

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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THE BETRAYAL

BY THE EDITOR

The grievous failure of the Congress Ministry of Madras on the question of medical freedom was feared, but not expected. The very clear and emphatic pronouncement of Mahatma Gandhi on the question of vaccination naturally justified the hope on our part that the ministry would be far from obstinate on the subject. That hope was shattered. What was the reason?

Numerous attempts were made to secure the intercession of Gandhiji; but they all failed. He that never lets any occasion to go by without making a public and spirited pronouncement, on this occasion did nothing, except possibly make some private representation to the cabinet. We have reason to believe that this was not due to any change of opinion.

If any person other than the Mahatma had acted similarly, it would be called a betrayal. And in my humble opinion, it is a betrayal, even though the sinner in this case is the Mahatma.

What was the reason for the betrayal? There was a reason, which remained obscure at the time, but has become plain enough now.

Mahatmaji has long ago been eager on effecting a great revolution in the religion of the Hindus—the removal of untouchability. And he had also come to the conclusion that the lifting of the ban on the entry of Harijans into temples—a ban which has been an essential feature of temple-worship ever since temples were founded—is the first step towards the removal of untouchability. To the Mahatma the desecration of the living temples of God was something to be submitted to, if necessary, in order that the temples of stone and brick may be thrown open to Harijans. The Madras ministry has since made great progress towards this change, and it is reasonable to suppose that the Mahatma knew that it was in preparation.

We now know why Mahatmaji betrayed our cause. He did so because he hoped for something from the Madras Ministry which was far dearer to him than the health and purity of our bodies.

It is my opinion that Mahatmaji ought not to have failed us as he did when we most needed his support, even though he might have had to renounce his hope of effecting the removal of untouchability. It is my prayer that he will live to repent and make amends.

How to become Chronically Sick?

BY THE EDITOR

Dr. Stanley Lief in his September editorial in the *Health For All* shows himself an efficient satirist, in the vein of Gulliver's Travels. He gives advice on how to become ill and keep ill. It is but fair that people should be advised according to their real bent, and what Mr. Average Man and his wife ardently crave for themselves and their's is not health, but the other thing, because even when they know that certain things are bad for health, they do not choose to change their ways. Now-a-days nearly every rice-eater knows that polished rice, washed and boiled and drained, is bad for their nervous systems, and yet they go on eating the same white rice.

पुरायस्य फलमिच्छन्ति पुण्यं नेच्छन्ति मानवाः ।
न पापफलमिच्छन्ति पापं कुर्वन्ति यत्नतः ॥

"Men love not right living, but love the fruits thereof; they do wrong with effort, though they love not the rewards of wrong doing."

Such is this wonderful 'human nature.' Readers may be curious to know the points of Dr. Lief's advice, so that they may pass it on to their friends. Ofcourse they themselves will understand what the 'advice' really means. Here are the points.

- 1 Eat all you can and whenever you can. Never mind the stomach; it is its duty to work all the twenty four hours; no fast.
- 2 Eat always the most refined foods—plenty of rice, or maida of wheat, sour or sweet, and as appetising as possible; eat plenty of meat, eggs and other un-sathvic food.
- 3 Avoid raw vegetables and conservatively cooked ones. Let them be well boiled and drained and fried in oil or ghee and highly spiced.
- 4 No chewing, please. At that rate you cannot eat much, and that way lies starvation.

- 5 Be as lazy as you can afford to.
- 6 Live and work in stagnant, impure air. Avoid the fresh air like the plague.
- 7 Cultivate hatred, cruelty and fear.
- 8 Be discontented and keep worrying all the time. God—if there be one—did not intend man to be cheerful,

There is one very important bit of advice which is probably as valuable as all these put together, and surely the people have a right to it. That is, call an allopathic or other drug-dealing one, on every possible occasion and, when not actually ill take atleast some 'tonics.' Make sure that these are made up of purely inorganic or highly processed organic stuff. Also get vaccinated and inoculated as often as there is the least excuse for it; these things are 'scientific' and it is far better to go wrong scientifically, than go right and cultivate health unscientifically. Believe implicitly every advertisement of patent medicines. If there is a chance for getting rid of some vital organ, tonsil, appendix or teeth, or anything your surgeon wants to take away, do so at once. Never open a book on Nature-Cure, nor hear a Nature-Curist, except to scoff! Remember, Health is not your concern, but the doctor's.

