

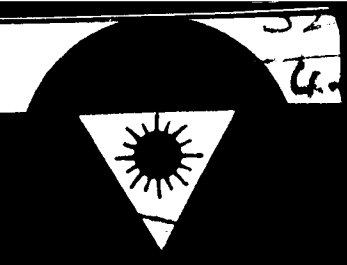
The Life Natural
vol-17 (2) NO.2.3.4.
Oct. Nov. Dec. — 1959

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THE LIFE NATURAL



36th Nature-Cure Study Group Paharganj, New Delhi

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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Pudukkottai is on the Madras—Dhanushkodi line about 250 miles south of Madras. Indo Ceylon Boat Mail and Dhanushkodi Passenger pass through this place. There is a through carriage to Dhanushkodi in the Tuticorin Express which comes by the chord line (shorter route). All Express trains leave Madras Egmore in the night and the Indo Ceylon arrives here in the morning at about 7-30. The Town Bus takes passengers from the station. From Brindavan Hotel bus stop horse juktas will be available for Ganeshnagar for 6 to 8 annas.

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DES RAJ SHARMA

Sharma Trunk House

48, Nehru Market, Paharganj

NEW DELHI-1

silence. In the name of "welfare" hospitals are springing up, drug companies are expanding their business, food processors and poison-mongers are fattening their purses and insecticide manufacturers are becoming richer. We are not at all exaggerating the problem. The following news item which appeared in "The Sunday Standard", New Delhi, dated the 13th September 1959, shows what is being planned and is proposed to be executed by the chemical and pharmaceutical firms of just one leading country of the world, the U. S. A.

"RELENTLESS FIGHT AGAINST DISEASE" 1 New York.

Dramatic advances are shortly expected in the fight against diseases.

These include:

A major cancer break-through by 1965. New drugs to fight heart disease and to treat mental illness by 1962. An effective advance against the common cold in the same year.

Measures against the estimated \$190,000,000 to be spent this year by drug companies for private research, these forecasts by one authority assume a down-to earth perspective.

Less than a year ago, another executive of one of the United States' leading drug concerns proposed an informal competition in medical research between this country and

the Soviet Union. The goal: increasing human longevity throughout the world to age 75.

This has been achieved by a parade of drugs and pharmaceuticals to combat such scourges as tuberculosis, pneumonia, polio, childhood disease, heart disease and many other human afflictions. The range of chemical products to accomplish this is nearly infinite, from castor oil to spray-on bandages, from hydrocortisone to nylon arteries, from Vitamin B-12 to multiple-purpose vaccines.

Antibiotics are one of the best known developments of the many which promise a healthier tomorrow. Penicillin in 1942 and the first broad spectrum antibiotic in 1948.

Pharmaceutical research workers have already launched a concerted attack against viruses that cause a host of human ills. Out of this will probably come vaccines for measles, mumps, new potent polio vaccines to be taken orally. Already oral medications have been developed for diabetic treatment and improved anti-diabetic drugs are under development.

From aspirin to vitamins to hormones and on through the whole panorama of medical research, the chemist is busy developing new drugs, new treatments, new weapons.

—"NAFEN."

We believe the chemical and pharmaceutical firms of other countries, great and small, should have similar plans for furthering their future progress. Could the readers read between the lines? Who control the 'health policy'—the mass of voters or the vested interests?

All these enormous amounts are wasted (in the name of "welfare"!) only because of the erroneous belief that health can be had the drug way. That it is wrong, absolutely wrong, has already been proved. Those that refuse to admit this now will have to do so ere long.

Natural Hygiene provides the only sensible answer to the problem. All the enormous, wasteful expenditure that is now being incurred on "the relentless fight against disease" could be saved and utilised in raising the standard of living of those unfortunate millions that are now in dire want and misery. Can there be a more constructive work than this?

We appeal to those in charge of framing of the Third Five Year Plan, in our country, to plan for real health education on the lines advocated by Natural Hygiene and thus save crores of rupees now spent in building disease. We also hope that our readers will take up this issue in right earnest with the Planners at New Delhi and the State Capitals.

Is there a DISEASE-PROBLEM?

Governments and the great majority of people have been busy for thousands of years trying to solve a problem, which so far they have not been able to solve. Indeed the problem is steadily becoming bigger and bigger, costing ever more and more. Why is this costly futility?

In Britain, for about a decade there has been in operation a 'National Health Service'. Every year the cost of it has been rising. But, judging by the very large—and ever increasing—number of vaccinations and inoculations which are being imposed on young lives, the national health-level has been falling, not rising. The vast increase in the number of new drugs dumped upon the medical profession and the public, also points to the same conclusion. Many *doctors* are crying out that this is not a health-service at all, but an ill-health service. Does this not point to the fact that there is a grave error at the bottom of this effort?

The popular opinion is that if diseases be fought systematically with powerful drugs, health would automatically be increased, or at least maintained at a safe level. Judging by the failure of Medicine above described, it is logical to suspect that this popular opinion—which the doctors share—is perhaps wrong.

Our hygienic science has an answer to this. Among the profound secrets of Nature, that have been laid bare for men of open minds, is this: the so-called disease-problem is at the bottom only a small, but inseparable part of the health-problem, for which the solution cannot be given by medicine, but only by Hygiene. As there is a hygienic way of solving the disease-problem, the solution comes by the adoption of

Hygiene. When health is present, it is preserved at an optimum level by hygiene. When it has fallen to a lower level, as manifested by diseases, even then it is only Hygiene that is wanted. We do not *fight* disease. We only undermine it by removing its basic cause and support, namely ill-health. We restore health by a drugless, non-violent, strictly hygienic programme of life, and lo! the disease has vanished.

If only men in the government will listen to the evidence—which is daily accumulating—they would be convinced that the medical approach is based on a fallacy, that the right solution is only hygienic.

Government need not give financial aid to professional Naturopaths. That only demoralises them. The right way is to aid the hygienic movement by giving subsidies to the *people* who need the help. At the same time they must restrict medical practice by severe laws making doctors liable for the consequences of their rashness in the use of drugs. This would enable the people to see where the truth lies. The Press also needs to be disciplined. Under the prevailing conditions it would be quixotic to hope that these things would be done.

स्वाधीनस्वास्थ्यमहाविद्या

SWADHINA SWASTHYA MAHA VIDYA

By

K. LAKSHMANA SARMA

A condensed version of Practical Nature-Cure
in Hindi

Price Rs. 4

For Subscribers of The Life Natural

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The Secret of Death

The hygienic teaching is that Health, which is the reward of living the Life Natural, is undermined by the steady accumulation of *toxic filth*, arising from food, that diseases are due to Life's efforts to reduce this toxic load, and that, if these are treated by Poison-Therapy, there is the probability of chronic and destructive diseases leading up to premature old age and death.

The Life Natural is based on the recognition of the obvious truth that there is an Order of Nature, a pattern of living enjoined on us by Divine Ordinance, the violation of which is punished with disease, infirmity and death, and that therefore it is bad policy to interfere with that order. To us this understanding is the basic principle of our science and art of Living. Among allopaths and even homopaths there are few that have this understanding. Hence pronouncements by members of these professions showing recognition of this truth are welcome as proving that we are right in our basic principles.

One such pronouncement was made by one Dr. Maheshwari in a discussion by scientists broadcast by the A. I. R, and reported in The Indian Express of July 2nd, 1957, which was as follows:

"However, the processes of Nature are so delicately balanced that any change or departure from the Established Order [of Nature] is overwhelmingly likely to be for the worse."

Now the process by which old age, infirmity and death become inevitable was expressed as follows in a conference that took place at Basle (Switzerland)

"..... in a sense all people, who die from what is loosely called 'natural causes,' have been

steadily poisoning themselves almost from the day of their birth. The blood, in fact, of an old person is poisonous, and in experiments has a killing effect on living cells in test-tubes, which otherwise would multiply rapidly if surrounded by nutritious liquid. These poisons are derived from food and are nullified for many years by the body's protective mechanism. With old age these mechanisms weaken and generally the poison is enabled to do its deadly work."—(Quoted from article on 'Old Age' by Rex Harvey in the June 23rd (1957) issue of *The Sunday Standard*.)

These quotations are sufficient to corroborate the basic principles of our Hygienic science as set forth in our text-book.

It follows therefore that the prevention of disease is effected by living in accordance with the Order of Nature, so that the toxic filth may not accumulate and increase and that, when, due to these accumulations, disease, acute or chronic, arises they can be undermined and got rid of by making amends to Nature for the transgressions above described. In this way old age can be postponed considerably and health enjoyed even in old age, when it comes.

In acute cases Life itself is actively at work eliminating these toxins, and hence this beneficent work must not be suppressed, but helped to proceed to its destined end. In chronic cases we have to provide favourable conditions for the success of Life's efforts by suitable reforms in our modes of eating and living, so that acute healing crises may come about, to eliminate the unwanted load of toxic filth.

It is chiefly sufferers from these latter conditions, which neither allopaths nor homopaths can radically

cure, that come to the Natural Way. Apart from this there is little scope for our science to demonstrate its usefulness. It is the well demonstrated fact that many of these sufferers are restored to health and freed from disease, that is the cause of new recruits coming in to our ranks.

By K. LAKSHMANA SARMA

FASTING CURE AND VITAL ECONOMY REVISED & ENLARGED SECOND EDITION Rs. 1—50.

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

By RAMACHANDRA SHARMA, M. Sc.

SUNLIGHT FOR HEALTH Re. 1.

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

The Recognition Question

(A British View)

In the July (1959) issue of *Health For All* there was an article by J. S. Sinclair under the title "*If State Control Means Abandoning our Philosophy, We Do Not Want Recognition.*" The Recognition would inevitably mean State Control, and this would involve subjecting our system to hostile control by the *enemies of Health and Hygiene*, namely the allopathic medical profession. These people *hate* the Natural Way and would destroy it entirely if they got control of it. To accept Recognition—or what is mistakenly accepted as Recognition—is to take the first step towards this destruction. And this is the main reason for the writer not wanting Recognition. For so long as one system, namely, allopathy, is treated as the State System of Medicine, from which dissent is only reluctantly and grudgingly permitted, there can be no freedom for the Hygienic science to maintain its natural integrity. And as this dominant system is only a negation of hygiene, in which false dogmas, like the germ theory of disease and the calorie theory of food-values, are held with fanatic zeal, the above-mentioned destruction cannot be prevented.

The chief difficulty for the government will be the problem of rightly assessing the *truth* of our system. So long as the state system consists of this deadly quackery, ours will be subjected to 'research' by allopaths, who will apply *their own measuring rods*,—the false theories before mentioned—and the result will be an adverse verdict, as shown in the Editorial of our September issue.

It is wholly unrealistic to hope that allopathic judges will be influenced by sweet reasonableness.

in this matter. *The Life Natural* must be absolutely free of all Governmental control, if it is not to lose its soul of Truth and Goodness, and this implies the complete renunciation of all Governmental charity. It is far better to be free, though poor, than to be enslaved, though rich. And this enslavement will result in the loss of the philosophic basis on which our system is founded.

What we need to do is to renounce these false hopes and appeal to the people. The following passage from Mr. Sinclair's article is worth quoting:

"It should not be forgotten that minority and unorthodox people enjoy in this country greater freedom and wider fields of personal expression and conviction than in almost any other; this is something that has become a precious heritage. It gives people, who do not see eye to eye with authority, a chance to develop their own viewpoint and to keep alive the *voluntary principle* in accepting or rejecting medical practices, such as vaccination—a privilege not enjoyed by any other nation. The extension of legislation is bound, in the nature of things, to make inroads into these domains, and such a measure should be used only as a safeguard and for the greater good."

The best strategy for us in the coming fight for survival as a True Science will be to lay the greatest possible stress on our view that *The Life Natural* is fundamentally a DOMESTIC SCIENCE, and not one of exploitation for self.

If we are to survive with honor, we must insist on the undeniable FACT, that allopaths are *disqualified* from sitting as judges on this True Science, as clearly demonstrated in the Madras High Court case referred to.

The proper judges are only those that have not only gone through a course of instruction in this Science, but are also putting it into practice in their own homes, as a Domestic Science, based upon Common Sense, and verifiable by excellent results in their own cases and those of their wives and children. They have the *fundamental right* to choose whatever system appears to them to be true and honest, and attended with good results. The State, being confessedly subject to the powerful influence of the evil system, is incompetent to exercise any control on systems, to which this State System is antagonistic. When a patient has followed the hygienic system and is in a position to testify to its soundness as a means to Health and Cure, no one else has the right to impose on him a system that he heartily condemns as quackery.

Natural Cure of Eye Defects

REVISED FIFTH EDITION (1956)

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

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

Rs. 2.

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

Bharat Jyoti, Bombay.

Health News

Dr. Royal Lee of the Lee Foundation for Nutritional Research, lectured recently to the Ohio National Health Federation, which was reported in the *Herald of Health* (U. S.) for December 1958. The following are culled from the report.

"Dr. Pottenger discovered that his animals didn't get arthritis unless they had cooked food.....If you want to get rid of arthritis eat raw foods with natural [not hydrogenated] oils. I have seen raw certified milk cure a wheel-chair case of arthritis.

"We know that animal and human life depend upon plants rooted in the soil. No synthetic [artificially produced] food ever has served as a beneficial food. Synthetic foods contain hydrogenated fats, glucose-dextrine (synthetic sugar made by boiling starch with hydrochloric acid) Dextrose has been on the market for 60 years. Dr. Wiley warned that if people continued to use corn syrups, we would become a nation of diabetics."

"Raw proteins protect the teeth. When proteins are cooked the amino acids are destroyed.....Vitamin E lasts only a week after the grain is ground (into flour). This vitamin helps prevent sterility and also helps protect bodily tissues from oxidation.

"To illustrate. A car body without paint oxidises two and a half times as fast as one protected with paint. A person with Vitamin E deficiency and possessing an injured heart or tendency towards coronary (thrombosis) is in the soup. It is little wonder we have 750,000 deaths a year from heart disease, while in India and China that is only a negligible cause of death."

"Professors in colleges dare not talk against fluoridation [of drinking water] or pasteurization. Dr. McKay of Cornell has pronounced that fluoridation of water with one part per million will cause death. In the past the Supreme Court has ruled that poison added to food is illegal. Under the new set up, apparently, poison can be added if it doesn't hurt anyone."

Tender Cocoanut Water

My experience of nearly fifty years has established the reputation of this nectarine gift of Mother Nature as about the finest Medicine for Health and Cure, far superior even to fasting on water alone.

Now comes evidence from the West, of the U. S. in the magazine, *Let's Live* fully corroborating our experience. One John Martin Reinecke, who says he obtained this knowledge from a doctor, John T. Richter. The latter was himself a hygienic eater, and advocated uncooked foods for health and immunity from diseases, such as the Bubonic Plague. In Panama two patients of this disease, who were being taken to the segregation camp, whence none returned alive, received a hint from the doctor, not to take anything cooked. Actually the two lived on this Nectar-Medicine and were the only ones that came out alive from the camp. The doctor agrees with us on all his hints about the miraculous virtues of Tender Cocoanut Water.

A case is also narrated in that article of a perfect cure of an advanced case of Tuberculosis in six months by living on Tender Cocoanut Water alone. True knowledge can sprout anywhere in this wide world.

Science Proves Superiority Of Naturally Grown Food Over the Unnaturally Grown

The immense superiority of compost-grown foods, over those grown in 'fertilised soils' was demonstrated to the satisfaction of all hygienic-minded people, but 'scientists' objected, because they could find no difference between them by their analyses. Now in '*Let's Live*' magazine for June 1959, from Los Angeles, California, one Herbert Clarence White writes showing that one Dr. Pfeiffer has demonstrated that photographs of the two foods show up the difference between them unmistakably. Another difference is that of subjecting the grains to heat in an oven at 212°F. This heating does not affect the sprouting property of the naturally grown grain. The other kind of grain loses that property completely. This also is scientific evidence.

Hereafter scientists and their dupes have no right to say that there is no difference, and that the fertiliser-grown food is as good as the compost-grown.

Condemned To Die, But Lived 25 Years More

At the age of 63 Mrs. Allen, who lived somewhere in California, was considered by medical men to be dying. A hygienist offered to restore her to health if she would carry out his instructions and she agreed. All cooked food was cut out. Fresh fruits and vegetables, a special kind of bread and a pint of raw milk was prescribed. As the milk was found to be *mucus-forming* it was discontinued. All else was taken exactly as prescribed. The bread was made of a mixture of one half millet (an alkaline grain), and equal halves of sunflower seed and cracked wheat,

which was subjected to heat for a short time, not cooked, so that it remained almost wholly raw. The result was complete restoration to health and its continuance unimpaired till she reached 98 years of age, and the health attained was undiminished. She is still alive, has the complexion of a school-girl, works in her garden and spends some time in painting. Her vision is good and her mind clear.

What Nature can do if one does Her will is in this case well exemplified.

(News taken from the American Vegetarian Hygienist)

A Cry of Despair

Recently I came across a newspaper cutting, without the name of the paper, which consisted of a letter to the editor. One Suresh Kumar, R-19, Hauz Khas Enclave, New Delhi, therein gives the sad story of how his son's health has gone from bad to worse, due to improper medical treatment. The story is this.

While travelling by train the boy got some burns on his head, neck and right ear. He was treated locally and seemed to have been healed, but after a month or so, felt pain all over his legs and a few boils appeared. With penicillin and sulfa drugs the boils disappeared but his right arm started swelling, which spread all over his face and the right middle finger, with high fever. Twenty one penicillin injections were of no avail and his hands and legs became cramped. After three months of fruitless allopathy he was put on homeopathic treatment. There seemed to be some little response, but during a cold spell a blue point appeared on his left index finger, which spread to other fingers, and to the tip of his nose, and there was itching

all over the body. He was reduced to a skeleton. Dry gangrene affected his nose and fingers. A portion of his nose and a thumb fell off. Hospitalization was advised and now he is in the 'competent' hands of doctors in the Safdarjung hospital for some two months. His sores have dried up, but his fingers have become jet black and lifeless. His legs are blackening and so are the veins all over his body. The unfortunate father of this most unfortunate child concludes as follows:—

"Medical science seems to have no answer to this child who cries in pain day and night. All that the doctors have diagnosed so far is that he seems to be suffering from an unknown disease of the veins, which is drying them up, resulting in irregular circulation of blood."

If the initial injuries had been treated with wet earthen bandages and a suitable diet with adequate rest, in between, to the digestive organs, the whole of this sad history would have been wholly prevented. Health would have prevailed. Doctors expect poisonous drugs somehow to achieve miracles of healing, but only succeeded in this case in reducing this child to a living corpse!

PRAKRUTI JIWAN

Telugu monthly on Nature Cure

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

Annual Subscription Rs. 6

Published by

Sri Ramakrishna Prakruti Ashram, Bhimavaram,
(Andhra State)

THE LIFE NATURAL

Annual Rs. 5 or 8 Shillings
or \$ 1-25 c

Monthly 50 n. p. or 1 Shilling
or 10 c.

Place of Publication:
PUDUKKOTTAI, S. INDIA

Editor: K. LAKSHMANA SARMA

September 1959

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When writing to us please quote always your subs. No.

The Life Natural

VOL. XVII

SEPTEMBER 1959

NO. 1

Save The Nature-Cure Movement

THE SPELL OF MEDICINE!

Vested interests proclaim, and large masses of mankind are made to believe, that 'medical science' has made vast strides especially over the past few decades and that all the other systems of healing can never keep pace with it. This idea has been repeated so many times that many of the administrators, legislators those that matter (of course, politically!) in modern society have taken this to be a gospel truth; they have in fact little or no courage to question the veracity of the pronouncements made from time to time by vested interests. In short, what is called the 'Science of Medicine' has cast a spell on the modern man to such an extent that he stands dazed completely, losing all power of reasoning.

MEDICAL SUPERVISION

This almost blind acceptance of the verdict of the vested interests should not at all matter if the administrators and others do not apply the half-baked theories on the already suffering mass of mankind. And, when a system like Nature-Cure seeks to educate the public on healthy ways of living and hygienic modes of recovering of health, the administrators seek to apply their own yard-stick to judge its effects. To explain: the administrators would not accept that

Pseudoscientific Bungling On DIABETES

In the *World Forum*, January—June, 1959 issue, Dr. M. Beddow Bayly deals with the bungling by laboratory scientists on the cause of Diabetes, whereby allopaths have been grossly misled. By the evidence of postmortem observations in cases of death by Diabetes, uninfluenced by laboratory research, it had been found that the pancreas had undergone degenerative changes, due to long-latent constitutional degeneracy of tissues and organs. The same basic cause brings about the disease-symptoms called Diabetes. But confusion was caused due to want of clear knowledge as to the relation between these two, namely diabetes and the state of the pancreas. On the basis of the findings of certain laboratorians, who claimed to be 'scientists,' notwithstanding their serious shortcomings and disqualifications, it was assumed that the disease, diabetes, was due to degenerative changes in a certain portion of the pancreas, called the 'Islands of Langerhans.' Now it is found, on the evidence of clinical observations and post-mortem findings that the disease begins well before the 'Islands of Langerhans' suffer destructive change, that the disease is progressive with the deterioration of the physical constitution, and that these 'islands' undergo these changes, due to the progress of the disease. Thus it now becomes plain that the disease is not caused by the degeneracy of the pancreas, but is itself the cause—or part of the cause—of the degeneracy of the pancreas.

