

The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL MENTAL & SPIRITUAL

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

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The Indian Naturopath, Bezwada

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To Our Readers

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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EDITORIAL NOTES

CAN FIGURES LIE?

(with acknowledgments to
Mr J W ARMSTRONG)

This question was the title of an editorial in the *Hindu* recently; an instance was given there to prove that figures can be made to lie; figures were published by some interested persons to prove that alcoholic drinks are not inimical to length of life, but that abstinence from them is!

The truth is that figures do often lie, because the man that collects them conceals some facts and falsifies others. In fact we find enough evidence to prove that statistics is only an extra weapon in the hands of the enemies of truth.

Students of the vaccination question will know that the official figures showing deaths from small-pox among the vaccinated and the unvaccinated are not honest. At one time it was glibly denied that sanitation and personal habits have nothing to do with the mortality—that it is purely a matter of vaccination or non-vaccination; this falsehood is being repeated by the Indian enemies of health; in Europe they know better. But when figures of small pox deaths are given, it is assumed that all people are equally liable to take the disease, whether they live in clean and airy houses or in slums, and whether they are rich

enough to afford good food, or so abjectly poor as to have to subsist on what is not food in a hygienic sense. It happens that the well-to-do are also believers in medical shibboleths, while the poor have no such belief. So it is a mere coincidence that more unvaccinated people die—if that be so—of small-pox. The truth can be ascertained only if figures are given separately for each class of people.

Of course there are other ways in which the figures are falsified. One of these is diagnosis; if a vaccinated one dies of small-pox, it is set down as chicken-pox or measles—anything but small-pox; and the reason is that 'since he was vaccinated he could not possibly die of small-pox!' Figures lie, because the men who prepare them are liars.

Another instance where official statistics are deliberately falsified to serve the ends of a class, is in the case of diphtheria. When antitoxin for preventing the disease was introduced, the deaths from the disease actually rose 25 per cent above the previous rate. To save the inoculation from reproach the department introduced a new method of diagnosis, the bacteriological. If any one having a simple cough or cold was found to harbour the bacillus of the disease, the case

was diagnosed as diphtheria; in fact all kinds of bacilli are normally present in the bodies of those that are healthy or at least not sick with the disease in question; as these patients do not die, their number helps to show the diphtheria death rate as less than it really is.

In the same way false statistics are prepared in order to save from discredit every medical fad which the enemies of health have once succeeded in getting accepted. In the case of lock jaw—called tetanus—the failure of inoculation is concealed by juggling with the figures, adding to the list, cases which formerly were not diagnosed as tetanus, and which are non-fatal. The same is the case with enteric fever; in the army the medical subordinates are literally ordered not to diagnose enteric fever where the orthodox inoculation has been made. But instances are occurring to prove that the inoculation is no protection; men that were inoculated many times have fallen ill and in a large percentage of cases the illness was fatal. The medical mind proceeds on the principle that the credit of inoculation must be saved at all costs.

The invention of statistics was therefore not a good thing. Where the preparation of statistical figures is in the hands of interested parties, they cannot possibly be reliable. No machine has yet been invented, which will give us honest figures. Either statistics must be abolished, or their preparation must be entrusted to other than those who have a motive for falsifying them.

* * * * *

Readers must have been both surprised and shocked on finding in the May issue the disgusting article entitled 'Nature's Conquest of Disease' from the pen of Dr. Agarwal, who,

it is known, is not a Naturopath. I have to tell readers now that I was myself surprised and profoundly shocked.

By the negligence of the manager of our Office at Bezwada — which is about five hundred miles from Pudukotah — this article crept into our journal, and we assure our readers that this kind of insolence on his part, will not be repeated.

I take it that no reader of this magazine would be misled by the article. What I said of Mr. Armstrong's advocacy of urine applied more strongly to this old—new error. The author claims that the methods are successful, but Nature-cure is not opportunistic; a similar "success" does attend every medical measure but we know that they are unscientific; the law of dual effect that was taught by the wise Dr. Lindlahr is our guide in such perplexities; we know the immediate effect of an utterly evil thing may be apparently good; but we do not on that account admit it in our practice. We consider only the later effect. For this reason we do not admit as a remedy anything that is foreign matter. We are free from the delusion that the immediate effect is the only effect to be considered.

Nature-Cure stands for certain principles, and the chief of them is Cleanliness. It may be said that we are 'prejudiced.' But in this there is no prejudice—if so it can be called—just a healthy and natural instinct. In the same way we are 'prejudiced' against garlic, tobacco, meat and fish. Mr. McCann, whose letter appeared in this issue, rightly remarks that death is preferable to taking such nasty things, and hopes that no Naturopath would ever be guilty of such filthy practices.

