

# The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

Editor : Dr. P. VENKATRAMAYYA, N. D., D. M.

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# The Indian Naturopath, Bezwada

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## WHO ARE THE QUACKS

By William Howard Hay, M. D.,

( Dr. Hay was the founder of the famous Hay System of Dietetics. )

What is a "quack"? Medically speaking a quack is everyone but us, the regular school of medicine. No one, not a graduate of modern medical school is free from odium of quackery, from the regular, classical, orthodox standpoint. Is not this true?

Let us put the definition of quacks a little more broadly, not limiting it to outlaw cults. From the broader viewpoint a quack is anyone who pretends to be something which he is not, or one who is not able to do what he claims to do, especially he takes money for this pretence.

From this broader view how many of us are there who can escape the suspicion of quackery?

If we should tell the absolute truth as we see it, how often would we be compelled to say to a patient: "I do not know what is the matter with you, and not knowing this, I am in no position to treat you intelligently."

If we were honest how many patients would we have? They would all leave us for the quacks, and we would be left holding the bag, as it were. We know this, and all unconsciously we are compelled to assume an air of wisdom and pronounce judgment on maladies for which we are consulted, well-knowing, that if the case

escapes us and goes to someone else our prestige is in danger, for it is a well known fact that if a case is not perfectly plain (and most cases are NOT plain), should such cases go to a hundred different regular, well-informed physicians he would get nearly as many different diagnoses, and still more different plans of treatment.

We know this, I say, and we unconsciously protect ourselves by assuring the patient positively that we understand his condition very well, in order to make sure of this unfailing confidence in our enlightened judgment.

Are we quacks for this deception? How can we escape the imputation? Who is to blame for this position in which we find ourselves? Is it our fault or that of human nature as expressed in the patient? No doubt, both, for, while we are to blame for allowing ourselves to be placed in the position of arbiters on disease, about which we do not know very much, yet, so also is the public to blame, for being so silly as to think that the mysterious thing we call disease can be reduced to exact formulae.

The fathers of medicine made what they were pleased to call discoveries, that certain drugs produced certain symptoms if taken into the interior of the human body, and with these discoveries they proposed to combat the symptoms of disease.

This was originally a theory, and in the very nature of things never can be anything but a theory, for the internal processes of the body in health or disease, are not and never will be fully understood, the vital processes not being subject to exact analysis; and while we may learn much of the internal chemistry of the body, and discover experimentally many things of interest in the functions of the various organs yet we never can analyse the vital machinery in action, and the sooner we drop this pretence of exact knowledge, the better it will be for our prestige.

Fully a third of the population of the U. S. has ceased to depend on regular physicians for advice or treatment of their various diseases, perhaps because they are beginning dimly to realize through many disappointments the fallibility of classical medicine. Who can tell?

A QUESTIONNAIRE issued to seven thousand people recently disclosed the fact that less than ten percent of them were unqualifiedly loyal to medicine, more than ninety per cent admitting their allegiance, partially or wholly, to Christian Science, Chiropractic, Osteopathy, Naturopathy, Mechanotherapy, or other cults.

"Quacks", we sneer, yet we must admit the falling off in our former supremacy in the treatment of disease. This is a bitter admission, yet if we are honest enough to face the truth, we should look this thing fairly in the eye and demand to know why this deception.

A few years ago, surely not more than three, Sir James McKenzie, of St. Andrews, Scotland, quoting in the London Times, from the London Lancet, said in effect that to diagnose a gastric ulcer, gall-stones, appendicitis, tumour, is not diagnosis in the strict sense of the word, but merely naming a prominent symptom, denoting the point of convergence of the cause of the diseased condition, but to say why this man is sick, to tell how and why he has departed from health, is not possible to him, in this wonderful clinic, in more than ten per cent of the cases, and Dr. McKenzie says that even this is not diagnosis at all.

Sir William Osler, late Regius professor of Medicine in Oxford, quoted the immortal Voltaire as saying: "We put drugs of which we know little, into bodies of which we know less, to cure disease of which we know nothing at all."

Quacks, just plain quacks, whether we are willing to admit it or not, for are not we doing the very things for which we condemn those whom we are pleased to call by this opprobrious name?

