

The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL MENTAL & SPIRITUAL

Editor: Dr. SARMA K. LAKSHMAN, B. A., B. L., N. D.,

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The Indian Naturopath, Bezwada

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To Our Reader

Our Readers are earnestly requested to kindly show this Journal to their friends, and also to furnish us with the names and addresses of any ladies or gentlemen of their knowledge or acquaintance who may be interested in the cause of Public Health or Nature Cure.

Those of our Readers who are themselves Thinkers or Workers in the field of Nature Cure, and can help us in our Service to Humanity, are particularly invited to communicate with us and kindly send in their valuable contributions for publication in the succeeding issues of "The Indian Naturopath."

The Editor.

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Indian Naturopath

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No. 10

Is Food the Source of Vital Power?

BY THE EDITOR

Modern objections to fasting are based on the false assumption by the atheistic doctors of the West and their uncritical followers here, that food—what is eaten by the mouth—is *the* source of vital energy and that the cessation of eating is therefore dangerous to life, and must never be resorted to. It is therefore necessary to show that this medical doctrine is false and to explain the true source of life and life's energies.

The medical theory of life is as follows. The body is compared by them to a steam—engine. As the coal that is burnt in the engine generates heat, which makes water into steam, which moves the engine, so the essences of the food digested in the stomach and other organs is carried to the bodily cells, there burnt, giving rise to heat and other kinds of energy, and that this energy is all the vitality that there is in the body.

If this theory of the medicos be true, it can be easily proved; but it is not proved, and cannot be proved.

At one time efforts were made to prove the theory. Food was burnt in the laboratory and the heat given off was measured and it was ascertained that there were so many units of heat—called calories—in a unit of every kind of food. Then calculations were made of the units of energy spent in the activities of the eater in walking and so on; in this calculation it was necessary first to allow for the heat that is given off by the body, for the work of the internal organs, for keeping

up the sitting or standing posture, and so on. It was found that while the units of energy that could possibly come from the food were barely a few thousands a day, the units of energy spent daily were upwards of a lakh. There was no mathematical relation between the food and the work done. If these scientists were honest they would have frankly renounced their pet theory. But they chose to escape by a dishonest trick. They invented a method of pretending that the theory is proved, when in fact it is disproved; they laid it down as a rule that when it was a case of calculating the energy of which food was the source, it should be assumed that the resulting number of units of energy shall be multiplied a thousand times. There is absolutely no reason for thus multiplying except the medical assumption which is questioned.

There is besides the experience of fasters who have fasted for a month or more. Some of these, who fasted solely for better health, and not for disease, were able to go on with their regular work, and even to take long walks; that is, they spent during the fast more energy than at other times. These false scientists try to explain this by saying that this energy is derived from the flesh which is lost during the fast. But while this may appear plausible during the earlier days of the fast, it is not so during the closing days; for then the amount of body-weight lost is very little.

The theory will be seen to be absurd if it be critically considered. If food be the source of life, then old age and death must be impossible. And again, as a wise doctor, Dewey of America, points out, there must be no need at all for sleep. He says: "From the first wink in the morning to the last at night there is a gradual loss of strength, no matter how much food is taken nor how ample the powers of digestion; and there comes a time with all, when they must go to bed, and not to the dining room, to recover lost strength."

What then is the real source of vital power? The answer is, vital power comes from the unseen, from the supreme being.

The real human being is not the physical, visible body, which is born and dies. There is another body, called the subtle body, which existed before this visible body was born, and will survive not alone this body, but other bodies through a series of incarnations. This subtle body is composed of mind and life. It is in constant relation to the ultimate source of all life and mind, and receives supplies of power from that source.

So the body may be compared to a machine driven by electric power. Just as the machine does not produce its own power but receives it from beyond—from a

central power station—so too the body does not produce vital power; that power comes from the ultimate source, from God, through the subtle body. Such is the teaching of Vedānta, which is verified by our experience. Even the vital heat that pervades the body comes from this source. Vital power comes to us abundantly through rest and sleep. A man that is thoroughly tired may go to sleep without taking anything except plain water, and awake perfectly renovated and fit for fresh exertions. Thousands of patients and others have fasted for as long as seven weeks, and become stronger and healthier afterwards. Those that had an abnormally high temperature at the beginning of the fast came down to the normal at the end of the fast. On the other hand those that had a subnormal temperature attained the normal through a long fast.

