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P. VENKATRAMAYYA,
General Secretary,
I. N. A.

Editor: Dr. SARMA K. L

CONTENTS

- Editorial Notes ...
- Personal Liberty ...
Sri M. Venkata Subba Rao
- On the folly of Experimenting ...
- How Mussolini keeps fit ...
- Race Murder by Vaccination ...
Sree Bhrigu
- Public Health Bill ...
- Our Cause in the Assembly ...
- Blood Pressure by Sree Bhrigu ...
- Dr. L. N. Chowdhury ...
An Appreciation
- Palming (Eye exercise) ...
By Dr. R. S. Agarwal
- Compulsory Vaccination ...
A Lawyer's view
- Meeting of Naturopathic Assoc. ...
Pt
- Protest Meetings against Vacc. ...
- Letter to Mahatmaji ...
- Reviews ...
- Madras Public Health Bill ...

*Number
4 of April 1939
Sree Bhrigu*



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The Indian Naturopathic Association,

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Dear Sir,

We take the liberty of sending you a sample copy of our journal 'THE INDIAN NATUROPATH' as we learn you are interested in the cause of Nature-Cure in India.

The present editor Dr. Sarma K. Lakshman is well known in India as an author of a number of books (English and Tamil) on Nature -Cure and as an authority on the subject. The power of his pen, his bold and clear exposition and his self sacrificing spirit are not unknown to you.

This is the only journal of its kind, in India which fights for the rights and liberties of followers of Naturopathy, and hence indispensable to all students and doctors of Naturopathy.

The subscription is fixed very low. So we trust that you would soon become a subscriber and thus help the cause.

This is the official organ of the Indian Naturopathic Association which has members in many parts of India, Burma, Ceylon and America. The journal is sent free to the members.

Membership Fee for the Association is Rs.3/- annually.

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P. VENKATRAMAYYA,
General Secretary,
I. N. A.

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Indian Naturopath

The Official Organ and Gazette of The Indian Naturopathic Association.

Vol. X

BEZWADA — January, 1939.

No. 1

EDITORIAL NOTES

Our fight for freedom is going on. The powers that be are obdurate; the Hon. Premier has refused to grant an interview; the Hon. Health Minister speaks in his own peculiar style. But our friends are active. Sriman Venkatasubbayya, M.L.A., Dr. Lakshmi pathi, and Sri Bhikshu are organising public opinion. The people may be apathetic and indifferent, until they are appealed to, but when the facts are laid before them, they vote unanimously for freedom. A few allopathic doctors here and there try to mislead them; but when votes are taken, even these keep quiet. It would seem that there is no bigot so rabid as our health minister in the ranks of the allopathic profession itself. In this connection let me mention what an allopath of Trichinopoly told a friend of our cause, Sriman F. G. Natesa Iyer, on this subject, he freely confessed that *when the principle of AHIMSA is invoked, there can be no reply to it.* Men like the health minister are strictly foreigners in spirit. No Indian would of his own free choice takes sides with him.

Our readers and members must be very active in the coming weeks. Meetings must be convened everywhere and

the people told the simple truth about these diabolic practices miscalled preventives. Resolutions can then be moved demanding the repeal of compulsion, and they will be unanimously passed; half-hearted efforts may be made by one or two to excuse the government, but not one will dare to vote against freedom.

Friends, stand up and speak the truth plainly and boldly. You may find the so-called educated, disposed to scoff, but those whose God-given common-sense has not been 'educated' out of them will eagerly listen and readily understand that health cannot really come out of the filthy things that mad medicine prescribes.

There is time for us to go on with this work till the 17th January, when the Public Health Bill will be taken up for final consideration in the Madras Assembly.

x x x x

WAS THERE Small - Pox Inoculation in Ancient India ?

An incorrect notion has gained currency in the west, that inoculation with small-pox pus was practised in our country in ancient times. How this notion

was started it is not easy to find out. Possibly some modern Indian believer in vaccination started the tale, to show that in this, as in other matters, our ancestors were civilised. If at any time this stupid practice prevailed, it must have been quickly put an end to by the natural leaders of society, who were aware of

the primary importance of personal purity. In a religio-philosophical work called the *Yoga-Vasishtha* small-pox, cholera and similar diseases are described as due to the eating of foul food and degrading habits of life. No Hindu now alive can remember having seen or heard of this irrational practice.

PERSONAL LIBERTY

Sri M. Venkata Subba Rao

'Today liberty is at a discount. Democracy should be valued in terms of human personality.

'Of all injustices coercion of the soul is the worst.

'Transition from democracy to dictatorship is very easy, and particularly I warn politicians not to allow this to happen.'

'Human personality is nobler than any form of government we have to day.

'Remember also that majority rule is not always good. Sometimes

it is as oppressive as a minority or individual rule itself.

