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THE LIFE NATURAL

Is Fasting A Panacea
Editorial

Anaemia

K. Lakshmana Sarma

Eating and Enjoyment

L. Ramachandra Sarma, M. Sc.

Fractional Feeding

L. Ganesa Sharma

Editor: K. LAKSHMANA SARMA



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Sri Jain is a prominent banker in Delhi and is very much interested in Nature-Cure. He has helped the Institute to organise a number of well attended Study Groups in Delhi and had also helped financially and otherwise the Nature-Cure Convension held in November '58 in Delhi. He gives advice on Nature-Cure to various patients daily.

THE LIFE NATURAL

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The Life Natural

VOL. XVII

JULY 1960

NO. 11

Is Fasting A Panacea?

We are in receipt of a complaint from a patient who was put all at once on a long fast, and afterwards put on a milk diet for restoring lost weight, without any improvement in his condition. This malpractice is evidently due to the superstition that fasting is a panacea for all diseases, without any regard for the patient's individuality. Nothing is more certain than that fasting is not a panacea, whatever else it may be. There are positive dangers in fasting, especially for chronic sufferers, because their blood alkalinity is low. Even in acute cases, where the background of the disease consists of chronic defects of health, or diseases in latency, which are stirred up and brought out in patent forms prematurely, so that there is danger to life, fasting should not be resorted to for more than 3 days at a time. In such cases food-medicine has to be given in medicinal doses. In a few cases of sub-acute disease it was found necessary to give something; pearls of the pomagranate were given sparingly, and this averted the danger to life and there was an easy cure by restoration of health.

In our practice there is also the policy of giving the patient a voice in the treatment, which he is to undergo. To deny his right to a free and intelligent choice is *allopathic*, not *hygienic*.

It is wrong to suppose that there is no alternative to absolute fasting for periods not fixed according to the patient's limitations. There is a much safer method, namely *approach* to fasting. Our followers know this, and this makes our system more suitable for those who treat themselves at home. In our system it is not at all necessary to go to a sanitarium or hospital. Thousands of followers are caring for themselves in their own homes, sometimes with hints from competent advisers.

It is high time this reckless practice of allopathic Nature-Cure be stopped. This may be taken as a warning to the reckless ones. Patients should avoid such institutions. For the present we shall forbear naming them.

In chronic cases the danger is much greater. Food, when it is well-chosen, is medicine, and this medicine must not be denied to the patient. Absolute fasting is obviously injurious to a patient, whose stock of the health-sustaining food-factors is practically nil. At least failures like the one reported above must serve as warnings to the staff to reconsider the whole subject. It seems that in this case the men responsible were misled by a foreign 'authority,' who must be described as irresponsible, not at all safe to follow.

In our country there is a strong tendency towards uncritical acceptance of the views of foreign authorities who are without the restraining influence of our philosophy and culture. We look upon life as having a Divine Source, which dictates the observance of Non-Violence and of going by the Middle Path. But these guiding principles are beyond the intelligence of foreigners in general.

PERNICIOUS ANAEMIA

K. Lakshmana Sarma

Any abnormal state of the blood is called anaemia, which means bloodlessness. This condition is of various kinds, according to the immediate precedent or supposed cause of the abnormality. Where any one of the organs concerned in blood-making—such as the liver—is at fault, the condition is called pernicious anaemia. The disease is really not serious, and was not considered serious by the allopathic profession before the livercure was invented for it. According to Nature Cure it is just one of the numerous effects of the perversion of the bodily substance by the accumulation of foreign matter through the twofold error in the ways of living, the neglect of Vital Economy and the indiscriminate eating of Negative Foods.

Dr. Bayly the hygienist has written a very short booklet on the now fashionable treatment for this disease, which sheds some light on the true nature and effects of this remedy. Therein he informs the reader that about twenty years ago—which was before feeding with liver was thought of as a remedy—the disease was not considered to be fatal. He quotes Prof. G. L. Gulland, C. M. G., M. D., who declared before the British Medical Association in 1927, that "nearly 100 per cent recover, or should recover, in a first attack" and that "the majority will, from a second." As a rule, when a new allopathic remedy is invented, which is capable of commercial exploitation by the drug-merchants, it is the medical custom to circulate grossly exaggerated descriptions of the seriousness of the disease, to frighten the people into readily submitting to the new treatment. One such scare was started when the liver-treatment for pernicious anaemia was started. The truth is, the manufacturers of liver-extract make enormous profits on this article and this explains the

changed medical attitude. Though allopaths are sure to deny it, it is true that too many of them are very willing slaves of the drug-trade.

It is admitted that liver-extract does not radically cure the trouble. A medical encyclopaedia says; "The treatment must be continued indefinitely." The reason, as Dr. Bayly points out, is that the treatment does not remove the cause. The same authority also points out that the free use of this filthy remedy has ultimate bad effects on the patient's general health. He quotes medical witnesses to prove that "those who took liver-preparations from time to time gradually relapsed into a state of chronic invalidism, while patients receiving liver-extracts regularly and continuously remained well for a considerable time, but eventually developed serious spinal disease or psychosis." Psychosis is disease of the mind.

Other untoward effects are also traced to this disgusting treatment.

Dr. Bayly gives it as his opinion that the disease is the effect of toxic (poisonladen) blood, and can be cured by the patient adopting a reformed mode of eating in accordance with the teachings of true hygiene, which is just what we call the Life-Natural. It is a fact that this opinion of Dr. Bayly is shared by a few eminent medical authorities. Let it be remembered that clarity of intelligence and zeal for the truth are rare in the medical, as in any other, profession, and that therefore there is no sense in objecting that the vast majority of medicos do not share this opinion.

No vital organ in the body can be sick and unable to do its proper work, unless its substance becomes poisoned by the toxic substances that are carried to it by the blood, or unless the toxic products of its own normal functioning fail to be washed off and carried away by the blood-stream. These two modes of

poisoning of the organs can occur only when the fundamental laws of healthy living are persistently violated for a long time. And it follows that the removal of these poisons can be effected by making amends for these violations of law. Thus, only the practice of Vital Economy and the supply of those food essences, which the organs have been denied before, can restore the organs to their normal state and thus cure the disease. What the measures are, by which Vital Economy is restored, and the needful food-essences supplied are known to every student of 'Practical Nature-Cure.' What we have to understand from the points set forth in this article is simply that pernicious anaemia is no exception, and that there is no sense in resorting to allopathic treatment for this, as for any other disease.

Anaemia of this or some other kind may occur as a 'curative crisis'—that is, as a passing phase during the process of health-recovery by the Nature-Cure resorted to for the cure of some deep-rooted chronic defect of health. In such a case the anaemia will pass off spontaneously if some fasting be undertaken and if some raw herbal juices or other highly positive food-medicine be taken sparingly, using enemas if necessary, and taking full advantage of sunlight.

In this connection I wish to draw attention to the second part of the new edition of 'Fasting Cure.' This part is devoted to the clarification of the nature and value of Vital Economy. It is my impression that far too many professors and followers of our system are insufficiently acquainted with the principle called Vital Economy and its practical applications for the cultivation of good health and the cure of diseases of the three stages specified in that book. A working knowledge of Vital Economy is more important than all the knowledge of diet and baths.

The Life Natural, April 1948.

FRACTIONAL FEEDING

L. Ganesa Sarma, (Camp) Sarma's Nature Cure Sanatorium,
Ganeshnagar, Pudukkottai, S. I.

The question as to the quantity of food that one should eat, is raised only when the capacity to digest food is almost lost or when some serious and painful complications have occurred in the digestive system; not otherwise. Be they sufferers of either gastritis or dyspepsia—eating is a great problem for them. For the one there is pain when the stomach has become empty and for the other there is the mental agony that he gets neither hunger nor an appetite for food.

The quack (an allopath who prescribes quick silver i. e., mercury), who has not studied anything about dietetics in the medical college, makes bold to prescribe dietetic regimen. He advises such patients as referred to above to take to fractional feeding.

It is thus. The quantity of food taken when in average health—when in youth—is considered by him as the normal for that patient. Now, to overcome the sufferings caused by their digestive disorders the quack suggests taking to fractional feeding. It is simple: the total quantity of food taken during the day should be divided into so many hours or half-hours, as found convenient, as the number of hours the patient keeps awake. As a matter of fact, the average man in an apparently healthy state of body eats as many as half a dozen times, these being bed-coffee or tea, breakfast, tea after going to office, tea in company with casually visiting friends, lunch, tea with biscuits or samosa or pakoda etc., tea on returning home, dinner, fruits and milk before retiring. If this be not fractional feeding, the fractional feeding suggested by the quacks is further fractionalised. They suggest that patients should

carry a supply of any starchy preparation, like biscuits, with them which they can take any moment they feel any discomfort.

Their explanation is this: The trouble of heat, irritation, and pain in the stomach is due to excessive production of acid—gastric juice—which when there is no food in the stomach to act upon, is believed to act upon the inner layers of the stomach walls. If there be some food put into the stomach, then the acid will not eat away the tissues of the stomach, so they say.

The argument for their preferring starchy food is more physical than chemical or biological. Starch being soft will be soothing to the injured flesh. But the biological aspect should not be ignored. Starchy food, when chewed, gets mixed with the alkaline ptyalin in the saliva. When the food goes down into the stomach the hydrochloric acid in the gastric juice is spent in neutralising the alkali of the saliva.

Does this fractional feeding cure the malady? The answer is that if allopathy could cure, there will be no place in the world for the Life Natural.

The reason is this: Secretion of gastric juice is induced by sight, smell or taste of food. In the case of people who have the habit of eating by the clock,—not knowing the presence or otherwise of hunger—gastric juice starts flowing out in plentiful quantities by artificial impulses, like the thought of the hearing of meal time. Thus, we see that the secretion of gastric juice does not much depend upon hunger.

Gastric juice contains (1) pepsin (2) renin, and (3) micro-organisms. Pepsin digests protein, rennin curdles milk and the micro-organisms split carbohydrate into gases and organic acids and more particularly

into lactic acid. The activity of micro-organisms is brought to an end by the increase of hydrochloric acid in the stomach.

Eating, as a habit, a greater number of times than needed, only minding the clock, sets up a routine for the glands to secrete gastric juice at feeding times. Probably, the gastric juice is more of hydrochloric acid, lacking pepsin and micro-organisms. Thus gastric digestion becomes incomplete. The pyloric sphincter opens when the digestion is complete. But because it is otherwise food stagnates in the stomach, ferments, putrefies and fouls the blood stream and makes it more toxic.

Criminal habits in eating being recklessly continued for long impairs digestion. There is discomfort and even pain in the stomach. Relief is obtained by drinking aerated soda water or even swallowing sodium bicarbonate powder and drinking water over it. Trying to neutralise the acidity by putting an inorganic alkali only sets up hyper-acidity, and produces ulcers, commonly known as gastric ulcers. In certain rare cases, the glands secreting gastric juice fail to function, having been weakened through terrible overwork.

Further suppressed by drugs, the disease might become colitis or tuberculosis of the colon.

Medicos never care to see the real cause of any ailment. Their knowledge of pathology, however deep, does not unfold the root of the pathos. If they do so, that will mean an end of their trade. They can flourish only on the sufferings of their clients.

If a trouble has been caused by a mistake that we have committed in our way of eating and other living habits, the treatment for the malady is to cease from

such habits. Moreover, there must be a repentance in action for the past misdeeds as a prayaschitta, or making amends, by giving the over worked organs complete rest till the acute phase of the trouble passes away.

Many a case of gastritis has been cured naturally by eschewing all food, i. e., fasting, for a few days, i. e., till the pain ceases altogether, taking some medicinal drink, such as water of tender coconuts, grass juice, dilute ashgourd juice or dilute carrot juice; and then gradually coming to the normal diet in stages—vegetable soup, cooked vegetables, fruits, and later still an addition of very little cereal food.

But, for no reason should one go back to the dangerous eat-as-you-like programme which paved the way to the loss of health and happiness. That is not the normal diet, as most people call it. They assert that if it can be called a cure, the person should have a good appetite, should be able to eat and digest anything that comes by and be happy everafter. If such a guarantee is required after a recovery of health, it should have been equally possible before the loss of health. It was not so. When the laws of Nature are ignored, health is lost, be it before or after.

One person complains that he suffers some slight digestive disturbances even if he does this fractional feeding, of positive foods such as herbal juice, vegetable soup, thin buttermilk, cooked vegetable etc., after a recovery of his lost health. Be it positive or negative, it does become negative if it is eaten without hunger, if it is eaten in disregard of the various laws of eating, mainly, the one stressed by Tiruvalluvar.

“அற்றதறிந்து கடைப்பிடித்து மாறல்ல
துயக்கத் துவறப் பசித்து.”

One does not suffer loss of Health if one takes care to see that the meal taken earlier has been completely disposed off (that is, digested, assimilated and the waste eliminated), that hunger has matured and that there is a purity and lightness of body.' If all these processes are gone through, then and then only, does keen, natural hunger becomes felt.

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.

The Vitamin Craze

Vitamins are mysterious substances found in fresh foods, chiefly in leafy and other vegetables and fruits grown naturally. They are conducive to health only in those foods. Synthetic vitamins are both useless and injurious. But business houses ignore this fact and make enormous profits by false propaganda to push the sales of these artificial substitutes. This is evident from the news given in the London *Observer*, March 27, 1960, which carried an article on the highly profitable trade in artificial vitamins. According to that writer there is no need for extra vitamins, since a properly designed dietary provides all the essential vitamins along with the needed minerals also. These extra vitamins, taken in tablet form, being unnecessary, have to be got rid of by the living body, which is not always easy. For this reason these are retained and do mischief.

The article says, there are more than forty multi-vitamin preparations on sale in Britain, and the people are bombarded with advertisements to frighten them into buying them. The expenditure on advertisements alone amounts to about £ 400,000, annually and the sale proceeds would be not less than £ 2,000,000.

It is clearly dishonest to pretend that manufactured vitamins are as good as those that Nature provides in fresh foods, untampered with by commerce. Also vitamins exist in these natural foods in intimate combination with the organic minerals, which must not be disturbed, if health is any consideration. Neither vitamins, nor minerals, must be allowed to be articles of commerce.

This note was taken from the *Health For All*, June, 1960.

Eat Your Way To Health

The principal meal of the day should be taken after the day's work is over. But this Meal After Work plan is not so easy for all people, just because of habit. May be, there is mature hunger; even then one should avoid eating (Refer page 115 of vol. XVI of *The Life Natural*) because there could not be sufficient rest after the meal to allow it to get digested—at least till the food leaves the stomach and enters the duodenum. In fact, most people go on eating many a meal in a day not knowing in the least the signs of real hunger. (Refer page 199 of *Practical Nature-Cure*, 9th Edition). They are thereby eating their own life. In other words, they are shortening their lives.

But, when one realises this truth, he finds it difficult to put it in practice. Therefore we advise one's taking one or two light repasts in the day. To make the meals light on the belly, being at the same time somewhat satisfying one should take some bulky food—a non-concentrated food. (Refer to Editorial, June, 1960, issue of *The Life Natural*)

I have been giving the recipe for some of the preparations that will be both light and at the same time satisfying.

Fruits will be more ideal still. Those who have a poor digestion should not combine different varieties of fruits on one occasion. This does not mean that the healthy people should violate this rule. But if we are Bhogis and we have a good digestion, we can afford to mix up a number of fruits in one light repast—just satisfying the palate.

Panchamritam

- | | |
|---|----------------------|
| 1. Banana, any number of varieties, fully ripened | —8 |
| 2. Oranges, peeled | —1 |
| 3. Mango, sweet, ripe, medium size | —4 |
| 4. Apple | —1 |
| 5. Nashpati or Babugosha | —2 |
| 6. Dates, red or black or both | — $\frac{1}{2}$ lb. |
| 7. Raisins | — $\frac{1}{4}$ lb. |
| 8. Coconut scrapings | —of 2 |
| 9. Palmcandy powdered or Palm jaggery syrup | —1 lb. |
| 10. Cream | —of 1 lb. |
| 11. Cardamum powder | — $\frac{1}{2}$ tola |
| 12. Saffron (kesar) pure | — $\frac{1}{4}$ tola |

Make small bits of the bananas after peeling them. Peel off oranges and remove all fibrous parts. Grate the apples with the skin. Cut the mangos, nashpati and babugosha into fine pieces each. Remove the stones from the dates and cut them into 2 or 3 pieces each. Clean the raisins of all dirt and stalks. Grate or prepare scrapings of coconuts—of course fresh coconuts. Then mix up all fruits, cream, cardamum powder or saffron mixed in a little milk and palm candy powder or palm jaggery syrup. The palm jaggery syrup must be made with very little water, say an ounce or two only and in the final stage almost all the water should have evaporated and the syrup should almost reach the stage at which when poured it would flow in

a thin wirelike form. If it is desired to keep this panchamritam for some days, then fresh coconuts must not be mixed in the panchamritam. Instead ghee can be used. It will also be good to keep it in the sun with a thin white cloth covering for a few days. If desired, it can be chilled in a refrigerator. While it is being chewed it must get warmed by the body-heat. Chill food should not go down into the stomach.

Note: More pulpy fruits can be added, or if some are not available, they may be left out.

A Great Book For Mumukshus ★

Better than reading books of Vedanta is the reading of lives of practical Vedantis. This book describes the Divine Life of His Holiness Swami Sri Sivananda Maharaj, the life and soul of the Divine Life Society with all its numerous branches all over the world. To say that this is an inspiring book is not enough. It is also encouraging and sustaining for all who are serious about reaching and abiding in our own Natural State at the feet of the Lord of Goodness and of Truth. Certainly it will be welcomed with joy by all genuine mumukshus. It shows how, even in his early years Sivananda was rich beyond measure in the Daivi Sampat, described in ch. XVI of the Holy Gita. It was this Janmantara Sampat that flowered and borne ripe sweet fruit when he became a sanyasi unique in all respects.

* "Gurudev Sivananda", by Swamiji Sri Venkatesananda published by the Yogi-Vedanta Forest University, P. O. Sivananda Nagar, Rishikesh, Himalayas. Price Rs. 5

CAUSE OF AEROPLANE CRASH CONTACT!—CRASH!

By Dr. Jesse Mercer Gehman

Both such short words yet both are pregnant with emotion in this air minded age. The first word, a seven letter one, is significant of the beginning—the start of the venture into the air which all too often in recent months has ended disastrously.

