

# The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

*Editor*: Dr. P. VENKATRAMAYYA, N. D., D. M.

## CONTENTS.



Editorial Notes	...	...	...	150
Pathological Necessities	...	...	...	151
Vacation for our Stomach	...	...	...	153
Health & Disease	...	...	...	154
Choose your Diet by color	...	...	...	156
News & Notes	...	...	...	158



# The Indian Naturopath, Bezwada

## BUSINESS NOTICE.

**No V. P. P System:**— This Magazine will not be sent to any one by V. P. P. Subscriptions should, in all cases, be remitted in advance by money order only.

**Enlistment:**—Subscribers and members of the I.N.A. are enlisted at any time of the year, but they will receive only the issues from January to December, comprising a complete volume to one year's subscription.

**Subscribers** and Members of I. N. A. should always write their names and addresses clearly and fully and quote their Roll number, Subscriber's No. in all communications.

**Contributions:**— The Editor will be glad to welcome short contributions. They should be either typed or legibly written on one side of the paper only; and have the name and address of the writer below, not necessary for publication, unless and otherwise informed.

Articles are subject to editorial alterations, though the Editor will try his level best not to change the sense. The Editor does not assume any responsibility for the signed articles and opinions of contributors. Articles showing ignorance of the Nature-cure point of view will not be accepted.

**Correspondence:**— Members of the I. N. A. requiring free health advice should write to the General Secretary enclosing a self addressed stamped envelope for reply. All remittances should be sent to the Manager, I. N. A. Bezwada.

Annual Subscription for the Magazine Inland Rs. 1-8-0, Foreign Sh. 3 or \$ 1.

Annual Membership Subscription for the Indian Naturopathic Association. Inland Rs. 3—0—0 foreign Sh. 6, \$ 2; Magazine free to the members.

### 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."

**Dr. Sarma K. Lakshman's**  
Guide to the Fivefold System of  
Health and Healing

**Practical Nature Cure**  
*Fifth Edition (1939)*

The best and most complete book  
on the Subject

Price Rs. 4 Postage extra

Foreign 8 Shillings, including Postage

Fasting - Cure	(supr. edn)	Rs. 6
Do	(ordy. edn)	As. 3
Mental Healing		As. 2
Judgments on Medicine		As. 2
Defective Sight. Its cause and cure.		As.
by Dr. L. Kameswara Sarma, M.A., N.D.		As. 3

**The Nature cure Publishing House,**

BUDUKOTAH, (S, India)

Annual Subscription Rs. 1-8-0

THE

Foreign Sh. 3, or \$ 1

# Indian Naturopath

The Official Organ and Gazette of The Indian Naturopathic Association.

Vol. X

BEZWADA—December, 1939.

No. 12

WE WISH

A Merry Christmas

AND



A happy New year

To our readers and to all those who have co-operated with us in the sacred cause of naturopathy, for the amelioration of human ills—physical, mental and spiritual. We wish the same to all the creation whether it is immovable or movable स्थावर जंगम as we are all the descendants of the omnipotent and omnipresent reality.

*The Editor.*

## Editorial Notes

### Birth day of Dr. Sarma.

Elsewhere in this number is given an invitation to the 61st birth-day celebration of Dr. Sarma K. Lakshman B. A., B. L., N. D. to be held at Pudukottah, by the Pudukottah Nature Cure Association. The honour is long since over-due and we are glad to learn that even at this time the people have realised their duty to the Doctor who has sacrificed his flourishing profession for the cause of Naturopathy.

The readers of 'The Indian Naturopath' have well followed him through the columns of the journal and we are sure they have a good appetite for his writings. We extend our hearty congratulations on the eve of the birth day celebrations and pray the Almighty to bestow long life and prosperity on him.

### The Madras Health Act and the Conscience Clause.

From the inclusion of the Conscience Clause in the Madras Health Act we were suspecting that the Department would somehow, under some pretext or other, nullify the conscience clause that was introduced with such a great tension. The health officer orders to secure permission from the Magistrate; the Magistrate states in turn that he is not empowered to do the necessary business to issue an exemption to the guardian of the child to save the same from the dirty hands of the vaccinator. Under these conditions whom are we to approach?

The health officer is not empowered to certify the purity of the

lymph he is administering to the child; he cannot guarantee that the operation would not harm the child under vaccination; the parent of the child is at a fix to choose the procedure to pursue. There is only one way open for him; and that is to pay the fine repeatedly. How long? It is really a vexing question. But as long as the members of the assemblies and councils keep mute to fulfil the responsibilities entrusted to, the dumb millions cannot but suffer the tortures that are enforced on them by the department of ill-health.....ill-health, because they do not know the A B C of biology or hygiene. Had they known even a bit of hygiene they cannot administer the gutter medicine they are now administering without a shudder. The question again arises, what then are we to do?