The Vedantic theory on the other hand is in harmony with the facts. Those that need to have a philosophic understanding of our methods may tentatively accept the Vedantic theory, and test it by their own experience.

No one need be deterred from following the fasting cure by the medical doctrine referred to.

NEWS AND NOTES

BY THE EDITOR

An Allopathic Admission

I was surprised to read in a Tamil weekly an extract from the Indian Medical Journal to the following effect: "Though vaccine has wonderful effect in preventing small-pox, it is a fact that innumerable diseases arise because of vaccination, and sometimes it ends fatally for the child. The evil effects of vaccination are a source of severe disappointment. It may be that the cause of these effects is the entry of alien germs, during the preparation of vaccine. The truth of it must be investigated again and again."

It is indeed a great thing for an allopath to admit that vaccination is

dangerous, and we must be thankful for the admission. But we should ask him one question: Are we poor laymen and followers of other systems of medicine to be subjected by coercive law to this deadly rite while he and his fellows go on investigating? How many more lives are to be sacrificed before this infallible medical profession will admit itself to be wrong? A safe prophecy is this. Neither the profession as a whole nor the so called Health Department will ever consent to sacrifice their prestige and self-interest; but will pretend to have discovered some new method of obviating all evil effects;

so as to continue to tyrannise over their victims, the lay public. The true safeguard against tyrannical laws is not the vote, but a limitation of the legislative power, and a resort to an independent court of law for setting aside illegal legislation. At present democracy is a greater peril to the subject than pure autocracy; because it is foolishly or dishonestly claimed that the majority has an unlimited right to pass laws. It was rightly remarked recently by a living writer, that the divine right of majorities is an illegitimate child of the divine right of kings, which received a mortal wound, when the head of Charles — that thrice perjured king — was severed from the body by the headman's axe.

x x x

Is Acid Fruit Alkaline.

This is the title of an article by Mr. E. J. Saxon in the September issue of 'Health and Life.' The writer maintains that vegetables are a safe source of needful alkali than acid fruits. I think this is a safe rule to follow, because it coincides with the Vedantic teaching dividing foods into three grades, sattvic, rajasic and tamasic. Readers abroad may need to be told that tamasic foods are stale and foul-smelling, while rajasic ones are those having any strong taste, acid, pungent, astringent, bitter or salt; sattvic foods are those that remain after we reject the other two kinds. Incidentally I may mention that orange juice prepared according to the instructions in my Practical Nature-cure—Page 111, Part II—is rather alkaline and therefore medicinal.

x x x

On Big Muscles.

In the same magazine I find an article discussing the health-value of muscular development, and warning people against "the fallacy of big muscles." Physical culture as ordinarily understood is health-culture. The following passage from page 79 of 'The Practical Nature-cure' may be interesting and instructive.

"Real health is possible with a very low allowance of muscle. Those who seek to refine and strengthen their minds must on no account waste their energies in

building and keeping up a huge establishment of muscle. They must be content to be comparatively weak in body, in order to be comparatively strong in mind. Vital power is one. It cannot be made to bear much in any one department, without losing efficiency in some other department. It is the Vital Power that supports the body; not the body the life.

"Economy is the law of the healthy growth of mind and body. Without economy of vital energy, exercise is bound to be a failure. By uneconomical living the Ether-supply is cut-off and life gets starved."

x x x

Healing Virtues in Plants.

The use of vegetable produce as medicine internally and externally is not against the Law of Druglessness, because these are food-medicines and are used *fresh*—unaltered by the use of fire,—which is not the case in modern Ayurvedic preparations from herbs. From time to time we come across news in the magazines of the successful use of the potato, banana, apple, pear, grape, plum, tomato, raw milk and the like; poultices of raw potato or any other vegetable are excellent for external use; they have been used with immediate relief in sore eyes. The juice of raw-herbs has been used in baths for stimulating the healing of open sores.

x x x

Diphtheria Immunisation.

In the July issue of the 'vaccination Inquirer' is found an extract from 'The Lancet' of the 20th May which is as follows:

"We may be convinced that inoculation prevents Diphtheria; but, in spite of the efforts that have been made to persuade people to have their children protected, the mortality rate for Diphtheria remains unaltered. Lay members of health committees are asking why, after spending so much money on inoculating children, they are still seeing so many children die of it."

