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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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The Pioneer of Naturopathy

Dr. Sarma K. Lakshman, B. A., B. L., N. D.

SASTIPURTI MAHOTSAVAM

The 61st Birth day षष्टिपूर्ति of Dr. Sarma K. Lakshman, B.A., B.L., N.D. the President of The Indian Naturopathic Association was celebrated in Pudukotah in a fitting manner by his sons on the 19th of December 1939. Numerous friends and disciples attended the function and paid their respects. Letters of felicitations, and telegrams from various places were received. In the night there was a dinner which was well attended.

Naturopathic Sanatorium

The citizens of Pudukotah at a Public meeting held last month, have decided to celebrate the 61st birthday of Dr. Sarma by raising a memorial fund for the purpose of starting a naturopathic sanatorium to be run under the immediate guidance of Dr. Sarma. An influential committee was formed to give effect to the above object.

List of members of the committee :—

- 1 A. G. Krishnaswamy Aiyer,
Retd, Superintendent of Police.
- 2 A. Mahalinga Aiyer, Vakild, Chief Court
- 3 P. S. Visvanatha Aiyer, Vakild, Chief
Court, Secretary of the Committee

- 4 P. R. Ramachandra Rao Retd. Chief
Magistrate, President of the committee
- 5 P. S. Vaidyanatha Aiyer, Retd.
Dewan Peishkar
- 6 V. Shanmugam Chettiar,
B.A., B.L., M.L.C.
- 7 T. N. Govindarajulu Naidu,
B.A., B.L., M.L.C.
- 8 K. Rajagopala Aiyangar, Chief Court
Vakild
- 9 T. R. Rajagopala Aiyer, Chief Court
Vakild
- 10 K. R. Venkatrama Aiyer, Head Master,
Maharajah's College High School
- 11 K. Panchapagesa Aiyer, Lecturer,
Maharajah's College
- 12 V. K. Rajagopala Aiyer, Asst.
Maharajah's College High School
- 13 V. S. Ganapathy Sastrigal, Chief Court
Vakild
- 14 K. Nagaraja Aiyer, Chief Court Vakild
- 15 K. Rangaswamy Aiyer, State Engineer
- 16 Ayyal Raju, Manager, M. Ct. M. Bank
- 17 P. S. Subramania Aiyer, Editor,
Janamitran.

The Committee are making arrangements for collecting funds for the purpose of starting the sanatorium.

Appreciations

Swami Shuddhananda Bharati of Aurobindo Asram, in the course of a

communication on the occasion of this celebration writes as follows :

"It is delightful to hear that you are celebrating the 61st birth-day of your noble father. He is one of the most distinguished scions of Mother India. Let him live long to see his fond hopes of an ideal sanatorium fulfilled! It is the duty of Pudukotah to honour its illustrious citizen and contribute sumptuously towards the consummation of the noble service for which Dr. K. L. Sarma sacrificed his whole life. Let the Bhagavan lead the Bhakta to peace and bliss in the self and in life!

Let Love and true sacrifice for Love prosper!

Dr. Rama Pratapa, N.D. of Jaipore City, in the course of a communication to Mr. P. S. Viswanatha Aiyer the Secretary of the Committee, says as follows :—

"We, in Jaipur, knew nothing of Nature-cure and it is due to our beloved leader that thousands of persons here, have been benefitted and many lives saved and made happy. May he live long to lead us aright in the path of health and happiness! Please convey my hearty congratulations to him. We are indeed very much indebted to him for health and happiness and pray the Almighty to bestow on him long life and prosperity."

Dr. Putcha Venkataramayya, N. D. Editor of Prakriti and the Indian Naturopath, General Secretary of The Indian Naturopathic Association in the course of a communication to Mr. L. Krishnamoorthy Sarma says:—

"You will be kind enough to convey my reverence and Namaskarams to the foremost of Crusaders for the holy cause of Naturopathy. I congratulate him on the eve of his 61st birthday and pray God for his long holy life and prosperity."

Dr. S. Ramchandra Rao, M.A., Phd. D., Sc., (Lond) Dean of Faculty of

Science of the Annamalai University in the course of a communication says :—

"Please convey my respects to your revered father. May he be spared for a long time to come to carry on the good work he is doing for the country."