WET MASSAGE

or Piecemeal Cold Friction Bath

By A HYDROPATH

It was shown in my last article that the Spinal bath rouses the bather's natural self-healing power from its lair in the nervous system; the bath sets it working again, strengthening and cleansing the body. Patches of inflammation or stagnant blood anywhere in the body, are healed more or less and digestion is improved. But to help the vital power to get full possession of the body it is necessary to take a supplementary bath. The best bath for the purpose is the Piecemeal cold Friction Bath. This is a highly refreshing bath and is suitable even for the weakest.

In this bath are combined the virtues of cooling and massage as the title will suggest and hence the good effects are certain. The ordinary dry massage needs special skill and even then it cannot equal this bath as a curative measure. The chief point in this bath is that only a part of the body is wetted at a time, the rest of the body being kept dry and warm as far as possible. This bath also gives quick relief from the smart of mosquito stings, itching on the skin from any cause, and other local troubles. The Abdominal Wet Massage, which is part of this bath can be practised separately also, with great benefit in most cases. The following gives the method of taking this bath as detailed by Dr. Sarma K. Lakshman in his book 'Practical Nature-cure.'

"First wet the hands and rub them with one another, till the dirt

comes off, and then wash and dry them with a dry towel. After letting them get warm again, rub with the wet hand or hands any other part of the body. Go on rubbing till the water nearly dries up, and then wet the hands and rub again, until the dirt, if any, comes off. Then wash off the dirt, and dry the bathed part with a dry towel. In the same way bathe every other part of the body, one after another.

"The male bather should not forget to wash and cool the inner side of the fore skin covering the end of the sexual organ by pulling it back for the purpose. He should also gush the foreskin for a minute, after pushing it forward again. This is called the Jala-Sparsa. Ofcourse in the case of children, where the foreskin is not likely to be detached it ought not to be pulled back unless it is found detached.

Those who are of delicate health and especially those who suffer from cold hands and feet, should bathe only the parts of the body above the knees at first, and wait till they get warm again, before bathing the parts below. In any case they should leave the feet alone, and bathe them separately afterwards. Or they may finish the whole at a stretch, and warm themselves again by lying in bed under blankets, by taking exercise, or by walking in the sunshine."

COSMOTHERAPY

Is food reform necessary?

By Prof. Edmund Szekely, S. C.

There are many eminent authorities who say that no radical reform of our diet is necessary. What was good enough for our fathers, grandfathers, and great-grandfathers is good enough for us. Can their argument be sustained? If we examine the problem we find that they are quite wrong, for the foods which their grandfathers ate are in reality by no means the same as our own today. For instance a hundred or two hundred years ago many foods did not exist at all which are now staple foods for us. A few centuries ago sugar was unknown, and until quite recent times sugar was a luxury, found only on the tables of the rich. Our ancestors did not eat *white* sugar, they ate honey when they needed something sweet. Nor did white wheat flour exist a few centuries ago. Our forefathers used the whole wheat ground between stones. They ate bread which was brown rather than white. And the same is true of hundreds of preserved foods; they simply did not exist. Our ancestors ate far more wholemeal and far more simply than we do. It is, true that they ate meat but it was fresh meat, not the terrible frozen and tinned meats full of chemicals which are consumed today. This does not mean that the eating of fresh meat is advisable, but fresh meat is certainly *less* bad than tinned meat which contains chemicals and is old. The foods which our ancestors ate were not these terrible foods, but simpler and more wholesome foods. It is easy for us to replace white sugar with honey and starchy white flour with wholemeal flour, and instead of meat there are fresh eggs, fresh dairy products, nuts, dried fruit and peas, beans, lentils, and soya beans. At the very least we must return to the simple and more wholesome diet of our ancestors. Their relatively simple diet has turned into the artificial and very complicated diet of our present civilisation. We must not forget that in olden times products were consumed from peoples' own

gardens and their milk and milk products came from their own animals. They ate fresh, simple and in a large measure, natural foods. But we now always go to a shop to get artificial, chemical tinned foods. Where are our trees gardens and cows? They are very few and far between, particularly in towns. From this point of view our diet is much inferior to that of our ancestors. Our present diet is inferior from another point of view. The soil of today is excessively exploited and the fertility of the earth has been used up. The mineral wealth of the earth is exhausted and the fruits and vegetables which now grow in the earth, though they bear the same names as they did in the days of our ancestors, are not in fact the same. For it is not the name but the material content which nourishes. If today we were to eat only those foods which our ancestors ate we should starve. But our ancestors were pretty healthy specimens and did very well on their simple diet. Why should this be so? It is that the products they ate were superior in value to the ones of the same kind which we eat. The value of the soil was greater then than it is now. It is now very rare to find the really fertile soils which existed in large quantities in the time of our ancestors. Another thing; our ancestors used *natural* fertilizers for their soil, while we put into the soil all sorts of chemicals which help to make our soil inferior. So whether we look at the problem from the point of view of modern dietetics or of modern agricultural science, we are forced to the conclusion that a reform in diet is necessary and indeed long overdue. The argument that what was good enough for our ancestors is good enough for us does not hold water, for the whole situation has changed. We do not eat the foods they ate, and if we did they would be of inferior quality owing to the steady impoverishment of the soil. There is an interesting chapter on this problem in Plimmer's book