In 1857-63 Antonie Bechamp announced his microzymian theory of fermentation, which he was pleased to say was also the theory of the beginning of the disease, recognizing the germs as metamorphoses of the mycrozyma for biochemic purposes.

Pasteur, a contemporary of Bechamp, not a physician, but a chemist or rather an apothecary, attributed to the germs, these mycro-organisms developed from the mycrozyma of Bechamp, the role of invader, believing that because they were ever present in disease, certain germs being supposedly always present in certain diseases, that therefore they cause these diseases.

Bechamp was a scientist, Pasteur an advertiser. Bechamp was so absorbed in his researches that he contended himself with occasional reports to the academy of Sciences while Pasteur went to the public with every thing he discovered, creating a popular following that acclaimed him a scientific genius.

Much of his work was plainly cribbed from Bechamp without credit, and interpreted to suit his purpose, which was to build up a huge market for germ destroyers.

Bechamp died poor and unknown, outside the Academy; Pasteur in almost affluent circumstances, acclaimed by the scientific world as a great benefactor, and mourned yearly since his demise.

This theory of germs as a cause of disease was analyzed by a Prof. Robert Koch, who formulated a dictum, accepted

by the scientists of the time, that must be met in order to fix on the germ as a cause of disease.

According to this dictum if the germ caused the disease it must be present in every case of this disease. It must not be present except in conjunction with the disease, it must be susceptible of separate cultivation in proper media outside the body; and finally, it must be susceptible of transplantation again in the human body, where it must infallibly produce the same disease.

The germ theory does not meet a single one of these conditions infallibly, the germ frequently being absent from diseased conditions which are attributed to it; being generally present in bodies in which the disease attributed to it is most conspicuous by its absence; and while germs are susceptible to cultivation outside the body, in suitable media, yet they are subject to mutation as the medium is changed in character, and if again introduced into the body they do not always infallibly cause the disease they are supposed to cause, generally not causing disease of any kind whatsoever.

Pasteur has already set us back over sixty years by this advertisement of the germ theory, and if we go back to the teachings of Bechamp recognizing the microzyma as the prime cause, and the germ as the development of a biochemic nature, result of the condition of the body, transformed into a necessary scavenger to remove from the body objectionable matter we will perhaps regain the ground lost for over sixty years, and be able to concentrate our attention on the soil conditions in the body, not on the harmless germ scavenger.

If the bacillus of the tuberculosis was the cause of tuberculosis how could any of us escape infection?

The same is true of typhoid fever, pneumonia, any infectious disease for the germs accompanying those diseases are ubiquitous.

We are spending valuable time, oodles of money, splendid brain power in studying life history of germs, when they are but biochemic scavengers-friendly things whose function is the often urgent one of ridding the body on short notice of accumulations that have become intolerable, embarrassing to functions, so that we are thus missing the real object of our search for the cause of disease.

The soil conditions that make necessary the presence of the germ are our real field of search, but we have lost sight of this field almost entirely in our frantic hunt for germs, and we can lay the blame for this wrong steer at the door of Louis Pasteur.

We have no real proof of the boasted effectiveness of any form of anti-toxin or vaccine or serum.

After one is vaccinated or serumized, immunized, we have destroyed the only proof that counts, for we have no way of knowing whether or not the vaccinated or serumized person would have contracted disease in the absence of the so called protection; not all do so.

If such vaccinated or serumized person contracts the disease against which he is supposed to be protected, it is pretty good evidence that such "Protection" is valueless, isn't it? Surely people do contract disease against which they are supposed to be immunized, as we all know.

Were not our boys in the army thoroughly protected? They were physically fit on admission to the army, else they could not have got by the examining boards; they were thoroughly-very thoroughly-immunized against typhoid fever, meningitis, pneumonia, influenza, yet they died like flies, not on the firing line, but right here at home, in the concentration camps, where they were surrounded by the finest sanitary precautions that science could devise, and not only did they die, but they died of the very disease against which they are supposed to have been rendered immune.