'I want you not to allow the State—be it the Congress State or any other State—to encroach upon the development of the human personality.

'We want the kind of swaraj where individual liberty and personality is respected.'

(Judged by this test, the present government by the Hon'ble Dr. Rajan is decidedly worse than the previous ones—Editor.)

NATURE HOME

Sree Krishna Prakriti Chikichalayam has been opened on the banks of River Kistna by the side of a canal, in a beautiful garden. Nature is very pleasing here. Flowing water, Sand beds, plenty of secluded places, near a busy village. Treatment shall be given on various nature cure methods suited to the patients. Just-cure and Chromopathy are the cheap systems adopted. Dr. V. Murahari Rao is the Superintendent of the hospital.

For particulars, apply to:—

DR. V. M. RAO, N. D.,
Potharlanka, Vellatur P. O.

Guntur Dt.

On the Folly of Experimenting on Rats

FAMOUS PHYSICIAN,

Dr. Hindhede interviewed on his Seventy Fifth Birthday. 2

The famous Danish physician Dr. Hindhede has just been honoured on his 75th birthday by his many admirers and disciples from different parts of the northern countries. In an interview by a Gothenburg paper, he relates the following of his medical studies: "I soon lost faith in the prevailing methods of healing; however, in my examinations I served the professors with their own theories, which they, of course, loved to hear. In recognition they gave me such excellent testimonials! Yes, they were mad enough to consider me a genius, and insisted on pushing me into a professorship; but you see I did not have the belief. I returned to my native village to teach my dear co-inhabitants of the West of Jutland how they should live to prevent illness."

This original doctor was successful in spite of never prescribing drugs. At one time he nearly lost his post at the hospital because "he never did anything to his patients". "The hospital must be boosted," said the Director. "Is it the mortality which has to be increased?" said Hindhede. He could remain confident because he could prove in plain figures that the mortality in his hospital was amazingly low in comparison with that of the other hospitals.

Dr. Hindhede affirms that he has not touched alcohol for over 150 years, implying that neither his father nor his grandfather touched alcohol, or tobacco.

"The prevailing vitamin theory is entirely based on experiments on

rats. There are thousands of laboratories for rats, but not one for human beings. Why is this so? If it is a question of finding the very best diet for rats—well in that case experiments on rats would be all right; but if it is a question of the most suitable diet for human beings, it is presumably better to experiment on human beings. The peasants realise this: when they study the best food for milch cows they do not experiment on cats."

"Progress Today"

How Mussolini Keeps Fit.

The Daily Express of March 5th, 1937, published an account of an interview with Signor Mussolini, who "has not had a day's illness since 1925."

He is reported to have said:

"Out of my organism I have made an engine constantly supervised and controlled which runs with absolute regularity."

The following questions and replies were published:—

Do you follow a fixed diet, and if so, what is it?

My rules of diet are fixed in the sense that I am almost exclusively a vegetarian.

Do you make use of alcohol or tobacco?

I consider alcohol damaging to the health of individuals and to

collective health. I never drink spirits. I sometimes drink a little wine at official dinners, but since the World War I have never smoked.

What foods do you prefer?

I eat only simple dishes such as the peasants prefer, and lots of fruit.

Do you take tea, coffee, or any stimulating beverages?

I do not drink either tea or coffee.

How much time do you devote to exercise daily, and what are they?

I devote thirty to forty minutes a day to physical exercise, and prac-

tise nearly all sports. I prefer swimming in summer and ski-ing in winter, and go for a ride on a horse every day. All mechanised sports are familiar to me—cycling, motor-cycling, motoring and flying. I also like hiking.

What are your habits regarding sleeping?

I sleep between seven and eight hours a night between 11 p.m. and 7 a.m. regularly. I take no siesta during the day. *Siestas are the consequence of over-eating at luncheon.*

“ *Progress Today* ”

Race - Murder by Vaccination

By BHRIGU.

Here is an undeniable fact!

The calf that is victimised for making vaccine becomes, so debilitated, that it rarely survives. If it be a cow-calf and survives, it does not develop into a normal cow; it never has an udder; the nipples remain in their infantile form. So the animal, if not too sickly, is sold for use for ploughing.

A similar effect is noticeable among human mothers since vaccination came into vogue. The filth-crop that is raised on the calf by gutter medicine is not injected into humans in such high doses as to produce actual sterility. But it prevents in growing percentage of females the full development of the breasts, the organs for the production of milk. Hence thousands of babes are hand-fed; and this is certainly bad for the race. Among savage races children feed at the mothers' breast for about three years; only when they are able to live

wholly on other food are they weaned; and this is right.

Dr. Lindlahr notes the following case. A flock of sheep was vaccinated, to protect them from some disease similar to small-pox; when next they yeaned, the ewes had no milk for the kids.