A simple solution. Simple indeed. Every one of you should go to your respective councillors and teach them about the horrors of vaccination and request them when they next go into council chamber not to forget to discuss the matter over to their colleagues and help the dumb millions who had sent them so faithfully on their behalf. If they feel the responsibility and work for us, then, we are saved. There is no other way open for us.

A case of refusal for vaccination is reported elsewhere in this number. That shows us that education and agitation as to the horrors of vaccination is wanting and that proper agitation cannot go unheeded by any Government however aristocratic it may be.

—(o)—

P.

The bounds causes into a

Each produc bacilli; be com

The in direc

The is mini the nur the app science and air disease based very ea based

W there sympto

1  
3 Inc pulsati  
6 Chi ousnes tongue

In loss o patien ning, a does n unfort man a be low tion. even t still m

# Pathological Necessities

BY  
Dr. PUTCHA,  
N. D., D. M.

## 1 FEVER

The Allopath is making leaps and bounds in the investigation of the real causes of fevers, and in classifying them into a number of groups and classes.

Each group is again found to be the product of a certain group or class of bacilli; and every class of bacilli is tried to be combated by a certain virulent poison.

The number of fevers is also increasing in direct ratio, to the poisons administered.

The nature cure, on the other hand, is minimising the number of fevers, nay, the number of all diseases; and minimising the applications for the cure of them. The science of nature cure, is less complicated; and aims at rooting out of the cause of all diseases. The science of nature cure is based on true biology and hygiene, and is very easy for the lay man to learn as it is based on the best common sense methods.

### What is fever.

Whatever may be the name of a fever there are all or some of the following symptoms:—

1 Loss of appetite, 2 Headache, 3 Increased number of heart beat and pulsation, 4 Rise in temperature, 5 Nausea 6 Chill, 7 Extreme weakness, 8 Billiousness, 9 Constipation, 10 Coated tongue etc.

In all the fevers there is invariably, loss of appetite, as a forerunner. If the patient is clever enough, to heed the warning, and the nerve to refuse the food he does not require; there is no fever. But unfortunately people are taught that if a man abstains from food his vitality would be lowered and that he would die of starvation. So he forces food on the system, even though there is no craving for it; and still more, when there is a disgust for food.

He does not pause to think, why the appetite is on the decrease, nay disappeared. He forces the food on the system; which is already overburdened with food—which has not undergone the proper process of combustion. For combustion, proper amount of oxygen and sunlight are necessary. A person who does not take proper amount of exercise, or work in the sun, does not receive the necessary amount of oxygen, for the chemical transformation of the food into nutritive elements, which feed the blood and tissues. When combustion is not going on properly, the system stores the amount of uncombusted material for utilising and assimilating the same, at a later date, when the system needs it; i.e., when there is no supply of fresh food material. If that blessed day is not forth-coming and if the system is repeatedly polluted and contaminated with this uncombusted material, then the system says: "Halt! I want time to clean and repair the system of this unwanted material. I want an extra supply of oxygen for the combustion of the already stored food material". This warning is this loss of appetite.

Nature cure doctor prescribes in all fevers, a regular fast to the afflicted; and allows the system of the patient to go on in its process of repair and cleansing uninterruptedly. The unused food material finds time enough, to oxidise and assimilate in the body.

There is an increase in the number of heart beats in all fevers. Instead of the normal pulse rate in the adult, i.e., 70; The rate increases to 80, 90, 100 and even to 140 in fevers. That shows, clearly that the increased intake of oxygen is quite essential for the oxidisation of the unused food material, and other poisonous substances, that have sprung up by the stagnation of the unused food material for a long time. The increase in the number of heart beats and the accompanying rise in temperature of the body are unavoidable and necessary features in the pathological

condition. So the fever is a pathological necessity.

Any attempt to lower the temperature and the number of heart beats only lead to further stagnation of the unused food material and poisons; which in turn bring on a disastrous condition of the system.

All medicines from aconite, to the blessed chincona bark and chirata—all benumb the heart; the pulse rate is lowered and the temperature of the body goes down. The patient thinks that he is relieved of the fever he is suffering from. But what happens? The unused food material, and the poisonous effete, remain in the body, and putrefy. The system is exhausted in the elimination of the poisonous drugs administered, and becomes inefficient in the normal function of Katabolism.

In almost all cases of fever treated along the allopathic and allied systems of treatment, the period of convalescence is long and tedious and the patient does not regain his normal strength for a very long time.