"Food, health and vitamins" Our over-civilization has not only stolen away from us the fresh air, the sun's rays and sun-irradiated water of lakes and rivers but has also robbed our foods of their good qualities. The quality of our food is debased and this is a great menace to health. Every year that passes sees a deterioration in the quality of the food supply. Foods are becoming more and more artificial, less and less valuable, and more and more dangerous to human health and longevity. The danger is great. Caligula the Roman Caesar said: "I wish all Rome had only a single neck so that I might cut off its head and be rid of all my enemies at once." If we on this analogy search for the enemies of health shall always find that the enemy is one—our artificial and complicated civilization. There are too many machines and too many superfluous objects, many of them injurious to health. To civilization and the machine age we owe the loss of our vitality, the shorter span of our lives and the majority of our diseases. Man progresses to certain suicide. Our terrible artificial and unnatural civilization leaves no precondition of health intact; it contaminates and distorts everything, depriving us of fresh air, sun, and water, also our

natural foods and all the influences which are the most fundamental necessities of health and life. Radical reform is necessary; reform in every sphere of life, reform in our foods, reform in our enjoyments, a reform in everything. Everything is now un-natural and bad.

The German proverb says "Man is what he eats". The most urgent reform perhaps is the reform of diet. But this is not the only reform necessary, there are many others as well. If we do not reform, it spells not only suicide of the individual, but the gradual decline and extinction of the whole race. Dietetic reform is an imperative duty towards the human race and towards posterity. It is the duty of every citizen who loves his country and of every human being who loves mankind to apply himself to this great problem of diet and to help to show the people the only road which leads to health, happiness and length of life.

[The above article deals with the question as it faces the western or white peoples; but in many respects the question that faces us is similar; in any case the principles are the same.] (*The Editor.*)

THE VITAMIN SCARE

For some years past vitamins have been all the rage. The medicine makers and trade has found a new line of exploitation; they have managed to put upon the market lots of bottled stuff represented to supply this or that particular vitamin, and the medical practitioner—who has never been trained to prepare his own medicines and who is always led by the nose by the medicine dealers—has begun to prescribe them.

This is what is to be expected in the case of the blind followers of so called science. But better sense ought to be shown by those who really

belong to Nature's School. Science has always been a trumpet. The catalogue of her errors in the past is immense, when she discovers an error she does not acknowledge her guilt in having misled the people. There are even now innumerable crimes against truth, of which she remains guilty and unashamed. Nature-healers who are worthy of the name ought to be aware of this position.

The true scientist is an extremely rare animal; science in practice is a method of getting on in the world; this does little harm in the im-

personal sciences. But it is not so where human well-being is concerned. Even in such an objective science as economics there is the personal equation. In the hygienic sciences it is worse.

Do we know how these vitamins have been discovered? Are the experiments on which these discoveries are based rightly designed? Are the results arrived at by the investigators justified by the evidence of the experiments?

All the experiments for vitamins are carried out upon animals. In 'Practical Nature-Cure' it has been shown that these experiments are inconclusive even to the extent of throwing light on the right diet for the animals concerned. But on the strength of these experiments it is claimed by the whole horde of exploiters that human diet must be altered according to these findings.

Dr. Bayly points out that even among the experimenters there are some that have candidly admitted that experiments on animals are inconclusive, and that reliable rules of human diet can be framed only after experiments on human beings. In this connection Dr. Lindlahr's wise words are instructive; he pointed out that vitamins are not isolated in Nature, but associated with the other constituents of food, chiefly the organic salts—the ones that give to each food its special taste—and that very probably these salts are the natural carriers of the vitamins.

But the tendency of most naturopaths is to blindly and uncritically copy all that is being taught about vitamins. The learning that concerns vitamins has already grown to an absurd size and tends to madden, rather than reassure, the genuine seeker of truth.

We shall be able to preserve our sanity, if we consider in what way the vitamin theory corroborates our own, and if we disregard it in so far as it seems to go beyond it. To the extent that the new knowledge serves to confuse and perplex the Nature-Curist it may be safely treated as trash.

The question deserves further and more detailed consideration. For the present it may be enough to state that the new knowledge serves only, to corroborate the rule of 'wholeness' that was laid down by our pioneers; wholemeal flours, unpolished grains with even the skins on — whenever possible — vegetables cooked gently and conservatively, and unrefined sugars were advocated by them; fruits and nuts were given precedence over all else. These foods are now found to be the real foods, as compared with those that medical science either recommended or at least failed to condemn when vitamins were unknown.