Are these methods guaranteed to effect loss of health in every case? It is difficult to say that, because many have inherited a very excellent constitution from their ancestors in the villages, and even boast that their parents and grand parents ate this and that, did so and so, and yet lived long. But ninety per cent success can be assured to ninety per cent of seekers of disease, if they follow *all* the rules for at least thirty years.

Benefits of Nature-Cure

Need for propoganda among masses

BY A LAWYER

The system of Nature-cure has not made such rapid strides as it ought to in this presidency and I often wondered how it is that this beneficent treatment with its immense hope for the suffering and the infallibility of the cure, has not become popular in our parts. As I begin to study this aspect, I am driven to the conclusion that the public are not so much to blame as the leading votaries of this cult, most of whom have been content themselves to effect cures within their own circles of relations, friends and patients but have not turned their attention to propoganda on a wide scale so as to reach the masses and educate them on the vast possibilities of this great science of healing.

Indeed, I was one of those who were in complete ignorance of this treatment till age of about thirty when a friend from Masulipatam who came to see me while I was ailing, revealed to me that in Nature cure I have an unfailing remedy. He gave instances of miraculous cures and I had such abundant faith in him that I immediately put myself in touch with the Prakrithi Karyalayam at Bezwada and soon after joined the Health home at Padamatalanka, the well known sanitorium and Nature-cure Ashram founded and run by Sri Sitharama Avadhutha garu, the practical philosopher and saint, who renders this treatment in a purely humanitarian spirit. The trouble I was suffering from was acute and I resigned myself entirely to his care. In about six months' time, I got a complete cure.....an achievement for Naturopathy and an eye-opener to sceptics who ridiculed the idea that water could eliminate disease from the human system.

Readers will pardon me if I give a brief description of the trouble and the travail I had at the hands of allopathic surgeons and physicians not to speak of minor hands in Ayurveda and Unani. The

trouble had its origin in chronic indigestion and liver disorder which in about five or six years manifested itself in acute pain in the right side of the abdomen, wind, anemia, low fever in the evenings, and yearly attacks of vomittings and motions which used to last for a day. Naturally when small prescriptions of local doctors have failed, the glamour of Madras treatment at the hands of experts in allopathy drove me to Madras where I had the benefit of the several analysis tests, X-ray gastric analysis and the Ultra violet ray treatment.

Well known surgeons maintained that the trouble was appendicitis and operation was the only remedy. Equally assertive were the reputed physicians that it was intestinal Tuberculosis and operation might end fatally. In between, the safer course after a good deal of discussion appeared to be to entrust myself to the physicians, and then began a long course tonics, Ostellin, Vitamin D, injections, Iodine and other injections, Digestives to digest the large quantities of food prescribed under diet and laxatives to get rid of the waste matter. This went for a year. The tragedy of the whole thing was while I put on flesh and grew weight from 105 to 125 lbs. and friends were congratulating me on the speedy cure I was getting, I was awfully weak, and every day till the stuffy material was washed out by the current of laxatives swallowed the previous night. I knew no comfort, though, all the time, I was feeling sharply the habit, hunger.

This 'progress,' however did not continue long, as soon there was a relapse and while the doctors attempted to stop the fever which was the dominant symptom, there was cough and soon fresh complications too set in. While all the time, I was advised to eat well, for the T. B. diet was such! While under the treatment again at Madras, I developed even

without doctors detecting it, enlarged liver and symptoms of jaundice set in. When I drew attention to this the eminent physician who was treating me Dr. G...said, liver injections had to be given. I wondered why this wonderful gentleman who was supposed to have examined me at home only five days previously, failed to notice symptoms of increasing liver. It was at this stage that I grew desperate. Friends were not wanting who advised a change for Ayurveda and Unani.

During the hectic days of suffering at Madras during fever, I had a very pleasant—rather refreshing experience—and this was that when I got high fever I used to put ice bags on my body and used to feel relief, and instinctively I began to feel whether I may not get relieved by a full cold bath, whatever might be the consequences. Again another day during that period, I felt so miserable and I was so thirsty—The drinks could not quench it—so I went stealthily down,... caught hold of the street boy and got four tender—coconuts and emptied the watery contents into my stomach, and felt extremely happy. Naturally by evening cough was violent and doctor was afraid of its results.