Do you doubt this statement? Look up the records of every cantonment in the

country during the concentration of the army, and see for yourself whether or not it is true. The death rate from pneumonia, complicating influenza, was simply staggering, in some camps reaching four or five times the rate among civilians, those weak ones who were not able to go to war, who did not have the blessings of immunization.

How much good did the serum treatment do these boys? Ask Louis Pasteur, if you can conjure up his disembodied spirit.

Quacks, all of us, doing the things we do not know how to do, promising things we cannot perform.

Is it any wonder that the public is getting a little suspicious of us and our vaunted "discoveries"? The wonder to me is that there are still seventy millions of them willing to submit to vaccination and serum treatment.

The true figures of vaccinations for smallpox have never got before the public, though they can be seen in the files of the various departments of the army as well as the government, if one cares to ask for them. If the record of vaccinations in the Philippines alone were ever to become matter of general knowledge it would finish vaccination in the whole country, at least among those who are able to read and think for themselves. After three years of the most rigid vaccination, when almost every little brown man had been vaccinated from one to six times, there occurred the severest epidemic of smallpox that the islands had ever seen, with a death rate running in pace to almost sixty per cent, and in all well over sixty thousand deaths. Did you ever know this before? Assuredly not. Yet it is found in the Government records in just this form. Manila and the surrounding provinces were vaccinated most thoroughly, also they showed the highest case record and death record of the whole Archipelago, while some of the out-lying country with proportionately less disease.

How much good did we do these poor fellows? Ask Edward Jenner? He knows now, if so be that we know after death,

and I am willing to believe that he would gladly spend a part of his eternity in purgatory if he could undo the wrong he did the world by vaccination.

The only epidemic of smallpox it was my misfortune to attend, comprised thirty-three cases, with twenty-nine vaccination histories, some recent, and the unvaccinated cases did not have the disease in any more severe form than did those with the vaccination history, even those of recent history, and the same proportion holds pretty well over the vaccinated world, for vaccination does NOT protect against smallpox, though it does much harm aside from its uselessness.

Well, are you satisfied that we are Quacks? In the eyes of those who are willing to forget the present prestige of medicine, such as it is, with all its dignity, its scientific jargon, its pratings of altruism, its great endowment, its well heralded "achievements", we are most assuredly quacks, professing to do things we can not do, and - yes, taking money under this pretence.

We may excuse ourselves by accusing others, and believing that no one can do better than we, but we are clearly in the wrong when we attempt to secure favorable legislation for selfish ends or try to strangle legislation that may prove undesirable to us in our position as arbiters in matters of disease.

When we attempt to compel by legislation the obedience of an unwilling public we are exceeding the bounds of fairness, to say the least.

The public pays its own bills, it has a perfect right to say who shall and who shall not enjoy its patronage, and for this reason, as well as those stated before, the writer is wholly out of sympathy with all efforts to coerce a willing and generous people in the matter of medical care, even as in the matter of religious belief.

We are continually urging on legislatures of state and nation bills to give us more power, more right to compel the

unwilling obedience of a long suffering public to our every whim and wish, "in the interest of public health."

Suppose we do succeed in so militarizing the whole country that we have the right to go into any private home and tell them what is what.

Can we do better than the medical section of the army did? We have been seeking legislation to compel every child in school to be "Shickd," then if reaction occurs we want the power to immunize such suspicious child.

If we had the power to immunize under compulsion every man, woman and child against influenza, would the results be better than they were among the selected risks of the army? What proof have we that they would be any different? Would death rates of twelve or thirteen per cent, which seem very high to us even in so fatal an epidemic as that of 1918-1919, fall under general immunization? If they fell to twenty-six per cent, as we witnessed in some of the army cantonments, it would be hard to convince the public that we were benefactors.

No, we are far, very far, from knowing what to do to prevent disease, and even in great epidemic diseases, such as yellow fever, we have had to take off our hats to the entomologist and the sanitary engineer, and it was an entomologist that pointed

out the anopheles as the carrier of malarial infection, and it was the sanitary engineer that found how to get rid of the pesky things, while we stood by and applauded to the echo - and then took all credit, as one of the great medical achievements?