It is said that Liverpool, where at least 50 per cent of the children have been immunised, has had very severe outbreaks of diphtheria in recent years. Birmingham

ham and Manchester have had similar experience. Leicester, we are told, reduced its diphtheria death rate to under 3 per 100,000, introduced immunisation, and shortly afterwards had a serious outbreak of diphtheria. Still the craze for immunisation is only growing stronger. This only shows that either the authorities are influenced by vested interests and so dishonest or they believe so much in the infallibility of their theories. Error surely dies hard.

x x x

Inoculation Fatality

In the same issue of 'The Vaccination Inquirer' is reported as follows: a Lance Sergeant by name John Charles Gray aged 26, was inoculated at the base of the spine before going on foreign service, and afterwards was temporarily paralysed from the hips downwards. Then he became moody and after a week he shot himself through the chest by a service rifle. Readers can well imagine to what extent he must have suffered in order that he may commit suicide.

x x x

Vaccination and Small-pox.

'The Lancet' of 29th January 1927 declared frankly that vaccination at the age of six months inflicted an infectious disease on a child at the time its digestive mechanism was being rapidly modified, and that as a result many pro-vaccinists in favour of adult vaccination felt that for infants the advantages of immunity from small-pox do not outweigh the disadvantages of its production." So infant vaccination is fundamentally wrong.

x x x

I have personally known a hospital, not far away, where poverty-stricken relatives brought small-pox in, and doctors, nurses and other officers readily accepted vaccination.

Yet the patients recovered from small-pox in some cases, weeks before the nurses were well enough from the effects of vaccination to attend on them!

(Vaccination Inquirer.)

The Medical Man's claim.

"Regular Medicine claims that during the last three decades the span of human

longevity has been increased by a number of years But Regular Medicine overlooks one vital element that cannot be contradicted nor eliminated—the fact that during this identical period there has been the greatest secession from the ranks of Regular Medicine to drugless methods that the world has ever known.

— Fred. T. Moseley.

x x x

Is Milk, Mucous Forming

"Milk does not make mucous, but Nature does. In her defence against the vicious acids that burn and sear the delicate lining of the pneumogastric tract, she lays upon them a coating of slime. Acids produced by foodless fillers, alcoholic in nature, the great bulk of which is unnatural sweets and starches, and incidentally all improperly cooked foods, are the enemies against which Nature sets up her life-prolonging defence.

"So long as the inflammation caused by these acids continues, the mucous clings to its moorings; but when Nature applies her healing remedy—milk,—the inflammation subsides, the damaged tissues are restored, and the mucous, being of no further service, gets loose. By the law of elimination, it begins to seek exits, flowing for days, weeks or months through the nose and throat, kidneys and bowel until the system is emptied". Thus writes S. Leila Hoover in the course of an article with the above title in the July issue of 'The Nature's Path.' In support of this statement the writer narrates the history of one of the most serious mucous cases,—that of a young woman who had been diagnosed to be suffering from abdominal ptosis, mucous and spastic colitis, bowel stasis, anemia, and sleeping spells. In the beginning enemas of flax tea were given—slowly increasing the amount of the enema from 4 ounces, to clear the bowel of its effete accumulations. After a week, milk diet was begun. "As soon as it began to take effect the mucous flow increased until it seemed gallons had passed. After the first week on milk, fresh blood no longer mixed with the stool. The patient began to relax; the temperature went down to nor-

mal; the pulse became even and full, and the patient slept, not the tense coma sleep, but restful, restorative sleep." The writer says that the patient was under her supervision for 8 weeks and then she went home

where she followed a diet regime for two years. "To day her health is comparable to that of any active person." I leave it to the reader to form his own opinion about the benefits of the milk diet.

Sleeplessness — How to overcome it?

If Sleep be understood to mean only suspension of consciousness, then it can be said that it is not a vital need, and can be dispensed with. Relaxation of mind and body is the only essential element of sleep. Animals, especially wild ones, do not sleep as we do, but only relax perfectly. Hence sleeplessness is not such a serious evil, as it is thought to be.

Relaxation comes naturally and readily to those, who labour with their hands, as soon as they lie down and stretch their limbs. These people enjoy a high degree of mental health, being almost free from back encumbrance, the nature and effects of which are explained in my text-book, "Practical Nature-Cure." One who is normal in his eating, and in his work, — who is careful always to eat less than he can digest with ease, and who does his work in the right temper of mind, — will never need to woo sleep.

