



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 Readers

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

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

*The Editor.*

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# Indian Naturopath

The Official Organ and Gazette of The Indian Naturopathic Association.

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No. 5

## EDITORIAL NOTES

WE are glad to learn that our friend Dr. V. D. Sahib, a Nature-cure Specialist of Kalikiri (Chittoor Dt.) has been elected a member of the Senate of the Andhra University from the District Board of Chittoor. We wish to bring to his notice the two resolutions passed at the last All-India Naturopathic Conference held at Madras regarding the curricula of studies and the hours of work in the universities and the preparation of suitable text books in science, that shall give only such teachings as are consistent with all varieties of opinion and avoid all matters of controversy. We hope that our friend will not fail to make proper use of his position to implement these two resolutions.

We draw the attention of our readers to the note on a girl's essay on *Vivi-section* taken from the *Abolitionist*. Since the enemies of health have the spending of our monies, there is reason to fear that the diabolical thing will come to our country also if we do not beware.

Readers may remember the Hon. Dr. Rajan's declaration in the Assembly during the discussion of the conscience clause, that it will not apply to schools and institutions, and for admissions to the public service. In Britain the condition has greatly changed for the better. The Medical Officers of Schools' Association sent a letter to all head masters of schools affiliated to that association, stating "that after a conference held at the Ministry of Health, the council of the Association had decided to *change* its policy with regard to vaccination, and advised that the rule requiring boys and girls to be vac-

nated before going from or returning to school be rescinded, and that this recommendation should apply also to revaccination". The Chief Medical Officer to the Ministry of Health in his Annual Report for the year 1937 has stressed the possibility of inflammation of the brain resulting from vaccination, and has expressed his definite disapproval of the regulation made by some employers under which vaccination is made a condition of employment. The following is a quotation from his report.

"The incidence of post-vaccinal nervous disease falls largely on children of school-age and adolescents. Although the primary vaccination at these ages except in special circumstances has repeatedly been deprecated by the Ministry, it is *regrettable* that some employers decline to engage individuals unless they can show evidence of successful vaccination".

There is a note in the "Vaccination inquirer" of January 1939, to the effect that the death from post-vaccinal encephalitis of a 14 year old boy, as a result of the vaccination regulations at Woolwich Arsenal, induced the War Minister to abolish all vaccination regulations for employees at the Arsenal under 21 years of age, and for boys enlisting in the Army.

### The Vagaries of Science.

'Scientific' infallibility is now on us in the shape of the Hon. Dr. T. S. S. Rajan. We learn from a reliable source that at one time a great pillar of bacterial science who is still alive - actually proclaimed that bath-

ing for removing dirt from the skin is a mistake, because dirt would protect us from those "terrible enemies, the germs". We thought that such an idea could take shape only in the brain of a street pig. But we did not know how foolish a thing this 'science' can be!

Mr. J. W. Armstrong of Bradford (U. K.) a Naturopath of long standing, has written, finding fault with certain statements in Dr. L. N. Choudhari's presidential address; one of these statements is to the effect that 'any' Naturopath can give reliable advice. Mr. Armstrong himself has made an equally loose statement somewhere in his own writings, detaining a case of tuberculosis and skin-disease in which the patient died, he remarks: "Six months earlier *any* Naturopath could have healed the lady". The spoken word should be interpreted more leniently than the written. It is not literally true that *any* Naturopath — that is to say, any one calling himself a Naturopath — is reliable as an adviser or physician; but if one says so or even writes so in an unguarded moment, we can afford to let it pass.

Mr. Armstrong is a staunch Nature-cure; but he advocates the use of urine as medicine; he says that when fasting, one should drink all the urine he passes, because necessary and useful medicinal matter passes the kidneys, while poisonous matter gets retained. And he mentions cures in proof of his claim. It is impossible to pass a final judgement on this claim at present. But we may be permitted to question whether on agreed principles this is Nature-cure. It sometimes happens that domesticated oxen

form the habit of lapping up all the urine they pass; if they are not prevented they lose stamina and become unserviceable. Nature's ways are mysterious. Of one thing we are certain; urine is un-sattvika, and therefore un-Brahminical. Herbs and juices of raw vegetables will surely make good the hypothetical loss by urine.

In this issue we also publish a "Song of the Vitamins". From the poem we can gather that all the vegetables can give us all the vitamins except A and D while the following vegetables give A also — namely, pumpkin, carrot and sweet potatoe. D vitamin can be obtained directly by sun-baths or by means of grains exposed to sunlight. Fruits other than citrus ones contain B vitamin only. The germ of cereals will give us vitamins B, E and G; milk, butter and curd give us vitamins A, D and G. Thus we see that if our diet consists largely of vegetables, greens and nuts (especially the cocoanut) with a sufficient quantity of nonde-natured cereals and fruits, we need not at all bother ourselves about the vitamins. The exact nature of the vitamins has not yet been found. Dr. Lindlahr's prediction that the *organic* mineral salts as they exist in the vegetable kingdom, will be found to be the carriers of these mysterious elements has not yet been falsified and it is not likely to be so. It is also worthy of note that experiments about vitamins have so far not been conducted on right lines. They mostly proceed on the false assumption that *in-organic* salts can be made to do duty for the organic ones which are the protectors of our health.

### Healthful Living Embraces CARQUE'S NATURAL FOODS

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#### "VITAL FACTS ABOUT FOODS"

An indispensable Dietetic Guide By Otto Carque S 1.00 paper - S 1.50 cloth-postpaid. Overseas Dealers and Professionals, write for special quantity prices on foods and book. "Carque" Naural Brands, Inc, Clendale, California, U. S. A

# Progressive Medicine

By THE EDITOR.

