

# The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL MENTAL & SPIRITUAL

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

## CONTENTS.

Nature Versus Science			
Editorial	...	...	121
News and Notes	...	...	123
Universal Uncooked Food			
Reply to the Review	...	...	125
Vivisection, Its past Present	...	...	126
Australia's Perfect Child	...	...	129
How Much Air We Need	...	...	130

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# The Indian Naturopath, Bezwada

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## To Our Reader

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

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*The Editor.*

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## NATURE VERSUS SCIENCE

BY THE EDITOR

I shall begin with a bit of recent news. The Public Health Department of the Punjab informs us that the rat population of the province is developing a natural immunity to plague, and attributes to this cause the complete disappearance of this disease among the human population of the province. We gather from this that the problem of the plague has solved itself in its own way, the natural way. The point for us is that Nature has a far better solution for the evils of civilisation than any that short sighted humans, even though they assume the proud title of 'scientists', can devise.

There is a natural law, working in some mysterious way, by which epidemic diseases of great virulence and fatality change their character, and either become mild and non-fatal, or disappear altogether, though new diseases may take their places, according to the changed conditions. The working of this law has been observed and definitely established by wise observers like the epidemiologist Dr. Creighton.

But there is an exception to this law. It has been observed that wherever Nature was left free to go Her own ways, without the intermeddling of quacks calling themselves doctors or scientists, Her beneficent work has been most successful—not in other cases. So the experience of mankind, rightly interpreted; confirms the sage remark of Herbert Spencer, a deservedly

famous writer of the Victorian age of Britain, that "*When once you interfere with the order of Nature, there is no knowing where the effects will end.*"

During the time when the enemies of Health interfered with the public Health by the immoral law of compulsory vaccination, it was not definitely known—what is now known—that Nature would be able to solve the problem of small-pox in Her own way, helped as She was by some sanitation, if She was left *reverentially alone*.

What bigoted Jennerians refused to do was brought about in Britain by the common sense of British democracy. The people opposed their wicked rule and finally extorted from an unwilling legislature a "conscience clause."

The Jennerians managed to reduce the liberty of the citizen to very narrow limits; the liberty of conscience was limited to four months from the birth of a child. And the champions of liberty had to be content with this grudging concession.

But in the hands of able and active agents this clause became so effective, that in a decade or more the British became an unvaccinated nation. Dire penalties were predicted by the enraged Jennerians. But far from the penalties materialising, small-pox ceased to be a problem. Its place was taken by another and much milder disease

called "*alastrim*", though official medicine still persists in calling it small-pox for reasons not flattering to their love of truth.

The great improvement that then took place in the sanitary service had a share in bringing about this benign change. But while the benefits of sanitation availed to alter and reduce the virulence of small-pox in England, it failed to do so in countries where interference with Nature by the Jennerians continued to be rigorously enforced by law. In *July*, Spain, Japan, the Philippine Islands, Mexico, and in the Armies and Navies of civilised countries, small-pox prevails and has *not* been replaced by '*alastrim*,' because Nature was thwarted.

What is true in the case of vaccination is equally true in the case of inoculations for diseases, now to be enforced here for a great variety of diseases. Humans are now to have their bodies defiled on every conceivable occasion, and the filth will be retained. The seeds of disease are to be plentifully and freely sown by our enemies in authority, by the misuse of political power. And it seems the Congress is already too rotten to set these things right.

Naturally the effects of these gross and massive interferences with Nature will be also massive, and unlimited in time, if permitted.

Already through near a century the public health has been severely handicapped by such interferences. Serious evils have stamped themselves on the national health. One of these is the prevailing atrophy of the breasts of women—those wonderful organs, the physical expression of mother-love, that providence has endowed—and bottle-feeding is so common that no lady is ashamed of being unable to feed her loved ones in the natural way. Short sight and the wearing of glasses is becoming universal among school-boys, and even school-girls, and the victims think it fashionable. Diseases formerly appertaining to middle and old age are now visiting babies and boys. And much of all this evil is due to retained vaccine, which

enters into the nerve-centres. If at this moment mankind awakes and degrades the enemies of health, and also effectively protects itself and posterity by proscribing their evil ministrations once for all, it will take at least a century for Nature to eliminate all this filth and restore the bodies of humans to their original purity and health. But political conditions forbid the hope that justice will be done in the near future. There is no reason for hope that the enemies of health will be duly arraigned before the public, and deprived of the powers which they have usurped, and are now abusing so freely.

"There is a divinity that shapes our ends, roughen them how we will."

"There are more things in heaven and earth than are dreamt of in your philosophy."

These words of Shakespeare deserve to be remembered now. What he meant by philosophy is this "science," as well as many other things human, and therefore necessarily imperfect.