We may therefore refer to the new teachings of medical science for the purpose of showing that we were right at a time when the medical profession was in the wrong. Beyond that we would do well that the theory as unproved; that of course does not stand in the way of our conducting experiments on ourselves on the right lines. In any case we should not approve of commercial stuff represented to furnish this or that particular vitamin.

On this question it is desirable that readers who have studied it should come forward with their opinions; if these are briefly and categorically expressed it would be practicable to insert them in this magazine for the benefit of other readers.

ESSAY ON VIVISECTION

(From 'The Abolitionist')

"There is no reason why man should be allowed to torture these helpless animals, any more than a strong nation should dominate a weaker country.

"Yet, supposing, as so many people maintain, that vivisection is really practised solely for the benefit of mankind, and not for commercial interests, and supposing also that the cruelty involved is slight compared with the successful results, and that mankind is at last finding the real causes of disease, there still remains that all important question — is it Right to mutilate animals for the benefit of man? When was such a privilege even given to man? When was permission to torture and kill those weaker than ourselves granted? In the minds of some of us the answer is clear and obvious— NEVER! — never has the selfish egotist been given permission to overrule all others less fortunate than himself for his own personal interest.

"That sin of sins, the undue love of self, with the post-poning of the interests of all others to our own" (Trench).

The above quotation is from a remarkably well-composed essay entitled 'Vivisection, its past, present, and future.' The essay was written in 1937 at St. Christopher school, Letchworth, by Rosemary Bayly aged 15½ years, daughter of Dr. and Mrs. M. Beddow Bayly. It is divided into four parts. Part I is on 'The work of Louis Pasteur'. Part II is devoted to "some other vivisectionists." Part III provides a glimpse of "Vivisection To-Day" Part IV is headed "The Future of Vivisection" and gives an admirable summary of the case against that cruel practice. This is now obtainable in pamphlet form and copies of the pamphlet may be obtained from the B U. A. V. Office, 47, Whitehall, London, S.W.1. price 3d each, post free.

THE TRUTH ABOUT FOOD

By L. K. S.

The medical view that food is the source of vitality has been shown by Dr. Dewey to be without scientific foundation. Hereward Carrington elaborated the point in his great work on fasting, which unfortunately is now out of print. Dr. Hindhede proved conclusively that our protein requirements are far lower than those prescribed by medical science. The truth that very little food is needed has been many times verified by Dr. Sarma K. Lakshman. At one

time for four months he subsisted on one meal a day consisting of one potato—steamed or baked—and half a coconut sweetened with red sugar.

The truth however needs to be established by experiments on themselves and their children by a number of experiments. The following account of a perfectly successful experiment on a boy is taken from 'Health for All,' which must be of profound interest to our readers, having regard to the views

of Dr. Ackroyd, which are being published in the dailies.

Readers will take particular note of the fact that orthodox medicos are so solicitous about their prestige, that they refuse to accept the challenge to investigate the facts, so as to confirm or disprove the genuineness of the experiment.

'Christopher Bosanquet, a member of the 'All for Health Club', was awarded the prize for his Happy Snap, which appeared in the January 1938 issue of 'Health For All'. Now he is known as 'The Perfect Boy', and a number of articles about him have already appeared in the Press.

"Christopher's meals are very much simpler, and very much less in quantity, than any meals suggested in 'Health For All' and yet he is a grand little boy. When meeting him as a complete stranger, he gives a delightful impression of friendliness and ease, and even the publicity that has been focussed upon him seems to have left him quite unspoilt, although at first he had to 'put down' a certain amount of chaff from his elder sister.

"In appearance he is a fair, well-made, healthy-looking youngster, and gives the impression of being strong with plenty of reserve. An impression which, judging by his achievements in such things as wood-cutting, foot-ball and especially, long runs at his school, is apparently quite true.

"Christopher has the advantage of living under very nearly ideal conditions, for his home is a log house in the middle of a wood in the heart of the country. Most times he sleeps in a tent in the garden, and he is able to keep a variety of pets, such as white mice, rabbits and doves. All children love climbing trees, and he

has a little eyrie in one tree where he could also sleep."

"He walks $1\frac{1}{2}$ miles and cycles 2 miles each way to school every day, returning home about 6 p m. Every morning, before dressing and after his physical exercises, an important part of which are breathing exercises, he has a bucket of cold water thrown over him."

"For purposes of comparison it may be interesting to note that his measurements are as follows:

Height 4 ft 7 in Weight 5 st. 3 lb. (in clothes). This is about the common average given for his age, but the 'average' is of course calculated from normally fed (or overfed) children, and there is no evidence to show that the accepted average is of any special value.

Chest $27\frac{1}{4}$ in. (exhaled) and $29\frac{1}{4}$ in. (expanded) This is a very remarkable expansion for a boy of his age.

Age 10 years 3 months. "Christopher's meals are arranged on the following plan.