Dr. Provash Chandra Chatterji, N. D. President of the All Bengal Naturopathic Association, in the course of a communication to Dr. Sarma K. Lakshman says :—

"On the eve of your 61st Birth Day celebrations, please accept my humble greetings and wishes for your Health, Happiness and all round welfare.

May your proposed sanatorium prosper exuberantly for the good of the suffering humanity; may you live a long and mirthful life to help the cause of Naturopathy which you love so much and regard as your very existence.

My love, regards and pranams to you"

Mr. P. V. Subramania Aiyar, Sub Editor of Bharata Devi of Madras in the course of a communication to Mr. L. K. Sarma says :—

"The triumph of Dr. Sarma's school of thought is, I think, the triumph of the robust oriental common sense over that of the oft imitated dogmas of the west. I have often wondered whether is it not high time for intellectualism to get the upper hand of dogmatism—And I am glad that after all the revolutionary nationalism has got a future while people like Dr. Sarma live and preach us—especially the younger generation—the right way to live our lives. I pray for his long life and prosperity."

Mr. V. Venkatasubbayya M. L. A. of Nellore in the course of a communication says :—

"Rejoicing on your Shastipurti I offer you my heartiest felicitations on this happy

Undesirable Mannerisms in Children

R. RATNA BAI

Mannerisms such as thumb sucking, nose picking, masturbation are among the most common mannerisms in children, and they are a source of worry to a great number of parents.

Ordinarily these habits appear, are most common and disappear at certain age levels. But often they involve some emotional complex in which case they may persist. Parents should therefore carefully study these mannerisms in their children to find out the cause so that by removing the cause the habit might disappear.

There are certain general situations in which these mannerisms are commonly exhibited. When the child is distressed, e. g. hungry, sleepy, when the stomach is aching etc- they usually suck their thumbs and exhibit other mannerisms which might be peculiar to the individual child.

Some children protrude their tongue, incline their head to one side or shake their foot when they are confronted with a difficult task or with some problem which proves too difficult for them. Again when there is emotional tension such as being observed by an adult or being too much criticised is also the cause of certain mannerisms such as bending the head etc. These mannerisms might also be exhibited when the child is unoccupied. But though the children appear to be unoccupied it will be found on examination that almost always there is some emotional tension. The child is thinking of some difficulty in a problem, is doubtful about some course of action or is depressed due to some undeserved scolding from the adult. The mannerisms are indulged in such situations for the mild pleasure they give. The child tries to forget this distress- in the pleasure that these acts give him.

To remove any undesirable habits in the child the first thing is to understand the reason for it and to remove the cause, for the mannerism is only a symptom of some form of distress. If the child is hungry or otherwise distressed the cause must be removed at once. If he is indecisive as to a course of action in a difficult problem the way to solve the problem might be suggested. The most important thing is that the actions of the child should not be too critically observed by adults, so that the child is constantly diffident about his own capacities and fears disapproval. When these mannerisms manifest, when the child appears to be unoccupied some interesting activity in which there is no scope for the mannerism, to persist might be suggested to the child. If a child has the habit of sucking his thumb or picking his nose or masturbation, some activity such as clay modelling, which will engage both the hands might be suggested. But parents are in hurry to correct them and therefore prohibit them in their children. The result is that there is additional distress—the fear of disapproval to the distress which is already present. The child may fear the adult's anger and to all appearances may have got over the habit. But in almost all cases it will be found that the child indulges in it secretly. In such a case the habit becomes more dangerous for there is the desire to continue the habit, but there is also a sense of shame attached to it. If the parent becomes excited when the child shows a tendency to masturbation and prohibits it, the child feels that there is something morally wrong with the habit and so feels ashamed of it. Thus an emotional complex is formed with regard to the habit which makes it hard for the child to get rid of it.



PATHOLOGICAL NECESSITIES :: COUGH

From the innocent cough accompanying the ordinary cold right to the pulmonary tuberculosis there are various kinds of coughs arising from equally numerous causes, according to the licensed system of treatment, e.g. allopathy.