The fact is, we are occupying a false position, and if we are honest we will retreat as rapidly and gracefully as possible from it, and we will give credit to whom credit is due, and we will be willing to stand on our achievements and be judged by them.

We will allow the public to select its physician without the compulsion of the government, not forgetting that this is distinctly the public's funeral, and that the public pays the bills.

Until we drop all thought of compulsory medicine we should be consistent and compel our particular brand of religion and politics on our neighbours, as well as our particular brand of medicine.

We have to show that our particular brand of healing is the best and only, so let us have a little more charity for the other schools, for the public which has a perfect right to decide its own brand of medicine. If we wish to escape suspicion of quackery let us be sure if our backyard is clean before we seek to make our neighbours clean up theirs.

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## PATHOLOGICAL NECESSITIES - 6

### SYPHILIS

Syphilis is considered by almost all schools of medicine as contagious. It is said to spread from one suffering from the disease to his or her partner in the act of coitus. It is also thought to spread through the linen, the vessels and surgical instruments when they are not sterilized or improperly sterilized. Even the barber's razor may be a vehicle in the conveyance of the disease from one another. Needless it is to add here that the vaccinator's lancet is one of the powerful vehicles to convey the disease from one another.

The most unfortunate conveyance of the disease is heredity. It is more than probable that the child may inherit the disease from the mother. But I wonder how the microscopic spermatozoa conveys the disease from the father to the child. All the above are mere presumptions and you will see in the following paragraphs why it is said.

A lady, uniting in marital act with a person suffering from syphilis does not at times contract the disease and vice versa. Strange may it be to you that a man copulating with two ladies conveys the disease from one to the other without himself being contaminated.

If syphilis is really contagious the above could not have taken place. The medical man says that it is not through the mucous membrane that the germ enters the body but through the ruptured or broken portions of the mucous membrane. Even granting that, in practical life, a healthy man does not contract syphilis; yet the syphilitic pus is rubbed into the skin through a cut. The scientist then says that his body is immune from syphilis. But what is syphilis? How is it contracted? How can it be prevented and cured? These are the pertinent questions any reasonable man will put.

*Symptoms:*—It is of three stages. In the first stage, one will find a small tumour on

the fore-skin of the penis in the male and on the outer lips of the vulva in the female. The tumour will develop into an ulcer and then it is called chancre. The pus that springs forth from it is so acidic in composition that wherever it sticks to the body it creates another ulcer.

Tumours may form in the inguinal region and may develop into the size of an egg on either side. The same may develop into an abscess and the pus may come out of it. This is called *Bubo*.

In the second stage of the disease, tenderness, inflammation, irritation and ulceration may form on the mucous membrane of the uterus, abdomen, eyes, nose and mouth. The tongue is broken. That is, it may be discoloured. Small itch-like eruptions may form on the thighs, buttocks and the genitals. The same may form on the whole surface of the skin. Ringworm-like irritating eruption may form on the skin or the skin may be discoloured in part, or in the whole. The colour of the skin may become black or white as the case may be, or it may become scaly and rough.

In the third and the most deleterious condition of the disease, the external and internal mucous membranes of the skin are all poisoned, and the disease makes inroads into the bone, cartilage and the connecting tissue, not to say of the marrow of the bone. The heart-action is utterly spoiled. The nervous system is deranged. Insanity, epilepsy, hemi-phlegia, paralysis, droopsey, senility, leprosy and other diseases, will take hold of the patient to drive him to an early grave. Fistula is an inevitable conclusion of this stupid disease. The soft portion of the nose is eaten away and even the nose bone becomes soft.

*Causes:* 1. The allopath always seeks the reason in an almost harmless and innocent germ called the septopocci and tries his level best to wage war against it and destroy it. Ayurveda says that it is due to

the disturbance of the three vital Dhatus, the Vata, Pitta and Kapha (Wind, Heat and Phlegm). Whatever be the truth, syphilis is caused by the undue retention of some of the urine in the body due to lack of tone in the excretory organs designed for it. But why do the organs lose their tone? By cohabiting with a partner who has not attained tumescence in the act of coitus there is an interchange of glandular fluids. By the time when one reaches the stage of detumescence and has orgasm at its highest pinnacle, he loses his glandular fluids. As orgasm is incomplete there is not a vacuum to receive these glandular fluids excreted by the former in the act of coitus. But, on account of the incompleteness of the orgasm, the consequence of which is the lack of the formation of a vacuum to receive his glandular fluids, he does not drive his due share of glandular fluids from the partner. This is no better than masturbation. If one persists in the act of coitus in this way, it is certain that he may contract syphilis.