Breakfast. One kind of fresh fruit (eg., two apples, or two oranges, or $\frac{1}{2}$ lb grapes); also sometimes, about two tablespoonfuls of yoghourt.

Midday. Raw salad (eg. chopped cabbage and tomato) and, sometimes, a baked potato, followed by an orange or apple if wanted. This is provided by the school.

Supper. cooked vegetables (eg. baked or steamed vegetables or vegetable pie with thin cheese and wholemeal crust), or fresh fruit or dates and bananas.

"He also has a spoonful of honey each day, and drinks only water, and then only between meals. Incidentally, his mother says, that the medicine chest is now empty and that christopher just is *not* ill! Minor

over indulgences at parties, etc., may result in temporary upsets, but these are easily corrected by a short fast.

"Mothers who wonder whether their children are having enough, should compare their own children's meals with what this boy eats.

"A very remarkable fact about Christopher's meals is that he normally has no cereal starch and no special supply of protein as such, except the very small amount of both contained in the crust of the vegetable pie, and even this crust is only a very occasional part of his meals. He also has practically no free sugar, only the natural sugar from fruits, etc., and yet his development is normal and his energy and health outstanding.

"When he goes out to tea, or visits friends, he eats bread-and-butter, jam and cakes. But this is a rare event, and while it gives him the small pleasure of variety, he actually prefers natural food.

"Though he never ate meat or fish, up to the age of about $4\frac{1}{2}$ years, Christopher had milk, bread, cheese, eggs and cakes, etc., and ate a lot more than he does now. He always had fruits and vegetables.

"At about $4\frac{1}{2}$ years, after his father had been convinced and inspired by reading Ehret's book, Christopher left off eating bread and gradually drank less and less milk, and the quantity of foods was gradually reduced all round until, about two years ago, he arrived at his present amount. His father finds that an increase in the quantity and complexity of Christopher's meals has an adverse effect on his sense of happiness and well-being, and also on his rate of development.

"Sir Leonard Hill wrote an account of his scientific examination of Christopher, which was published in the British Medical Journal. Several doctors and scientists then wrote to prove the case false. They have proved by various calculations, to their own complete satisfaction, either that his father gave wrong information about what he eats or else that the boy is getting food on the sly! After meeting Christopher and his father one can only say that either suggestion appears to be merely a rather foolish 'get out'. Christopher gave me every appearance of co-operating willingly in the meals he ate, of having a very clear understanding of why he ate them, and also of having a very happy relationship with both his mother—who is an excellent cook—and his father—who is obviously not the man to seek notoriety by giving false information. The father considers that as the human body is an electric machine, deriving energy from the sun, the oxygen in the air, and also from other known and un-discovered vibrations and rays, there is no true scientific justification for calculating the body's needs only by calories. He says that, if one enjoys perfect health, one's need for food is much less than if one's health is of the usual type.

"Most people over-eat from habit and greed, rather than from hunger. Also, a large proportion of their 'food' is unusable by their organism.

"One of the reasons for the expert's scepticism is based on the fact that the official calorie value of Christopher's meals is less than half what they calculate a normal child of his age and weight would need. They also prove by calculations and

chemical data that Christopher could not possibly be growing on the quantity of protein taken : in fact that, on the contrary, he must actually be fading away!

But the truth is that he is thriving, and it would be the simplest thing in the world to make a thorough scientific investigation into the whole question, removing any doubts and discrepancies, and collecting as many facts and figures as any one needs completely verified, because, as Sir Leonard Hill has written in the British Medical Journal, the boy's father has expressed his willingness to have an independent investigator living

with Christopher for a fortnight of his holidays, who could see for himself that Christopher is not stuffing himself on the sly. But so far that offer has not been accepted!

"It looks as though the medical profession were anxious not to risk even the possibility of proving to themselves that their standards of diet are wrong!

"I hope that parents who, hitherto, have felt dubious about the safety of feeding their children according to Diet Reform principles will find the above startling evidence of its possibilities of great help and reassurance".

RAW FOOD

A Review

A book entitled 'Universal Uncooked Food' by Dr. B. S. Gopala Rao of Rajahmundry has been received. I welcome the book as a statement of the claims for the use of raw foods. That raw food has a place of honour in Nature-cure is not to be denied. Under the title of mucus less diet it was first made popular by Prof. Arnold Ehret.

I venture to suggest that the word 'universal' in the title is inaccurate; the article on 'why so many raw-fooders fail,' which was given in the May issue, will go far to show that raw food cannot in practice be universal. It is true as Louis Kuhne says that the original nature of the body and of life is not lost by civilization; because it is not lost, it is possible for every one to return to Nature, whatever may be the state of his health. But it does not follow that nature is wholly unaffected by

generations of unnatural living. The truth is, we live in a world that is wholly governed by the great Law of Relativity. The change from cooked to raw food is an experiment. The results must and do vary greatly, according to the constitution of the experimenter.

