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The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL MENTAL & SPIRITUAL

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

CONTENTS.



Editorial Notes	97
From the watch tower	98
Vivisection—its past present and future	99
How my tooth-ache was cured	102
Letter to the Editor	103
Cosmotherapy and Physical Culture	106
Maternal Mortality in Malay States	108
I. N. A. Gazette



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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Indian Naturopath

The Official Organ and Gazette of The Indian Naturopathic Association.

Vol. X

BEZWADA—July, 1939.

No. 7

Editorial Notes.

The question of Vivisection is inseparable from the whole problem of Gutter Medicine, for which our Congress ministries are even more zealous than the aliens; vaccination and inoculation are the fruits of the extensive experimentation on animals that can possibly be performed only by *Asuras* in human form. The subject is painful beyond all measure. But we need to look it in the face, and know what the evil thing is, so that we may act when the time comes. We are therefore reproducing here in instalments an essay by a school-girl, Rosemary Bayly, daughter of Dr. M. Beddow Bayly, of which copies were kindly sent by the father; the essay will be finished in three instalments.

* * * * *

It may occur to some to ask why we should not confine ourselves to our own work, the study and practice of natural hygiene and healing—why we should concern ourselves with questions in which we are not directly interested. The answer to this is not easy to set forth effectively in an editorial note. I can only lightly touch upon it; Knowledge

is one integral whole; religion, metaphysics, psychology, politics and a host of other kinds of knowledge are related to Natural Living. Already our ignorance of these things has led us astray on questions of health, such as these "vitamins."

Naturopathy teaches that it is not safe to assume that inorganic chemicals can take the place of the necessary food salts. But it seems that the whole learning of vitamins is based on the assumption that inorganic chemicals are as good as the organic food salts. It may therefore be predicted that this vitamin science will be found to be pseudo science. An editorial of the 'Hindu' which we are reproducing in this issue, will be very interesting in this connection.

* * * * *

A bit of news which is reproduced from the same newspaper, will also be interesting as showing that what Nature-cure has been teaching all along is now coming to be recognised by some among the allopaths. But it cannot be expected that they would be logical enough to understand that this new truth is inconsistent with their old errors.

From THE WATCH TOWER

When the Public Health Bill was before the legislature, the Health Department were professing a tactical ignorance of an important fact. That they were virtually dishonest trying to mislead the legislators and the public, is now apparent. Dr. Adishan speaking to Public Vaccinators in conference on 18th of June at Saidapet is reported to have said:—

"If as a result of the vaccinators *not carrying out their instructions in regard to the vaccination* process, septic complications set in, and these end fatally or in suffering, that would land the department into trouble by giving a handle to anti-vaccinationists." But while thus admitting that vaccination fatalities have happened and are likely to happen, the enemies of health pretend that these are avoidable by employing a "proper technique." If this be true then there is not the ghost of a reason for the Ministry refusing to accept liability for untoward effects. In our opinion this is false, because no amount of care in the operation can alter the fact that the stuff is simply the excrement of germs, plus the germs, if the filth is unsterilised or their corpses, if it be sterilised. In this connection we are reminded of Prof. Bechamp's extremely simple explanation of a fact which Pasteur and the Pasteurians declared to be a mystery; a simple human being eating regular meals will consume in a few years many hundred times his own weight of food and if all his stools, urine and sweat be collected the total will make a huge pile. Germs are living beings, and eat up food and excrete just like visible animals; the latter do not pile up their excreta in a single place, but the germs eat and excrete *in the fluid medium in which they live*; that is all the difference.

Thus every dose of the pus called vaccine is simply a mass of filth, strictly analogous to that which is daily carried out in conservancy carts. Supposing a scientist tells his disciples that this is the best food, and they eat it, this diet *will* defile the eater, whether the receptacles used be clean or not. I wrote recently that science is a strumpet; those readers—if any—that were scandalised by this heresy would do well to consider these facts. Science is not alone a dirty strumpet, but suffers also from an inflated notion of her own wonderful greatness, and is therefore less scientific than simple common sense. The scientist is the modern Pope, and a far worse one than the Popes that simply burnt heretics.

