—4—59 The Dangers of Hydrogenated Oils
—By Sri S. Swaminathan
- (iv) *At Sunder Nagar (Bungalow No. 134)*
 - 16—4—59 Basic Principles of Natural Hygiene
—By Sri S. Swaminathan
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} Hygienic Care of Children

—By Sri S. Swaminathan

THE LIFE NATURAL

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THE LIFE NATURAL



Nature-Cure
A Comprehensive View

Care of the Teeth

Tubercular Glands Cured Naturally

Obesity and High Blood Pressure
Cured Naturally

Editor: K. LAKSHMANA SARMA

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Bharat Jyoti, Bombay.

The Life Natural

VOL. XVI

JUNE 1959

NO. 10

Nature-Cure

(A Comprehensive View)

The intelligent follower of The Life Natural is one that knows the Fivefold Basis of Health. For success in practice it is not enough to know the details of what to do and not to do. It is also necessary to have a comprehensive view of the total contents of this Hygiene, so that nothing of value for health shall be forgotten or ignored. And it happens that in our own system there is such a view. This view is set forth in chapter V of our text book (1956 edn.) There it is shown that this our system consists of five branches, related to the five grades of matter that enter into the composition of our subtle and gross bodies. These are the ones given in the Vedanta Philosophy, and hence will be intelligible without special effort only to those who have some familiarity with that philosophy. These will know that these five are the Pancha-Bhuta, the raw material of creation, known as Sky, Air, Light, Water, and Earth. All living bodies without exception are composed of these, and hence access to these five sources needs to be maintained, so that Health may be maintained at the highest possible level.

These five substances are of varying grades of density or grossness. The Earth is the grossest of all. This source is peculiar in that earth itself is of no use for life and health, but only its product, namely the crops grown on it, namely fruits, vegetables and herbs. These three are our *Primary Foods*, because they have a plus value for health. Cereals, which are used by vegetarians as their staple foods, are *Secondary Foods*, because they rather have a minus value for health. Hence these are called *Negative Foods*. For this reason in our system we do not accept the teaching of Vegetarianism, but insist upon *Vegetablarianism*, as the foundation for positive health.

Water, Light and Air are directly and perpetually needed for maintaining a healthy body.

The last of these five, namely the Sky,—also called 'Ether',—is the subtlest of all and hence most important as the chief sustenance for Life. It is this subtlest of all sources that is the most important for health and healing. Access to it is less when food is being regularly taken and more when the digestive organs are being rested. It is as a rule necessary to combine fasting and feeding on the analogy of the bird, which needs to use both its wings for flying. Hence these two sources of health are practically inseparable, especially when the health level is low. In our practice the chronic has to combine the two so that a steady and smooth progress to the recovery of health may be

possible. In this way the dangers of reckless fasting are not incurred.

So we have five branches of The Life Natural; (1) Positive Dieting; (2) Baths and packs, using cold water alone, or both hot and cold water; (3) Sun bathing; (4) Better Breathing; (5) Fasting.

Since these five are needful for the healthy as well as for the sick, we look upon them as being both food and medicine. In these five branches the whole of The Life Natural is comprised. Even mental health is served by this Fivefold Medicine, though this alone is not enough, religion and philosophy being needed for complete health of mind.

This view of the contents of The Life Natural enables the follower to prepare for himself a prescription for the course of health-culture that is necessary for his case. All he has to do is to consider what items of practice he will need to employ in respect of each of these five sources of health. A critical study of the examples given in the P. N. C. would suffice for an understanding of the use of the methods.

Whoever masters this comprehensive view of our science becomes thereafter free from all dependence. He is then his own doctor, subject, of course, to God, the only Healer there is.

In this view of our Hygiene there is no place for drugs of any kind, whether Ayurvedic, allopathic or homopathic, because they are poisons, not foods in any sense. What is

not food is not medicine. Thus is fulfilled the recommendation of Hippocrates "Let thy food be thy medicine, and let thy medicine be thy food"

Contributory Health Service: Members May Be Allowed to Opt Out.

According to a news item appearing in *The Indian Express* dated 28th May, the Health Ministry in Delhi is considering a proposal to allow Central Government employees to opt out of the Contributory Health Service Scheme which is now compulsory for over 425,000 government servants.

Readers may remember the resolution requesting the Government to make the Scheme optional passed at the Annual Convention of The Indian Institute of Natural Therapeutics held in Delhi in November, '58.

We hope the Government would pass early orders on this question.

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.

Care of the Teeth

Dr. P. C. Jaynia of Delhi writes to us, under date 7th May, 1959, as follows:—

✦ Sir,

I wish to draw your kind attention to your two foot notes to my article "Your teeth—what do you know about them", published in the May, '59, issue of the Life Natural.

Commenting on the food of the pregnant mother during the prenatal period your foot-note says, "Milk is not the best food for the intended purpose. Leafy vegetables and herbs are better sources of calcium for the formation of good teeth". In this connection I wish to point out that in my very next paragraph I have myself mentioned the importance of fresh and leafy vegetables as an essential part of the dietery of the pregnant mother. I am still of the opinion that milk should be an independant part of food of the pregnant and nursing mother and should not be substituted by herbs and leafy vegetables. Milk is a complete food in itself and apart from calcium and other useful ingredients it is perhaps the only suitable source of protein for the vegetarian mother. Many eminent Naturopaths have advocated the liberal use of milk in the daily diet of an individual. Milk forms a part of "Your daily menu" advocated by the famous health magazine "Health for All". I have my doubts if the pregnant and nursing mother could maintain an ideal health if we eliminate milk from her dietery.

In connection with the use of silver amalgam as a filling material for teeth your second foot-note says, "This amalgam contains mercury and hence its use is objectionable". In this connection I have only to say that mercury undergoes a chemical change during the

process of its amalgamation with silver alloy and is not liberated in the mouth. Numerous experiments have verified the truth of this statement and no case has been brought to light where an amalgam filling has proved injurious or objectionable to the health of the individual.

You may perhaps not agree with my views—a journal is not responsible for the opinions of its contributors—never-the-less, in all fairness I would request you to please publish this letter in the next issue of your esteemed journal.

Thanking you.

Yours faithfully,

P. C. Jayna

In the order of the health-values of foods, milk is placed about midway between the positive and the negative foods. Positive foods have *plus* value for health. Negative ones have *minus* value. So they would tend to cancel each other. So milk may in some cases be the lowest among the positive foods, or only the least negative among the negative foods. The reason for this is that milk is chiefly composed of protein, and in *Practical Nature-Cure* it is the low-protein theory of Hindhede that is considered safe for health. Those that claim that milk is a complete food seem to forget that milk varies greatly in its qualities. Its positive factors are not sufficient to counterbalance its excess of this protein. An excess of milk is very likely to upset people whose powers of food metabolism are below the average. There was once a test made at the instance of Gandhiji. He wanted me to demonstrate my view that milk is not the natural food of grown-ups, by dieting a faster, after a fast of about a month, on a diet from which milk and all milk products should be excluded. Soon an opportunity presented

itself. One who had fasted 28 days was given for two weeks a diet of vegetable soup to which only a little coconut milk was added. Within a week he was able to walk five miles to and fro both morning and evening. I believe it is possible for any one who follows my views to get on very well without milk and milk products. An occasional drink of thin buttermilk may be had. People who believe in milk as a complete food can make experiments on themselves and then decide. Practically all practitioners are agreed that highly nutritious food—cereals, grains, milk, cheese, etc.—must be only one fifth of the total food eaten, and that the remaining four-fifths must consist of vegetables, fruits, etc., which I call positive foods.