(2) When there is syphilis, sticking fast already in the partner, and the genitals are filled with fluids whose composition is acidic, one loses the source giving alkaline element from the genitals in the act of coitus by the law of chemical affinity. The intensity of acid element in the genital's of the partner is sure to mitigate the alkaline fluids in him, in the long run. The negation of alkaline fluid in the genitals and the adjacent renal region and the subsequent lowered energy in them to function systematically are the causes of the retention of urine in the body, which in turn is the cause of syphilis.

(3) The excessive indulgence in marital union in time and out of time is another cause of syphilis. By immoderate sexual union, the blood loses its vital energies, and the glands surrounding the generative organs are enervated and become incapable of producing the vital fluids, necessary for keeping the organs healthy and vigorous. The body thereby loses the vigour to fight the disease and it is no wonder that such a kind of body becomes susceptible to every kind of disease, in particular to this tragic one.

The search for a germ is useless and any attempt to wage war against it is foolish. In our naturopathic practice, we find syphilis completely cured even though we do not care to apply any prophylaxis against the germ.

By the lowered stimulus in the renal organs, the amount of urine that ought to be eliminated through the bladder is lessened. The system in turn tries to eliminate the urine through other sources. Owing to the abnormal heat created in the generative system and in the organs of renal circulation, the colon loses its tone and becomes sluggish to cope with the demand. Then the urine tries to seek another means of escape by making its way into the blood, and therefrom becomes eliminated through the skin.

Rash, irritation, inflammation and eruption are mere attempts of nature to drive out the unwanted uric acid from the system. If attempts are made to suppress the skin diseases by poisons such as mercury, arsenic, antimony, and external applications with sulphur etc, they are sure to drive the filth into the vital organs which ultimately result in making ways for the patient to reach the worst condition.

How to prevent this disease? If proper care is taken to maintain the 60 : 40 ratio of alkaline and acid percentage in the system by proper diet, exercise and if the body is sufficiently exposed to the rays of the sun everyday, the system becomes almost immune from not only syphilis but almost all diseases the skin is heir to.

In addition to this, care should be taken not to unite with prostitutes in the sexual act. If they do, by the by, they will be reduced to such a stage which will render them incapable of having any real sexual impulse but simply make them join in the copulative function as mere machines.

Care should also be taken to join only with one's own mate when both are for the act which should not be more than 5 or 6 times a month, in the fertile period.

The body should be thoroughly cleansed of every inch once or twice daily in pure flowing water or carefully preserved water as the case may be. Hot water may also be made use of, if the patient cannot bear the reaction of a cold water bath. One should remember to have a cold abultion after every hot water bath.

### Treatment

In the first place, one should remember that the chancre, bubo or the scaly or other eruptions on the skin, are mere attempts of nature to rid the system of uric acid and other poisonous substances. In that pathological condition, the disease known as syphilis is not only inevitable but necessary to cleanse the system of the filthy material in the body.

By external application of sulphur, and mercury, the disease seems to be cured for the time to reappear more virulently at a later date. The attempts to kill the germ in the body with mercury, arsenic, and antimony result only in the loss of vitality to fight the disease and the filthy material.

In all stages of the disease, it becomes imperative to see that the system is not further burdened with acid-producing food materials. It is also necessary to see that the vitality is not lowered by further indulging in marital unions. Proper cleansing of the body internally with acid or sub-acid fruit juices of grape or citrus family are all the more beneficial to the patient.