At the same conference the Director of the King Institute, Dr. Pandit, admitted that "it is not possible to claim cent per cent protection from small-pox through vaccination in all cases, and that the resistance of a person to the disease and several other factors which are relevant, differ in different cases." The former part of the sentence is intended to suggest that there is ninety percent protection, the latter part is left purposely vague; the factors admitted to be relevant include sanitation and other health-conditions, which Governments ought to provide, but will not, because they want all the money for the deadly quackeries of official medicine which is entirely foreign. Why does official medicine shirk a strictly scientific investigation of these relevant factors and estimate their value in giving protection? Men that are confessedly ignorant are allowed to run the health service, with absolute powers that would be dangerous even if entrusted to knowing ones.

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Vivisection, its Past, Present and Future

By ROSEMARY BAYLY

PART I

THE WORK OF LOUIS PASTEUR

"The only sovereign judge must be history."—*Pasteur.*

During the latter half of the Nineteenth Century there lived in France a famous scientist who maintained that by carefully observing the reactions of diseases artificially produced in animals the whole of the problem of disease in man could be solved.

Perhaps this was excusable in the Nineteenth Century, as very little was known about disease then, and few remedies were in practical use. So to the medical men of the time this seemed to be the beginning of a new era in medicine and, consequently, they lapped up all that was given to them with enthusiasm, never stopping to dispute the value of this wonderful new discovery.

But now that the whole subject of Vivisection has been brought to light and the futility of it explained both in simple as well as in technical language, it seems inexcusable that it should still be accepted as the only possible way to find the real solution to the problem of man's diseases.

With the introduction of Vivisection into this country many rules and regulations were made by Act of Parliament (1876) and after this time vivisectionists had to obtain licences. Under a licence the animals used had to be killed if the pain was likely to continue after the effect of the anaesthetic had ceased, or if any serious injury had been inflicted on them. Unfortunately, the granting of certificates enabled nearly all the regulations to be removed; for instance, a certificate "A" allowed inoculations like those performed by Pasteur to be done entirely without anaesthetics, and in these cases the painful reactions frequently did not occur until several hours, or even days, after the injection.

Even the regulation that required "the immediate destruction of an animal in which severe pain has been induced, after

the main result of the experiment has been attained," was satisfactory only to the vivisectionist, because very often the result of the experiment would not be obtained until the suffering of the animal had ended in death. However, since these experiments were always performed "for the advancement of medical sciences" dispute was out of the question.

Thus Pasteur became the "Saviour of Humanity" and was acclaimed everywhere with unparalleled enthusiasm.

The first disease that he was really considered to have cured was Hydrophobia, and it was in respect of this disease that he is stated to have said "I call my method perfect". But it was also the disease in which he made some of his greatest mistakes and met with his first great opposition. His life was not all easy-going, but he was clever enough to be able to elude all controversial questions, and thus won favour with the public.

Unlike Antoine Bechamp, whose name is still almost unknown even amongst the most eminent scientists, his chief failing was his everlasting ambition to be great, to have his name known throughout the world; he obtained all this—he had Institutes built which adopted his name, and with one of these Institutes a marvellous chapel was built resplendent with marble, porphyry and lapis lazuli. Nevertheless, again unlike Bechamp, his name is now being murmured with distrust, and the world is at last awakening to the realization of the cruelty and injustice of his life-work; whereas the works of Bechamp are being born again with a new hope, a new spirit of truth which will in the end solve the problems of disease.

Pasteur first obtained the idea of immunity against disease by an experiment

which was performed for the prevention of chicken-cholera. The culture that he used was found to be stale and therefore not very effective, and the chickens injected with it suffered no serious effects, except that it was found that as they had had this disease once in a slight form they were less likely to get it in a serious form when again injected. It was upon this theory that Pasteur founded his "cure" for Hydrophobia.

He experimented with many different cultures before he found one to his satisfaction; his final method of treatment was to take the spinal cords of rabbits that had received injections of virus, keep these for varying lengths of time; then beat them up each with twice its own weight of sterilized bouillon, and, finally, inoculate the patient with this on ten successive days.

Fortunately for him he had one successful case through which he proved the success of the whole treatment. This patient was a young Austrian named Joseph Meister who, apparently, lived through the whole ten doses of the Pasteur Spinal Cord broth.

Unfortunately, however, there was some slight confusion over the question of the madness of the dog that had bitten him, and after a post-mortem examination it was discovered that the dog's stomach contained "hay, straw and pieces of wood"; this was the only proof that could be found to show that the dog was mad, and the ignorant experimenter never even considered the explanation that the dog might have been suffering from starvation.