Milk is not a primary food, being derived from the grass or herb eaten by the animal. No cow sucks another cow in order to make milk for her calf. Efforts to cure such defects of health as rickets by a diet of milk in one case proved a failure. The patient was restored to normal by drinking diluted juice of grass for a few months. In another case a mother having no milk in her breasts got over the defect by the same divine medicine.

Once I took to an exclusive diet of bananas and raw milk for six months. In the beginning I took 16 ounces of milk and four bananas, twice a day, thus consuming 32 ounces of milk and 8 bananas a day, but found within a very few days that it was excessive, and so I cut it down to half. This reduced ration was found to be just right and there was a great improvement in health. Between 32 ounces and two quarts there is a great difference. It may be that other people could consume greater quantities of milk, but that would only prove that constitutions vary enormously, and hence it is sheer dogmatism to prescribe a uniform quantity of milk for all people without regard for

individuality. It may be noted here that the notion that milk in larger rations should be taken by all people is an allopathic one and it is a grievous error for persons claiming to be Natural Hygienists to accept it as true.

I do not want to dogmatise. I only give out the facts of my experience, which seem to me sufficient to regard this allopathic view as a foolish superstition, and leave it to followers to make experiments and arrive at a conclusion independently. If mistakes are made the consequences have to be borne by the experimenters. My own opinion is that milk is not the natural food of man at least after he has grown up, though at the same time I do not prohibit the taking of milk in such rations as would not upset the individual's health.

I must add one more relevant fact. According to the commentary of Bhagavatpaada Sankara Acharya, Sattvic food, eaten sattvically, results in the formation of body-cells that have much longer lives than cells formed from other food. This applies to milk also. So in a body having a Sattvic quality a much smaller allowance of milk may suffice. And as there are other sources of protein such as leafy vegetables, it is at least theoretically possible that milk even in low rations will be unnecessary for one that has a Sattvic bodily constitution.

In my Sanatorium, as a rule, milk is not given, and there has been no reason for thinking that this rule is wrong. It is just possible that failures in other sanatoria are due to hugging this superstition. Readers should also remember that in *The Life Natural* the Calorie Theory is rejected.

The following paragraphs taken from the booklet National food Planning by Sri L. Ramachandra Sharma, M. Sc., are also herein relevant.

"In the *Final Report of the League of Nations on the Relation of Nutrition to Health, Agriculture, and Economic Policy*, it was stated:—

"The abundance of minerals and vitamins in green vegetables and the special character of the protein, although present in small quantities, make them of great value, specially, as supplementary to a diet containing cereals. Just as in pastoral communities, the defect of a cereal diet may be corrected with milk and other dairy products, so, under the circumstances, correction may be obtained by green vegetables." (Italics mine)

"Here is an extract from a report in *Chemistry and Industry* (1942) on leaves as sources of protein:

"The aminoacid make-up of leaf protein, if cocksfoot grass be taken, as seems probable, as typical of greens in general, is curiously similar to that of first class animal protein." (Italics mine)

"In the *Newer Knowledge of Nutrition*, edited by McCollum, it is stated:—

"The leaves of all plants appear to be complete from the nutritional standpoint.....edible leaves are not only complete, nutritionally, in themselves, but also have supplemental values."

"The protein content of leaves which are commonly eaten ranges from 3 to 11%, while that of milk is near about 3.5%. The vitamin A content of green leaves* is of the order of thousands of international units, while that of milk is only 180 units. Greens contain from 30 to 90 units of vitamins of the B group, but milk gives only 17 units of the same. As for vitamin C, the

* In vegetable foods vitamin A is present as its precursor, carotene which is broken up inside the body to yield vitamin A. This is an advantage and not a disadvantage as is commonly supposed. Carotene is not rapidly destroyed by coming into contact with air as in the case of vitamin A in animal foods. Carotene can be stored in the body fats where it serves as a reservoir for the vitamin A need by the body.

value for greens goes as high as 250 mg. per 100 g., whereas the vitamin C content of milk is very negligible. Greens also develop vitamin D under sunlight. On an average, greens contain 10 to 100 times as much iron, and about 3 times as much calcium as milk. In phosphorus content they are equal to milk. They are the richest source of manganese, and are a good source of copper."

Remarks on Mercury in the amalgam for filling carious teeth.

On this question I simply enter a caveat. I should have clear and convincing evidence, not from dentists, who are likely to derive their beliefs from allopathy but from those who have had personal experience. The evidence must be abundant, and even then some evidence may crop up, later, showing that the mercury is not innocent. *To be on the safe side*, one should avoid this amalgam, and I understand that this is possible.

स्वाधीनस्वास्थ्यमहाविद्या

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By

K. LAKSHMANA SARMA

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The Health of Pasteur

In a cutting from *The Hindustan Standard*, dated 10—5—59 it is shown that intellectuals, particularly teachers, suffer more from nervous disorders than manual workers. The reason is stated to be that most intellectuals do not observe the basic rules of health. At the end of the article is a claim that Pasteur, the worst of all charlatans, the author of the greatest pseudo-scientific swindle in history, led a healthy life. This is altogether false.

Sri Swaminathan who sent the cutting writes in a letter as follows :

"As regards Pasteur's health I came across a quotation from Dr. Tilden which is very revealing :

"The only men who persistently practised sterilizing their food and drink lived semi invalid lives and died at a time in life when mind should be at the acme of value."

It is a historical fact that Pasteur remained bedridden for a considerable period with paralysis, and died prematurely, whereas his rival, Dr. Antoine Bechamp, lived a great deal longer. Pasteur's germ theory of disease was an utter negation of Hygiene. On the contrary the teaching of Bechamp was that Hygienic Living is the true scientific conclusion to be drawn from true bacteriology. Pasteur suffered ill health, due to his contempt for hygienic science. True hygiene does not seek to kill out germs, but recommends symbiosis (living together), so that the germs will become friendly saprophytes, contributing to the maintenance of health.

Certainly Pasteur did not seek to know the two great laws of Health, namely Vital Economy and the eating of a highly Positive Dietary, and this ignorance was the cause of his low health and premature death.

But allopathic doctors have made a god of him, because he has given them the means of an enormous financial prosperity, otherwise impossible for them. Even after Dr. Sir Robert McCarrison's thorough exposure of the utter falsity of the Pasteurian theory, they still cling to that theory, because all their prosperity will be gone if they abandoned that theory.

Citric acid in foods

"Is it possible for citric acid to prove poisonous to man? I believe it is safe to answer this question affirmatively. If taken in great excess of the body's power to metabolise, it will probably prove toxic. I have seen symptoms develop in those who were on an orange diet, a grape fruit diet, a lemon diet, etc., which I attributed to an excess of citric acid. Discontinuance of the diet soon brought an end to the Symptoms."