The human race may or may not come to an end because of the submission to vaccination and inoculations for diseases. But the necessity for artificial feeding of babes is bound to increase; these are other contributory causes for the evil. But vaccines and serums are at least in part to be blamed. Thus western orthodox medicine seeks to condemn the Hindus—who might otherwise escape the fate—to a steady deterioration of physique, which is perhaps worse than outright extermination.

Who will take the trouble to enlighten the prime ministers in the Congress provinces, and teach them to cast out their allopathic colleagues?

PUBLIC HEALTH BILL

Plea for a conscience clause in Reference to vaccination and inoculation.

Trichinopoly,
13th Dec. 38.

From

Sri F. G. Natesa Aiyar,
Retired District Traffic
Superintendent. S. I. Ry.,
"Manohara Vilas", Salai Road,
Woriur, TRICHINOPOLY.

To

The Secretary to Government,
Ministry of Public Health and
Medicine.
Fort St. George, MADRAS.

Sir,

I have the honour to communicate to you for favour of consideration and such action as may be necessary, the following resolution unanimously passed at a meeting of the public of Trichinopoly held under the auspices of the Indian Naturopathic Association and under my presidency at the Town Hall on the 9th December 1938.

Resolution

"This public meeting records its opinion that the element of compulsion introduced in the present Public Health Bill brought forward by the Madras Government in respect of vaccination and inoculations is unjust in as much as it goes against individual liberty, religious laws, preservation of life and progress of natural methods of healing and that it is necessary that the Bill should be amended to that extent."

In this connection, I wish to emphasise the fact that what the resolution asks for, is the elementary right of personal freedom to choose one's method of medical relief and that no one should be compelled by

the state — especially in a matter where one's life is concerned—to adopt any particular method of treatment of diseases and that a conscience clause should be introduced in the Public Health Bill before the assembly in respect of vaccination and inoculation—a clause which now actually exists in the English Public Health Act on which the Madras Bill is mostly based. Congress stands for democracy and freedom and it is, I submit, against fundamental congress ideals of individual freedom and liberty of conscience, to force vaccination and inoculation down the throats of unwilling men and women and their innocent children. Mahatma Gandhi has himself unequivocally condemned vaccination and inoculation as inhuman, barbarous and violent and it should be the height of injustice for a popular government to ignore the conscientious objection of a host of honest people and the opinion of Mahatma Gandhi, the head, heart and the soul of the great Indian National Congress. I request that the matter may be considered in all seriousness, justice and fairness and that a conscience clause be introduced in the Bill as prayed for.

Yours faithfully,

(Sd) F. G. NATESA AIYAR,
President of the meeting.

Copy to

The Hon. Dr. T. S. S. Rajan, L. R. C. P.,
M. R. C. S., M. L. A.
Minister for Public Health
& Medicine, Fort St.
George, Madras.

The Hon. C. Rajagopalachariar, B. A.,
B. L., M. L. A., Prime Minister,
Govt. of Madras. Fort
St. George, Madras.

The Hon. Bulusu Sambamurthi, B. A.
B. L., M. L. A., Speaker,

Legislative Assembly,
Madras.

The President, Tamil Nadu Congress
Committee, Congress House,
Mount Road, Madras.

OUR CAUSE IN THE ASSEMBLY

The Madras Assembly discussed on the 12th of Dec. the report of the Select Committee on the Public Health Bill, when Sri V. Venkatasubbayya Garu pleaded for the introduction of a conscience clause in the Bill.

"Conscience Clause" in respect of Vaccination

Mr. V. VENKATASUBBAYYA concentrated his remarks on the question of vaccination. He quoted statistics collected by a Royal Commission in England, and contended that it had been conclusively proved that there were more deaths from vaccination than from small-pox. He said that it had been proved that innumerable diseases were caused by vaccination. He appealed to the Minister to include a conscience clause so that people who did not desire to get themselves vaccinated might be permitted to remain so. The member next referred to the efficacy of naturopathy and wanted that the system should also be taken advantage of in giving relief to the suffering people. In conclusion, he commended the other provisions of the Bill and said that the measure would contribute to better health of the people.

Dr. Rajan's reply and his remarks about Naturopaths!

As for Naturopaths, Dr. Rajan said, that they were the people for

whom such a Bill was most necessary (laughter). They had got hold certain half-baked theories and incomplete data to put forward curious ideas on medicine and public health. They contended that vaccination was harmful. On the other hand experience not only in this country but elsewhere showed decisively that vaccination and inoculation had helped greatly in controlling many a disease. If it was possible in this province to progressively reduce the medicine of small-pox so that this year the lowest rate of incidence had been recorded, not a little of the result was due to inoculation and vaccination. The same could also be said of a number of other virulent diseases. England and other countries of the west had almost completely eliminated epidemics, thanks to high sanitary conscience that their people had developed or the excellent sanitary measures they had adopted. These countries could now well afford to indulge in theories and fads. But it was foolish and dangerous to put forward such unsuitable ideas in a country where conditions were so backward. Once the country got rid of epidemics even if it be for a few years, he for one would have no objection to naturopathy and other pathies and to close some of the departments of Government and devote the sums spent on them on other work.

