


The INDIAN NATUROPATH



FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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

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Nature Cure is necessary to the World*

Nature-Cure is unique in certain respects; it has certain good features not possessed by any other system.

In the first place, no man can be free of dependence on another in any system other than Nature-Cure. Nature-Cure alone has that virtue.

Freedom is the most precious wealth. **Dependence on another is painful; dependence on oneself is happiness**, so said Bhagawan Manu the oldest of the Rajarishis. Freedom in political and other external matters is not real freedom; if our bodies are not our own, then, I venture to say that all talk of freedom is a thorough-going fraud. Speaking in a general way, physicians hanker for the curtailment of this freedom; they do not like to recognise and respect it.

It need not be doubted whether it is at all possible to enjoy freedom of the body by Nature-Cure. There are living persons who have enjoyed this kind of freedom, with their families, for twenty five or thirty years already; and I humbly beg leave to tell you that I am one of them.

It is easy to explain how such freedom is possible. For one to study all the

books relating to any one of the non-natural systems, to test their teachings in actual life, and thus to make them his own, a single lifetime is not enough. But the science of Nature-Cure is very compendious; it is very easy to learn, being free from technicalities; even boys and girls can learn and practise it.

There is a reason for Nature-Cure being so much simpler than all other systems. In the non-natural systems it is necessary to name a disease and to treat it in a special way; no such procedure is followed in Nature-Cure. In their real nature all diseases are one and the same; and their treatment also is substantially the same. This is the cause of Nature-Cure being easy to learn and follow. This is a truth verified by experience, and men without such experience have no right to question it.

If sceptics laugh at this, let them freely do so; we have realised immense blessings, which they can never attain.

In the third place, poisons that are deadly to life, such as mercury, arsenic and the like are not permitted in our system. Our medicines are only such as can be freely used as food,—fresh herbs, vegetables, and fruits. We are constantly

* Dr. Sarma K. Lakshman's Presidential Address at the Madras Naturopathic Conference held at Attur on 3-2-40.

witnessing the tragedy of patients being prematurely killed off by doctors who employ poisonous remedies. In Nature-Cure premature deaths do not occur at all.

Fourthly, those that renounce the unnatural ways and take refuge in Nature, not only gain in health from day to day, but their progeny are found to be constitutionally better than themselves; this has been verified. The reason is that the methods used are aimed at eradicating the seeds of disease and renovating the body. Even those that do not or cannot follow the methods in full, need not hesitate to take to this system, because they are sure to be benefited in proportion as they do practise the methods. But there is one very important rule: Whoever takes to Nature-Cure must no more follow unnatural methods, whatever may be the condition; he must not take the drugs of unnatural systems; nor must he approach the givers of such drugs. The observance of this one rule alone will bring great blessings.

All these statements are supported by many proofs. In particular there is the fact that men who had been taught in the unnatural schools of medicine have later on discovered that these systems are disappointing and have taken to Nature-Cure once for all, renouncing the other system utterly; these are the most reliable witnesses. Among such are worthy of mention the following: our Bhikshu Swamiji, the late Dr. Lakshmi Narayan Choudary - who recently passed away without any illness, after an exceptionally long life, and Major Austin of the I. M. S., who also lived to a great old age and passed away very recently.

Whether through envy or ignorance, a reproach is often cast on Nature-Cure, namely that Nature-Cure is not scientific! Those who say so are mostly professionals who make a living by treating the sick. It will not be quite incorrect if we say that these are inveterate sinners who cannot bear to see people living in freedom from themselves, for it is not in human nature to tolerate what would take away one's

livelihood. Besides these men have not even a smattering of scientific knowledge.

Whatever science has discovered in the field of medicine are just the truths that have been upheld in Nature-Cure all along. The supreme value of vegetables, the skin of vegetables, raw green herbs, etc., is not yet realised by these doctors. But Nature-Curists have always esteemed them.