The doctors had long ago adopted the injection of a substance called 'Insulin,' on the faith of the laboratarian dogma, that the diseased state of the pancreas is the cause of diabetes. This 'Insulin' is an extract of

the supposedly offending tissue, the islands mentioned. On the basis of these latest findings it now becomes clear that the use of Insulin is unscientific, because of the falsity of the assumption that the abnormal state of the pancreas is the cause of diabetes.

The following passages are quoted from Dr. Bayly's article for the benefit of the reader.

Quoting Professor W. Löffler of Zurich, who asserted that diabetes is a disease in which no morbid changes can be found in the body which might be taken to be the cause of it, Dr. Bayly shows by quoting clinical researchers as showing that the disease is associated with the disease. Then he proceeds as follows:

"So much the worse, one might comment, for his (Löffler's) powers of observation; but the professor was attempting to prove that experiments on animals had been the sole means of throwing light upon the pathology of Diabetes, and so preferred to ignore historical and clinical facts which are common knowledge to all who have studied the subject.

"Moreover he did not mention that research in animals led to such conflicting results."

Then he quotes Ff. Roberts, M. D., M. R. C. P., as declaring in 1922 that "The production of insulin originated in a wrongly conceived, wrongly conducted and wrongly interpreted series of experiments with gross misreading of those experiments."

On the misleading nature of experiments on animals he quotes sufficient evidence.

He writes also as follows:

".....medical science today recognises that 'pre-diabetes' is now a well established entity," quoting W. P. U. Jackson, M. D. (Camb.) M. R. C. P., D. C. H., who has done probably more than any other physician to establish the fact that glycosuria (sugar in the urine) and hyper-glycaemia (excess of sugar in the blood) are the final symptoms arising from long-latent conditions in the constitution going back to infancy, to embryonic development, and even to the patterns of the genes. In the same article he says: "Our findings corroborate the idea that the basic diabetic state exists years before obvious abnormalities in carbohydrate metabolism appear."

Dr. Bayly also quotes evidence from the same authority as suggesting that diabetes may be inherited, which, he says, completely destroys the validity of all attempts to artificially induce diabetes in experimental animals.

Then he quotes Mr. J. E. R. McDonagh, F.R.C.S. "Diabetes," he declares, "is an external manifestation of a chronic intestinal intoxication in which, *in the end stage*, the island cells of Langerhans may suffer destruction. Ridding humanity of a chronic intestinal intoxication would prevent diabetes and render insulin superfluous."

Evidence is also adduced to show that the liver has much to do with diabetes.

The observations of Dr. Bayly suffice to show that the hygienic view of disease and cure is correct, and that medical practice is based on unproved theory.

Wholesome Food

L. Ganēsa Sarma, A-434, Defence Colony, New Delhi-3

CO-OPERATIVE HEALTH STORE

In one of the weekly meetings on a Sunday evening at the Lajpat Bhawan held under the auspices of the Lok Sevak Mandal (Servants of the People Society), there came up a proposal that a Co-operative Health Store should be started. Most people welcomed the proposal and wanted that the matter should be discussed in detail.

A list of articles in which the Health Store could deal in was made out, or, I must say only, was started to be made out and there was a brake. Arguments were put out to say that it will neither be practicable nor profitable.

THE INERTIA

The article concerned was whole wheat flour. The gentleman who opposed the proposal stated that there was a stone grinder in his house, but still he had to get his wheat ground only in a power driven mill. His wife, he said, stoutly refused to do the work of grinding. His attempt to get the work done by engaging labour was also an utter failure, because such labourers themselves get their wheat ground in a power driven mill and they voluntarily gave advice-gratis to follow their example as it proved economical too. Another gentleman supplemented that wheat flour supplied by mills who do the business on wholesale basis was far cheaper and that people preferred to have it, rather than purchase wheat and then get it milled, which was both costlier and much more bothersome. So a case was made out against marketing of hand ground whole wheat flour.

A HOUSE-WIFE-CHAMPION

Mrs. Sevak Ram, wife of the Secretary of the Lok Sevak Mandal, answered them from the standpoint of a housewife. She supported the need to make available handground whole wheat flour, explaining that it was health-promoting, that it was used in her house for some years now and that it was not costly since one consumes only half the quantity of wholemeal as compared with milled flour, which meant that there was actually an economy effected in spite of the high cost of the hand ground whole wheat flour.

THE BIOLOGICAL ASPECT

I was therefore asked to explain the biological aspect of the problem in the course of my regular talk. My talk that day was about Food For Health. In the latter part of the talk I explained the comparative merits of the whole wheat flour and the refined flour from mills.

GRAINS—NOT PART OF IDEAL DIET

तत्तज्जातीयसन्तानपोषणार्थं यदुद्भवेत् ।

तदमुख्यं भवेदन्नं क्षीरबीजाण्डरूपकम् ॥

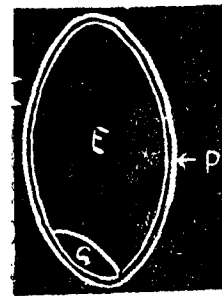
(Svaadheena-svasthyamaha-vidya)

Secondary food is that which comes into existence for the feeding of the young of each species, namely milk, seeds and eggs.

Milk, seeds, and eggs are not the primary food of human beings since they are not positive, i.e., not health-promoting food. Hence, ideally speaking either wheat or rice is not part of our food, *much less one for Health*. But because it is hard to expect people to follow the ideal path, we prefer to tread middle path.

COMPOSITION OF GRAINS

Be it wheat or rice, they both contain 3 main parts, viz., the endosperm, the pericarp and the germ. Of these the endosperm is the starchy part of the grain which alone is left behind in the polished grain.



E endosperm P pericarp G germ

In the whole grain the pericarp is the thin film of bran covering the endosperm. The germ which is the tiny part at the tip of the grain is the embryo for the future plant.

THE DECEPTIVE LOOK

The pericarp and the germ are rich in proteins, minerals and vitamins. The minerals present in the pericarp are generally responsible for the colour of the whole grain. Polished grains only look decent when served, but hard to digest. The carbohydrate is digested easily in the presence of the germ. This can clearly be understood by chewing separately a small quantity of the polished grain till it becomes a liquid and then a small quantity of the whole, unpolished grain in the same manner. The latter becomes sweeter, the reason being that the endosperm consisting of starch is converted into sugar by the alkaline ptyalin, the important enzyme present in the saliva. The pericarp

contains certain essential amino acids, which go to form flesh, are lost by polishing.

LOSS OF ESSENTIALS

Polishing of grains costs—both by way of loss of material as well as money.

	Pericarp	Endosperm
Proteins ...	19.00%	6.7%
Fat ...	20.00%	0.7%
Carbohydrate ...	43.00%	77.4%
Minerals ...	8.7 %	0.8%

SCIENCE AT THE SERVICE OF COMMERCE

Grain, especially rice, when dehusked, has a low keeping quality because of the vitamins present in them. (No wholesome food keeps good long). It begins to form lumps and worms and tiny insects are seen moving about after some time of keeping. In commerce therefore, the stockist of dehusked rice and whole wheat flour, if it had started putrifying, will mean loss of capital. Therefore it becomes necessary for them to find out ways and means of keeping them good for long. And, as Rajaji has said *Scientists can be hired* to solve the problems of the trade. The solution was therefore to polish the rice or wheat. The bran thus separated is being sold as fodder for cattle. Few cattle owners care to see that the fodder is fresh—cheapness is the only question there. Also the price of the product—either polished rice or 'refined' wheat flour—includes charges for polishing too. Thus science helps commerce to earn more profits, plus a label that it is scientific.

THE COMPARATIVE VALUES

The table in the next page shows the composition of rice and wheat flour in the different processes of preparation:—

	Protein	Fat	Calcium	Phosphorus	Iron	Vitamin B1
Rice, raw, milled	6.7	0.7	0.1	0.16	1.9	60
" .. home pounded	6.8	1.4	0.1	0.16	1.6	270
" .. dehusked in } Wooden grinder }	7.2	2.3	0.1	0.23	4.5	285
Wheat flour, refined	11.0	0.9	0.02	0.00	1.0	120
Wheat flour, whole	12.1	1.7	0.04	0.32	7.3	480

THE QUESTION OF COMBINATION

We say that it is wrong to combine starch and protein, starch and fat and starch and acid. But strangely enough such combinations do exist in nature. All cereals have the first combinations and in the germinated state they have the third combination too. But mysteriously, such combinations do not upset digestion as happens when we introduce such combinations ourselves.

In practice food is taken in almost all the wrong combinations possible, the result being that though the foods might contain plenty of protein and other essential elements, the eater might not put on flesh. Only that part of the food which is digested and assimilated will benefit the eater; the rest is all a burden on the digestive system and hence a waste of Vital Energy.

MINERAL SALTS

For the building up of bones and teeth, for making the heart work properly, to make the blood clot when there is bleeding due to cuts or wounds, for the proper metabolism of fats and iron, calcium is needed. This calcium need is not so much for adults as for the growing children or pregnant mothers. Cereals, like wheat or rice, contain very little calcium. Calcium is held in solution in the presence of vitamin A or carotene. There is a trace of it in the pericarp. But it is completely lost in the 'refined' forms*.

*Carotene is supplemented in the composite roti, Carotene roti.

Spinal Bath Tubs

- * Strictly in accordance with the specification indicated in "Practical Nature-Cure"
- * Best material used in manufacture
- * Over Thousand Sold—A Testimonial by itself!
- * The Cheapest for the Quality Offered!

ADULT SIZE

Price Rs. 14 per tub for Delhi area and Rs. 15-75 for outside Delhi.

CHILDREN'S SIZE

Suitable for boys and girls upto 10.

Rs. 10 for Delhi and Rs. 11-75 outside Delhi. The extra Rs. 1-75 is to meet inter-state sales tax and postage for sending the R. R. by Regd. Post

Hot Water Foot Bath Tub Rs. 5.

Outstation orders will be accepted on receipt of the full value in advance Freight extra. Tubs would be sent by passenger train to the nearest station. Some concession will be shown to orders for six tubs and more from Nature-Cure clinics. Please contact either personally or by post.

DES RAJ SHARMA

Sharma Trunk House

48, Nehru Market, Paharganj

NEW DELHI—1

When the food taken is devoid of carotene, calcium is thrown out as a precipitate and this in turn forms kidney stones or gravel.

Phosphorus mostly exists in the body in combination with calcium as calcium phosphate. Phosphorus is essential for the multiplication of cells and hence for the growth of the body. The table given above shows that it is totally absent in refined wheat flour. If a little of it is present in rice, the housewives manage to remove it firstly by washing it and secondly by cooking in excess of water and draining off the excess water and the phosphorus too. Some people argue that it becomes necessary to wash the rice to ensure cleanliness. And to prevent the loss of such essentials as are found in the bran, they can wash it only once. Unfortunately, the first washing itself is successful in draining off all that is for good. Cleanliness has to be maintained through the process of dehusking and storage.

Iron is also greatly lost in polishing the rice or refining wheat. Though the iron need of the body is very small, it is very important. Haemoglobin, the red pigment of the blood, is essential for the physiological function of transporting oxygen from the lungs to the tissues and carbon-di-oxide from the tissues to the lungs. Obviously, lack of iron content in the blood causes delayed clotting of blood, retarded healing of wounds, anaemia and so on.

One of our ex-health ministers at the centre was reported to have remarked that the Punjabi makes good his iron deficiency by drinking milk which was boiled in iron pans as in the process of boiling milk is kept on stirred by an iron paddle thereby rubbing the iron which gets into the milk. If her wishful thinking

were to be a fact, iron deficiency could be made good like magic by swallowing iron filings. Any mineral that we need has to be assimilated by the body ONLY through the plant. The scriptures say that we are formed out of food, which comes out of plants and which in turn comes from the earth. We are not directly formed out of earth, we are not clay models, lifeless ones.

पृथिव्या ओषधयः, ओषधीभ्यो ऽन्नं, अन्नाद् भूतानि ॥

VITAMINS

Cramps, convulsions or even paralysis can be caused because of absence of vitamin B₁ in the diet. But the refined wheat flour and the polished rice are devoid of it. Hence the diseases referred to above (and many more) are on the increase proportionately with our advancing 'civilization' in the shape of labour saving mills. Even unpolished rice can be made as bad as polished rice by washing it before cooking and draining off the excess water after cooking.

ADDED LIFE

Ascorbic acid, anti-scurvy vitamin or Vitamin C is a thing that can be caused to be produced in cereals and pulses by germinating them. Bleeding gums, and mucus membranes, petochial haemorrhages, retarded wound healing, etc. are some of the consequences of vitamin C deficiency. This can be avoided by germinating the grains. With wheat or barley it is quite easy.

Vitamin C is susceptible to be lost by oxidation in air, more so with heat. Hence it will be an advantage if it is taken raw.

But use of dried grains after germinating them is not altogether ruled out. By drying the grains, the shoots may fall off. But the loss of vitamin C

generated in the germinated grains is only 15% and the balance of 85% remains in the grain itself. Therefore use of handground whole wheat flour after germinating the wheat is the best that could be done. Germinated wheat is easier to grind into flour and the dry roti is sweeter than that prepared with any other flour.

CONCLUSION

Thus we see that, due to the advent of 'civilisation' and due to the intervention by commerce, people are subjected to many diseases like rickets, weak and soft bones, cavities in the teeth, anaemia, loss of appetite, acidity of the blood, kidney stones, paralysis, etc., etc. That brings us to the realisation of the importance of consuming wholesome rice, whole wheat flour, etc. We should therefore strive hard to give shape to the idea of starting a Co-operative Health Store, and the members and the public should be educated, so that they would eagerly buy the products, and obtain better health by them.

Unjust Judgment Set Aside

In the *Herald of Health* (U. S.) December, 1958, there is a news item of some importance. Dr. Eva Hill received treatment for cancer at the Taylor clinic and upon recovery she returned to New Zealand and addressed a public meeting on the possibility of cancer-cure by non-orthodox means. Later a pamphlet was published giving the same information. She was convicted by a magistrate for violation of advertisement regulations. On appeal to the Supreme Court of New Zealand, the conviction was set aside, because she had acted honestly.

Your Teeth What do you know about them?

By

Dr. P. C. JAYNA, L. D. Sc. (Cal) Z. D. S. (Vienna)
Chandni Chowk, Fountain, Delhi.

(Continued from the August 1959 issue)

In the present article I will venture to write something about the various important dental ailments and the natural hygienic way of combating and curing them.

DENTAL PATHOLOGY

Dental pathology may be defined as that branch of dental science which treats of modifications in function and changes in structure occurring in the diseases of the teeth and adjacent tissues.

The study of the causes of disease is called ETIOLOGY. The signs of the disease obtainable by vision, hearing, touch, smell, taste, microscopic examination and chemical analysis are termed objective symptoms. Such sensations as are described by the patient are called subjective symptoms. The cause which produces a disease is called the Exciting Cause and those causes either local or systemic which favour the causation of the disease are termed predisposing causes. The science of prevention of a disease is called hygiene.

Now we shall study the Etiology of the diseases of the dental tissues, their symptoms, diagnosis and as far as possible the natural hygienic treatment to overcome and prevent them.

DISEASES OF THE ENAMEL

As already pointed out in my previous articles enamel is the hard outermost covering of the crown

portion of a tooth. It is borne upward with the crown during the process of eruption and when a tooth erupts the enamel is fully formed. Enamel changes colour with advancing age but the process is very gradual and imperceptible.

We shall discuss the following diseases of the enamel in turn:—

1. Fracture by violence
2. Abrasion
3. Erosion
4. Stain
5. Atrophy
6. Caries

FRACTURE BY VIOLENCE

Etiology:—

Enamel is a material very brittle and inelastic and therefore less able to resist trauma (violence). The causes of fracture of enamel are mostly mechanical. It may be caused by a sudden undue stress during mastication as by a stone found unconsciously in the food. It may also be caused by a fall or accident or by blows from outside as during a quarrel. Sometimes fractured teeth are found in which expansion of gases has occurred due to a putrescent tooth. Tooth worn to a sharp point may also lead to a fracture of the frail portion. Caries by removing the natural support of the enamel may render the latter subject to fracture. When fracture occurs, the tooth presents sharp and pointed margins which are irritating and painful to the tongue, lips or cheeks and may cause the formation of ulcers.

TREATMENT:

The treatment of fractures involves purely operative procedures. The roughened margins and edges have to

be smoothened by fine stones by a Dentist and polished. Larger fractures have to be restored to contour by fillings or crowns. In extreme cases where the fracture is very deep and extensive and the tooth becomes septic it will perhaps be best to have the tooth removed. In case the edges are not irritating, the pain caused by the fracture can be alleviated by alternate hot and cold saline* gargles and proper attention to the bowels along with an approach to fasting.

ABRASION

Abrasion is mechanical wearing away of the tooth substance. Abraded surfaces present a smooth, flat, polished appearance and are generally altered in colour. Abrasion of the masticatory surface of the teeth is normal to some extent. It may also be due to the chewing of tobacco, pan, or the use of gritty or coarse food. The use of very stiff tooth brush or coarse or gritty tooth powders or pastes also causes abrasion.

The process of abrasion leaves sharp edges of enamel which break off and leave very sharp margins thereby irritating the tongue, leading in extreme cases to cancer of the tongue or in mild cases ulcers. When abrasion proceeds deeper into the tooth substance, the nerve or pulp of the tooth is exposed and the tooth becomes sensitive to hot and cold thermal changes.

TREATMENT

The treatment of abrasion is more or less similar to that of fracture. The roughened edges and margins of the teeth have to be smoothened and polished. In advanced cases the cavities have to be filled up. The diet and the habits of the patient have to be corrected. In children abrasion of the deciduous molars is

* There is no need for salt in this. Editor, L. N.

sometimes due to gritting of the teeth by the child. This gritting of the teeth by the child is usually caused by an irritable bladder, hyperacidity of the urine or rectal parasites. In such cases the right type of food plays an important part and the feeding habits of the child have to be looked into. Stress should be laid on fresh fruits, fruit juices and vegetable soups and the use of sweets and milk should be curtailed. Attention should be paid to proper functioning of the bowels.

EROSION

Erosion may be defined as the loss of tooth substance due to chemical or chemico-mechanical action. It occurs usually upon such surfaces of the enamel as are situated free from attrition by mastication. Erosion is usually found in the mouths of the better class of people and seldom before the age of about twenty five years.

The chief cause of erosion is hyperacidity of the system. General opinion is that acid Sodium Phosphate is produced by the buccal glands and lies in contact with the surface of the teeth during the hours of sleep. This acid Sodium Phosphate dissolved in the saliva produces superficial, decalcification which is washed off with the morning brushing of the teeth. When this is repeated for days, months and years, we find the broad, shallow, smooth excavations which are characteristic of erosion. Erosion begins as a small facet which gradually grows deeper and the edges become sharp. The dentine becomes hypersensitive and finally begins to erode. The tooth becomes sensitive to thermal changes and in due course is completely destroyed.

TREATMENT

The treatment of erosion has to be systemic. The hyperacidity of the body has to be lowered. Rich

foods like too much fat, proteins and carbohydrates should be reduced to the minimum. Care should be taken as to the proper combination of foods. As far as possible the combination of carbohydrates and proteins at the same meal should be avoided. Also acid fruits should not be combined with a starchy meal. More stress should be laid on vitamins and minerals. For this, fresh fruits and fruit juices, green leafy vegetables, vegetable juices and soups, natural brown sugar and honey should be prescribed. Plenty of water should be taken daily. Bowels should be attended to regularly. If needed non-violent enema may be taken. Ordinary chalk with a little common salt should be used to clean the teeth instead of the proprietary tooth pastes and powders.*

Where erosion cavities have already formed, restorative treatment by the Dentist have to be resorted to. This consists of silicate and cement fillings and in extreme cases, plastic caps or gold crowns.

STAINS

Stains on the surface of the enamel are quite common. They may be put under two main heads, viz, (i) metallic stains and (ii) non-metallic stains.