The patient after recovery from fever is attacked by dysentery, diarrhoea or itch,—the nature's attempts for the elimination of poisonous matter from the system. If even then, the medical man interferes, the system becomes weaker and weaker and the uneliminated filth stagnates in the system to become chronic and later incurable—uneliminable.

### What does a Naturopath do in such cases?

The nature cure expert does never attempt to lower the temperature to save the patient. He invariably attempts to eliminate the poisonous matter from the system; and restore the system to function normally. The temperature will take care of itself. How?

The body has got four organs of elimination. The lungs eliminate the gaseous poisons from the body while the kidneys and colon eliminate liquid and solid poisons respectively. The skin with its millions

of pores, compensates any of the other three excretory organs. It can eliminate gaseous liquid or even solid impurities from the body.

It is only then, when all the four excretory organs become sluggish or become inadequate that a disease ever presents itself. As long as the body can normally function, there is no disease.

The nature cure doctor first of all, orders a fast to his fever patient, by whatever name the fever may be called; so that the body finds ample rest and leisure to repair and eliminate the poisonous material from the system. The vital digestive fluids hitherto used for the digesting and assimilation of the food, are not utilised for the digestion of the already unutilised food material, that is stagnating in the body. The abnormal intake of oxygen, and the elimination of carbondioxide, from the system, frees the system of the excess carbon and the body becomes lighter day by day.

Every day once or twice the bowels are cleaned so that the solid wastes are removed from the body.

Profuse cold or hot water drinking and drinking of acid or subacid fruit juices of the citrus family, result in the profuse urination, and the consequent elimination of liquid poisons from the body.

Occasional sun baths, and even steam baths, or sweating packs, in the absence of the sun, administered to the fever patient, work as diaphoretics, and the perspiration, eases the body of the abnormal impurities that deposit very near the skin.

Thus the system is cleansed off the three sorts of poisons and the patient finds himself lighter day by day and in a short time the temperature goes down without poisoning the system.

The occasional hip or sitz cold water baths tone the system, and the body is saved from becoming exhausted, in the elimination, of the impure material from it.

As soon as the unused food material is used up by the system and as soon as the poisonous filth is eliminated from it the body recommences to function properly. Then a healthy hunger sets in. The coating on the tongue disappears leaving the tongue rosy as usual.

The patient is then fed on very easily digestible foods such as brown rice along with cooked vegetables alternate with fruit juices. The period of convalescence also is shorter than in any other medical treatment; and there are no after bad effects as in the medical treatment.

From the above you will very easily understand that a fever is a pathological necessity and that any attempt to mitigate or remove it without eliminating the bodily poisons, ends in untoward after effects and lowered vitality. The persistent and repeated medication only further deteriorates the system. The disease becomes chronic.

So it is always necessary to avoid poisoning the system, and to resort to the cleansing and repairing methods of nature cure to live long, healthy and strong.

## Vacation for our Stomach \*

By Dr. Benedict Lust

We would do well to give our stomach a vacation now and then—that is, if we expect that very important organ to recuperate. That good old custom of three full meals a day, with just a bit of fruit or soda or “malted” between meals, and a “snack” before bed time is undoubtedly responsible for a lot of trouble-frayed nerves, tender stomachs, abnormalities of the eliminative organs, headaches and anything else you can think of. Although the stomach and brain are far apart anatomically, yet an acid stomach will create irritation, exasperation and a touchy temper in general.

The problem is not a very difficult one, if you will take enough time to do a little experimenting with yourself. I know of many practitioners and patients, who have done this and reached a conclusion satisfactory to themselves. There is no specific standard for everyone, but the number of meals that should be eaten during one's walking hours can be determined by each individual.

We need to remember only that we should eat enough to supply all the needs of the body, and satisfy our craving for food, but not to go beyond the point of creating

interference with the digestion. That is what causes the real trouble.

Some persons do without one meal a day, either breakfast or lunch, or the before retiring meal— and to their astonishment they find they feel better, sleep better and awake in the morning refreshed, and eventually put on weight and strength. Those with an excess of weight will begin to lose it. The secret of this improvement is, of course, that the entire digestive system has had more time and strength to digest and assimilate the remaining meals.

It is now an acknowledged fact that the stomach does not empty itself of food for atleast four to five hours, and if you are worried or fatigued it will take longer. It should be obvious then that new food should not be introduced into the stomach as long as partially digested food from a previous meal still remains. In my opinion, then, meals should be eaten at least five hours apart to get the best results, otherwise you should not be surprised if lunch disagrees with you or there is a “heavy” feeling after dinner.