Sleeplessness in its worst form is a mental disease. It is due to a restless temper of the mind. It can be cured by a course of diet, fasting and the *atma-samarpana yoga*. This last is explained in a booklet on mental healing, which is now ready for the press.

I may remark that the more one tries to sleep, the more sleepless he becomes. The ordinary way to get sleep is to take up and read some dull book. But this may not succeed always. The following methods are recommended in addition to the practice of *atma-samarpana*.

Slowly inhale a deep breath, with the least possible effort, and then let out the air very slowly. That is to say, the lungs should be allowed to deflate themselves like an inflated rubber bladder which has a very small puncture. This must be repeated till drowsiness sets in.

Another way is to imagine oneself as having vacated the body. Its weight must cease to be borne by one self, it must be allowed to lie on the bed, like a lifeless thing. The breathing must go on of itself, gently, as in sleep, and without any effort.

A third way is to meditate on a simple mental image or a sound, such as a Form or Name of God. As it needs a very high degree of spiritual perfection, to go on meditating without falling asleep, common people are sure to get sleep by this means. In books on Raja-Yoga, falling asleep is mentioned as one of the obstacles that may be expected, while practising meditation.

A cold foot-bath for about ten minutes followed by warming the legs under a blanket after going to bed, is a good remedy, in ordinary cases of sleeplessness. The water must be very cold and the feet must be in water up to the ankles at the least. The rest of the body may be well wrapped up during the bath.

A mildly warm immersion bath of long duration, for the whole body from the neck downwards, is another way to prepare for sleep.

Walking up and down slowly and mechanically, till somewhat tired, is also a good way.

Abnormal digestive burdens are at the root of mental unrest in most cases. It is therefore a very good rule, to go to bed with the stomach almost or quite empty. If supper be taken, it must be early and light. In the beginning, this may aggravate sleeplessness, or bring out any latent tendency to it. But this ought not to discourage any one. This unpleasant effect will pass away in a few days. When the habit is formed, it will be found that the sleep is more restful and refreshing than

before, so that less sleep would be found to suffice.

Dietetic excess is also the chief cause of the necessity for sleep. The more one eats, the more he has to sleep. Abstemiousness in food is therefore one of the surest ways of reducing the evil effects of sleeplessness. Sleepless people must be stricter in their obedience to the laws of dietetic righteousness, than other men.

As explained already, the essential element of sleep is relaxation. Sufferers from sleeplessness have no reason, therefore, to worry about their inability to get sleep. Let them first relax their minds thoroughly by practising *atma-samarpana*, and then go

to bed, stretch their limbs, and assume a restful posture.

Calmness of the mind, while ceasing to think over all causes of worry or anxiety, is the highest medicine. This will come easily to one who practices '*atma-samarpana*' or surrender of oneself to the will of God.

A sleepless man may take advantage of his malady and spend the time in some restful meditation, on the nature of God and the soul, and the true relation between them.

If one sleeps at all in the day, in the afternoon, it should never be far more than one hour, as more than this will lower the vitality.

—From 'Pranayama.'

LETTER TO THE EDITOR

10th August 1939.

To The Editor,
The Indian Naturopath.

Dear Sir,

I am indebted to your courtesy for sending me your excellent journal each month, and am greatly interested in the many excellent articles it contains on Naturopathy.

May I seek the publicity afforded by your columns in order to bring to the notice of your numerous readers the very comprehensive Educational scheme about to be formulated by the Health Practitioners Association of 4, Half Moon street, London, England, this autumn.

The syllabus will gladly be sent free to any one interested. Lectures are to be given on every subject which goes to form the basic foundation of a thoroughly trained and efficient Naturopath.

Text-books for students will be recommended, and facilities afforded for their attendance at classes throughout the British Empire, so that in years to come all practitioners, — no matter what therapy they ultimately practise — will have a standardised basis of instruction on which to build up their ultimate success.

No educational scheme of this world-wide magnitude has previously been attempted, and it is hoped that all practitioners will combine to ensure its success by offering to place their present knowledge and experience at the disposal of the Educational Committee, and themselves participate by giving classes and holding lectures for students in their own localities based on the present curriculum.

The Health Practitioners Association—the largest of its kind in the world—embraces amongst its numerous members many practitioners in Naturopathy, Osteopathy, Herbal Therapy, etc. in all parts of the British Empire, and is therefore in daily touch with both practitioners and patients for their mutual benefit and advantage.