That strange animal the scientist is as a rule not wiser than the dullest of humanity. Jenner was not a bit wiser than the rustic Sarah Nernes, from whom he got the dirty idea of implanting cowpox pus into human bodies, though he had, unfortunately, a genius for propaganda, and an eye to the weaknesses of human nature.

The facts disclosed here must go far to show that the scientist as a rule does not see farther than his own nose. It also shows that he has the criminal audacity to assume that there is nothing else, beyond the length of his nose, which he need know, or take into account.

Let not my readers assume that I am decrying science. I am only pointing out that science as it ought to be does *not* exist in those fields of knowledge.

If these enemies of health be really sincere in their beliefs, why do they ignore the demand that has been made, that they or the government should guarantee the

harmlessness of these interferences with Nature? If their claims be true, then there can be no possible difficulty in the way of government accepting liability for untoward consequences, and paying such ample compensation as will be proper having regard to the infringement of personal liberty.

Of course cases in which immediate disastrous effects follow will be few. In a great majority of cases the evil done will remain latent and produce its effects at a time when the causal connection cannot be traced. But even this very limited recognition of the sacredness of the human body will be welcome, as showing that our rulers have conscience, which at present must be pronounced doubtful.

If the people were free in mind as well as in body, then it will be impossible for

the enemies of health to deny the fact that they are responsible for deaths from vaccination; when they seek to explain away these fatalities by blaming the poor vaccinator, they will be asked to prove that the vaccine itself is necessarily and uniformly harmless. And that is something they can never prove, if they are placed where they ought to be placed, *in the dock, as criminals of the deepest dye, because they commit crimes under colour of law.*

If men are not to be destroyed by this so-called civilisation, they must put 'science' in its proper place, as a humble witness, whose evidence is to be scrutinised by wiser and better men, and accepted or rejected afterwards; it must no longer be permitted to occupy the place of a despotic and arrogant dictator, which is now the case.

## NEWS AND NOTES

By the Editor

### The Sacredness of the Human Body

On the 19th of August 1939 the Hindu of Madras reported Mahatma Gandhi as saying: I regard forcible feeding as an undue liberty with the human body, which is too sacred to be infled with, even though it be the body of a prisoner. What shall we say of the very wide liberty taken by Congress Governments to poison human bodies with filthy vaccines and serums? When will our honorable ministers learn that the bodies of human beings are too sacred for liberties being taken with them at the behest of a profession that is foreign to the soil, and does not understand the elementary principle that there is an internal, as well as an external sanitation?

Very recently—we had news of this in the same newspaper—Dr. Gladston of the New York Academy of Science, speaking to the American Public Health Association, protested against the resort to compulsion in these words: It always reduces the moral strength of those to whom it is applied. Do our ministers think it is necessary to reduce our moral strength more and more, instead of less and less?

The same speaker also said: The world today suffers from a plethora of scientists, and a dearth of philosophers. The health-educators par excellence a philosopher in action. Is the Hon. Dr. Rajan, a philosopher in action? Does he understand the sacredness of the human person?

It will not be too much to say that freedom is much more in danger from the congress and its agents now, than it ever was in the past. Will Congressmen take heed?

### Desecration of Temples of Flesh and Blood

The temple-entry adventure now going on is characterised by many sincere and estimable believers as desecration of temples. They may be right or wrong. But what shall we say of desecrators of the temples built by God Himself for His own habitation, these temples of flesh and blood? If our ministers be desecrators of temples, they did not become so now, but when they brought forward the Public Health Bill, which is based on the denial of Mahatma's claim, that the human body is sacred. Of all liberties taken with human bodies, compulsory fouling is the most atrocious.

### Sunlight in Tuberculosis

In "Practical Medicine" we find an account of the case of some tuberculous patients who accidentally cured themselves through sunlight. The doctor in charge of them, a retired I. M. S. officer named A. C. MacGilchrist, put them in a tent, where they had plenty of sun's heat. When the sun was declining and the heat getting less, the patients instinctively crawled out into the direct sunlight. The doctor had made up his mind that they would all die and was arranging for their funeral sites. But they recovered and in a few weeks they were able to walk about and were soon sent home cured. The doctor remarks that cold combined with damp is bad for such cases, and that damp is harmless if it be combined with heat. He attributes the cure to the fuller assimilation of the calcium of milk by the Vitamin D, which is generated by exposure to sunlight. Our own view is that milk is not quite safe where there is fever, and that herbs and juices of raw, tender vegetables are safer sources of calcium.

### Humans not meat-eaters by nature.

A very interesting reason is given by a writer in the *Vegetarian* for May, to show that Nature did not design us to be meat-eaters. The way in which an animal drinks water is a sign whether it is a meat-eater or not. If it laps up the water as a dog or cat does, with its tongue, it is a meat-eater, not if it sips, like a cow or horse. Humans certainly belong to the latter class.