Thorough exposure to the green rays of the sun for 1 or 2 hours a day along with cold water baths and dry towel rub, do a great deal in curing the disease, as by the exposure to the antiseptic green rays, the body gets rid of the effete matter from the skin through the perspiration that comes out. The cold water conclusion tones the system, and dry rub invigorates the skin and capillaries. Avoidance of fats, animal or vegetable, is the foremost thing to be observed. Animal protein should be completely eschewed and pulses may be very sparingly taken. Wheat or rice should not be polished and the whole meal products should as far as possible be

reduced and replaced by fruits and vegetables.

Daily exercise should not be forgotten. It must be borne in mind that the amount and the quality of the exercise should be planned in accordance with the strength and endurance of the patient. Hot water hip baths of 15 or 20 minutes' duration in a temperature of 105° to 110° F. H. once or twice a week with a cold hip bath conclusion will do a great deal in invigorating and tuning the excretory organs situated in the abdomen.

Care should be taken that the bowels move twice or thrice daily, failing which cold or tepid water irrigation with an enema should be resorted to. As many people think, irrigation does no harm, if extraordinary pressure is not applied by hanging the can higher than two or three feet.

If a thermolume is available, it may be substituted with advantage for a green-ray bath, through colour glasses or paper sheets. As the air in the chamber is all colour charged and as the patient breathes in the colour-charged air while he takes the green thermolume bath, it is not necessary to take the bath for more than ten or fifteen minutes a day. This is a general treatment of syphilis in its various stages and conditions.

Just to alleviate pain, the following applications may be resorted to in each of the following conditions:—(1) *Bubo*. In the tumorous condition of the disease, hot mud poultices or hot starch packs, or hot water fomentation of 110° temperature with a hot water bag, or with a wet towel over the bubo should be made use of. This will reduce the pain and at the same time the encrusted acid material that is in the bubo is softened. In the second stage when the bubo becomes soft and the pus is not eliminated for want of an opening, a double convex lens ordinarily known as the burning glass should be made use of in opening the wound with the sun's rays. In the third stage, clay packs applied intermittently with the sun's rays

\* eschew = avoid

focussing upon them, will finally cure the disease.

Green light applied in the third stage in the place of the simple sun's rays will be all the more beneficial. Green water compresses may be applied on the suppurating wound with advantage instead of the clay pack. Care should be taken to change the packs or poultices at frequent intervals to ensure comfort to the patient. It is also wise to apply violet light through a chromodisc over the bubo and this will work wonders in softening and opening the tumour. Green light applied through the same instrument in the second and the third stages of this disease will also be beneficial. Green water taken internally, and applied externally upon the wound, in the suppurating condition is also beneficial, when no chromodisc or thermolumine is available.

*Chancre.* It is a nasty irritating ulcer at the extreme lips of the vagina or the penis. Any pus that comes out of it is capable of eating a cloth. Every piece of linen that comes in contact with the ulcer is sure to be eaten away and torn to pieces. Anhow green water and green light focussed over the ulcer will work wonders in curing the disease. Care should be taken not to allow the pus to stick to the other portions of the body. Any mucous membrane that comes in contact with it will also become

ulcerous. Thick wet cotton bandage with a flannel covering to overlap it will be beneficial in the closing of the wound. One should not forget all the general rules laid down under the general heading.

*Syphilis:*—The skin eruptions including the scaly and itchy conditions of it should be dealt with special care. The body should be well washed twice or thrice daily with cold or tepid water to cleanse thoroughly. Mud baths of 5 or 10 minutes' duration should be taken twice or thrice weekly. Before every mud bath, the body should be well massaged with any vegetable fat, peanut oil excepted.

The body should be well massaged daily with ble oil or blue water as the case may be, before every cold water bath is taken. This will make the skin very soft. All the scaly portions of the body peel off. Perspiration comes out of the body freely, eliminating a portion of the filth deposited under the skin at every onset. The general rules laid down, should be very strictly adhered to. I have cured a number of cases under each head with success. Of course it is very difficult to cure any disease when the patient has lost all his vitality to respond to any school of medicine. Even then it is only nature cure that can give any relief.

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# Thermometer, Stethoscope & the X-Ray

Dr. V. D. Saheb, Naturopath.