What to my joy and ecstasy, when at this juncture, my Masula friend told me that Nature cure was infallible and that cold water baths, plenty cocconut water which were taboo in allopathy were employed in nature cure for the very purpose of driving out fever besides other suitable and very pleasant diet. It was indeed a revelation to me.

In a week I was at the Nature health home of Sri Sitarama Avadhutha garu and almost on the first day of the bath the fever went down to 100 degrees and in a week to 99. Local mudpacks and the Kuhne's hip-baths relieved the enlargement of the liver and in a month's time I began to feel happy and hopes of cure dawned on me. The third month I had a very violent reaction after I left the Ashram when all the troubles I had since childhood appeared in a more or less severe form and took

leave of me—Thanks to the invaluable guidance of Sri Sitharama Avadhutha garu, whom I cannot remember without deep veneration and respect for his eminent qualities of head and heart. I was able to tide over the reaction...curative crisis as it is called. After this all was easy, I rallied very soon to normal health. And now I feel that though I did not put on the flesh of the standard weight, I feel I was never before so active as now. Possibly better adherence to the directions of Naturopathy even after the period of convalescence would have brought far radiant health but I had to put my shoulders to the wheel to earn my bread and in this race, I had to compromise my diet and baths too.

Other cures in Naturopathy.

I have tried Kuhne's baths in case of several friends, relations, and some patients and I have carried on experiments even in complicated cases among my family members under the advice occasionally of Sri Sitarama Avadhutha garu. I am glad to say that in none of these, Nature cure failed me. On the other hand, it relieved me of a good deal of worry in having to wait on doctors, or go round for their advice to this place or that and to adhere to the rigmarole of diet and other restrictions of human movements during sickness or convalescence. Children at home now are free birds casting off the orthodox shibboleths of medical science in the matter of diet and dress.

The recent cure was a case of infantile liver in a child aged two, which was relieved in a fortnight on the bath system. Another was a case of dysentery and chronic dyspepsia in a child aged three, in which relief was got in a remarkably short time as the child was very careful about his diet.

In both these cases the children were put on fruit juice and cocconut water for diet. The remarkable thing about the Nature cure is that children take to the baths quite willingly and happily as ducks take to water and get immense benefits quite speedily.

Is Nature cure costly ?

There is an impression that Nature cure is costly as the diet should necessarily consist of fruit mostly. But fruits may be dispensed with if the patient cannot afford and suitable vegetables might be used according to doctors advice. Ragi diet would offer readily as a suitable food substitute. Nature treatment is a veritable boon, I can say from experience, to town dwellers who have invariably monthly doctor's bills and medicine charges to bear and to spend heavily on diet prescribed by the doctors which is often of the imported variety. While in Naturopathy one need not spend so much, there is the further relief that permanent cure is effected and immunity to disease is also being developed thus ensuring a happy and care-free home life.

It is often said that it is very difficult to keep up diet in this treatment. But this need not discourage us. For, even as in orthodox medical treatment, one cannot adhere to the strict letter of the doctor's advice and get full relief, here too the patient does not fail to get relief and of course he will get it in proportion to his adherence to the directions. But any day the relief he gets is real and certain. And if only the patient is properly educated, he is sure to appreciate the value of Natural diet and soon become one of its ardent votaries.

Wanted propaganda

Naturally this brings me to the all important question of educating the masses at large on the benefits of nature cure treatment. It is a tragedy that ignorant people suffer all untold miseries in the towns and cities having come for relief from their villages in quest of health and caught up in the meshes of medical science and thus though they get better for the time their vitality and strength is sapped and the race of once hardy men in rural parts is fast fading away with the prevalence of wrong notions of medicine and diet. Is

it not a matter for sorrow that in villages we have no hand-pounded rice or rock ground flour but all is machine made stuff? This is so among rich and poor. Again the morning coffee drink habit has impoverished our race and no villager appreciates the value of butter or buttermilk or even of milk in its natural form. In towns the coffee hotel habit and the loading of fermented stuff is the order of the day, and this has brought about stomach disorders in young and old, and naturally liver disorders among the infants with hereditary encumbrances. What then is the duty of all right thinking men? It is certainly their duty and particularly the naturopaths to draw attention to this danger and carry on wide propaganda. They would be thus arresting the rapid demoralisation and deterioration of the race. As it is, very few know about the principles of naturopathy and of natural and nutritious diet.