In the last issue I mentioned a great event that has occurred in Britain; namely the beginning of a movement to purify the practice of medicine, by a surgical operation, removing all that comes under the description of gutter medicine, such as vaccination and inoculations with the products of sin and disease. Fifty-eight doctors of the allopathic profession have organised the Health Education and Research Council (15 St. James's Place, St. James's Street, London S. W. 1), but though its members are all allopaths, they associate with themselves in their work healers of other schools, including Nature-Curists.

As the name suggests, these doctors do not believe in reforming their brethren in the profession by reasoning with them. Experience has taught them that the average allopath will not even *listen* to the voice of reason. The one thing that will make him repent is public opinion. Hence these reformers are taking their case to the court of public opinion. They seek to educate the people and get them to judge the profession and its present methods.

The members of the Council reject the germ theory of disease and condemn the immoralities which are the practical outcome of that theory, Pasteur, the inventor of the false-hood called the germ theory, was also the first to start the practice of horrible cruelty to animals, which has since grown to enormous proportions; it is called "vivisection", which means cutting into and otherwise causing unutterable agonies to living animals and keeping them alive for observation, all the time suffering intensely; that this is immoral may possibly be

denied by our health minister, but whoever denies it must be accounted an abnormal person.

The number of animals yearly tortured in this way and the actual details of these tortures—which are set forth in shameless detail by the culprits themselves in their reports—make this practice one of the major causes of the terror that has been for some years reigning in Europe.

It is not irrational to suppose that the sins of nations have something to do with their sufferings. Spain was notorious for centuries for a very cruel amusement, in which a strong bull was tied to a stake with a very short rope and set upon by fierce dogs; now during thirty months the Spanish people themselves were set upon by human wolves from Italy and Germany, armed with the latest devices of scientific warfare.

Europe as a whole is beginning to pay for its organised cruelties to animals in the meat trade, in the fur-trade and in vivisection. Already in the mere prospect the nations have suffered and are still suffering all the horrors of the new warfare.

If 'science' be another name for shameless disregard of the fundamental law of humanity, then the less we have of it the better we shall be. It must be our aim to prevent the importation of these western immoralities into our country.

The best thing that can happen for us will be the rise of a powerful public opinion against these men of Satan in the very countries where these immoralities were born. May the work of these champions of humanity be blessed with success!

# THE SPINAL BATH

The most enjoyable bath in summer

By A HYDROPATH.

Persons of more or less delicate health find it very difficult to spend the summer in the hot plains. Wealthy persons go to the hills or cooler parts of the country. It is the middle class men that suffer most; they cannot afford to go to the hills nor have they the health and strength to withstand the heat of the sun. They find it difficult to do any mental work nor are they able to spend their time without any bodily or mental discomfort by simple resting. The summer heat may not affect much the labourer and the worker in the field. He has health and strength enough to withstand the heat; an ordinary cold both gives him relief, even if the heat is too great. But persons of delicate health are not profited much by the ordinary cold bath, because cold bathing of the usual kind is ill-suited to the needs of people of delicate health. The common cold bath cools the outer skin, takes away some heat from the body and also cleans the skin if taken in the proper way. In a healthy man of active habits, this lost heat is almost at once renewed. The body reheats itself. This helps to get a more equal distribution of heat. If there is stagnant blood anywhere inside, it is dispersed, and the life-powers take full possession of the body, and begin to expel disease taints. All these effects are the life's reaction to the bath.

But if the bather loses too much heat, there will be no re-action and his health will be weakened in course of time. "For, Heat is Life. The more able the body is to heat itself,

the healthier it is. If the body is unable to reheat itself after every loss of heat by any cause, it is injured, not benefitted by the cooling."

Hence persons of delicate health must take baths that will not put a severe strain upon this power of self-heating, but that will rather help the re-heating-

Such a bath is the Spinal Bath invented by Dr. Sarma K. Lakshman. It is a Fool Proof Bath. No one can injure himself by it. It is not only perfectly safe, but actually enjoyable, and efficient as a health preserver. It is the easiest and the pleasantest bath ever invented. In this the bather bathes while he is actually sleeping and even the short sleep so taken is far more refreshing than a long rest in bed.

The reason is this; here the cooling is very moderate; it is applied in such a way that the weakest health reacts, by a successful effort of self-heating. In this bath the cooling is applied only to a part of the body at first, the part selected is the one where the cooling is most needful; it is the *back* of the body where the big bundle of nerves running down from the brain, called the spinal cord lies inbedded in the back-bone, as also the sympathetic Nervous system.

The Spinal Bath has been under trial for more than twenty years and it has proved a great favourite wherever it has been tried. It is the one bath which will meet the needs

of every one without exception as Dr. Sarma says. Even those who are not prepared to adopt Nature-cure, will do well to try this bath. This bath is specially re-commended to be taken immediately after the midday meal, instead of the customary afternoon nap. We can obtain great relief from the summer heat by taking this bath in the afternoon for about 15 to 30 minutes.

This bath can be taken without a tub or in a tub. If a tub as designed by Dr. Sarma is available, the bath can be taken in the following way. A wet cushion is placed inside the tub, and on this, cold water is poured just enough to drench it well. The water used may be as little as the bather likes; if he wants more he may have it poured in after one or two minutes; it must not rise above

the middle line between the front and back of the trunk. A wet cloth may be put on the front side of the trunk also. The bather may remain in the tub for about 15 minutes; if he falls asleep he may remain till he wakes. He must finish the bath by rubbing the back with a dry towel. He may then wash his head and finish with the Piecemeal Bath.\*

Dr. Sarma gives also another way of taking this bath. We must pour 2 or 3 inches of cold water in the tub and lie down in the same way, but sitting up once every minute or two and rubbing with a dry towel as described above, till the chill feeling is nearly gone, each time lying down again, with or without a covering. For further details regarding this bath readers may kindly refer to Dr. Sarma's Practical Nature-cure.