From Dr. Sheltons Hygienic Review

Sour fruits come under the head of Rajasic foods, and as such are injurious in any excess. The first person in the west to raise a warning voice against these was E. J. Saxon, editor of the *Health and Life*. But at that time the warning was not heeded. Experience has led to the acceptance of the view that sourness in excess is a mistake to be avoided. So now it may be assumed that this controversy is closed, and it is established that an unrestricted use of oranges, which are usually sour, and lemons which are always strongly sour, are better avoided, or used in strict moderation.

The punishment for consuming an excess of sour fruit may be delayed, so that the offender may fail to trace the causal connection. But the punishment is sure to visit him in its own time, and hence it will be the part of wisdom not to disregard this rule of Health.

Editor L. N.

A Case History

Tubercular Glands Cured Naturally

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

TUBERCULOSIS is a word which would make anyone shudder. It is attributed (by the medical circles, of course) to infection by tubercle bacilli. The fear of infection has become so deep-rooted in the minds of all people—quite a few 'naturopaths' included—that in certain 'Nature-Cure' sanatoria there is a definite ban on the admission of tubercular patients for treatment. That the germ theory of disease has exercised such a tremendous influence, almost bordering on magic spell, over the minds of people and has even gone to the extent of clouding their vision is really the greatest pity. A theory which has never been proved but which has many times been disproved is fostered by vested interests as it is convenient for their purpose. The layman should no more be in any slumber; let him not mistake these as technical matters and let him not simply accept what is dictated to him by the vested interests as the 'truth'. Let him question them, investigate them and find out which is true and which is not. The germ theory is outdated, untrue; is distorted truth and hence worse than untruth. It will be worth while for every person (layman or not) to know the real truth about the germ theory. Without a proper understanding of facts on this vital issue, the approach of Natural Hygiene cannot be appreciated fully.*

There had been quite a good number of articles and case-histories in the columns of *The Life Natural* on the cause and cure of tuberculosis. The interested reader is advised to go through them. He may also study with great profit the Editor's book 'Constipation,

* Please read the article on 'Germ Theory' by prof. L. Kamasvara Sharma, appearing in this issue elsewhere.

Dyspepsia and Consumption' and 'Practical Nature-Cure'. I shall outline here the case history of a child, aged 18 months, who had a radical cure of the complaint known as "Koch's Glands" or "Tubercular Glands".

On the 31st January, 1959, the parents of the child (Brajendra Kumar) noticed some swelling on the right side of the neck. They took it to be a case of mumps and some time-honoured 'treatment' was resorted to. The 'treatment' consisted of application of some clay from the potter's wheel every day. The other part of it was to drive the 'evil spirits' (that had 'created' the complaint!) by means of recitation of certain magic formulae. Had it been a simple case of swelling, the clay pack would have achieved the desired effect, the so-called magic formulae given the credit and the pandit pocketed some money. If I may be allowed to digress a bit here, I would like to condemn in no uncertain terms the so-called charms and mantra cures that have no physiological basis whatever. Prayer done with the right *bhava* by the patient, or by the patient's relatives, would go a great way towards creating the right psychological atmosphere by removing the 'fear' element. But, prayer to be effective has got to be accompanied by prayerful action, which, in the case of a sick person, would mean avoidance of drugs and observance of vital economy.

As the swelling in the present case was rather of a complicated type (in medical terminology, it was due to 'infection' of tubercle bacilli), the usual time-honoured methods applied by the parents for about a week continuously were of no avail. The child was, thereafter, taken to an allopath in a Government dispensary, who diagnosed the complaint as "Koch's glands" or "Tubercular glands". He advised the parents to consult a specialist in the matter. According to him, the

swelling of the right cervical gland which was noticeable for nearly seven days was accompanied by no appreciable temperature. The gland was matted, firm; there was no tenderness. It was a case of Koch's adenoids. Adexolion and I. N. H. & B. D. tablets were recommended; in addition, a course of injections of combiotic (penicillin and streptomycin) was advised daily, for 10 days.

The father of the child, who is incidentally a friend of mine and who has cured himself of eczema earlier, disliked drugging the child. Further, having heard the term 'tubercular glands' he was afraid that the suppressive treatment might land the child in danger later. So, he came over to consult me on the 7th February, 1959. I congratulated the child's father on his decision to shun drugs, for had drug-treatment been resorted to in this case it would have taken about three months; further, the toxic effect of the drugs would have spoilt the health of the child for ever. No doubt, he could have got a medical certificate that the tubercular glands were cured but the child's health-level would have been affected adversely, leading to other complications of a chronic nature later.

I asked the parents not to worry about the case and advised them to go ahead with the hygienic care of the young patient. I studied the case history of the child and found that it was being fed unhygienically. The child had not been completely relying on mother's milk for some time past; on the other hand, he was given *roti* or any other food that was prepared at home. I suggested a hygienic programme for the recovery of the child. The programme was, in fact, followed with some modifications. I have, therefore, to give the details of the programme, as was actually followed:—

DIET

Two feedings of cow's milk equally diluted with water;

One feeding of mother's milk ;

A small quantity of fruit once a day ;

A small quantity of vegetable soup, once daily. No cereals nor of any solid foods were given. Feedings were regulated exactly according to the needs of the child and no attempt was made to overfeed the child at any time.

PACKS AND BATHS

Cooling wet packs over the area of the neck for about 30 minutes each time—thrice a day.

A cold abdominal pack, once a day, for about 40 minutes (in the afternoon).

Sun bath for about 15 minutes, followed by a full bath in cold water.

Clay pack over the inflamed area, at night.

In a week's time, there was perceptible improvement. By the end of the third week, the child's health had considerably improved. His digestion became very much better, the glandular swelling had vanished, as it were, into thin air and the child's neck presented the normal appearance. The child, which was not very active earlier, became active, as well as healthy.

I am recording the above case-history, just to offer *yet another* proof of the effectiveness of the hygienic care for recovery of health. Let not the addicts and the doubters repeat that Nature-Cure methods cannot suit children, even after reading such case histories. If they do so, I can only say that they are not playing fair to themselves as rational human beings living in the age of reason and science.

A Case-History

Obesity And High Blood Pressure Cured Naturally

(Shri Chuni Lal, Delhi)

Those that understand the Philosophy of Natural Hygiene and follow the basic principles thereof in their daily life to the greatest extent possible, can not only prevent disease but cure them too, radically. This simple truth is not often realised by the public in its totality; there is often an impression in the minds of most—medicos and the laymen alike—that some definite steps other than hygienic living should be adopted for 'combating' disease. The steps normally adopted for 'combating' disease are the drugs, ointments, injections, etc.; in the initial stages when these are used by the sufferer some sort of symptomatic relief is produced but as every sufferer could certify, no radical cure could be obtained by the use of any or a combination of, these toxic substances. I was one such sufferer not long ago and but for the fact that I came across the life-giving philosophy of Nature-Cure I would still be one.

It was over a year ago that I came across the Message of the Life Natural; It was accidental; once when I was on my morning rounds at the ridge near the University Enclave I found a gentleman giving lectures on Nature-Cure. I came to know that it was a regular study group meeting every morning at 6 a.m. and that it was being conducted under the auspices of the Delhi Branch of the Indian Institute of Natural Therapeutics. Anyone could attend the sittings and, in fact, I found over a hundred and fifty persons attending the Group. Fortunately for me, the Group had just commenced. The subject, as was presented

there by Sri S. Swaminathan, was—contrary to the popular belief about Nature-Cure—at once interesting and inspiring. In short, I decided immediately to attend the Study Group.