"Crash" has come to be the horror word of commentators and newsmen. It spells the end of so many air voyages before their planned destination has been reached. "Crash" sounds the death knell of so many hopeless victims of a precision machine age which all too often is without the carefully sharpened mind to operate the machine.

"Contact", "Crash", always brings about one thing:—Investigations! Investigations of what? Well, equipment in so far as workability and quality of construction; overload, etc. and personnel insofar as heavy drinking or intoxication, rest of personnel and so on.

Too seldom is the real cause or causes found. Too often is the "Crash" dismissed as an inevitable act of chance, or of God (?)

It will be ever thus, until those doing the investigating are themselves freed from the influence of common additives which interfere with or destroy nerve impulses, keen response to stimuli and enervate the body as well as the mind.

Commonest and most widely used of all these additives are cigarets and alcohol. No physician can deny that the use of either tobacco or alcohol interferes with clarity of mind and keenness of physical response to stimuli. The quick thinking and judgment required for safe and efficient operation of air vehicles is rendered less so by tobacco and alcoholic indulgence.

We are not referring to the condition of complete nicotin or alcoholic intoxication, which would naturally enough eliminate any pilot forthwith. Who would tolerate a drunken pilot or one palsied from nicotine? Of course, no one. And yet our lack of understanding permits us to entrust our lives to the hands of plane pilots and operators of buses whose brains are so affected by smoking or drinking that reaction to stimuli is delayed or prevented altogether. But such a large proportion of the American public is user of either one or the other of these narcotics, or both, that no thought is taken of the pronounced toxic effect they have upon the brain, and nerve centers.

Yes, they will tell you that they get a lift, or a new lease of life through several drags on a cigaret or a shot of liquor. But how that effect is produced they never question...until it is too late. There is no question that any good pilot vastly improves in his nerve reactions, and consequently his physical responses are better, without tobacco and liquor. No mediocre pilot is ever made better by his indulgence of tobacco and alcoholic drinks.

The loss of life has been appalling via air and motor vehicle travel. Some cases of accident and fatality in the latter method of travel are laid to intoxicants. We have heard of none laid to tobacco usage. Would it be asking too much of those responsible for the hiring of air and bus transportation personnel to fully consider the personal habits of these men who are entrusted with the lives of millions?

Surely there would be no fairer way to determine the effect of these narcotics upon pilots and operators of buses than to test the reactions of each before and after a cigaret, cigar or pipe—and before and after

a shot of liquor. No man who values his life or the lives of those entrusted to his care would object to such tests.

We believe the results of these tests would soon curb smoking by pilots and operators of buses. A large reduction in accidents and fatalities would surely result. Until this change is made we need to start our investigations of every crash, with the pilot, or operator—the man who hears the word “contact,” or “on your way”, while under the influence of the narcotic effects of tobacco or alcohol.

Between contact and crash will usually be found tobacco and alcohol. Consider also the following:

Carbon monoxide from cigaret smoking is decidedly harmful to the eyes. Recently at Harvard University Drs. Halperin, Niven and McFarlan disclosed that three cigarets reduced the vital power so greatly that the eyesight sensitivity of a flier, for instance, is reduced by the equivalent of an altitude of 8000 feet.

It is only reasonable to assume that keenness of vision of the operator of a motor vehicle is equally lessened.

Anything which reduces the oxygen carrying of the haemoglobin of the blood, reduces sharpness and acuteness of all nerve reactions to stimuli which the operator of either airplane or motor vehicle are constantly called to face.

Many crashes are the result of the lowered health of the pilots or operators. If we raise the health standard, “Contact” can terminate in “Safe Landing.”

Renal Risks of Phenacetin

There was an article under this title in *The British Medical Journal*, March 5, 1960, in which was discussed the serious interference by that drug with the normal functioning of the kidneys. But pills containing this drug are some of the 'Household Remedies' kept in stock in private houses for self-medication, it being assumed even by doctors that they are harmless. Indeed the medical policy always is to presume that a drug is harmless and safe until it is proved to be otherwise. But a conscientious doctor would rather presume that a drug is unsafe until and unless it is proved harmless and safe. We have already cited the instance of a doctor who always told the dealer in drugs, who brought a newly issued drug, to come to him a year afterwards, believing that by that time the truth about that drug would have become known.

The editorial concludes with the following:—

"Proprietary analgesic (pain-killing) tablets are widely used, and as they contain up to 50 per cent of phenacetin, a dose of 4 or 5 tablets a day may easily mean an intake of 1 g. Phenacetin is peculiar in that it can itself cause head ache [italics mine], and it is continued use—and not its withdrawal—which compels the patient to take more."—From the *Health for All*.

Is it not the duty of doctors to warn patients against the free and continued use of poisonous drugs? Perhaps it would be 'unethical' for them to do so, as it would cause loss of business to the drug-manufacturers.

By K. LAKSHMANA SARMA

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

"It is the best book on this subject being written so that any one can understand and follow its teaching. We do not know of another book in which Vital Economy and Positive Feeding are so clearly explained."

One Can Be One's Own Doctor

The following note appeared in the June issue of the *Health For All*, under the title, 'I AM MY OWN DOCTOR,'—Jefferson.

"The following words of Thomas Jefferson appeared in an article in *Harper's Magazine*, May, 1863:

"I have no confidence in *Materia Medica*, which I have long since banished from my family, choosing rather to rely on nursing and nature for a cure. My attention was first called to this subject when I was Minister [Ambassador?] in France. During my residence in Paris my daughter was seized with a typhus fever, and I sent for a physician who was called the most eminent and successful one in the city. He came, examined the patient, gave some directions on nursing, and departed, giving no medicine and leaving none to be given. The same course was taken the next day and the next, when, growing uneasy, I said to him, 'Doctor, you don't appear to be doing any thing for my daughter. What is the reason?' Then he said: 'The reason is I wish her to get well; I supposed you knew what my system of practice was, or you would not have sent for me.'"

"No, what is it?"

"To have the most careful nursing, leave the disease to wear itself out and let nature do the rest, but give no medicine.' Though still uneasy, I acquiesced and the result was my daughter recovered with a constitution *uninjured by mineral medicine*. Since then—a period of nearly thirty years—I have been my own doctor and scrupulously followed the system even among the coloured people on my plantation, taking them all through the worst of fevers, and never losing a single patient."

It may need to mention here that Typhus Fever was considered as a generally fatal disease; but even this did not prove fatal because the wise doctor left to Mother Nature what belonged to Her alone and did not hinder Her beneficent work by giving drugs.

Clearly this was a case in which the Natural Way was followed, with splendid success, so much so that the patient's father was convinced that reliance on Nature's Healing Power is the best policy. But it seems that very few were the doctors who had this faith in Nature, along with distrust of 'medicines.' Readers may see from this story that our policy of Non-Violence is rational and safe to follow. Nature, we believe, is God's own Might of Grace. To have faith in Divine Grace is the essential thing in the Natural Way.

स्वाधीनस्वास्थ्यमहाविद्या

SWADHINA SWASTHYA MAHA VIDYA

By

K. LAKSHMANA SARMA

A condensed version of Practical Nature-Cure

in Hindi

Price Rs. 4

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My Experiences with Nature

Questions Answered

R. N. Ayengar, Coimbatore.

Referring to my article "How I got rid of high blood pressure" which appeared in the August 1958 issue of the "Life Natural" a friend from Delhi has asked the following questions after analysing my statement in that article.

- Q.1. When would you take the raw milk and how much at a time. Was it in addition to the two meals at 9 A. M. and 6 P. M.
- Q.2. Did you take raw milk with your fruit.
- Q.3. In one place you say you consume 50% wheat and rice while in two or three sentences later you say 70% of your meals consist of vegetables and fruits—there seems to be an apparent contradiction here.
- Q.4. I should also like to know whether you included bananas in your All fruit diet—Perhaps you are aware Harry Benjamin is against this as it is full of starch,
- Q.5. What are the various fruits you take—what about mango—is it a good fruit?

The friend further states "I would of course rather not fast and would like to take two meals plus a light breakfast of fruit or cereal or milk and cup of cocoa in the evening. I note you are against it. But Harry Benjamin says "the action of Cocoa upon the system is not so stimulating as that of either tea or coffee and its after effects are proportionately less harmful..... compared with that of more powerful and therefore deadly rivals."

I am obliged to clear the doubts raised by the friend and they are answered seriatim.

1. I used to have $\frac{1}{2}$ lb of raw milk just after my night meals. The mealtime stated in my article was suitably adjusted to my convenience. As a rule the first meal of the day is to be and not earlier than 10 O'Clock and the night meal is to be had between 7 P. M. and 9 P. M. and in no case later than 9 P. M.
2. I did take raw milk with fruits. In this connection I would like to inform that my diet at present at Bombay is only fruits, tender vegetables and milk the details of which have appeared in the May, 1960—issue of the Life Natural. Of course the combination of fruit and milk diet is not congenial to good health as this tends to overeating which is highly objectionable.
3. The *Cereals* portion of my daily meals consists as follows:—
Day time rice and at nights wheat, so to say 50% of the cereals was rice and the other 50% wheat. Again my *entire daily meals* as a whole consisted of 70% fruits and vegetables and the other 30% Cereals. In other words, out of the cereals portion of my diet 50% was rice which was consumed in daytime and 50% was wheat which was consumed at nights.
4. About Bananas—otherwise called plantain fruits. This is a good fruit and a substantial food also, if one cares to have them. If banana is to be had as fruit diet only fully ripe bananas are to be selected. The half ripe and unripe bananas are full of starch, and is *not* fruit diet. The same starch is converted to sugar in fully ripe ones. Hence the necessity for ripe ones.

Secondly, there is a peculiar mode of stripping out the skin of bananas before eating them. Only the thin outer layer of the skin should be stripped out, retaining the fibrous portion which contains the all needed vitamins intact to be consumed with the fruit. Vitamins can never be separated from the thing in which it exists. This kind of stripping will, of course, come with a little practice. If banana is eaten in the way explained above it is a wholesome food with all the energy giving substances and is worth for a mono-diet. Fruits ripened on the trees are always better than those made to ripen after plucking.

5. I consume all kinds of seasonal fruits available in the place I move about. Care should be taken to see that the fruit we consume is not too sweet or too sour. Anything in extreme is always harmful.
Mango as a fruit is very good for health. They should be fully ripe and can be consumed in any quantity in the mango season in that locality with due regard to the fruit diet regulations.

Breakfast is a dead load on the stomach which should be avoided at any rate. Sufficient rest should be given to the digestive organs in the mornings.

All kinds of bottled and prepared drinks, tea, coffee, Cocoa, Ovaltine and the like, in my opinion, are slow-killing poisons and as such sail in the same boat. Perhaps there may be some degrees of variations in harmfulness. The friend himself quotes Cocoa to be *less harmful* than its other comrades. When we know fully well a thing is harmful for health, whether to a lesser extent or greater extent, it is always better to *avoid* using it. Cocoa can very easily be substituted

with tender Cocoanut water or thin fresh buttermilk. Still if he persists and wishes to have cocoa he should ascertain that the cocoa he had consumed is fully digested before he goes in for his next meal.

One need not fast completely if he prefers to be on all fruit diet. Fruit diet is an approach to fasting which is more or less equally good as fasting.

Editorial Note: A fruit-diet is wholesome, but it would not be right to describe it as an approach to fasting. Foods such as tender cocoanut water, vegetable soup or diluted fruit-juice are an approach

* A few copies of the August, '58 issue are available for sale at 50 n. P. per copy.

to fasting.

Manager, the L. N.

Fasting For Longevity.

The London *Evening Standard*, March 21st 1960, carries an article, 'I have the Secret of Life,' in which a Russian professor tells the secret of how to extend Man's life-span. Experimenting on rats he found that depriving them of food at intervals gave some of them a much longer life-span, and 'examination of the liver and other organs of those rats showed them to have the characteristics of a young rat (*italics mine*): But from this he is not content to draw the conclusion that fasting has a rejuvenating effect and thereby increases longevity but writes to find out the substance that creates these young new cells, so that it may be exploited for commercial gain. What really happens is that vital power is economised and is thus made available for rejuvenation. The fasts on particular days of every fortnight which religious men observed formerly were based on this principle,—*From the Health For All*, June 1960.

Should we Cook in Aluminium?

.....Does Aluminium enter foods from the containers in which they are cooked or kept?

The Mellon Institute of Industrial Research ran tests during which various foods were cooked in both glass and aluminium. The results showed that without exception the aluminium from cooking vessels showed up in the food. As just a few samples from the report:

Coffee percolated for 15 minutes showed an increase of 78 p. p. m. (parts per million) of aluminium. What the aluminium content would be if allowed to stand for some time in the container was not given. The effect of long cooking is indicated by the high figure of 113.00 p. p. m. in apple butter that was cooked for 390 minutes. Oatmeal showed an increase of 7.24 p. p. m., tomatoes, 15.3. Oddly enough, not only the acid foods showed a high aluminium absorption, but cabbage cooked with soda tested 90.5 p. p. m., although when cooked without soda it increased only 2.41. During these tests it was found that stirring with a metal spoon tended to set up a galvanic current that promoted the solution of aluminium, causing corrosion of the container and, of course, a corresponding increase of aluminium in the food.

That aluminium in foods is harmful to humans eating it is indicated by experience in France where, during the war, it was reported that beef had been preserved in cans that were composed of part aluminium. When the beef was eaten, if stored in these cans for over a year, it caused gastro-intestinal upsets.

Whether an added mineral substance acts as a poison to the body or as an inhibitor of physiological processes, the practical approach would suggest that we eliminate from food or drink anything suspected of causing trouble to the digestive system.

In the Lee Foundation brochure ('The Effect of Aluminium Compounds in Food'), the following paragraph was given in the Summary and Conclusions:

"It is highly probable that a syndrome of phosphorus and calcium deficiency can follow a long-continued intake of aluminium salts from aluminium cooking vessels, alum baking powders or aluminium acetate in perspiration deoderant. Aluminium salts appear to rob other food elements of their phosphorus to form insoluble and nutritionally useless compounds, just as mineral oils rob the food elements and tissues in the intestinal tract of their Vitamin A content."

Contrasted with the Lee Foundation the Mellon Institute of Industrial Research came to a different conclusion. But the above statement made by the Mellon Institute is followed by evidence that seems to be oddly at variance with their conclusion.

[Among these the following are selected]

"Most bad effects attributed to aluminium salts are the result of phosphate starvation due to aluminium phosphate precipitation."

"The absorbed aluminium circulates in the blood, is stored specially in the liver, brain, kidney, spleen and thyroid."

—*Natural Food and Farming, March, 1960.*

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.

Membership Examination

15th June, 1960

I. Explain the Upanishadic teaching

"अद्यते अस्ति च भूतानि तस्मादन्नं तदुच्यते, इति"

ANSWER:

"It is eaten and also eats living beings (creatures) and therefore it is called Annam (food)."

Food has this dual nature of both being eaten and eating living beings. We have been endowed with an instinct and an intellect to choose either the former or the latter.

Instinct is a thing of the past. It is a relic with undomesticated, or to be clear, animals in their free living. Intellect has been blunted by civilization. Observations from animals, a study of the behaviour of the human body to different living conditions and a probe into unbiased scientific research will give us a knowledge of the real nature of food. Thus we have re-learned the truth about food which to a great extent, was wiped away by civilization.

Now we know that if food be properly chosen, eaten at the proper time, in the proper amount, in the proper manner and if we duly adjust our times of work and rest, food will serve its intended purpose of replenishing the tissue wastes caused in our body due to wear and tear.

PROPER FOOD

Foods are divided into two classes, Positive and Negative. The former are those that promote health and the latter are those that destroy health.

In the text book, Practical Nature-Cure, we see that certain wholesome food stuffs, even though they are helpful as nutrients are classified as Negative ones. There are some people who plead that they, e. g., whole wheat or whole hand dehusked rice, must get a place among the Positive Food. This classification is given for the first time in the above text book and no other western author has ever given this method of differentiation. And it stands good to this day. Any food that helps a person to regain health that was lost can be termed a Positive Food, and those which, when a person with impaired health subsists solely upon any one of them, behave otherwise, or contribute to the deterioration of Health, obviously falls into the other group—Negative Foods. Positive Foods alone are solely dependable for the recovery of Health. Also, if one has the *Strength of will*, one can afford to make any one of them as a mono.diet for a long time. Hence, the classification of foods as Positive and Negative are maintained.

For people in good health and especially those who have hard manual work a judicious addition of cereals and pulses are helpful. This leads us to the subject of balanced diet. But the proportions of various articles of diet, going under this name of balanced diet, often include non-vegetarian articles also. The very idea of including dead matter as food is stinking and does not become of civilized men to devour such stuff. Inclusion of animal flesh on the plea of providing that very type of protein needed by the human body is also a myth. (Refer Much Ado About Protein—Volume XVII No. 4 Page 154)

The chief guiding principle in the matter of selection of food should be that one should be more a vegetablarian than being a mere vegetarian (See Editorial Vol. XVII No. 10)

PROPER TIME

The time for a meal is when hunger has fully matured and the stomach had had some rest. But this one qualification is not enough. Even if hunger has matured and the stomach had had its rest there are the following points the absence of any one or more of which might stand in the way of one's eating :

1. Sufficient (about 4 hours) rest after a meal
2. Sufficient leisure to take the meal without haste
3. A peaceful mind and
4. Absence of any acute ailment (Refer page 115 of Vol. XVI)

PROPER AMOUNT

The proper amount of food for a person at a particular occasion cannot be prescribed either by weight or bulk. It varies from person to person depending upon age, physique, extent of physical exertion, digestibility, combination, extent of concentration of food and the length of rest available after meal. An easy indication for the maximum quantity is the emission of the wind (तुसि डकार) which bears the smell of the food taken in that meal.

PROPER MANNER

Foods that require to be digested in different parts of the digestive tract should not be mixed together. Liquids and solids should not be mixed together. If at all there should be such mixtures, the most easily digestible or most bulky article of food should be taken first and the others should follow in the order of increasing concentration or hardness for digestion.

One important caution to be ever remembered is that we should *eat a liquid and drink a solid*. Liquids must be chewed as if they are solids or should at least be retained in the mouth for some time. Solids should be reduced to liquids by thorough mastication and then only drunk. Even water should not be allowed to run directly down the throat.

Food is eaten by those who know and practise these principles and it eats those who do otherwise.

The Precondition For Cancer

On this point W. A. Lane wrote in *The American Vegetarian Hygienist* for December 1959 as follows:—

“The Cancer cells will grow only in a suitable soil and that soil is provided for by the prolonged action of toxins [such as vaccines] in the issues.”