It is a fact that Nature-cure does not effect a complete restoration to normal health in all cases. Where there have been causes dating generations back, resulting in severe back encumbrances and involvement of the whole digestive machinery including the bowel, the utmost that can be expected is a new lease of life, with a very considerable mitigation of the disease, or a retardation of its progress; this desirable effect has a time limit; when the vital energies begin to decline, naturally the disease will resume its virulence, and slowly or quickly assume destructive forms

and that will be the beginning of the end; even then it may be possible to pull on and to retard its process by irreservedly surrendering to Nature and practising non-violent methods of co-operating with Her. Since we are never in a position to bargain with Nature, we must thankfully accept whatever benefit She confers and submit to the inevitable. In cases of this sort an experiment with wholesale raw food is likely to prove a failure. Besides, there are psychic factors to be taken into account. Children of such persons — if they have been brought up druglessly — or their children are certainly fitter for such drastic experiments.

The author seems to overstate his case in many places. He advocates a sudden change from cooked food to un-cooked food. This may do more harm than good. As advocated by Mr. T. De La Torre in his article which appeared in the May issue of this journal, it is always safe to adopt raw diet by stages. Also the author characterises cooked food as dead food; it cannot be completely dead. Conservatively cooked food is not dead food; it may be inferior to raw food in quality. Of course raw food is very useful as medicine in times of sickness. In the January issue of 'Nature's Path,' is mentioned that an obstinate case of pyorrhea was cured in a few months by subsisting on fruits and vegetable juices.

This writer is strongly of opinion that the vitamin theory as applying to human beings has not yet been scientifically proved. But when one refers to the conclusions based upon that theory, he must state them according to findings of the experimenters. The question whether vita-

mins are lost by cooking is not to be answered by a simple 'yes' or 'no'. The consensus of opinion is to the effect that the loss of vitamins by the right methods of cooking—conservative and non-violent cooking—is not so serious as not to be made good by the eating of a raw salad and other devices. Here again we must remember the law of Relativity.

The author's criticism of milk seems also to be inaccurate. Here again we are under the sway of Relativity; "सर्वत्रमा हि दोषेण धूमेनाग्नि र्वावृताः— all undertakings are enveloped in evil, as fire in smoke" To renounce milk and its kind is ideal. But in practice it is difficult. The author himself gives, in an appendix on page 210, perfectly reliable evidence to the effect that raw milk has a very high dietetic value, and that it is chiefly boiled or pasteurised milk that is unbalanced and bad for health. Even 'Mahatma' Gandhi has not succeeded in eschewing milk. It is not safe to be dogmatic on the subject of milk.

On page 118 the author remarks that "the present books on Nature-cure are all written by western writers according to the conditions that exist in those climes and countries." He does not give credit where credit is rightly due. Dr. Sarma K. Lakshman, the president of the I. N. A. and the Editor of this magazine elaborated a practically new system of baths and other methods of water-cure so long ago as 1920; this system was made available to the Andhras by a translation entitled 'Lakshmana — Jala — Chikitsa.' His 'Practical Nature-cure' is now in its fifth edition. His Spinal Bath, Piecemeal cold Friction Bath, Abdominal Wet Bandage and other methods are much

quicker in action and thoroughly suitable to our climate. But it is very likely that the author was not wilfully unkind or ungenerous, but that his memory was at fault.

In conclusion I may safely say that the subject of raw food is not one to dogmatise upon. It is true that it is of very great value; but it seems to be even more true that there are limitations to its practical usefulness. And it is important for the follower to know these limitations; we cannot come to a conclusion without more abundant evidence. Followers must make experiments for at least a decade and then report their experiences; reports of failures would be even more valuable than those of success; it would not do to ignore the failures; the details of such cases must be calmly studied. Thus we may arrive

at conclusions, that will blaze the track for future followers. A one-sided presentation may do more harm than good. For it is a mistake to assume that health or cure can be won by taking or doing certain things. The best diet and the most effective baths must fail, if the invisible who is within rejects the food, or refuses to react. कर्मण्येवाधिकारस्ते मा फलेषु

कदाचन 'To act is within thy competence, not to stipulate for the reward thereof.'

The book consists of about 170 pages of original matter; there are appendixes consisting of letters and opinions, making up 222 pages; the price is not mentioned in the book. It is available from the author.

I wish the author and the book every possible success.

L. K. S.

ARE DRUGS ALLOWED IN NATURE-CURE?