I was then weighing 230 lbs. (my age was 50 years) and was also having high blood pressure since four months. In addition I was having eczema for nearly 25 years. This was occasionally suppressed by allopathic ointments but it was never cured. I was also having pyorrhoea for nearly 20 years and practically all my teeth were shaking. I had some difficulty in breathing at times and was, as could be expected from a patient of this type, having chronic constipation. I had tried allopathic remedies including the Vitamin B Complex tablets but nothing came to my rescue.

I consider it a piece of good luck to have come across the Study Group (referred to). I began to hear the lectures very keenly and tried to grasp every word of it. I did not consult Mr. Swaminathan regarding any of my troubles. As I became convinced by the logic of the Nature-Cure theory, I began to reform my habits of living in accordance therewith.

First of all, I stopped taking any drugs and I also stopped overeating and hungerless eating. I began to eat moderately, taking more steam-cooked and uncooked vegetables, and fruits and less of cereals. I started the no-breakfast plan, left taking tea altogether. I also gave up taking sweets and white sugar, maida, etc.

The Study Group took three months to complete; by the seventh week or so, the subject of water-cure came up for discussion. I understood the supreme value of the spinal bath in toning up the nervous system and immediately thereafter I began taking a spinal bath, often preceded by a sun bath, daily. By the time the

Study Group was over, I achieved the following miraculous results:

- (i) My weight came down to 162 lbs from 230 lbs; I felt happier, lighter and healthier in all respects.
- (ii) I got rid of my high blood pressure completely.
- (iii) The eczema that I was having between the toes of my right foot about 25 years (and which I earlier used to suppress with costly ointments, (of course without any success) was completely cured.
- (iv) My teeth which were shaky earlier became firm once again. The teeth were becoming healthier, the condition known as pyorrhoea having been overcome to a very great extent.

Before I conclude this article, I should make one admission. In the beginning, I rather felt shy of using the enema. As readers of *The Life Natural* may be aware, the enema as advocated by Sri Sarmaji is completely non-violent and non-habit-forming. I have, however, begun to use the enema now, of course occasionally, as and when there may be a need for it. Doubtless, I need it very rarely now, the condition of constipation having been overcome greatly. Whenever I have to submit myself to great strain, or whenever there is any violation of any kind, I use the enema more as a precaution.

I had achieved the results above mentioned within a period of three months. By May, 1958, I was fit enough; I had the great good fortune of my life at this time to have the *darshan* of the Great Sage of The Life Natural, Poojya Shri Lakshmana Sarmaji. It was his Message that gave me—and quite a good number of

other friends here—cheer, life, hope and health. I attended the Course conducted by the Master and since then I have been trying in my own humble way to impart this Message of Health to people who are in need of it.

If some people choose to style Nature-Cure as a bundle of "quack-remedies," let them do so. The proof of the pudding is in the eating. Thousands of medical failures are resorting to Nature-Cure in Delhi, thanks to the silent but solid work of the Delhi Branch of the Indian Institute of Natural Therapeutics, and recovering health. Those that choose to shut their eyes and consider that the sun has set, only fool themselves. Let not their opinions hold sway over others. I would urge everyone to devote some time and learn the Message of the Life Natural in his/her own interest and in the interest of all.

By K. LAKSHMANA SARMA

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The Truth Put Plainly But Bluntly-IV

Unless suppressed entirely through medical trickery acting upon Governmental ignorance (a not altogether impossible contingency) there is every reason to look forward to a future in which Nature-Cure will be supplying the much-needed zest to living to more and more millions of the members of present-day society in whom it is so palpably lacking, thanks to their complete ignorance of the laws that govern the health and well-being of the body in this so-called 'enlightened' age.

— Mr. Harry Benjamin, in

"Unorthodox Healing *versus* Medical Science."

* * *

Bernard Shaw has put it: "A free press means freedom to suppress." As a rule the really important items of news are either cramped into a few lines in some inconspicuous corner of the newspaper, or if obviously inconvenient to large advertisers, they do not appear at all. So long as our topical press depends for its existence upon advertising revenue, there can be no real freedom in the selection of news or in printed expressions of opinion. "He who pays the piper calls the tune."

— Mr. James C. Thompson.

Our Representative in America

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NATUROPATH

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LOS ANGELES 7, California, U. S. A.

LONGEVITY

Sri L. Sen of New Delhi writes to us, under date 6th May, 1959, as follows:

"On page 189 of *Practical Nature-Cure*, 9th edition, you make the following statements concerning Luigi Cornaro of Italy: that he lived to be more than a century old by simply cutting down his eating to twelve ounces a day and later reducing his eating to one meal a day. There seem to be a few inaccuracies in these statements. He did not live more than 100 years. He was born in 1467 and died in his ninety-ninth year in 1565. This is stated by Harry Clements in his introduction to Cornaro's treatise on Health and Longevity.

"He did indeed cut down his solid food to 12 ounces a day, but he had 14 ounces of wine for drink. (He did not touch fruit nor does he appear to have drunk water.)

"See page 41 of the book 'How To Live One Hundred Years.

"Again, writing at the age of 86, he says: when a man arrives at old age, he ought to divide that food, of which he was accustomed before to make but two meals, into four, it will be more easily digested, because thus divided. This is what he says, he does, agreeably to his own experience. It does not therefore seem correct to say that he subsequently ate only once a day.

"I should be glad to know if you have other sources of information tending to support your statements.

"He seems to have eaten hardly any vegetable either. This is what he says: 'First, bread, panads, some broth with an egg in it or some other good kinds of soup or spoon meat. Of flesh meat I eat veal, kid or mutton. I eat poultry of every kind. I eat partridges and other birds, such as thrushes. I likewise eat fish.' He was principally a meat eater.

"In other words, his emphasis seemed to be on the quantity of food, *not* on the kind of food, which means that he observed the principles of vital economy and did not bother about the other things recommended by Nature-Curists.

"How on the food he ate, he did not have constipation requires some explaining and I should be glad to have your explanation.

"I hope you will take the necessary time to reply to this letter. I know you are a busy man."

The facts of Cornaro's recovery and maintenance of health until he reached 98 years of age are evidence for the validity of the Law of Vital Economy alone. On the question of the choice of food for health, Cornaro's life is irrelevant. If Cornaro, eating non-Sattvic food, and taking wine, could live nearly a hundred years, we, who believe in eating Sattvic food, can live a great deal longer. Meat and wines are Tamasic foods, but because of Cornaro's abstemiousness, he was able to survive so long, in spite of the un-Sattvic foods he ate.

As to the facts. I must say I wrote only from memory, and I do not have the sources now.

Constipation might or might not have been present in Cornaro's case. On this point we have no information. It is possible he had some constipation and used laxatives, or his Vital Economy might have enabled him to get on without laxatives.

Man's Requirement of Salt in Summer

New Delhi, May 10.

Man does not require more salt during summer as is commonly believed. This is the conclusion of the Defence Research Organisation as a result of their study of this subject.