BLOOD - PRESSURE

BY

BHRIGU

When first doctors began to diagnose high blood-pressure, they could give no advice or prescription except rest. They noticed the effect, but could not trace it to its cause. They had to find a scape-goat, and they pitched upon 'over-work.'

The Nature-Curist is not frightened by mere names. For him names and forms are simply illusion (माया) At the bottom all diseases and afflictions are one and the same, because they arise from one and the same cause, namely morbid matter in the flesh, or the blood, or both. Where these are perfectly clean, no disease is possible. Knowing this, we are always able to cure the disease, without bothering to know what name it would bear if diagnosed by an allopath.

When this bug-bear of the medical profession was first noticed, Dr. Lindlahr of Chicago pointed out that blood-pressure is just a symptom of the reactions of life to the morbid matter in the body, and can be quickly corrected by changing over to a natural and positive diet, and by observing the law of fairness to the stomach. Morbid matter consists as a rule of colloidal acid wastes, which arise through the eating of foods that are negative, as opposed to the positive foods that true and lasting health would require. Foods rich in protein, starch or fat, but poor in the organic salts that would ensure perfect elimination, are the vogue in civilisation. Ragi and the other dry-crop grains that were once the staple food of the masses, are now replaced by milled rice. The latter is purely negative and in the long run destructive, while the former are strongly positive and

prevent future diseases, in the way that Nature meant them to be prevented. So we should teach the well-to-do to resort to these positive foods, and thus set an example to the poorer people; these foods will then become fashionable and there will be no sense of inferiority on the part of the poor when they go back to the diet of their fore-fathers. In this way not alone blood-pressure, but innumerable other diseases will disappear perhaps causing a degree of acute unemployment among medical men.

Blood-pressure may be viewed with alarm by those who are entirely dependent on medical men. But to the faithful follower of Nature's Way it is just a passing phase, which he can safely ignore, provided he corrects whatever mistakes in eating he might have been guilty of before, and, if necessary, fasts more or less; in so far as he does *his* part, he can confidently leave to Nature that which belongs to Her and Her alone.

That some allopathic doctors are coming to realise the truth about blood-pressure can be inferred from a note in the Burma Medical Times, referring to an article in the 'General Practice' of London by Henri Godlewski of Paris. A reduction of the ration of bread—which, being white, is purely negative—is recommended. Also 'nitrogenous' foods are to be reduced, as well as salt. It is stated also that in districts where vegetables are plentiful and easily come by, and especially where the diet is rich in vegetables and fruit, the symptom is rare. Of course few medical men can free themselves from the notion that drugs can help; hence in this note we find this belief expressed. We need refer only to the fact that even

an allopathic authority recognises the need of a change of diet from negative to positive, and from excess to abstemiousness, which fully corroborates our explanation of the cause of this trouble.

Let me repeat the caution that the follower of Nature's Way does not need to be in a panic, if he is told by a medical friend that he has got blood-pressure. It may be a passing phase in some ameliorative

process that Mother Nature is carrying on inside. And he can ensure safety by means of greater abstemiousness and by using a more positive diet, especially raw green herbs, such as the *bilva*, which are described in Lakshman's Practical Nature-Cure.

The unique glory of Nature's Cure is the *practical* unity of all diseases; and this unity can be verified in every specific instance, as will be seen from the present discussion.

Doctor L. N. CHOWDHURI

AN APPRECIATION

By Dr. K. LAKSHMAN.

Our readers will have gathered from the presidential address delivered by Rai Bahadur L. N. Chowdhuri what an exceptionally sane mind his is. But some words of honest praise are rightly due to him, and I take this opportunity of rendering it.

First there is the unique fact that having been trained as an allopathic doctor and becoming accustomed to think that there is nothing better than orthodox medicine, he had the rare freshness of mind that led him at a psychological moment - when his own wife was killed, as he himself puts it, by allopathic ignorance to think again and search anew for the science of healing. He thus ranks along with the heroes of the true science, - with Dr. Dewey, Dr. Page, Dr. Trall and Dr. Nicholls. These men are in my opinion even greater than our Kuhne and Kneipp, our Just and Lief, because these latter were laymen, and it was far easier for them to learn the truths of Nature than for those whose minds were already cast in the mould of allopathic doctrine, and who had therefore to *unlearn* something before they could learn this new science.

The next thing I admire in him is the great simplicity of his mind, and his freedom from the superiority-complex that easily gets hold of men of worth. He responded instantly to our invitation to preside over the annual conference that we had in October last at Madras, and only felt he was doing his duty.