Every kind of cough is very minutely attempted to be diagnosed and multifarious concoctions, potions and pills are prescribed for them by them. Really even the ordinary cough which follows a day's constipation is harassing and every patient urges the disappearance of his cough in a very short period.

But what is cough ?

Cough is a spasmodic action of the diaphragm at one time on the intestines and at the other time on the lungs; so trying to apply extra energy on the two excretory organs, to enable them to function more energetically and well. The pressure applied on the intestines becomes so great, that after a strenuous coughing there will be a free evacuation of the bowels at times; and the lungs also play their part in throwing off considerable quantity of mucus from them. After every harassing night of coughing the patient feels, lighter in spirits and of course he feels extreme weakness also. If the medicine man does not interfere with his pill case or potion box and deaden the diaphragm with his morphine, arsene, aconite and other poisonous drugs the disease also will naturally disappear of its own accord.

But how does this come at all ?

Unlike fever, in almost all cases of cough, there is a false appetite. We cannot call it hunger; because after every meal the patient feels that his lost strength is regained. This feeling of necessity of food, is simply due to, bad assimilation. The more the patient eats the more the process of assimilation is spoiled and the more he feels the necessity of feeding.

In the beginning the patient indulges in eating of things (1) that are not conducive to health (2) that are not needed as to quantity and quality (3) that do not supply the blood and muscle, the necessary percentage of organic mineral matter(4) that diminish from the body the percentage of alkaline matter which is responsible for the catalytical and analytical process of assimilation and the katabolic and anabolic processes of the systematic metabolism.

Added to the bad eating habits, bad air, bad habits in living indoors all day and night; wearing of unclean and super-abundant clothing; wearing no clothing at all — of course that may be due to poverty, neglect or ignorance or indifference — all these contribute to the lowering of the bodily vitality to bring in one sort or other of the symptoms of the lung troubles—Pleurisy, phthisis, asthma, bronchitis — acute or chronic, laryngitis, pharyngitis, epiglottitis and other diseases, that produce cough.

I may mention in this instalment, to few physiological points, so that my readers may follow well, my contributions in this series.

If a moist thing such as green vegetables, fruits or fish, meat or beef is to be stocked, it is preserved in a very cold place such as a refrigerator; or if it is to be preserved in tropics, it is preserved in salt. Here we have got a number of pickles prepared by the preservation of mangoes, tamarinds, limes etc. in salt. But the salt does kill the life principle from the said article.

Our body is a store-house of moist flesh and liquid blood. To avoid disintegration the body needs an enormous supply of alkaline matter. The matter should not be the sodium chloride—as it can be used only for preserving dead things. Live alkaline elements are needed for integrating the life principle in the body. That is called the organic mineral alkaline mate-

rial, which is available in abundance in greens, vegetables, citrus fruits, tamarinds and berries.

If the body is supplied only acid forming food materials such as polished rice, commercialised white wheat flour, sago, white sugar, meat, beef and fish; and the greens, vegetables, fruits, tamarinds and berries are withheld from the food; the body suffers a great deal for want of the required organic mineral element and becomes a seat of innumerable diseases, infectious or otherwise.

Whenever the percentage of organic mineral matter is lowered than the minimum necessity, some disease or other presents itself. The excretory organs lose the necessary tone to function properly and the body becomes a receptacle for various kinds of filth,—solid, liquid, or gaseous.

When you get dry cough it is the gaseous filth that is deposited in the body; if the cough is catarrhal the filth is liquid and if there is solid mucus coming out, it is solid filth that is deposited in the body.

In almost all kinds of cough you find that the body is not functioning properly. The excretory organs are lethargic. If you just see that the excretory organs namely the lungs, kidneys, colon and the skin function properly there is no more cough. There is no need of cough and so cough disappears. As long as you neglect to take care to see the excretory organs function properly and lull the diaphragm by the harmful and deadly poisons you cannot have a permanent and radical cure of the cough. Whenever the body and the diaphragm in particular, wakes up from spell of the poisons, it again persists in the act of elimination by forcing the lungs and the abdominal organs to function properly. Then you find cough again.