There are two schools of thought on this question. One advises to start the day

\* From Nature's Path.

with large glass of fruit juice, followed by a large breakfast of two or three foods and a beverage. They suggest the entire omission of lunch, or perhaps just a bit of fruit or glass of fruit juice. In the evening a full dinner—and no food between then and bed time, unless it be a glass of buttermilk just before retiring. Now, the other philosophy calls for some fruit juice or just one fresh fruit at the breakfast hour (or perhaps just a glass of water); then a rather substantial lunch at about eleven o' clock; nothing during the afternoon, and a full sized dinner at night. No food or beverages of any kind between that

meal and bedtime. Apparently they both work out well, for there are many followers of each system. It is likewise advised that if you are not hungry at all, skip a meal. You will be better off for doing so. Furthermore, if you feel loggy after breakfast or lunch, then take only some fresh fruit for the next meal. Should your tongue be carrying a nice coat of whitewash, or a coat of tan, that's a sign for you to live on fruit juices for a day. You will build up a fine resistance in this way, and this will enable you the more readily to ward off many oncoming colds or other conditions.

## HEALTH AND DISEASE\*

By Dr. Bertrand P. Allinson M. R. C. S; L. R. C. P.

Vivisection is a reactionary influence whose object it is, unconsciously probably to a great extent, to leave things as they are, to prevent that forward movement in all directions, but more especially in medicine and in social hygiene and in social conditions which are the only possible means by which humanity can reach health. In other words vivisection is part, so to speak, of a vested interest to prevent such a thing taking place. After all when we consider so highly contentious a question as diphtheria immunisation, without in any way asking whether diphtheria immunisation is a possibility or not a possibility, the fundamental fact is that we know and have ample evidence to prove that diphtheria does not occur under proper conditions of life. We know that. A certain school medical officer in a recent article in the *British Medical Journal* was comparing two groups of children for their susceptibility to infection, one group having had tonsils and adenoids removed, and the other group had not, and he said in this article that there was no object in trying to compare the incidence of diphtheria in those two groups, for the simple reason that in the schools under consideration diphtheria did not exist; in other words, when the con-

ditions were good the disease was absent—therefore, the object of diphtheria immunisation is indirectly to postpone the remedying of those conditions which make diphtheria possible. That is to say, it is an anti-social practice, and that, I think, is the point against vivisection in many branches of disease, that it claims to cure the diseases themselves, whether it be diabetes, whether it be pneumonia, whether it be plague, or what you will—it is the same tale; the same endeavour to evade the inevitable necessity for getting rid of those fundamental conditions of disease, which can be overcome, and can only be overcome by adequate social legislation, so that people may have decent conditions of life, so that they may live rightly and get the right food, because if they live rightly, and get the right food, their lives are harmonious, healthy and well equilibrated.

x x x

People say: "Well, here you have diphtheria immunisation; it claims to do certain things; you want to get rid of it; what are you going to do instead?" If you talk about social conditions they will

\* From a speech delivered against vivisection (From the Abolitionist)

say: "But you cannot alter social conditions suddenly; that is a matter of evolution and time, what are you going to do in the meantime?" The answer is that if human beings apply such knowledge of the art of living as does exist in spite of social conditions, in spite of the limitation of the life that one leads, one can still bring about a state of health of the body which is infinitely superior in its results upon the prevention of disease compared with immunisation or preventive treatment of a specific nature. So that whilst we are out to destroy something, I feel that we also should be legitimately in the position to say that we have something better to offer in its place. Of course, that something better is something which is in harmony with all those ethical standards for which we stand, and which are at the back of our anti-vivisection attitude.

x            x            x            x            x

You will have heard about the terrible complication of vaccination called encephalitis. We know that this condition was only discovered, and probably then only quite accidentally, ten years ago. No one is going to pretend that this is a complication which suddenly appeared for some unknown reason at a critical date through factors that we are quite ignorant of. We must believe that this particular complication must have existed from the time that vaccination was first used, and that the mere fact that the medical profession was unable to recognise it is not to say that it did not exist, although, of course, in the realms of philosophy that which is not recognised cannot exist—a very convenient thesis for the medical profession—but it

has taken over one hundred years for it to be discovered. Let us hope it will not be one hundred years before the remote effects of diphtheria immunisation are discovered. To my mind, the confidence with which the medical profession rushes into using every new remedy that appears, especially if it is a type whose ultimate consequences cannot possibly be estimated until after long years, is a serious criticism of the general attitude of orthodox medicine towards disease. They are willing to clutch at every straw. Look at the way in which sulphanilamide was seized upon by the medical profession recently. It is a new drug which has apparently miraculous results in certain conditions, but the medical profession does not worry very much about its possible dangers. I myself only last week saw a woman who is condemned to progressive paralysis as a result of taking this particular drug, which was given to her when she was suffering from Pneumonia, and how much of this sort of thing we are going to see we do not know. To me it seems quite probable that the day will come when the use of these particular drugs will be very severely restricted. If we tackle the problems of disease from an ethical standpoint we automatically prevent mistakes which may have disastrous consequences.