Often the results of inoculation were less successful and the patients did not survive; but Pasteur was always ready to dodge his opponents' questions and was continually successful in deceiving the ignorant public. To quote Dr. George Wilson: "Pasteur carefully screened his statistics, after some untoward deaths had occurred during treatment or immediately after, by ruling that all deaths should be excluded from the statistical returns which occurred either during the treatment or within fifteen days after the last in-

jection. It is in accordance with this most extraordinary rule that the percentage of deaths, in all Pasteur Institutes, works out at such a low figure."

Amongst these deaths may be mentioned that of King Alexander of Greece who was under the Pasteur treatment when he died from the effect of a bite from a monkey; it must be remembered that very little was said at the time of his death about the treatment he was undergoing, apart from the fact that he was having "expert advice from Paris." Had this been a Pasteurian success no doubt it would have been one of the greatest advertisements possible; but was it ever mentioned as one of Pasteur's failures?

Thus this callous chemist rose to the heights of fame, following a path which entailed cruelty and torment for the animals, and diverted attention from natural disease in man to artificial disease in animals, so that doctors no longer sought for cures but for "preventive" medicines; no longer fought for the lives of already diseased patients, but solely for their own interests in the treatment, thereby bringing medical science down to a commercial level.

These were the achievements of the "Great Scientist"; the stopping of all progress towards a more healthy civilization by injecting poisons into the blood-streams of already diseased patients, and by teaching those of the next generation the way of research which inflicts pain and suffering on those younger and in every way weaker than ourselves.

But time has been his judge and his own words now condemn his cause; "Two opposing laws seem to me now in contest. The one, a law of blood and death, opening out each day new modes of destruction, forces nations to be always ready for the battle. The other, a law of peace, work and health, whose only aim is to deliver man from the calamities which beset him... The one places a single life above all victories, the other sacrifices hundreds of thousands of lives to the ambition of the single individual."

PART II

SOME OTHER VIVISECTIONISTS

"The men there seemed to care no more for the pain of the creature being operated upon than if it were so much inorganic matter."— *Dr. John Anthony.*

It must be remembered that although Pasteur's work was probably the beginning of modern animal experimentation, he was not necessarily the animals' worst tormentor. His experiments were performed for what he really believed to be the benefit of mankind, and, although many of his experiments entailed a great deal of pain for his victims, it was his faith in his work that inspired and also hardened him. But it was his callous successors who performed the most torturous experiments solely to satisfy their own curiosity and for the joy of seeing them cry and struggle under their hands.

Dr. John Hunter, in a letter to one of his friends, wrote, "If these experiments will amuse you, I should be glad they were made; but take care you do not break your thermometer in the dog's chest."

"If they will amuse you"—it seems strange that any civilized human being could be amused by seeing a dumb and defenceless animal needlessly tortured for hours and often days on end. But such were the feelings of pity that John Hunter had for his victims!

Other experiments that he performed were on mice; he had developed a theory by which he hoped to make his fortune; he maintained that if men were completely frozen they would be able to live for a thousand years; every hundred years they would be thawed in order to learn what had passed during the century. He tried his theory out on a dormouse; at first its fur kept part of its body from freezing, but, eventually, after the animal had been wetted all over and dipped in the freezing mixture, it became completely frozen. Unfortunately for Dr. Hunter's wonderful future, on being thawed it was found to be dead!

Yet these cruelties are nothing compared with those of Francois Magendie whose

atrocious torments surpassed those of all other vivisectors. He is said to have "made incisions into the skin of rabbits and other animals to show that the skin is sensitive." At other times he was known to have "cut animals here and there with no definite object but to see what would happen." When he had opportunity for experimenting upon man he took it only too readily and "again and again while operating for cataract plunged his needle to the bottom of the patient's eye, that he might learn the effect of mechanical irritation of the delicate organ of sight.

Dr. J. L. Brachet was yet another famous French scientist who, amongst other erroneous statements, once said that he had discovered that vegetables as well as animals possess sensibility. This discovery would, no doubt, have been noteworthy had he confined his experiments to vegetables, but, unfortunately, his most famous experiments were performed on dogs—the most unfortunate of all vivisectional victims, because of their faith in man and their devotion to him. The result that he obtained, after performing well over a hundred experiments, was that "a dog, deprived of sight and hearing, will not manifest antipathy to a man it can neither see nor hear."