### The Snag in Immunisation.

In the British National Anti-Vaccination League's report for 1938 we find some interesting items. In the *Lancet* for May 14th, a doctor recalled an experience of his own when he was called to a woman in a state of collapse from an injection of anti-diphtheritic serum. In spite of injections, brandy, and artificial respiration, she died twenty minutes later.

In the same report we find extracts from an article by Dr. Gkell, a noted bacteriologist. "Compulsory vaccination has now hardly a supporter. We are ashamed to jettison the idea completely. We prefer to let compulsory vaccination die a natural death and are relieved that the general public is not curious enough to demand an inquest. Immunisation was born and

brought up in rose-coloured surroundings, and it has continued to live in a dangerous atmosphere where the wish has been wont to be the father to the thought ..... If we baldly told the public the whole truth, it is doubtful whether the public would submit to immunisation ..... The risk of accidents must remain one of the snags of all forms of immunisation. The individual immunised is after all the only person who has the moral right to decide whether the game is worth the candle. There are few immunologists responsible for the preparation of immunological reagents, or doctors who have carried out immunisation on a large scale, who have not had some hair-raising experience." This doctor does not consider the question from the hygienic point of view, and hence does not, it seems, realise that sowing disease-filth is certainly not a health-promoting process, but the opposite.

### Anti-Vaccination in India in 1938.

We also take the following passage from the report relating to India :—

"The subject of vaccination was much to the fore in India especially in the Madras and Bombay Presidencies. The Bombay Legislative Council had before it a proposal to make revaccination compulsory for 14 year old children. Mr. Jhabrale a well known labour leader made a fine speech against compulsion. The Bombay Humanitarian League and the members of The Theosophical Associations in Bombay were extremely active in opposing this proposal, which was also condemned by 23 other associations. A deputation from The Bombay Humanitarian League interviewed Dr. Gilder, Minister of Public Health, Mr. B. G. Horniman being the spokesman. A letter from The National Anti-Vaccination League, London, against the proposed compulsory vaccination was recorded in the minutes of the Bombay Legislative Assembly. Valuable articles condemning compulsory vaccination appeared in the journal published by Gandhi, in the various Theosophical magazines and in certain daily and weekly papers published in Bombay and Madras. The Bombay Humanitarian League published as a pamphlet, an article by Mr. J. P. Swan, and circulated 5 post cards published by the English League. Dr. Sarma K. Lakshman published many valuable articles against vaccination in *The Indian Naturopath*. No decision was reached by the

Bombay Legislation on the proposed revaccination law. In Madras, a Public Health Bill before The Legislative Assembly contained a clause giving the medical authorities, power to compel vaccination and inoculation at any time, if they thought fit, but eventually on an appeal by the Secretary of The Naturopathic Association to Gandhiji, a compromise was reached under which exemption is to be allowed, provided the objector agrees to submit to isolation if so required. This seems unworkable but it appears to be Gandhi's suggestion. The most active supporters of our cause in Madras where the various nature-cure associations, the leaders of which have a remarkable grasp not only of the principles involved but of the details of the history of vaccination and small-pox in Great Britain and other countries. "Zorastrian," a devoted member of the League got many letters into The "Bombay Chronicle" Bombay Sentinel, Sunday Standard and other newspapers. The Editor of Cherag occasionally published extracts from English anti-vaccination articles or magazines.

Anti-vaccination associations are being formed in The Madras Presidency."

#### Vaccination Disasters.

In the same report, we are told that "a twice vaccinated woman died of small pox at Fremantle on her return in March from India. She had been vaccinated before leaving home to visit India, and again on leaving Eastern Bengal.

Another case of death from small-pox of a twice vaccinated person in Grovesend Hospital is reported.

That the enemies of health do not really believe in vaccination, except as a means of enslaving the public is patent from another passage in the report. "Although the Hong kong vaccination ordinance of 1923 compels under the severest penalties for non-compliance, the vaccination and inoculation of every man, woman and child in the area and in effect forces every one landing there to undergo the operation, a most serious outbreak of small-pox was reported there in March, and it was stated in the Press and by the B. B. C. that Hongkong would be out of bounds for British troops while the outbreak lasted. The authorities were taking no risks with these thoroughly vaccinated men. Chinese in Shanghai were vaccinated by force."

#### Druglessness in Cancer.

We are indebted to a subscriber, Mr. Mc Cann of Burma, for a cutting from the News Chronicle in which Dr. S. J. Peters, Doctor of Laws, M. P., protested against the passing of the new cancer Law reserving to allopaths, the whole right to treat or advice cancer patients. He said: "I have cured cancer, tuberculosis and pneumonia by laying on of hands and prayer, and I shall defy the new Cancer Bill which forbids so-called unqualified persons to give advice in connection with the treatment of the disease."