As I have said, without dealing with the animal's side of the problem at all, I hope I have been able to make you realise that vivisection is quite as much a human problem as an animal problem, and that the future not only of animals but also of human beings is bound up with this question of the use and exploitation of animals for medical and curative purposes.

EDITOR:

Dr. B. P. SINHA

Director, Nature Cure Home,  
Allahabad.

*Jiwan Sakha*  
ALLAHABAD

*Annual Subscription: Three Rupees*

# Choose Your Diet By Color

BY LILLIAN R. CARQUE

Nature's purpose in coloring her foods is not merely to make them look attractive. Each color serves as a key to nutrient virtues. The color arises from the elements that the food organizes into its structure from the soil in which it is grown and the electric-magnetic emanations it attracts from the sun. Scientists tell us that ninety-two different elements have been discovered and tabulated. Every one of them has its own rate of vibration, its own colorful spectrum, and each gives off its own color identification when heated to the point of luminosity; no two have the same spectrum.

Every cell in our body has its own rate of vibration; hence when the organism receives affinity waves in color, harmony and health result. We are told that vitamins are wavelengths of light and color, stored up in foods by the sunlight to which the body reacts and responds according to quality and relationship. Experimentation has proved that colors, chemical elements and vitamins in their natural state are all interrelated and interdependent.

Few people realize that foods are often chosen, consciously or unconsciously, by the colors predominating in the human aura—that invisible atmosphere surrounding and interpenetrating the human organism. For thoughts take form and color; indeed all vibrations are either the direct or indirect result of thought, ranging in emanations from the first divine impulse down to every thought of man. Rates of vibration and color energies differ according to the

quality of thoughts, to their moral and intellectual degree of excellence—a reflection of the character and development of the individual.

When the animalistic tendencies in man are in the ascendancy, or when they overshadow the intellect, red vibrations become the predominating ones, and are diffused throughout his organism, also developing his aura. His thoughts assume the coloring of this ruling emotion, which serves as an obstruction, momentarily at least, to his intellectual faculties. Red takes on more forceful tinge to the degree of the intensity of his uncontrolled passions.

This will explain the predominance of the red flesh of the animal in the average diet, as it helps to feed and replenish our emotional nature. Phosphate of potassium is the mineral basis of all muscular tissues, giving them their characteristic pliancy. All other organic salts exist in muscular tissues only in small proportions. Flesh foods of reddish cast are rich in nitrogen—that repressive conservative element which is craved and consumed to excess by sluggish negative temperaments, guilty of inertia and indifference. Oxygen, possessing opposite characteristics from those of nitrogen, is Nature's great energizer, activator or propelling agent. Oxygen is much too active alone, however, and needs the restraining influence of nitrogen to supply the brakes or dampers to subdue its feverishly burning pace. That is why most oxygen-charged fruits and vegetables, of strong alkalinity, have a crimson blush

thus yielding warmth and stimulation in balanced proportions for healthy metabolism.

In the organic world, red coloring matter is provided by potassium or potash, one of the principal alkaline minerals occurring profusely in all fruits and vegetables. The reason is obvious for the magenta hue of potassium is indispensable in the formation of red blood corpuscles, and is a predominant element in the brain. In the mineral or inorganic kingdom, potash has high explosive properties, and is used extensively in the manufacture of gunpowder and lucifer matches. Small wonder then that potassium occurs, never in a free state, but as chloride of potassium or phosphate of potassium, chlorine providing the green coloring matter of Nature, in co-operation with sodium, iron and calcium. Phosphorus provides the blue (higher, mental) color energies.

For when man's emotions are not overstimulated, his objective mentality contributes a greenish hue. This color, when combined with the red of his emotional nature and the orange life force (which will presently be discussed) imparts to him a brown vibration. This shade unfortunately is the condition in which the mass of humanity finds itself at the present time. Green is the color of the objective mind of men, when he first begins to individualize as a permanent center of consciousness in the Deific Essence. It is the color of the manifested lower mental nature, which is sometimes called brain consciousness. For just as soon as man arouses within himself even feeble but stirring mental impulses towards a finer, more sympathetic life, he exerts a genuine effort, consciously

or unconsciously, to place his animal appetites and passions subservient to the will of his higher mind and nobler soul.