Let us discuss briefly about the use of Thermometer, Stethoscope and X-Ray by Allopathic doctors. They are proud of their discovery, and they say they can find out diseases and their symptoms accurately by their use. Hence, they are boasting that their science, system, and treatment are far better than other science, system, and treatment and that they are far superior to others. They say doctors of other systems are quite ignorant of the cause and effect of diseases, that they are very inferior, and that they are doing immense harm to the public. Consequently, they are prevailing upon the Government to pass rules, regulations to suppress them and to destroy them. Many people and the Government believe it so, and further they are encouraging Allopathy in all possible ways.

Allopaths use Thermometer, Stethoscope, and X-Ray to diagnose diseases and their symptoms. They use them for each and every complaint. The method is very vague, wrong, and further harmful. They are deceiving the people, patients, and others.

Thermometer is used to find out the temperature of the patients. It indicates only the low or high temperature of fever patients. It is of no use to other diseases. It also cannot be believed, because temperature rises or falls suddenly in some cases. Low and high temperature depends upon diet, its digestion, season, age, and health of the patient. Doctors fixed 98.4 as normal temperature. Is it possible to maintain such normal temperature? Temperature varies in different ages of persons especially in summer. One develops it more or less. Some people complain that they feel and suffer from excess of heat. Suppose, one develops one or two degrees more. Does it mean that he is suffering from fever? There are different kinds in diet, each variety contains different elements like Vatham and Bile besides body building substances. Jaggery, boppai,

fruits, bajara, flesh of fowls and such varieties contain the element of heat. Patients, and chronic patients especially develop it, if the diet is not well digested. In addition, summer helps such diet in developing heat. We observe that nourishing diet causes heat, and develops it, if it is not properly digested. We can understand high or low temperature by touching and feeling the body of the patients. Patients are better thermometers and doctors to understand the temperature, because they actually feel and suffer from temperature. They understand it from its very beginning. Doctors understand fevers after they developed much. We observe fevers mean excess of bile or Vatham. One does not feel and suffer from them, if diet is well digested. If it is not well digested, one becomes a prey to them, and he confines to bed. Unless the patient is free from them, he cannot be free from fever, temperature generally varies. Further the patient understands digestion, indigestion, hunger, constipation, loose motions, pain in the body etc. They are very essential factors in consideration of fever and other diseases. Thermometer cannot indicate them. Allopaths cannot understand fevers, unless they question patients about the state of fever. Doctors of Ayurveda, Unani, Naturopathy and other systems cured many different fevers of different stages; and further they are curing them without the use of a thermometer. Are Allopaths better than these doctors? I do not observe any more good effect from the thermometer after its invention. Doctors do not show that diet is the chief cause for high temperature also. If temperature rises to 102, 103, 104, or more, doctors call it by a name, and they consider it a different fever and dangerous fever. Ayurvedic doctors call Typhoid or Pneumonia as Sannipatha Jwaram. Of course, they are very dangerous fevers. One cannot fall a prey to Typhoid or Pneumonia all on a sudden, unless he suffers from ordinary fever for some time. Ordinary fevers are developed into Typhoid or

Pneumonia owing to wrong treatment. Typhoid and Pneumonia are developed fevers. Unless one suffers from bile or vatham, or indigestion or constipation or loose motious, etc. for some time, one cannot become a prey to fever suddenly. They are the forerunners of fevers and their attack. Every disease has its symptoms, and they develop into actual disease, if they are not prevented or cured soon. Diet is the chief cause of such symptoms and diseases. One can escape from the attack of fever, if he avoids one or two meals or if he simplifies diet for a day or two or if he observes fasting during its symptoms. The more one simplifies the diet the better. Oranges are good in that state. The symptoms of fever disappear soon, if one observes fasting especially at night times. Fasting and exercise are the best medicines. They produce wonderful results. If not, the symptoms may develop into actual fever, Malaria, Typhoid, Pneumonia, Tuberculosis, etc. Fevers and their symptoms are very clear. They are as clear as a mirror. If we follow these principles, we can threaten diseases than being threatened by them. Every one can follow it effectively without any fear, danger, trouble and expenditure. They are not harmful like medicines. No disease will be cured, if any patient does not observe these principles, and they further develop into dangerous ones. Each and every system teaches these principles. Such, as it is, why should people fear of diseases and their symptoms? Why should they become acute and chronic patients and die. Why should they run to the medicines, doctors, and their treatment? Why should they spend money for it? I wonder!