The medical theory till now has been that during summer a human being loses salt as a result of perspiration, visible or invisible, and unless this is replenished, he is liable to get a heat stroke. So people are usually advised during summer to take more salt. In the Defence Forces, the salt ration for the Jawan is actually doubled during summer.

Dr. D. S. Kothari, Head of the Defence Research and Development Organisation, told Pressmen here that as a result of investigations and study carried out among Defence personnel it had been established that this theory had no factual basis. On the other hand the excess intake of salt led to hyper-tension and ultimately to high blood-pressure—PTI.

14—5—59.

— The Hindu, Madras.

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NEW DELHI—1

Will the Delhi Corporation set the lead? A Unique Welcome Address.

We reproduce below the text of a welcome address presented by the Delhi Cloth Mills Health Association, an association of followers of Natural Hygiene, to Shri Kedar Nath Sahni the recently-elected Deputy Mayor of the Municipal Corporation of Delhi. We do hope that the Mayor, Deputy Mayor and the other Councillors of the Corporation, as also its officers, will ponder over the thought-provoking address and direct their attention to the promotion of hygienic measures and to the reduction of the so-called "disease-curing" centres. May we expect the Delhi Corporation to set the lead to the rest of the country in this respect?

We reproduce the text of the address in the hope that other followers of Natural Hygiene in the Capital and elsewhere will make representations in similar terms to their representatives in the concerned local body, Legislature and in the Parliament. We shall be glad to have copies of such representations for our record, and publication if deemed necessary. The follower of Natural Hygiene has a *moral duty* to place these views before those that claim to represent him and we have every hope that this appeal of ours will have tremendous response.

— Editor.

Sir,

We have great pleasure in welcoming you in our midst to-day. With a person of your calibre and integrity in the high counsels of the Corporation of Delhi, we are sure that the citizens would benefit immensely in all walks of life.

Sir, may we take this opportunity to invite your attention and through you the attention of the councillors and officials of the Corporation to certain problems of

the City? There might have been, Sir, representations made to you in the past for opening of more hospitals and dispensaries and for provision of more medical aid. We believe the D. C. M. Health Association is the first to plead with the Corporation to devote the fullest attention to the promotion of Hygiene and thus launch an active campaign for promotion of health.

The age-old saying, the truth of which needs no emphasis, Sir, is "Prevention is Better Than Cure." We expect that with you as the Deputy Mayor this would be translated into practice fully and earnestly and that, ere long, the number of hospitals and dispensaries might be lessened. Sir, as followers of Nature-Cure so dear to the heart of Mahatma Gandhiji, we hope that the poison-therapies and the filth medication (Vaccination, inoculations, etc.) have no place in the development of real health. We honestly believe, Sir, that if a programme of hygienic education based upon the biological Laws of Life could be broadcast to the citizens of Delhi—men, women and children—and if sanitation could be improved, many of the diseases, including the so-called epidemics that occur from time to time, could be a thing of the past ere long. And this programme of health-education and sanitation would, in our opinion, cost the exchequer only a fraction of the enormous amount now spent on drugs and other symptomatic treatments. Sir, Prevention is not only Better Than Cure, Prevention is cheaper than Cure, Prevention is the only radical and real Cure.

If the slums that disfigure Delhi could be cleared—and we offer our wholehearted cooperation and support to this programme—if good unpasteurised milk could be made available to the citizens from cows hygienically maintained, if compost manure could be made available more and more to the farmers for use in cultivation of vegetables and fruits which are so essential to the

health of human beings, if effective steps could be taken to prevent adulteration of foods and to stop refining atta and rice, if the people could be persuaded by the authorities to rely more and more on Nature's laws of maintaining and restoring health and less and less upon the vicious drugs that throng the market, if the periodical campaigns for vaccination or inoculations could be avoided, we believe the Corporation would be doing the best service to the Capital. Sir, we sincerely believe that these are the real methods the adoption of which will raise the health level so much as to necessitate a reduction of the "disease-curing" centres and dispensaries. Sir, by launching this overall health programme, Delhi will, as in so many other fields, set a lead to all the other cities and countries of the world in presenting a new blueprint for promotion of health and eradication of disease, the surest, the most successful and the most economical way.

Sir, during your office in the Corporation we do sincerely hope that the authorities will direct their attention to this aspect of the problem. Once again, Sir, we welcome you in our midst.

We remain,
Sir,

Yours fraternally,
The D. C. M. Health Association.

PRAKRUTI JIWAN

Telugu monthly on Nature Cure

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

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The Stimulant Robs You — IV

What I shall say about the demoralizing and destructive effects of the cigarette habit is not the raving of a fanatic or the rabid utterance of a crank. I speak from a personal knowledge of scientific truth. The smoke is inhaled into the lungs, the poisonous gases are communicated through the blood to the brain and to the nerve centres that control the moral sensibilities, stupefying and destroying. Soon the fine edge of moral distinction is blunted, the difference between right and wrong is blurred.

—D. Leonard G. Broughton.

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Inhumanity in Public Hospitals

Hereunder is reproduced a leading article in the *Indian Express* of date 12-5-59, under the heading, "Public Hospitals."

"Fatalities resulting from gross carelessness and ill-treatment of patients in our public hospitals reflect sadly on the ethical standards prevailing in the medical profession and on the administration of the hospitals. The latest case to attract the attention of Parliament comes from the capital itself, but no state can claim clean hands in this respect. The Delhi case is now the subject of police inquiry, but the uncomfortable fact has already emerged that a patient suffering from severe backache was administered carbolic acid orally by an orderly. Not long ago a pair of surgery scissors was found among the cremated remains of a young girl who had succumbed after an abdominal operation. Unbiased people with an intimate knowledge of the working of our hospitals say reports which reach the Press or Parliament are only a fraction of the cases of unnecessary suffering, and sometimes loss of life, resulting from the inhuman treatment of patients by the hospital staff.

"Because of the highly specialised nature of medical work and the rigid trade unionism of the practitioners, it is extremely difficult to bring the guilty to the book. The result is that carelessness, incompetence and inhuman treatment of patients continue to thrive. In the hospitals where scores of doctors find sanctuary

from the stiff competition of private practice, callousness knows no bounds and human suffering no limit. Such a situation is at variance with the tenets of a welfare society. What is urgently needed is not merely a strict and impartial inquiry into individual cases, but a thorough investigation into the working of public hospitals and more especially, of the functioning of the doctors and the nurses. The commission of inquiry might have to bring the system of medical education in the universities under its purview for it is there that the outlook and habits of medical men are formed. But whatever the scope of reference, a thorough-going investigation into the working of our hospitals is long overdue."

EDITOR'S REMARKS

Mr. S. K. Patil very recently confessed with a sense of disgust, that medical men are a privileged class. This fact will surely stand in the way of any useful attempt to make any investigation into the working of these hospitals, for whose maintenance we are all taxed beyond our means. The fundamental error of the government is in paying the remuneration of doctors over the heads of the patients.

Readers' Questions Answered IS HYGIENE IMPRACTICABLE IN THE MODERN WORLD?