We can now readily understand why many nuts and legumes of brown and yellow color energies are representative of clean and pure sources of protein, enjoying as they do an accelerated vibratory activity, as compared with the sharply descensive vital force of dead animals. The molecular structure of nuts and legumes is more constant, and hence it is immeasurably freer from the bacteria of putrefaction which abound in meat. It also becomes comprehensible to us why nature provides vast fields of green, for they are the rebound of dynamic but low mental energies projected by imagination as creative, fashioning impulses into the various kingdoms of nature, molding their character and tendency. That is why green color vibration enjoys selective absorption by the earth that it may feed and replenish our lower mental faculties. Chlorophyll is the "red blood corpuscles" of plant life. The indisputable need for green leaf vegetables in the rational dietary is thus explained.

In spinach, for example, nature has provided one of the finest organic materials for effectively cleansing and regenerating the entire intestinal tract. In color therapy, the green ray is utilized as a germicide because of its prophylactic virtues; green color energies doubtless serve as an antidote or purifier of our emotional excesses.

( To be continued )

# News and Notes

Proceedings of the Annual general Body meeting of the Indian Naturopathic Association held on 10.10.39:—

## Resolutions:

1. Resolved that the following be elected as office bearers for the current year.

*President*:—Dr. Sarma. K. Lakshman.  
*Vice-President*:—Madame Sophia Wadia.  
*General Secretary*:—Dr. P. Venkatramayya.  
*Joint Secretary*:—Dr. V. Murahari Rao.

<i>Personal Secretary to the President</i>	}	Dr. L. Kameswaran.
<i>Secretary for Social service Department</i>		Dr. A. V. Krishna Rao.
<i>Secretary for propaganda department</i>	}	Dr. I. Venkataramanayya.

II. Resolved that the following be nominated as office bearers of the Association from the various Provinces, under section 46 & 49 of the rules and Bye-laws made there under.

## Vice Presidents:—

Andhra:—Dr. B. S. Gopala Rao.  
 Bengal:—Dr. Shivanth Rai.  
 Gujrat:—Dr. Jatashankar I. Nandi.  
 U. P. :—Dr. S. J. Singh.  
 Travancore:— Dr. P. N. Gopala Pillai  
 Central India:—Dr. Jagannadha Das.  
 Bhavanager state:—Mr. Gopal Mehta.  
 Tamil Nadu:—Dr. Sree Bhikshu.

III. Resolved that Dr. P. Venkatramayya be elected as Editor of The Indian Naturopath.

IV. Resolved that the statement of account for the years 1937 and 1938 published in the Indian Naturopath be accepted.

V. Resolved that Mr. S. S. Pillai of Ootacamund be granted the degree of Doctor of Naturopathy in view of his services rendered for the cause of Naturopathy.

VI. Resolved that a board of Honorary Examiners be constituted with the following Doctors to recommend the grant of degrees to competent persons who submit theses on Nature Cure with a fee of Rs. 25.

- 1 Dr. Sarma K. Lakshman.
- 2 Dr. Jatashankar, I Nandi.
- 3 Dr. P. Venkatramayya.
- 4 Dr. K. W. Bhairava Murthi.
- 5 Dr. I. Venkataramanayya.

x x x x

## Our Esteemed Brother's Shashtipurti

The 61st birth-day of our esteemed brother and friend Dr. Sarma K. Lakshman falls on the 19th of December, 1939. His unique sacrifice in the cause of Naturopathy is so well known that he may be called the Father of Naturopathy in India. It behoves us all who are his friends, sympathisers and followers to celebrate his 61st birth-day in a fitting manner. It will be in the fitness of things if we take this opportunity to help him with finance to start and run a naturopathic sanitorium. All are requested to contribute liberally. Subscriptions may be sent to Sri. P. S. Subramania Aiyer (Editor, "Janamitran" Pudukotah) or to Sri P. S. Visvanatha Aiyer (Chief Court Vakil, Pudukotah)

P. S. VISVANADHA AIYER,  
 Secretary, Naturopathic Association,  
 Pudukotah.

P. VENKATARAMAYYA,  
 Secretary, Indian Naturopathic  
 Association, Bezwada

x x x x

## Anti Vaccinationist Convicted

Mr. Devulapalli Apparao, Secretary Village Congress Committee, Palivela, Rajole Tq. Madras Presidency, has been prosecuted by the Health Department a second time, and convicted by the Sub Magistrate of Kothapeta Sub Taluk, under No 14 (a) of Rules framed under Section 137 and 199 (2) of Local Boards Act, for failure to produce his daughter Parwati Bai for vaccination at Girl's School at Palivela on 5-9-39. He was fined Rs. 3 with simple imprisonment for 3 days in default. The fine was not paid.