## WHY SO MANY

### *Raw - Fooders Fail*

By T. de la TORRE, N. D., O. D.

(The thirteenth of a series of articles published in "Vegetarian.....")

Those who have been reading the twelve previous articles, especially the last two on Comparative Anatomy, and have seen so much scientific and philosophical evidence that anatomically and physiologically man is a frugivorous animal; and that his diseases, premature old-age and untimely death are mostly due to his departure from his natural diet — may have jumped to the conclusion that all one has to do to regain and preserve his health and youth and prolong his span of life is to discard from his diet all the denatured and unnatural foods and then subsist entirely on unfired fruits and tender vegetables.

The above conclusion is true theoretically only. We have seen the proof and are convinced that man's natural food is

fruits and tender vegetables and that on that food he will be able to live in a continuous state of health and vigor for over one hundred years. But before civilized man can thrive on man's natural food he has to undergo a certain process of purification and regeneration of diseased and degenerated tissue and become readapted to his natural food. Therefore, the following three factors have to be taken into consideration.

1. ELIMINATION OF WASTE PRODUCTS:— We have seen in previous articles that the body of civilized man is saturated with a tremendous amount of foreign matter in the form of mucus, acids, toxins, drugs and calcareous deposits. Unless this waste is eliminated (at least partially) before adopting the natural un-

\* This bath will be described in the next issue.

cooked-food diet, the purifying power of the fruit and vegetable juices will mix with these waste products, dissolving them and starting a process of fermentation which may, in certain cases, make the patient, feel worse and lead him to believe that the so-called natural diet aggravated his disease instead of improving it.

The powerful solvent action of the fruit juices will loosen, dislodge and dissolve the mucus, acids and other waste products too fast, thus making the blood too thick and viscous, clogging the eliminating organs and making you feel worse for a certain time. Therefore, before one adopts the natural unfired food diet it is of great importance to submit to the process of elimination in order to purify the intestinal tract and make it ready to receive and digest the natural food of man.

2. CHEMICAL NORMALIZATION OF THE DIGESTIVE JUICES:—After years and years of eating unnatural cooked food, the digestive juices have, to a great extent, become adapted to the digestion of unnatural, cooked food. If your diet has consisted largely of starch food, naturally the gastric glands have learned to secrete just a small amount of weak hydrochloric acid in order to allow the digestion of starch food to take place in the stomach, because a large amount of strong hydrochloric acid would immediately arrest the digestion of starch. Hence, those who have been indulging in cooked, starch food, have gastric glands that secrete little and weak hydrochloric acid. When these persons adopt the fruit-nut diet find out that they are unable to digest the protein of nuts, since the latter needs a strong acid medium for its digestion. When this is the case, the abundant use of lemon and pineapple juice will enable them to digest the nut protein.

On the other hand, those who have been in the habit of eating large amounts of meat, fish, egg and legumes have gastric glands that have learned to secrete a large amount of strong, hydrochloric acid necessary for the digestion of the abundant amount of protein food in their diet. Hence, when these persons adopt a diet of natural sweet fruits, find out to their sorrow

that sweet fruits cause them a great deal of fermentation and gas. Therefore they soon jump to the wrong conclusion that fruit may be the natural food of man, but it is not the best food for them. Those who find themselves in this difficulty can overcome it by depending mostly on green vegetable salad menus, properly combined and balanced with the necessary amount of nut protein.

3. CONTRACTION OF THE DIGESTIVE ORGANS:—This is the greatest obstacle that has to be overcome by those who want to adapt their organisms to the natural food of man. After living 30, 50 or more years on cooked food the digestive organs have enlarged to two or three times beyond their normal size. This is true especially of the stomach and colon. There have been two reasons for this enlargement:

First, in view of the fact that 50 to 75% of the cells of cooked food have had their vital element destroyed by excessive heat, it has become necessary for man to eat a much larger amount of cooked food than it would be necessary under an uncooked diet in order to supply the living cells with the necessary amount of nourishment.

In order to meet this requirement Nature has come to the temporary rescue of man by enlarging his digestive organs. The result is that the digestive tract of man has been greatly dilated to receive the required large volume of partially dead food. In the second place, the digestive organs have been greatly distended and enlarged by gas pressure which has been constantly generated by the fermentation of cooked starches and from the putrefaction of cooked protein food.

The result is that not until a person has succeeded in having his stomach and intestines contracted or shrunk to their normal size can he thrive properly on the natural food of man. Because (1) if he eats natural, 100% live food until his dilated stomach is full and he feels satisfied, he has eaten several times more food than his body needs or can digest, (2) because if he eats natural, 100% live food until his dilated stomach is full and he feels satisfied, he has eaten several times more food than his body needs or can digest, and (2) because if

## THE INDIAN NATUROPATH

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he eats only the amount of natural food which he needs and can digest he will feel as if he had not eaten one half of the amount of food he feels he needs, and his tendency will always be to eat several times more uncooked food than he can digest. Hence, a person who after 30 or more years of eating cooked food tries to change suddenly to the natural uncooked food diet finds himself confronted with the following dilemma: If he eats natural uncooked food until his stomach is full and he feels satisfied, he has eaten at least twice as much food as he needs or can digest properly. And if he tries to live scientifically and measures and weighs the necessary amount of uncooked natural food which he needs and eats only that small amount, he will feel as if he had not eaten enough and will have a feeling as if he were half starving to death.