This has been anticipated in 1927 by Dr. A. S. McNeil in his book, *The Cancer Mystery Solved*, which is referred to in *Practical Nature-Cure*.

So the medical profession is itself the culprit in building up the soil needed for the origin and growth of Cancer.

EATING & ENJOYMENT

L. Ramachandra Sarma M. Sc.

A young woman is suffering from asthma. After going into her whole history, I told her that she could be cured in about a month's time. Immediately she put me the question:

“And then can I eat what I like?” This is a question which most patients put to us. There seems to be only one end in their lives—eating what they like. And it so happens that they like just those things that have already ruined their health.

A patient came to me complaining of frequent coughs and colds. “My case is not so bad, doctor” he said, “I get the trouble only when I eat sweets, or bhajjias (oily preparations).” A child nearby gave him the correct advice:— *Then don't eat them.*

What could I tell this man more than what the child has said? “Did you say you suffer from cough”, I told him, “That is not correct. You are suffering from your craving for bhajjias and sweets. That is your real disease.”

What shall we do with these patients? Treat them? No. Educate them. Teach them that they should eat to live and not live to eat. Teach them the real relationship between eating and enjoyment.

Eating should always bring you pleasure. If it does not, then there is something wrong somewhere. Very possibly your digestion is not up to the mark, you may not have been hungry at the time.

But pleasure should not be the main object of eating. It is just a bye-product, so to say. Something which is not sought after, but does come and should come in the natural course.

The pleasure derived from eating depends not so much on the food itself as on the conditions of the eater. The simplest fare taken at the proper time, under the proper circumstances and in the proper manner will be as sweet as the sweetest thing imaginable.

About ten years ago, I went out for an excursion to the now famous Sittannavasal caves, about ten miles from my town, in the company of my brother and another friend. We started early in the morning at about 5 a.m. and reached the place by about 7 a.m. We went up the hill, saw the caves where the ancient Jain monks had lived, had a peep into ancient Indian art and architecture and then came down. It was about 11 a.m. We took rest, had a nice cooling bath and sat down for our lunch under the shade of a tree (there was no breakfast). Just a simple fare of rice and curd, but that was the most delicious food I have ever enjoyed.

The circumstances, the time, the environment and the manner of eating—it was these things that made that food delicious.

Hunger is the best sauce, writes the author of the Practical Nature-Cure. The keener the sense of hunger, the more tasty does the food become.

Laziness and hunger do not go together. Hunger is keenly felt only when you deserve your food by working for it. As the author of Practical Nature-Cure puts it: "Work is the physiological justification for eating."

"By the sweat of thy brow thou shalt eat," says the bible.

अपोशान कर्म कुरु say our scriptures, which means that we are entitled to eat only at the end of our work and that till then we can have only water.

The work may be of two kinds: fruitful manual work, or wasteful gymnastic exercise.

When I classify certain forms of muscle building exercises as wasteful I am likely to incur the displeasure of exercises maniacs, but I cannot help it. I prefer to call a spade a spade.

I do not of course include games among wasteful exercises, because games have a place of their own on account of the agreeable influence they have on the minds of both players and spectators. I am only referring to those dull dreary exercises like Dand and Baithak which go to make the big muscled idiots who eat much, sleep long and do nothing.

Muscle building for its own sake is a national waste. The nation pays for the building up of these muscles; it pays for their maintenance but in the end the nation gets back nothing.

If you want well-developed muscles, acquire them by turning out some useful work, by fruitful occupation or what is called productive work. Such muscles are developed and maintained not at the cost of the nation, but in the service of the nation.

But then we must reconcile ourselves with the irony of circumstances. Most people in cities, engaged in quill-driving, have no facilities to fruitful, manual work even if they have a mind to. To such persons I would recommend Yogasanas and Pranayama.

However, I have often wondered why no one has raised the question, what is the purpose of this enormous amount of clerical work that is being done. What is the earthly use of piling up paper, file after file? The nation does not become any the richer on account of that. Apart from the fact that this huge population of clerks do not do any kind of productive work, this

sort of dull, routine clerical work, with no need nor facility for physical exertion dulls their minds and weakens their bodies. The capitalistic economy is indeed a wasteful economy.

I have digressed rather too much, but I could not help it because these ideas of mine were clamouring for an expression. I shall now continue the topic I began.

To recapitulate; Pleasure is not the ultimate object of eating, but eating will always be pleasurable if it is done in the proper way.

Sleep opens up the fountain heads of energy and prepares the body for work. Leaving alone an hour or two in the early morning for study or meditation, the morning hours and forenoon must be spent in work. Work till you have a feeling that you should take rest, till you get what may be called a pleasantly tired feeling. Then rest. Have a cooling, cleansing, refreshing bath, and then sit down to eat a simple fare, with a clean body, a clean dress, in clean surroundings, in the pleasant company of friends or family members.

That is the proper way to enjoy your food. There lies the pleasure in eating. This exquisite enjoyment cannot be had merely by going in for the tasty delicacies which people are so fond of.

But unfortunately, in every patient we have to contend with two factors—the diseased state of the body, and the diseased state of the mind which has a tendency towards disease-causing habits. This diseased state of the mind was indeed the forerunner of the diseased state of the body.

However, it is difficult or almost impossible to tackle the mind directly ignoring the bodily condition altogether. An intellectual understanding that certain things are good and certain others bad, does not prove

helpful in enabling all patients to do the right things and avoid the wrongs. Self discipline becomes very difficult for many so long as the body continues to be sick. Such persons should submit to be disciplined by others who know what is proper:

As the health of body improves, mental health also improves. But the latter takes a longer time than the former. Having been the first to get diseased, the mind is cured at last.

When a fair degree of bodily health is restored you automatically turn towards healthy habits, or at least it becomes easier to discipline yourself.

An inveterate smoker gave up smoking one or two months after he took to simple, natural food. He was wondering why he had such an irresistible craving for that noxious stuff before.

Just as muscles are developed by muscular exercise, the mind develops by mental activities. Never dissipate your mental energies by wandering thoughts. Give your mind a specific purpose and a specific direction, Self discipline will then be easier.

Remember this: everytime you exercise control over yourself, you strengthen your mind and thus make self control easier next time when such temptations arise. On the other hand, everytime you lose control over yourself, you weaken your mind and make self control even more difficult next time. So begin self-discipline this very minute.

Getting cured is simple. But staying cured is more important. Without self-discipline you cannot stay cured.

I have already indicated that a disciplined life is far more enjoyable than one spent in a reckless pursuit after pleasure.

Reckless pursuit of pleasure paves the way for bodily and mental ill-health. The diseased state of the body and mind makes the individual still more reckless in his way of living. Thus a vicious cycle is set up.

On the other hand a disciplined life leads to health happiness and contentment. A healthy, happy, contented individual finds it easy to discipline his life. Thus we have in this a cycle of blessing

Sensible persons should always avoid getting into a vicious cycle. If you are already in it break away from it instantly and enter the cycle of blessings.

—*The Life Natural, February, March '49.*

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The Lowly Banana

In the *Health For All* for June (1960) there is a note on 'The Nutritive Value of the Banana,' which shows that this is a fruit having health-promoting properties that are not to be despised, at least by those who cannot afford to buy the more costly fruits, like apples and pomegranates. The following qualities make it a wholesome food.

1. It has a high content of easily assimilable sugars.
2. Its protein content is low and hence is a safer food than many others.
3. Even diabetics and other sick persons can take it without evil effects.
4. It is favourable to the growth of beneficial microbes in the intestine.
5. It supplies calcium, magnesium, phosphorus, sulphur, iron and copper, and thus increases the blood-alkalinity and thus removes its acidity.
6. It contributes to the formation of haemoglobin in the blood.
7. It provides Vitamin C and some others.
8. Combined with a limited quantity of milk it makes a fairly healthful meal.

Summer Nature-Cure Training Camp

PUDUKKOTTAI

May—June, 1960

The Camp which commenced on the 21st May concluded on the 15th June, '60.

The lectures were given by the Director Sri K. Lakshman Sarma. Sri L. Ganesa Sarma, Hony. Secy. of the I. I. N. T., Delhi Branch gave lectures and demonstrations on Sun-Cure, Water-Cure Massage and Cooking and preparation of various foods and salads.

The Camp was attended by six members. But only one attended the examination held on the 15th June.

Result of the M. I. I. N. T. examination held on 15—6—60.

Sri B. B. Chowbey, T. T. E.

Class

Eastern Rly. Mughalsarai, U. P.

First

The Indian Institute of
Natural Therapeutics
Pudukkottai
15th June, 1960

} K. Lakshman Sarma,
Director.

Await

The Spinal Bath For Nervous Tone

By L. Ganesa Sarma

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Re. 1—50 or 3 sh. or 1 doller.

B. C. G.-As An Ayurvedist Views It

(Vaidyabhooshanam K. Raghavan Thiru nulpad,
Raja Vihar, Chalakudi, Cochin State)

[The following article is welcome as showing that the Ayurvedic view of disease and its causation is substantially the same as the Naturotherapeutic. The writer of this article condemns B. C. G. for precisely the same reasons as ours. The right remedies, according to him, are just those that all sensible hygienists are advocating.]

It is indeed alarming to note that a great majority of us are liable to get affected by T. B. and in this connection it would not be out of place if we try to analyse what T. B. is and how it is caused, as prevention and even cure are, in essence, removal of the cause.

साहसं वेगसंरोधः शुक्रौजःस्नेहसंक्षयः ।

अन्नदानविधित्वागश्चकारस्तस्य हेतवः ॥

" Exhaustion caused by exerting beyond one's capacity, want of elimination of wastes (wanton or otherwise), loss of semen, and fat (beyond the capacity of the system to recoup) vitality and transgression of the rules of dietetics are the four causes of consumption "— so says Vagbhata

It is not a disease which sets in all on a sudden. Continuous breaking of the laws of hygiene and healthful life for a long time, in the above four forms end in consumption; and certain diseases when not properly treated or when suppressed, take the form of consumption. In short, it is the chronic development of some disregarded or ill-treated acute form of disease, which in itself is the outcome of unhealthful living.

When we view the present condition in this light, there is little room for surprise. The present social structure is one wherein a huge majority have to exert too much beyond their capacity to make both ends meet, a minute minority exploiting the fruits of labour of the toiling majority. The majority gets ill through over-exhaustion, while the minority suffers for want of exertion. The unnatural life upsets the various systems of the constitution, the foremost of which is the alimentary (digestion and assimilation of the food essence and elimination of food wastes and other bodily toxins). Perhaps the most important function is elimination of wastes, for want of which the whole system suffers, causing constitutional disorder and derangement which, in fact, disease is. Wastes accumulate, get mixed with blood and circulate all over the body. Then digestion and assimilation suffer causing dyspepsia, which is at the root of every form of disease, and especially of T. B. Over-exhaustion and want of proper elimination damage cell-formation and affect vitality. The worst of all is the transgression of the health rule regarding eating and drinking. Our diet today is not at all nutritious. Milk has become an article of luxury beyond the reach of the average man. Not himself always the cultivator, he has to depend on the market where the available stuff is denatured. The rice we get as ration is so devoid of nutritious elements that even the worms would avoid it. The conventional method of cooking destroys the vitalising and health-giving elements— which the westerners call vitamins. Fruits and greens, which are abundant in natural salts of which the body is constituted, find little place in our dishes and by nature man is a fruitarian. We go in for made-foods which are prepared in laboratories beyond the seas, in different climes and conditions, and not a little are they

responsible for our degenerated health. So we commit sin in eating—in quantity as well as in quality. The majority is an example for the saying, “भोजनं हानमात्रं तु न बलोपचयीजसे” (food less in quantity and quality tends to loss of strength, growth and vitality), while the minority which is considered to be lucky serves to show that too much food upsets the balance of the bodily constituents (अतिमात्रं पुनस्सर्दानाशु दोषान् प्रदोषयेत्) We do not at all remember that “solid half, liquid quarter and the rest for air,” (अन्नेन कुक्षेर्द्विविधौ पानेनैकं प्रपूरयेत् । आश्रये पचनादीनां जलुर्यमवशेषयेत् ॥) is the maxim in diet for a healthy life. We mix food with the least consideration for their qualities. Hungerless eating (अचक्षणे) is another curse prevalent among us. The food once taken in should be fully digested, the essence properly assimilated, and the wastes completely eliminated before we take in the next meal. The naturopaths, who depend on their sound knowledge of the natural “habits” of the body for prevention and cure of disease, say that the body takes 18 hours to digest a full meal. So it follows that the body requires only one full meal and a light one. The Malayalee proverb meaning that supper should be half in quantity of what the stomach can easily accommodate and digest, denotes this fundamental principle. Even then, certain complete fastings, half-fastings, etc. are enjoined upon us, with the main idea of giving rest to the overworking stomach. “Only twice should we take food—in the morning and in the evening; on an account nothing should be taken in between. This is the unbreakable law.”

सायं प्रातर्बहुव्याणां भोजनं शास्त्रसम्मतम् ।

नान्तरा भोजनं कुर्यादमिहोत्तमो विधिः ॥

says the Science of Life.

Artificial manures also tend to produce stuffs which are not wholesome. In the work-a-day world of today, we find no time for anything. We are always in a hurry. We have to attend to business at the fixed hour, before which we hurriedly gulp in something when the stomach is in no position to receive it. But we can't help it. From time to time we take coffee, tea and all those abominable stuff from hotels, irrespective of our requirements. The food is never properly masticated and allowed time to get thoroughly digested. All these lead to derangement of the digestive, assimilative and eliminative organs. Everything is upset. The repairing and renewing of the cells which constitute the body are affected. (रसोऽप्यस्य न रक्ताय मांसाय कुत एव तु) The premonitory signs (पूर्वरूपं) of T. B. clearly show this—(oozing of water in the mouth—(प्रसेक)—feeling of sweetness in the mouth—(मुखमाधुर्य)—etc. However much of food we take, of whatever quality, still the body continues to get thinner and thinner.

There is one more reason for consumption which the saints of yore have not noted—perhaps that was not prevalent then. The medicines used by the Allopaths are veritable poisons; and each dose, however minute it is, is a check on the vitality of the patient. But in this the doctors are not to be blamed. Nothing more can be expected from their system, which mistakes symptoms for disease and aims at their suppression. *The vital power within tries to bring out waste matters and disease is the manifestation of that effort.* If the disease is to be 'cured' without providing for the elimination of the waste, the vital power, which pushes out the waste matter, has to be crushed down—and in fact that is what the allopaths do. The vital power, which is thus temporarily crippled, tries to renew its effort at the next opportune moment. Disease in some

other form appears and again it is suppressed, the vital power gets weakened and the disease changes to a chronic one.

Also, the germ theory, on which the edifice of Allopathy is founded, colours the eyes of the doctors and their followers. They use poison to kill the germs; the poison kills the man. Dr. Muthu, an authority on pulmonary T. B., says that treatment of T. B. based on bacteriology has been throughout a thorough failure. Vaccination and injections proposed to prevent small-pox and other 'contagious' diseases are in fact a tax on the vitality and it is no wonder that after two or three decades of allopathic treatment, the present generation is devitalized—predisposed not only to T. B. but also to any disease. Had some attention been paid to observe Nature rather than to treatment of the so-called diseases, the degeneration would not have been so much—even positive health would have been enjoyed.

So we see the background in which T. B. grows. It goes without saying that the proper remedy lies in the removal of the cause. An environment in which man is not forced to break Nature's laws of health has to be created and proper education regarding the cause and cure of disease and the individual responsibility that each has in this connection has to be given to the public. It is a bit social too—but it cannot be helped.

Now it is clear that B. C. G. is *not* the remedy for T. B. As long as the unnatural conditions are prevalent, disease either in the form of T. B. or in any other form cannot be evaded. It would seem that anyone can go scot-free and break all rules regarding hygiene, once B. C. G. is administered. But that cannot be, as any rational man can see. B. C. G. contains live-bacilli. We see people who are vaccinated catching

small-pox. *Small-pox is an acute disease and as such a cure in itself.* If the disease gets in through B. C. G. it is not very easy to be detected, as T.B. is not an acute type of disease. Thus B. C. G. may work havoc in one who by healthful living might be able to cultivate positive health. The condition that the guardian has to give a written permission indemnifying the authorities for any responsibility for disaster that may arise as a reaction of this injection is indeed thought-provoking and makes a dispassionate thinker suspicious as to its good effects. Even the allopaths do not have a uniformly optimistic opinion regarding the effects of B. C. G. Dr. J. B. McDougall of the Tuberculosis section of the World Health Organisation says. "It is unlikely that the success which has attended B. C. G. vaccination in many countries in Western Europe can also be achieved in India because in Western Europe in particular there have been other and equally important measures taken for the control of T. B." It is clear, even as per allopathic opinion, that B. C. G. is only one of the aspects of T. B. control. So we can expect no good out of it in India and the ordinary disastrous reactions which usually attend these kinds of vaccinations and injections may follow.

So it is only worth while to wait and consider before jumping into something which may prove to be disastrous. Meanwhile, if only a fraction of the huge amount which is going to be spent on B.C.G. is utilised for general improvement, providing for healthful life, no doubt, in the near future the necessity of B. C. G. injections will disappear.

Editor's Note

What has been said in the above article applies with equal force to all vaccinations and inoculations for the supposed prevention of diseases.

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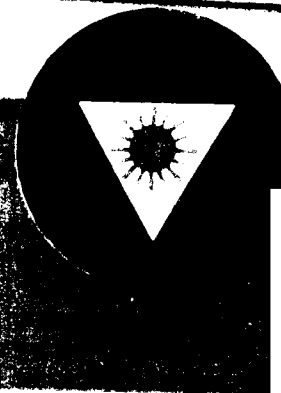
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THE LIFE NATURAL



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Editorial

Organic Farming

R. L. Sethi

Food Adulteration

Goldy

Keep Your Energy Bills Down

S. Swaminathan

Editor: K. LAKSHMANA SARMA

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Ganeshnagar, Pudukkottai, S. Ry.