Ever since he became a convert to the Nature-School of health he has been doing unselfish work for the cause of health. He has embodied his health-culture teaching in a well-got-up little book, which he is selling at cost price. The book is entitled '*The Ideal Diet for Perfect Health and Rejuvenation.*' priced at 14 annas. The nearest address for the book is Nature Cure Publishing house Pudukota or the Indian Book Depot, 55, Meadow street, Fort, Bombay or The Nature-Cure Health Home, 30 Baika Bagh, Allahabad or, The Indian Naturopathic Association, Bezwada. It should be needless to say that he is an authority on the subject, all the more for the reason that he is a duly qualified allopathic doctor, and has served as a Civil Surgeon under the Government.

PALMING (Eye Exercise)

By Dr. R. S. AGARWAL, Eye Specialist, Delhi.

Most patients are benefited by closing the eyes. Every one must have noticed that when the eyes are tired, closing the eyes for a moment clears the vision and a kind of relief is felt in the eyes. But as some light still comes through the closed eyelids (move your hand before the closed eye and you will notice the movement of the hand) a still greater relief can be obtained by excluding this light as well. This is done by covering the closed eyes with the palms of the hands (the fingers being crossed upon the forehead) in such a way as to avoid pressure on the eye-balls. This practice is called 'palming.' The diagrams show the right and wrong ways of palming.

But even with eyes closed and covered in such a way as to exclude all the light, the mind thinks some familiar or unfamiliar objects, interesting or uninteresting stories, natural or unnatural scenes, seen or unseen scenes. Remember or imagine something perfectly black or something that has been seen perfectly, or clearly or something pleasant such as a flower, a boat floating in the river, clouds moving in the sky etc., and let the mind drift from one thought, to another. Some patients like to remember the black letters of the chart. Familiar things seen frequently as a hammer by a carpenter, a brush by an artist, a knife by a surgeon are better remembered than the letters. Little girls like to think of their dollies. Mothers like to remember their babies.

How to drift the mind.

Suppose you imagine your pen. Move your thought from one end to

another. Do not try to imagine the pen as a whole at a time. If you imagine a baby, drift your thought from one eye to another, then to the nose, the mouth and so forth; do not try to imagine the face as a whole at one time. The same method should be followed while imaging the scenes, stories etc. A general mistake is that people try to imagine the object as a whole at one time. If you imagine ☪ drift your mind from one end, go through it from one point to another and reach the other end. Then imagine the half moon like this ☽ from one end to another and you will notice that the dot moves in the opposite direction. If you think of the right end then the dot moves to the left, and if you think of the left end then the dot moves to the right.

Different ways of imagination while palming.

1. Remember a white cat, dog or hare and imagine that you are pouring black ink or black dye over it.

2. Imagine a black snake, drift your mind to right and left according to the curves which it is making. You will feel that your eyeballs seem to be moving right and left.

3. Remember the branches of trees moving in the mind, the waves flowing in and out in the sea; riding in a moving train and while looking out of the window the scenery observed seems to be moving backwards. While driving in a motor car, the driver imagines the road moving towards the car. If one makes an effort to

see things stationary, headache, eye-pain or some other discomfort may be felt.

4 Recall the face of your child, wife or friend, a certain picture, the odor of a rose, or the tune of some song you like. Imagine as if you are singing or playing on an instrument or you are drawing a small picture of a house or a dog.

5 Drill of F:— There is a letter F on the test card. Imagine that F stands at attention like a soldier and is perfectly black. Now he starts his drill. His two arms are pointed to the right when he begins. Imagine the arms moving to the left, and back. Then one arm is pointed to the left and one to the right and F becomes a T!. Both arms are then stretched up, forming a 'Y.'

6 Hear some story, music or gramophone etc. One patient was benefited by hearing the story of a black ant while palming. This black ant came out of the dark soil and climbed up the stem of a beautiful rose. It was slow work with the ant but it kept on climbing, going on to the extremity of the first branch and then to another, crawling to the extreme tip of every leaf until finally it located the flower. It crawled with great labour over the petals until it found deep down in the centre of the rose, a little white cup filled with honey. Patient could picture the ant carrying off some of the honey, crawling to the top of the flower and then down back to the stem, finally meeting another ant on the ground, with whom she had a short talk with much gesticulating of heads and feet. Then the second ant started off on the same journey. The patient while palming, listened very atten-

tively to this talk, which was drawn out for seven minutues.

7 Imagination of white:—Take your book in your hand and look at the white spaces in between the lines of letters. Now palm and imagine that there is a thin white line beneath each line of letters and that it is whiter than the margin of the page or than the rest of the white lines. Imagine that you have a pot of a white paint and a fine pen and that you are drawing a white line beneath each line of letters or you are drawing white lines on a black board.