After these explanations you will see how unwise it is to change suddenly from the cooked to the uncooked diet without first having undergone the process of elimination of his waste products and before the contraction of his digestive tract has taken place. Therefore, I wish to advise you not to make any sudden changes to the uncooked natural diet, unless you have undergone a process of purification, either naturally through an acute disease or artificially through the methods advocated by this science.

Of course, there are many people whose bodies are still strong and where the digestive organs have not yet been greatly dilated. These people as a rule, can adopt the 100% uncooked food diet and thrive on it, provided that they have learned how to balance and combine the natural diet. But those who are in a weakened condition, have their digestive organs greatly dilated and suffer with chronic constipation will find great difficulty if they at once change to the 100% uncooked food diet. Therefore, my advice is that you should not make abrupt changes in your diet. It is better for you to go through a transition period during which you gradually discard from your diet those unnatural cooked foods which form mucus and acids, such as meat, fish, cereals

and their products, such as bread, pies, cakes; also white sugar and coffee. And at the same time gradually replace them with natural uncooked fruits and vegetables salads, using the different kinds of nuts for the protein part of your food. During the transition period dairy products may be used in those cases where nuts are not available.

Until you have obtained the proper knowledge the best procedure for those who have not prepared themselves for the natural uncooked food diet is to decrease gradually the number of cooked meals and increase the number of uncooked meals. For instance, you may begin by discarding your cooked breakfast and eat, instead, fruit, either fresh or dehydrated, adding nuts if you have to do hard physical work. However, those who have become adapted to the natural uncooked diet and know how to balance it according to the protein equilibrium, do not need breakfast at all. Two good meals of uncooked food are more than sufficient to maintain the organism thoroughly nourished and in a high state of vigorous health. Since I began to live on this natural uncooked diet in 1923 I have not eaten breakfast anymore.

The second step would be to discard your cooked meal at noon and substitute it by an uncooked meal consisting of fruit or vegetable salad to which is added the required amount of nuts to supply the indispensable amount of amino-acids.

Should it not be possible for you to depend on nuts for this protein part of your uncooked meals you may use dairy products temporarily. But nuts are better biologically and esthetically. Unless you have good teeth, it will be necessary for you to grind your nuts thoroughly in order to be able to digest them properly. Well-ground nuts blend very well with the fruit and vegetable salads. And when the salads are seasoned with plenty of lemon juice, honey and raw olive oil the raw salads are delicious and very nourishing.

Until you have advanced sufficiently far in the natural food diet, the evening meal should continue being a cooked meal

consisting of cooked vegetables, and legumes (such as Garbanzos) once in a while. With the cooked meal you may eat some whole wheat bread with butter. But be sure to begin this meal with a large raw vegetable salad. In fact, no cooked meal should be eaten without preceding it with a raw salad. The raw salad will supply the indispensable vitamins and alkaline mineral salts without which the cooked food may ferment, generate gas and acids and cause numerous disturbances.

The main reason why so many of those who went on the raw food diet failed to obtain success is because of their lack of knowledge as to how to combine and balance the uncooked food diet, as well as of lack of knowledge as to how to bring

about the purification and contraction of the intestinal canal. Lack of sufficient adequate protein in their uncooked food diet prevented them from rebuilding their tissues as fast as they were disintegrating. This resulted in a continuous loss of weight, which frightened them and led them to believe that the natural uncooked food diet could not maintain normal weight. This belief is most erroneous. For we see that, with the exception of man, every animal of every species eats his food uncooked. And on their natural, uncooked food they develop strong muscles, are continuously healthy and beautiful and live without disease to the end of their allotted span of life.

(From Vegetarian - Fruitarian - Humanitarian).

## Song of the Vitamins

ROSE LEE ROBERTS

(From the Radiant Health Messenger)

The Vitamins A, B, C, D, E, and G  
Went out in the world to see what they  
could see,  
And they got such a shock from the things  
that they saw,  
They were filled full of wonder and sorrow  
and awe.  
They saw spindly legs and they saw hollow  
cheeks,  
They saw sniffly noses and bones that had  
squeaks;  
They saw so much misery it filled them  
with shame,  
For they felt that, somehow, they them-  
selves were to blame.  
"Let's help them", they cried, and with  
this aim in view  
They held a conference to decide what to  
do,  
Cried **Vitamin A**: "If they'd only eat me  
I'd dry up their sniffles as fast as could be;  
I'd battle infection with strength and  
insistence  
And fill them, with vigour and build up  
resistance.  
They'll find me in fish oils, liver, butter  
and cheese,

Milk,, yellow corn, pumpkin, squash too  
if you please;  
I'll make them get hungry and help them  
to grow—  
(I live also in carrots and sweet potato)."  
"You're very important", said **Vitamin B**,  
"But what do you think they would do  
without me?  
Folks always get jitters when I'm not  
around,  
For I'm soothing to nerves, and may al-  
ways be found  
In vegetables, fruits, wheat-germ, eggs, and  
liver—  
I'm also of use as an appetite-giver".  
"Oh, yes", said their brother called, **Vita-  
min C**.  
"You both are as useful as useful can be,  
But I prevent scurvy—build strong teeth  
of beauty—  
And toning up blood vessels, too, is my  
duty.  
Folks need a supply of me every day,  
And to eat citrus fruits is a very good way  
To get their supply; in tomatoes I'm found  
And in raw, leafy vegetables also abound."