Metallic stains are usually caused by the direct deposition of metal upon the surface of teeth by workers in various factories or may be due to the use of certain drugs. Workers in copper factories or those that work with brass or bronze, usually present a green stain upon the upper teeth. Workers in iron factories present a brownish discoloration. The administration of iron salts by way of mouth also produces brownish discoloration. Prolonged mercurial administration puts

* Green herbal tooth powder is preferable. Brushing with plain water alone would be enough. A soft brush should be used.

a black deposition on enamel. Lead also produces brownish discoloration, while nickel makes the teeth look green. Amalgam fillings turn the colour of the teeth black owing to the formation of silver sulphide.

NON-METALLIC STAINS

They are usually seen in children. The green or black stains found on the teeth of children are usually due to a lack of oral hygiene on the part of the child. Tobacco smokers present the characteristic black deposit while pan stains the teeth brown. The water of certain regions contains some mineral matter and thus imparts a brownish discoloration to the teeth.

TREATMENT

Stains can be easily removed by mechanical means. Any herbal tooth powder with a few drops of lemon juice rubbed on the teeth will prove effective even in obstinate cases. Ordinarily precipitated chalk and a little common salt will also prove equally effective. Proper attention will of course have to be paid to oral hygiene and the regular cleansing of the teeth.

ATROPHY OF THE ENAMEL

Atrophy may be defined as the wasting away of a part due to lack of nutrition. In the teeth it remains permanent after the teeth have erupted. The cause of atrophy of the enamel is mainly due to some disturbances of nutrition to the embryo in the prenatal period. It may also be caused by diseases in childhood, such as, measles, chicken pox, scarlet fever etc.,. Congenital syphilis makes characteristic deformities on the developing teeth.

TREATMENT

Small deformities of teeth like notches and pits have to be filled with silicate or cement for two

reasons, one to remove the facial disfigurement, second, to prevent the spread of the deeper layers of the tooth structure. As a preventive we must look to the diet of the pregnant mother during the prenatal period. She must be given a well balanced diet which is adequate in proteins, rich in vitamins and minerals and less in carbohydrates and fats. Her diet should consist predominantly of fresh fruit and green leafy vegetables. Proper evacuation of the bowels is very important. Healthy feeding habits, happy disposition and genial surroundings of the mother all play their part in the maintenance of optimum health of the embryo during the prenatal period. — (to be continued)

Five Students Serious After BCG Injection

Five students, whose fingers and connected muscles became cramped and stiff following their taking BCG vaccination, have been admitted to Daltonganj hospital. Their hands have been plastered. *In all 22 students who have taken BCG vaccination are stated to be experiencing unnatural reactions like spasmodic pain.*

Mr. I. Prasad, Deputy Commissioner of Palamau, told reporters here today that he had issued instructions to stop BCG vaccinations forthwith in the district.

The condition of two of the five students has deteriorated in hospital, it is stated.

The Civil Surgeon of Palamau told reporters that it was difficult to find the reason for such unnatural reactions which were the first of their kind in India. He said the samples of vaccine used had been sent to Patna for chemical analysis—PTI.

—*Indian Express*, 21-9-59.

Comment by the Editor :

Diseases including death were reported some years ago.

“Green Manuring—its Scope in India

By

Shri M. S. SIVARAMAN, I.C. S.,

Adviser, Planning Commission

The following passages have been selected from an article in the Indian Review of September 1959.

“Of all the countries in the world, India has the largest scope for green manuring; for in its tropical location with a long period of plant growth and abundant manpower resources, India has a decided advantage over the others. The general deficiency of soil nitrogen and humus in the country can be therefore made good to a large extent through a judicious use of these natural advantages.

“The average cultivator is illiterate and poor and this necessitates a simple and inexpensive approach to the problem of manuring. Green manuring provides the answer if it can be done without sacrifice of other crops; for the cultivator can then raise manure in fields through his own efforts. In the last few years a new technique which meets many of the difficulties hitherto experienced in the way of rapid development of green manuring has been successfully employed in different States and the prospect of immediate extension of green manuring is therefore encouraging.

“The essence of this new approach is decentralised production of sufficient green manure seeds by the farmers who need them and this is done without affecting the yield of the other crops now raised. No great persuasion is necessary to make the traditional farmer use green manure, if he is shown a practical solution to the problem of production of seeds and raising the manure required for his crops

“Green manuring has been advocated by the Agriculture Departments of every State but the progress in its adoption has been retarded by lack of seeds. If the new practical method of growing seeds, which will not cost the cultivator more than half an anna for nucleus supply, is widely followed, the seeds required for all areas in the country where green manuring can be practised can be developed within three seasons.

“Prima facie green manuring is possible for paddy, wheat, potato, sugarcane, maize and irrigated millets apart from miscellaneous crops, cocoanuts, fruit trees.

“The paddy area in the country is about 80 million acres, wheat and barley will account for over 40 million acres, and about a third of the area under these major cereals is irrigated. The area of the other miscellaneous crops to which green manures can be extended may be about 15 million acres. Thus over 135 million acres can be brought under green manure even in 3 or 4 years if the field workers create sufficient mass enthusiasm among the cultivators. A target of 100 million acres for green manuring should be capable of being achieved in 7 years even allowing for in-different cultivators and problem areas.

“The realisation of this target is not really difficult if the necessary effort is made. In financial terms the manurial value of the green manures for 100 million acres will be Rs. 150 crores a year and the value of the extra agricultural production will be not less than Rs. 300 crores a year with possibilities of a cumulative increase in production which may go up to Rs. 1,000 crores a year in about 5 years' time. The tremendous potentialities of agricultural development through one simple measure of concerted action like this should spur us on to mass effort to achieve the target even within the next few years.”

Editor's Comment:—

It is here admitted that there is a deficiency of **HUMUS** in the soil, which is a grievous handicap, for which the blame lies on the unrestricted use of chemicals, miscalled fertilisers. Hired science generally is more or less wilfully blind to this consequence. Honest science has made it clear that the artificials are responsible for a great many evils, of which this is only one. The great drawback in our country is that here there is no *Soil Association*, founded on the teachings of Sir Albert Howard, who, at Indore, demonstrated the evil effects of 'fertilisers' and the goodness of Compost (organic) manures. Government has committed itself to the wrong policy. Hence it is the people that must get busy and show good results by the Indore method, through a Soil Association.

The Truth Put Plainly But Bluntly

Diagnosing, as practised by modern medical science, is so fraught with the element of uncertainty that no reliance can be placed upon it. The specialist is so limited in his knowledge of the philosophy of health and disease that he becomes deluded on the subject; and this delusion often causes him to diagnose meningitis, appendicitis, ovaritis — or any disease that happens to be the subject of his speciality—in every case brought to him. As a matter of fact, most attacks of disease of any and all kinds get well whether treated or not. This fact enables the physician to report a great success for his treatment. Is this an exaggeration? I wish it were. It is confessed by the best clinicians that autopsies prove that fifty per cent of diagnoses are erroneous.

—Dr. J. H. Tilden, M. D.

IS THIS MODERN LIFE? WHITHER ARE WE SHIFTING?

C. Bhanumurti, Naturopath, Kakinada

The Editorial in the 'Life Natural' of September '59 rightly calls attention to the dangers involved in 'Doctoring' in these days. The indiscriminate use of antibiotics in treating both chronic and acute diseases, is really proving a menace to the health of mankind, both in the East and in the West. Recently we read in papers, that T. B. germs are successfully resisting the specific for T. B. viz. Streptomycin, and doctors are at their wits' end, as to how else to tackle this major killer—the deadly T. B. germ. The frequent use of Penicillin, has been declared a major crime, even by the doctors who are compelled to issue 'Ukases' to their brothers, in the line, against such a practice. The truth of the matter is, that the so-called germs are not the 'cause', but products, or rather scavengers of the bad matter formed within, as a result of unhygienic living under the stress and strain of modern life.

Disease is treated as an 'Enemy', by Doctors, and drugs are administered, till the Devil of Disease is literally exorcised from the system. Great Doctors, M. D's of fame and name, who spent a whole life time in administering poisonous drugs into human system, have come to the irresistible conclusion that throughout their practice, *they sinned against God and Man*, in making people more and more sick, instead of really ridding them of their sickness. They further unequivocally state that people should be saved from drugs and Drug Doctors. They freely believe that disease should be assisted by natural means, viz. *wet packs, hot fomentations, fasting, sun-baths, massaging* etc. in its attempt to throw off effete matter from the system. The cry of a Doctor for every village is really like a cry of the *Frogs desiring for a king*.

As it is, Doctoring has become a '*profession*', instead of being a '*calling*' which it once was. It has become a trade—both in private and public sectors. The loss of human life, as a result of the indiscriminate use of poisonous drugs, is appalling. If patients cannot survive the '*shots*', as injections are called, it is attributed to the absence of vitality in the patient, and it is considered '*profane*' to declare this *calamity* a consequence of the poison in the drug.

There are '*Drug Doctors*' who warn patients' not to utter the word '*Nature Cure*'. They take the credit for '*curing a disease all for themselves and for their drugs*, though some of these, do agree to the fact that the vitality in the system should cooperate with them, in making the patient *whole*.

The appeal of the learned Editor of this Journal, to the unbiased group of Drug Doctors, to look at this side of the question, before condemning Naturopathy, as unworthy of even being discussed, deserves thorough heart-searching among medicos. Some of the greatest votaries of Naturopathy, are allopathic Doctors, who have grown grey in their profession, and who considered it as their sacred duty to speak out their mind, on their long experience with drugs and Doctors. In these days '*Specialising*', in the treatment of diseases—as if each organ has a different cause for getting diseased—has gone to the extreme; to get treated by a Doctor, involves therefore a lot of investigation, for tracing out the *offending germ* and the *diseased organ*, before the Doctor can select the correct drug to *kill the germ and cure the patient*. The cost of all this process is, *fortunately*, far beyond the means of the common man, and thus he is saved from the unnecessary '*shots*' which, instead of curing him, keep him for ever '*sick*'.

So long as medicos dread disease as one to be rooted out, as soon as it makes its appearance, never stop to consider the '*why and the wherefore*' of disease, *so long* people will be strangers to really good health, and have to remain '*sick throughout their lives*'. The presence of the *thief* of bad matter, in our system is indicated, by the *watch dog of disease*, and when once the *thief* is driven out by Natural aids, disease disappears like the mist before the rising sun.

To ask Medicos to supervise '*Nature-Cure*' Institutions, is like asking meat eaters to give their views on the righteousness, or otherwise of killing '*animals*' for food. Popularity of '*Nature Cure*' may justly interfere with the lucrative practice of medicos. How else can we explain their '*studied*' antipathy to any system of healing, other than '*allopathy*'? What else is it, that prevents them from going through the hundreds of books on '*Nature Cure*' written by *seasoned and eminent allopaths* of the West—U. K. and U. S. A.? Their verdict, on the great havoc that '*unnecessary surgery*' and *indiscriminate use of antibiotics*, is doing, is unequivocal. Why not the big guns of allopaths just peep into the pages of these valuable books, and come to unbiased conclusions, on '*Nature-Cure versus Allopathy*'? Why, in the name of '*healing*' is this huge waste of human life? When the cost of the allopathic treatment, runs into three or four figures in many cases, how can it reach the common man who forms the majority of mankind? If really all that is claimed for allopathy be true, if it is beyond the reach of the common man, should not the poor common man seek a cheap method of curing his disease, when one such in the form of '*Nature-Cure*' is available for him? Why should allopaths have any prejudice towards '*Nature-Cure*' which was so dear to the Father of the Nation, who, like Vinobaji, would

have toured the length and breadth of India to preach the gospel of Nature Cure to every citizen of India, if, only, he could spare time from his labours for winning 'Freedom' for India.

These are questions which the Wise Rulers of India, now ruling the Nation in the name of Mahatmaji, should ask themselves, before consulting their 'State' Doctors in extending their helping hand to the many Starving Nature-Cure Homes throughout our country. Why should India, the land of Rishis, who preached non-violence in everything, lag behind beef and pork eating U. K. U. S. A. in spreading this cheap and efficient system of healing the sick?

'Now or Never' is the slogan that should bestir all lovers of Nature-Cure, to see that the twenty five lakhs of rupees, earmarked for 2nd Five Year Plan for the spread of Naturopathy by the Centre, are *properly* and *quickly* distributed, to rejuvenate the existing Nature-Cure Hospitals and to start New Ones?

Comment by the Editor :

If the Government will recognise the right of Nature-Cure as an independent system, free from dominance by allopaths or others, the State Aid may be considered for acceptance, not otherwise.

In the Next Issue

ASTHMA: ITS CAUSE AND CURE

By S. Swaminathan

TONE OF THE STOMACH

The first of a series of three articles

By Principal Ramachandra Sharma, M. Sc.

PROSTATE TROUBLE: CAUSE AND CURE

By L. Ganesa Sarma

Treatment For Accident

By K. R. CHOWDARY

*Director: Yoga & Nature-Cure Clinic, Swetchanagar,
KANKIPADU (Post) Krishna District, Andhra Pradesh,*

It was July 31, 1952. The venue was Vijayawada. When I was going on the motor cycle on that day, a lorry fully loaded to its capacity suddenly emerged from a cross road nearby and brought me down head and heels into contact with Mother Earth. I fell down on the cement road and became unconscious. I was taken up by the police department with full of road injuries and was admitted in the General Hospital. I was unconscious for the span of full seven hours. Medical doctors despaired of my life. Anyhow, they did their level best. They stitched my wounds and gave me some injections. This was all done while I was unconscious. When I became conscious of the things happening around me, they wanted to administer some medicine. But I rejected the same.

They wondered and asked me about the cause of my not taking the medicine. I told them that I am a naturopath and was against the poisonous medicines, and asked them to relieve me from the hospital. They did not like my idea and on the other hand advised me not to go out from the hospital, if at all I wanted to live. Without paying any heed to their advice I insisted upon going out from the hospital. They at last relieved at 5 p. m., with great recommendation. When I was about to come out from the hospital, they ridiculed me for my unshakable belief in Naturopathy and even predicted that I would die off with road injuries. Then I was put in a position of self-defence for my cause and threw a challenge that I would survive through Naturopathy only, if at all I was destined to, and came out from the hospital with the

Vol. XVII No. 2

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Sentamil Selvi, Madras

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THE LIFE NATURAL



Civilisation Run Mad

Editorial

Natural Immunity

Asthma—Its Causes and Cure

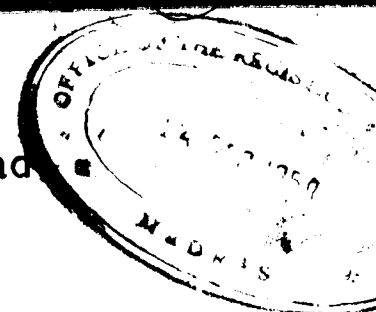
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Place of Publication :
PUDUKKOTTAI, S. INDIA

Editor: K. LAKSHMANA SARMA

November 1959

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T. RAMANAN

C/o Sri L. Ganesa Sarma, A 434, Defence Colony,
New Delhi, is the Authorised Representative of THE LIFE
NATURAL. He is authorised to issue receipts for
subscriptions and donations.

28—10—59

L. Tyagaraja Sarma,
Publisher

The Life Natural

VOL. XVII

NOVEMBER 1959

NO. 3

CIVILISATION RUN MAD

Many decades ago Edward Carpenter, a profound philosopher of England, wrote of Civilisation as a disease of mankind. But the further history of Civilisation shows it up as something much more serious, as a madness, which as the Greeks used to say, will destroy the human race.

One of the great mistakes of Civilisation was the acceptance of an unscientific scientist's discovery of chemical fertilisers to increase crops of all kinds. The secrets of Nature are profound and complicated. She does not yield them all at once to a hasty and impatient pretender to science. Science requires lifelong patience and industry to hit upon, verify and finally confirm a truth. The best example of a true scientist was Professor Antoine Bechamp, the real discoverer of germs, who laboured for a lifetime and reached conclusions which were just the opposite of the hastily framed ones of the charlatan, Pasteur.

Chemical fertilisers caused a rapid growth of crops, by chemical force ignorantly applied. Herbert Spencer's dictum, "When once you interfere with the Order of Nature, there is no

Sarma's Nature-Cure Sanatorium

Ganeshnagar, Pudukkottai, S. Ry.

Director: K. LAKSHMANA SARMA

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

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

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

Each patient is given a separate room with open space all round. The rooms are provided with wooden cots to sleep on, a spinal bath tub and an enema. Patients should bring their own bedding. In winter only the nights will be cold and woolen blankets will be necessary. Among warm clothing a sweater will do.

Pudukkottai is on the Madras—Dhanushkodi line about 250 miles south of Madras. Indo Ceylon Boat Mail and Dhanushkodi Passenger pass through this place. There is a through carriage to Dhanushkodi in the Tuticorin Express which comes by the chord line (shorter route). All Express trains leave Madras Egmore in the night and the Indo Ceylon arrives here in the morning at about 7-30. The Town Bus takes passengers from the station. From Brindavan Hotel bus stop horse juktas will be available for Ganeshnagar for 6 to 8 annas.

Charges including rent, food and treatment per month Rs. 150, per week Rs. 50, per day Rs. 15.

Fee for consultation in person or by post Rs. 10.

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NEW DELHI—1

knowing where the results will end," applies strictly here also. The plants so forced were weak and subject to attacks by insect parasites. Science did not know the cause, so it fought the effects with poison-sprays. This set up a vicious circle. There is no end to the free use of deadly poisons, like D.D.T., which finally poison the food of both animals and men. The proper remedy is to scrap this nescience and revert to organic farming. But meanwhile a Vested Interest has been allowed to come into being and the proper remedy is barred by self-interest. Now, we learn, the farmers have taken to spraying from a helicopter, and it is becoming a fashion in Britain. In the latest *Kingston Health Chronicle* there are gruesome details of this madness.

The poison sprays have killed the bees, and as these help the fruit to form by pollinating the flowers, fruit crops have dwindled. Potato plants are sprayed fortnightly for some purpose. The soil is getting soaked with the poison, because the foolish farmer has no idea that the poison-doses would accumulate and ultimately make cultivation impossible.

One of the poisons used is sodium arsenite. The name itself is enough to startle those who know something of poisons.

"Some of the most effective sprays are systemic," it is reported. "That means that the poison is taken up by the sap of the plant that is sprayed, and it then becomes poisonous

to the insects and other creatures feeding on it." Among these "other creatures" are we also, human beings.

So this war on insects will ultimately prove suicidal to the human race. A thorough inquiry into the evil by a commission, manned by those who know what is not known to our agricultural chemists, is necessary. People who have encyclopaedic knowledge of health must be examined as witnesses. Then the truth will probably be found and the right remedies applied.

A Doctor On

NATURAL IMMUNITY

Is This Really Good News?

A great many single doctors have now and then came out with sound views on vital questions of health. But so far the profession as a whole has never shown an inclination to reconsider its blatantly false dogmas, especially the theory about germs and viruses. In the *Health For All* for August-September 1959 N. C. P. discusses passages from an article, '*In the Body Its Own Best Doctor*.' The title itself conveys the idea that God did not make the living body an easy prey for such insignificant, impotent creatures as bacteria, that He endowed it with power to maintain itself, in Health, so long as the owner did not indulge in ruinous ways of gratifying his insistent appetites. But to recognise this Truth would be a grave error of policy for the profession. Their all-powerful partners, the manufacturers of vaccines and serums, would not consent to be ruined.

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The article was written by a Canadian Doctor. He says:

"The body has a defence mechanism which immediately springs into action when a foreign substance invades it—be the invader bacteria, a virus, or an allergic substance like ragweed pollen."

He also dares to criticise the present pet of allopaths, the Salk polio vaccine:

"..... persons whose antibodies have been acquired by natural infection are more resistant to allmentary infection than are those whose antibodies have been produced by formalinised vaccine."

We cannot believe that this is a portent in any degree. Doctors will not accept this.

Snag In Medication

Dr. Sir William Osler, the great authority on Medicine, is quoted in the *Health For All* magazine for August—September, 1959, as saying:

"The patient has to recover twice—once from the disease, and once from the remedy."

This reminds us of an utterance by another, Dr. Paine of New York:

"In the administration of medicine we cure one disease by giving another."—Quoted in a book, 'Banish Ill-Health' by Phillips.

Each of these two pronouncements explains the other. The drug does not cure, but suppresses the disease and lowers the health-level. For this reason the Ayurveda gave instructions for eliminating the drugs used for a disease, so that no new diseases may occur.

If the patient be radically cured by a hygienic course for health-recovery, there will be no such undesirable effects on health.