This was truly a most remarkable discovery, so remarkable in fact, that other vivisectors had to try the same experiment on many more dogs in order to see if the result obtained by Dr. Brachet was absolutely the same as theirs! Such is the faith the vivisectors have in one another that they are unable to believe their fellow-torturers!!

It must not be forgotten that there were other vivisectors who were not French, though it is to be supposed that the French scientists were far more callous and wanton in their cruelties at first, John Reid

was a Scotsman and a vivisector who was punished in the same way as he had tortured so many animals during his life. He knew that he was inflicting severe suffering on the animals he experimented upon—he exposed nerves, pinched and cut them; he would test the animals to see if they were in any way afflicted with fear, and he discovered that in dogs, which had once been experimented upon, the blood-pressure rose considerably when they were lifted on to the table for a second series of mutilations.

But it was not until he saw the symptoms of his own fatal disease becoming

more and more distinct that he was brought to think of the agony he had caused these defenceless animals. When he realised that the cancerous growth meant a slow and painful death and many months of agonising suspense, he perceived some slight reason for the increase in the action of the heart at the fear of torment. During the last two years of his life he repented sincerely for the damage and cruelty that he had caused during his life, his final statement being, "This is a judgment upon me for the suffering I have inflicted on animals."

(To be continued).

How My Tooth-ache was Cured

By Mr. T. Srinivasa Rao, Trimulgherry

If one gets Tooth ache, it can be cured by very simple methods. Here I am giving an account of my tooth ache and its cure.

My tooth started aching in the morning; but since it was mild, I did not mind it. Since it was also a working day and I was very busy whole day the pain became more serious at night. I was bit alarmed. I gargled my mouth with cold water for about half an hour or so, after which I got some relief. But even then there was very slight pain and fearing that this pain may disturb my sleep at night, I took a cold bath and patted the head with the same water for about half an hour. Then after rubbing my body and head with a dry towel I came inside. At this time there was no pain at all; it had vanished as if by magic. At night I had a nice and

sound sleep which I felt better than any other night. By the next morning I was quite well.

So gargling with cold water and a cold bath over head and at the same time patting the head with water are the simple methods to cure Tooth aches. Of course I need not tell about the diet restriction, because naturally during tooth-ache one is compelled to fast.

[The precise method followed by Mr. Srinivasa Rao is not important, as any other drugless method that quickens circulation and correct stagnation of blood will have the same effect. Every patient can be his own Doctor, if his natural instincts are revived and heeded always.

—Editor.]



LETTER TO THE EDITOR

From Mr. J. W. ARMSTRONG.

Dear Mr. Editor,

By the courtesy of a London (England) fellow researcher and practitioner (Dr. Wm. R. Lucas, N. D., D. N. Ph), I have been privileged to read your somewhat belated comments in the May issue of your enlightened journal on some particulars and facts I sent you upon the many-shortcomings of modern drugless treatments and my own specialised researches in urine therapy.

You refer to a case I declined to advise upon and query my suggestion that any Naturopath could have cured the lady, had he seen and treated her in the incipient stages of a malady where medical treatment in every age has proved the most disastrous of all curriculums for restoration to normal.

Far from being a loose statement I repeat that "any Naturopath six months before her death could have healed the lady" with the qualification of the opinion by the addition of two or three facts:-

(1) In November 1922 the young female was as healthy and sturdy as the most womanly British stock could desire. Age 23, 5'7½" weight 152 lbs. clothed. Captain or "leader" of a local troupe of physical culturists and commandant of a section of Girl Guides. Thought little of a 20 mile hike, champion swimmer and amazingly clever gymnast.

(2) Took a chill in December 1922 after attending and performing in a local display of gymnastics and developed influenza under orthodox suppressive medical treatment of mere symptoms, — as usual with

the medically trained professors of "healing"?

Pneumonia supervened, still under drug treatment and "light diet", but she survived that and was later richly and much over-fed to regain lost flesh and "prevent" possible chest trouble.

T. B. of lungs set in, fed on malt extract, beef extracts, many varieties of medically approved patent manufactured "foods", wines and tonics and given a variety of medicines for stomach and bowel indigestion and stasis.