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False Physiology

The living body is one, though consisting of innumerable parts, all of them organised into distinct systems performing indispensable vital functions. Among these is the digestive system, which somewhat distantly resembles a canal, so that it is even called the alimentary canal. But this so-called canal consists of sections, each having different structures, with openings that are usually closed, and opened only when the condition demands it. Also the 'canal' bends a great deal in parts, and the whole looks more like a labyrinth than a road. The body as a whole may be fairly likened to a strongly fortified city, with well-guarded gates at the beginning and the end, and in between also. If food is put into the mouth, at once it is subjected to a necessary process, namely chewing, to break up the food-particles into very small ones and to insalivate it, so that it becomes a flowing liquid. Then, and only then, is it swallowed and gets into the stomach. This again consists of at least two parts, the big, globular part and the narrow tubular part. All the food eaten at one time is imprisoned for a considerable time in this organ. But small portions are taken up by the tubular part, acted upon and then pushed out through the pylorus, which opens only if the food is fully acidulated. Each food-mass is thus liberated, only to be held in the intestine and acted upon and pushed forward, until it reaches the colon at the bottom right of the belly, through a valve leading into the

bowel. This again is not a straight road, but consists of three parts, an ascending colon, a transverse colon and a descending colon on the left side. This also consists of three distinct parts, the continuation of the colon on the left, an S-like bend and a part called the rectum. Before the food-residue reaches the rectum, a sensation, somewhat like itching, is felt, which is a hint to the person to go to the latrine. If he be a sensible person he goes there at once. Else the whole rectum becomes filled with solid lumps of stools, and in due time the sensation dies and then the person knows he is constipated.

The progress of the food along this 'canal' depends very much on the *quality* of the food eaten. If the staple food of the eater be a cereal, with some leguminous grain, usually with the skin removed long before the day of eating, it passes sluggishly, stagnating at different parts of its tedious journey, and reaching the left bowel many days after the meal. But if the food be made up of fruit or vegetable, leafy or otherwise, it does not stagnate, but reaches the left end within about 16 hours, so that a one-mealer, eating at noon, gets a motion the next morning before sunrise.

So no sensible man will doubt whether or not the contents of this so-called canal are inside the body or outside. If a man thinks that the contents of any part of this passage is not in the body, he must have *personal* reasons for saying so, which are not good ones. And it seems that in all this wide world there were till recently two persons, posing as authorities, who stoutly maintained that the bowel-contents are not in the body, even when they remain there for an abnormal time. One of these two, J. C. Thompson of Kingston (Edinburgh), is dead. The other, Dr. Shelton, is alive, and it seems he will never admit his mistake till he dies, because he wants to be original.

In the May (1960) issue of his *Hygienic Review*; there was an article on 'Ulcerative Colitis,' in which the words occur;

"Material in the colon is outside the body."

This is exactly what Thompson wrote in his book on constipation:

"What is inside the bowel is outside body."

And his argument is only an analogy, the dough-nut—something like our badai, in Tamil, vadai—which has a hole in the middle, through which one can put his finger and draw it out without any effort. The stuff of the dough-nut is homogenous and insentient. The body is not insentient, and it consists of specialised parts.

◆ The motive of these two disturbers of the peace is to establish the doctrine that the enema is bad and should not be used at all.

Actually the enema differs greatly in different hands. The pioneers looked on the enema as a means of washing out the *whole* bowel, from the right end, where it begins, to the left end, the anus. Also for this purpose they used *quarts* of water, and machines were made to accomplish this aim.

This enema has, we believe, fallen into disgrace, though some uncultured practitioners may survive, who still use this violent method.

◆ The enema is now used, especially by us, only to clear out the lowest part of the left colon, where the stools stay for many days or weeks, unless removed, gently or violently. Hence only a few ounces of water are used. It does *not* form a habit, but automatically goes out of use, because the bowel-tone is restored meanwhile by measures of dieting, with an approach to fasting. Those who have used the enema, and have

been able to get on without it after some time, will never agree that the enema is injurious in any way. We leave the choice, whether to have the enema or not, to the patient. In many cases the enema alone has sufficed to tide over the illness.

Now we shall discuss the consequences of accepting this Thompson-Shelton dogma, that the bowel-contents are not in the body, but outside. The first result would be there will never be a case of constipation, and therewith will disappear all possibility of colitis, simple or ulcerative. But these conditions do exist, and Thompson has written a fairly big book on constipation. And the chapter following the one where he had put in this dogma is entitled 'Dangers of Constipation.'

That is not all. It will logically follow from this dogma that nothing at all inside this long pathway for food—called the alimentary canal—is inside the body. So, even if the food stays in the stomach for long hours, it would not matter, because, according to these authorities, the food is not in the stomach at all, but somewhere outside. So digestion is unnecessary, or the food would somehow digest itself! So neither Indigestion nor Dyspepsia are possible, and therefore there cannot be a case of Neurasthenia, one of the sure consequences of dyspepsia with constipation.

Also it would follow that there is no such thing as Life, because Life is needed chiefly to carry out these activities, which are included in the meaning of the term Metabolism.

You need not get Cancer

That cancer is caused by health-destroying habits is our view. This is confirmed by the following passages taken from '*Health and Long Life*,' June 1960, (the Yoga-Vedanta Forest University, P.O. Sivanandanagar, Rishikesh, Himalayas).

"..... Cancer is an abnormal growth which might in the course of time be proved to be due to a deficiency of some kind. In fact it is caused by a deficiency of oxygen in those tissues in which cancer forms....."

"The reasons for thinking so are based on the observation that all compounds and conditions, which promote cancer, are without any exception those which reduce the normal rate of supply of oxygen to the affected tissues.

"Here are a few phenomena for contemplation....."

(i) FOOD USES UP BLOOD-OXYGEN

This is of course perfectly normal. Overeating, however, will cause excessive depletion of blood-oxygen. Overeating is by far the greatest cause of over-weight. It is known that over-weight (not necessarily heavy people) are more prone to cancer than underweight people. It is therefore quite unnecessary to presuppose that there is some cancer-producing principle in foods in order to account for cancer-proneness through over-eating.*

(ii) OVERWEIGHT PEOPLE HAVE MORE TISSUES TO BE SUPPLIED OXYGEN PER UNIT-AREA OF LUNG-SURFACE THAN HAVE NORMAL OR UNDERWEIGHT PEOPLE.

Hygienic Advice By an Allopath

In 'Health Saver,' issue No. 2, Summer 1959, we find an article, 'Arthritis and Common Sense,' by an allopathic doctor, which gives hygienic advice for prevention and cure of 'arthritis,' a disease which is medically incurable. This is one of many indications that among the allopaths a few have awakened to the truth, that allopathy is by no means the good thing it is claimed to be. The following points selected from the article will show that this is the case.

To begin with, there is the clear statement that the disease arises from faulty diet, resulting in deficiencies, which should be corrected if the disease is to be radically cured.

Drinking water or liquids such as coffee or tea with the meal is mentioned as one cause, as it upsets the digestion and prevents proper utilisation of healthful food-factors. This corroborates our view that partaking of solid and liquid foods in the same meal is wrong.

Hot milk, it says, tends to cause constipation. Cold milk is fattening. Lukewarm milk, at 100°F is recommended.

Tasty dishes— 'cookies,' cakes, pies, and starches prepared with any kind of oil—are warned against. This is right.

Sour fruits; like lemon, lime, grapefruit, are declared to be harmful. We have always warned against these, though they are fruits. Fruit acids are disturbers of metabolism.

The drinking of tea, it is said, should be given up by sick people.

Carbonated beverages, such as 'soda,'—those containing carbonic acid gas—are also warned against. These are unnatural. It is pointed out that epidemic diseases often occur in summer, and that is the season when such drinks are freely taken.

Drinking of too much water is also condemned, chiefly because there is a considerable quantity of water in most of the foods eaten. This is right. More than three glasses a day, it says, is excessive.

Excess in the use of salt is warned against. Salt is a disturber of vital functions and weakens the constitution.

It is recommended that raw wheat germ be taken frequently. This is an admission that eating of stuff made from denatured, devitalised wheat-flour, is a health-destroying habit. We recommend the eating of whole-wheat bread or roti.

If these doctors, who feel that health and cure are problems of hygiene, and not of 'medicine,' are right, then they are on our side, and those doctors that believe in medicines and in operations are quacks.

A Book Of Life *

(Review)

This is only one Volume of the whole book, the Introduction, dealing with the world-problem in the light of Spiritual Science as viewed by the author. It appears that he had had some experience or vision of

* THE BOOK OF LIFE, by Martinus, translated from the original Danish, published by the Martinus Institute of Spiritual Science, Copenhagen, available from The Delhi Centre of the Institute, (E 8 Connaught Place, New Delhi - 1) price not stated.

the Reality or Godhead, which has led him to the writing of this book. From the teaching of Bhagavan Sri Ramana Maharshi we learn that there can be two sorts of this experience, one of which is transitory, while the other is permanent. The latter alone really brings about emancipation from bondage. It seems probable that the author has not attained this latter experience. And this explains the grave defect of the book, that it is difficult to read, discouraging the reader from reading it through. One that has won the Permanent State of Salvation or Release does not organise any Institute, nor write voluminous books. His instructions are chiefly by Silence, and whatever oral instruction. He gives is direct, simple, easy to understand and brief. What He teaches is the necessity of knowing one's own real Self, whereby everything is known. About the world and saving the world He says little, only that saving the world is God's business, not ours, and that the utmost we can do for the world is to save ourselves, first and foremost.

The author writes a great deal about the world, and he believes that the world as a whole is going to be saved *en masse* in the near future. We have to confess that we do not and cannot know the truth on this point.

It is however probable that there will be many people who would welcome this book because it will give them a hard nut to crack, not being content with the simple, plain teaching of really competent teachers who are firmly established in the State of Deliverance, which is also called the Egoless State, the Natural State, the State of Perfection and of Bliss eternal.

To Keep Up Health

Keep Down Your Energy Bills-IV

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

One other mode of wasting the Vital Force considerably is through the emotional channel. Millions in the modern world are weakening themselves thus. The health-seeker should take all possible steps to acquire as much control over his emotions as possible. This does not mean that he should develop a cold, unemotional approach towards every problem in the world. All that is meant is that he would have the courage to face any and every situation boldly, without being upset psychologically in any manner. He will not develop a defeatist attitude, nor will he ever develop any pride or superiority complex. His will be a balanced view of life. With mental poise that approximates itself to that of a real *Yogic* aspirant; he would find life happier and more worth living.

Those that laugh at the idea of emotional control mistake it to be something negative, or consider it to be impossible of achievement, can continue subjecting themselves to more and more emotional conflict and irritation. Life to them would become—if it is not so already—miserable and devoid of charm. To avoid depression they would take stimulants and to avoid pain, sedatives. With little bits of pleasure (mostly arising out of sensual indulgence) here and there, they would continue to lead a meaningless life. To put it bluntly, they would only continue to exist on this planet. They cannot be said to live, for living is fullness of being, which feeling is not experienced by them.

Emotional control is worth all the effort that is put in for it. The most insistent demand of the human personality can be summed up as expansion, enrichment

and enlightenment of life. To achieve this lofty aim, a high level of physical and mental health is very essential. The Science of Natural Hygiene, which rightly stresses the importance of Vital Economy, would help every individual to build up a physical frame capable of holding the heightened powers of life and mind, and capable of responding to its varied urges towards self-development and creative self-expression.

Hygienic living embraces self-control. Self-control is the law of mental hygiene. Self-control should not be confused with self-denial (denial of basic needs of living). It is not a studied neglect or a high disdain of the traditional 'vairag' type bordering upon so-called asceticism or mortification of the flesh. This does not, however, mean that the individual could, with impunity, mishandle his body by unduly coddling and cosetting it, by inordinate indulgence in coarse demands and pleasures. No swing to either of the two ignorant extremes is indicated; it is the *middle* course that is advocated.

Let us now study the subject of emotions a little deeper. There are quite a number of persons in whom emotional upsets are apparently occasioned even by their day-to-day work. A little investigation would however, reveal that the cause of emotional upset is not the work itself, nor the nature of the work, but in the mental attitude towards work. Let me explain. It may be that the individual is of a calculating type. Whatever work he may do, he always expects a certain pre-determined result to follow. He has already determined what he should get out of the particular piece of work he does, and when he is actually engaged in the work, a good part of his mind is busy doubting whether the work is being executed correctly so as to produce the desired results. Then, his mind is also busy comparing the present with his own past or with

that of others; the mind is worried that nothing wrong should happen lest the desired result may not be achieved. Perhaps, vague fears too fog the mind. The mind thus is full of emotional conflict and confusion. The mind not being totally attentive to the work on hand, the work is done by the concerned individual in a confused fashion, without bearing the imprint of his total personality, perhaps mechanically. Such work is almost always bound to be slipshod. If the desired result is not achieved—as is likely to be the case in quite a number of cases—the individual develops frustration, or perhaps self-pity. The individual may unknowingly develop greed and envy towards those who are apparently successful in their ventures. This untoward development, if it comes about, is bound to weaken him considerably. He would in all probability develop disgust for work. As in most cases the individual cannot get away from his vocation he would continue to do the work mechanically, day after day. He would also develop boredom in course of time. The daily work becomes a daily torture, involving a lot of expenditure of vital energy.

It may look as if I have chosen rather an extreme case for presentation here. It is not so. The average individual is generally of the calculating type, described above. It is not the work that creates tension, but it is the mental attitude towards it. Those who are ever attached to "fruits" of action will be of tense mind. This is the reason why the Gita—the Science of Mental and Physical Health—advocates the Yoga of Non-Attachment.

Non-attachment to fruits of work would not mean neglect of work. It is not also a mode of escapism. A lot of vital energy could be conserved by having this positive attitude of mind. It is only in this state that the mind is capable of giving its total attention to any

work that it is to do. Hence, every work done with this state of mind is bound to be perfect, faultless. The health-seeker could conserve a lot of vital energy by discharging his work, the Gita Way.

It is not as if the *Nishkama Karma Yogi* (the individual who is not attached to fruits of action) would not get any reward. The only difference between him and an ordinary individual is that the former will not be worried about his results any time, whereas the latter will be so, all the time. The former would not develop frustration even when he is faced with utter failure, while the latter would collapse on the prospect of there being a failure. The former would have a poised mind all the time; the latter, a disturbed mind.

There are quite a number of other factors whereby an individual may get disgusted with his work. I shall detail a few of these. When one's partner, or boss, is of a peevish, unaccommodative type, an individual would find the conditions of work rather very trying. If the other gentleman with whom he has to work is of a self-assuming or fault-finding or exploiting nature, the individual will lose all interest in work. In such a case, the day-to-day work will occasion a lot of emotional conflict. Very often, the affected individual will go on suppressing or repressing his emotions and all this will lead to untold misery in the shape of nervous debility and disease at some future date. The only practical solution in such cases is that the relationship with the partner or the boss has to be cut off permanently, seeking work somewhere else.

If the work—be it a mental or physical one—is of such a nature as to tire out the individual daily and if there is no occasion to relax, even occasionally, some disgust for work is likely to be produced. Once this attitude comes over, it will be difficult for the concerned

person to do even a fraction of what he used to do before. He is likely to develop irritability on the slightest pretext. If such an individual cannot leave his job, the only other solution would be to improve his capacity for work by toning up his health, mental and physical,* and managing as best as he can under the circumstances. Disgust for work does not pay, anyway. Emotional maladjustment to environmental conditions will not only mar efficiency but will have a detrimental effect on health.

If the work has to be done under unhygienic conditions, in an ill-ventilated place or a crowded or noisy room with not even the basic amenities, the worker might have every tendency to develop boredom and lose interest in work. If such be the case, the basic amenities have to be provided by the person responsible therefor. This will help solve the problem.

Many develop emotional conflict as a result of trying conditions at home. Financial and business difficulties mar the peace at home. If this be the case, the issue has to be tackled rightly. Ups and downs there would always be in life and every individual ought to develop the ability to face them, as they arise. Becoming moody or pessimistic and losing all courage to face the present issue or problem, is not going to solve it. On the other hand such a mental attitude would only weaken the person's ability to deal with the issue on hand as well as future ones. If domestic peace is going to be marred on this account, it will only create further problems at home.

Often, slight misunderstandings among different members of the family lead to emotional conflict. Such a situation will have to be tackled not by each one

* One of the measures for good health is the observance of the rule of not taking a substantial meal during the day, but postponing it to the evening or night.

of them keeping mum over the matter and developing a distrust for every other, but by a free and frank discussion of the matter involved. If this is done without any malice or jealousy or ill-will, the misunderstandings will vanish into thin air and once again peace will reign at home.

The health-seeker ought to pay as much attention to emotional control as to matters of diet, etc. Man is not a mere physical being, but he is a triple unity of body, mind and spirit. Hence, all causes of ill-health ought to be tackled rightly. He ought not to develop emotional conflict and emotional mal-adjustment either through his day-to-day work or domestic misunderstandings and quarrels. Every problem ought to be tackled with tact and understanding, with an eye on the human side of it, so that even when the problem ceases to exist, no ill-will or resentment or hatred whatsoever is left in the mind of any individual. Health ultimately depends upon a balanced life, physical and mental. Everyone ought to develop zest in work and avoid boredom. With the right attitude to work and with a readiness to face any situation that may arise in the course of work, one can keep down his "Energy Bills" considerably. It will then be possible to put in a lot of work without practically any strain, stress or tension.

(To be continued)

By K. LAKSHMANA SARMA

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

"It is the best book on this subject being written so that any one can understand and follow its teaching. We do not know of another book in which Vital Economy and Positive Feeding are so clearly explained."

ORGANIC FARMING

R. L. Sethi, I. A. S., (Rtd.)
Retd. Commissioner for Agriculture

A note published in the Hindustan Times of 15-3-60 said "A united states doctor claims to have learnt the secret of germ resistant people living in a remote Himalayan 'Shangrila' whose food growing methods are said to promote longevity and virility and may help civilisation to resist the radio activity peril to health.

"Dr. Allen E. Banik says that he made his discoveries on a mountain trek into the fabulous Hunza country using air-craft and jeep transport. On return home he says he has started to grow his own food in the way the Hunzas taught him in a soil with organic properties which our over-fertilised agriculture has destroyed. The key to the whole Hunza diet is the mineral strength in their food which makes them germ resistant.

"Dr. Banik is planning a world tour to lecture on the Hunzas' incredible secrets of youth. He tells of finding men living to be 120 years old, some of them fathering children at the age of 90".