Life-Expectancy After 45

"The American man past 45 has a shorter life-expectancy than his contemporary in Norway, The Netherlands, Denmark, Italy, Canada, New Zealand, Switzerland, England and Wales."—*The Hygienic Review*, July 1959.

The most highly advanced nation is the U. S. A. Thus it appears that it is better to be born in and live in a less advanced State.

So the claim of doctors, that they have raised life-expectancy by their progress in 'scientific' medicine is seen to be a statistical fallacy. Actually deaths from cancer, heart-diseases and a great many others are increasing, and these affect persons who have passed the middle age. How could *their* life-expectancy have been increased?

The Antibiotics

That these so called miracle drugs are not safe to use has been admitted innumerable times. But no one is logical enough to draw the conclusion that they must be *renounced*. Nor will they be renounced till something-else is found, which can be *hoped* to be safer.

According to news in the *Manchester Guardian*, May 8, 1959, under the headline, "A medical Reverse—Antibiotics Hit Back" a report by a Harvard professor of medicine to a meeting of physicians in Atlantic City is noticed. The crucial point of it is that "there are more cases of bacterial disease than ever before." "... the doctors are saving fewer and fewer of the victims."

"...there are more deaths from septicaemia today, in proportion to the population, than there were before the age of antibiotics."

So it is the bacteria and the viruses that have hit back, not the antibiotics. The latter has failed lamentably as a defender of life against these supposedly dangerous creatures. If left alone, and health be attended to on hygienic lines, it will be seen that bacteria and viruses are far less dangerous than the ignorance and quackery of the doctors. The governments are to blame for this. They give free rein to these bunglers, instead of making them responsible for the tragedies that follow from their hasty adoption of unproved theories.

The above news item has been given in the *Kingston Health Chronicle*, Aug.-Sept., 1959 and *The Health For All*, Aug.-Sept., '59.

Vanaspati In The News

The Health Minister of Madras, Sri Manickavelu, speaking at the opening ceremony of a new building in the Government Hospital at Vellore, blamed Vanaspati and white sugar taken in excess, as the causes of sudden deaths of persons from heart-failure, as the result of research work. He also said that if brown sugar be used instead of refined white sugar, the deaths would be prevented. This is inaccurate; Vanaspati also needs to be eschewed. Another thing he said was that diseases should be prevented by people adopting the hygienic way of living, and that medication will not restore lost health. This news item was given in full in a Tamil daily, *Dina-Cheidi* (தினச் செய்தி) of October 9th, 1959. A less complete report appeared in the *Tani Arasu*, also a Tamil Daily of the 8th October. *The Indian Express* and *Dina Mani* did not report this important news.

The Story of A Food Reformer

Dr. BIRCHER-BENNER

When he was young, the doctor suffered from 'infective' jaundice, and had been too ill to eat. Once, as he lay watching his wife slicing apples, he felt an inclination to try the taste of it. He just took one small slice and made a "cautious", tentative bite. The taste was encouraging and he ate some more. He did the same for a few days more and thereby made an astounding recovery from the jaundice.

This led him to make further trials of raw fruits and raw vegetables as medicine in disease. Thus was made a famous diet-reformer. He established a clinic for diet-cure in Switzerland. It prospered and he became famous. This item of news occurs in the *Health For All* for August—September (1959). In the same article it is said that in Switzerland the average consumption of fruit is about 83 poundss per year, elsewhere it is much less, the least being Britain where the average is 27 lbs.

A Hygienist Passes Away

Mr. Leonard Wickenden, who was an ardent advocate of organic farming and a critic of pseudo-scientific agriculture, has just passed away. So we learn from the latest *Kingston Health Chronicle*. He has written many educative books on the subject, one of which, *Our Daily Poison*, was noticed in our pages. He has also strongly criticised the poison sprays that are a growing menace to the Health of the people.

"Vegetarian India"

A new monthly magazine, with the above name, has been atarted, (1/9 B Asaf Ali Road, New Delhi) and

two issues for August and September have been received in exchange. The scope of the magazine is wide, covering all the subjects that bear upon Hygiene for Health, Happiness and Holiness. Their policy is to fight the foolish policies of the anti-vegetarians, vivisectionists, vaccinators and inoculators, the advocacy of organic farming, etc., etc. We heartily welcome this publication. Such a one has long been overdue. This laudable venture has been made by its Editor, Sri Amrit L. Jindal, an enthusiastic fighter for the cause of justice to all, men and animals. May God bless this excellent worker in the service of Humanity and Truth, and make this a powerful organ for the cause.

The annual subscription is Rs. 5

Visitors to The Institute

Sri M. M. Bhamgara, F. I. I. N. T., Director, Arogya Niketan, Surat arrived at the Head Quarters of The Indian Institute of Natural Therapeutics at Pudukkottai on the 17th October and stayed for two days with the Director Sri K. Lakshman Sarma. He and Sri Soli C. Bhamgara who accompanied him discussed various matters of interest with the Director, including the methods of treatment followed at the Sanatorium here. On the 18th evening Sri Bhamgara gave details about his experiences in Britain and the Continent to the patients in the Sanatorium.

Due to the very heavy floods recently in Surat the Arogya Niketan sustained heavy loss and it remains closed temporarily. Before coming to Pudukkottai Sri Bhamgara visited the Nature-Cure Clinics at Uruli Kanchan and Hyderabad.

Srimati Sarasvati Ramaswami a Naturopath of Delhi and a former student of the Institute visited the Head Quarters on the 17th October.

Asthma—Its Causes And Cure

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

IS ASTHMA INCURABLE?

From the medical point of view, asthma—like every other chronic disease—is an incurable condition. The medical profession spends all its time, energy and talent, in looking for the cause of man's diseases in some external agents; whereas an unbiased scientific investigation would readily reveal that every disease can be traced back to perverted feeding habits, emotional imbalance, addiction to some unhygienic habits or some such factor having a close bearing upon man's living habits. If asthma cannot be cured medically or by other so-called healing systems (which are, in fact, nothing but symptom-cure-o-pathsies), it is because they fail to remove the cause of asthma.

ALLERGY—THE BLANKET TERM

TO COVER IGNORANCE

Asthma is often said to be caused by the predisposed individual coming into contact with certain substances to which he is said to be "allergic". The patients are 'hypersensitive' to the so-called allergens and the medical profession (and their counterparts) try to desensitize the patients from one or the other of the different so-called allergens. In many cases of asthma, however, no particular allergy could be traced or proved. Such cases are styled as non-allergic. Even granting for a moment (just for the sake of argument) that there is something like allergy, why is it that a certain individual feels hypersensitive to it? Could his health be improved to an extent where he would not react in that manner? Really, the allergy is not the cause of the asthmatic condition. As someone put it, "allergy has become a blanket term behind which

a great amount of ignorance is concealed." Let us now examine the problem further.

WHAT IS ASTHMA?

The disease is characterized by attacks of difficult breathing due to the blocking of some of the bronchial tubes to some extent, or due to a swelling of the mucous membranes lining the bronchi. In either of these cases, the passage of air into, and out of, the lungs is restricted and there is great suffering sometimes even to the extent of feeling suffocation. The 'attacks' are spasmodic in character and occur at irregular intervals. They are accompanied by various other symptoms, such as rapid pulse, marked perspiration, etc. etc.

If the constriction of the bronchial tubes is due to the contraction of the muscular walls, the medical profession prescribes certain chemicals (adrenaline, ephedrine, etc.) which are supposed to have a 'relaxing' effect. If the mucous membranes of the bronchial tubes have become swollen and, as a result, there is the asthmatic tendency, the profession prescribes the anti-histamines. Whichever chemical is used, the effect is only if at all, palliation; no radical cure can be had. The toxic effects of the chemicals will worsen the condition in the long run. A radical cure is possible only by removing the causes.

CAUSES OF ASTHMA

Asthma is due to the loss of tone of the respiratory system (the lungs and the bronchial tubes) which, in turn, is the result of (i) imperfect elimination, (ii) a general state of enervation, (iii) imperfect assimilation and consequent incorrect nutrition, or improper feeding habits, and (iv) suppression of acute diseases by drugs, etc.

Imperfect elimination, through the different channels of elimination, makes the system toxæmic, and toxæmia is the one universal basic cause of disease. A person, whose eliminatory organs are not functioning well, feels ill at ease all the time. Such a person would do well to take to hygienic living, so as to tone up his whole system. On the other hand, if he takes to any so-called short-cuts (which, in reality, do not exist), he will fail to have health. No drugs, no tonics, can help any one to improve the functioning capacity of any organ within. The capacity to function belongs to the living organism and it could be restored back to normalcy only by observance of vital economy. etc.

Imperfect elimination itself is the result of a general state of enervation. The health seeker should eschew all enervating habits. He should avoid stimulants and sedatives. He should not take refined cereals, processed foods or any kind of devitalizing foods. He should avoid overeating. He should aim at normalising the body chemistry by taking to vital economy. Some of the water-cure methods which will be referred to later will help him to overcome enervation and restore perfect function.

Imperfect assimilation again is the result of the loss of tone of the digestive organs. The health seeker should take to diet reform, as advocated in the columns of this journal. (For full particulars on vital economy and positive diet, the interested reader is referred to the Editor's book "Practical Nature-Cure" in English or "Swadheena Swasthya Mahavidya." in Hindi)

Drugs, vaccines, serums, tonics, etc. come in for their full share of blame in the causation of chronic disease. When the system tries to cleanse itself by producing acute disease (in the shape of colds, fever,

boils, etc. etc.), it should be given full freedom to do so. Drugs by suppressing this useful mode of elimination, actually add to the toxæmic condition of the body. Suppression of earlier acute diseases is one of the causes of asthma.

THE NATURE-CURE PLAN

If the causes are understood, the cure becomes easy, for the cure lies in removing the causes. The sufferer should take to diet reform and observe vital economy. Occasional fasts of short duration (2 to 3 days each time) may be observed with great advantage. A non-violent enema may be taken daily at least for four or five weeks in the initial stages of the treatment. Regular sun baths may be taken at some convenient time in the mornings or late in the evenings. The spinal bath will tone up the system and thus help in restoring health quickly. Herbal juices can be taken separately or mixed with wheat-flour for preparing composite rotis.

WHAT TO DO DURING AN ACUTE ATTACK?

If the above programme is followed in the sub-acute phase of the disease it will help in restoring normalcy quickly. The sufferer should however, conduct himself cautiously during the acute attacks, if any occur in the meantime. While in a great many cases, the attacks cease completely after the commencement of the hygienic programme, it may happen in very severe cases that the attacks may continue, of course with less severity and for lesser periods of time, even after the commencement of the treatment. The following measures will be of great help in such circumstances.

Hot chest and shoulder packs will give the quickest and most satisfactory relief. These may be given

continuously for half an hour or more, twice or thrice in the day. Relief can also be afforded by giving hot foot baths to the patient in such periods.

Bernarr MacFadden recommended hot hand baths on such occasions. The hands and forearms up to the elbows are immersed in hot water. This might be done three or four times a day, for ten minutes on each occasion. According to him, the hand-bath has a reflex influence upon the respiratory function.

Hot immersion baths followed by a cold head bath has been found to be of great benefit in the majority of cases. This may be done once daily during the acute phase.

Any one of the above methods, as may be found suitable, may be adopted. As soon, however, as relief is obtained, cold trunk packs (stimulating, if need be) should be given. After the acute attacks, the patient is likely to feel prostrated for some time (usually, lasting for one to three days). During this period, the patient should live on an approach to fasting, taking only dilute herbal juices, dilute fruit juices and vegetable soup. If any solid diet (or so-called nourishing food) is taken during this period, the weakness will be aggravated, not lessened, and there is a possibility of the recurrence of the acute attacks.

Asthma is curable, and radically curable, the Natural Hygienic Way. Asthmatics need not lose hope. After, however, they get cured, they would be well advised to live hygienically later, so that they may *stay cured* and enjoy high level health for the rest of their lives. Otherwise the asthma may return, or even worse may happen. *Health is a life-time job.*

Governor Visits Nature-Cure Clinic

His Excellency Sri Bhin:sen Sachar, Governor, Andhra Pradesh visited the K. R. Naidu Memorial Yoga and Nature-Cure Clinic at Swetchanagar, Kankipad, Krishna District on the 4th October, '59. He was presented with an Address of Welcome by the Director, Prof. K. R. Choudhry.

The Institute has a good library of books on Nature-Cure, Yoga and Physical Culture. It has its own garden of cocoanut and fruit trees and provision for accommodating 30 patients. The place is about 9 miles from Vijayawada.

Sri Sachar went round the Clinic and as a mark of appreciation donated Rs. 200.

It may be mentioned that two of the students Sri D. Rajagopal and Sri K. Easwara Rao of the Institute have represented India in weight lifting in the World Olympics for a number of years.

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The Tone Of The Stomach

Ramachandra Sharma. M. Sc.,

Principal, S. D. College, Palwal. Punjab.

The word 'tone' has a variety of meanings. But when applied to bodily organs, it implies a proper condition or state of health of the organs, in which the animal functions are duly performed. The need to maintain the digestive organs in their tone cannot be over-emphasised.

If we ignore the mouth where the food does not stay, the stomach is the first digestive organ. The bowels come last. From the state of the stomach and the state of the bowels we can judge the state of the entire digestive system. It is not, however, necessary or advisable to rip open the abdomen and examine their condition. Even an X-ray examination cannot give you a correct idea. We should be guided more by our feelings in the abdomen. For doing this it is not also necessary that one should be a medical man. With a little commonsense every one can form a correct idea for himself.

Ordinarily there should be no kind of feeling inside the abdomen. Strictly speaking, we should not be aware of the presence or functioning of any part of our digestive apparatus. These are controlled by the sympathetic nervous system which is not directly connected with the brain and hence are incapable of any feeling. So any kind of feeling inside the abdomen should be taken to be a sign of abnormality.

Let us first of all try to get a clear idea of a normal stomach and the way it functions. The stomach is a highly muscular bag. Elasticity is its most important quality. On account of this property,

the stomach always tends to assume the same size as its contents.

Let me explain this with the help of an illustration. You know the difference between a paper bag and a rubber balloon. The paper bag has a fixed size whether it is full or empty. It does not shrink when it is empty, nor does it bulge out when you put more things inside it than it can contain. That is, it has no elasticity. On the other hand, the rubber balloon is elastic. If you inflate it, it bulges out; if you allow the air to escape, it shrinks.

Yes, the balloon shrinks when it is empty but not always to its original size. When children buy a balloon from the bazaar it is generally of a very small size; but after it is used for some time (if it has not burst in the mean-while) even the empty balloon is a little larger than before. That is, the balloon has lost a little of its elasticity.

I shall give you another example. Suppose we have a rubber band ten inches long. If we pull it, it extends to, say, a yard or more. If we release the tension, the length will once again be ten inches. But suppose we keep the rubber band stretched for a continued length of time or stretch beyond a certain limit, it will lose its elasticity. In this case when we release the tension it will not assume its former length, namely ten inches, but will be slightly longer, say, twelve or fifteen inches.

In the same manner, the stomach also tends to lose its elasticity when it is overworked. That is, it loses its capacity to shrink or to contract when it is empty; if it does contract, it contracts very slowly and the contraction is never complete. The efficiency of the stomach depends chiefly on its elasticity, and when this is lost, the stomach has lost tone; it remains Dilated.

Let me go back to the analogy of the rubber band. I said that the rubber band tends to lose its elasticity if it is stretched beyond a certain limit, or if it is kept stretched for a continued length of time. This is exactly what I mean by overworking the stomach. When we keep the stomach in an extended state for too long a time, or do not give it an opportunity to contract and to remain in that contracted state for a sufficient length of time, when we force the stomach to expand beyond reasonable limits, we are overworking the stomach and we must suffer the consequences of such mistakes.

One's feeling on waking up from sleep in the morning is a good indication of the state of one's health and particularly of the tone of his digestive organs. A healthy man must feel his abdomen light at the time he wakes up from sleep. If this feeling of lightness is habitually absent, it is an indication of the lack of tone of his digestive organs.

There are two pre-requisites for this feeling of lightness. Firstly, the stomach should be empty, that is, digestion in the stomach should have been completed and its contents should have passed on to the intestines. Secondly, the stomach should have shrunk to its original size.

So, if the feeling of lightness is absent, it may mean one of two things: (1) some undigested food is still present in the stomach, or (2) the stomach has become empty, but it has not yet had time to shrink.

This interval, which elapses between the emptying of the stomach, and its contraction to a small size is an important factor in judging its tone. In normal persons, this interval is minimum, so that they have a very light feeling on waking in the morning. Otherwise, the shrinking takes place very slowly and by many stages; that is, it may take many hours.

Real rest to the stomach may be said to begin only after it has shrunk to its original size. Without such rest for at least a few hours every day, it is not possible to maintain one's health. Herein lies the reason of Dr. Dewey's No-Breakfast Plan.

But, how to know if the stomach has shrunk or not? The 'clean wind' from the stomach, described for the first time by Mr. Lakshmana Sarma, is the only reliable, fool-proof sign.

The stomach always contains some air, because it is connected with the external atmosphere. Apart from that we swallow some air also along with our food. When the stomach begins to shrink, after getting empty, this wind is pushed up. This is called the 'clean wind.'

This clean wind is very different from the other winds which are indicative of heaviness in the stomach or difficulty in digestion. Unlike other winds, it is clean, in the sense that it does not carry any smell or taste. This absence of smell and taste is an indication of the emptiness of the stomach.

This clean wind generally rises once in the morning immediately after waking and a second time early in the evening. Young people may get it even three times during twenty-four hours. Even elderly persons may get it thrice if they take care each time not to eat more than half of what they can digest.

As I said, this clean wind should rise immediately after waking from sleep in the morning. A delay in this respect is an indication in the lack of tone of the stomach. Thus we have now got a simple method of judging the state of our stomach.

(To be continued)

THE PROSTATE

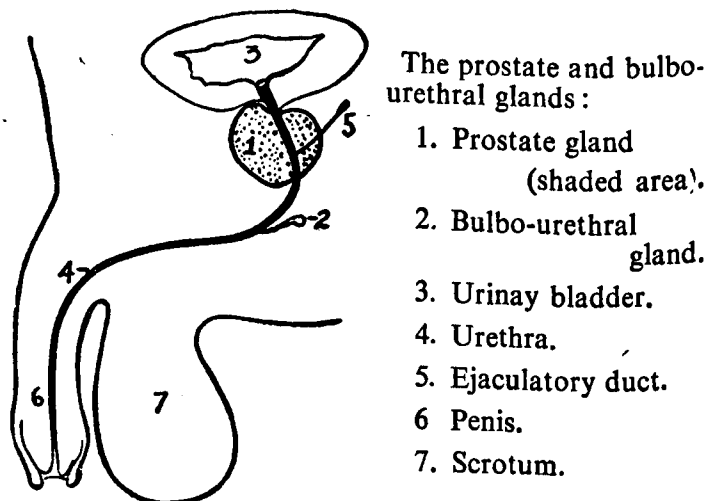
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If one gets a boil in one of the fingers on the right hand he will find difficulty in doing his work, in writing and even in eating. He will also think that had the boil been on the leg he will find it comparatively tolerable. But when it actually appears there he will experience difficulty in walking and even in stretching his leg while sleeping. Thus every affected part in the body seems to be the most important and trouble there most intolerable.

But there are certain other parts or organs which are really vital and trouble there is really intolerable. One such is the Prostate gland. It is called a gland, but in fact it does not produce anything by itself. It only serves as a storage sac for the semen produced in the scrotum. The semen is ejected from this through the ejaculatory duct into the penis at the time of the orgasm during intercourse. The passage in the Penis for the semen is the same as that for the urine. Moreover, (see figure) it is in the form of a ring around this common passage. There is a valve which prevents the flow of urine at the time of ejaculation, thereby allowing entry for the semen alone.

At the end of the intercourse, after the semen has come out, there is a feeling of satisfaction and calm. It is not necessary that all the semen ejected is sent out of the penis. Some of it may still remain in the passage. At this stage the valve opens permitting the entry of urine. If one urinates, as he must then, this semen is first pushed out and more semen comes out after that. In cases of nervous weakness due to sexual abuse, these valves do not function properly and there

is a flow of semen even without intercourse or even at the thought of sex. This is called night pollution.



If the intercourse is had on a loaded stomach, constipation is the usual result. It is also possible that the valve permitting the flow of the urine does not open after insemination and death may occur. This is why the couple are advised to take no food or only a little fruit the night they desire to have an intercourse. Better still, it is advisable to have the intercourse a few hours before the break of day, when the digestion would have been completed.