Nature cure has high potentialities. It cures diseases; it develops immunity to disease. It makes for a nation of strong and sturdy individuals who are an asset to any country. In my opinion, the best way of spreading this knowledge about naturopathy is to effect cures among the people and educate them on proper diet and proper mode of life and thus convert them. To this end, we want a band of youthful workers who would receive adequate training under some well known expert or in recognized institutes and be prepared to work among the people both in towns and villages. To facilitate their work, district associations with taluk organisations, all affiliated to a central body might be formed and aid the workers with funds and equipment necessary to discharge their work efficiently. I think the Prakrithi Dharma-Parishat of Bezwada might bestir itself on this kind of activity and bring about a re-orientation of its aims and methods, taking into confidence the nature-cure experts and public workers, and concerting measures of health propaganda.



MICROBES IN HEALTHY BODIES

The Views of a Non-Medical Bacteriologist.

By the Editor.

Dr. Hugh Nicol, a non-medical bacteriologist, is the author of a recent book which has just come into my hands. It is entitled '*Microbes By The Million*,' and is published as a 'Pelican Special' by the Penguin Books, Limited, Harmondsworth, Middlesex, England. The book is full of the latest knowledge of microbes (germs) and is written chiefly for the general reader. It is very interesting from our point of view; it goes far to strengthen our views about germs and to confute those of the medical profession; and this in spite of the fact that the author does not seem to be aware of the existence of Nature-Cure; he is also evidently unaware of the work of Professor Antonie Bechamp, the great man, whose work was partially stolen and grossly misinterpreted and misapplied by Pasteur, the charlatan.

Anyhow bacteriology has made great strides since the days of Pasteur. Regarding the germ theory of disease Dr. Nicol says that "it is a legacy from the early days of microbiology; the ideas—both hopeful and fearful—propagated in those early days are hard a-dying."

While Bechamp was proceeding deeper into the realm of the extremely small and gathering facts for leisurely and sure theorising, Pasteur jumped to the conclusion that germs did cause disease, because of the hope that a cure could be devised. That this hope has not been fulfilled is the clear verdict of impartial critics. "The teaching of the early bacteriologists was directed," says Dr. Nicol, "towards showing that microbes were agents of disease. In the views of such pathologists it was implicit that once the microbial cause was tracked down, the discovery of the cure would not be long delayed. This has been a false hope in most instances; the treatment of patients suffering from tuberculosis, for example, does not yet proceed by a direct attack on the causal micro-organism." It happens that Dr. Nicol does

believe in the genuineness of the immunity claimed and as conferred by serotherapy; therein he is misled; but he realises that the germ-theory is on the whole wrong.

He arraigns the medical scientists for failure to make a scientific inquiry into the *other* factor, namely the defensive system of Nature in the body; he says: "They have decidedly neglected to enquire scientifically into what constitutes and maintains ordinary good health. This is probably because the 'causal' micro-organism of a disease is something that can be easily manipulated in the laboratory, and also because for the medical man the study of disease has a peculiar fascination which health lacks."

The ideas of microbial invasion and bodily resistance are in our view both wrong. Natural immunity consists not in resistance to microbial invasion, but in the maintenance of normality of the body cells; some light on the problem is thrown by Dr. Bayly's exposition in the article on Natural Immunity which is being given in this magazine. But assuming that invasion is a fact—and not a mere fancy, as we think—Dr. Nicol propounds a fine question. "Even the worst epidemic leaves survivors, and in the recent typhoid epidemic at Croydon the number of people who drank infected water, or who otherwise introduced typhoid bacteria into nominally susceptible parts of their bodies, must have been much greater than the number of those who contracted the disease. *The question that is still unsolved is not why did tens die, and hundreds fall ill, but why did thousands fail to get the disease?* You will note that it has been left to a non-medical bacteriologist to propound a fundamental question about health."