So cough is not so much to be dreaded as the cause of it e.g. the impure filth in the body. Cough is necessary in that pathological condition. It is a benefactor, not an enemy.

If you remove the filth at the base of it the diaphragm functions properly and harmoniously. You do not feel that you have got a diaphragm at all in your body to give any discomfort or pain. As soon as the pathological condition is removed by employing simple commonsense methods of hygiene and biologic living and as soon as a harmonious physiological state is restored there is no more cough.

How to cure cough ?

In every case of cough you find that the patient is suffering from constipation for a considerable time. To restore the colon to normal condition, you will have to resort to natural ways of toning the system. Under ordinary conditions flushing or irrigating the colon with tepid water every day in the morning, seems to be indispensable for a number of days or even for months until the colon receives its normal tone, to function properly. The quantity of water used for the irrigation should be 3 to 4. The quantity may be a little less in the beginning and may be somewhat increased as the novice accustoms himself with the process.

Hot water bottles placed on the lower abdomen, through wet cloth folded into 4—8 for 15 minutes in the morning and evening with a conclusive hip or sitz bath of the 'Kuhne type' do immense good in restoring the intestines to normal activity. The sitz bath or hip bath may be taken in accordance with the strength of the patient from 5 to 15 minutes. The above process is efficient in toning the kidneys also and hence much of the poison in the blood is squeezed out into the kidneys and eliminating in the shape of urine.

Naked baths in the mild evening sun for 15 min. to an hour daily works well as a diaphoretic. The sweat that is forced in this way relieves the system of wastes — solid, liquid and gaseous.

It is needless to say that the patient should breathe in only pure air laden fully with the maximum percentage of oxygen. Living in thickly populated cities and in slums is really contra-indicated in cases of

pulmonary tuberculosis and other diseases of the type.

Inhaling the pure cool morning or evening air with the mouth and exhaling through the nose for 20 or 30 times at a stretch will exhilarate the lungs considerably. After every such application you will find considerable quantities of phlegm coming out from the lungs with least trouble. The same procedure if adopted will give an immediate relief in ordinary cases. In stupid cases the procedure must be indulged in for a number of weeks or even months.

In almost all cases of T.B the allopath prescribes a perfect rest for his patient and whenever the patient attempts to move about he will find the temperature going up and the cough harassing.

But in a nature cure home the patient is advised to walk distances which he can comfortably cover. He will find in the long run, that whenever he sits quiet at home, the cough presents itself or the temperature goes up a bit.

But there is a fundamental difference between the allopath and the naturopath in the feeding of the T. B. patient. The allopath does not take into account the strength of the digestive organs of the patient and feeds the patient all sorts of strong foods from the butter to the chicken and even meat or beef. I do not know whether he takes care about the assimilable quantity of food or not.

The naturopath on the other hand feeds the patient with foods that give least trouble in assimilation in the beginning. As the digestive fires are kindled and the quality and quantity of food assimilable increase, she prescribes stronger food more in quantity. By that he restores his patient to normal food with an increased capacity to work more and more efficiently.

The cough and fever disappear as soon as a normal hunger sets in. In other words as soon as the bodily filth is removed from the system by natural methods of healing mentioned above, the hunger comes to normal condition.

There is a saying among the allopaths 'feed a fever, starve a cough.' But even the starving of cough, seems not to be in actual practice.

I believe, it will not be out of place, if I prescribe a few applications along the lines of 'Chromopathy'.

Deep blue colour is very beneficial in the curing of the dry distressing cough or the harassing cough, in which slight streaks of blood or phlegm comes out after a strenuous cough. Violet colour is very beneficial in the curing of asthma, and all other varieties of cough where phlegm comes out in quantities.

The patient may take in the shape of thermolume baths or color charged water or gas or light for their treatment.

For modes of application please refer to 'Human Culture & Cure' now in the press and which can be had of The Chromopathic Institute, A. G. Press buildings, Bezwada.

As usual fruits of the citrus type, pomegranates, berries, tamarinds, prunes etc. besides vegetables and greens work most efficiently in the cure of cough. Care should be taken not to mix up fruits and vegetables in a meal. There should be an interval of at least 3 hours between a fruit meal and a vegetable or a green meal.