Question: Sir, no doubt, drugs are bad. The living adapted to Nature is good. But in the world of ours where the speed of "Civilization" is fast, we are drifted from Nature. To get drugs, it is easy; to live according to what is known as "Natural Living" is far from practicable, however one may desire. The only possibility is to go away "far from the madding crowds", go to villages, which 'they' would call as 'putting back the clock' of 'civilization.' Can you please suggest a solution? —H. V., New Delhi.

Question: There is a general difficulty that people are so busy and live in a world of tension that they cannot afford to wait. For some, baths and packs are a drudgery. How am I to influence such persons to follow Nature-Cure? —D. D. Jullundar.

Answer: The two questions, reproduced above, are closely interlinked. I shall, therefore, take them up together. I have had the benefit of a personal discussion with Mr. H. V., to know the exact implications of his question. Drugs are bad, according to him, as they only suppress the disease. They cannot cure the disease which will, once again, re-occur in the same or a different form. He admits that Natural living—living in accordance with the Laws of Life—is good, but says that in the modern world of ours, any one who gets ill cannot easily follow Nature-Cure. There are facilities available everywhere for dispensing drugs. A person who is ill can, without any difficulty whatever, go to the chemists and get the drugs needed. On the contrary, if he were to take to Nature-Cure, he finds that it is not so easy. The average man has at

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least no knowledge as to how he should feed himself in disease, if at all he should feed himself then, and further what he should avoid. Again, the vegetables and fruits that are available in towns and cities often happen to be at least 24 hours old, if not older still. As for milk, good milk is not at all available in cities and towns. An ordinary man has to keep to the so-called etiquettes and attend social gathering, where he is compelled to take unhygienic foods and drinks. The air in the cities is polluted. Many of the basic needs of living are lacking. If, with all such handicaps he still begins to follow Hygiene in his daily life, of course in a limited sense of the term, he is discouraged by others. If he were to leave the towns and cities and settle down in a village, he is dubbed as one who is 'putting the clock back.'

In the preceding paragraph I have put down the difficulties of my friend, as far as possible in his own words. He just wants me to suggest a solution for him. He would like to continue in the city and would like to avoid drugs and practise Nature-Cure. He wants to know how this can be done. Possibly, this is a question that is in the minds of many.

As my friend has obviously accepted the futility of drug-treatment and the utility of Hygiene, I would not enter into a theoretical explanation as to why Hygiene should be followed. He wants a practical solution to the problems of the city-dwellers.

I am afraid my friend is overstating his difficulties. It is definitely not an impossibility to follow Natural Hygiene in the cities and towns of India, to-day. Air-pollution has not assumed any dangerous proportion. If there are facilities for dispensing of drugs everywhere and if people are literally laughed at for following Nature-Cure, it is just because of the concerted effort

put in by vested interests, interested in the sale of drugs, serums, etc. Straight from the lowest standard in schools, children are being wrongly taught that germs are the cause of disease, that they should fight disease through drugs and that "modern medicine" alone can help them to do this. There is such a wrong education. The only way to overcome this self-created tangle is for Nature-Curists to launch an all-out campaign for the spread of real health-education. I have dealt with this question in my article on "The Nature-Cure Movement and Its Future" which appeared in the March (1959) issue of this journal. True, there are so many facilities for dispensing of drugs, but no one compels any one else, including my friend, to take to drugs at any time. Each individual is free to treat himself as he likes. Again, if when an individual is fairly well he follows Hygiene even to the greatest extent practicable, the chance of his falling ill would perhaps arise only very rarely.

In a city like Delhi, it is possible to get fairly good vegetables and fruits. It is also possible to get food-stuffs of fairly good quality. All that the health-seeker need do is to know where things of his choice would be available. In the present-day conditions, he cannot find out this information from the advertisement columns of the newspapers and journals, which specialise only in advertising the forbidden foods and drinks.

If Nature-Curists form a sizeable number, it should not be difficult for them to organize co-operatives and arrange for real, wholesome foods. As for social gatherings and the like, my own experience is that none would compel the hygienist—if he is really so—to take the cola drinks or coffee or any fried food etc. Once people are convinced of the sincerity and honesty of the hygienist, he is rather respected. If he is called to attend parties, he will be provided with hygienic foods

and drinks. The presence of one or two hygienists in a social function will go, to a great extent, to influence the rest of the people gathered there, towards a better understanding of Hygiene. Of course, I should stress here one point. If the hygienist himself suffers from an inferiority complex in that he is not following the majority, he will not be able to influence any others. With all humility but with full conviction in his way of living, the hygienist can influence the entire surroundings. A hygienist develops *Atma Bal*; the very hygiene provides it.

What does it matter if a few people, or even a great number of people, do not agree with you? Convince them, if you can, but if they refuse to be convinced let that not affect you. So long as you are following the right path, why should you be upset about it? I would, therefore, urge upon every hygienist to go ahead with full confidence in the hope that one day—not in the too distant future—he should be able to find a great majority of the people see sense in his views.

I agree with Mr. D. D. that in the modern world many are affected by tension, but with a little understanding anyone can relax rightly. Baths and packs will no longer be a "drudgery", if the rationale behind them is thoroughly understood, or explained, as the case may be. That will very much facilitate things.

I agree that the city-dweller would rather find it difficult to follow hygiene fully, but this difficulty would persist only so long as we happen to be in such a hopeless minority. Hygienists should devote as much time and energy as possible to propagate the Divine Science of Health, the Science that liberates everyone from drugs, diseases and doctors. The evil influences that pass today under a guise of civilisation will then die a natural death and will no more present a problem that they do today.

It is often thought, in the modern world, that a hygienist does not enjoy life fully. He is rather pitied. Who is to be pitied, the hygienist or the addict? Let the living organism of the addict—not his 'trained' intellect—which undergoes a silent suffering all throughout, answer this. And the answer can only be: *Pity the poor addict.*

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The Germ Theory of Disease

Bacteriological Evidence in support of the Nature-Curists' Stand

Prof. Kamesvara Sarma, M. A.,

There is a proverb which says that if an untruth is given a minute's start, nothing can overtake it; such an untruth is the germ theory of disease. Its sway over the minds of medical men is so much that even one who sees the absurdity of the practical methods which have grown out of this theory, is unable to free himself from the creed. He tries to criticise the methods; he dares not to question the theory itself.

If this theory were true, then, there must be uniform failure in Nature-Cure practice. The Nature-Curists do not at all take any antiseptic precautions in treating wounds, abscesses and carbuncles. In the infectious diseases the Nature-Healer does not protect himself with vaccines and serums before he attends upon the patient. Of course he observes all the natural laws of health which aim at keeping his body—inside—clean. Nor does he treat those infectious diseases with vaccines and serums which are administered into the body to kill the germs present in the body. The Nature-Healer ignores the germs altogether as if they do not at all exist. He is concerned solely with right conduct. And right conduct in the treatment of disease is making amends for the past wrong conduct. The chief part of this is fasting and medicinal dieting. For the Nature-Curist diet does not consist of the produce of the earth alone. Water, light, air and rest are also his foods. He uses them all in such a way that the vital organs are rested and renovated and the deficiency is made up by live foods which are given in medicinal doses.