## " UNIVERSAL UNCOOKED FOOD "

### Reply to Review by The Author

Dr. B. S. Gopal Rao, the author in a long reply to the review that appeared in our June issue, traverses the criticism that the raw diet experiment has not been conducted sufficiently long. He also reiterates his claim that cooking destroys vitamins so completely that cooked food can accurately be described as 'dead' food. Regarding milk, he does not allow that raw milk has a place in a natural diet, even in the transition stage of reform. He defends his wide statement—that no Indian author has adopted the bath system to Indian conditions—when in fact Dr. Sarma

K. Lakshman had done so, long ago—on the ground that he was not reviewing Dr. Lakshman's book or any other book.

It is unusual for an author's reply to a review to be published, as in fairness the reviewer must be allowed to explain, and then it will be difficult to end the controversy without a feeling of dissatisfaction to one or other. The reviewer therefore reviews his right of reply and leaves it to the Editor to conclude the discussion.

#### Editor's Concluding Remarks.

Dr. Gopal Rao seems to have

misunderstood the reviewer's criticism on the first point, which was to the effect that there must be mass experiments with raw food continued in each simple case for long periods, without relapsing to cooked food. Whether even conservatively and non-violently cooked food is dead food, and whether even raw milk needs to be rejected absolutely, are questions that do not admit of a categorical 'yes' or 'no.' The main theme of the author is one, on which all Naturopaths are agreed. But it is not possible, nor safe, at present to dogmatise on controversial issues that arise in the practical application of

the method to actual cases. It would be desirable that followers who have experimented on themselves with exclusive raw food for years together continuously should communicate to me their experiences; these communications must be brief and precise, since our magazine is now restricted to twelve pages a month. We must all be thankful to Dr. B.S. Gopal Rao for giving us in English, the results of his experience; it may be hoped that this book may be the starting point for further experiments on a larger scale, so as to enable our posterity to arrive at more accurate conclusions.

—The Editor.

## Vivisection, Its Past, Present and Future

By Miss ROSEMARY BAYLY

(Continued from the Previous issue)

### Part IV The Future of Vivisection

"If He who made us all made all other creatures also and if they find a place in His providential plan, if His tender mercies reach them—and this, we Christians most certainly believe—then I find it absolutely inconceivable that He should have so arranged the avenues of knowledge that we can attain to truths, which it is His will that we should master, only through the unutterable agonies of beings which trust in us." (Dr. Westcott, Bishop of Durham)

Vivisection has now had over fifty years to establish the proofs of its efficacy. It has been supported by the State, encouraged by the Press, upheld by commercial interests both at home and abroad, and it has had all the money and equipment that any institution could possibly want. What is it, therefore, that has retarded the progress of medical science? Why have these animal experiments failed to fulfil the promises of a new healthy race?

Vivisection is universally upheld by nearly all people in the medical profession, specially among the younger students, whereas, when Pasteur and Magendie first started it in France, it was condemned by most doctors in England as well as by the Press.

Dr. Johnson, probably the most distinguished of all literary men in his time, wrote: "Among the inferior professors of medical knowledge is a race of wretches whose lives are only varied by varieties of cruelty; whose favourite amusement is to nail dogs to tables and open them alive; to try how long life may be continued in various degrees of mutilation, or with excision or laceration of vital parts; to examine whether burning irons are felt more acutely by the bone or tendon; and whether the more lasting agonies are produced by poison forced into the mouth or injected into the veins. . . . What is alleged in defence of these hateful practices, everyone knows; but the truth is that by knives and fire knowledge is not always sought, and is seldom attained. I know not that by living-dissections any discovery has been made by which a single malady is more easily cured. And if the knowledge of physiology has been somewhat increased, he surely buys knowledge dearly who learns the use of the lacteals at the expense of his own humanity. It is time that a universal resentment against these horrid operations should arise, which tend to harden the heart and make the physician more dreadful than the gout or the stone."

Dr. Johnson lived a century before Pasteur. If only he could return to see the general chaos that has been wrought during the last hundred years, he might have something even more important to say about the progress of humanity and the ideals of this new civilization! For the "research" work has been allowed to continue with the utmost secrecy and with no beneficial results.

We are told to leave the whole matter to the "experts." To Whom does this mean? To the callous vivisectors who perform these barbarous experiments? Are we to allow them to be the judges of their own cause, when most of the time their minds are with their commercial interests? No!—"without doubt there is no inquiry, and without inquiry, no knowledge" We must doubt the right of the vivisectors, we must inquire into the results obtained from the experiments, for it is essential that we should all know of the horrors that are carried on inside these institutions. There should be no secrecy where true knowledge is being gained, for it is the duty of one and all to see that science does progress.