It will be highly beneficial to avoid starches or other carbo-hydrates from the meal as far as possible until a cough is sufficiently controlled or until the cough becomes the least distressing.



Compulsory Vaccination: Bhavanagar State

PROPOSED LAW

Memorandum Submitted by Dr. Sarma K. Lakshman, B. A., B. L., N. D.,
President, The Indian Naturopathic Association
To the Dewan of Bhavanagar State.

Practice

1 The practice of vaccination dates from a prescientific age. The science of bacteriology, and the new science of Diabetic Hygiene did not exist at the time when the practice was begun; and even to this day doctors as a class are profoundly ignorant of these sciences.

Views of Medical Men

2 The views even of medical men are changing. Dr. Walter Carr in his presidential address to the Medical Society of London spoke as follows: "Our views about vaccination are changing. They would probably change even more quickly, had it not become a part of the official creed established by law, and therefore as difficult to alter as the Athanasian creed itself"; it may be necessary to mention here that the 'Athanasian creed' is an out-worn dogma of Christianity about Godhead.

3 A few years ago Col. Shortt, I.M.S., declared in the course of an address to the Rotary Club at Madras: "In the last event diseases such as cholera, plague, small-pox, malaria, et hoc genus omne will never be eradicated by vaccines or the like; they can only be conquered by the fullest application of general sanitation.

4 Innumerable doctors who originally believed in the unalloyed goodness of vaccination, but who by chance or otherwise came to study the question thoroughly have come to the conclusion that the attempt to create an artificial immunity by vaccines and serums is a wrong procedure.

5 Sir William Arbuthnot Lane, Dr. Beddow Bailey, Major Austin, Dr.

Creighton, M. D., M. A., author of the article on vaccination in the Encyclopaedia Britannica (9th edition), Dr. E. M. Brookshank, M. D. (Lond). M. R. C. S. (Emeritus Professor of Pathology and Bacteriology in King's College, London). Dr. W. R. Hadwen, M.D., (Gold medalist in medicine and surgery) and Dr. William Howard Hay are among those that have given their testimony against vaccination. Extracts from their speeches or writings can be furnished if demanded.

6 If it be objected that there are still large numbers of doctors who believe in vaccination as both harmless and effective, the answer is that in all the professions the proportion of persons endowed with natural intelligence and ability to think for themselves must necessarily be few, and that the majority are simply blindly adhering to what they had been taught.

7 Non-medical bacteriologists like Dr. Hugh Nocol are inclined to question the validity of medical theories such as the germ theory—which have relation to the question of immunity.

Statistics

8 The effectiveness of vaccination cannot be proved by showing selected figures from statistics; the general tendency of small-pox in relation to sanitation as well as vaccination over whole countries for long periods should be considered. Such a consideration of statistical evidence shows that the medical claim is altogether false. A few salient facts are stated here-in-after.

9 In the Army and Navy of Britain and other countries, such as the U. S. A., there is a very stringent enforcement of

frequent vaccination, and yet—in spite of the general robustness of the men—a any chance infection sets up an epidemic which causes a mortality at a much higher rate than in much less vaccinated civilian population. In consequence the authorities are careful to avoid stationing troops in or near infected localities; and this is the case even where the infected population is heavily vaccinated; recently when a small-pox epidemic was going on in Hong Kong, which was heavily vaccinated, the British troops were not allowed to land there.

10 Vaccination is practically optional in Britain and certain other countries, while severe laws of compulsory vaccination and revaccination exist in countries like Italy, Spain, Japan, Mexico, and the Philippine. It would be fair to compare the fortunes of the two sets of countries.

11 Such a comparison leads to the conclusion that vaccination, far from being a protection, actually makes the population more liable to fatal small-pox. Details are available and shall be furnished if required; for the sake of brevity these are not given here now.

12 On the other hand where there is little or no vaccination, small-pox has practically disappeared; there are extremely few deaths, showing that fatal small-pox has ceased, due to improved sanitation. Though official statistics mention small-pox, the truth is that the disease is not small-pox at all but what is called alastrim, a very mild illness which is never fatal. This evolution of a mild and non-fatal disease out of small-pox is a natural phenomenon, exemplifying a law of epidemiology, namely that left to nature every epidemic disease tends to become extinct or less virulent; where nature is countered by artificial methods invented by man, this beneficent evolution does not take place; and that is the reason why small-pox still prevails in the populations subjected to compulsory vaccination laws.