Lost weight rapidly after at first deceiving everybody by putting on flesh quickly and by May 1923 was in the parlous state I found her in when asked to visit her in June 1923. Her weight had dropped to 5 stones.

I say in my notes on the case, "After a while I glanced over what little remained of a form that had been beautiful, fulsome and richly covered with healthy flesh six months earlier and was shocked to see the dried-up, parchentlike, scaly skin and shrunken bone. Cure is impossible! The table near the bed told its own tale — malt extract, cod liver oil, calves-foot jelly, sweets, toffees, cough drops, lime juice tablets, beef tea, port wine, patent wines and pick-me-ups, ointments, lotions, brandy, sarsaparilla, three or four different bottles of drug medicines, and the ghastly inhaler atrocity.

Parents and friends praying to God for help in "faith" and calling upon the unrecognised imps of His Satanic Majesty (scientific man) in actual works for an impossible thing".

(3) In 1922 Naturopathy was drugless treatment and natural food. Fasting upon water only was a recognised and daily prescription in its doctrine and Practice.

To day in England and U. S. A. Naturopathy stands defiled by the intervention of mechano therapies galore (Scores of electric and other gadgets are being exploited to the full to stimulate and simulate the works and effects of true Nature-Cure), hundreds of prepared or manufactured foods and drinks, hosts of mild medicines are manufactured and used and one wonders how long it will be before the original doctrines of Abramowski, MacFadden, Dewey, Sinclair, myself and other pioneers like Lucas, Lust, Severn, Rabagliati, Aird and Mallett are returned to.

When I said in my case book notes on the tragedy "Any Naturopath could have healed the lady six months before", (in December 1922) I meant of course, any *recognised* Naturopath of *that* period.

I did not foresee in 1923 that Naturopathy would progress backwards and dishonour the true parents of all things living by "developing" to what in England is to-day admitted to be a hodge-podge mixture of the tenets of the *healers* of water-cure of 1890-1925, food-fakers whose products are sold de-natured in tins, bottles and packets, a huge variety of proprietary laxatives and tonics, and what Dr. Herbert Shelton, N.D., D.O., D.C., of U. S. A. calls with me, a situation where "many machines and contrivances have pushed into the background the hygienic system.

Machine-therapy has supplanted hygienic therapy. This has caused

many practitioners to loose sight of fundamentals in Naturopathy. They are now, in true Allopathic or Heteropathic fashion treating and suppressing symptoms. I do not believe any true Naturopath will be foolhardy enough to assert that there is nothing wrong in Naturopathy as it is taught and practised to-day".

Naturopaths in this country even ten or twelve years ago were few and excellent in their devotion to their profession and their patients.

To-day they are "two-a-penny" treating patients with semi-foodless diets, exhibitions of the art of the recognised orthodox medical electricians and a tendency to work upon mass productions and mass theories which at one time, not so long ago, was the distinct and great reproach of the orthodox drug and surgical professions. *Doctors are taught and "fed"* by manufacturing chemists; Drugless "healers" by mechanics and food manufacturers!

As Dr. Herbert Shelton has well said in Dr. Lust's "Naturopath" and in a reproduction of a fine article in Dr. Lucas's "Health Philosopher"—

"Naturopathy has not reached a state of perfection - a date where further criticism is no longer useful.

We are not yet ready to stop criticism, for we are not yet ready to cease progressing.

Naturopathy is at a stage where nothing but stagnation and disintegration can follow the suppression of criticism.

Naturopathy is susceptible of further enrichment and it is up to all of us to see that it receives this. If we can overcome our pettiness and narrowness and keep our minds

fixed upon TRUE PRINCIPLES instead of mere expediences and ephemeral fads, Naturopathy will grow and blossom and fructify. If we cannot do this, the constant search for truth will go forward very slowly if at all".

AS Dr. Lucas says in commenting upon Dr. Shelton's recent bombshell:—

"Dr. Shelton is one of the foremost thinker-doers in the American sphere of natural healing work. We find ourselves in complete agreement with the philosophy so sanely expressed by him.

There are *far* too many barnacles on the keel of the good ship "Nature Cure".

There *are* a number of totally un-natural and questionable arts and practices, bearing kinship to the allopathic and medical electricians' stimuli. These adoptions of ortho-

dox principles have gathered about the comparatively few TRUE Naturopaths during the past 20 years or so.