Similar reference to the use of more natural food by the Hunzas is given by Shri L. Sharma in his book "Practical Nature Cure" on pages 126 and 215 wherein it is stated that these people were quite robust and agile even at an advanced age and were free from those serious diseases of modern civilization to which the people of Western Europe are subject such as constipation, appendicitis, dyspepsia, neurasthenia, cancer or diseases of the heart. Their superb health was the effect of their food, the quality of which was due to their agricultural practices—the most important of which was the application of organic manures (cattle dung, compost, etc.) to the soil which supplied the

necessary minerals, trace elements and other salts which are lacking in the inorganic fertilizers (such as Ammonium sulphate, Superphosphate Muriate of Potash etc.) so commonly employed in these days. The latter force the soil to produce more but the quality of the produce is said to be poor. This is evident from the results of trials conducted both in India and abroad, a few of which are noted as under.—

In experiments conducted with sugarcane at Shahjahanpur, (U.P.) the analytical figures in the laboratory showed that the application of organic manures gave higher percentage of sucrose and purity of juice in sugarcane than the inorganics and there seemed to be a definite negative correlation of yield with the percentage of sucrose and its purity; the heaviest yielding plots showing least percentage of sucrose in juice and *vice versa*. (Bulletin No 72 Dept. of Agriculture U. P. 1938 p 38.)

These conclusions are corroborated by Dodds in experiments conducted at one of the oldest experimental stations of the world at Rothamstead in England. In a paper on the manuring of sugarcane circulated by the Imperial Bureau of Soil Science he says, "in countries where the soils are not naturally fertile or have deteriorated under cultivation a system which omits the replacement of organic matter is regarded with suspicion. Fields at Rothamstead receiving farmyard manure (chiefly cattle dung) are for physico-chemical reasons able to give better crops over a long period than fields receiving artificial fertilizers (Emp. J. Expt. Agriculture 1—1933—368—380.)

Dr. Alexander B. Stewart who was invited by the Government of India to review the work of Soil Investigation in India with special reference to manuring in his report in 1947 (p. 27) says "very little work has been done in India on the correlation of results on

crop yields, feeding value of produce and soil properties but it is nevertheless claimed and believed by many that organic manures are superior to mineral fertilizers in the production of crops of higher feeding value. It should be remembered that farmyard manure produced by animals which have been fed on produce grown on a soil which happened to be mineral deficient, cannot by itself supply the deficient minerals."

Dr. C. N. Acharya, compost development officer to the Government of India, in his note on "Soils, Fertilizers and Manures" published in 1938 while reproducing the views of Sir. A. Howard says: "The application of composts or farmyard manure to the soil yields the healthiest type of plants which are able to resist insect and fungal attacks without the aid of chemical sprays". This health and vigour is attributed to the abundant development of root-mycorrhiza which serve to convey to the plant the required hormones from the decaying organic matter and thus to complete the nutrient factors necessary for health growth. He further advances the view that composts and farm-yard-manure improve the quality of the crop as shown by flavour etc. Similar claims have been advanced by several workers both in India and abroad and it would be a good thing if any of the Agricultural Research Institutes in this country e.g. the one at Delhi could take up the problem for detailed study in its several aspects, e. g. the development of mycorrhiza in relation to the application of composts and farm yard manure, the part played by mycorrhiza in the nutrition of the crop, influence of composts or farm yard manure in promoting quality, disease resistance, etc.

Instances like the above can be multiplied to show the claims of superiority of organic manures over artificial fertilizers in producing better quality crops.

Further it is well known that China, Japan and Korea have been able to maintain the fertility of their lands and a large population for centuries *Solely by their own indigenous methods without the application of any fertilizer.*

According to King in his book on "Farmers of Forty Centuries", "the farmer in China is supporting a much larger population than in any part of the world. A much smaller area than the whole of the cultivated area of America is supporting 5 times the population of America. Manures of all kinds human and animal are religiously saved and applied to the fields in a manner which secures an efficiency far above the practices in the western countries." Japan adds to its fields four times more of the F. Y manure (cattle shed manure) than that applied in India and the yields are more than double than in India. The figures are noted as under :—

	Japan	India
1. Quantity of Farm yard manure per acre of cultivated area.	4.4 tons	1 ton
2. Quantity of plant nutrients added in the form of F. Y manure		
Nitrogen	52.3 lb.	8 lbs.
	per acre	per acre
P 205	20.4 lb.	3 lb.
K 20	44.8 lb.	7 lb.
Yield (grain : paddy)	1600 lb.	800 lb.
(approximately)		

The above figures indicate the great lag we are having in the application of natural organic manures to our soils as compared to the adjoining countries in Asia.

Another very useful practice in the utilisation of available organic manures in these countries (China, Japan and Korea) is to conserve and apply night-soil in the liquid form to the crops. A farmer in these countries carries and spreads this manure to his fields without any prejudice. In fact he merrily walks about with a pot full of night-soil in one hand while eating his food with the other. We on the other hand spend large sums of money in throwing away this most useful material. We have plenty of both animal and human poudrette available but we are not using it properly. An idea of their utility is as below :—

About 12 lb. of nitrogen is excreted per human being per year and for every pound of nitrogen there is an increase of about 7 lb of grain. Therefore for every human being there can be an increase of roughly $12 \times 7 = 84$ lb. or 1 maund of grains and for the whole population of India if properly utilised the increase can be put to about 35 crore maunds of grains. Similarly each animal roughly excretes about 60 lb. of Nitrogen, 30 lb. in faeces and 30 lb. in urine and the total population of the animal is roughly half of the human beings and if their manure can be conserved properly and utilised there can be an increase of 5 maunds $\times$ 17 crores of animals = 85 crore maunds of grains. Thus the total increase both for animals and human beings can be 120 crore maunds of cereals and we are short only by about 15 to 20 crore maunds of grains. In addition to the above values of nitrogen which these manures would add it would be the organic matter and other mineral contents that would be still more valuable in producing crops of better and superior quality.

The Government of India have introduced some schemes for the proper utilisation of these natural manures and some useful work has been carried on in

some places but there is still a great leeway between the work done and that which needs to be carried out in this direction.

Attention is being paid more at the present moment to the production of artificial fertilizers and large sums of money are being spent for the establishment of fertilizer factories for this purpose. This is considered necessary for producing more quantity of grains to cope with the expanding need of the growing population. But this is being done at the expense of quality and it will ultimately result in the deterioration of the health of the people with the natural consequence of great expenditure of vast sums of money both on the establishment of more hospitals and manufacture of more drugs and medicines.

The crops forced up with the use of artificial fertilizers will also be subject to greater attack by insect pests and diseases and this will result in further deterioration of quality as a result of spraying grains with insecticides and pesticides both in the field while the grains are in the milking stage and are liable to be affected by poisons and in godowns.

In the face of these facts a question can be asked whether it would be better to produce a larger mass of unhealthy ill-fed people or a race of more virile men bred on food of better quality. This is indeed a very thought provoking question both for the people and Governments to consider. We, however find that doctors of the most advanced countries like Dr. A. E. Banik, whose note is reproduced above, are turning to natural ways of life after having gained experience all the world over and living in the most refined and advanced conditions of civilisation according to the present standard of life. Their sound advice is a great pointer in the right direction which deserves our most serious

consideration in the present context of things when diseases are increasing due to unnatural ways of living and eating demineralised foods of poor quality produced on devitalised soils lacking in organic properties.

Editor's Notes :

The above article on the need of organic compost manures to replace chemical manures is timely and should be acted upon. There is not the least doubt that the latter manures should be banned, chiefly for the reason that it makes the plants liable to various pests, for which poison-sprays are resorted to.

Organic composted manure produces HUMUS, which is indispensable for the growth of health giving food-crops. In an American journal, *Organic Gardening* for May 1960 there are two articles bearing on this subject. One of these, 'Farm and Garden Science' by Harles H. Coleman shows that *Humus* provides food for plants, which increase the nutrition value of the crops.

The other article shows that artificial High-Nitrogen manures lessen the food-value of the crops. It says that the protein-content of the food grown has dropped continuously. It says: "Dr William A. Albrecht, at the time head of the University of Missouri Department of Agronomy, called attention to this more than ten years ago, emphasising that a decline of ten per cent in wheat protein has been found within a single decade.

"According to a Colorado State University livestock expert, *nitrogen (artificial) fertilisation of forages used as pasture or hay will decrease the nutritonal value of the feed.*" It is also stated that the dollar returns also became less.

Artificial fertilisers produce foods that are insipid to taste. They destroy the agricultural bacteria, without whose services the crops become third-rate in health-value.

The mischief done by artificial fertilisers, can be corrected by fertilisation by means of Humus—proceeding from compost manure.

Night-soil must be composted, so that its foul smell is totally got rid of. Otherwise the food obtained will smell bad, showing that it is Tamasic and therefore bad for health.

The blind pursuit of this chemical agriculture entails other serious long term evils that are already known to some experts.

Dr. J. D. Nichols in *Natural Food and Gardening* (U. S.), May 1960, describes the chief ones, as follow :

Artificials impoverish the soil, so that it does not absorb the water needed, which runs away, carrying off the top soil and thus causing erosion. This can be corrected only by covering the land with trees and grass.

What the soil needs for restoring their lost fertility are plant-food like *natural rock potash and phosphate and organic nitrogen*. In this way the soil-fertility is conserved; else it will be consumed.

Chemical Agriculture is the parent of poison-spraying for controlling crop pests.

Numerous Deficiency Diseases have increased, due to the depletion of soil-fertility. These are not readily diagnosed and hence are neglected, which leads finally to the incurable diseases of degeneracy, such as cancer. In this respect the testimony of Dr. Nolfi of Denmark is relevant

Eat Your Way To Health

L. Ganesa Sarma, A 434, Defence Colony, New Delhi—3.

I should have written about this even earlier. But it is still not too late.

In 1922—23 we were all in a Gurukula at Kailidaikkurichi (in Tirunelveli Dt. Madras State) run by the late Sri V. V. S. Aiyar. From there my father had to go to Tirunelveli to treat a patient. I followed my father.

On reaching there my father gave me two alternatives, that I could either take the usual food in the house (of the patient, where we stayed) or take milk and fruits with my father. I preferred the latter. He had also stipulated that I will have to make up my mind once and not change after sometime.

We used to get about 20 ounces of milk 2 small crepe mangoes and a few bananas twice in the day. A mixture of all these together will be made and I would get about 8 ounces of this mixture each time. That was too—too very—little for me. I was therefore to satisfy my hunger and, more than that the tongue, by eating the mango peel, the inner part of the banana peel and lick the mango seed as long as I felt tired of its. I had never had a satisfying meal—satisfying in quality. But I had to be silent, I could not change over, nor did I like to, to the regular South Indian meals. My father was also taking a very small quality for his age and growth, I was then only six years of age. So, I was putting up with that even hungry state of affairs.

We returned to the Gurukula after 10 days. All my friends gathered around me and exclaimed that I had grown fat. They said that my cheeks were full

and red. I could not believe them. I was feeling myself lighter than before. Therefore, I thought they were just bluffing. I looked at myself in a mirror. They were true. My cheeks did look fleshy, full and red. But I felt myself lighter.

I could now explain that. That increase in weight was in a healthy body, put on by respecting the principle of Vital Economy, though I did not know of it then—I had no need to.

Many people who come to Nature-Cure do so for a cure of some disease or other. Therefore, they find a reduction in weight, and wrinkles in the face. They become targets for people, who are weight faddists to mock at, and even sincerely feel that their friends have been led astray. Being repeatedly told thus, some take to wrong ways of adding weight and come to woe later. Why not emulate my example and put on flesh, the healthy way? But you must remember that when you start doing that you must also feel as I did, exactly so.

There must be no other food, except water. And water will not be needed for there is no salt in the food. Hunger must not be fully satisfied, because the stomach is in an outgrown size now and it should shrink to its normal size by following kalpa (mono-diet) for sufficiently long time.

It took me just 10 days to attain that state because I was young, and born in the family of a Nature-Curist. It will definitely take a longer time for others. You reap the benefit of your practice to the extent you follow it.

So you take this milk shake with mangoes
(आमरस)

Medium sized mango	—1
Milk, cow's, fresh	—12 ounces
Water	—6 ounces

The mangoes must be ripe. Roll between the hands without peeling it, so that the pulp is liquified. Then make an opening and squeeze out the juice. Mix the milk and water. Water is just for quantity. It is not essential so much.

Bananas may also be added about 4 or even 5. Peel it, make small slices of it, put them in a tumbler and beat it vigorously with a spoon till it attains the consistency of butter. But if you have a liquidizer, then the job is simple.

Remember the saying of one of the authorities, that one-fourth of what we eat nourishes us and the rest the doctor.

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On Food Adulteration

By "Goldy", Bombay

Science has its limitations. This is however, not fully recognised. Scientists have yet to learn the lesson, "Let Nature be your teacher". It tries to copy or reproduce Nature in their laboratories, and in this they miserably fail. Nature is conquered by a study and application of Her laws, but She cannot be defied. All the fruits of Nature lie at the feet of the Sage who knows the workings of Her operation, and Nature then becomes the servant of those who intelligently apply Her laws. Otherwise, She is a cruel master. "Hell hath no fury like a woman scorned" applies equally well to Nature, as can be seen from Her ravages (which is an inevitable reaction of natural laws) when defied.

An instance of all this can be seen from the fact that American scientists have not yet discovered the nature of sea-water, though they have understood its chemical composition by analysing it in their labs. They felt that if they could put together all the particles that form its composition, they would have sea water again. And this they did. The sea water they artificially produced in their laboratories seemed to be identical in composition to actual sea-water and the results of physical and chemical analyses and other tests were identical. While the American scientists rejoiced in their experimentation which they felt to be successful, the fishes refused to breed. In other words, there was "something", not quite discoverable by chemical analytical tests, which was present in sea water but not present in the artificially reproduced sea water, made in the labs.

It is here that science has its limitations. But in its pride, which is occasionally humbled by the results of experiments such as given above, it goes ahead

reckless of consequences. It has now taken to tampering with food. Food that is artificially prepared in the labs., may *seem* identical, visually or otherwise, to actual natural food and this may be "proved" so by the most elaborate tests; but what guarantee is there that there is not "something" essential that is missing, and which "something" cannot be detected by tests however elaborate. The results can be seen from the fact that the greater the adulteration such as the addition of preservatives and colours to food, the greater the number of diseases.

In the July 1959 issue of "Research for Industry" which is the official news bulletin of the Stanford Research Institute, Menlo Park, California, there is an article, "What's cooking in food research?" This article shows to what extent scientists are tampering with food. Food research is good so long as men learn from and not tamper with Nature. The article begins:

"Cooking, they tell us, is an art. But those days a liberal sprinkling of science seasons many foods before they reach the kitchen.

"At SRI, a great deal of work is being done that will affect tomorrow's menus. Lacking chefs on the professional staff, the Institute uses scientists in a number of different disciplines; chemists (physical, analytical, organic, bio-), food technologists, nutritionists, chemical engineers, statisticians, economists, micro-biologists, physicists, and others. During the course of a number of projects, these men have made some contribution to food technology that should have great effects on tomorrow's dining tables".

The present writer remembers well how a crop of some potatoes was sprayed with some kind of chemical to keep off rodents. The chemical, contrary to

the chemical tests, did not wash off in water and stuck to the skins. When the potatoes were cooked and eaten, food poisoning set in. Investigation revealed the above fact.

Through food processing, artificial food such as beans are made. But it is proved that one cannot 'imitate' nature. The dry bean, for instance, is developed by a method by which the constituents could be brought into balance by a simple, economical treatment during processing. It is supposed to have better taste, and better digestibility. But what may be "artificially digestible" may prove to be harmful in the long run.

Several studies have also been made in the use of sonics in food processing. A sonic method was developed for cleansing vegetables and fruit. Physicists designed a sonically aided washer and tested it. They found that sound loosens the foreign materials from the vegetable surfaces and then water flushes the dirt away. After washing measurement was made of visible dirt: analyses were done for residual ash; and bacterial counts were made. According to the tests sonically aided washing does a better cleaning job than ordinary washing techniques can do. As the new method requires a lower capital investment, and lower operating costs than conventional techniques, it is more than probable that this method may replace the conventional washing technique in canning. With what results, one does not know.

Sound waves are also the working element of a device being developed to determine the quality of certain foods without resorting to the usual testing methods during factory inspections. It is now definitely admitted that such testing methods were "destructive".

This is very often the procedure with drug manufacturers. They may be well aware of the defects of a certain drug they may have put on the market, but in the absence of any other substitute they can market they are reluctant to admit the fact. Sometimes, a period of 10 years goes by, as has actually been the case with 3 well known drugs, and when another product has been evolved in the research department, then and only then, after the new product has been fully developed and is ready to go on the market, the full blast of a well organised and well advertised publicity campaign is let go to sweep the other widely used drug off the market. It is then admitted by the manufacturers that the drug in question was found to have "destructive" effects. At whose expense, can well be imagined: A prominent manufacturer recently mentioned that "elaborate research" during the 10 years the drug has been on the market, has "conclusively proved" that the evil effects of the drug i. e. the after effects, were worse than the conditions it set to remedy. In other words, the drug in question, while it sought to cure a particular disease, threw the patient on something much worse. The question then arises, why was this not made known to the public much earlier? Research could equally well have continued after the public was informed. Elaborate research does not have to take place, while the people are being poisoned. As millions of pounds are involved, it is natural that the public are not pre-informed. Research thus takes place while the people are kept in the dark with respect to certain facts, and only after another product has been developed are the public informed through the full blast of a publicity campaign. It is a pity that the health of a nation should be undermined by such commercial considerations but in the type of civilisation we live in today, commercial considerations rule over everything.

Reverting to our main theme of food research is also being made on a new type of between meals snack, which would add to the list of snacks such as potato chips, pretzels, popcorn etc. Research has found a method of producing a popped garbanzo bean a la pop-corn, that has a tasty nut-like flavour. A variety of food seeds have also been subjected to popping treatment to determine if appetizing new foods could be produced in this manner. God knows whether all this will end: Most probably never, because the artificially stimulated tastes of the younger generation who will "cultivate" such tastes, will spread, unless nature restores the balance.

Processing techniques have also been utilized for nutrition. A study was made along these lines on the fatty acid content of processed foods. There are fatty acids the human body *must* have for adequate nutrition, and these are labelled the "essential" fatty acids, necessary in every man's daily diet.

Fifteen processed foods in 5 categories have as yet been analysed—cured meats, cheeses, vegetable oil products, cereals, and nuts and nut products. Some variance was found between brands or batches but the processing methods indicated little effect on the fatty acid content of the foods. The present writers have however doubts, that the fatty acid content of processed foods is the same as the fatty acid content which the body needs. As has been shown above laboratory tests are inadequate to reveal this vital essential difference.