8 Imagination of black:— Regard a black spot on a white wall, or on a piece of paper or the chart. It is easier and more helpful to regard a small black spot. Now palm, and remember the spot. Do not make an effort to look directly at it but drift your mind from its right to left and left to right, and imagine it to be moving all the time. To the black spot, stationary is impossible. The attempt to make the spot stationary always produces pain and lowers the vision. Imagination of black objects causes a great relaxation.

It is impossible to see perfect black unless the eyesight is perfect; but some patients without difficulty can have vision of black, deep enough to improve their eye-sight, and as the eye-sight improves the deepness of the black increases. Patients who fail to see even approximate black when they palm, state that instead of black they see floating clouds of grey and flashes of different lights. In some cases the black will be seen for a few seconds and then some other colours will take its place. Successful imagination of black in these more difficult cases usually requires the practice of other methods

for improving the sight described in succeeding chapter. Many patients may be benefited by the memory of black spot. They are directed to look at the black spot at a distance at which the colour can be seen best, then close the eyes and remember the colour. Repeat until the memory image appears to be as vivid as the scene. Then palm and remember the black.

9 Imagination of 'O'

A patient was asked to imagine 'O' while palming but while remembering 'O' he felt headache and when he removed the hands his vision did not improve. I wondered why his sight did not improve, but I understood when he said, "I did what you asked me to do. You told

me to remember the letter 'O'; I concentrated on it and tried hard not to remember anything else". "You did not understand me", I said; "I did not wish you to concentrate on the letter 'O' I asked you to remember the blackness of it, and see or imagine one part best at a time." He tried again, covering his eyes with his hands, and I said to him, "remember the letter 'O' as you saw it, but first remember the top, Now what happens to the bottom?". "It fades from black to grey," he said. "Now imagine the bottom to be blacker than the top. Now the top fades from black to grey," he said. In a few minutes I asked him to remove his hands from his eyes, and to look at the card. He saw more lines and the pain had ceased.

Compulsory Vaccination

A LAWYER'S VIEW

I have been acquainted with your valuable contributions to Nature Treatment and Nature-Cure philosophy and of the agitation you are now carrying on with renewed vigor against the Public Health Bill Vaccination provisions. I totally endorse that the state, however benovolent it may be, however the government can claim to be representative of the millions of the province—*has no right to compel obedience to a nasty practice of compulsory vaccination*. It is fortunate that we are now having an increasing band of educated men who have appreciated the view point of the Anti-Vaccinationists.

(Sd.) C. VISWANATHAM,

B. A., B. L.,

Vakil, Nellore.

Naturopathic Association

PUDUKOTAH

Under the auspices of the above association a public meeting was held in the premises of the association on the 18th of Nov. When Dr. Sarma K. Lakshman delivered an interesting lecture on "The Place of Surgery in Medicine".

Mr. P. S. Visvanatha Aiyar proposed a Vote of thanks and the meeting terminated.

East Godavary Homeo-Association

Rajahmundry.

17-12-38

(The First Annual Celebration)

Resolved to commence peaceful agitation against compulsory vaccination (Vide clause No. IVb.)

Protest Meetings against Vaccination

VACCINATION CLAUSE

Protest Meeting in Triplicane

Madras, Dec. 13

Under the auspices of the Triplicane Club, a meeting was held, on Sunday last, to consider the compulsory vaccination clause of the Madras Public Health Bill. Mr. T. S. Swaminathan presided.

Swami Bikshu contended that vaccination was opposed to the religious sentiments of the Hindus as well as to laws of Nature.

Mr. O'Hern explained how vaccine was obtained and said that vaccination created disease.

Dr. Kumaraswami Pillai, supporting the vaccination clause, described the conditions that existed in England before vaccination was introduced. He said that the eradication of small-pox in civilised countries was largely due to vaccination.

Mr. Voruganti Venkatasubbayya pleaded for the exemption of those who had a conscientious objection to vaccination, from the operation of the law.

Mr. N. S. Varadachari said that sanitary conscience among the masses was poor and therefore a "conscience clause" would not be helpful.

The chairman moved that "this meeting resolves that a conscience clause similar to that prevailing in England should be introduced in the Madras Public Health Bill before it is passed into law".

The resolution was put to vote and was adopted unanimously.

14-12-38

"Hindu"

PROTEST AGAINST VACCINATION

Naturopaths' Objection to Public Health Bill.

Madras, Dec. 7

To protest against compulsory vaccination and inoculation, a public meeting was held, last evening, at the premises of the Andhra Maha Sabha, Godown Street, George Town under the auspices of the Indian Naturopathic Association. Dr. A. Lakshminipathi presided.

Mr. V. Venkatasubbayya, M.L.A. said that vaccination should not be compulsory, but optional.

Mr. M. K. Pandurangam said that improvement of sanitary conditions, provision of wholesome food and drink and such measures as would raise the vitality of the people should be immediately undertaken by the Government.