Many use gadgets or display and use them merely to attract the weak and gullible."

In fairness to the tried and true of the pioneers and most experienced I rely upon the hospitality and sense of justice of an Indian gentleman to publish this letter. My research efforts in Urine therapy, *philosophy* and *practice*, are published in the April, May, and June 1939 issues of Dr. Benedict Lust's practitioners' Magazine. "The Naturopath", of which I send you copies by separate post. This magazine is subscribed to by 8,000 practitioners in U. S. A., Great Britain and every part of the civilised world.

Yours faithfully and fraternally,

John W. ARMSTRONG.

Comment by the Editor:—

Professor Armstrong's views on the irruption of mechanotherapy are worthy of our serious consideration. His Zeal in the advocacy of urine therapy is unfortunate. In my opinion it is not natural therapy, but allopathy in its dirtiest phase. It is, besides, unthinkable for us, who find in our sacred books a clear and emphatic

injunction against *non-sattvic* substances: even garlic, which is highly extolled by our brotheren in the West, is not allowed by us; and urine is certainly more disgusting than garlic. Our natural instincts are safer guides than 'science,' especially as we have lived for thousands of years on clean and sweet-smelling vegetarian food.

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Cosmotherapy and Physical Culture

By Prof. Edmend Szekely.

Cosmotherapy does not approve of complicated systems of Physical culture. Three or four fundamental exercises based upon the anatomical proportions of the musculature and designed to make this work proportionately are quite enough for the organism. There is no need to do fifteen or twenty complicated exercises which in theory may be excellent, but which in practice no one bothers to carry out. The three or four fundamental exercises mentioned in the textbooks of Cosmotherapy, if they are done for ten minutes in the morning or evening are quite sufficient to keep the organism and its metabolism in good condition. Naturally physical culture alone is not enough; one needs a proper natural diet, sun, air, and water. Of the existing systems of physical culture, the best is the system of Muller. It has precision, clarity and simplicity such as no other system possesses. There are various systems in fashion some much less complicated, and others far more complicated, but they are not comparable in physical value with Muller's System. It is important that the rhythmic movements of the exercises should be in harmony with rhythmic breathing. The rhythm of the muscular exercises should not go against the rhythm of the breathing, or impede it. Another very good physical exercise is rhythmic running, provided it is adjusted to the individual's strength. One should begin with a few minutes and increase the length of the run every day by a few minutes. People whose lungs or heart do not work absolutely properly should pay attention and never overdo things. Mountain climbing

is also very good exercise. When we climb up a mountain our respiration becomes better and the work of our muscles is more intense. We take more oxygen into the lungs and the circulation of the blood. Mountain air is generally very good and fresh; also the changes of atmospheric pressure according to altitude have a very good effect on the organism. The most perfect form of physical exercise is swimming. In swimming there is a harmonious collaboration of sun, water and air. There is the most intensive respiration caused by the change of temperature of the water, coupled with muscular movement. From every point of view swimming is the most perfect form of exercise. Naturally the temperature of the water must be agreeable and we must always swim alternately with sunbathing on the river-bank, taking care to guard against sunburn by putting olive oil mixed with lemon juice upon the body and by not staying too long in the sun at a time. It is important too to keep the top of the head in the shade by always lying with the feet towards the sun. The reason why we consider swimming to be the best form of exercise is that the muscles in every part of the body are simultaneously in action. This is something achieved by no artificial system of exercises. Breathing exercises are also very useful. They should always be joined to rhythmic movements of the muscles. Artificial breathing exercises are not at all advisable. It is not natural for the lungs alone to govern respiration without the natural reaction of the organism. When the organism is already more perfect and

the lungs already have their own automatic rhythm, then, but not before, can we begin to do exclusively respiratory exercises. The most perfect form of breathing is that accompanied by muscular activity in the water. It is then that breathing is deepest, the most rhythmic and the most perfect. The second best form is breathing exercises accompanied by rhythmic exercises on the ground. The least good is respiratory exercises of the lungs alone. It is only after some years in harmony with the laws of nature that our lungs become so perfect that the organism can take advantage of this source of energy. If we begin with an intoxicated organism and with lungs a certain percentage of whose cells are

not in action, the cells are tired rather than refreshed. For certain reasons connected with physiology of the nerves such exercises do not at all bring the desired results. It is advisable first to practise the recommended forms of breathing exercises and only afterwards to practice the exclusive breathing exercises. For these, complete activity of all the pulmonary cells is necessary and also a certain degree of equilibrium of the nerves. With the exclusive breathing exercises the nerves play a prominent part, but with the respiratory exercises accompanied by muscular movements it is the muscular and metabolic forces which have the principal role.