# CLIPPINGS

## Withdrawal of Prosecution by Government of Sind.

The Council of the National Anti-Vaccination League, London received a pathetic appeal from a teacher in Karachi, Sind, who was threatened with repeated prosecution in regard to several of his children whom he refused to have vaccinated. This gentleman Mr. Prem Narayan Sharma, pointed out how impossible it was for him to pay the hundreds of rupees which the fines would eventually amount to, and reminded the League that it had taken action on behalf of the master of the New High School at Karachi some years ago.

Letters were at once sent to the Government of India, The Government of Bombay, the India Office, and the Marquis of Lothian. The Government of Bombay forwarded the letter to the Government of Sind, and on 7th July the Acting Deputy Secretary of the Government of India, Mr. S. Dutt, I. C. S., sent the following letter to the League's Secretary :

MADAM,— In continuation of this Department letter No. F. 52—19/39—H., dated the 16th June, 1939, I am directed to say that the Government of Sind have reported that at their instance the prosecution filed by the Karachi Municipal Corporation against Mr. Prem Narayan Sharma has since been withdrawn. (Usual conclusion.)

— The Vaccination Inquirer.

x x x x

## SMALLPOX IN ASIA, 1938.

### Vaccinated Populations Suffered Severely

The "British Medical Journal" for 27th May, 1939, in its Epidemiological Notes, states that smallpox was very fatal in India in the year 1936, when there were 105,000 deaths in a population of 282,000,000 persons, corresponding to a rate of 37

per 100,000 persons living. In recent years the number of primary vaccinations has increased, reaching 11,000,000 in 1936 for 10,000,000 births, but the disease remains fatal for children, as 13 per cent. of the deaths were in infants and 23 per cent. in children from 1 to 10 years of age.

The Hong-Kong epidemic is stated to have been the worst in the history of the Colony. 2,252 cases were recorded in the first half of 1938 and the apparent case-fatality rate was as high as 78 per cent. In November the disease acquired epidemic character at Shanghai, and in the week ended 19th December there were 339 cases in the International Settlement and French Concession. The case-fatality for the year among the Chinese population was 35.5 per cent. The epidemic in French Indo-China exceeded in magnitude that of 1934—7,026 cases compared with 4,598. The epidemic reached its peak in March in Cambodia (305 cases) and in April in Tongking (991 cases.) The fatality rate was 19.5 per cent. In Siam the apparent case fatality rate was 32.6 per cent. There was an epidemic of smallpox in Turkey in the last quarter of the years, a total of 639 cases being reported. During the years 1931 to 1937 the annual number of cases reported was less than 300.

x x x x

## MEASLES PROPHYLAXIS.

In an advertisement of "Immune Globulin (Human, Lederle)" in the supplement to the "British Medical Journal," 31st December 1938, it is stated that a recent study by the Chicago Board of Health gave the following results (infants under six months being excluded from the table):—

	6 mo 1yr.	1-2 yrs.	2-5 yrs.	5-10 yrs.	Total
Number given "Immune Globulin"	...105	101	122	48	376
Did not get measles	... 68	36	42	22	168

Per cent. ...	64.8	35.6	34.4	45.8	44.7
Developed milder					
measles ...	28	53	51	15	147
Per cent ...	26.7	52.5	41.8	31.3	39.1
Developed un-					
modified measles	8	10	27	9	54
Per cent ...	7.6	10	22.1	18.8	14.4

In an article in the "Lancet" for 3rd December, 1938, on Placental Extract in Measles Prophylaxis, it is stated that the use of immune globulin is "apt to be followed by reactions, which are not always mild and when attempts are made to avoid these by refinement and concentration of the extract, or by its oral administration, the result is a loss of potency."

x                    x                    x                    x

### "STOP REVACCINATION"

#### Conjeevaram Councillors' request

At a meeting of the Conjeevaram Municipal Council yesterday, Mr. B. Chinnaswami Chettiar requested the Chairman (Dr. P. S. Srinivasan, M. L. A.) to direct the Health officer to stop revaccination for some time as it was causing great inconvenience to the people.

The Chairman pointed out that revaccination was compulsory and had to be carried out wherever small-pox was

prevalent. He added that apart from the merits of revaccination, the council had no power to stay the hands of the Health Officer.