Madame Mira Louise, a Nature-Healer of Australia, has sent us copies of three "Health Maps," each dealing with a particular health-problem. On the whole we approve of the instructions given in them. But we should be failing in our duty if we ignored what seems to us to be an error, and a serious one, that finds in one of them, which relates to 'septic' tonsils. It is there said: "An attack of quinsy can be prevented, if at the first sign the throat is painted with tincture of iodine and glycerine in equal parts." Dr. Lindlahr has shown in his 'Iridagnosis' that every drug has an affinity for a particular vital organ, and that disease of that organ results from the retention of the drug. External applications are no exception. Lindlahr expressly mentions painting of iodine on the skin as producing evil effects of a serious and chronic nature. The

Law of Druglessness is the foundation of Nature-Cure; if it be infringed in one single instance, then the principle is weakened, and the tendency will be to infringe it more and more, and then Nature-Cure will cease to exist. Opportunism is a sin in Nature-Cure. Followers must beware of violating this fundamental law; they should rather suffer, than be relieved by the use of a drug, which is foreign matter. A little familiarity with the details of Iridology is likely to be useful in this respect. Nature-Cure ought strictly to be a method of dispensing with doctors of all kinds. But if any one sets up to be a doctor for others, he must know all that has been discovered by the pioneers, at least in respect of things that ought not to be done. We appeal to Madame Louise to reconsider the prescription and to adhere strictly to the law of Druglessness always

Letters to the Editor

I

Dear Sir,

In reading over your Editorial Notes for May, you mention the fact of Dr. Armstrong advocating drinking of one's own urine during a fast.

I have never heard that human urine was useful as medicine, but I know personally that urine from a young bull is used very extensively in Burma by the Burmese physicians. The Burmese have faith in this cure especially in cases of paralysis. Furthermore, I have been told by a Chinese physician that in certain diseases they use human excreter after mixing it with a certain kind of bamboo. The bamboo is buried in a pit of human excreter and left to rot for years, after which it is taken out and the rotted bamboo mixed with the excreter is given to sick people.

I mention these two instances to show to what extent weak man is prepared to go, to get a cure.

But what man who has any sense of decency would use the waste matter of living things when he can procure herbs and fresh vegetables and fruits which contain all the medicinal values in the world? What the fruits and herbs can't cure, nothing else can. Death is preferable to taking such nasty things as offal and I hope no Naturopath will ever be guilty of having recourse to such filthy practices.

Yours truly,
W. R. Mc. CANN,
Excise. Naturopath,
Poungde, Burma.

10-5-39.

II

Dear Sir,

A friend has sent me a copy of the Indian Naturopath of February, 1939 and I take this opportunity of expressing my appreciation of your excellent publication and of tendering my sincere congratulations upon the high standard maintained throughout the magazine.

It may surprise you to know that in Australia we are engaged in the same fight against vested medical interests which suppress any criticism of the obsolete methods used in treating the sick of this country.

One result of the newspaper publicity, which gives ONE side of the question only, the medical man's is that the various officials of the Road Broads and councillors are giving their financial support to the immunisation against Diphtheria without knowing the principles behind it or the disastrous after effects that follow in its wake.

The ignorance of the so called educated people is appalling and you will get some idea of the way the people are duped when I tell you that we have an average of between 700 and 800 children waiting to get into our Children's Hospital to have their tonsils removed.

That correct diet would cure every child is well known to all Nature Curists and although I offered to instruct 20 mothers per week in the correct methods of feeding the children who are waiting for this unnecessary operation, the offer was rejected by the Hospital Board on the grounds

that "once the children came to them for treatment the authorities could not refer them to an outsider".

As our (ill) Health authorities have no treatment for enlarged tonsils except operation it is obvious that to have dieted these children and cured the so-called septic tonsils would have robbed the Hospital of so many patients. The Hospital authorities were not prepared for that to happen for reasons that need not be mentioned here.

I have commenced a series of lectures dealing with immunisation and if any of your readers would be interested I would be happy to send an account of the debate that took place in the Perth Town Hall on March 30th last.

During one of wireless talks I mentioned that I received a copy of your paper and when I announced my intention of writing to you, many people phoned me asking to convey greetings of good will on their behalf.

Under separate cover I am posting a set of Health Maps which have been sold extensively throughout this country, also two copies of my book, *The Child's Highway to Health*, and in asking you to accept these small tokens I do so with the firm conviction that the time is fast approaching when Pasteur's methods will be abandoned and the cleaner, saner methods of Bechaump will be raised to their proper place in the scheme of things.

To that I join forces with you and if at any time I can be of service you have but to call and I shall answer.

Yours in Service,

MIRA LOUISE,

Principal, Mira Louise Health Centre,
6th Floor, Yorkshire House,
194 St. George's Terrace,
Perth, South Australia.

18th April, 1939.