Messrs. R. P. O'Hearn, A. Akbar Ali Sahib and P. S. Bomiah also spoke against compulsory vaccination.

The Chairman said that the theory that vaccination prevented small-pox was not borne out by scientific tests. They deeply appreciated the efforts of the Government to improve health and sanitary conditions and welcomed the measures to provide better amenities for the masses. Still they believed that money spent on vaccination and inoculation could more usefully be utilised in other directions.

A resolution was passed requesting the Government to delete Clause 72-2-b (Power to make vaccination and inoculation compulsory, from the Madras Public Health Bill). The meeting also authorised the Executive Committee of the Indian Naturopathic Association to wait on the Premier of Madras in deputation, at an early date, in this behalf.

VACCINATION RULES

Protest meeting at Trichy

Under the auspices of the Indian Naturopathic Association, a public meeting was held in the Town Hall, Trichinopoly, on Dec. 9th 1938 when Dr. Sarma K. Lakshman, B. A., B. L., delivered a lecture on the principles of Nature-cure and the evils of compulsory vaccination.

Mr. F. G. Natesa Aiyar, retired District Traffic Superintendent, S. I. Ry., presided. In introducing the lecturer the Chairman said that Dr. Sarma had given up his practice at the Bar and consecrated his whole life to the service of humanity through the science and method of Nature-cure treatment of the sick and sufferers. All that Dr. Sarma asked was that no one should be compelled by the state—especially in a matter

where one's very life was concerned—to adopt any specific method of treatment of diseases and that a conscience clause should be introduced in the Public Health Bill as in the English Public Health act.

Dr. Lakshman, in the course of his lecture lasting over an hour, explained the principles of Nature-cure system and explained his objections to vaccination and inoculation on medical and religious grounds.

A resolution was passed on the motion of Mr. Sangilia Pillai, Congress leader, seconded by Mr. W. Rangaswami Naidu, Secretary of the Central Rate-payers' Association, protesting against compulsion introduced in the present Public Health Bill brought in respect of vaccination and inoculation and requesting for an amendment to the Bill removing compulsion.

Letter to Mahatmaji

From Dr. L. N. CHOUDHURI (True Copy)

My Reverend Mahatmaji,

In forwarding the memorandum enclosed herewith I shall feel much obliged if you kindly spare few minutes of your precious time in going through the different headings. I am sure you will agree with me that vaccination is not a preventive of small-pox and for nothing, calves are tortured to prepare the lymph and our children get the obnoxious foreign matter in their pure bodies. This, instead of doing any good must do harm in their system.

If you kindly use your influence with the Madras Govt. and make them do the right thing, we and our children will be very thankful to you for timely help in this very All-India

important matter. I may inform you that upto 1870 the vaccination act was fully in force in England. About the same time she had turned her idea towards improving her sanitation and drainage. The result was that small-pox diminished and they thought that it was due to vaccination while it was wholly due to sanitation, as small-pox is the disease of filth. If anybody can keep his inside and outside clean, he will not get any disease. After 1870 the conscience clause was introduced in the act and now I do not think even half of the population of England has been protected by vaccination. In Japan where vaccination laws are very strict the mortality from small-pox is the highest of all nations.

I will be very thankful and so humbly suggest that if you give out your views in an article in the 'Harijan' it would immensely help the whole of India. If you consider it necessary for me to see you per-

sonally I would be much obliged for your suggesting the time and place.

Yours Very Reverently,

Sd. Dr. L. N. CHOUDHURI

Retd. Civil Surgeon, President of the Sixth All India Naturopathic Conference held at Madras on the 23rd October 1938

REVIEWS

Received with thanks the following books for review. Owing to want of space the reviews for them have not been published in this issue.
(EDITOR, I. N.)

- 1 *Health For All.*
Editor Stanley Lief; October issue:
Annual subscription 8 shillings.
Address:—The Health For All Publishing Co., Henrietta House, 17-18 Henrietta Street, London W.C. 2
Price 2sh. 6d.
 - 2 *New Light on Health Problems.*
A collection of 5 lectures
By Dr. M. Beddow Baily and others.
 - 3 *The Mystery of The Infinitesimal Homeopathic Dose.* By Dr. Richard Hope, M. R. C. S., L. R. C. P.,
Price 6d.
 - 4 *Can Nature Cure?* By Dr. Andrew Gold, L. R. C. P., L. R. C. S., L. R. F. P. S.
Price 6d.
 - 5 *Natural Immunity.* By Dr. M. Beddow Baily, M. R. C. S., L. R. C. P.,
Price 6d.
 - 6 *The Futility of Arguing From Experimental conditions in Animals To Natural Conditions In Man.* By Dr. M. Beddow Baily, M.R.C.S., L. R. C. P.,
Price 2d.
- The above 5 books can be had of The Health Education and Research Council, 15' St. Jame's Palace Jame's St. London S. W. I.
7. *The Problem of Pernicious Anaemia.* By Dr. M. Beddow Baily. Sent free on request by London Vegetarian Society 6 Duke Street, Adelphi, W. C. 2.