Compulsion is immoral

13 Apart from the question of pre-

venting small-pox, compulsion is immoral, because no state can guarantee that vaccination shall be safe; in other words no government has been bold enough to undertake to indemnify parents who lose their children by vaccination; of course only a money compensation is possible in such cases; but if any state admits such liability, it will be a great gain, since the fear of having to pay such penalties will operate steadily in favour of personal liberties, and will finally lead to the abandonment of the whole policy of interference with private liberties in this particular manner.

Conscience clause

14. It was because it was proved to the hilt by a volume of reliable testimony that could not be set aside, that the law in Britain was modified by the enactment of a conscience clause. The history of this amendment is a very instructive one; but I forbear from narrating it here for want of space and reserve it for a future opportunity. It is enough to say that experience of the actual effects of vaccination caused a widespread public agitation against vaccination which led to an enquiry by a Royal Commission which sat for about eight years and found that in fact vaccination tends to produce diseases of its own, and sometimes proves fatal, and that their report was one of the causes of the amendment. It is pertinent here to remark that a liberty which is being enjoyed by Britons cannot be denied to Indians, except by men who are so bigoted for vaccination, that they will not listen to reason.

15 That vaccination is bad for health was recognised by eminent scientists and philosophers even in the infancy of this practice. For instance Herbert Spencer than whom there never was, nor ever will be, a more scientifically minded thinker and Immanuel Kant, the well known German metaphysician, both condemned vaccination as inimical to health.

16 "If once you interfere with the order of Nature, there is no knowing where the effects will end," said Herbert Spencer

in explaining his views on vaccination. Vaccination is an interference with the order of Nature, and that is the reason why it does harm, though in many cases the harm done is latent and brings about untoward consequences after so much time, that the causal connection is not evident.

Sowing the Seed

17. Vaccination can fairly be described as sowing the seeds of disease; the crop is naturally of the same kind as the seed; he that asserts that it is otherwise, even after he is told the truth, can be rightly characterised only in words that will be called unparliamentary.

Wages of Sin is death

18. The preparation of vaccines is a grossly sinful un-Hindu act. **The Wages of Sin is Death.** Vaccine, the product of a grievous sin against the progeny of the cow which we Hindus regard as sacred, is naturally the seed of fatal diseases, or of serious defects of health which develop into incurable diseases, like tuberculosis diabetes, asthma, and Cancer.

Preparation of Vaccine

19. The actual preparation of vaccine is as follows:—“After the calf has been fixed to the operating table, about 150 incisions, which are about 2 or 3 inches in length, are made with a dry lancet all over the shaven area of the skin and also on the scrotum. ‘Vesiclo pulp’ the pus in an eruption obtained in the postmortem room from discreet cases of small-pox that had died during a comparatively early stage of the eruption, mixed with glycerine, is then well rubbed into each separate incision. On the sixth day the lymph is collected by applying compression forceps to each vesicle separately and the crust is first carefully removed with the edge of a lancet. These crusts (‘scabs’) are collected in a watch glass and are employed for the vaccination of children.” The lymph is subjected to further treatment, the details of which are not necessary here, and filled into tubes.

Disease of the Brain

20. Recently a new effect of Vaccination was observed, namely a fatal disease of the brain called encephalitis lethargica. In Britain there has been in operation a conscience clause and hence there was practically no difficulty.

21. In Holland the medical profession honestly confessed that vaccination was to be blamed and recommended that compulsion should be suspended. This was done about fifteen years ago and compulsion has not been revived. The example of Holland has been followed in Denmark.

In India

22. Similar cases are occurring in India also. In a recent tour I came across numerous instances. I myself witnessed a case in the family of a neighbour; a vaccinated child fell ill of this sleeping sickness and died in a month.