It embraces and encourages all efforts made by similar associations to further the cause of the unregistered though experienced and trained practitioner.

I remain,

Your obedient servant,
D. EDGAR RODWELL,
Hon. Secretary.

HEALTH PRACTITIONERS' ASSOCIATION
4, Half Moon Street,
LONDON. W. L. England.

NATURAL IMMUNITY*

By DR. M. BEDDOW BAYLY, M. R. C. S., L. R. C. P.

In the first place, it is worth noting that a form of Natural Immunity to various diseases is recognised as occurring both in animals and in man. Mr. A. W. Kozelka points out in the *Journal of Heredity*, that immunity to a particular disease may be characteristic of a species, of a race or of an individual.

Many instances have been cited, including the immunity of rats, field-mice, and Algerian sheep to anthrax; of alleigators to tetanus; of goats to hemlock, of rabbits to belladonna; of pigeons and other birds to opium; of dogs to aloes; of some apes to strychnine; of many rats to plague; of Zebu cattle to foot-and-mouth disease, anthrax and Texas fever. Animals generally are immune to such human diseases as diphtheria, typhoid fever, measles, yellow fever and influenza. In the wild state animals are almost entirely resistant to tuberculosis.

In the human kingdom it is usually held that a natural immunity to diphtheria and other infectious fevers commonly exists during the first six months, approximately, of life. Investigation in many parts of the world has shown that primitive races before their contact with modern civilisation are nearly, if not quite, immune from cancer and other malignant growths; negroes are particularly resistant to yellow fever, while cases of individual immunity either to particular drugs or diseases are so common as to be probably familiar to everyone.

A classical instance of the former is the often quoted one of Sir William Hamilton, the Scottish metaphysician, "who would swallow an ounce of laudanum with perfect impunity—it had no action at all upon him; but this was not that he was accustomed to it." Of course, the converse is also true, certain species or individuals being more than usually susceptible to particular drugs or diseases.

The individual cell

In order to get at the root of the problem, we must study the constitution of the individual cell, millions of which in the aggregate compose our physical bodies—each one a separate living unit upon whose integrity, in respect of both growth and function, the health of the whole organism depends.

For it is becoming increasingly recognised that as Hippocrates and his followers taught, no diseases are departmental or isolated, all cells, tissues and organs are mutually interdependent, for each cell is linked with every other through the lymph spaces which surround it and by the bloodstream which distributes to each the materials to which each has contributed a part, however minute it may be.

Now each cell consists of a mass of protoplasm, an organic compound of carbon, hydrogen, oxygen, nitrogen, sulphur and sometimes phosphorous. This protoplasm exists in the form of particles of such minute dimensions that they are designated "colloidal".

Colloidal Matter

Colloidal chemistry is of comparatively recent development and has done much to elucidate the importance of the minute—actually of the imponderable—in the physiological processes of the body. Mr. G.E.R. McDonagh has visualised the whole universe as knit together by those laws which are known to characterise the colloid state of matter. The subject though extremely fascinating would lead us wide of our theme, but the feature of matter in this state of sub-divisions, which concerns us now is that its surface, electro-magnetic and other effects are proportionately enormous, when compared with the mass of the particles. It has been estimated that the reduction of a given mass of gold to the

*The above is taken from a lecture delivered under the auspices of the Health Education and Research Council at 15, St. James's Place, London, S. W. 1 by Dr. M. Beddow Bayly

colloid state increases its surface area one million times. The magnitude of such surface effects is well illustrated by the electrical potential of the thunder cloud which consists of water particles in a colloidal state. Graham, the original investigator of colloidal matter remarked that "the colloidal is, in fact, the dynamic state of matter, crystalloid being the static condition." "It may be looked upon as the probable primary source of the force appearing in the phenomenon of vitality." Says prof. A. Peters.

"I think it is a mistake to believe that ordinary mass action laws have much significance inside cells." He continues; it may be taken as almost certain that any influence is exerted at the interface

between the molecules of protein and the fluid nuclear contents. These internal surfaces or interfaces hold the key to the problem.

We see, therefore, that all the processes of interchange between the cell and its environments, whether we are considering chemical reactions or electromagnetic radiations, take place at the surface of these minute particles of protoplasm within the cell. Incidentally these are the microzymas described by Prof. Antoine Bechamp as constituting the ultimate physiological units of life. We shall have more to say of their properties and functions in this respect later.