### UNIVERSAL UNCOOKED FOOD.

By Dr. B. S. Gopala Row N. D., D. Dt., Nature Cure Advocate, Rajahmundry  
Price Rs. 3-8-0 for card board binding and Rs. 4-0-0 for full calico binding.  
Postage extra.

The Hindusthan Review, Patna reviews as follows in July 39.

Dr. B.S. Gopala Row, would have everybody resort to "the fruits of the earth" and make him eschew the use of heat for the preparation of food. He decants earnestly on his theories and labours his main theme and if the people will but resort to a purely vegetable diet without cooking Natural Products in any way India may hope to recover its lost glory. "Tinned Milk" according to the author is rank poison. A considerable feature of the book is its easy style for the benefit of the lay Public. It is an interesting book.

PRICE Rs. 2 ONLY

## Real Happiness of Sex & Married Life REVEALED IN

# Marriage & Sexual Upbuilding

BY  
Dr. E. D. BABBITT,  
M. D.

Are you going to Marry? Are you in search of a happy & harmonious partner? Do you feel worried about your marriage relations?

If so,

Solve these problems and become a master of yourself and your environment by STUDY of the above BOOK

Published By:

CHROMOPATHIC INSTITUTE [Regd.]

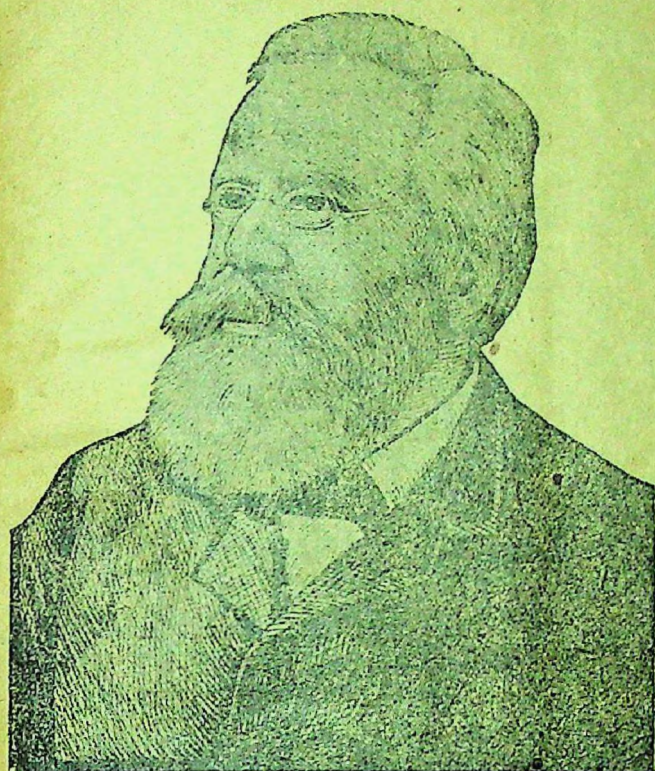
Andhra Grandhalaya Press Buildings,

BEZWADA

Save Rs. 10.

Book Your Order Now!

Prepublication date expires by the 1st of January 1940



# DR. BABBITT'S Human Culture and Cure

5 parts In 1 Volume

The standard work on Chromopathy, which is indispensable to every home and which was not available to the public for a long time.

Dr. E. D. BABBITT.

- Part I Philosophy of Chromopathy and apparatus.
- Part II Sexuality and Sociology.
- Part III Psychology and Mental Healing.
- Part IV Nervous system and Insanity.
- Part V Diseases of organs and Cure.

576 Pages

150 Illustrations

is being printed on heavy antique paper and bound in cloth.

Pre-publication price (To be paid in advance) before (30-12-39) .... Rs 10  
 or £ 1; or \$ 6. Excluding postage

Post-publication price .... Excluding postage. Rs. 20

**Publishers :**

**The Chromopathic Institute,**  
**Andhra Grandhalaya Press Buildings, BEZWADA.**

Note :—All those who have sent the pre-publication price of Rs. 10 are hereby informed that the book will be published on the above noted date.

*Manager.*

Regd. No. M. 2170

# The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR  
HEALTH PROPAGANDA

Its objects are :

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.

[f] To found Naturopathic Societies wherever convenient and to affiliate the same to this Association.

Do you want to be a MEMBER

Annual Subscription Rs. 3 only.

Members will get copies of

INDIAN NATUROPATH FREE.

For Particulars Apply to:— THE GENERAL SECRETARY,

**The Indian Naturopathic Association, BEZWADA [S. India].**

Printed & Published by Dr. P. Venkatramayya, N. D., D. M., Genl. Secy. I. N. A.  
at the A. G. Press, Bezwada.