Irritation, inflammation causing swelling, enlargement or shock* may cause the prostate gland to strangle

* See my article "I might have become lame" in *The Life Natural* Vol. XIII, No 10. There had been a severe shock due to the accident. The stagnation of urine for about 36 hours did not cause any danger because I was fasting, allowing enough space and elasticity for the urinal sack and it was relieved by the application of simple Water-Cure methods.

the passage which it surrounds, blocking the passage of urine. As the production of urine is continuously going on, the bladder gets full in course of time and if timely relief be not given, it may burst, causing death.

Wrong living can cause any sort of trouble including this. But in particular we may list the following as some of the contributory causes:

- (1) Excess of sugar intake;
- (2) Habit of drinking intoxicating liquors;
- (3) Regular use of asofoetida in food;
- (4) Sexual intercourse on a loaded stomach.
- (5) Shock due to sudden fear of being discovered while having intercourse with a woman not one's own, or fear of possible conception which may make life difficult or bring on complications, and so on.
- (6) Any kind of abuse of the sexual organs, causing congestion and inflammation in them and connected regions.

In some cases it is probable that there are more than one of these or other causes contributing to the enlargement of the gland.

If age be not superadded to these causes, relief from the trouble is not difficult. Generally, it is not minded until attainment of old age when the trouble is more pronounced and relief difficult. It is therefore thought to be a disease of old age, though, in fact, the person had had it even during his earlier days in a milder form and just by waiting he has had relief. Some of the contributory causes are such as are not pleasant to disclose.

The medical treatment for this trouble is by stages as follows:

- (1) Removal of urine by inserting a catheter through the penis into the bladder,
- (2) Inserting a rubber tubing into the bladder through a puncture made on the lower part of the abdomen; and
- (3) Removing the prostate gland altogether.

In the first method tension can be relieved by the removal of urine, but restoration of normalcy of the prostate gland has to be only by Nature. Very often such relief is there even in spite of the wrong feeding with highly nutritious diet. Mother Nature is so very kind.

In the second method plenty of time is given for return of normalcy. Urine is formed in droplets all the time and keeps on emptying into a bottle within which the rubber tubing ends. The valve opening into the penis will open at will only when there is urine collected in the bladder. This is not allowed to take place by the constant emptying by the rubber tubing. In some cases, in spite of the drugging and malfeeding, the valves begin to function and urine passes through the penis also. There are cases where the valve remains open and the prostate gland swelling subsides, when urine keeps on dropping through the penis also, soiling the bed. If the valve functions at will after the prostate gland has shrunk back to its normal shape, the rubber tubing can be removed, allowing the puncture to heal and seal the artificial opening.

The final remedy, according to allopathic doctors, is to remove the prostate gland altogether by surgery. The lancet cannot reach the prostate gland. Puncturing the bladder, it is said, a finger has to get hold of the

gland, snap off the ligaments binding it in position, tear off the gland encircling the urinary channel and remove it. Insemination will not be there during sexual intercourse after the removal of the gland. They say it is a simple operation, but really it is a dangerous one. It is therefore possible to prove the general saying, "the operation was successful, but the patient collapsed."

However, if the patient survives the operation, he will no more get that trouble for the relief of which the operation was made. But "when once the order of Nature is changed, there is no knowing where the results will end." Even ordinary operation for the removal of tonsils has its own consequences. The voice of some people is affected and they can no more sing; some go deaf and so on. A woman whose uterus was turned up to avoid pregnancy became a consumptive. Almost every interference cripples some other organ or organs.

One case of enlargement of the prostate gland came to me. The patient was in his seventies. Stagnation of urine was relieved by the use of the catheter. But as a permanent relief the removal of the gland was suggested. But a declaration absolving the medico of all responsibility for any possible untoward effect and fee amounting to over Rs. 1500 were demanded. The patient could not afford all that. And Nature-Cure was therefore the last resort. No fee was demanded. The patient's son was told in advance that, after the cure, he was free to give any donation to the Institute which is doing so much work for propagating the truth about Nature-Cure and the Life Natural. As in most other cases, no donation was forthcoming.

An initial fast of three days was undergone as a prerequisite for natural restoration of the tone of the nervous system. An enema was taken *after* natural

motion every day. Even if there was no urge for motion a regularity of making an attempt for motion was kept up. Hot immersion bath or alternate hot and cold fomentation over the lower part of the abdomen was taken according to convenience. At the conclusion of any of the two a clay pack was put on. This was removed after six to eight hours and put on again after about four hours. The clay pack put on at night was kept on all night. Thus the pack was put on twice in a day. A spinal bath daily was advised but was *not* taken as the patient did not want to buy a tub. He did not realise that the tub would be useful not alone for that crisis but for years after that for the whole family. Better and quicker toning of the nervous system can be achieved by cooling and relaxation which are the combined blessings of the spinal bath. He was given a medicinal drink, the juice of ash gourd (ash pumpkin) **కూపాంబు, పెటా, పుశ్పణికాయ** every morning.

Within three days, the urine which was trickling in drops began to flow more freely. He was later given vegetable soup and at the end of a week he began taking cooked vegetables in the day time. Passing urine had become free and easy by then. After three days he was allowed to take a fruit at night. Thus gradually he returned to the normal diet—of one solid meal and one light repast of vegetables or fruits—in about a month.

The health gained by this reform in living has kept him free from the trouble so far (more than a year now). If he goes back to the wrong way of living there is no guarantee that he will not get the trouble back. To stay cured one should live according to the laws of Health as taught in the text-book, namely *Practical Nature-Cure*, for the rest of his life; for the same cause will always produce the same effects.

By K. LAKSHMANA SARMA

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Use of Earth in Nature-Cure

R. N. Ayengar, Coimbatore.

“Dust thou art and to dust returnest.” So goes the saying. Mankind is made up of earth, nourished by earth, lives on earth and dies and becomes one with earth. Even though the human body is composed of all the elements of Nature the earth forms the major part of it. Hence any deficiency in the working of the human system should be made good by the free and careful use of Mother Earth.

For a body which is made up of earth, earth should be used to rectify the mistakes committed by us and it is the best Sanjivani. Earth is an indispensable and inseparable friend of mankind. As fishes live in water, birds live on air, we live on earth. We should make the best use of earth. We should cultivate the habit of sleeping on earth, to sit on earth and to walk on earth barefooted. These are conducive to good health.

It may sound strange if these truths are advocated in these days of advancing fashion and the so-called culture but at the same time it may look still more strange to be at the mercy of a few quacks who are also not immune to the innumerable diseases which are not quite uncommon to them. The gateway of perfect health is open to us. Make the best use of the free gifts of Nature, sky, water, earth, sun and air—of which we are composed. Clay pack or clay poultice can be used in the following cases for a complete cure of the disease. All kinds of skin diseases, lung diseases, common cold, diphtheria, any wound in the body, breaks or cuts in the body, boils and burns, scorpion stings or snake bite, swelling on the body or any part of the body, pimples, scabies, eczema and the like, tooth ache and

the aches of all kinds, eye sore, sprain and fractures and what not.

Soft alluvial clay from the river or canal is preferred for the packs. If this is not readily available the clay obtained in the locality where we live can be used. The wet clay should be placed on the affected part of the body and tied over by a bandage cloth. Even if it is a deep wound the clay may be placed into it and over it and the place bandaged securely so that the pack is intact in the place. The clay or mud should be directly in contact with the affected part. No piece of cloth or any such thing should be placed in between the wound and the clay. Suspicion need not be borne in mind that the mud or clay would have been contaminated with some foreign matter and that may carry poison in the blood. Even if it contains some unwanted matter the clay purifies and rectifies itself while in use. The clay sucks out the filth and foreign matter from the body and absorbs it. If the wound is of a serious nature it is advisable to be a complete teetotaller and a vegetarian to ensure a quicker healing. By these natural methods of healing no scar or mark of the wound will be left behind. The skin will be perfectly as smooth as it was before.

Soft wet clay has got wonderful healing properties. All kinds of lung diseases, skin diseases and venereal diseases can have permanent cure by this clay pack. In case of head ache, cure is obtained by applying the pack around the neck. Soft clay can even be used with advantage instead of toilet soaps which are the seeds of skin diseases.

It is not out of place if it is mentioned that clay cure is better than even simple water cure in as much as mud or clay retains moisture for a longer duration and

is not dried up soon as in wet bandages in water cure. There is no need of wrapping the clay pack with woollen cloth as is being done in wet packs in water cure. Still, if the patient is very weak or has less amount of heat in his body a piece of woollen flannel may also be wrapped round the pack to impart sufficient heat. For any kind of disease where even if the location of the illness could not be specified it is always better to have the clay pack on the abdomen wherefrom all diseases spring.

Never heat the clay before applying it on the affected part. Only wet clay or mud should be used as pack; when heated, clay loses all its healing properties. I shall conclude this article with a few of the case histories which I handled.

My son aged 1½ years had sore eyes as some fibres from cocoanut husk fell in his eyes accidentally. Tears came profusely through his eyes and both his eyes were red like live-coal. The application of white clay—which the vaishnavites use for their sect mark—on the eye lids and on the brows both in the morning and in the evening for 2 days could completely relieve him from the ailment.

Good digestion has been ensured by clay pack over the abdomen and clay poultice on the eyes could give me clear vision and cooling effect to my eyes.

Itches and eczema of my sons have been cured of by the clay packs and even the much dreaded diphtheria has been cured by the clay pack around the neck! In this connection I may mention that I am not only a vegetarian but also vegetablarian and my whole family consume only hygienically cooked sattvic food.

Nature is the only food medicine which is safe and dependable for complete cure. Let us have full faith and trust Nature completely.

EDITOR'S COMMENT.

The clay pack may more properly be considered a method of water cure. the water is the healing agent and clay, serves as a medium for holding it. The more important use of earth is that it gives us our food, diet, which is the earth's real contribution to our health. In the P. N. C. this is the view that is inculcated. It is not my intention to criticise the article; I only wish to draw the reader's attention to a point he may forget. The food coming from the earth is one of the items of our fivefold food-medicine. This gives us a view of Natural Medicine which will be our guide in practice.

Natural Cure of Eye Defects

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Bharat Jyoti, Bombay.

King Coconut Water Replaces Saline

Lady Ridgeway Hospital is now using king coconut water in place of saline. It is administered not only orally but even intravenously.

King coconut water, now tested and proved, is not a mere substitute to meet the occasional shortages of the drug. Today it is a remedy which in certain cases and under certain conditions, has proved more effective than saline itself.

Saline, normally given to children after an attack of diarrhoea or vomiting, which cause dehydration, replaces lost fluids and the electrolytes sodium, chloride and potassium.

King coconuts and young coconuts possess all these electrolytes with potassium in its highest concentration.

Some years ago successful attempts to treat patients at the Kurunegala hospital by Pro. Rajasuriya were reported in the Ceylon Medical Journal by the "Rajasuriya, Hamsa, Selvaratnam" team.

Recently Prof. C. C. de Silva of the University of Ceylon read a paper at The Asian Paediatricians Conference in Singapore giving a detailed description of the tests carried out by him and by Dr. Patricia Fernando at The Lady Ridgeway Children's Hospital.

Of the king coconut—"a popular drink for thirsty and tired travellers in our warm and humid climate"—Prof. de Silva said.

"The calcium contents are lower and the potassium contents higher in our specimens than in those found abroad."

Prof. de Silva referred to the "Rajasuriya. Hamsa Selvaratnam" report and his own attempt to find other literature on the subject. He said he was unable to find any reference to the oral use of coconut water in the treatment of dehydration or diarrhoea except "one with regard to its qualities by SUSRUTA, the most famous Ayurvedic surgeon in history who lived 3000 years ago.

It was common, said the professor, for Ayurvedic practitioners to prescribe king coconut water to adults in enteric fevers, diarrhoeas and dysenteries although it was not frequently used for children.

He said that the oral use of king coconut water in the Ridgeway Hospital was very convenient. "It is pleasant to take. Mothers give it to their children in sips throughout the day, a measured quantity being handed to them for this purpose."

The children who have had this therapy, Prof. de Silva said, have progressed more rapidly and have left hospital in better condition than those who have not had it.

—Ceylon Daily News, 17—2—59.

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Activities in Delhi

(October, 1959)

The Thirty-Eighth Basic Nature-Cure Study Group.

The Thirty-Eighth Basic Nature-Cure Study Group conducted by the Delhi Branch of the Indian Institute of Natural Therapeutics at the Multan D. A. V. Higher Secondary School, West Patel Nagar, New Delhi, for the past four months, is continuing its sittings. During this month, detailed talks dealing with self-treatment of various ailments (e. g. diabetes, heart disease, visual defects and eye disease, rheumatism, arthritis, liver disorders, stones in the gall bladder, peptic ulcer, flatulence, high and low blood pressure, etc.) on hygienic lines were given. On the 25th October, 1959, there was a picnic in which a large number of families took part, and had practical instructions in preparation of various dishes, including delicacies. The Group is expected to be completed by the first week of November, 1959.

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

Lectures

The following are the details of the lectures delivered under the auspices of the Delhi Branch of the I. I. N. T., during the month:

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- 4—10—59 Simple Water-Cure Methods
- 18—10—59 What To Do In Heart Complaints
- 25—10—59 Overcoming Tension The Natural Way.

(b) At 1, Sivaji Palace.

- 1—10—59 Nature-Cure Treatment for Piles.

(c) At THE ADVANCED STUDY GROUP.

- 18—10—59 Corrective Exercises for the Polio Patient
- 25—10—59 Education and Mental Health.

By Sri Swaminathan

The following are the details of the lectures delivered by the active workers of the Delhi Branch of the Institute under the auspices of the different social and religious organisations of the Capital.

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(e) At LAJPAT BHAWAN, LAJPATINAGAR

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19-10-59 Fasting in Acute and Chronic Diseases.
24-10-59 Discussion

श्री गणेश शर्मा

(f) ARYA SAMAJ, WEST PATELNAGAR

12—10—59	स्वास्थ्य का आधार	}	श्री स्वामिनाथन
13—10—59	सब रोग साध्य है		
14—10—59	} शारीरिक व मानसिक		
16—10—59			
17—10—59	} स्वास्थ्य के लिये भोजन		
19—10—59			
20—10—59	उपवास के लाभ		
21—10—59	जल चिकित्सा		
	शुद्ध वायु सेवन से		
	स्वास्थ्य वृद्धि		
23—10—59	बच्चों की देख भाल	}	}
24—10—59	आप स्वयं अपने		
	चिकित्सक बनिये		

The Thirty-Sixth Basic Nature-Cure Study Group.

There was a meeting with members of the 36th Basic Nature-Cure Study Group at Civil Lines, Delhi, on the 2nd October, 1959.

The Thirty-Ninth Basic Nature-Cure Study Group.

The Thirty-Ninth Basic Nature-Cure Study Group is scheduled to be commenced on the 23rd November, 1959, at West Patel Nagar. This would be conducted in Hindi and the Group is to meet for a period of three months. More details about this Group can be had from Sri L. Ganesa Sarma, Hony. Secy., Delhi Br., I. I. N. T., A—434, Defence Colony, New Delhi—3, or from Sri S. Swaminathan, 1 Sivaji Palace, New Delhi—1.

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THE LIFE NATURAL

Compulsory Mass Medication

Editorial

'The Tone of the Stomach II

L. Ramachandra Sharma

Appendicitis

S. Swaminathan

Much Ado About Protein

L. Ganesa Sarma

'Woeful Ignorance in High Circles

C. Bhanumurti

Editor: K. LAKSHMANA SARMA

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Place of Publication :
PUDUKKOTTAI, S. INDIA

Editor: K. LAKSHMANA SARMA

December, 1959

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VOL. XVII

DECEMBER 1959

No. 4

Compulsory Mass Medication

Readers are likely to remember that compulsory mass-medication for the prosperity of the doctors was started in 1853 in Britain, when a Compulsory Infant-Vaccination Law was passed by a Parliament which did not represent the poor people, especially those in the remote villages. That was the first great inroad into Civil Liberty in the name of the great Fraud, called the Welfare State. This received its first serious set-back in 1907, when a Conscience Clause was enacted, and was finally repealed only in 1946-47.

But the slogan of the Welfare State has not been given up by the ruling caucuses. 'Caucuses' because all political parties are at one in this nefarious enterprise. Recently a stunt was started, first in the U. S. A. in the form of an effort to medicate—with, of course, a poison—the peoples' drinking water. The poison used was a waste-product, sodium fluoride, of the manufacture of aluminium. This end-product has been accumulating into enormous masses, poisoning the country over a large surrounding area. In the U. S. A. this was sought to be achieved over the heads of the people, through the municipal councils. In many places the people fought back and have won victories over the enemies of Health. In Britain efforts are being made by the Government to introduce this criminal process there also, by introducing it as an experimental measure in a few places. One of these was Andover. The traitorous municipal councillors agreed to it. But a popular

movement was started, which finally worsted the traitors. But the Government seems to be determined to push it on at all costs.

It appears that in the Labour party also there are traitors to the people, seeking to achieve this compulsory mass-medication. Perhaps the Liberals, who are too few, now, to be of any use, are not in this conspiracy.

The poison, it is claimed, will prevent the caries of the teeth of boys and girls, and for this claimed benefit the *whole* population is to be forced to drink this poisoned water. The only persons to benefit by this are the manufacturers of aluminium, who will be able to dispose of their noxious waste at a profit, which would go to swell their dividends a great deal. The vast majority of the people are admittedly not to be benefited, but are to be poisoned all the same.

It is claimed that there is fluorine in the normal drinking water in some places. But this is *Calcium fluoride*, a less dangerous poison.

Now, we learn from *The Vaccination Inquirer* of July–August–September, 1959, that the British T. U. C. has started taking a hand in pushing this attack on private health. The following is taken from *The Vaccination Inquirer* referred to above.

“Care of teeth of children is not, one would think, a function of the T. U. C. (Trade Union Congress), and if the method of adding fluoride to the drinking water for this purpose is to be considered by this body, it is reasonable to ask if the T. U. C. is making a study of the diet of these children, which has a far greater influence on the condition of the teeth.

“When one so frequently hears ~~of~~ thousands downing tools at a word of command, often for what

appear to be trifling causes, one gets the impression of the rank and file of trade unionists doing what they are told without thinking. But this can hardly apply to the leaders of the movement.”

“Nevertheless, in this matter of fluoridation, it appears that they are doing just that, and that there is some one who advises or instructs them.”

The Council of the N. A. V. League wrote to the Chairman of the Trade Union Congress, Mr. Robert Willis, as follows:

“It has been brought to the notice of the National Anti-Vaccination League that the T. U. C. has issued a circular to all the Trades Councils asking them pass resolutions in favour of fluoridation.”

“Our Council would be glad to be informed what evidence of any public demand for the fluoridation of water supplies. Our information is that that public opinion is opposed to any tampering with the domestic water. There is the successful fight of the people of Andover to prevent it, and the refusal of several other towns to join in the experiment when asked to do so by the Ministry of Health.

“The members of our League would appreciate receiving information as to who brought this subject to your notice, and whether your recommendation has been authorised by the members of the Trades Unions.

“It will be found, I believe, that big business interests are behind the campaign for wholesale fluoridation in order to make a profit out of the waste products of the aluminium industry. If any of the members of the Trades Union Congress have read the book *The New Drug Story* by Morris A. “Beale” (twenty-first printing, September, 1958) they will not

need to be told that this is apparently another example of the American Way of life of making profits to the exclusion of everything else. The book is published by Columbia Publishing Co., P. O. Box 1623, Washington, D. C."

"The literature of the subject is voluminous. Even if the arguments of the opponents are not so well-informed and so shattering, it is surely idiotic to force fluorine upon everybody so that young children shall get enough of it."

"The aluminium refuse thrown away by the manufacturers is not comparable to the traces of fluorine found in some foods. There is no reason to suppose that fluorine is anything but a dangerous poison. In any case only one per cent in the water supply would hit the target aimed at."

"The District Dental Society of Worcester (Mass) U. S. A., after studying the subject, had the courage to renounce their earlier recommendation of fluorine. Their renunciation was signed by 127 of their members and the Worcester Medical Society published a similar manifesto signed by 59 members."

The reply of Mr. Willis was curt and altogether unfair. The policy of the T. U. C. and the Labour party is total Nationalisation of everything in due course, including the human beings, reducing them to the level of slaves, that is, worse than cattle. These last cannot be treated so recklessly, because they have a money value. If the Socialists in our land get into power, this is what we should expect. The British people have not done any wrong in preferring the Tories to these enemies of Liberty and the Right to Good Health. The great efforts made by Professor Harold Laski to educate the Labour party in the A. B. C. of personal liberty have gone in vain.

A Penicillin Disaster

In the *Indian Express* of November 21st, 1959, there was a news item stating that an M. P., Mr. V. D. Tripathi, died due to an injection of penicillin. Readers may remember that deaths from these injections have been occurring for a great many years.