We, who oppose Vivisection, are termed sentimentalists—a term now so hackneyed as almost to mean those who are ruled by their hearts instead of their heads—yet our sentiments are the same as those of Lord Shaftesbury when he brought in the Factory Acts, and, to quote a familiar writer: "I am apt to suspect... that reason and sentiment concur in almost all moral determinations and conclusions." We are told that our work is aimless, hopeless, but, as Carlyle once pointed out "All work is as seed sown, it grows and spreads, and sows itself anew, and so in endless palingenesis lives and works."

The failure of "preventive" medicine was confirmed during the Great War. "The toll of disease and death," wrote Dr. Hadwen, "in these modern days of serums and vaccines with all their 'protecting' influences against microbes, was, in proportion to the period and the respective number of troops employed, nearly six times greater in the last six months of the Gallipoli disaster than in the whole three years of the Boer War. The following figures testify to this statement:—

#### LOSSES IN GALLIPOLI EXPEDITION

Killed	...	...	25,270
Wounded	...	...	75,191
Missing	...	...	12,451
Sick	...	...	96,684

The dangers of the inoculation and the far-reaching effects of the serum is admitted universally, and as Professor Bechamp stated "The most serious, even fatal, disorders may be provoked by the injection of living organisms into the blood; organisms which, existing in the organs proper to them, fulfil necessary and beneficial functions—chemical and physiological—but injected into the blood, into a medium not intended for them, provoke redoubtable manifestations of the gravest morbid phenomena... Microzymas, morphologically identical, may differ functionally, and those proper to one species or to one centre of activity cannot be introduced into an animal of another species, not even into another centre of activity in the same animal, without serious damage."

Finally, if some serum were found to prevent a certain disease in an animal, is it any proof that it would have the same effect on man? This is where all the vivisectors' arguments fail; this is the key-stone which, when removed, will cause the whole edifice of vivisection to fall in ruin. Dr. Starling, Professor of Physiology at University College, London, stated:—

"All this observation on animals is useless, unless the men who are to apply it will carry the physiological method into the wards with them, and supplement their knowledge derived from experiment by clinical observation. It is a question of application to man; the last experiment must be on man, whether you make it voluntarily or whether it is made by Nature."

X X X X

From the *Medical World* of December 1933 we learn the opinion of Dr. W. Mitchell Stevens that "As regards feeding and other experiments upon animals with these substances (vitamins) the results obtained, whatever they may be, can be of little useful application to the prevention and treatment of diseases in man."

The *Medical Times* of March 1934 stated: "The testing of drugs on experimental animals is very apt to give fallacious results in the case of human beings. By animal experiments it was for long regarded that digitalis raised the blood pressure. We now know that it does nothing of the sort. In fact pharmacology has been greatly hampered by these experiments, and is still being held back by the preference given to animal experiment rather than to clinical observation."

Henry Head, F.R.S., F.R.C.S., writing in the *British Medical Journal*, October 14th, 1911, declared:—

When we speak of Dr. Hughlings Jackson as the greatest scientific clinician of the nineteenth century in this country, we emphasize the fact that the whole of the material from which he drew his conclusions was found in the wards of a hospital. He never performed an experiment and yet he has influenced the course of knowledge in medicine more profoundly than any other single observer."

Lastly, the editorial of the *Medical World*, September 1935, contained the following:—

"We maintain that vivisection of animals is not by any means the only practical training for surgery. Practical technique in surgery can only be acquired by operations on the human body, anything short will never suffice."

Surely that covers all the pretences of vivisection—from disease and the action of food and drugs to physiology and surgery. What else can vivisection do, these propositions being out of the question? Do vivisectors expect humanity to wait yet another hundred years for that promised remedy for cancer? Must we sit and watch the death-rate increase yearly? At the beginning of the 20th Century approximately 25,000 people died yearly from the disease in England and Wales; the death-rate is now well over 60,000 in the same regions. Many doctors today emphasize the fact that general hygiene would reduce the death-rate of the disease, and the consumption of pure food would be yet another remedy; in Italy where little meat is eaten the disease is comparatively scarce.

It has also been found that "a large part of the fresh meat prepared at the establishment of a certain slaughtering firm in Chicago was derived from animals which had been condemned at the ante-mortem inspection, but the flesh of which had been permitted to be sold as pure food after the diseased parts had been removed."

As it is mainly the poorer classes who buy this cheap meat, the high mortality rate among them is accounted for, but the greater part of the medical profession would not be prepared to accept this as a possible solution to the problem.

However, it is felt by those who, instead of thinking solely of their pockets, concentrate on the study of disease and the diseased, that careful observation of many cases would provide valuable fundamental facts which could be used

as stepping stones towards ultimate cure. For, man can only find his own remedies by studying his own diseases; and just as the shadow accompanies the light, so must the disease have a cause and a remedy.

After half a century of ceaseless torture no profitable results have been obtained; vivisection has proved to be a failure, for, where there are fallacies in the theories, no benefit can be gained from practice. It is destroying the desire to "cure," and building up instead, a selfish type of man ready to sacrifice anything except himself, for commercial interests; it is demoralizing the whole of the medical profession.