News and Notes

Doctors expose Gutter-Medicine

The 'Radiant Health Messenger' for April—an Australian Magazine—gives an extract from a petition by Doctors against compulsory "immunisation" for diphtheria. The facts disclosed show that the gutter-medicos do not act in good faith within the meaning of our Penal Code; for real good faith implies "due care and caution." "Immunised" children die of the disease everywhere, proving that the inoculation is useless. "Diphtheria has practically disappeared from Sweden, although no immunisation has been practised in that

country. It has become more severe in France and Germany, despite the inoculation of hundreds of thousands of children in these countries. If English towns are compared, it will be found that those that have never practised immunisation have come off far better as regards diphtheria than those which have been practising this system for a number of years." And details are given, which bear out this statement; Northampton, Leicester, Nottingham and Glasgow with little or none of this gutter practice are shown to have fared better than the gutterising towns, Birmingham, Manchester, Liverpool, Edinburgh

and Aberdeen. Rightly the magazine remarks that the idea of immunisation is at the best a lazy man's way; we must say a lazy man that prefers to bathe in a sewage pool that is at hand, because the river of clean water is 'too far off'. We would not mind the Honorary Dr. Rajan and the Premier bathing in cess-pools, provided they recognise the right of better men to refuse to do the same.

* *

Our Magazine

The 'Radiant Health Messenger' of Australia reviews our February issue as follows:

"The February 1939 issue of this magazine contains fine articles on Vaccination, Eye Exercises, Raw Milk and the Truth about Pasteur, showing that India is meeting the same problems that Australia is, and that Naturopaths are as earnest in getting the true facts before the people of India as they are everywhere else. We shall be pleased to have this up-to-the-minute on our exchange list, and to use an article occasionally for the benefit of our readers in these southern lands." What will the Editor think when he sees the disgusting article at the end of our May issue?

* *

An M. D. Defends Fasting.

The "Health For All" for May has an article on Fasting by George S. Weger, M. D. He proves that fasting is the nearest approach to a cure all that it is possible to conceive of in this world of relativity, and answers objections. The writer fully corroborates every sentence in the chapter on Fasting in the Editor's *Practical Nature-Cure*."

* *

Diabetes.

In the same Dr. Stanley Lief writes on Diabetes and its cure on strictly natural lines. He remarks that the cure of the disease is difficult or even impossible where the patient has suffered insulin injections under the allopaths. He also says: "Remember, diabetes and all symptoms that accompany the condition do not come in a day. They are the cumulative effect of years of wrong living, and the consequences of such abuse cannot be cleared up in a short time." That is, the patient must keep himself in discipline all the rest of his life, observing all the restraints and avoiding all excess.

* *

Fluorides.

Inorganic minerals are inimical to health, as they tend to be retained in the body. Medical confirmation of this teaching of Nature-Cure is to hand in the declaration by some medicos that *fluorides* in well-water are deleterious, and they propose to neutralise them by other chemicals; but that way fresh dangers may arise. We can not guess how long it will take for the allopaths to discover that *all* inorganic chemicals are inimical to health, probably they will never do so. So long as laymen are content to rely on Doctors—of *whatever* persuasion — abuses are sure to prevail. Even in Nature-Cure a tendency to abuse does prevail, because the patient does not seek to become his own Doctor, and the Doctor does not seek to make him so. Where a system is practised for profit, there is a tendency to exploit ignorance, and even to corrupt the art and falsify the science.

* *

Hot Baths for Health

Readers of 'Practical Nature-Cure' may know that hot baths are serviceable and even necessary in many cases. Confirmation is to hand in the February issue of 'Nature's Path' of America. Dr. Benedict Lust writes under the heading 'Fifteen years younger in four weeks,' strongly recommending the 'Japanese Bath,' which is simply a hot bath. He mentions that by taking these baths daily the Japanese soldiers were in excellent condition throughout the Sino-Japanese war in 1894 and 1895. The bath produces an artificial fever, which burns out the poisons and wastes of the body. Dr. Lust ridicules the objection that the bath is weakening; he realises the truth that is enunciated in 'Practical Nature-Cure,' namely that HEAT IS LIFE. He says, the time spent in taking the baths is paid back a

hundredfold in the form of years added to your lives.

The Fool's Reason

"When you do not quite know what ought to be done, the best way is to do nothing at all," said Napoleon. But this implies a doubt of one's own fitness to decide difficult questions; such a doubt never comes to a fanatical tyrant, which Dr. Rajan is. The capacity to feel doubt is a virtue in those who have the power to coerce the wills of men. Rajan has an "un-answerable" reason for setting at nought the objections of those that do not agree with him on vaccination: 'I do not know of any other less objectionable method'. And this kind of man is a minister, with unlimited powers in his own department, and his colleagues are literally afraid of him! Men like him certainly do not add to the moral prestige of the Congress.

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A Forward Step

The Kurnool District Board passed the following resolution at its ordinary meeting, held on 29-5-39 with Mr. B. V. Subba Reddi, President in the chair.

"In order to encourage hand-pounded rice, no licences should be given in future by the Board for the erection of any new rice-mills, in the Board area."

Mr. A. A. Asthagiri Aiyar, District Health Officer, observed that the resolution would be *ultra vires* of the Rules framed for grant of licences under the Act, to which the President said that the Government would be addressed in the matter.



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INDIA'S PREMIER NATIONAL ORGANISATION FOR
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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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