"You're not by yourself", chimed in Vitamin D,  
 "In building good teeth, for they also need me.  
 I harden their bones, make them strong just for fun,  
 And my very best source is the rays of the sun.  
 I'm also in fish oils, and eggs (in the yellow),  
 In butter fat too—I'm a most useful fellow."  
 Though Vitamin E all this time had been quiet,  
 He now said: "I'm needed in everyone's diet,  
 They couldn't raise families at all without me,  
 And that would be tragic, as all will agree.  
 I help Mr. Stork, and it's really a pleasure—  
 Sometimes I bring twins just for good measure;

I live in the wheat germ, in vegetables green,  
 In egg yolks, in cereals; in beef, fat and lean."  
 Now Vitamin G was the only one who  
 Had not had a chance to tell what he could do;  
 He raised his wee voice, and he said "Look at me—  
 I'm kind to folks' nerves, too, like Vitamin B.  
 I keep their skin smooth, and I help them to grow,  
 And I'm good for their eyes, too, in case you don't know;  
 They'll find me in vegetables, liver, lean meat,  
 Cheese, milk, eggs and yeast, and the fresh germ of wheat."  
 Cried the Vitamins all: "Our sole business is health,  
 And all who possess us are rolling in wealth."

Contributed by Sister Phoebe

## MARVELS OF NATURE CURE

### BLINDNESS CURED BY NATURAL METHODS

By KRISHNANAND Pant, M. A., M. O. L., *Proprietor, Meerut College.*

My son, Prasanna Kumar Pant of class VI of the Govt. High School, Meerut, aged 10 years was medically examined by the School Health Officer and was found having weak eye sight in Sept. 1938. His eyes were examined by an eye specialist at Meerut with the help of Atropine in Oct. 1938 and eye-glasses were prescribed but the use of the eye-glasses did not improve the sight. On the contrary the vision began to deteriorate gradually and he was unable to read even block letters in a book or news paper. In other words, he became blind so far as reading and writing were concerned. I was alarmed and perplexed. I consulted the eye specialists of the shroff Eye Hospital, Delhi, who examined his eyes thoroughly for days together but could

not come to any definite conclusion. I had consulted other medical experts as well but to no avail.

**Appreciation.** I had heard of Dr. Agarwal, Eye Specialist at 15, Daryaganj, Delhi and my friends and relations suggested me to leave the case of my son entirely to his care. I saw the doctor on the 10th Feb. 1939 who gave me every hope of improvement of his vision. I got my son admitted in his hospital and within a week I found the vision much more improved and within a fortnight his eye sight became normal. My joy knew no bounds. The methods with which he treated the eyesight of my son seem to me to be marvellous. Perhaps he is the first in Northern India to successfully cure every eye disease and weak eye-

sight by natural methods. I would very strongly recommend the treatment of Dr. Agarwal to those who are disappointed with other methods and find their vision defective. Students and teachers and those engaged in office work will, I am sure, benefit immensely by the natural method of treatment of Dr. Agarwal to whom I am greatly indebted.

**Dr. Agarwal's methods:**— The methods that Dr. Agarwal advocated for the improvement of the eyesight in my son's case, are written in his book "Mind & Vision" which costs Rs. 4/- and can be had from Prakriti Karyalaya trust, Bezwada.

The treatment is mainly based on relaxation method of the mind. Dr. Agarwal is of opinion that all such defects and errors of refraction are caused by mental and eye strain, and relaxation is the right treatment, which can be obtained by the right use of the eyes and relaxation exercises for both the mind and body. Dr. Agarwal laid the greatest stress on Sun treatment. Facing the Sun with the eyes closed for a few minutes every morning is of immense help in these cases.

The Scheme for the prevention of myopia in schools is a very simple and non-expensive one and has already proved very efficacious in several institutions.

Dr. Agarwal has given a short and lucid account of the method

adopted for improvement of eye sight in the book "Psycho-solar Treatment for the eye" which can be had from him free of charge by enclosing one anna stamp for postage.

**Dr. Agarwal's Eye Institute:**—Dr. Agarwal's Eye Institute is situated at 15, Daryaganj, Delhi, Phone No. 5998, in an open and healthy locality. There I saw several other patients who were given up as hopeless and were blind to all intents and purposes, coming from Behar and other distant parts of India. The improvement in their vision was also surprising. All patients are treated with parental love and care in his hospital.

On conversation with a Civil Surgeon of the Baroda State who was under Dr. Agarwal's treatment, I noted that his vision was greatly improved and he said these methods of treatment were quite scientific. Another Civil Surgeon of U. P.—Dr. B. C. Pant at present posted at Badaun—spoke highly of the method some time back.

Dr. Agarwal's services have been greatly appreciated by H. H. The Maharajas of Nepal, Suket, Chhatarpur, Alwar etc. Sir Girja Shankar Bajpai, the Hon'ble Mr. A. G. Clow and Mr. Sachchidanad Sinha of Behar have expressed great appreciation of the methods of treatment adopted by him and have been benefited by these methods.

## MY FIRST ATTEMPT A SUCCESS

By Touse Srinivasa Rao.

As a Nature Cure lover and a follower I wish to narrate one of the cases which was my first attempt. Moreover I am very glad to say that it was a success too.

One of my relatives had very high fever; the temperature was 103°F.

Before this and for about five days he had been suffering from Diarrhoea and since he was not a Nature Cure follower he took as many morbid medicines as he could and as a result, perhaps, he got a high fever, I began my treatment with wet bandage to the abdomen; he was

given only cold water every ten minutes. Every time the bandage became hot I removed it and applied a new one and after about 45 minutes or so the temperature was about 100° F. The same evening I wrote a letter to the Manager of the Indian Naturopath, Mr. K. A. Sharma requesting him to give me some advice. Of course he was very kind enough to reply me and also furnish me with necessary advice. By the time I got his reply I was proceeding with my patient with cold bandages to abdomen and cold water to drink very often. The next day the fever was low and less than 100° F. But in

the evening he complained that he had a severe tooth-ache and this was cured by gargling hot and cold water alternately. Of course it did not stop at that moment but it was completely cured next day evening. During his tooth-ache the temperature was more than 104° F. I was a bit afraid at this moment but since I had COMPLETE faith on the Nature Cure, I proceeded with my work and within four days' time he was quite well but weak. Probably this might be due to putting him on a complete fast except water for two days and the other two days he was given sweet-lime juice.