The oxidative reactions in certain vegetables have also been played about with. Because of oxidative damage, the cut ends of some vegetables tend to discolour on the way to the market. A nontoxic, protective chemical has been developed which is applied

to flaps of shipping boxes. The cut ends of the vegetables are packed so as to touch the flaps, thus preventing oxidation and discolouration. Another method proposed for preserving foods is that of irradiation. In India, 50% of the food grown is spoilt in transit due to lack of facilities for "cold storage" or preservation. But chemical preservation is a different matter. Toxicity studies of bacterial spoilage in canned foods has not yet been completed and no method has yet been perfected or fully developed to eliminate the harmful residues of pesticides like DDT on vegetables. By such techniques as sonics, irradiation vacuum cooling, electromagnetic radiation etc, scientists are developing "substitute" foods in their labs and also working on "convenience" foods. Such "convenience"—artificially prepared foods—are becoming necessary in the high speed civilisation we are living in today. But the impact of such foods on the health of the nation is doubtful, though the writer is not averse to science, as a whole. As "Research for Industry" sums up, "It all adds up to quite a casserole of research for the nation's tables".

स्वाधीनस्वास्थ्यमहाविद्या

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By

K. LAKSHMANA SARMA

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My Experiences with Nature

R. N. Ayengar, Coimbatore.
Continued from Page 372 of "Life Natural" May 1960 Issue

The same kind of diet was continued for further two months while the quantity consumed in this period was reduced to half in each meal.

By this rationed diet my weight reduced by 5 lbs. This in no way affected my energy or health level. I was as usual alert and brisk. After the successful completion of 4 months on this kind of diet, I reverted to my usual diet in the following way.

I was on vegetable soup for the first week and on steamed green vegetables for the second week. Afterwards I am continuing to have for the first meal in the day about 1 lb. of fresh vegetables steamed. This will of course invariably contain at least 4 ounces of green leafy vegetables also along with other vegetables. Besides this meal, I do not take anything except 2, 3 glasses of water during the course of the day. Again in the evening after having my bath and prayer, I take two roties, if thick, prepared out of unsieved wholewheat flour and conservatively cooked vegetables. I have stopped taking milk. If out of necessity I have to take milk I take only raw milk. Buttermilk I take occasionally just after my meal or at any time during the course of the day, if I feel like having it.

Rice is not one of the items of food in my menu. Very rarely I consume rice and that too in the form of cakes, called in tamil as "ADAI", in place of night roties or an ounce of rice added to the vegetables and steamed for my supper.

I am having bath in cold water both in morning and evening. I fast completely on Ekadashi days and have one meal only on the days preceding and following Ekadashi. Daily at least 2 hours I am spending on prayers etc.

My Experience with Nature

553

I am now weighing 112½ lbs. I have regular evacuation of bowels both in the morning and in the evening. I never hesitate to have an enema, if I desire to have one, whether in the morning, evening or at nights.

Now and then for a few days I am on all fruit diet if I am not able to have my above kind of diet prepared at home.

People need not be under the misguided notion that man cannot live without cereals and pulses which is not at all a necessary item of the food.

The ideal food for human being is "FRUITS & FRESH LEAFY VEGETABLES"

Activities in Delhi

The 40th Basic Nature-Cure Study Group

The Study Group, conducted at "Chaubhurja" near the Delhi University Enclave, was one of the best attended ones. The Group continued to meet for three months regularly. The sittings concluded on the 6th July, 1960.

Lectures in Hindi at Kamalanagar

At the request of the participants of the 40th Basic Nature-Cure Study Group, a special series of lectures in Hindi has been arranged at Kamalanagar. This is being attended by quite a number of persons. This series of lectures, which was commenced on the 1st July, 1960, is expected to conclude early in August, 1960.

The 41st Basic Nature-Cure Study Group

The Group is scheduled to commence on the 9th August, 1960. The sittings will be held daily from 6 a. m. to 7 a. m. on the grounds adjacent to Ferozshah

Kotla. The discussion will be in English. The Group is likely to meet for nearly 3 months. Persons who desire to have more particulars and want to enrol themselves as participants of this Group can get details from Sri Ram Kumar Gupta, House No. 10983 Temple Street, Shidipura, Delhi—5, or from Sri S. Swaminathan.

The 2nd Advanced Study and Discussion Group

This Group continues to meet regularly every Sunday evening. During the month under review, the subjects discussed were:

- (i) Mental Factors in Nutrition.
- (ii) Salivary, Gastric & Intestinal Digestion

Lectures:

(i) Under the auspices of the Delhi Public Library Delhi, lectures are conducted every Monday evening at 6 p.m. All the subjects discussed relate to Natural Hygiene. This is open to all.

(ii) Under the auspices of the Bharat Sevak Samaj Sarojini Nagar, Shri Swaminathan gives regular talks twice a week. On Tuesdays (at 7 p.m.), he has been delivering a special series of talks on "Vital Economy" for the past 2 months now. This series is expected to continue for another two months or so. At present, the subject of "Emotional Control" is being dealt with exhaustively. On Thursdays (7 p.m.), Sri Swaminathan delivers his talks on "Food and Nutrition."

(iii) Under the auspices of the Lajpat Lok Seva Samiti, Lajpat Nagar, Sri Swaminathan gives regular talks every Sunday morning at 9 a.m. During the month of July, 1960, the subjects covered related to "Fasting" and "Water-Cure".

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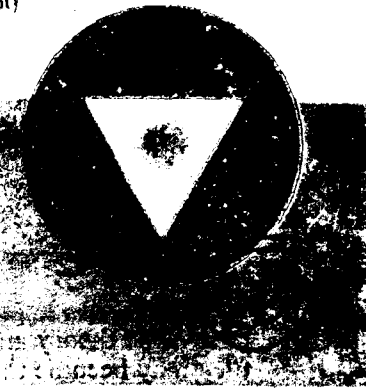
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THE LIFE NATURAL



Sick Earth: Sick Men

Editorial

The Welfare State In All Its Nakedness

Keep Down Your Energy Bills

S. Swaminathan

The Cure Of Colitis

R. N. Ayengar

Medical Perversity

C. Bhanumurti

Editor: K. LAKSHMANA SARMA

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Ganeshnagar, Pudukkottai, S. Ry.

Director: K. LAKSHMANA SARMA

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Sick Earth: Sick Men

In a thought-provoking article which appeared in the August, 1960, issue of *The Life Natural*, Sri R. L. Sethi, I. A. S. (Retd.), has drawn attention to a very vital problem that is facing the country. Soil fertility is one of the most important assets of any country and if the soil were to become infertile in the near or not too distant future, it is a serious threat to the health of the nation. Plants grown on poor soil can produce only poor food: Sick earth, sick men. In the words of Sir Albert Howard, "Artificial manures lead inevitably to artificial nutrition, artificial food, artificial animals, and finally to artificial men and women."

Vast sums of money are being spent, and vaster sums are planned to be spent, for the manufacture and distribution of chemical fertilisers and for the increased use of insecticides and pesticides. That the soil fertility is decreasing there seems to be no doubt. It will continue to decrease so long as we do not return to the earth what is of the earth. The answer lies not in the starting of a chemical fertiliser factory in each State but in correct and full utilization of the vegetable and animal residues in the form of humus.

The idea that deficiencies in the soil can be made up by the addition of chemical solutions is unsound to the core. The remedies must not be sought in the wrong quarters. Nature has ordained that the soil

must live and the mycorrhizal association must be an essential link in plant nutrition. *Life is not primarily mechanical, but biological;* Soil should not be treated as a dead, passive medium, but as something which is very much alive. Some of the humus-substitutes, e. g. Krilium, may look to be as good as humus, in its immediate effects, but they cannot fulfil all the vital roles of humus. The so-called humus-substitutes cannot feed the soil population, on which the plant has to depend for its health; nor can they feed the bacteria and fungi that form unknown vitamins and hormones.

If the soil is not deficient in humus, plant diseases and insect attacks will become very rare. One of the facts that encourages plant diseases and insect attacks is poor soil aeration. Enough supply of humus will ensure good soil aeration. Sir Albert - Howard's experiments had led him rightly to conclude:

".....Nature has provided a marvellous piece of machinery for conferring disease-resistance on the crop. This machinery is active in soil rich in humus; it is inactive or absent in infertile land and in similar soils manured with chemicals. The fuel needed to keep this machinery in motion is a regular supply of freshly-prepared humus, properly made. Fertile soils then yield crops resistant to disease. Worn-out soils, even when stimulated with chemical measures, result in produce which needs the assistance of insecticides and fungicides to yield a crop at all. These in broad outline are the facts."

Organically-grown crops are pest-resistant. No special precautions need be taken by the organic gardener or organic farmer to protect his crops from pests and insects. It is his counterpart who loads his

soils and crops with all manner of sprays, dusts, insecticides and artificial fertilisers, that is bound to meet his doom. For a little while, perhaps, his "methods" may seem to be successful but inevitably his land will become infertile, his crops weak and feeble and pests and insects will abound. This will compel him to use more poisonous chemicals, resulting in worse produce.

As a result of the wrong policy followed by the Central and State Governments, the people inhabiting this country are growing more and more sick in body and mind. It is no use taking the statistics of one so-called "disease" and trying to show that its incidence has gone down in recent years. The comparison, if at all, should be of the present standard of health with what was obtaining say three, four or five decades back. To-day there is more and more incidence of chronic disease of different types. This is wholly and solely due to the fact that stress is being laid by Governments on doling out symptomatic remedies in the name of 'welfare'. If at all anybody has benefited by the so-called 'health policy' of our Governments, it is the drug industry which is growing from strength to strength.

Diseases of degeneracy, like cancer, have been traced to the eating of food raised with chemical fertilisers, and are curable by living on food raised on compost-manured soil. Dr. Nolfi of Denmark is a living example of this truth. She suffered from inoperable cancer, and the doctors declared that she would die of the cancer in due course. But she rejected their view. She lived on food raised on soil treated with organic, compost manures, to the exclusion of all foods raised on chemically fertilised soil, and got a radical cure. She is now curing other people on the same plan in a sanitarium in Holland. This one

These explorers have left records of the incredible health and longevity of the people, and of their mode of life, which was evidently the cause of these unique qualities. They lived mostly in the open, wore very little, primitive clothing, lived on the forest produce of wild fruits and vegetables, among which was the famous breadfruit, the produce of the breadfruit tree. They did not cultivate any cereals nor pulses. Nor are nuts mentioned in their bill of fare. This constitutes an enormous difference between the Maoris and the Hunzakuts, who cultivated a great variety of grains also. Food-grains could be stored for future use, but fruits and vegetables must be eaten at once, when they are fresh.

At the time when they were first seen, the Maoris were repelled by the tea, coffee, tobacco and alcoholic drinks offered by the white sailors.

There was some difference in the food eaten by the Maoris on the sea coast, and the food of the Maoris of the interior, mountainous regions. The former ate fish, caught in the sea, the latter did not eat any fish, nor did they eat any meat, because meat-eating was forbidden to them; only the tribal chiefs ate meat. And there was a difference in the health, ascribable to this difference. The common people of the interior were free from all disease, but the chieftains were sick with many diseases.

As to longevity the Maoris of the interior were estimated to live from 100 to 130 years. This was a deliberately low estimate. The coastal dwellers were estimated to live from 80 to 110 years.

It is said that the islanders ate not more than twice a day.

As their food consisted entirely of the bulky foods, and none of the concentrated, heavy foods, like cereals and pulses, they could never eat too much of protein, starch, fat or sugar. And yet their health-level was at least as high as, if not higher than that of the Hunzakuts. If, therefore, we try to approximate our eating to that of the Maoris of that time, we are not likely to be less healthy than the Hunzakuts, but, for theoretical reasons, we would be more healthy and more free from disabling diseases. For a number of decades our view has been that a diet of fruits and vegetables is the ideal diet for health, with the least violent methods of cooking.

But the story does not end there. Soon the free-booters of civilisation came to the islands in military expeditions and got possession of them. Soon the natives were weaned from their primitive healthful habits and became addicted to all the health-destroying indulgences of the white conquerors. They ate the same bleached, white, chemically treated bread, took to drinking coffee, tea and alcoholic liquors and to smoking cigars or cigarettes, wore heavy clothing,—unsuitable to the tropical climate of the islands,—worked in the factories established by the foreigners, to be able to pay for their new habits, dwelt in dwellings roofed with corrugated iron sheets and otherwise became as thoroughly civilised as the foreigners.

The inevitable result was that their health disappeared and they became victims of all the diseases of the whites in their own countries, in addition to those peculiar to the tropics, leprosy etc. So the Maoris are no longer to be seen as marvels of health, but as examples of the effects of the evil habits of civilisation.

The information hereinbefore set forth has been culled from a book, '*Medicine Tomorrow*' by

Dr. Edmund Szeckely, in which the author has quoted passages from the records left by the explorers mentioned.

Our conclusion is that the less we eat of the concentrated foods, the nearer we would be to the ideal of positive health. In so far as we indulge in eating cereals we may fall to a lower level of health. And if we eat pulses or grams also in addition, we would rise no higher than the level of health of the more civilised 'advanced' nations, especially when the soil is poisoned by so-called fertilisers

Why Peritonitis Follows Appendicitis

Lord Moynihan, President of the Royal College of Surgeons, explained this as follows:

"In cases of appendicitis, however acute the organ may be, perforation followed by acute general peritonitis [inflammation of the membranous sack covering the abdominal organs] does not seem to occur if no aperient (laxative) is given and if absolute starvation is adopted from the first"—Quoted in Kingston Health Chronicle, June 1960.

Allopaths, who are eager to operate for selfish reasons, say that if the appendix be not removed at once, perforation and peritonitis will occur. But here is this clear statement of an eminent surgeon that this is the result, not of the appendicitis itself, but of violence in treating the appendicitis. Laxatives, he says, ought not to be given, and he adds to it the condition that food must not be given,—that the digestive organs must be given perfect rest. So where is the justification for the operation?

The Welfare State In All Its Nakedness

We have always believed that the 'Welfare State' is a fraud. Intelligent persons all over the world know that it involves the enslavement of the people by regimentation of life, confiscating their personal liberty, and often even their right to live. This was seen in the history of vaccination. The reason is that the men who administer the Welfare State are mercenaries—like the doctors and the magnates of the drug-trade—whose chief lookout is to secure their own prosperity, on the pretext of the people's welfare. Here the dictum of the ancient lawgiver, Manu, is relevant:

"Whatever is subject to another's control is misery; what is in one's own power is happy."

In the original home of democracy—Britain—there is now an attempt to deprive parents of their right to decide whether or not their children shall be given some medical treatment. If a doctor suggests an operation, the parent is free to reject it. Without the parent's consent no operation can be performed.

Now, from the June (1960) issue of the Kingston Health Chronicle we learn that the Sheffield Regional Hospitals Board has drawn up a plan to establish Bedside Courts "to overcome objections by parents to operations on their children." These "Courts" would "give consent to the operations" which will enable the surgeons to operate in disregard of parental objections.

Gladstone remarked: 'The State is usually a very bad nurse.'

The Court will sit at the request of the doctor concerned.

There are a great many objections to this criminal interference with parental responsibility. The chief one is that the doctors are far from infallible, but only too often insist upon an operation, which is in fact unnecessary. If the doctor be asked to give a valid guarantee that there would be no injury or fatal result from his interferences, what would he say?

An instance has been provided in Edinburgh, where a girl in a hospital, for whom an operation on the eye had been proposed, with only one chance in a million of a good result, was taken away and placed in Mr. Thomson's Nature-Cure hospital in Kingston. Great efforts were made to frighten the parents into bringing the girl back to the allopathic hospital for operation. Thompson also was threatened. But the patient prospered by the new policy of leaving to Nature what belongs to Her alone, and in a few weeks her eyes became normal, and her health was restored.

Does this not show that doctors are incompetent and at the same time inclined to be despotic?

In the same issue another instance is given, in which an operation for 'appendicitis' was prevented by the patient, a school boy, being treated naturally in Thompson's clinic with perfect success.

A patient having a carbuncle on one leg was told he must be operated upon and if necessary the leg should be amputated. He quietly went back home and got cured naturally under the supervision of Sriman Viswanatha Pillai, mentioned in Practical Nature-Cure.

A case of prostatitis was cured without operation by Sri Ganesh Sarma in New Delhi. Many others can be narrated, not only by us, but by others also.

In cases of this sort, the change from a condition of seeming hopelessness to one of hopefulness is brought about magically by resorting to any of the many techniques of the use of water, both hot and cold combined, which are described in Practical Nature-Cure.

We have ourselves had cases in which operation was insisted on, but was evaded by non-violent, hygienic measures. A case of peptic ulcer, for which there was to be an operation, was cured without it.

The generous hearted Dr. L. N. Chowdhury of Jubbulpore, in his Presidential Address at one of our conferences, in Madras, narrated the case of one of his grandchildren, for whom an operation for removal of the gall-bladder was proposed. At the request of the grandfather the operation was postponed for a week. In the meanwhile by dieting alone, the patient got well, and there was no operation.

The demand for an operation must be firmly resisted, and can be successfully resisted if the case is surrendered to Mother Nature.

Honey, Good and Bad.

Honey which is exactly as the bees have made it, not boiled, nor filtered, nor bleached, nor preserved, is good. What has been treated in these ways is bad. The good effects claimed for honey can be had and enjoyed only if strictly natural honey is used, not when denatured and devitalised honey is used, because in this 'honey' the pollen of flowers, the vitamins, enzymes and minerals are absent; they are present only in natural, unspoiled honey.

—Health Saver 1959, Winter.

"The Age Of Reason!"

Most people take it for granted that the present age is the 'Age of Reason.' Is this true? There is a great deal of reason to show that this is an age of Unreason, because most people—scientists not excluded—take up certain theories or views, and thereafter try to persuade themselves as well as others, that those theories or views are based on reason. Considering the character of civilised men in general it may be said with truth that there can never be an 'Age of Reason.' In the first place there is no impersonal Love of Truth. There are numerous witnesses to this fact.

The famous author and sage, Leo Tolstoy, once wrote as follows: "I know that most men—not only those considered clever, but even those who are very clever and capable of understanding most difficult scientific, mathematical or philosophical problems—can seldom discern even the simplest and most obvious truth, if it be such as obliges them to admit the falsity of conclusions which they have formed, perhaps with much difficulty—conclusions of which they are proud, which they have taught to others and on which they have built their lives."