Though the Nature-Curist completely ignores the germs in his practice, he does not deny the existence of germs in the body. He knows full well that germs

have a function to fulfill in the order of Nature. But it is not as the allopathic bacteriologists think. They say that there are various kinds of germs and that every specific germ is capable of producing a specific disease. The protagonists of this theory contend that it has been evolved after careful experimentation and verification. They take the blood of the patient and examine it under a powerful microscope. They definitely see a living being moving about. Then they inject an anti-toxin into the blood of the patient to kill this germ. They again examine the blood of the patient and do not find the germ; also the patient has been rid of the disease for all outward appearance. From all these facts anybody would be led to conclude that since the death of the germ results in the death of the 'disease' the germ must be the cause of the disease. But we must pursue further and see if the disease has been really cured by this method. In most cases the symptoms are arrested and the disease process ceases. If the disease had been radically cured by this method then the disease must not recur again and *there must be better health afterwards*. But in actual practice it is not so. So this theory is based upon a wrong notion about disease. The proverb, that things are not what they seem, applies here. But the doctors do not know this. They consider only the symptoms of the disease. They do not at all take into account the passive and the active causes of the disease which are hidden from their physical eyes. The passive cause is the pathogenic matter while the active cause is the Life's will to Health, through elimination of that matter, and it is not possible to cure a disease without removing the cause.

Let us see how far bacteriological evidence supports this theory. But before going into a discussion of the available evidence we must first define the true nature of causality. Sri K. Lakshman Sarma in the

course of the series entitled स्वास्थ्यसिद्धान्तदीपिका (Light on Hygienic truth) in the October (1941) issue defines it as follows :—

कारणं पूर्वसिद्धं स्यात् कार्येणानुगतं सदा ।

विना कार्यं कचिन्न स्यात् एवं कारणतास्थितिः ॥

“The cause exists in advance (of the alleged effect). It is also co-existent with the effect in all cases. It will nowhere exist without the effect. Such is the truth of causality.”

In the next two verses he says :—

नियमात् पूर्वसिद्धिस्तु कीटकानां न वीक्षितः ।

नियमेन च सद्भावो रोगेण सह नेक्षितः ॥

“But it has not been observed that the germs exist uniformly (in all cases) prior to the disease; nor has it been seen that the germs co-exist uniformly with the disease.”

कीटकानां विना रोगसंभवो बहुधेक्षितः ।

सत्येवं रोगकीटानां कार्यकारणता कथम् ! ॥

“The presence of germs without the disease has also been widely observed. Such being the case how is it said that diseases are effects and germs the cause?”

Dr. David C. Muthu M. D., M. R. C. S., L. R. C. P. Fellow of the Royal Society of Medicine, has exhaustively discussed this question in his book on ‘Pulmonary Tuberculosis’. He says that the tubercle bacillus and the malarial parasite often appear long after clinical symptoms have manifested themselves, so that the germ is an *effect*, and not a cause of disease. In another place he writes that glands may be normal and healthy, and yet may contain tubercle bacilli. The following extracts taken from his book will be found very interesting and instructive in this connection,

“The presence of tubercle bacilli in a gland does not determine tuberculosis in a child, and their absence does not mean that there is no disease. Apparently the injection of healthy glands may produce tuberculosis or glands definitely tuberculous and containing tubercle bacilli may fail to produce the disease..... The very fact that the injection of healthy gland tissue or caseous material may cause tuberculosis in guineapigs suggests that tubercle bacilli are not necessary to produce tuberculous lesion, or that they grow out of caseous substance; and if injection of tuberculous tissue is more effective in causing tubercular disease, we must infer that diseased tissue is the cause of the spread of the disease rather than the micro-organisms.

[This shows that all foreign matter is provocative of disease.]

“Tubercle bacilli may be present for months and even years in a healthy animal without provoking tubercle or caseation.”

“One finds that the injection of Koch's bacilli does not always produce tuberculosis in animal experiments. Experimental tubercles present much diversity of character and are not the same as those found in the natural disease. It is remarkable that in the experiments made on animals by the Royal Commission on Tuberculosis it was found over and over again, that after the injection of tubercle bacilli the animals were in perfect health or showed no tubercle after they were killed, and when tubercles were found, they were irregular in outline, generally confluent and showed no tendency to be distinct from the surrounding tissue, or there were not epithelioid or giant cells, or even tubercle bacilli found in them.Experiments made on animals have rather confused than clarified the evidence of infection.”

It has been experimentally verified that the germs show modification in virulence according to the nature of the environment by various workers in this field. "Thiele and Embleton found that bacillus mycoides, a harmless organism living in the garden soil, has, by changing its environment, acquired all the characters of anthrax bacilli." One set of organisms can cause lesions and symptoms produced by a totally different set of organisms. "Diphtheria has been found to be caused by pneumococcus, scarlet fever by micrococcus catarrhalis, cerebro-spinal fever by Klebs Loeffler bacillus or bacillus typhosus. Symptoms of rabies have been known to be caused by bacillus diphtheriae, which, in turn were found in the ear discharges of patients suffering from scarlet fever, while scarlet fever germs may cause puerperal fever." The same micro-organisms may give rise to totally different lesions and symptoms. "Diphtheria bacillus may give occasion to local diphtheria, acute blood poisoning, and paralysis. The streptococcus can produce at one time local suppuration, at another spreading erysipelas, and at another fatal septicaemia. The influenza organism in one form can give rise to epidemics of simple coryza, in another to rheumatic fever, in a third to cerebrospinal fever and in a fourth to pneumonia".

Different organisms may produce the same symptoms. "Clinical symptoms of pneumonia may be caused by pneumococcus, pneumobacillus, influenza bacillus and streptococcus aureus. Pulmonary affections are associated with many organisms, such as pneumococcus, streptococcus, micrococcus catarrhalis, influenza bacillus, etc. Tonsillitis may be caused by scarlet fever and diphtheroid germs, while inflammation of the membranes of the brain can be produced by Frankel's pneumococcus, the streptococcus of erysipelas, the human and bovine tubercle bacilli, and bacilli

coli communis." "Many of Koch's postulates, which were once the causal test of specific organisms, have become untenable by the light of modern facts, as no single property can be considered specific or constant. If virulent organisms can become avirulent and avirulent can become virulent, or if cocci can be transformed into bacilli, and vice versa, there can be no stability. If one kind of organism can produce symptoms belonging to quite another kind of organism, if different kinds of bacteria can produce similar symptoms and the same bacteria can cause different disorders, or are found both in healthy and diseased persons, *there can be no specificity*; and if the stability and specificity of bacteria become untenable, the very foundations of bacteriology are assailed." Here the false doctrine of the allopaths is alone in question. Truly scientific bacteriology is unaffected.

"The greater the abnormal change in the body, the greater is the virulence of bacteria. The very fact that they grow more rapidly in pathological exudations than in normal fluids shows that the altered metabolism offers a soil for their growth and virulence..... *The bacteria themselves have no innate virulence.* The soil governs the whole situation as regards infection."

Again the disease may exist without the germ alleged to be its cause. "Patients with grave and prolonged symptoms of pulmonary tuberculosis have yielded no tubercle bacilli, while those who get well in many sanatoria and are discharged as fit for work have continued to bring up tubercle bacilli in their sputum." The tuberculin treatment based upon the germ theory, says Dr. Muthu, has failed to arrest the disease in too many instances and that he gave it up many years ago as he found it *not only worthless but actually harmful.* He emphasises 'the truth that every theory and treatment of tuberculosis based on infection had led them

into fallacy, confusion, and contradiction.' One reason for this according to Muthu, is that 'the profession is not skilled in collecting facts or sifting the value of evidence brought up and that it blindly follows authority or places undue credence on laboratory experimental results without taking care to verify or compare them with those of others? There is no proof that bacteria act in the living body in the same way as they do in the test tube.'