8 *Progress Today.* The official organ of The Animal Defence and Anti-Vivisection Society, London, and The International Humanitarian Bureau.

Quarterly Journal.

Annual subscription 2sh. 6d.

15 St. Jame's Palace, St. Jame's St. London S. W. I.

9 *Osteopathic Polemics.* By L. C. Floyd McKeon, Ph. D., D. O.

Price 5sh.

10 *First Steps to Fitness with Never A Jerk.* By Edgar J. Saxon, Editor of Health and Life Magazin,
(Price 1 sh)

11 *Yoga.* By Edmond Szekely.

(Price 9d.)

12 *The Living Jesus.* By the same author.
Price 9d.

13 *The Teaching of Buddha.* By the same author.
Price 9d.

14 *Health and Life.*

Monthly magazine edited by Edgar J Saxon.

Annual subscription 7sh. 6d.

The above 6 were sent by Messrs C. W. Daniel Co., Ltd., 40 Great Russell St, London W. C. 1

15 *The Ideal Diet For Perfect Health and Rejuvenation.*

By Rai Bahadur Dr. L. N. Chaudhury retired Civil Surgeon, Jubbulpore.

Copies can be had of the author or from The Nature-Cure Publishing House, Pudukotah, S. I. Ry.

Price 14 annas.

16 'Food Remedies' by Dr. S. J. Singh, M. A. Bsc., N. D.

Price Annas Twelve only.

Madras Public Health Bill

Plea for Making Vaccination Optional

The Responsibility of Legislators

MR. V. VENKATASUBBAYYA, M. L. A.

The Press Communique of the Madras Government dated 11th March 1938 states.

"We have been receiving a number of memorials from some Associations and individuals protesting against compulsory vaccination and re-vaccination. The latest issue of the 'Harijan' has discussed it and the Health Ministers of Bombay and Madras were asked to take particular note of it and prevent legislative interference in the case of conscientious objectors."

Subsequent to this communique several public meetings were held—District Conferences, the All-India Conference (held at Madras), the Andhra Provincial Conference, the All-India Varnasrama Swarajya Conference, the Ayurvedic, Homeopathic, Naturopathic Conferences—where resolutions were passed condemning compulsory vaccination. A petition was sent to the Premier signed by thirty six Congress members of the Assembly requesting that in the Madras Health Bill a provision may be made for optional vaccination. Will the Government respond to public opinion and modify the Bill accordingly? Let us wait and see.

But, meanwhile, the members of the Assembly and of the Council ought to be alive to their responsibility and urge on the Government to comply with the public demand and do away with compulsory vaccination once for all. In England where vaccination had been compulsory for decades working disease and death, the fraud and fallacy of vaccination was mercilessly enforced and the Royal Commission which sat from 1888 to 1896 came to the conclusion that the case for vaccination was not proved and in the Act of 1898 a clause

was inserted granting exemptions to conscientious objectors. That is what Mahatma Gandhi requires the Madras Government to do and that is the least that any Government is expected to do. Medical men of the highest repute and possessing highest distinctions, Bhishagratna Dr. Lakshmiipathi among them, have condemned vaccination as "a sham and a snare", unscientific in theory and practice, and useless and dangerous in its character and that instead of mitigating (small-pox) it actually favours its spread amongst grown-up people, that healthy children die rotten from the effects of vaccination. 'Consumption is made ripe when vaccination is most general'; while Mahatma Gandhi calls it "a barbarous practice and one of the most fatal of all the delusions current in our time".

Wherever I went to deliver a lecture on vaccination, at the close of the meeting half a dozen and more got up and narrated heart-rending tales of innumerable deaths and diseases resulting from vaccination.

There is a member now sitting in the Assembly, an advocate of standing, who says that three of his children died of vaccination and there are others who have similar experiences more or less. From my own experience of thirty-five years, I can emphatically declare that more people die of vaccination than from small-pox and while we deliver children into the vaccinator's hands, we are casting them over into Death's jaws, or in any case, cutting away greatly from their normal lease of life and their natural right to live healthily and happily.



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tions, 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 (on the question dealt with, such as the germs, the white corpuscles and the spleen etc.) will not be accepted.

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Note!



What Bishagratna

Dr. ACHANTA LAKSHMIPATHI

B. A. M. B., & C. M.

Writes

"I am against compulsory vaccination. I have seen many children descending to a premature grave, in whom vaccination was the starting point of their disease, and subsequent complications led to their death. The option must be left to the parents whether to vaccinate their children or not. The evidence against vaccination is so great that it should not be brushed aside."

(Sd.) A. LAKSHMIPATHI.

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