## MADRAS CONSCIENCE CLAUSE — A PERNICIOUS COMPROMISE

Says Miss LILY LOAT, Secretary of the National Anti-vaccination League, London.

(From *The Vaccination Inquirer*, London)

As the section, as originally drafted gave power to the authorities to subject the people to revaccination and re-inoculation though they had been vaccinated even a dozen times, it is a great achievement to have introduced into the Bill a conscience clause of any kind. *Nevertheless, in our opinion it is a pernicious compromise. No objector to vaccination should have to undertake to submit to isolation.*

The Hon. Dr. T. S. S. Rajan, Minister for Public Health, stated in his speech on the amendment that "they had so worded the amendment that it might not be possible for every man to say that he was a conscientious objector."

As objectors have to make a declaration before a Magistrate and the Magistrate may hear representations on the case from the health officer before agreeing to exempt the objector from vaccination or inoculation, and as the condition of the exemption is the undertaking of the objector to subject himself and the members of his family to isolation of such description and for such period and to such further restrictions, if any, as may be directed by the Magistrate, and as small-pox is always to some extent prevalent in Madras, we do not see how this exemption clause is going to benefit more than the smallest minority of the objectors.

# Surgical Operations On Tonsils and Adenoids

(Continued from the April issue)

The advisability of performing operations on the tonsils has already been discussed in the last issue. As commonly used, the name tonsil refers to the palatine tonsils. In one of the standard books on physiology the following description is given. "The palatine tonsils are two masses of lymphoid tissue situated, one on either side, in the triangular space between the glossopalatine and the pharyngopalatine arches. The surface of the tonsils is marked by openings called crypts, which communicate with channels that course through the substance of the tissue. They are supplied with blood, from the lingual and internal maxillary arteries which are derived from the external carotid arteries. They receive nerve fibres from both divisions of the autonomic system."

Allopaths seem to think that the function of the tonsils is similar to that of the lymph nodes and that they aid in the formation of white blood cells and help to protect the body from infection by acting as filters and preventing the entrance of micro-organisms. If they are abnormal, their protective function is considered to have been reduced and they are considered to serve as foci of infection which passes directly into the lymph and so into the blood. Hence the allopaths advise their removal when once they have become abnormal. The Nature-School says that the tonsils are excretory glands and that they constitute a valuable part of the drainage system of the organism. Nature has created them with a purpose—namely to eliminate impurities from the body.

Whatever may be the theories, the problem must be studied from a practical point of view. As a result of the enlarged tonsils the nasal breathing passages are closed, and the child breathes through the mouth. This may lead to all kinds of chronic ailments, such as deformations of the chest, changes in the facial expression, sometimes marked alteration in the mental condition and in certain cases stunting of physical and mental development. The patient is assured quick relief from all these troubles by the surgeon. Ofcourse in most cases the removal of the tonsils gives instant local relief. But the general health is affected. The surgeon and the parents take into consideration the first effects only; the secondary and lasting ones are considered and treated as new diseases. If there be any morbid discharge from the body through the tonsils, a fontanelle is established through which the systemic poisons make their exit. If such an outlet is blocked by surgical treatment, the pathogenic matter is compelled to seek another escape or else accumulate somewhere in the system.

Usually, after the removal of the tonsils the morbid matter finds the nearest outlet through adenoids and the nasal membranes which in their turn become hyperactive and inflamed as they have taken up the work of vicarious elimination. If the adenoid tissues become affected before the tonsils and if relief is sought through surgical treatment, the process is reversed and the tonsils become affected. When both the tonsils and adenoids are removed, the nasal membranes become conges-

ted and swollen; frequently polypi and other growths appear and the nasal passages are obstructed. Thus the patient again breathes through the mouth. Thus inspite of Nature's protests against symptomatic treatment, 'Science' refuses to learn from Her.

When the nasal membranes take up the work of elimination the same mode of treatment is continued and new and still more serious diseases arise. The posterior nasal passages and the throat become affected by chronic catarrhal conditions; there is often much annoyance from phlegm and mucous discharges dropping into the throat. These conditions very often extend to the stomach and the intestines; in some cases they travel upward into the brain, and the patient grows nervous, or dull and apathetic. In many cases of children, impurities are eliminated through the ear drums in the form of pus discharges; this frequently averts inflammation of the brain, meningitis, imbecility or infantile paralysis. Dr. Lindlahr says that he had frequently traced serious attacks of mastoiditis (inflammation of the mastoid cells behind the ears) directly to the removal of the tonsils and adenoids. In such cases, it is said, that the surgeon trephines the skull and treats the mastoid cells with antiseptics, thereby suppressing the inflammation. Dr. Lindlahr says that he had never applied such destructive treatment and had never lost a case. If the suppressed poisons travel downward, degeneration of the lymph glands of the neck arises. Further suppressive surgical treatment only leads to the accumulation of the poisons in the bronchi and lungs where they form a luxuriant soil for the propagation of the bacilli of pneumonia, and tuberculosis. In

some cases the vocal organs become seriously affected by catarrhal conditions and in later stages by tuberculosis.

Apart from these evil after effects, the question of risk involved, in the surgical operations must be given due consideration. It may be said that in these days when the science of surgery has developed very much, percentage of risk is very small. Still if the risk, however small, can be avoided it must be resorted to. As already mentioned, abnormalities of the tonsils can be successfully treated by putting the patient on fruit and vegetable diet and partial fasting. Herein lies the natural and rational cure for tonsillitis, adenoid vegetations mouth breathing and kindred diseases.