Again it has been verified in thousands of cases that even though every precaution has been taken to prevent the entry of germs into the body either by contact or through food, or by air or water, the disease appears along with the specific germ. This means that the germ must have come to birth from within. Is this possible? Yes, because germs have a specific function to perform in the order of Nature. All this discussion leads to the conclusion that the germs from the outside can attack a person only if there is the proper soil (in his body) for it, in which case even if the germ outside is prevented from getting into the body, the germ can be produced from within the body itself so long as there is the soil fit for it.

These germs are bacteria and are vitally connected with the Life's work of curing disease and maintaining health. To understand this we must have a correct idea of the true nature and function of bacteria. This is a big subject by itself. I shall try to give a brief survey of the subject.

Bacteria are unicellular organisms. They are everywhere, in vegetable and animal life, in the air we breathe, in our food, water and in the soil we tread. A great number of them exist as saprophytes which are harmless to man. More than this they serve man in countless ways. They cause fermentation and in that

way they help the baker, the farmer, the cheese-monger, the weaver and the manufacturer. They purify sewage, decompose animal and vegetable matter and act as scavengers. They help to fertilise the soil, nourish the plants with food and ripen fruit. They take part in the physiological functions such as digestion, assimilation and elimination. Dr. Muthu remarks that prolonged life is impossible without these saprophytic bacteria, because in their absence the formation of oxidising ferments is much reduced and autointoxication takes place. In short the extent of their usefulness cannot be overestimated. Medical bacteriologists have so persistently drawn our attention to their 'evil' ways that we have lost sight of the fact that myriads of them render priceless service to man. But what Nature-Cure teaches is that even these dreadful bacteria are not to be dreaded. They have been evolved out of the saprophytes. As has been remarked before, they have been created by Nature Herself to eliminate the pathogenic matter which has accumulated in the body through *our* physiological sins. They serve as scavengers. The same saprophytes which take part in the ordinary work of elimination assume these 'dreadful' forms in order to take part in this extraordinary work of elimination namely disease. Hence they are not inimical, but friendly agents.

This subject has been very well developed by Prof. Antoine Bechamp, M. D., a contemporary of Pasteur. He had been a member of the Academy of Science of Paris long before Pasteur became one. He was teaching medical students, was carrying on medical research in the laboratory as well as in the clinical ward. He taught that there is a common causal basis for the living cells of the body *and* the germs. The cell *and* the germ are not indivisible living organisms. Each is made up of infinitely more minute living beings called microzymes. He considers these microzymes to be the

primal architects of life. These microzymes are living ferments and they accomplish the process of nutrition. The birth and vital activities of the cells and germs depend upon the soil in which the microzymes feed, grow and multiply. "Thus microzymes feeding on normal soil develop into the normal permanent specialised cell of living vegetable, animal or human organism. The same microzymes feeding on morbid materials and systemic poisons in these living bodies develop into bacteria and parasites."

If the machinery of the body gets disturbed by some poison, cold, depression, physical injury or shock, then these microzymes become morbid microzymes, otherwise called bacteria and as bacteria, they carry on the benevolent work of destroying the pathogenic matter. When the diseased body returns to its normal health after the elimination of the pathogenic matter the bacteria regain their normal character of microzymes. One of the many experiments conducted by Prof. Bechamp and his collaborators to prove the correctness of this theory is the following:—"Beer yeast becomes active and multiplies only in a sugar solution. When feeding on sugar and digesting it, it decomposes the sugar into alcohol, carbonic acid and small amounts of acetic acid. When Bechamp added creosote or other antiseptic substances to the fermenting fluid the normal activity of the yeast germs gradually subsided. They decomposed and deteriorated, their detritus gradually changing into bacteria." This experiment was conducted under conditions which made impossible the invasion of bacteria from without. "The bacteria in their turn, when they had consumed the decaying materials on which they had subsisted, disintegrated until there was nothing left but the original microzymes." Antoine Bechamp thus taught us that bacteria are simply microzymes in evolution and that they do not attack

us from without. So disease arises from ourselves and in ourselves and bacteria are of our own creation and are but the morbid forms of the benevolent microzymes which are essential to our existence. So these bacteria are not the cause but are the effects of disease. This is the sum and substance of the Nature-Cure teaching on this subject. This explanation reconciles many bacteriological, biochemical and biological facts and many clinical observations. This is in entire agreement with the finding of modern biochemistry, that cell life is more or less entirely a matter of enzymic activity.

As far back as 1875 Wilks and Moxon have shown that bacteria arise from disintegration of white blood cells or of pus cells. It was much later confirmed by C. H. Collings who demonstrated the gradual disintegration of leucocytes and pus cells through various stages and at last into bacteria. The leucocytes first break down; then spore bodies appear and they become highly refractive. In the next stage the spore bodies separate and enlarge and ultimately become bacilli.

We thus see that bacteria in their biologic evolution carry out the beneficent action of Nature. The process of elimination of pathogenic matter called disease is initiated by life itself and is carried through with the help of these bacteria which serve as scavengers. So the symptoms of disease and the presence of bacteria are part of the healing process. Disease is in fact a physiological process carried on in abnormal conditions. Dr. Muthu has rightly remarked that there is no frontier line between physiology and pathology which is really continuous with biology. He further says, "Hyperaemia, inflammation, fever, various exudations and secretions, and even acidosis may be more physiological than pathological activities employed by Nature to restore health. Looked at in this way, hyperaemia, and early hemoptysis have a healing

purpose in pulmonary tuberculosis" About the microorganisms he says in conclusion, "whether we consider them as healthy or morbid living cellules of the body as Bechamp taught, or as saprophytes or pathogenic organisms, they help man in health and disease, just as in the moral world both good and evil have their part to play in building character. Behind all the apparent chaos and confusion in Nature's manifold activities, there seems to exist a definite purpose, a foresight, a design to bring harmony and to restore order." When all this is understood all fear of germs will pass away and man will take the same precautions for the so-called infectious diseases as for the noninfectious ones, through fasting and other natural means. All prophylactic measures based upon the germ theory are bad. An active tendency towards positive health is a sufficient insurance against disease. Because so long as the body is unhealthy and is tending to become more so, Nature is sure to produce bacteria and carry on the process of elimination called disease.

It is to be carefully noted that not actual health, but a healthward tendency is alone required, so that infectious disease may not develop, at least in serious or fatal forms. A diseaseward tendency is the precondition of 'infection.' This kind of tendency needs to be changed to a healthward one by *repentance*—by giving up the wrong way and taking up the right one, to the necessary degree.

The Life Natural, February, 1942.

NOTE BY THE EDITOR

The falsity of the germ theory was refuted for all time by two definite pieces of evidence, namely:—

- (1) The proof by Dr. Fraser of Canada, that the 'causative' germ was found absent at the onset of the illness, but coming into existence later as part of the effects of the disease itself.

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