This information in the Lok Sabha on the 20th was in an answer given by the Health Minister, Mr. D. P. Karmarkar to a question by a former minister Mr. Mahavir Tyagi. The injection was given for fever and bronchitis. It was said: "The doctor, before administering the injection, asked the patient whether he was allergic to penicillin. On his replying that he was not, and that he had taken penicillin injections many times, the doctor gave him the injection. But unfortunately, immediately thereafter, the patient collapsed."

The Health Minister also said that he had arranged for holding up the distribution of penicillin by the particular manufacturers, the Government-owned Pimpri Factory.

The doctor, if he had been up to date in his knowledge, would have known that penicillin, like many other drugs, makes the patient sensitive to future injections, and hence should not have accepted the patient's statement as final. The fact that he had had previous injections of the drug should rather have been taken as a warning that the patient had probably become allergic. If the patient had been some illiterate villager, how could the fact of allergy be ascertained? Even a first injection can kill.

Allergy is a term invented for putting the blame on the patient for an untoward effect due to medication. Life is allergic to poisons and hence the use of poisons as remedies is indefensible. So long as doctors are allowed to use poisons as medicine, these disasters cannot be prevented. There must be an inquest in all cases of death, as recommended by Bernard Shaw.

**Compensation For Damage Caused by
Compulsory Inoculations Decreed by the
Bordeaux Administrative Court, France***

This case arose at Libourne (Gironde, France) by the compulsory inoculation of Pierre Meunier, son of Mr. Roger Meunier on the 18th May 1949, for damages due to a cold tubercular abscess at the site of the inoculation. The father applied for himself and his son for damages. The application was dismissed by the Minister of Health and a petition was filed in the Bordeaux Court. The judgment, dated 29th February, 1955, contains the following passages, showing the reasons for the Court's finding that he is liable to pay damages for the injury caused:

"Considering however that in matters of vaccination the medical act takes a different character, being compulsory and imposed by social necessity;

"Considering indeed that, whereas the liability of the Administration cannot be implicated unless it be guilty of a fault in cases where the state of health of a patient required medical care—generally at the request of the patient himself or of his legal representatives—vaccination instead is imposed for purposes of public welfare, by an imperative provision of the law, upon persons in perfect health, who are in no need of medical care whatsoever.

"Considering that the anti-diphtheric and anti-tetanic vaccination with anatoxin was made compulsory by Art. 1 of the Act of 24th November, 1940, under the conditions set forth in Art. 1 of the Act of 25th June, 1938, providing: 'Anti-diphtheric vaccination with anatoxin shall be compulsory on the course of the 2nd

* A certified copy of the judgment in full in the above case has been obtained through the good offices of The National Anti-Vaccination League of Britain, for which our heart-felt thanks are due.

to 3rd year of life. Parents or guardians are personally liable for complying with this rule, and justification thereof will be required for admission in schools, kindergartens, vacation camps or other organisations for the children'; that Section 5 of the Ordinance of 20th August, 1941, specifies: 'Parents or guardians shall be obliged to send their children or wards to the prescribed sessions. Adults are obliged to attend them. Any absence by reason of illness must be vouched for by a medical certificate.'

"Considering that the ministerial ordinance of 10th September, 1945, issued for the purpose of enforcing the said law shall impose the penalties provided by section 475(15) of the Criminal Code upon parents or guardians who would refuse to comply with the stipulations of the law.

"Considering that if this compulsory measure of prophylaxy makes the vaccinated children immune, it is a measure of public welfare, for preventing the spreading of epidemics; that it was set up for the purpose of removing the dangers of contamination resulting from living in community.

"Considering that where, for the protection of the community, individuals are submitted to compulsory measures, the effect of which is to inflict upon them a specific and abnormal prejudice, the responsibility of the Public Authorities is involved, even though no fault was committed. (C. E. Boulanger, 1947—21 November, 1947, p. 436.)

"Considering that, where such obligation was prescribed by a law which did neither provide nor refuse any indemnization—the victims of a specific prejudice, overthrowing the equal rights of citizens as against the community shall be entitled to claim damages. (C. E. La Fleurette, 14 Janvier, 1938, Sirey

1938 3eme Partie, p. 25—Pld Dalloz 1938 3—41 Dalloz 1947, p. 10 Chr. (Mignon)—Dalloz 19 9 Chr. Mignon 12 p. 53—Dalloz 1950 Chr. Morange & Berlia p. 5 Jur. Pasc. 700 No. 164 & SS.)

"Considering that the inquest brought to light that young Meunier fell a victim to tuberculosis by reason of the anti-diphtheric and anti-tetanic vaccination with antitoxin he had undergone at the session of 18th May 1949; that his health was seriously jeopardised by his having to submit to a rule of public welfare from which he could not escape; the prejudice he has suffered thereby since his first youth is out of proportion with the benefits he could have derived from complying with a civic duty, for not only did such vaccination not make him immune, but on the contrary inoculated him with a particularly terrible malady.

"Considering that the grievous wrong thus done to him exceeds by far, in the circumstances at issue, the obligations which private citizens must reasonably bear to offset the benefits from such public service.

"Considering on the other hand that not only did young Meunier not make himself guilty of any imprudence or even of a mere negligence, but that he had no way of escaping the prejudice he has suffered; that it is therefore proper to direct that the Administration, who remains liable for accidental cases, take upon itself the compensation of the wrong inflicted upon that child and upon M. Meunier Roger, his father.

"Considering, having regard to the foregoing, that it is expedient to quash the implicit decision by which the Minister of Health dismissed the claim for damages submitted by M. Meunier;"

In the result the petition was allowed and a decree passed accordingly. An appeal by the affected Authority to the Council of State was dismissed.

Filth-Medication News

In the Vaccination Inquirer of July—Aug. - Sept., 1959, we have a report of the Public Meeting of the National Anti-Vaccination League. The resolutions passed at the meeting are worthy of notice.

The resolution on Vaccination ran as follows:—

"Since the figures published by the Government show that in the twenty years ending December 31st, 1956, amongst children under 5 years age, two thirds of whom have remained unvaccinated, only two deaths have been caused by small-pox, whereas, amongst the one-third of children vaccinated, 106 were killed by the operation, it is evident that vaccination is far more dangerous to British children than small-pox. Therefore this meeting calls upon the Government to cease wasting public money on recommending or practising an operation obviously lethal."

The resolution was passed unanimously. Really it is non-vaccination that is preventing small-pox in that island, aided by sanitation.

The following Resolution on Poliomyelitis was also passed:

"That this meeting of the National Anti-Vaccination League demands the cessation of all poliomyelitis vaccination in this country, following the admission that there has been, in the United States of America in the three years 1956 to 1958, no less than 1902 cases, of whom 514 were paralytic, in persons who had been thrice vaccinated; and also because of the admitted danger of the vaccinated passing the disease on to others, who might acquire paralysis as a result of contact with vaccinated persons." Dr. B. P. Allinson remarked in this context:

"As to the causes of the increase in polio, I think one of them may well be the progressive refinement of our food, by which it becomes deficient in essential *natural* vitamins and mineral elements, and this is paralleled by overfeeding with *refined* starches.

He also said. "Many years ago I scrutinised the Registrar-General's Returns and found that the mortality in the 'infective' group of diseases as a whole remained fairly constant, though that of the component diseases might fluctuate widely from year to year."

At the meeting Miss Lind-of-Hageby mentioned that in the Report of the Wellcome Foundation (manufacturers of drugs, vaccines etc) the Chairman speaks of the happy co-operation they are enjoying with the Medical Research Council. This must be interpreted as confessing that the 'scientists' composing that body are HIRED scientists. This hiring system is certainly not for the good of the people, but only for the prosperity of Commerce and its hirelings.

Dr. Allinson also mentioned the fact that the medical belief, that immunity was conferred by antibodies (antitoxins) furnished by inoculations, has been proved false. Investigations were made by doctors into the diphtheria that occurred in 95 fully inoculated persons at Newcastle and Gateshead. The findings were unexpected, inexplicable (from the medical standpoint) and paradoxical. The diphtheria infection was not behaving as the authorities thought it should. This point is fully treated by Dr. Bayly in his book, *The Story of the Salk Poliomyelitis Vaccine*, already referred to in these pages.

The Tone Of The Stomach II

L. Ramachandra Sharma. M. Sc.,
Principal, S. D. College, Palwal. Punjab.

(Continued from the November 1959, Issue)

The rubber balloon is a helpful analogy for illustrating the elasticity of the stomach; but it is necessary to bear in mind the distinction between the living stomach and a lifeless balloon. By proper care the living stomach can be maintained in its natural tone for a much longer time than any balloon. By improper use the living stomach can also be ruined with equal ease.

The living stomach is made up of living cells. The quality of the stomach is conditioned by the quality of its constituent cells. These cells are continually subject to wear and tear and what is more important, they are being continually renovated; newly formed cells taking the place of the old. So that this process of renovation might happen, two things are necessary, (1) nourishment and (2) removal of the toxins which are the inevitable end-products of cellular activity. This work — supply of nourishment and removal of wastes — is done by the blood-stream. And the blood-stream will be able to do this efficiently if it be properly replenished from time to time. And this replenishment is obtained from the food we eat and also the air which we breathe.

So there are two things which can spoil the tone of the stomach, bad food and bad usage. I have dealt with the latter aspect in the first part of my article. In this part I shall deal with the first aspect. I have said it before and I say it once again, it is not proper to take a fragmented view in any problem concerning health. It is difficult to assess the role of wrong food in causing malnutrition without at the same time taking

into consideration the wrong manner and the wrong time of eating. If we consider the two aspects separately it is only with a view to making the matters easily intelligible to the reader. It is always necessary, however, to bear in mind the intrinsic oneness of the problem.

Food materials, broadly speaking, can be divided in two categories, the nourishing and the cleansing or health-promoting. Actually both these qualities are present in varying proportions in all food materials. But while some foods are rich in the nourishing elements, others are rich in cleansing elements and vice-versa.

The nourishing elements of nutrition are the proteins, carbohydrates and fats. Now these materials undergo a number of changes inside the body. The end-products of these changes are generally toxic in character. Now, here comes the role of the cleansing elements, namely, minerals, which help in neutralising and removing these toxins. This is just a very broad generalisation. Actually minerals play a much more important role than simply serving as cleansing elements. Some of the minerals like calcium and phosphorus become integral parts of the body. Then there is the role of the vitamins which may be called generally as health-promoting elements. Their presence is necessary to ensure the proper functioning of the bodily organs.

We thus need a certain amount of nourishment for body-building and repair. We also need a sufficient quantity of the minerals and vitamins. The nourishing elements we obtain from grains, pulses, nuts, oilseeds, etc. Among foods which supply vitamins and minerals, the pre-eminent position goes to herbs and leafy vegetables. Next to these come other fresh vegetables and fruits. In a general way it may be said that the total quantity of foods of the cleansing kind must be at least two to three times the total quantity

of the foods of the nourishing kind. The foods which we eat must be as far as possible in a state of freshness and naturalness. Polishing and refinement of grains must be avoided. A part at least of the vegetables must be taken uncooked. Wherever cooking is done it must be conservative.

These are points which have been repeatedly emphasised in this magazine, but there is one point which needs a little clarification. Generally there is an impression that vegetables do not agree with people having a weak digestion. It is often complained that by including a liberal allowance of vegetable and fruits in one's diet, digestive troubles tend to increase rather than decrease. We do not for a moment dispute the truth of these complaints. But the problem is to reconcile these facts with the Nature-Cure principle, namely, that a liberal allowance of fruits and vegetables is necessary for maintaining health.

I made a brief reference to the five factors of nutrition—carbo-hydrates, proteins, fats, minerals and vitamins. Of the five, only the first three need to be digested. Of the three, carbo-hydrates are the easiest to digest, proteins are a little harder to digest, while fats are the hardest to digest. Hence foods rich in fats or consisting exclusively of fats are the hardest, while carbohydrate foods are the easiest to digest.

Now, vegetables and fruits contain very little of these three constituents; the major part of vegetables and fruits is water. Hence they present very little difficulty in digestion. Whereas a meal of rotis or rice may normally stay in the stomach for five to six hours, an exclusively vegetable meal under normal conditions, leaves the stomach in about two hours. This is because they contain very little to be digested.

Bulk for bulk, vegetables and fruits contain less than one seventh of solid as cereals or pulses. So,

normally seven pounds of vegetables should take the same time for digestion as a pound of cereals. But, in actual practice, this is not the case, because bulk is also an important factor in digestion.

The movements of the stomach during digestion are similar to the movements of the mouth in gargling. Now, gargling is impossible when the mouth is filled with water. In the same manner, digestion comes to a standstill, more or less, when the stomach is overfull. In vegetables the actual material to be digested is very small. Two pounds of spinach, for instance, contain only an ounce of starch, an ounce of protein and a negligible quantity of fat. The remaining thirty ounces do not need to be digested, but add to the bulk, which may under some unfavourable circumstances, upset digestion.

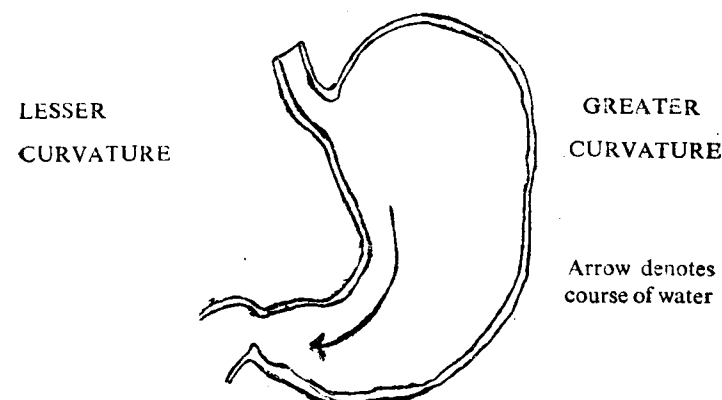
The importance of this bulk factor becomes all the greater when one, instead of taking an exclusively vegetable meal, takes a liberal quantity of vegetables along with cereals.

In normal persons difficulty in digestion may be the result of one or both of two causes: (1) an excess of the nourishing factors; and (2) an excess in bulk. In the first case there may not be any feeling of heaviness immediately after the meal, but after some time, the stomach becomes full and there is a feeling of uneasiness. In the latter case a little heaviness is felt immediately after eating, which disappears two or three hours afterwards if the person's digestion is normal.

When the person's digestive power is normal, an occasional increase in bulk of the food alone does not lead to indigestion. Since the stomach is in its proper tone, it is able to squeeze itself a little and force the water part of the food into the intestines; the stomach

thus gets lightened and digestion thereafter proceeds normally.

In fact when the stomach is in its proper tone, water taken during the meal does not stay within stomach. It darts into the intestines directly along the lesser curvature of the stomach without mixing with the food in the stomach.



But these things are true only of the normal stomach. Such things do not take place in an abnormal or atonic stomach. By atonic I only mean 'not possessing the proper tone'. Here an increase in the bulk of the food leads to serious trouble. The atonic stomach cannot easily relieve itself of a little of the bulk by squeezing out the water into the intestines. On the other hand it will tend to distend, being unable to stand the weight. Naturally, the movements of the stomach are upset and digestion is very much delayed. Delayed digestion and the heat inside the stomach facilitate the fermentation of the food materials.

(To be continued)

Much Ado About Protein

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

A good amount of scientific research has been done and the knowledge thus gained has been released for public consumption. But it is always left to the custodians of Public Health to interpret them. And if we say that they are either incorrigible and would not learn the Truth or that they have a vested interest in the people's ill-health, we might be misunderstood. If medical science had actually advanced as a result of these researches, as Acharya Vinoba Bhave has already observed, the health level of the people should have been raised and the need to resort to medical aid must have diminished. The fact is otherwise, needing more hospitals, doctors and drugs.

Quite many ailments are termed deficiency diseases and an attempt is made to supply the lacking substances in the inorganic or synthetic form. In case of calcium deficiency, for example, the patient is advised to consume calcium in the form of slaked lime (chunam) along with betel leaves (pan) as if plastering a wall when it is damaged!

Similarly, in the case of lean people who do not put on flesh, however much they eat, the trouble is said to be protein deficiency. In quite many cases, it has been observed, consumption of high protein foods has only led to further loss of flesh. The reason is not actually the deficiency; it is a trouble of lack of efficiency of the system to digest and assimilate the protein. This is especially so when the consumption is in excess of the capacity of the system to digest and assimilate.

But there is an (lame) excuse for this too. The quality of protein taken is blamed for the lack of improvement. Partial or confusing information is

plenty in literature, most of which even pass for Nature-Cure books. And the new enthusiasts are often misled.

In two consecutive meetings (one at Lajpat Bhavan and the other at the Delhi Public Library on Sunday and Monday respectively) these were the questions put.

1. What is complete protein and incomplete? What is the lasting and stable protein for a vegetarian who does not take milk also?

2. Medical men advise that, protein from the vegetarian source being not similar to that of human flesh, it is necessary for man to eat animal flesh. What is your view on the subject?

Question 1 is just a repetition of the one put by the same person and which has been reported by Sri S. Swaminathan in Vol XVI No. 12 (August 1959) of *The Life Natural*. And the questioner was also told that it is so, but still he wanted my answer for it.

Question 2 being allied in subject to the former. I am answering, for the readers of *The Life Natural*, in a combined manner.

I do not profess to be a Food-Chemist. but I shall share my knowledge of food chemistry with you.

Proteins are compound substances, being made up of some or all of (if I am not wrong) the ten amino acids. Though two kinds of proteins may contain the same number of amino-acids, it is not necessary that they are both identical, because they may contain a different set of amino-acids. They may only be partly similar for the reason that some of the amino-acids are found in both of them.

It is said that proteins from the vegetarian source do not contain all the ten amino-acids, and therefore they are not complete proteins.

Whatever it be, as we are concerned with nutrition to the human body, it is argued that we must select such a protein as is similar to that of human flesh. It is only animal flesh that contains proteins which are similar to that of human flesh. Therefore medical men advise consumption of animal flesh. Instead, should I suggest that if consumption of human flesh itself is taken as the proposition, the question of similarity or otherwise will not arise at all, because it is identically the very same thing. (Please do not take this suggestion seriously). If this suggestion is to be dismissed on humanitarian grounds, animals have an equal right to demand a more humane treatment, for man to deserve his place as one of a higher class in creation than these animals.

Though we do cook our food, at least the selection of the articles of food must be of such as can be taken in the raw state. To be able to do so man must be capable of killing animals, tear open their skin and prey upon their flesh. But it does not seem that the Creator intended man to do so, because he is not provided with powerful claws and canine teeth which are needed for the purpose.

Also the anatomical make up of man is not similar to that of animals that prey upon flesh. Carnivorous animals have a shorter alimentary canal. The table given below gives a comparative idea of the proportionate lengths of the alimentary canals compared to the lengths of their bodies (from head to the root of the tail).

These data prove that man is not a carnivorous animal.

Man does eat animal food and is not happier for it.

The law of dual effects tells us that things that give an immediate effect of pleasantness will prove otherwise ultimately. Religion (be it any) also teaches us that we must not try to gain by causing pain to any other being. Flesh eating is clearly in violation of this principle.

Flesh foods are said to be digested quickly. That is why it is all the more dangerous for man. Man does not eat flesh alone. He eats flesh only as a part of his meal. The rest of the meal should obviously take a longer time to digest than the flesh food. And, when the two are eaten together, it follows that though the digestion of the flesh food is completed in a particular part of the alimentary canal, it has necessarily to stay on for a long time till the vegetarian or vegetabilarian part of the diet gets digested.

The food that is digested easily and quickly is also that which putrefies soon. It is more so with cooked food. It is still more so when there is heat—external. So all these conditions only go to worsen the trouble. Foul gases are formed which poison the blood stream and turns it acidic, which in turn lowers the level of health.

Carnivorous animals prey only upon animal flesh. They have sharp claws and canine teeth to attack their victims and eat them immediately. Their alimentary canal is proportionately much shorter and simpler. They digest their food easily and the undigested and waste part of the food is disposed off quickly. They do not have the problems of combination, loss of food values by cooking, over-eating because of food being cooked with spices, condiments and salt, etc., etc. All these are left for man who is also bestowed with 'intelligence!'

Protein, from whichever source it might be, cannot be assimilated as such. In the body-metabolism

proteins are split up into their constituent amino-acids and again combined into protein, selecting some of the amino-acids and rejecting the rest. Proteins are consumed by man from various sources even in a single meal and the body takes up those particular amino-acids which it needs from each of them.