Man, instead of seeing the world as a whole, sees only himself the supreme ruler, and all else has to suffer at his command. He is preparing the downfall of nations by declaring his supremacy over the animals; he uses them as "tests" for his poison-gases, which one day will break loose over the world. That is solely what the Experimental Station of Chemical Warfare (Defence) Research Department is doing. For how can poison-gases ever be used for defensive purposes? Are we to gas our own homes in order to save them from the aggressor's bombs? Just as now we are torturing these animals in order to destroy other nations, so one day will the war-clouds break over our own heads and we shall be heartlessly mutilated.

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 remain these all-important questions—is it RIGHT to mutilate animals for the benefit of man? When was such a privilege ever 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 egoist been given permission to over-rule all others less fortunate than himself for his own personal interest.

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

Vivisection gave promises of a new healthy race, but has shown nothing but failure after failure; we are told that to oppose vivisection is to retard the progress of medical science, but why should we be afraid of retarding progress in hate and selfishness? Why should we be afraid of upholding the laws of peace and love?

In the vivisector's work there lies no faith and no hope for the future; worst of all, they have lost their real love of life. Yet it is

encouraging to see that a few people, still confident in the future, are scaling the higher peaks; unnoticed by the mass of toiling humanity, they climb upwards—led by the guiding hand of faith, accompanied by the spirit of confidence which knows that one day man's better self will once again rule over him, and that on the path of love and mercy the new knowledge that truth alone can give will move slowly and silently forward.

## AUSTRALIA'S PERFECT CHILD

Lives on Fruit, Vegetables, and Whole Cereals...Has Never Had Milk or Meat...Has Never Been Ill.

In May, 1936, we published the photograph of Patricia Costello, of Brisbane, Queensland, together with the story of her mother's diet during the pre-natal period. Patricia was then sixteen months old, and a remarkably fine child. She is now four-and-a-half years, a superb little girl, a perfect demonstration of physical and mental health, through Radiant Health living. When sending the photograph on the front cover, her mother wrote:

"People used to say they would like to see Patricia when she was four or five, to see how the fruit and vegetable diet worked out. So, here she is, as lovely as ever. A live-wire so full of life that she is never still: a child that attracts attention wherever she goes. The matron of the hospital where Patricia was born has been very interested in our diet, and the doctor we had was there one day when we were paying the matron a visit. He was delighted with Patricia, saying: 'What a remarkable child. She is just perfect. Her teeth are perfectly formed and spaced, her limbs beautifully moulded, and her curly chestnut hair just glorious. It shows what can be done; and Australia should have thousands just like her.' This doctor has not long

returned from further study abroad, and has very high diplomas.

"Patricia is going to school now. She is the belle of the kinder-garten, and the joy of the teachers, who say that she is as advanced as any child of seven. When offered biscuits, ice-cream, or lollies, she refuses them with a smile, saying, 'I only have wholemeal biscuits'. When people admire her, I say, 'She is a demonstration of what all Australian children could and some day will be'.

"Patricia still lives on fruit, vegetables, a few nuts, and whole cereals. Some mornings she has unpolished rice with raisins or dates for breakfast; others grated coconut and dates; or just fruit. When she has a cereal for breakfast, she has an entirely fruit lunch. If she has fruit for breakfast, she has sandwiches for lunch. Tea is either fruit, or a vegetable salad, or cooked vegetables, and sometimes grated nuts and fruit.

"The children at the kindergarten have milk in the middle of the morning. *Patricia has never had milk*, and thinks it a great novelty to have a small cupful occasionally. Her weight is 2 stone 8 pounds. She wears as few clothes as possible, is never cold, and has, of course, never had the slightest thing the matter with her."

*Radiant Health Messenger.*

## HOW MUCH AIR WE NEED

Air is chiefly needed for burning up the products of digestion, and to facilitate elimination of waste. Every unit of the food eaten must, at our peril, be balanced with a unit of oxygen from the air. Food substances, which escape perfect oxidation, are poisons, which have to be got rid of through healing efforts, called disease.

"How much oxygen do we need?" This is an important question. The necessity, or otherwise, of practising better breathing will depend upon the answer.

If we should be content to eat the bare minimum of food, foregoing a considerable part of the enjoyment of eating — in quantity, if not also in quality — we may not need more oxygen than we are now getting, breathing as we now do. But in fact, as noted by Dr. Abernethy, we eat about four times as much as we *need* to eat. The measure of this need is not the power to digest. That is to say, Nature does not expect or require us to eat all the food that we can digest; if we did so, we should be left without any margin of power for the other uses of life, including the other vital processes. Digestion, for example, always reduces elimination. Phlegm and other morbid products are separated, and begin to be thrown out, chiefly when the stomach is empty and resting. Still we shall be constantly assailed by temptation to eat more, and this temptation is likely to overcome us rather often. And it may be admitted that victory over temptation is not always desirable, since an excessive self-repression sours the temper of the average man, and makes him feel miserable all the time so that most of us will need to com-

pound with our rampant appetites, being contented with escaping worse defeats. Indulgence of taste is so dear to us, that most men are engaged in the quest of some means of recovering the capacity of eating extra large meals, which they have forfeited by habitual excess.