Some fevers are not cured soon owing to the wrong treatment. Doctors then say they are malarial and contagious caused by the spread of their germs, and patients require special diet and special treatment or they require operation and so on. I do not observe such so called malarial fevers. If fevers are not cured soon, they differ in some aspects. Then the doctors call or name them differently like Influenza, Scarlet fever, Yellow fever, Diny fever and so on. Hence, doctors are becoming proud that they found out different fevers, and conse-

quently they are advertised, and doctors are amply promoted and rewarded. Some fevers develop into Tuberculosis, if they are not cured soon. We see, hear and observe many such cases and complaints. Cause of different diseases is the same and treatment also is the same. Different diseases require no different treatment.

Allopaths use stethoscope to find out diseases and their symptoms, especially diseases of lungs and heart. Beating of heart and lungs may be slow or active in some cases. In the case of some patients, the activity or function of heart and lungs will be sound. It does not mean they are healthy or free from diseases. It often misguides doctors. Doctors do not know that negative diet is the chief cause of the disease of heart and lungs. They are under confusion. Stethoscope indicates the diseases of heart and lungs when they are spoiled. Patients understand from the very beginning of their attack, because they actually feel and suffer from them. Hence patients are better stethoscopes and doctors. We know doctors differ greatly with one another about diagnosis of diseases of the heart and lungs.

I think X Ray instrument is doing more harm than good. An X Ray examination is very costly. It is not accessible to all patients. It is used to detect decayed parts of internal organs like heart and lungs. It cannot tell us the beginning stage of the disease of heart and lungs. People, especially patients, understand the disease of heart and lungs from the very beginning of their attack. It discourages patients, doctors, and others, because of the indication of the decayed organs. We know courage is very essential in all cases especially in time of ill-health. One loses courage by such examination.

Patients are real doctors. Doctors are not able to diagnose and prognose their own diseases, and their symptoms, and they are not able to cure them, and consequently many are becoming chronic patients and many are dying of diseases. As such how can they diognose and prognose others' diseases and their symptoms, and how can they cure them, and how can they become doctors to others? Is it not mere show?

## Conditions for Co-operation with State System of Medicine

Dr. Trimurti, Capt. Srinivasamurti and L. C. Ganapati spoke on the problem of public health, and an appeal was made for Co-operation from adherents of all prevalent systems of medicine. If this appeal be one made in good faith, it must imply a change of heart. The system represented by the speakers is the only one in the country practising methods of preventive medicine that are rightly described as methods of sowing the seeds of disease. A change of heart means that their coercive application be abandoned. One of them appealed to Sanatana

Dharma. If that appeal was sincere it was a recognition of the principle that physical well-being should not be sought through the sinful path of which allopathy is excessively fond. Mr. C. R. recently spoke feelingly of the cruelty to silkworms involved in weaving silk. The essence of Sanatana Dharma was pithily expressed by Jesus in the words: The wages of sin is death. That explains the colossal failure of western medicine in this country. If the allopaths will shed these deadly heresies, then alone their good faith in making such appeals can be admitted, not till then,

SARMA K. LAKSHMAN.

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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.

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5. To propagate the philosophy of Naturism, and to work for the re-organisation of human life, effort and culture on a natural basis.

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The annual meeting of the members of the General Body of the above Association will be held on 19-10-1940 the Saturday at 1 p. m. in Surya Vilasam at Dantalur Agraharam, Pidaparru P.O. Tenali Tq. (Madras Presidency.)

All members are requested to attend.

### AGENDA

1. Election of office-bearers
2. Passing of accounts and Budget
3. Changes suggested in the present rules
4. Any other subjects.

Bezwada }  
1-10-40 }

P. VENKATRAMAYYA  
General Secretary.

N.B.—Dantalur Agraharam can be reached by getting down at Kolakalur Ry. Stn. on M. & S. M. Ry. Members will be received by Volunteers at the above Ry. Stn. if intimation is given of their arrival to the above address or to the Head Quarters at Bezwada.