Reason is only an instrument for discovering truth, not alone the truth of things in the world, but also the truth of oneself, because the truth of outside things must be sought from a standpoint of the known truth of oneself. This implies the need for the Love of Truth, in the place of Passion. So long as Passion reigns, Reason has no chance at all. And now Passion—whose root is selflove or egoism—is all-powerful. There is the passion for unlimited, untold wealth and all the host of vices against which our sacred lore warns us.

Wealth confers power, which is now the chief disturber of life for all the have-nots. The wealthy man can buy the favour of the rulers. Indeed the *real* rulers are the business magnates, in whose hands practically all the 'national' wealth is concentrated. And it is not the truth that these powers want to prevail, but falsehoods. Superstitions are set up and propagated as truth. And in this effort the thing called science willingly serves as a tool. Very few are the scientists who are free from the need of submitting to the dictates of Big Business.

The belief that this is the 'Age of Reason' is one of these superstitions.

Reason does not prevail in this age, any more than in any previous age. Nor will it prevail in the future. What prevails is *unreason* parading as reason.

These is another name for Reason, namely Wisdom. Now Wisdom connotes not only Right Knowledge but also Goodness, or good character. Where there is no goodness, there is no wisdom: Now it cannot be denied that in the present age there has occurred a great decline of human character, chiefly due to the growth of greed on the part of some communities. The man who has abundance of money, but who wants to increase it, has, as rule, no conscience. But all power is concentrated in their hands.

It was rightly shown by philosophers, like Whitehead and Joad, that biology is in great part the province of philosophy, not of science, because scientific methods have always failed—and will always fail,—in interpreting the phenomena of life.

So we must be on our guard against this unreason, especially against science, which, for reasons shown before, is a means of misleading us. It misleads whenever it trespasses outside its own scope.

Is Health A Mirage?

In 'The Anti-Vivisectionist' for July-August 1960 there is a review of a book by Rene Dubois of the American Rockefeller Institute of Vivisection, under the title 'The Mirage of Health.' Like Alexis Carrel before him, this author is disappointed with the results achieved by the Jennerian and Pasteurian prophylactics. But, not being willing to look dispassionately into the good results achieved by the Nature-School of Healing, he comes to the conclusion that there is no reasonable ground for hope of positive health; his conclusion is that Health is a Mirage!

The author admits that the Sanitation movement, started and carried on with some success by Sir Edwin Chadwick and others, sometime in the middle of the 19th century, has resulted in a great diminution of the diseases that afflicted the nations, chiefly those called the 'Zymotic' [filth-bred] diseases, which flourished chiefly in the slums. After the enactment in England of the Public Health Act, small-pox and other diseases of children in the slums practically disappeared, not only those for which there were immunization prophylactics, such as small-pox, but also those for which there were no such preventives. But the author does not think much of this theory of prevention by sanitation for reasons he does not give.

At the same time he is willing to confess that medical prophylactics do not deserve the credit for lessening preventible disease, which the medicos claim for them. This is what he writes :

"While modern science can boast of so many startling achievements in the health fields, its role has not been so unique, and its effectiveness not so

complete, as is commonly claimed. In reality, as already stated, the monstrous spectre of 'infection' had become but an enfeebled shadow of its former self, by the time serums, vaccines and drugs became available to combat microbes. Indeed many of the most terrible microbial diseases—leprosy, plague, typhus and the sweating sickness for example—had all but disappeared from Europe long before the advent of the germ theory. Similarly the general state of nutrition began to improve and the size of children in the labour classes to increase even before 1900 in most of Europe and North America. The change became noticeable long before calories, balanced diets and vitamin had become the pride of nutrition experts, the obsession of mothers, and a large source of revenues to the manufacturers of coloured packages for advertised food-products."

The author pictures the present health-condition in modern America as very bad already and steadily getting worse. This is what he says :

".....one of every four citizens will have to spend some months or years in a mental asylum. One may indeed wonder whether the pretence of superior health is not itself rapidly becoming a mental aberration. Is it not a delusion to proclaim [as medicos are doing, all over the world] the present state of health as the best in the history of the world, at a time when increasing numbers of persons in our society depend on drugs and on doctors for meeting the ordinary problems of everyday life?" So the author reaches the conviction that Health is only a mirage.

We must, before this writing is ended, face the question why the dream of the Sanitarians—the realisation of disease-free humanity—failed. The zymotic diseases faded away, but new, medically incurable diseases, like coronary thrombosis, cancer etc., have

taken their place. It is thus plain that the medical boast,—that they have increased life-expectancy for the people—is a lie. An old age, in which there is the certainty of diseases of degeneracy for the great majority of the aged, is more an evil than a thing desirable. And there are statistical fallacies in this medical claim. First the greater part of the credit goes to better sanitation and hygiene, however crude and imperfect. In the second place, if we look into the figures for life-expectancy after the age of 40, we find that the increase in the U. S. is only 2 years. And since the added years are not those of added health but of incurable disease and suffering, there is more of *loss* of health than gain.

The answer to the question here posed is that there are *two* aspects of sanitation, an external, or environmental one, and an internal sanitation. The former alone was adopted. The latter was not even attempted except by the healers of the Nature-School. But they are in a very small minority.

Internal sanitation is only *The Life-Natural*. But this is essentially a private and personal affair. Individuals here and there, who have become hopeless sufferers from chronic afflictions, which are medically not only incurable, but also, in the long run, not to be even palliated by symptomatic treatments, may come to hear the Message of Hope, which *The Life Natural* is, and may take to it. A great many of them are likely to be substantially benefited. These in their turn can influence only a small fraction of other hopeless sufferers. So the propagation of the *Life-Natural* is inevitably slow.

Those that return to Nature, with few exceptions, obtain a new lease of life with health. This good result, we must freely acknowledge, is due to God's Grace, and not to human skill.

Quality Of Seed Affected by Fertiliser

A plant that has been treated with chemical fertiliser yields seed of poor quality; it has insufficient vitality, and hence dies out soon: it does not grow up as a tree. This appears in an article 'This Thing Called Heredity' in *Let's Live* (U. S.), May issue, by H. C. White, B. A., Organiculturist. This is the evidence he gives.

"Two beautiful baby peach trees were planted side by side in Star Yokum's miniature home orchard in Escondido, California. I helped him plant the trees, and I know how faithfully friend Yokum followed the Plan [planting the seedling in ground prepared with organic manures]. One of these shot up 10½ feet in six months with a 9 foot spread. The other *died*. Both trees looked equally healthy and vigorous the day they were planted. Both received exactly the same treatment—the big hole the rich top-soil, the compost, the colloidal phosphate, the potassium-bearing granite [rock], the stones and the activator. Both enjoyed the advantage of a big basin filled with minerals and compost and topped with a heavy alfalfa hay mulch. Why did one of these baby trees prosper and become a miracle of vitality, health and beauty—and the other, equally favoured, *die*?"

The writer explains that the difference was in the vitality of the seeds from which the plants had come.

The baby plant partakes of the higher or lower vitality of the parent plant. If the plant, from which the seed has been taken, had been raised on a soil treated with destructive chemical 'fertiliser,' that seed has little or no vitality and it fails to grow up

into a tree, though the soil is well treated. If the seed came from a tree grown on organically manured soil, it has abundant vitality. So the seed must be good, as well as soil.

So there is the need for seeds from *organically grown plants*. The seed must have a good *heredity*. Plants have heredity, just like animals and humans.

The author concludes with the remark that if the seedlings are raised from *healthy* seeds, they grow into viable trees. Otherwise they do not grow at all, but die out soon.

Housewives' Fatigue

Mothers having to take care of children and others have often to work for long hours without sufficient rest and thus incur the penalty of fatigue. But this fatigue is more often than not greatly aggravated by eating at the wrong times, in the belief that the food will restore lost vitality. But actually food is a tax on vitality and is hence it only worsens the fatigue, which thus goes on accumulating, finally leading to a serious breakdown of health. Food is of no use at all until and unless it is digested and assimilated. Meanwhile it is only an untimely burden on the stomach. As Dr. Dewey remarked, for the tired woman it is the bed-room that is the proper refuge, not the dining room.

This is neatly corroborated by a doctor-author, Dr. Marion Hilliard, quoted in the *Sunday Standard* of July 24th. This is what she says:

"Do not eat to combat fatigue."

Drugs Are Dangerous

In *Good Health* for July-August, '60, there is an article with the title, '*Dangerous Drugs*,' prepared by Doctors as one of the lessons in their Home Health Education Series, dealing with general health and hygiene.

There is a paragraph in this article stating that insulin and penicillin have done much good. It is stated also: "Injurious effects from their use have not been observed unless the individual is allergic to these substances." We have already stated that this is only an attempt to put the blame on the patient. We believe that *all* living bodies are 'allergic' to poisons though only some are so seriously affected as to die.

But the article is aimed at the irrational belief of the people that drugs are the proper remedy for diseases due to their own misconduct.

"Unfortunately with a large section of the public and perhaps with some [not some, but very many] physicians, the mystery and glamour of 'something out a bottle' hold sway. Some drugs have had their sway and fallen into disuse, but a veritable flood of new drugs has taken their place. The present generation swallows these unthinkingly as their forbears of a few decades ago took the older remedies. The supposed benefits were claimed because of incomplete knowledge of the properties and effects of these [new] drugs. In the following paragraphs some common drugs will be discussed."

The first drug to be noticed is strychnine, an extract of '*nux vomica*,' a deadly poison. But it was taken into use as a tonic and as such it was given in small doses, but for weeks or even months together, forgetting that the poison will be retained and accumulate until it becomes actively poisonous. This is what the article says:

"Often it was combined with arsenic and iron and given in rundown conditions and where there was a lack of appetite. It was considered as a specific for surgical shock and for critical heart states. But listen to this: The late Dr. George W. Crile after conducting experiments wrote: In any degree of shock, after the administration of a therapeutic dose of strychnine, the animal passed into deep shock. Later in the research it was found that the most convenient and certain method of producing shock for experimental purposes is by the administration of physiological doses of strychnine." Another medical writer gives it as his opinion: Dosing with strychnine for the heart is like kicking a dying horse when he is down."

Similar adverse remarks are made against Arsenic and Mercury, which are undeniably inimical to life and health.

Even the antimalarial drug, quinine, which is freely used in strong doses continuously for many days or weeks, is condemned as a *killer of the white corpuscles of the blood*. So it goes on to say: "One should, therefore, as a general rule, avoid as far as possible, the use of all sorts of medicaments, and limit oneself to the hygienic measures which may check the outbreak of infectious disease."

Coal-tar preparations and headache medicines, so-called Rheumatism 'Cures,' and Obesity cures are also dealt with and warned against. And almost at the end this sentence occurs:

"All along the history of medicine, the really great physicians were peculiarly free from the bondage of drugs." And Dr. Osler is quoted as saying that the "desire to take medicine is perhaps the greatest feature which distinguishes man from animals."

See Page 23

Conscientious Doctors

Protest against Drug-Trade Practices

The following news from Washington is given in the U. S. *Herald of Health* for May, 1960:

"Two doctors, former research directors for Charles Pfizer and Co., drug manufacturers, told a Senate anti-monopolist subcommittee, they quit their posts in protest to 'perverted marketing attitudes.'

"Dr. Haskell J. Weinstein, now at City of Hope, Calif.; said doctors are being seduced and brain washed' by the drug-industry. Criticising industry promotional activities, he said physicians get less than a full picture of the effect of new drugs and 'the patient is often exposed to drugs incompletely evaluated and not infrequently hazardous..... *Even new disease states have been invented to encourage use of some drugs.*' The physician has been exposed to little information concerning the efficacy of drugs he is asked to prescribe. Instead he is seduced with gimmicks of all sorts in an effort to make him loyal to a particular product or drug with relatively little attention paid to its specific merits.'

Dr. Martin A. Seidell, now associate medical director of Riker Laboratories, Northridge, Calif., told the committee he left Pfizer because he had come to realize the managerial policies in the marketing division were incompatible with both the ethics of his profession and his sense of morality.

This means that other doctors that continue to serve in these business houses cannot be conscientious men.

Continued Page from 22

This magazine is being conducted by a society composed of allopathically trained doctors. So we can draw the inference that those doctors, who are in bondage of drugs are not good doctors, but bad ones, to be boycotted by every sane-minded person.

THE TRUTH AND NOTHING BUT THE TRUTH

No doctor, from the professor in college to those in the rear rank, knows anything definite about his patients after the first day's drugging. Every honest doctor will admit that there is an unknown quantity about every case he treats which forces him to guess if asked to give his opinion. This wholesale guesswork is made necessary because the whole scheme of theory and practice is an unorganized mass of theory, science, empiricism and superstition. Every disease is looked upon as an individuality; each disease — name — has a special germ created to cause it. Nonsense! This is no more the truth than that words are made up of letters independent of the alphabet. As truly as every word must go back to the alphabet for its letter elements, every disease must go back to toxæmia, and the causes of toxæmia, for its initial elements.

—Dr J. H. Tilden, M. D.

Definitions of Disease

It is our view that Hygiene cannot stand alone as an independent science unrelated to the rest of knowledge, all of which is subject to the One Supreme Science, the Science of the Spirit, which is the subject matter of the Upanishads. This is what we call Philosophy. the heart of True Hygiene is the right understanding of Life, which even the western philosophers consider to be *not* within the scope of Science, but of philosophy. On this point two exponents of western philosophy, Whitehead and Joad, are agreed. Our own philosophy also takes the same stand. Life is a spiritual entity and therefore a Mystery, and that is why definitions of health and of disease are unsatisfactory, chiefly to highly sophisticated minds.

Being aware of this mysteriousness of Life, we do not try to give a definition that will please all persons, especially to quarrelsome, highly ego-centred persons. In our view the ego-centred man has an unhealthy mind. He is not happy, and wants that others also should not be happy. The only way to deal with them is to ignore them as far as possible.

I regard Shelton, editor of the Hygienic Review, as such a man. And he is often engaged in efforts to demonstrate that he is such a one.

In the June issue of his journal Shelton has written a frivolous and utterly meaningless article, criticising our view of the nature of disease. Therein he betrays his ignorance.

Our understanding of disease is that it is understandable only in relation to Health. If we regard it as an independent entity, existing in its own right, then it has to be regarded as a myth, an illusion, like darkness. This view is not merely theoretical, but is practical, in that it shows that disease must not be fought.

On the other hand, health is real in its own right, like light. To get rid of darkness, the only thing needful is to bring in light. In the same way, disease, which is like darkness, vanishes of itself when health is increased or restored.

We also define disease as a symptom of a lowered health-level. It may be identified as non-different from diminution of health. On this point all sane persons that have a working knowledge of this science are agreed. With the exception of giving relief from present suffering, nothing need be done to drive out disease. Being unreal, it will vanish of itself, if the existent entity, health, be attended to.

It is unphilosophical to remain content with one definition. Disease is not utterly unreal. It is not like the mare's horn, nor like the barren woman's son. It is rather like the rope-serpent. There is no real serpent; but there is something which looks like a serpent in the twilight. The rope, the substratum of the non-existent snake, is there. So we have two definitions, each complementing the other. The substratum of the disease-form is the diminished healthlevel, which is amenable to hygienic measures.

A competent philosopher will see that two definitions do not contradict each other. No man with a rational mind can find cause for quarrel here. But passion displaces reason, and the worst of all passions is self-adoration, due to an exaggerated ego-sense. This quality is characteristic of the diabolic nature. In the angelic nature the ego is kept under strict control. To be utterly egoless is the ultimate goal of philosophy, which alone is the truth of religion. Our readers will understand this, and that is enough for us.

To Keep Up Health

Keep Down Your Energy Bills-V

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

The health-seeker ought to observe Vital Economy in all possible ways. As was pointed out in the last article, a lot of energy is likely to be wasted if there is emotional mal-adjustment on the part of an individual to his environment, to his day-to-day work.

The day-to-day work which an individual is required to do should not be looked upon as drudgery. Those who adopt this unhealthy attitude will develop 'jittery' nerves sooner or later. If an individual does not like his work, if he feels that he is unsuited for the job or that he is not able to express his personality through that work, there are only two alternatives open to him. Either he has to change over to a job of his liking—this may not be feasible in many cases—or he has to develop a determined attitude of optimism. To dislike the work intensely and yet to continue in it would put the individual to the greatest amount of mental strain; to the individual concerned, it might look like serving a term of imprisonment. Let not the individual become pessimistic. Let him develop a willingness to stop pining for the unattainable. Let him make the most of the materials which lie close to hand and work on. Let him develop the needed efficiency, let him strive towards it and let him make himself felt in the quarters that matter. Honest effort put in by the individual may not go in vain and the individual who once was finding the environment very uncomfortable may, after such effort, find it otherwise. He may also, in his spare time, take to hobbies of his liking. This too would enable him to improve his condition considerably.

It would be worth while to remember that emotional mal-adjustment to work presents a very heavy "Energy Bill". Whether health could be improved (or restored) or not, would in very many cases depend on whether or not the individual has emotionally adjusted himself to his environment. Neglect of this all-important factor would mean slow but sure disaster. Many of the cases of nervous debility, heart diseases, digestive disorders, etc. can be attributed to emotional mal-adjustment. The individual who cannot adjust himself emotionally to his environment or his daily job would develop depression and irritability more and more.

Another important factor of value in the maintenance of health, as well as recovery of health is the attitude which one has towards life. Life is not livelihood and the problems that face one in the struggle for livelihood should not be mistaken to be problems of life. There are many chronic patients who have passed through numerous ailments. Not having had anything other than symptomatic treatment in the past, they reach a stage when they develop a defeatist attitude. They feel that nothing in the world would cure them. A patient of this category came to me some time ago and said: "Life is a disease, sleep a palliative and death the radical cure."

This individual—who could be taken to be typical of the category of the frustrated ones—had developed an attitude which may be described as the 'Will to Die'. He had developed frustration as a result of the repeated failures that he had to face. He had developed strong, self-destructive tendencies. His prolonged illness had made him think that he could never become all right once again. He had not also been a 'success' in life. I had a series of meetings with this gentleman, for

he was an interesting subject for 'study.' Enquiries revealed that he had little desire to get better. (Incidentally, it may be stated that such persons cherish illness. It enables them—it should be remembered that they are 'immature' in mind—to go on being dependent on others. Only then could they evoke affection and sympathy from others: for this reason alone they would like their illness to continue. It could help them to escape the realities of life.)