Challenge

23. A challenge was issued to the late Congress Ministry of Madras,—just when they were preparing the Public Health Bill which was passed into law recently—asking them to prove their good faith by accepting responsibility at least for the deaths following vaccination; this challenge was not accepted; the ministers thus tacitly admitted that vaccination can cause such disasters and that their medical staff can not undertake to predict beforehand whether in any instance there would or would not be a fatal result.

24. In a medical journal, namely the Indian Medical journal, there was recently an admission that vaccination can prove fatal.

25. The cause of such disasters is the entrance of the filth called vaccine-into the brain; the poison has an affinity to the nervous system and affects the brain.

26. It stands to reason that where it does not kill it weakens the constitution and

lays the foundation for future diseases that may be incurable.

27 Among the evil effect traceable to vaccination is the atrophy of glands, especially the breasts of women, causing the necessity of bottle feeding for infants.

Conclusion.

28 In conclusion I may mention the historical instance of the city of Leicester in England where public vaccination was discontinued and all expenditure and attention concentrated on sanitation. The ex-

periment has lasted for nearly sixty years and has been acknowledged by its medical officer for health, Dr. Killick Millard, to be an unqualified success. This is not denied by any one: but provaccinationists are naturally silent about it because they had predicted disastrous consequences which have not materialised. There are a few other cities in the world where the same policy has been successfully followed, notably the city of Niagara in the U. S. A.

More details and proofs can be supplied if necessary.

Universal Uncooked Food : A Review

The Kashmir Chronicle, Srinagar reviews thus:—

"Universal Uncooked Food" by B. S. Gopala Row, N. D. D. T. Nature Cure Advocate, Rajahmundry. Pages 222. Price Rs 4 Full calico & Rs 3-8-0 Card Board binding.

Approved by the Text Book Committee Vide Fort St. George Gazette D. 10-10-39 Part 1. B. pages 648-65.

Some years ago, Sardar Budh Singh, (a Kashmir nationalist leader) Ex-Sub Divisional Magistrate created a sensation by giving up all cooked food and trying experiments in fresh uncooked food. What became of his experiments is not known. But here is a book based on the practice of the author who advocates that fomentation of foreign matter in the human body is the source of all our bodily troubles and recommends a suitable combination of fresh uncooked food.

Louis Kuhne's baths cured the author of some hereditary diseases. He tried experiments on others and their success

encouraged him to evolve theory of uncooked food which he has been putting into practice at his nature cure clinic for the last 18 years. Many eminent people whose opinions are incorporated within the book in an appendix have visited this clinic and testify to the curative power of these methods in such diseases as pneumonia, influenza, cholera, leucoderma, consumption, cancer, etc.

This book is written in an easy style and makes interesting reading. Mr. Row thinks that milk as a food for human beings is unnatural because it is full of animal excreta. He deprecates the use of canned milk and tinned food.

Mr. Row discusses the unsuitability of the existing systems of medicine which only suppress diseases. Many people including Gandhiji are convinced tributaries of nature cure methods like hydrotherapy chromotherapy, etc., and those who are out to give up moving in old grooves and want to study simple natural methods of preventing diseases will find the book valuable.



I. N. A. GAZETTE

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We learn from the organiser Mr. Ch. Ramajogayya that the proposed opening of the nature-cure Home at Doddipatla on 19.1.40 is postponed to 26.2.40 after consulting the astrologers. We wish every wellwisher and sympathiser of the nature-cure movement in India will co-operate with the organisers, present themselves and bless the Home.

We wish the Home to be successful not only in treating patients but in becoming a seat of learning in the various branches of nature cure in a short period. We wish the organisers God speed in their well planned Naturopathic Home.

I. VENKATA RAMANAYYA,
 Propaganda Secretary, I. N. A.

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2. To foster the perfection of the true Science of Health by promoting investigation into the Laws of Natural Living and into the Methods of Natural Healing.

3. To encourage a sympathetic, critical and comparative study of the several ancient and modern, preventive and remedial systems, institutions, customs and practices in the world (whether scientific, philosophical, religious or otherwise) for the purpose of ascertaining their Naturopathic value, if any.

4. To investigate, interpret and redeem the theory and the practice of the traditional Indian Naturopathic Systems of Yoga.

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