It is possible for men to eat much less than what they can digest, and yet derive some measure of taste gratification from their meals. To this end they must eat more than their vital need, but less than their digestive limit. And this middle path can be followed, without giving up the quest of better health provided the vital powers are at the same increased, and the reserve spoken be built up. Those, who wish to indulge themselves, even moderately, must therefore practise better breathing. There is no escape for them from this necessity. By this they can get in much more oxygen.

Even to secure a bare sufficiency of oxygen we need, therefore, to breathe better. But it would be wise to aim at getting in all the pure air possible. There is use for all the air we can breathe in. Nature knows how to invest in profitable ways what may else be superfluous. Professor Ramamurti and other Indian athletes owe very much of their physical excellence to breathing, rather than to muscular exercises.

Hence we may and ought to strive to secure the *maximum* of pure air, and adopt means to that end. Dr. Leonard Williams rightly accuses the doctor-world of culpable ignorance, in that they are at pains to find out the minimum of our needs, in oxygen, vitamins and other essentials of health. The minimum is that which will just

keep us alive, and perhaps confer average health at the most. They have seen that to get less than the minimum is to incur speedy and impressive punishment, so that the relation of cause and effect can be seen even by an idiot. But they have not seen the causal connection between the crime of being content with the minimum or a little more and the belated breakdown in health and the formation of chronic disease. The besetting sin of the human intellect. doctors certainly not excepted — is the blindness to *slow* causes.

Not only to escape the slow results in poor health and constitutional maladies, but to build up and maintain positive health, we have to secure the maxima of all our vital needs. Look at the beasts of the field. They seem to value their freedom for the ability to secure the utmost possible amounts of sunlight and pure air; and to this is due their splendid health. Between the Naturistic maximum, and the doctorially calculated minimum lies all the difference between sound health and its opposite. We must therefore aim at securing all the air, and all the light, that nature gives. That is what God intended us to do, when He made us open-air animals. This means that we must live in the open air most of the time, and keep our breathing at the highest level of efficiency.

It need not be thought that what we get from the air is only oxygen. Very probably the atmosphere is charged with better things, too, even hope, love, truth and so on, and when we breathe out, we may exchange for these our stocks in fear, gloom, ignorance and love of sin, if we care to attract the good and to repel the evil, by active mental concentration upon the appropriate thought during the practice of *Pranayama*.

(From '*Pranayama*' by Sarma K. Lakshman)

### The Indian Naturopathic Association. Annual General Meeting.

The Annual General Meeting of The Indian Naturopathic Association and its Academy will be held at Prakriti Karyalaya Trust Buildings, Bezwada at 3 P. M. on 17th September 1939.

All members are requested to attend.

#### AGENDA :

- 1 Election of office bearers.
- 2 Programme of Work.
- 3 Deficit of the Indian Naturopath.
- 4 Passing of Accounts.
- 5 Consideration of granting of Diplomas and degrees to competent Naturopathic Doctors.

Bezwada, ) P. VENKATRAMAYYA,  
1-9-39. ) *General Secretary.*

#### I. N. A. GAZETTE.

We acknowledge with thanks the subscriptions from the following gentlemen

#### MEMBERS.

- M. 298 Mr. R. Veeresalingam Gupta,  
Secunderabad, (Dn.)  
M. 309 Mr. C. M. Lakdavala, Bombay 2,  
M. 310 Mr. Deolal Vyas, Sumerpur,  
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#### A TEXT ON DIET AND NUTRITION

By Dr. B.S. Gopalarow N.D., D.D.T. Nature cure Advocate, Rajahmundry, Published by the Author from Rajahmundry. Pages 221

Price 3-8-0 Card Board; Rs. 4-0-0 Calico.

The book is an innovation indeed in the field of healing art. It contains apt and practical methods that may be adopted for the improvement of man's health. The system is based on principles that require no medicines, nothing to talk of operations or injections. All the ideas arrived at in the book have been derived from research based on nutrition and vitamin theories. The book is an interesting and informative volume. It is interesting too (R.1330.) (A.B.P.) introduction by Dr. C. David Muthu, M. D., M. R. C. S., L. R. C. P., Associate Kings College, London.