(To be continued)

A Review

How to Cure Eye Diseases without Operation

By William Luftig, M. D. (Berlin), Published by the C. W. Daniel Co, Ltd.
40, Great Russel St., London. W. C. I. (P. P. 387)

The methods detailed in this book, the author claims, are based upon observations and facts and are the results of scientific experiments and clinical tests. During his medical practice of more than 25 years, he has handled a large number of patients, and he says, he has treated glancoma, cataract, and detachment of the Retina on an extensive scale. "If the eye is afflicted with glancoma, cataract or detachment of the retina, it is a sick eye in a sick body. It is not merely the eye which is in bad health, but also the entire body is out of order. It is this general pathological condition of the human system which has affected and incapacitated the eye."

This is in perfect agreement with the principles of Nature-cure. There is no eye disease in a body which is perfectly healthy so that the aim of the treatment must be to restore the body to its normal well being by clearing off every trace of impurities out of the system. The author has rightly remarked that health depends upon the condition of the blood. If the blood is in ill-health, the entire body is in ill-health, and the eyes and bodily organs succumb to all kinds of diseases. Ill-health is the

result of dietetic unrighteousness. The author has elaborately dealt with the various sources to which the bad blood condition may be traced, and how it can be purified. He has devoted a special part to the question of diet. All his ideas on this subject are in keeping with the teachings of naturopathy. He has not, however, made any mention of hunger and its signs. Apart from the general causes which predispose to the development of eye disease namely the constitutional and metabolic disturbances which have the effect of bringing about a pathological change in the condition of the blood and lymph, there are some local causes such as, eye strain and the habit of staring, excessive fatigue and wrong use of the eyes, lack of relaxation and proper care of the eye, etc. The author has elaborated methods to remove both the causes. He advises first a course of body cleansing process which consists in copious bowel movements through laxatives, alkalisation of the blood through taking in juices of fruits and vegetables, enemas or herbal tea, and treatment with wetpacks. He advocates homopathic medicines to be used in eye baths and irrigations, eye drops, and in oral medication.

Vegetable juices may be used with equal effect in the place of the homopathic medicines. Of course he condemns the allopathic way of treating eye diseases with poisonous drugs. He has also devoted a chapter to Light Therapy. But the author does not make any difference between natural sunlight and artificial white or coloured light. Everybody cannot agree with him on this point.

The author must be thanked for having taken pains to bring to the notice of the public the enormous risks involved in the eye operations and the post operative complications in a large majority of cases. The book is on the lines of the one already brought out by Mr. Harry Benja- tion. But this is more elaborate. The printing and get up of the book is fine. I heartily recommend this book to all those who are interested in the subject.

L. KAMESWARAN.

NATURE-CURE HEALTH HOME
AT SECUNDERABAD

We are glad to hear that an association by name "Prakriti Pracharaka Sangam" has been started in Secunderabad (Deccan), on 5-9-39. A nature-cure Health Home also has been started on 10-9-39 in a garden near Cavalry Barracks, Secunderabad donated by Sri Gunda Augiah. The opening function was presided over by Dr. Y. N. Vimmaraju and Sri Sitharama Avadhuta of Bezwada was present at the meeting. The garden is about 5 acres in area and at present has got six rooms for patients to stay. We wish the health home every success.

ERRATA

For September 1939

Page	Line	Word	Correction
122	12	July	Italy
123	26	infled	interfered
123			
2nd Col.	22	death	dearth
124			
2nd Col.	8	snaps	snags
125			
2nd Col.	44	reviews	waives
130	16	contend	content

The Indian Naturopathic Association.
Annual General Meeting.

The Annual General Meeting of The Indian Naturopathic Association and its Academy will be held at Prakriti Karya- laya Trust Buildings, Bezwada at 3 P. M. on 10th October 1939.

All members are requested to attend. The meeting convened for 17th Sep- tember was postponed for want of quorum.

AGENDA:

- 1 Election of office bearers.
- 2 Programme of Work.
- 3 Deficit of the Indian Naturopath.
- 4 Passing of Accounts.
- 5 Consideration of Granting of Diplo- mas and degrees to competent Naturopathic Doctors.

Bezwada, } P. VENKATRAMAYYA,
1-10-39 } *General Secretary.*

UNIVERSAL UNCOOKED FOOD

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