The proportion of those that are not affected at all is roughly ten to one of those that are; and of those that are infected, the proportion of those that survive is roughly ten to one of those that die. It is

pertinent to ask also whether the few, who died, died because of the infection, or of the medical treatment to which they submitted? An impartial critic, namely Dr. Nicol, tells us that the medical profession is guilty in not investigating the cause of this immunity. I am tempted to ask: How can a body of men so ignorant, as not even to know that there is this question needing to be investigated, be permitted to dogmatise to us about immunisation by serums and vaccines? What answer do they make to Dr. Nicol?

On the main question, what it is that constitutes immunity Dr. Nicol throws light indirectly by means of an analogy from the plant-world.

"The common swede-turnip provides a striking example of the maintenance or failure of health in presence of an overwhelming number of microbes, according to whether a necessary (and until recently disregarded) element is present or absent [from the soil]. Swedes in the field grow in close contact with soil of which every salt spoonful contains at least two thousand million microbes—most of which are alive. The job of most of the microbes is to seize upon vegetable matter and to decompose it; *this however they cannot do if the vegetable matter is part of a healthy living plant.* A swede is healthy because it is immune to all that microbial swarm. Even should it be accidentally damaged in some way while the plant lives, rotting does not usually proceed very far. If however the soil is so lacking in compounds of the chemical element *boron*, that the swede cannot obtain the traces of that element which it requires for normal growth, the soil microbes attack the tissues of the swede and rot them." Dr. Nicol proceeds to say that this effect "is not exactly a disease, since disease is usually regarded as due to a single specific microbe, which is looked upon as practical on its host. The microbes that attack the boron-starved swede" says he, "are miscellaneous, not specific." This is the language of one that is still held in slavery to a medical dogma, precisely that dogma, which the author is criticising. We cannot expect perfect in-

dependence of mind from one that still thinks that medicine is science in some degree; we must give him credit for so much independence as is manifest in the form of doubt. He proceeds: "It is not known how the healthy swede keeps the potential invaders at bay, but we do know that a trace of boron has a great deal to do with it. Obviously the boron, as sustainer of swede health, is immensely more important than the microbes are as agents of 'illth.'"

Just as the deficiency of boron in the soil causes ill-health of the swede, so that it becomes the proper prey of microbes, to lod the deficiencies of alkaline. Organic substances in the body-tissues cause a weakness and proneness to disease and dissolution in human bodies; that in such a state the process of dissolution is effected by the agency of microbes is no evidence that *they* are the cause of disease; the real cause is the abnormality due to the deficiency.

In order that such deficiency may not arise at all, we need to take in what we call positive food. *Positive* food is that which promotes *positive* health. Nature-Cure is definitely based on the teaching that positive food is food that is rich in the alkaline organic salts that preserve and increase the alkalinity of the blood and flesh. Such organic salts are abundant in raw tender vegetables, in the skins of fruits, in herbs, and to a certain extent also in raw milk. In a case of old rheumatism reported recently in this magazine, raw vegetables and herbs figured largely in the diet. In a case of asthma now under treatment, juices of raw tender vegetables were used with effect; and now the patient has been told to take one meal daily of a salad of raw vegetables flavoured with curd and coconut scrapings, with raw milk in the evenings, rice and other cooked food to be eschewed until the constitution is restored.

But there is one thing more. Our source of alkaline organic salts—which in my opinion are more valuable than the

(Continued on page 148.)

News & Notes.

By the Editor

Medical Fallacies.

Dr. Jay B. Nash is reported as declaring that a number of medical dogmas are fallacies. Two of them have been noted by me. One is that 'clean teeth do not decay! They do. Tooth-brush and anti-septic paste are vigorously used daily at great cost by people who believe in this teaching. But the dentists are prospering. Teeth decay from internal causes. The lack of alkaline essences in the food undermines the health of the teeth; their roots become loose and then they fall, or have to be pulled out. Even at this stage they can be saved by fasting and dieting to replenish the needful alkalines. The other is that **weight must be proportional to height.** That is not correct. Tall men are not proportionately heavier than short ones; they generally tend to be lean; and yet they often remain healthy and live to a good old age. Nature-cure does not accept the medical weight-standards; in fact we leave weight out of consideration altogether, leaving it to Nature, and concern ourselves solely with living hygienically and in perfect independence of all doctors.