It is argued that manual workers have a greater protein need as they have much of wear and tear of muscular tissues. But we see in Nature that mighty and hardworking animals, like the elephant, the rhinoceros, the horse and the bull live on grass and leaves. They are able to develop sinewy and sturdy bodies and live healthy. They are mammals and man considers the milk of the cow, the buffalo and the goat to be 'complete foods' and 'perfect foods'. *These animals do not consume either complete proteins or proteins similar to that of their own flesh.* But still their milk is considered to be very good for building flesh.

Now, if we suppose that milk is a perfect food, we will be wrong because of the following reasons:—

1. Milk of any animal is the food of the young ones of its own class.
2. The quality of milk depends upon the health of the animal yielding it. Domesticated animals are rarely healthy (In Delhi I see the buffalos are having a perpetual diarrhea). They get food of man's choice, not of their own.
3. The quality of the milk is affected by the unwillingness of the animal to yield it.
4. Boiled and stale milk loses much of its virtues. Pasteurising milk is only a means of selling old milk as fresh and even a cat does not prefer it.
5. Milk may be a body building food; but it is not a health promoting food.

Vegetables, especially the leafy ones, it must be agreed, do contain those constituents that go to produce the milk which contains calcium, protein, fat, etc., though they do not contain them in the same proportions as milk. Mothers who have no milk to suckle their children are able to increase the secretion of milk in their breasts by taking grass juice and leafy green vegetables. Suckling mothers, when their children are sick, if they remain solely on leafy green vegetables, the health of the children will improve rapidly.

Consuming animal milk will only amount to resorting to an undependable secondhand source. Leafy green vegetables will be the firsthand source minus all the defects pointed out above. The portion of the diet taken raw and fresh will contribute greatly to the raising of the health level, provided the vegetables are grown with the help of natural compost manure. Vegetables grown on artificial manures produce acidity. But unfortunately our national Government is popularising this injurious process. It is injurious to the health of the consumer as well as that of the soil.

If a diet is to be balanced on the lines suggested by the medical men, it is definitely only to increase their professional practice. Such a diet will lead to wrong combinations of foods, over-eating because of a great number of varieties in a meal and so on, which will upset digestion and impair health.

The best rule will therefore be to have a simple wholesome meal which is consisting predominantly of vegetables. If we become vegetarians instead of vegetarians that will take us on the road to Health, Holiness and Happiness.

Wonders of Nature-Cure

B. R. Aggarwal. New Delhi.

As one benefited immensely from the philosophy of Naturopathy, I record below a case history of one of the several cases treated successfully in my family on the lines of this Divine Science, as an eye-opener to those who do not yet believe in its efficacy and still toe the old line, inspite of the risks involved in the violent systems of treatment dispensing poisons under the garb of "medicine".

One of my sons, now aged 17 years, had an attack of pneumonia in his infancy when he was only 10 months old. He was treated according to the Orthodox System of medicine and got relief, but never regained health. Very often he had attacks of cold and a little exposure to cold fresh air worsened his condition. The change of season was always a period of anxiety for the whole family, as it brought severe attacks of cold. The doctor who was treating him for this ailment continued to give him calcium and other medicines viz. liver extracts, synthetic vitamins etc. in order 'to build up his power of resistance',

However that treatment instead of bringing any permanent cure, ended in jaundice and deterioration of health. As such, the treatment had to be discontinued. The jaundice was cured by giving up all medicines, keeping the boy on fruit juices and restricted diet.

At the age of ten, the boy had a severe attack of typhoid which was treated with the aid of a few mild allopathic and unani medicines. The fever continued for a period of full 43 days and when it left him, the health of the boy was completely ruined. His intelligence had become subnormal and the health level rendered

very low with the result that he could not attend to his studies properly.

Efforts were made in vain to raise the level of health by administering several medicines, injections, pills etc. under the advice of a number of qualified allopathic doctors. But the benefit was on the negative side only. After a lapse of two years, I got the boy examined by a Unani Hakim who was a close friend of mine and he diagnosed that his heart was very weak and its beating was unrhythmic. According to him, it was frequently missing one beat out of four which it was normally expected to make within a specified period. He prescribed certain herbs and silver leaves which were to be pounded together and sieved. This powder was administered daily to him twice. With this treatment, some improvement was noticed in the boy's health, but it proved to be only a temporary phase. After a lapse of some time, he began to feel a mild pain in the chest in the region of the lungs. At this stage, allopathic medicines were tried again, but the result was more severe pain in the region. At times it became so unbearable and the hands and feet became so cold that a collapse seemed to be imminent.

The boy also had septic tonsillitis which had been declared to be incurable by allopathic doctors who suggested that it would have to be operated. I did not want to take the risk of an operation and gave up the allopathic treatment. The homeopathic treatment was then resorted to and continued for some time. There was, however, no response from this treatment too. Ayurvedic medicines were also tried, but all in vain.

It was in this state of health that treatment on *natural lines* was commenced in May, 1951, after consulting Gurudev Sarmaji. The programme of the treatment was as under :-

- (a) 5—30 A. M. (i) Non-violent enema after natural movement.
- (ii) Walking on green grass.
- (iii) Exercises consisting of a few simple Asans.
- (b) 7—30 A. M. (i) Oil massage.
- (ii) Sun bath.
- (iii) Immersion bath for half an hour in hot water and for half an hour in cold surahi water.
- (c) 9—30 A. M. Raw vegetable juices obtained from green grass, petha and other green leafy vegetables, diluted with three times the water.
- (d) 10—00 A. M. Abdominal wet pack for an hour.
- (e) 1 P. M. Vegetable soup.
- (f) 4 P. M. Spinal bath for half an hour.
- (g) 5—30 P. M. Liquid diet—Fruit-soups prepared from the fruits of the season
- (h) 8 P. M. Bed.
- (i) Fasting half a day once a week.

As the patient had tonsilitis, he was also given wet throat packs for one hour each morning and evening daily.

The above treatment was gone through and had a very cleansing effect on the system. It was relieved of a good amount of foreign matter. Consequently, the weight of the body came down from 98 to 88 Lbs. Apparently, the health seemed to be very much reduced but actually the patient was feeling much better than before. The seat of the pain also shifted down from

the region of the chest to the left-side of the body. (Presumably; the foreign matter had been released from the portion and slipped down to the large intestine). With continued treatment, the chest pain disappeared completely within a period of three months and the tonsillitis which had been declared to be incurable was radically cured. The digestion also improved and gradually the patient began to feel strong enough to be able to attend to his normal duties. His intelligence also improved considerably. He now weighs 112 Lbs

A few Quotations

(Collected By Surendra Prashad Garg, M. A., L. L. B., Jaipur)

"Disease..... becomes a vested interest, and consciously and unconsciously, the doctors foster it as such. It is a common observation that doctors produce disease. Moreover, the whole system and philosophy of our dealing with disease is mistaken." Dr. W. H. WHITE, M. R. C. S., L. R. C. P. (The above, quotation is from the book '*Medicine: Rational or Irrational*'—By Cyril Scott.

"But what I would stress in particular is that because the orthodox "dictators" arrogate to themselves the right to say what diseases are and are not curable, thousands of sufferers who believe them are deprived of all hope and are dissuaded from seeking the assistance of less orthodox practitioners who *could* restore them to health."— By Cyril Scott.

"Sugar, as now manufactured, yields only heat to the body. Sugar is "purified" fuel burned in the tissues without contributing any of the salts, vitamins, biochemic reactions, building or repair material indispensable to health."

"The end products of its combustion are acids."
ALFRED W. McCANN,
(The Science of Eating)

Woeful Ignorance of Nature of Sickness in High Circles

C. Bhanumurti, B. A., L. T., Naturopath, Gandhinagar,
Kakinada (Andhra)

I happened to go to the homes of two middle class educated people. In both the homes, I saw two persons aged 25 and 10 respectively, down with fever shooting up to 101° and 102° F. When questioned, how long they have been sick they answered that, for one full week they were having fever and that their bowels were not moving for 4 days continuously. When they moved before this 'costive' period, the faecal matter was noticed to be dark and dark green. Pity it is, that in both these homes, with well-educated men as the elders in the homes, they were merely visiting clinics and taking liquid drugs and tablets. They had no 'Enema' apparatus to clean their bowels. In fact the use of 'Enema' was never known to them. When I proposed that 'an Enema' might be gone in for at once, and the gutters (bowels) in the bodies of fever patients be immediately cleaned, they demurred, fearing that introducing water into the system might result in any unforeseen eventuality, involving complications. Can ignorance of the ordinary functions of human body go further? A thorough evacuation of the bowels and the ejection of solidified faecal matter, black and green in colour, would put an end to the fight between bodily vitality and bad matter within, and bring down the temperature to 98.6° F., which is normal. Fever is simply the index of this fight going on in the body, meant only to warn us of what might happen to the body, should the bad matter be allowed to stagnate within, for an indefinite period. Doctors and drugs need not fight our friend the fever but they should drive out the enemy (ie.) bad matter with the help of enemas,

steam or sun baths, and fasting (if necessary). Eminent allopaths after years of experience, have come to the above conclusion.

In fact, that is what is usually done in my home, when my wife and sister—both above sixty—feel feverish, and down comes the temperature when bowels are cleared of the debris by an enema wash of simple cold water (with nothing added). If they still feel indisposed, they fast for a day or two taking some plain water with a little lemon juice. Fundamental laws of health are not known to our educated brothers and sisters, let alone our uneducated people. 'Practical Nature Cure' now in its ninth Edition, written by Sri K. L. Sarma a naturopath of international reputation working hard, for the cause of naturopathy for over 46 years now contains everything relating to cause and cure of disease, with the aid of air, water, sun and proper diet, and fasting also, if necessary. It costs just Rs. 12—50. A copy of this, in any home saves hundreds of rupees in the shape of Doctor's fees and cost of drugs. I appeal to my educated brothers and sisters, to go in for a copy and go through it thoroughly. This is no advertisement for this valuable guide to Health, for a book running the ninth edition needs no advertisement. Sheer humanity impels me to offer this simple advice. The sight of young people, stagnating in bed for days together, sacrificing so many manhours is really a pitiable affair.

By K. LAKSHMANA SARMA

CONSTIPATION DYSPEPSIA AND CONSUMPTION Rs. 2.

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

Emissions Controlled

A follower of The Life Natural employed in Government service as U. D. C. at Imphal in Manipur State writes as follows:

"I started masturbation at the age of 14 and at 15 night discharges began thrice a week. As a result, my body became thin, digestion weak and loss of appetite. I got spermatorrhea and felt pain in the penis when passing urine or semen.

"I underwent allopathic medical treatment in hospital. Then I tried Ayurvedic and Unani systems. I also tried medicines advertised in papers for internal and external use. Vitamin injections were also tried, all to no purpose, except the spending of large sums of money.

"At last I heard about a Naturopath by name Hera. He advised me to study 'Practical Nature-Cure' and other books by Sarmaji. I also read copies of The Life Natural. These appealed to me very much.

"I took spinal bath in the mornings. Then took dilute orange juice with some honey. At 12 noon I took some fruit juice or milk. At 6 p. m. I took my principal meal of rice and vegetables. This *one meal plan* and the spinal bath helped me to get a cure. Formerly to compensate the loss of vitality I was taking plenty of nourishing food along with medicines but got no cure. Now I gave rest to the digestive organs by taking only one meal and that too a simple one.

"So Nature-Cure has saved me from ruin. I am now energetic and active. I hope to get married and lead a family life. Whom should I thank, 'Hera' or 'Practical Nature-Cure'?

Editor's Comments:

Youngmen of this sort have come to our Sanatorium after giving a trial to Yogasans also. They are advised not to worry about Asans for some time till their bodies became light. They had come to the stage when they were unable to practise the Asanas without experiencing pain. After a week or two on tender cocoanut water alone along with sun bath and spinal bath they are rid of their malady and then they become able to do Asans. They are advised to begin with easy Asans and the non-violent pranayam as taught in 'Practical Nature-Cure.' Uniformly good results are always obtained.

Natural Cure of Eye Defects

REVISED FIFTH EDITION (1956)

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

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Rs. 2.

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

Bharat Jyoti, Bombay.

How to Avoid Heart-Failure

Dr. Surendra Prashad Garg, Jaipur.

A few months back my sister's daughter aged 25 years died of heart-failure. This failure followed immediately after administration of some drug by a nurse. This case confirmed my view based on experience. In modern days more people die of heart failure than from any other affliction. I have observed in a number of cases that when some strong medicine or injection is given to a patient in order to relieve him of fever or some other ailment the symptoms of that particular disease subside but next morning or in the night the patient collapses due to heart failure. The relations of the patient do not know that the cause of death, in fact, lay in the injection of strong drug which was given to the patient by the doctor. The reason of death is also obvious and simple. The medicine, an inorganic substance, or the injection, poisons the blood to such an extent that the weak heart cannot bear this extra strain and succumbs.

Thus we see that in order to avoid heart-failure one must avoid drugs, serums, inoculations and other poisonous medicines. Besides, one should not weaken one's blood by taking too much of salt and sugar. Positive diet as recommended in "Practical Nature-Cure," regular exercise, bath, sleeping in open air, help much in this respect. I have found the raw vegetable juice a sovereign remedy for purifying blood. It should be taken daily on empty stomach.

PRAKRUTI JIWAN

Telugu monthly on Nature Cure

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

Annual Subscription Rs. 6

Published by
Sri Ramakrishna Prakruti Ashram, Bhimavaram,
(Andhra State)

APPENDICITIS

S. Swaminathan, 1 Sivaji Place, New Delhi.

THE LAW OF CAUSE AND EFFECT

It is a curious irony of fate that in this "enlightened" modern world of ours the law of cause and effect is perhaps the least understood so far as disease-causation and cure are concerned. In nine-thousand nine-hundred and ninety-nine out of ten thousand cases a *semblance* of cure is labelled as a 'cure.' The 'remedies' used for effecting relief are extolled by the manufacturers, the middle men and the users and, alas!, everyone has disappointment in wait for him. Cures come and go, but *the diseased condition goes on for ever*. The regular use of purgatives and laxatives to 'cure' constipation confirms constipation. Similarly, if sedatives and stimulants are used, whether occasionally or regularly, they only help to enervate the system further. All that is really happening is that, as time goes by, the symptom-complexes in the individual change, as his enervation becomes worse and worse. He is told his 'headache' was 'cured', his recurring 'colds' were 'cured', etc. etc. as he is (at the point of time we meet him) no more getting them; but the poor man's condition is pitiable. He needs a regular medical check-up once every few months; he feels fatigued and tired very often in the day and if he could get along with his daily routine at all, it is with the help of pills and peps, sedatives and stimulants. He was really never cured of any disease, because the cause of disease was never understood by his doctors, and he himself did not do anything to restore himself back to health. He can never restore himself back to health, until and unless unhygienic conditions of living—the only real cause of disease—are given up and healthful habits are taken up instead. The drug mode of 'treatment,' as well as surgical intervention, disregards the law of cause and effect thoroughly.

and that is why those that resort to them never get a radical cure, by recovering health.

The above statement is true in every condition; there is no exception to it. Hence statements such as "Disease is inevitable," "After all, you cannot simply brush away the achievements of medical science," etc. will have to be taken with a pinch of salt. Day after day, month after month, articles are appearing in the dailies and monthlies of the modern world, reminding the people of the "spectacular advances made by surgery during the last century" and the writers assure the people that "submission to an operation has been freed from most of the dangers and discomforts formerly attached to it".

"SPECTACULAR ADVANCE"

Has there been any advance in modern medicine and surgery? Certain quarters assert that there has been, and the statement is taken as true by practically all the people. Not long ago (on the 21st August 1954), the *LANCET* wrote:

"The doctor of a thousand years hence may regard the Medicine of 1954 with the astonishment that we feel for the Medicine of A. D. 954. Time will reveal the error in our thinking and practice. It may bring a new conception of the healer as a man of faith no less than as a man of science."

We, Nature-Curists, need not wait for another century to feel astonished about the medicine of to-day. Our astonishment is that, even as the medicine of A. D. 954 did not take into account the working of the Law of Cause and Effect. The day medicine takes into account the working of this Law, it has to liquidate itself; its pet theories, the calorie theory, the germ theory, etc. would have vanished into thin air.

As regards surgery, this too disregards the Law of Cause and Effect. Surgery is resorted quite unnecessarily in a very large number of cases.

WHAT IS APPENDICITIS?

Appendicitis is supposed to be a surgical case, that is, a condition which cannot be set right without resort to surgery. Let us see what the medical authorities have to say about it:

A writer in the *British Medical Journal* of 20th March, 1955, observed:

"The writings on this disease (if disease it be) reveal a remarkable dearth of facts about this most ordinary complaint."

Writing editorially on the same date, the Journal observed:

"Surely it is high time for a study to be made of 'chronic appendicitis' with a control group of patients treated non-operatively. Until clinical and pathological findings have been carefully compared, and analysed, the suspicion is bound to linger among the unconvinced that Ackerman was right when he suggested a change of name from 'chronic appendicitis' to 'chronic remunerative appendicitis'."

Again on the 16th April, 1955, the Journal observed editorially:

"The aetiology (cause) of acute appendicitis remains unknown, and its varying incidence in different social classes unexplained. At first this might seem one of the last conditions in which to invoke a psychosomatic explanation, but if the activities of the colon and the small intestine are influenced by stress and emotion, why not those of the appendix?"

Dr. Joseph F. Montague of U. S. A. observes:

"It must be evident, however, to anyone..... that mere removal of the appendix will not relieve a person of the necessity of correcting errors in his diet or defects in his digestive abilities. The failure on the part of the surgeons to recognize these obligations is why I, and many other specialists in intestinal ailments, see countless cases of 'appendicitis' among people who have had their appendix removed. The reason, of course, is that the colitis on which the condition was based had not been corrected, and the symptoms of spasm and local irritation continued. Thus, it is evident that appendicitis is much more than a local problem and that its correct care involves far more than the surgical removal of the appendix."

Dr. William Boyd, Professor of Pathology and Bacteriology in the University of Toronto, observed:

"The disease (appendicitis) is common in highly civilized countries and urban communities but rare in remote rural districts and among primitive peoples. During the nine years that McCarrison practised among the hill tribes of the Himalayas he never saw a case of appendicitis. Natives who live on a diet abundant in cellulose are immune, but when they adopt the diet of civilization they lose that immunity. These and many other similar facts suggest that habits of life, and, in particular, modes of diet such as meat-eating, are of importance in pre-disposing towards appendicitis."

There is the candid admission in medical circles that the cause of appendicitis is not known to medical science. There is also the statement that the removal of the appendix is not the way to overcome the problem. There is the further observation that appendicitis is not found in people who live on a natural diet.

APPENDIX: THE MEDICAL VERDICT

The innocent little appendix, minding its own business, is the most misunderstood part of the human anatomy. This small finger-shaped structure projecting from the caecum, in the view of many physiologists, 'apparently serves no purpose in the body'. There is a widespread belief that the appendix is on its way-out and that in the course of human evolution 'this useless organ' would eventually disappear. But, so long as it lasts, it is bound to have nuisance value—that is the Medical Verdict:

The little organ, however, refuses to assume the role which has been assigned to it by physiologists and medical men. For, it does not create any trouble whatever in the vast majority of the population. The incidence of appendicitis (inflammation of appendix) is prevalent only among sections of humanity which consume artificial, denatured, unhygienic foods. Those who live on a natural diet abundant in cellulose do not get it. It was observed during World War II, when there was an acute scarcity of meat and fats, Holland had a marked decline in the incidence of appendicitis.

ETIOLOGY

Effect follows cause. Examine the mode of life of the 'appendicitis' victims and you can certainly find that they had been committing sins against Nature's Code of Health.

Defective elimination due to wrong choice of foods and wrong modes of eating, in utter violation of Vital Economy, sets up serious intestinal putrefaction. The repeated use of pills and purgatives, cathartics and drugs, produce irritation and inflammation in the colon. Disturbance of the function of the endocrine

glands, caused by emotional factors, produce digestive disorders, affecting the colon. Thus there arises constipation. It is in such circumstances that the appendix gets inflamed, to warn the man of the great impending danger to his health.

If and when the appendix gets inflamed, a serious disorder in the alimentary canal is indicated. The highway is "jammed" and perhaps is impassable in parts. The traffic signal goes red, warning the man to stop the ingestion of conventional foods and drinks. The appendix is thus discharging a very vital function in the human organism. There are also grounds to hold that this organ secretes mucus to the colonic contents for lubricating the passage of faecal masses.

The inflammation of the appendix is the direct result of wrong living habits, and not of a local infection. Those that cannot, or do not take the trouble to, understand the Law of Cause and Effect would, however, be satisfied with carrying out the advice from scientific(!) quarters— "Smash the signal and push in the foods". The system that specialises in symptomatic treatment can tender people no better advice! The inflammation is, as observed earlier, more in the nature of warning administered to the individual so that if he could, even at that stage, take to hygienic living habits, he can recover his health to a great extent. But, if he chooses to cut away the part which is issuing a warning, it is "no more sensible than to kill the messenger who brings bad news".