Recently, in the proceedings of the Royal Society of Medicine is published a very interesting paper by Dr. J. Alison Glover on "The Incidence of Tonsillectomy in School children". He has shown in his paper, how the operation rate rose rapidly after the School Medical Service got into working order until 1931 when 1,28,000, children were operated upon in one year. This rapid increase of brutality called for warnings from Sir George Newman and others. As a result, the number fell to 83,000 in 1935, but it again rose to 94,000 in 1937. The Medical Research council has expressed the opinion that "It is a little difficult to believe that among the mass of tonsillectomies performed to-day all subjects for operation are selected with due discrimination, and one cannot avoid the conclusion that there is a tendency for the operation to be performed as a routine prophylactic ritual for no particular reason and with no particular result." The

following quotation taken from 'The Medical World' (September 16, 1938)\* will show how recklessly operations on the tonsils are performed.

"The routine inspection of elementary school children is mostly in the hands of junior practitioners who lack the experience and the time required for proper selection of cases. They report that the Tonsils should be removed. They are then taken out by surgeons who do not even feel called upon to consider, whether the operations they perform are necessary or not. In most cases nothing but the size of the tonsils is considered. In the case of the well-to-do and those children who attend expensive schools, the rate of operation is even higher than amongst the poor."

"In public schools selection should be possible, but there are, of course, other factors to be taken into account. The well-educated parent commonly expects that the operation will become necessary and is apt to suggest this to the doctor. It is to the doctor's interest to acquiesce, and he has probably never been taught to differentiate between the large adolescent tonsil and the tonsil which is really the home of septic foci, only to be eradicated by its removal. The specialist who sees the child may know the difference, but he is often worried by parent and doctor alike, and advice to be cautious and wait a while is countered by the supposed advantages of operation in summer, or between school terms,

or before some particular examination comes along."

"These views are not very flattering to the profession. But can one deny their truth? Are we not as a profession morally responsible for many thousands of useless and dangerous tonsil operations?"

In 'the Medical officer' (October 8, 1938) has appeared the following quotation which is worth noting.

"Tonsillectomy in a throat which is not giving trouble at the time is urged as a preventive of deafness, rheumatism, puerperal septicaemia of catarrhal states, of asthma and a host of other adversities which may materialise in the future. We have no proof one way or the other of the influence of tonsillectomy in these conditions. We shift to and fro in the general opinion. This is where we are to blame and the blame rests on the School Medical Service which is in a position to collect evidence. For this, years of research are required. If the research is organised and co-ordinated it may serve the problem. As we are going on at present it will never be solved. About 200,000 tonsillectomies are performed in this country annually. The cost of these in money must be about half a million pounds and in lives certainly more than eighty five. Nobody knows if we are any better or worse as a result of this expenditure. Truly an unsatisfactory position!"

\* This quotation is taken from an extract that appeared in the April issue of 'Health For All' London.

# Nature's Conquest of Disease

(Dr. R. S. AGARWAL, I. S. M. F., Delhi.)

One of the latest and most far-reaching discoveries of medical science is a new application of the very ancient principle that disease carries with it its own cure. "It is well known that the animal organism has the power of developing antibodies to any foreign albuminous substances introduced into it, which neutralise, or destroy the foreign substance. Furthermore, these antibodies are produced in excess of the amount required to neutralise the stimulus, so that the blood of the animal so treated contains antibodies, some of which can be demonstrated by suitable methods. Now bacteria are such foreign albuminous substances, and the phenomena of recovery and acquired immunity are explained and it appears that when a disease does not end in recovery but becomes chronic, the mechanism has broken down:" but if the disease germ be introduced in some part of the body which has healthy tissues, new antibodies are produced in excess of those required to neutralise the attack in that part and these will pass into the blood stream and fight the bacteria in the diseased part. This is in accord with all the facts known about the action of foreign micro-organisms on the animal body, and by following this method, diseases of local infection can be prevented or cured effectively. There are two ways of doing this. The discharge or (a dilution of it) of any localised infection is filtered with a Barkfield filter to eliminate the micro-organisms and the filtrate containing the unmodified toxin injected hypodermically into healthy tissues remote from the infected area; or the crude discharge is placed in the mouth. By both these treatments specific resistance to all of the infecting micro-organisms in the seat of infection will tend to be developed and any of the two methods can be resorted to in extra-alimentary and extra-pulmonary diseases; in crude alimentary and pulmonary diseases, however, the placing of the crude discharge in the mouth of the patient will not be effective, and resort must be had to the first method of hypodermic injection.

## Fresh Wounds

The atmosphere is full of hostile micro-organisms, and unless proper anti-septic measures can be taken immediately, any fresh wound, however slight, can become purulent and lead to serious consequences. But there is Nature's method followed by animals; if the discharge from a fresh wound is placed in the mouth, at proper intervals, purulent infection will be prevented. In this matter we should take a lesson from the dog who licks and cures its wound. In an article under the title of "The Prevention and Treatment of Septic wounds in warefare". Dr. F. W. Sumner, S. A. M. D., writes in the Indian Medical Gazette: "An animal's wound, granted that he can get at it and lick it and assuming that his general state of health is good, practically never becomes purulent. Why? From the first he licks it, and the saliva with the toxins from the wound is swallowed. This results in antibodies being produced by the body tissues, being in the wound and paralyzing and finally killing off all the micro-organisms in the wound, so that aseptic healing of the wound occurs. It is specially to be noted that the animal is ingesting pure toxins; these are not sterilized at some sixty or seventy degrees of temperature; not preserved by adding antiseptics; not altered by keeping, not grown on culture media, but straight fresh from Nature's laboratory. Here is a lesson of nature to follow".