The friend in question had consulted scores of experts earlier but none could 'cure' him. None had given him the right knowledge—the Knowledge of the Science of Health. The more he sought 'cures', the more the cure evaded him.

His question was: "Why should all this happen to me?" He had put the same question to himself so many times earlier but he could never get an answer. I suggested that he should cease being afraid of the problems, mistakes and failures and learn as much as possible from them. Later, during a long talk, I explained to him the basic principles of Natural Hygiene. He seemed to understand the cause of his continued illness. I wanted him to get rid of his 'complex.' He could recover his health, he was assured, if he 'willed' a prolongation of his life to achieve a definite goal and if he could make up his mind to follow Hygiene fully.

For the first time after many years the friend could get out of his complex. He saw a ray of hope in the 'New Approach.' The 'Will to Die' disappeared. The 'Will to Live' took its place. To use his own words, he then felt that he had a new 'Janma.' He found a new Source of Strength. With this change, he began to improve considerably in health, both physically and mentally.

Many persons develop frustration as a result of repeated misunderstandings, unhappy and disturbed relationships at home, office or business, failures, etc. They do not know the art of Mind-Management. They have not cared to know about it; otherwise they would not have reached that pitiable condition. They have already developed a certain degree of inferiority complex and self-pity and their response to the varied urges of life is either abnormal or sub-normal. They become worse and worse as they receive more 'knocks and blows' in their 'daily battle of life.' In their view, they could escape all these 'tortures' only when they die. They develop the 'Will to Die.' Generally, such people are very careless in their habits and so they would often fall ill. Whenever they get an acute disease, the one constant stream of thought that was so far in the sub-conscious might come up to the conscious level. In other words, the suicidal tendency—that they should not recover from their disease—might come up forcefully. This feeling, if it comes about, is a highly disastrous one. At that stage, the healing power would practically become inoperative. Any treatment done at this time would prove futile. Irrespective of the age of the patient or of his condition before his last illness, fatality will result.

The 'Will to Die' presents probably the heaviest "Energy Bill". In fact, at times the Bill is so heavy that the vital instincts find it difficult to meet the crisis.

Everyone—be he a patient or not—has to cultivate and develop the 'Will to Live'. Of two patients with the same severity of illness and whose conditions might, hypothetically speaking, be the same, one might become a bed-ridden invalid and might even collapse; the other might recover and continue to lead a normal, productive life. The latter had perhaps the 'Will to Live' and

hence his Vital Force could devote itself fully to the healing process; the former had the 'Will to Die' and the healing power was rendered almost nil. That shows the world of difference in the mental approach, which no laboratory tests, no microscopes nor X-ray machines could ever reveal.

(To be continued)

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It should be mentioned that all the gentlemen had sent donations last year also. Renewing their donations this year also show their deep interest in the Science. There are millions of people in our country who have not even heard of Nature-Cure. Copies of The Life Natural sent to leading libraries will surely spread Nature-Cure much faster among the educated public.

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My Experiences With Nature X

THE CURE OF COLITIS

R. N. Ayengar, Coimbatore

It was in the year 1956, my brother's son in Ahmedabad, then 3 years of age, was X-rayed and diagnosed by an allopathic children's specialist as suffering from T. B. The boy was treated for the same with drugs and injections for over 6 months and the disease was suppressed. Then this became a forgotten story for his parents.

During June 1960 the boy was brought to me by his parents from Ahmedabad for education here under my care and was admitted in school. On the day the boy arrived I was out of station and when I returned after a week I saw the boy suffering from fever and was limping, as he could not walk straight.

I examined the boy for his ailments. He complained of severe pain in the lower part of his abdomen and did not allow anybody even to touch his belly. On close scrutiny it was observed that, an egg shaped stone-like hard substance, (கட்டி in tamil), bulging out from inside his left abdomen, was the cause of his pain and limping. This inflammation in the intestines did not allow him the free movement of his legs.

Then the boy's mother was enquired about the full details regarding the health of the boy since the time he was treated for symptoms of T. B.

During the talk I came to know that the trouble the boy had in 1956 did not end there with the prickings of injection-needles or by gulping some dangerous drugs. 1) The boy used to have low fever every now and then which went on unnoticed. 2) The boy used to complain of headaches and stomach-aches

frequently which was also suppressed by some allopathic prescription or the like. 3) The boy never used to have regular motion and this was overcome with purgatives given to the boy once a fortnight or a month. 4) The boy never had good appetite or hunger and loading the stomach at this stage gave rise to indigestion and thereby fever and constipation. This was a vicious circle having no beginning nor end. Anyhow things went on unnoticed and unattended to till June 1960.

When questioned about diet of the boy, further truths were known. They were:—i) The boy had been given as snacks, chocolates, peppermints, ice cream and all other ice preparations with white sugar and the like, very freely without any restrictions. It seemed dietary regulation was unknown to them with the result the health deteriorated, giving rise to the above ailments. White sugar was very freely given to the boy in the form of sweet preparations and in raw state also.

At this stage when I saw the boy he was not able to walk straight even a few yards without bending his trunk forward. He had no hunger and no free movement of bowels. He had high fever at nights and complained of severe head-ache at day times. With all these troubles the boy used to attend his school.

The boy was given the following treatment with all earnestness.

Early in the morning as soon as the boy got up from bed a mild enema with a glass of plain cold water (not very cold), was administered. This brought out a good quantity of accumulated filth from inside.

A hip bath for about 15 minutes was given followed by a warm water bath. The boy was given in empty stomach 1 glass of ashgourd (peta) juice

during the first week of treatment, carrot juice for the 2nd week, cabbage juice for the 3rd week and green grass juice during the fourth week of treatment. Sun bath with an abdominal wet pack on was given for about 10 minutes daily, increasing the period of bath gradually up to half an hour.

No breakfast, coffee, tea, cocoa or the like was given to the boy. About 3 hours after the juice was given a little quantity of conservatively cooked rice and vegetables was given to the boy and he was sent to school. For the afternoon the boy used to carry with him some fruits or very little quantity of the same conservatively cooked rice and vegetables.

In the evening as soon as the boy returned from school he was given one thin whole wheat flour chapati with conservatively cooked vegetables as dinner. Then hot foot bath was given for about 15 minutes and before he retired to bed a wet clay pack was applied over his abdomen which was removed only on the next morning. The same treatment was given to the boy daily for over a month. Even on the very first day the reaction to the treatment was quite good. The boy had very good sleep. By the end of the first week the high fever began to subside slowly and by the third week there was no fever. The stone like hard inflammation in the intestines began to melt gradually from the 1st week onwards and by the end of the third week of treatment the boy could walk straight without bending forward.

Now the inflammation has completely vanished and the boy is recouping his health. The boy plays well with other children in the house with greater vivacity than before. The boy is now having regular evacuation of bowels. Enema is being given to the boy once at least in a week. Sun bath and hot foot bath were

continued for a few days more. The same kind of diet is being continued of course with a little increased intake.

The boy plays well, reads well and sleeps well.

Nature cure is nothing but the blessing of God for those who obey the dictates of Nature. This disease, which was treated hygienically, was of a dangerous nature and even the very mention of its name is dreaded. This is inflammation of the intestines otherwise called chronic colitis or T. B. of the colon and is cured hygienically by the grace of God. I wish the boy to continue to live his future life without violating the principles of hygiene.

By K. LAKSHMANA SARMA

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Medical Perversity

C, Bhanumurti, Naturopath, Gandhinagar, Kakinada

Stanley Lief, the Founder-Editor of *Health for All*—the well-known Naturopathic Monthly, published from London, bewails, when will the Truth, "*that disease is not something which enters the body from outside, or is caught, and must be expelled*", sink into the brains of the so-called civilized persons of this Atomic Age?

Is it not with this wrong idea, that thousands of medicoes, are being trained from hundreds of medical Colleges, and are sent out to deal with the 'devil' of disease, and drive it out, with the help of thousands of wonder drugs—antibiotics as they are called? Often they find that these drugs are ineffectual, and go in for more powerful drugs.

A more powerful drug which stopped the excruciating pain of a 'heart-trouble' patient, put one thousand rupees into the pocket of a doctor who used it, and suppressed the pain, *at once*. What effect—for the better or for the worse—this drug had, on the future health of the patient, is not for the administering doctor to know, but it is for the innocent patient to suffer.

Stanley Lief, like all other naturopaths is at a loss to know, why even M.D's of international status, do not care to understand that "fasting—abstaining from all solid food—is the surest, simplest, and the most effective method of overcoming many forms of ill-health"

It is the well-considered opinion now, of many 'big' Doctors, that the germs (to kill which, antibiotics are administered) have developed a stiff resistance to these powerful drugs, and it is now a 'huge problem' for these doctors, as to how else they can extirpate these offending germs from our bodies?

Evidence of physical degeneration is wide-spread today despite high-sounding phrases, about human progress. Surely, at no period in recorded history, have more doctors found a living, or more people availed themselves of a greater number of nostrums and panaceas, to spirit away their aches, pains, and blemishes" observes Tetrakalia; in his article, on "The price we pay for antibiotics" in the June issue of "Health for All". The craze for drugs, due to the wrong belief that drugs alone can give us instant relief from disease, is so great, that "many people, to-day, owe their chronic and recurring indisposition to the use of anti-biotics." "For every little discomfort—a cold, a touch of diarrhea, a head-ache even,—they must have an anti-biotic." continues Tetrakalia.

"If one doctor refuses to prescribe it, he runs the risk of losing his patient to another doctor, who is less conservative in his outlook." So the patient must have a drug, and the Doctor, *(for commercial considerations)* obliges him. Thus begins the vicious circle and the result is the chronic deterioration, in the health of the individual.

The patient refuses to believe that disease is a friend and not a 'foe' to be exorcised out of his body. Doctors and health ministers are issuing circulars to medicoes, that they must be very cautious in giving penicillin, as many cases of sudden collapse, were brought to their notice in the wake of penicillin injections. An M. P's death, immediately after penicillin injection, in a big hospital in Delhi, evoked quite a number of questions, in Delhi Parliament. But doctors, after 'Careful Scrutiny' of the case, pronounced that he was allergic to this antibiotic. This word "allergic" covers a multitude of sins committed in injecting antibiotics.

Patients are so short-sighted as not to be able to see that "there is little or no profit in gaining dramatic relief from some disease, if the means adopted loads the dice against him or her". "It is something like hustling one devil by the front door, and letting in seven more by the back door". "And yet this is the story behind the indiscriminate use of antibiotics," says, Tetrakalia.

Personally I know cases of Typhoid, both in children and in adult—where temperature in the second week, was 'successfully' controlled by administering the anti-biotic chloromycetin, the patients after having been rid of their fever, *never regained their normal health.* Some children below ten are reported to have even succumbed to this forced control of temperature.

A school mate of mine, having been troubled with obstinate Eczema, resorted to the use of all sorts of skin lotions, ointments and injections, of course, under the expert advice of his family doctor. After six months of this treatment, he found himself where he was at the beginning, and the doctor said that he was 'allergic' to the disease, whose meaning was already explained in this article.

All along, I was warning my friend against this treatment as I knew it would only lead to the blind end of the road. As good luck would have it, he at last chose to follow my advice, which consisted in putting wet packs and applying Enema, and living on nothing but fruit juices. Butter milk was allowed, on request. In a month's time, Eczema & itching left him, to a great extent, and as I made him order books on Nature cure and study them, he studied the same, and now understands the *rationale* of the treatment that gave him relief. This gentleman completed three score and ten, and is a brilliant advocate in his place. If, to

convince this double graduate of no mean talents, it took so much persuasion and advocacy, what hope is there for less educated folk, who believe that maintaining them in good health, is the doctor's business and paying the doctor for his 'good offices' is the patient's business.

It is a great wonder to see that even educated men do not care to see the other side of the shield!

Health is our birthright. But we must earn it by sincere and earnest effort, on our part. It cannot be had for fee paid to Doctors or for price paid for 'drugs'.

The world is still under the hypnotic spell that our health is Doctor's business and that *eating what we like is our business!*

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Activities in Delhi

Delhi is marching ahead in the field of Natural Hygiene. Thanks to the tireless efforts of a few sincere workers, hundreds and hundreds are coming into the fold every month. We sincerely thank the numerous workers that choose to remain in the background and help us in carrying out this Noble Mission.

The following is a brief report of the activities during the month of August, 1960:—

The Forty first Basic Nature-Cure Study Group— Almost immediately after the successful conclusion of the 40th Basic Study Group near the University Enclave, the Delhi Branch of the Indian Institute of Natural Therapeutics has organized the 41st Basic study Group near Kotla Feroz Shah. This Group commenced its sittings on the 9th August, 1960, and is expected to sit for over three months daily. This is being attended by a large number of people. The sittings are being held at 6 a.m. daily and the discussions are in English.

*Lectures at Lajpat Bhawan—*Thanks to the enthusiastic support of Shri Sewak Ram Secretary of the Lok Sevak Mandal (an Organization founded by the late Lala Lajpat Rai), more and more people are being introduced to the Cause of Natural Hygiene in Delhi and outside. Regular talks are being held at Lajpat Bhawan every Sunday morning at 9 a.m. Sri Swaminathan gives the talks here.

Second Advanced Study & Discussion Group— This Group continued to meet weekly. During the month, the Group discussed 'Food Combinations' in detail.

*Lectures at the Delhi Public Library—*Sri L. Ganesa Sarma, Hony. Secy. of the Delhi Branch, continued to give his talks every Monday evening (6 P. M.) at the Delhi Public Library.

Lectures at the Bharat Sevak Samaj, Sarojini Nagar—
Sri Swaminathan continued his series on 'Emotional Control' (every Tuesday—7 p.m.) and on 'Food and Nutrition' (every Thursday—7 p.m.)

*Advice to Patients—*Active members of our Institute are offering advice to patients regularly. Hundreds of medical failures are taking advantage of this.

*Health Food Store—*To help the lovers of Nature-Cure in getting wholesome food, Sri Ram Kumar Gupta has arranged to supply hand-pounded rice, hand-ground atta, etc. at reasonable rates. This is being taken full advantage of by many of our followers. Thousands and thousands of persons who have been introduced to Nature-Cure in Delhi have given up Vanaspati, white sugar and such other devitalising foods. Now that arrangements have been made to supply the needed persons with wholesome food products, the Nature-Cure followers in Delhi would find it easier to practise the principles of Natural Hygiene. Sri R. K. Gupta has also arranged to supply Sri Ramaswami Pillai's herbal powders (tooth powder, bathing powder, herbal food powder, etc.) as also herbal bathing oil. (Readers are already aware that Practical Nature-Cure and other books are on sale with all leading booksellers in the Capital. They are also available with Sri R. K. Gupta.)

By RAMACHANDRA SHARMA, M. Sc.

SUNLIGHT FOR HEALTH Re. I.

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.

APPRECIATION

Madan Mohal Lal Aggarwal, B. A., LL. B., Advocate,
4, Gandhi Square, Malkaganj, Delhi—6

I have had the privilege to attend the recent Study Group conducted at "Chauburja" by Shri Swaminathan & heard all his discourses and I found that he possesses a complete mastery over the subject and knows how to attract the attention of the public. He has got the knack to make the theme of his subject most interesting by putting it in the simplest possible English language over which he seems to have a full command. Highly educated persons of the locality have heard him daily and with full attention and they have nothing but all praise for him.

The main theme of his lectures was that a person can cure himself 50% by regulating his daily diet hygienically and the rest by following the process of proper assimilation and elimination. We all felt that as ladies are always in charge of the kitchen and they cannot and would not follow men's advice unless this knowledge is imparted to them as well. We therefore persuaded Shri Swaminathan to deliver a few lectures in Hindi in this locality to ladies too. At our repeated requests he agreed to do so.

He delivered about ten lectures in Kamlanagar area: a highly populated vicinity but ladies did not attend to our expectations as the persons of the locality gave little or no publication to it. Still it was a great success, and Swaminathan acquitted himself most creditably in spite of the fact that Hindi was not his mother tongue.

I am strongly of the opinion that if the principles of this nature-cure science is infused in the women

folk, by arranging frequent lectures amongst them this science is likely to get momentum,

I found in Shri Swaminathan a selfless, a sincere and a conscientious worker who devotes the whole of his spare time to educate the masses at the cost of his health and convenience.

I sincerely wish that some philanthropists should come forward with money with a view to secure a few dozens men of his calibre to spread the knowledge of this most simple science to every home so that the suffering humanity may feel a certain amount of relief and be got rid of doctors, vaidis and hakims etc who are always out to fleece the poor and ignorant public.

Shri Swaminathan deserves much more praise than what I have expressed in the above few broken words. I wish him full speedy success in the noble mission he has undertaken to perform.

Editor's Note:

The writer's object in writing the above letter is to give encouragement to Sri Swaminathan in his work. It is our feeling that persons like this writer are to be encouraged to study the Science more and more and then spread it among others. They should not depend upon any professional, including a Nature-Curist. Sri Swaminathan is now conducting the 41st Study Group at Kotla Feroz Shah. By these Study Groups he has been able to impart this knowledge to thousands of men and women in the capital. Those who have gained a good grasp of the subject should spend some time daily in propagating this Divine Science among people in their localities. That will give satisfaction to Sri Swaminathan.

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The Ideal Food For Man*

This is a small book on the above subject by Martinus of Copenhagen, in Danish, translated into English, whose bigger book, 'Book of Life' was reviewed in the August issue, the last issue of the 17th volume of the Life Natural. Herein the author makes a strong plea for giving up flesh food as it does not conduce to growth in spirituality. The ideal food in his view is Fruit, and the transition food, before taking to fruit, is vegetable. This is worth reading, though the style is difficult for readers.

Booklet Received

Diabetes And Its Yogic-Cure a booklet of 13 pages by Sri K. N. Bhargava. Copies available free from Sri Gangaram Bhagia, Yogic-Cure Clinic, Gandhidham, Kutch. Send 10 nP. stamp for postage.

सत्यकी खोज मे (Review)

This is a book of short essays on moral and religious topics, suitable for study by young persons. The book contains valuable guidance on the science and art of life. The author is the well-known practitioner of Nature-Cure of Calcutta, Sri Kulranjan Mukherji, Prakritik Chikitsalaya, 114/2 B and C Hazrah Road, Calcutta. Price 62 nP.

वेदगीति (Review)

This consists of selected holy texts from the Upanishads, with word for word meanings in Hindi, useful for sadhakas as preparatory to meditation by the same author, Price 6 nP.

* Available from Martinus Institute of Spiritual Science, E 8, Connaught Place New Delhi-1.

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