**Statement of Accounts**  
**Indian Naturopathic Association.**  
**1937**

	Cr.	Dr.
Last year's balance	109 11 9	
Journal Subscriptions	120 2 0	
Membership subscriptions	115 13 0	
Naturopath Back Volumes.	14 14 0	
Journal Advertisements.	1 10 0	
Journal Postages.		57 9 9
General Postage,		28 11 9
Stationary.		1 14 6
Books.	82 2 6	26 14 0
Books Postages.	7 5 3	15 4 0
Miscellaneous.		1 0 6
Personal Accounts.	601 7 0	452 2 9
Cash Balance.		20 12 3
Printing.		448 12 0
	1053 1 6	1053 1 6

**1938**

Last year's balance.	20 12 3	
Journal Subscriptions.	187 3 0	
Membership subscriptions.	138 13 0	
Naturopath Back Volumes.	4 10 0	
Journal Postages.	0 12 0	65 12 6
General Postages.	0 2 0	31 7 0
Stationary.		0 14 9
Miscellaneous Expenses.		1 8 0
Printing.		390 12 0
Books,	44 2 0	57 7 8
Books Postages.	4 6 6	15 13 6
Library.		1 10 0
Personal Accounts.	638 3 8	242 6 0
Cash Balance.		231 5 0
	1039 0 5	1039 0 5

BEZWADA, }  
 1-9-1939 }

P. VENKATRAMAYYA,  
*General Secretary.*

# The Indian Naturopathic Association

India's Premier National Organization for Health Propaganda,

(Registered under Act. XXI of 1860.)

Head Office: BEZWADA, India.

This Association came into existence as long ago as 1919, and has since been working as a scientific and philanthropic organisation carrying on Health Propaganda on a national scale along the lines of Nature Cure. The important features that differentiate Nature Cure from other Systems of cure are mainly two; viz., (i) that its methods are the simplest and lend themselves to self-treatment even in the case of ordinary men; and (ii) that its remedies are extremely cheap, universally available, and of unfailing efficacy. But the most paramount characteristic of Naturopathy is that it addresses itself not merely to patients and sick people whose health has been undermined or broken down by wrong modes of life in violation of Nature's laws, but even to healthy and robust individuals, the enlightenment, purification and disciplining of whose life, is its chief aim. Indeed, Naturopathy has a very vital Message to deliver to humanity a message of absolute self-reliance and of perpetual health and happiness.

The present Membership of the Association comprises gentlemen hailing from almost every Province and State of this vast Indian Empire, and the different places on this, our globe. Mention may be appropriately made here of the fact that the leading Naturopaths of the day are among its members.

## 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 prompting 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.

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 persons desiring a life of serene purity, or treatment for any disease, to found and conduct health homes or other sanatoria in urban, horticultural or sylvan environments, and to demonstrate to the world the supreme efficacy of Naturism, by remedying all diseases by Natural Methods.

[d] To establish orphanages, to admit young orphans therein and to bring them up in accordance with the principles of Natural Living.

[e] To organise a corps of volunteers prepared to render fulltime service to the cause of Naturopathy.

[f] To found Naturopathic Societies wherever convenient, and to affiliate the same to the Association. For the better propagation of the Naturistic Movement in the country, an official organ and gazette of the Association, by name "**The Indian Naturopath**" was started in July 1926.

To members of the I. N. A., it is supplied free.

#### **Advantages to the Members.**

Any lady or gentleman sympathising with the objects of the Association, and prepared to co-operate with it in the realisation of its objects, may become an Ordinary Member of the I. N. A. Every wellwisher of ignorant and suffering humanity, who may be interested in simple life, nature cure or

public health, is earnestly invited to join the Association immediately, and help its noble cause by giving it the best of his sympathy and co-operation.

Besides the privilege of membership in a noble Brotherhood sworn to serve humanity, and help it to-wards the goal of perpetual health, happiness and peace along the lines of simplicity naturalness and self reliance, each Ordinary Member of the I. N. A. will be entitled :—

(i) To get a beautifully printed Certificate of Membership issued by the Association.

(ii) To be furnished regularly with the issues of the Official Journal gratis and post free.

(iii) To get, as a concessional rate, the several tracts, books, pamphlets, and other literature issued by the Association.

(iv) To qualify for any Degrees in Naturopathy granted by the Association.

(v) In the case of actively practising Naturopathic physicians conforming to the rules of the Association, to have their names enrolled in the Association's Register of Naturopathic Physicians, and to have the protection and support of the Association.

On enrolment, each member will be entitled to get a printed copy of the Rules and Regulations of the Association, gratis.

The subscription for Ordinary Membership in the Association is of 3 classes viz.,

First Class being Rs. 24	
	or 48 sh. or \$ 16 per year
Second Class being Rs. 12	
	or 24 sh. or \$ 8
Third Class being Rs. 3	
	or 6 sh. or \$ 2

*For Particulars Apply to:—*THE GENERAL SECRETARY,

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