IS IT APPENDICITIS?

It is well to remember that pain over the appendix area may be due to very many causes— it may be anything but appendicitis. Accumulation of gas in the colon, specially in the area of the caecum, pain or discomfort in the surrounding region, and many other

such symptoms are formally — very unfortunately for the patient—diagnosed as 'appendicitis'. The mistake is realised only when the operation is completed, but then the appendix is already out "to add to the glory of surgery for the notable advance it is scoring in the battle on appendicitis".

SURGERY WILL PREVENT A CURE

A palliative may well serve to prevent a cure. Removal of the inflamed appendix may be a palliative; the digestive disorders that preceded the onset of the appendicitis and the habits that caused the digestive disorders *remain*, to produce a harvest of ill-health later.

WAY BACK TO HEALTH

As Poojya Sri Lakshmana Sarmaji observes in his स्वार्थान्स्वास्थ्यमहाविद्या :—

“प्रकृतिं वंचयित्वैव लब्धुं स्वास्थ्यं यत्तेन यः ।

स्वमेव वंचयन् सोऽयं सीदन्येव न संशयः ॥

“नियमाननुतिष्ठेद्यः स एव स्वास्थ्यमृच्छति ।

यः स्यादनियताचारः स्वास्थ्येनासौ वियुज्यते ॥

“He that seeks to attain health by cheating Nature cheats only himself and, in consequence, suffers (worse health). He alone attains Health, who obeys the laws (of health); he that lives anyhow, (disregarding those laws), loses the health (that he has)".

In treating any disease, it is vitally necessary to restore the organism to its natural functions, and this can be done by observing the Code of Health laid down by Mother Nature. The inflamed appendix can, and does, get back to its usual size, if the sufferer chooses to follow the Code of Health with full faith in it.

So, it is the desire of the millions of his followers that his birthdays should be celebrated as the Life Natural Days. This year Sri Sarma completes 80 years of his life and we propose to celebrate his 81st birthday (5th January, 1960) all over Delhi and New Delhi having week - long celebrations.

A tentative programme has been prepared as laid down below:—

1st January, '60 Friday—Institute premises, A-434,
Defence Colony or Community Hall,
Kidwainagar.

2nd Saturday—Patelnagar, Multan
D. A. V. H. S. School

3rd Sunday Morning,
— Seminar on Food for Health
C. P. W. D. Hall.

Evening, Public Meeting
— Lajpat Bhavan, Lajpatnagar

4th Monday,—Delhi Public Library,
Queens Road

5th Tuesday—C.P.W.D. Assembly Hall,
Queen Mary's Avenue
or Bharatiya Vidya Bhavan, Curzon Road

6th Wednesday—Jindal House,
Asaf Ali Road

7th Thursday—D. G. 968 Sarojininagar

The celebrations committee request your kind co-operation in making the celebrations a success.

AMRIT L. JINDAL
Secretary

Members of the Committee on opposite page.

Sarvasri

1. Hukum Chand Bagga, 1057 Naiwala Gali 26,
New Delhi 5
2. P. R. Varun, F 195 East Vinay Nagar, N. Delhi 3
3. V. Ramasvami Iyer, 74 Baird Road, N. Delhi 1
4. Telu Ram Verma, 4356 Paharganj Main Bazar
5. Sarasvati Ramaswamy, 74 Baird Road
6. R. S. Srivastava, 13 Press Place, N. Delhi-1
7. S. R. Khetrapal, Paul Bros., Tailors, Connaught
Circus
8. Des Raj Gulati c/o American Embassy,
Chanakyapuri.
9. K. N. Kapur, 14 E/28 East Patel Nagar.
10. Arjun Dev Kohli, A 295 Lajpatrai Market
Chandni Chowk.
11. Sevak Ram, Lajpat Bhavan, Lajpatnagar.
12. Chunilal Sachdeva, Hotel Cecil, Delhi 6
13. Ram Kumar Gupata, 10983 Shidi Pura,
Temple Street, Delhi 5
14. Nemi Chand Mittal, 389, Kucha Bulaqi Bagam
Esplanade Road, Delhi 6
15. Dev Nath, 52 Reading Road.
16. J. C. Sharma, III/4785 Ram Bazar,
Cloth Market, Delhi 6
17. L. Ramachandra Sharma, M. Sc., Principal,
S. D. College, Palval.
18. S. Swaminathan, No. 1 Shivaji Place.
19. L. Ganesa Sarma, A 434 Defence Colony.
20. Kaushal Kishore Jain, 18 Amrit
Building Daryaganj.
21. Amrit Lal Jindal, 116 Sundar Nagar.

Here are the hints that will be helpful in clearing the "traffic jam" in the alimentary canal and in restoring normality to all the concerned organs, including the appendix:

Fasting—During the acute stage (when the pain and other symptoms are very acute) it will be best to undertake a complete fast. The fasting should be continued as long as perceptible relief is not had. Generally in the course of a three or four day fast this result is had. People need not wonder whether fast could be observed by the patient, for at this time it will be absolutely impossible for the patient to feed himself in any way. After perceptible relief is not had, the patient can continue the fast on tender coconut water, dilute herbal or fruit juice, or vegetable soup, taken twice or thrice daily, in moderate doses. Cold water, in achamana doses, may be taken as many times as needed, both during the period of complete fast and thereafter.

Dieting: After the initial fasting, described above, frugal diet (raw salads, conservatively cooked vegetables, or fruits) could be taken, twice daily for a period of ten days or more. It would be advisable to eschew proteins and fats, and even carbohydrates, during this period. Devitalizing foods, stimulants, fried foods, etc., are, of course, strictly forbidden for the health-seeker.

Baths and Packs: During the acute stage, alternate hot and cold fomentations over the area of the pain will give considerable relief. Shallow hip baths (or abdominal wet packs or stimulating wet packs) can be had. Spinal baths will tone up the health of the nervous system and will quicken recovery.

Enema: Non-violent enemas can be taken daily in the early stages and, later, as need arises.

See Page 177

The Life Natural Week in Delhi-1960

Nature-Cure is as old as life. Unfortunately civilization robbed us of it. We were after a semblance of Health, just like being satisfied with the moon in the mirror. Life became painful and unhappy and death became desirable.

The Lord has said it, that when sin becomes rampant He will uphold truth and that Truth will ever persist. So was Nature-Cure revived. There were many pioneers and each one has contributed to the knowledge of the Truth, the Science of Healing. Most of the pioneers have been sufferers themselves who regained Health through the healthy way. And here in India, Sri K. Lakshmana Sarma has devoted his life to this work of spreading this knowledge of Truth. He has contributed quite a lot to both the theoretical and practical aspects of the Science of Health and Healing. One great thing that deserves mention is the stress that he has laid on the Life Natural which bestows on man Health, Holiness and Happiness. His other contributions are of course there, but this progressive trend to the practical living in general is indeed a great step which eliminates the need for a cure after getting ill.

Continued from Page 176

CONCLUSION

If the programme outlined above is followed, the patient could regain normality in a few weeks' time and thereafter he could stay cured if he knows the simplicity of rebuilding health and youthfulness by Nature's way. Let him become a votary of Natural Hygiene, for there is no other way to Health. It is not enough to be cured; it is also necessary to *Stay* cured and to have good health for the rest of one's life.

The Life Natural & Sarmas' Books

are available in *DELHI* from:

1. **CENTRAL NEWS AGENCY,**
23-90, Connaught Circus, (Near Madras Hotel)
NEW DELHI-1
 2. **RAMA KRISHNA & SONS,**
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NEW DELHI-1.
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Delhi & New Delhi.

Activities in Delhi

7 The Thirty-Eighth Basic Nature-Cure Study Group

The 38th Basic Nature-Cure Study Group, conducted under the auspices of the Delhi Branch of the Indian Institute of Natural Therapeutics, concluded its sittings on the 11th November 1959, after a period of four and a half months. During this period, there were regular daily sittings and a large number of people were benefited by the Group. On the 10th November 1959, Sri M. M. Bhamgara, F. I. I. N. T., addressed the Group.

The Thirty-Ninth Basic Nature-Cure Study Group

7 The 39th Basic Nature-Cure Study Group, scheduled to have commenced on the 23rd November 1959 at West Patel Nagar, has been cancelled due to some unavoidable reasons. The next Study Group is expected to be commenced early in March, 1960, and an announcement will follow in these columns later.

Lectures

The following are the details of the lectures delivered under the auspices of the Delhi Branch of the I. I. N. T. during the period 1st November to 22nd November, 1959:

(a) at LAJPATNAGAR (Quarter II/0/5)

- | | |
|----------|-------------------------------------|
| 1-11-59 | Overcoming Tension The Natural Way |
| 8-11-59 | The Rationale of Water-Cure |
| 15-11-59 | Baths and Packs —Sri S. Swaminathan |

(b) at 1, SIVAJI PLACE

- | | |
|----------|--|
| 1-11-59 | Understanding the Child |
| 15-11-59 | Child Behaviour & Its Impact on Health |

- 22—11—59 Adult-Child Relationship & connected Problems —*Sri S. Swaminathan*

(c) at A-434, DEFENCE COLONY

- 8—11—59 Toll of Health at the Altar of Civilization

—*Sri L. Ganesa Sarma*
& *Sri S. Swaminathan*

The following are the details of the lectures delivered under the auspices of the different social and cultural organisations of the Capital :

(d) at DELHI PUBLIC LIBRARY, DELHI

- 2—11—59 Natural Cure of Defective Vision
—*Sri L. Ganesa Sarma*

- 9—11—59 Nature Cure in a Nutshell
—*Shri M. M. Bhamgara, F. I. I. N. T.*

- 16—11—59 Germ Theory of Disease
—*Sri L. Ganesa Sarma*

(e) at LAJPAT BHAWAN, LAJPATNAGAR

- 22—11—59 Why Disease?
—*Sri L. Ganesa Sarma*

Sri Aurbindo's thoughts on Health

"Medical Science has been more curse to mankind than a blessing. but, also it has weakened the natural health of man and multiplied individual diseases ; it has implanted fear and dependence in the body and mind, it has taught our health to repose not on natural soundness but a rickety and distasteful crutch compact from the mineral and Vegetable Kingdoms."

Important Announcement About the Sanskrit Supplement

We are glad that many of our readers have sent their subscriptions of Rs. 3-75 for the Sanskrit Supplement "Swadhina Swasthya Maha Vidya" with author's English commentary and Prof. Balraj Mahajan's Hindi translation. Prof. Mahajan has already translated the first three chapters. In his letter he says "I need hardly say how delighted I have been to read the original work in beautiful Sanskrit"

His Holiness Jagadguru Sri Sankaracharya of Kanchi Kamakoti Peetham has graciously sent His Srimukham blessing the work:

His Holiness Swami Sivanandaji Maharaj of Rishikesh has contributed an appreciative foreword to the book.

Due to numerous requests received from readers and due to rather very voluminous nature of the work (this has far exceeded our earlier estimate) we accept the suggestion of the readers to bring out the Sanskrit work with translations and commentaries in book form instead of serialising it, as proposed earlier in the September '59 issue. The difficulty of keeping the loose issues safe for a period of two years and getting them bound neatly has also been voiced by the readers.

So we have proposed to publish the book early in June 1960. It is expected to contain 1000 pages with illustrations for baths, packs, etc.

Its price will be Rs. 15. due to high cost of paper and printing. The pre-publication price for orders registered upto the end of March '60 will be Rs. 12-50.

Those who have already sent Rs. 3-75 are requested to send the balance of Rs. 8-75 as early as possible.

27th November '59. } L. TYAGARAJA SARMA,
Pudukkottai. } PUBLISHER

The Life Natural.

Two Nature Curists Visit the Capital

Dr. Keki Sidhwa, N D., D. O., and Sri D. C. Desai were in the Capital for three days in September and delivered four lectures. Except the first, all of them were attended by fairly large audiences.

Sri Amrit Lal Jindal, General Secretary, The Ahimsak Party, got the information of their arrival and he promptly passed on the information to the Secretary of the local branch of The Indian Institute Of Natural Therapeutics.

In the first meeting (on 19—9—59), presided over by Sri D. C. Desai, Chief Government Inspector of Railways, Founder President of the Vegan Society of India & Founder President of the Bombay Nature-Cure Association, Dr. Sidhwa, Consulting Naturopath, Marwari Relief Society Hospital, Calcutta, addressed the audience on the 'Miracles of Nature.'

Dr. Sidhwa explained that miracles are being performed each and every moment in the human body—in removing tissue wastes which form about 2/3 of the human refuse and at the same time forming new cells in replacement of the lost ones, all this being done while the system is functioning regularly. No man-made machine had this possibility, as in them it requires a stoppage of work for the repairs to be effected.

Such repair or healing processes are instantaneous. When there is a cut, healing starts immediately. The entry of any foreign matter into the eyes or the nostrils are forthwith expelled by running of tears or sneezing, observed Dr. Sidhwa, in explanation thereof. In essence he pointed out that Nature sees to it that any disharmony in the system is immediately removed by what he called, in the words of his revered Principal

of the Edinburgh College Of Naturotherapy, the Life Force.

He said that the Science of healing known as Natural Hygiene in America and Art of Living must actually be termed Nature-Cure*.

If a cure is effected of any sickness it must be lasting and should be kept up. But a semblance of a cure achieved by unnatural means is only temporary and the simple dis-ease that was there is gradually made a life-long companion by becoming a chronic disease, he said.

Just as the vultures prey upon the dead carcasses and not on live beings around, the germs that are found in the body are the ones that come up out of the putrefying foreign matter and they consume the foul matter and rid the body of the disease matter; they are never there before the disease occurs, and thus he proved that the germ theory of disease is false.

In the end he pointed out that one can cure oneself and not cure another. The responsibility of the cure rests on oneself as it has to be deserved by one's own reformed way of living, thereby deserving a healthy being.

Sri D. C. Desai explained in short, in his concluding remarks, the miraculous cures that Nature has effected, particularly those that have been given up by the drug system of treatment.

The next morning the guests addressed the students of the 38th Basic Nature-Cure Study Group of The Indian Institute Of Natural Therapeutics being conducted at West Patel Nagar. There Dr. Sidhwa

* Nature-Cure or Nature-Care has a place as a correcting scient after a person has violated the laws of Nature and suffers as a resule of it. But the Life Natural is a Positive Way of Healthy Living.—Ed.

talked on the "Elixir of Life" for which he said there is an eternal search going on, as the so-called elixirs failed. He quoted from a leading medical journal which said that as tonics served no useful purpose they should not be prescribed in the National Health Service (U. K.) and he quoted from another source that tonics worth £.25 millions went down the throats of the Britons.

The Elixir of Life, he stressed, was within ourselves.

He referred to Alexis Carrel's experiment of prolonging life by feeding and removing the metabolic wastes. This, he said, was further proved by an experiment in which some of a lot of aged worms were fasted for a certain period till they were reduced to a skeletal level and gradually fed again and became young again, while the rest of the lot of old worms died earlier. This return of youth by fasting helped to remove the metabolic wastes. He also referred to a case wherein the faster regained youth. Thus he explained that fasting was the real elixir there is.

Speaking on the same subject, Sri D. C. Desai narrated his own cure of duodenal ulcer. Being a Vegan, he did not follow the medical advice that he should take milk at short intervals. The alkaline powders or mixtures they gave failed to relieve him of the trouble. He started on a fast on distilled water. Later, he started taking cocoanut water on the advice of Sri K. Lakshmana Sarma and he had a wonderful cure of his ailment in quite a short time. He added that cocoanut water was very similar to mother's milk and the protein in this King of Nuts was very easily assimilated by the body. He included in the list of Elixirs of Life cocoanut water and ashgourd (पेठा) juice.

He reminded the people that there was no constipation, the grandmother of all diseases, before cooking started. Raw foods never caused any digestive problem. He therefore appealed that to stay cured it is necessary to subsist as far as possible on raw food and to resort to occasional short fasts.

In his talk at Lajpat Bhawan held under the auspices of the Servants of the People Society on Sunday (29-9-49) in the evening, Dr. Sidhwa talked on "Health Is Your Birthright".

He reminded the audience that Health is equally our birthright as political freedom, but agreed that it is a matter of mere chance or luck to be born healthy, because, in the field of Health the masses were the ones without the first letter—'m'. If people were so, for want of education, he compared, the animals in the wild state are rarely in a state of ill-health, because man is given to fear when he is in a state of discomfort or sickness.

He explained in short that Health is not simply a state of absence of any disease, but that it is something POSITIVE and VITAL. He deplored that the people of the day were more disease-conscious than conscious of health and as an example, he pointed out that a good amount of space of Sunday editions almost every daily news-paper was devoted to this problem of disease.

He explained also that Nature-Cure is not a series of formulas or mantras, nor christian science nor faith-cure, but that it is a Scientific Philosophy of Living.

He deplored that people in India revered the so-called holinesses, because real holiness always goes with Health and Wholesomeness.

He explained that Health bestowed on people an awareness—an awareness that resents the entry into

Donors for the Library Scheme

The following gentlemen have sent donations for the Scheme to enable us send free copies of *The Life Natural* for one year to leading libraries in India.

Prof K. R. Choudhry,
Director, Nature Cure Clinic,
Swetchanagar. Kankipad, Krishna Dt. Rs. 15
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Death Caused By Vaccination

Ksh. Kala Singh Head Master, Kongpal Khetri Leikai, Imphal

The following case was published in the "*Anouba Samaj*" a daily news paper of Manipur on the 29th September, '59 on the information given by the father of the boy.

"A boy Pitamber Singh of aged 7 years, son of Mr. W. Divijamani Singh, a student of class I in a primary school at Singjamei, was vaccinated on 25th September, '59 by two doctors of Territorial Council, Manipur, in the morning. The boy died the next day at 8 o'clock in the morning on 26th September 59 i. e. after 24 hours."

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the system of anything that is foreign to the body,—that this awareness which causes a state of dis-ease in the process of expulsion of the foreign matter is just an expression of Life's Will for Health.

While telling about the way such a state of sickness is to be treated, he quoted James C. Thompson, who said that when one stops doing the thing that makes one ill, one starts getting well. He further said that because there is no specific cause for any specific disease, no specific remedy can be there and that this vast trade in specifics is just a vested interest trading upon the ignorance of the populace.

He gave details about the spread of Nature-Cure in the West saying that there were more than 250 qualified Nature-Cure doctors in the U. K. and that 55% of the population of Holland resorted to Nature-Cure for relief from their ills and regretted that in this vast and ancient country (India) there were few qualified practitioners. He further condemned unqualified practitioners who prescribe wrongly advising heavy exercises and long fasts for pregnant women and so on.

He mocked at civilisation which only makes people live in a manner which others will approve of and not the right way though they knew it. He contrasted man with animals who do not eat when not hungry, do not drink when not thirsty, who do not mate when the partner is not in season and are not afraid of what others will think of them.

Sri D. C. Desai then addressing the audience narrated how more than 15 years ago, when he had been to a hill station on medical leave, came to know after some length of allopathic treatment that his heart had been affected, when fortunately for him (and otherwise for the medical profession), he came across a copy of *The Life Natural*, edited by K. Lakshmana Sarma,

which gave a turn in his life. He spent over Rs. 1000 on books by various well known pioneers of Nature-Cure and with the knowledge he gained he was able to regain health in about 2 months. Therefore, he said, that gave him a second and long lease of life.

He went on to say that it was not that he never suffered ever after that. But he used to get some acute troubles, not chronic ones, and he had the firm conviction that each and every one of such crises made him healthier than before. He explained that acute crises were just the steps in one's progress to health. The greatest blessing that he derived by changing over to Nature-Cure, he said, was that each member of his family became independent (of a doctor).

He explained the essentials of Nature-Cure by quoting Hippocrates who said "Give me fever and I shall cure you", and to treat any disease you should "shut the mouth and open the colon".

In his concluding remarks, Sri L. Ganesa Sarma, who presided over the meeting, elaborated one of the points mentioned by Dr. Sidhwa that doctors in old China suffered a loss of income when any of their clients fell ill. Referring to the Contributory Health Service Scheme for the Central Government servants, he pleaded that there must be a Health Insurance scheme introduced on the following lines: Each Government servant should contribute to a Health Insurance Account opened in his own name and that the Government should deposit or credit to his account three times the share (It is said that the Government is spending more than three times that of the total contributions of the Government servants under the present Contributory Health Service Scheme). The Government should also pay an interest as is being done in the case of General Provident Fund Accounts. The servants should be given the opportunity to draw monies from their relative Health Insurance Accounts

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By

K. LAKSHMAN SARMA

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"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."

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"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."

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