Dr. Duncan recommends the following treatment: "Dress the following wound once or twice daily. At each dressing cut out about four square inches of the stained part of the gauze immediately over the wound, place it in a four ounce bottle of water, shake well and give the decanted fluid to the patient to drink in several divided doses. This procedure is highly recommended in preventing infection, in extra-alimentary and extra-pulmonary wounds." In cases of patients suffering with purulent infection, the following

simple treatment may be useful: Place from two to six drops of pus on a lump of sugar, or in a little water (coloured with cocoa if necessary to disguise any blood) and give it to pus on a spoon, or on a flat stick, and place it on the animal's tongue. "It would be a crime not to give it to horses", say their leading men.

Dr. A. Cement Shute of Pottstown, Pa., had a nest of boils in the axilla, and placed a few drops of pus from one in his mouth. It tasted sweet and took away all pain as if by magic. A dose or two more cleared up the whole condition. Dr. R. A. Agnew, of Jewett city, Conn, reports a case: "The patient had a discharging wound in the tibia for seven months. On December 18, I gave him ten drops of pus by mouth. On the 24th, the wound was clean and granulating nicely."

Never use antiseptics on a wound treated autotherapeutically for, many antiseptics destroy the therapeutic value of the toxins; that is, pus containing some antiseptics is useless for the autotherapeutic purposes. When moist dressing is desired, normal saline, or boiled water, may be used.

### Acute Gonorrhoea

In acute case of gonorrhoea in males, irrigate the urethra twice daily with distilled water and give it to the patient to drink. If necessary, it can be disguised

with grape juice just before its administration. There is no fear that the patient will take too much of his discharge. The greater number of live autogenous pathogenic microorganisms he takes, the more quickly will be manifested the curative effect. It is perfectly safe procedure and no fears need be entertained. Gonorrhoea is highly infectious to the eye, but not to the mouth.

When a man is attacked with gonorrhoea, his wife can be saved from infection by following this simple method. Take some discharge from the man and place it in an ounce of water and shake it well. Give her this to drink in divided doses. In the same manner a man exposed to a female suffering from gonorrhoea can escape infection by putting into his mouth the discharge of the woman. The treatment is very offensive, no doubt, but when one thinks of the dreadful consequences of this disease, one must not shirk from such simple and effective remedies. When prostitutes are kissed by men suffering from gonorrhoea, they get some gonococci in the mouth, and thus become immunised to gonorrhoeal affections though almost all of them, as extensive observations show, are carriers of gonorrhoea.

The treatment of gonorrhoea in the female is, broadly speaking, quite similar to that of the male.

*(To be continued in the next issue.)*

## A GREAT LOSS

We learn from the latest issue of Jivan Sakha, - a Hindi Magazine devoted to Natural Hygiene and Healing -- that Dr. L. N. Choudhuri, retired Civil Surgeon of Jubulpore, who presided over our latest annual conference at Madras, passed away at Ajmer on the fifteenth of March. He was eighty four years at the time, but he kept up robust health of both mind and body to the last. We learn that till the time of his passing away his mind remained clear. He was examined by a doctor during the day time and was found to be all right; but he died during the night quite suddenly. This event deprives us of

a worker, whose value to our cause is all the greater, because he was educated and trained as an allopath, and served as such till he was near the age for retiring, and discovered the error of that system through the death of his wife under that treatment. It was due to his exceptional devotion to Truth -- the only God there is -- that he was able to realise the truth of Nature-cure as against Allopathy, when the time came for it. We have sustained a great loss. May God grant that fresh workers might arise to take his place.

Specimen page from:

# Human Culture & Cure

By Dr. E. D. BABBIT, M. D.

*All force is dual, including, on one side, a finer fluid-like movement of something against or through a coarser substance on the other side.*

1. **Examples:** Water driving a wheel; air driving a windmill; steam or other gases propelling an engine; blood working in the processes of animal life, etc. The two divisions here as follows:

**Fluidic.** Water, Wind, Steam, Blood.

**Grosser Elements.** Wheel, Arms, Engine, Animal tissues.

2. **Invisible Forces.** If all forces in the visible or known world include a fluid action, then, as the whole universe is in harmony with itself, the forces of the invisible world must include fluids also (see Principles of Light and Color, p. 3—11, 523), hence, in harmony with the absolute unity of things, the *finer forces* such as electricity, heat, light, color, nerve force, chemical force, psychic force etc., must include real fluids, although these fluids work in connection with coarser atomic channels and according to some definite laws of motion.

3. **Supposed Imponderable Forces.** All forces in the realm of the known world include weight and motion, therefore all forces in that which is less known, such as electricity, heat, light, magnetism, chemical action, must have weight and hence are not imponderable as scientists are fond of asserting. These scientists, contrary to the facts of the whole visible world, usually at present advocate the dynamic theory, which says that all these fine forces are not substances at all, but "mere modes of motion". But what causes these motions? Their theory is the same as saying that the force which moves the windmill has no weight at all; it comes from the motion of its arms. The wind that sweeps these arms is entirely ignored. But it exists nevertheless, and is a ponderable entity. A scientist has lately caused a pair of delicate scales to tip by throwing a tide of light upon one end of them. By the aid of spectroscopy I have shown just what kind of materials the colored rays of light are composed of. In multitudes of cases I have bottled up the different colored rays of light as exquisite and most effective medicines. Following nature and experience, then, we may know that light, heat, electricity, nerve force, magnetism etc., are actual *things* possessing weight, as well as *motions*, and are forces of the most amazing character, although our ordinary scales will not weigh them.

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# 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 redeem 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.

For Particulars Apply to:—THE GENERAL SECRETARY,

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

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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 there in 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.

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