ARTIFICIAL VITAMINS

From "THE HINDU" of 3-6-39

The danger of malnutrition and the urgent need for combating it by popularising the use of protective foods is receiving increasing attention these days. So much so that a conference of scientists which met recently under the auspices of the American Institute of Nutrition thought it necessary to sound a note of warning. American business has not been slow to profit by this new desire on the part of the man in the street to supplement his diet by vitamins and minerals; the American public is said to spend a hundred million dollars a year on processed foods. The scientists, at their meeting above-mentioned, were inclined to be rather sceptical about the utility of this colossal expenditure.

While Prof. Agnes Morgan was content to say that "the use of fortified foods and vitamin concentrates may be desirable in restricted diets and for certain diseases and unusual conditions." Dr. W. H. Sebrell of the United States Public Health Service referred to the addition of extra vitamins and minerals to foods as "'shotgun paralysis', wasteful, inefficient and possibly harmful." From the report of the Confer-

ence which appears in *The New Republic* it appears there was general agreement on two points — that at least two vitamins, vitamin D and nicotinic acid which is part of the B-2 complex, are harmful when taken in excessive quantities, (though there was general approval of the addition of vitamin D to milk for children threatened with rickets); and that the possibility of danger from overdosage of the other vitamins cannot as yet, in the present stage of medical knowledge, be dismissed. The matter is of little more than academic interest to us in India, since comparatively few people are likely to have the means, even if they had the necessary knowledge, to go in for processed foods. Nevertheless the note of caution sounded by these scientists is to be welcomed as it emphasises that, whether it be 'protective' foods 'or body building foods' we stand in need of, it is far safer to seek them where they occur in Nature. As Sir Robert McCarrison has amply demonstrated *the vitamins and minerals that we need are all to be found in fresh vegetables, fruit and the products of the cow, and there is no need to seek for synthetic or chemical substitutes.*

Maternal Mortality in Malay States

HIGH RATE AMONG INDIAN WOMEN EXPLAINED

(From 'THE HINDU' of 14-6-39.)

KUALA LUMPUR June 8.

The "Malay Mail" of Kuala Lumpur in an interesting editorial recently commented on the abnormally high death rate among Indian women in the F.M.S. chiefly between the ages of 15 and 34, that is, approximately the child bearing age. The paper's remarks implied that this problem might be solved if Indian women had their babies in hospitals. While staunchly supporting every move towards this end, for hospitals do undoubtedly reduce both the maternal mortality rate and the infant mortality rate in the first month of life, Mr. J. G. Reed, M. R. C. S., L. R. C. P., a medical officer of Sungkai Group Hospital, who has made a special study of the subject of nutrition for Indian labour on estates in Malaya, contends that even if every Indian baby were born in hospital under satisfactory conditions and supervision, the problem of the high death rate among Indian women would remain far from being solved.

Dr. Reed writes: "Experience has taught me that among Indian estate populations the root cause of death of women of child bearing age is comparatively seldom child birth and its immediate complications,

including puerperal sepsis. The root cause of the high death rate is, without doubt, in my opinion, their greatly increased susceptibility to common intercurrent diseases, of which anaemia is the most important and their lack of resistance to these conditions. Behind this increased susceptibility and lack of resistance lies faulty nutrition.

"Faulty nutrition, adds the doctor, without doubt plays an important part in the production of anaemia. Anaemia is certainly more common among Indian women than among men, and especially among pregnant women, in whom it is often stubbornly resistant to treatment. I am not prepared to say whether as a general rule Indian women receive as good a diet as the men, but under the added strain of pregnancy or frequent childbearing they certainly show more evidence of malnutrition than do men.

"It is the triad, he concludes, child-bearing plus malnutrition plus intercurrent disease, which is so often fatal, and the lesson to be learnt is that no programme which has as its object the reduction of the death rate of Indian women will attain a great degree of success unless it can effect improvement of their state of nutrition."

I. N. A. GAZETTE

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