A Doctor on Doctors

In Health And Life (September) Dr. Ulric Williams, a Newzealand physician, is reported as writing that "Orthodox methods, far from reducing the incidence of disease, have become in fact the second in importance of the two principal causes" of disease.

(Continued from page 147.)

hypothetical vitamins, because the 'latter' cannot exist where the former are wanting — is the vegetable kingdom; and this in turn has its source of the needful elements in the soil. If the soil be exhausted, or rendered poisonous by the ignorant use of "scientific" manures, then health is not possible. And this point is referred to by Dr. Nicol.

The author has some very excellent remarks on pasteurisation of milk. These may be reproduced in a later issue. Therein he tells us that "the bulk of the medical profession are a long way behind the more advanced of their colleagues," so that it happens that only a small minority of them is capable of forming same opinions.

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Just out!!

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OR

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By

Dr. L. KAMESVARA SARMA,

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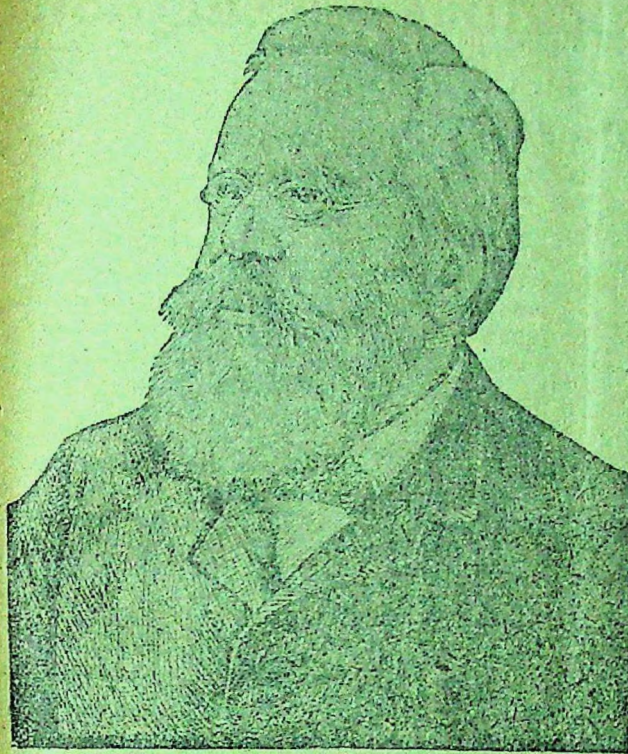
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1. To promote investigation into the origin and the true character of Evil and into Nature's Ways of eliminating it.

2. To foster the perfection of the true Science of Health by promoting investigation into the Laws of Natural Living and into the Methods of Natural Healing.

3. To encourage a sympathetic, critical and comparative study of the several ancient and modern, preventive and remedial systems, institutions, customs and practices in the world (whether scientific, philosophical, religious or otherwise) for the purpose of ascertaining their Naturopathic value, if any.

4. To investigate, interpret and re-deem the theory and the practice of the traditional Indian Naturopathic Systems of Yoga.

5. To propagate the philosophy of Naturism, and to work for the re-organisation of human life, effort and culture on a natural basis.

6. To provide moral and if necessary, legal support to those that live or advocate a life according to Nature ; particularly, to persons practising the profession of healing by Naturopathic methods recognised by this Association.

7. To do all such acts as may be necessary, incidental or conducive to rendering the knowledge of Nature's Ways and the Blessedness of Natural Life available to people.

In particular,

[a] Through the medium of books journals and pamphlets by means of lectures and the like and, if possible, by founding suitable colleges and other institutions of a standard type, to expound the philosophy of Natural Living, and to teach the several systems of Naturopathy recognised by this Association.

[b] To found and maintain suitable libraries and museums and to collect into them books and exhibits teaching or illustrating the principles and practices of the philosophy of Naturism and the several methods of Natural Healing.

[c] For the accommodation of person desiring a life of serene purity or treatment for any disease, to found and conduct health homes or other sanatoria in urban, horticultural or sylvan environments and to demonstrate to the world the supreme efficacy of Naturism, by remedying all diseases by Natural Methods.

[d] To establish orphanages, to admit young orphans therein and to bring them up in accordance with the principles of Natural Living.

[e] To organise a corps of volunteers prepared to render full-time service to the cause of Naturopathy.

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