Besides it is declared by the famous Prof. Einstein that "there are no eternal theories in science."

The germ theory that is still upheld by these doctors is now proved to be opposed to science.

There has been established in Britain a medical association for purifying away these and other grievous defects of medical science, called the Health Education and Research Council, and it has a membership of about sixty fully qualified doctors. These mostly agree that Nature-Cure would be the best of all, if only the people had the right kind of mentality.

Is not science a method of discovering truth? There is a science unknown to the allopathic doctors, namely Iridology, which teaches how to read the records in the eye. The findings of this science are all wholly condemnatory of the non-natural systems; they prove the superiority of Nature-Cure. As it is not possible for me to deal with this point in detail, I leave it at that.

At least from the consideration "Let us get on somehow, but our progeny should be happy," the people are bound to give all possible support to Nature-Cure. There is no way to safe-guard the welfare of posterity, except the Natural Way.

It is needful to mention one thing. The public health has many enemies parading as its friends. Among those the doctors are foremost. These are destroying humanity by means of the methods of gutter-medicine, such as vaccination. Not alone that; they confiscate our natural liberty and treat us worse than cattle. The cause is the trust we place in them.

Here politics come in. It has become the rule to make and enforce compulsion-laws on medical matters. This is unjust. We must remove this injustice. We must no more allow medical men to rule us; we must place them where they belong, in the place of our servants.

A great injustice is this. Most recklessly, children are vaccinated brutally and by force of law, and if the child should suffer injury or even die, it is claimed that the government is not responsible. I beg you will think for yourselves, what will be the effect, if there be laws making the government liable to a penalty by way of damages and if there be established impartial courts to impose the penalties!

Countless letters have been received by persons like myself, from patients who had only become worse by ministrations of the violent system called allopathy, of the mild one called homopathy and of the Ayurveda and Siddha systems. A great many of these have been benefited; but those who had been too far injured by wrong treatments could not be benefited to the same extent.

I therefore venture to say this. Nature-Cure is necessary to the world; all are bound to keep it on; all should help in order to restrain its enemies from doing wrong. This I say in all humility, but with the right to say it.



Naturopathic Conference at Attur (Tamil Nad)

At Attur in the pandal erected for the Tamil Nad Political Conference, on the night of the 3rd February 1940 a conference was organised by the Madras Naturopathic Association. Mr. C. N. Muthuranga Mudaliar, M. L. A. (central) opened the conference with a speech in Tamil in the course of which he expressed his emphatic disapproval of compulsory vaccination. Dr. Sarma K. Lakshman of Pudukottah, President of the Indian Naturopathic Association, presided and addressed the conference in Tamil; he stressed the fact that Nature-Cure is the only method which solves all the problems of public health, because it enables every one to be his own doctor, and ensures that every succeeding generation shall be healthier — not sicklier — than the last. He then touched upon the political questions in which the followers of Nature-

Cure are now interested, because of the immoral ascendancy of western allopathy; the denial of the elementary rights of citizenship by the coercive laws relating to purely medical matters, he said, amounts to reducing the human being to the level of mere cattle. Sri Bhikshu Swamiji of Madras, Sri Venkatasubbiah, M. L. A., and Dr. M. K. Pandurangam also spoke at length. Sri Venkatasubbiah spoke very forcibly on Vaccination and Inoculation laws; the audience fully endorsed his conclusions. Three resolutions were put before the conference and were passed unanimously. The first related to compulsory vaccination and inoculation and demanded the repeal of the laws. The second demanded the suppression of the manufacture of polished rice. The third urged the government to recognise Nature-Cure and treat it on an equal footing with the other systems.

Anti-Vaccination Conference

At Attur (near Chingleput) on the 4th February an Anti Vaccination Conference was organised by Sri Venkatasubbiah, M. L. A., of Nellore. Dr. P. Solomon of Madras presided. He explained that vaccination was not for the good of the people, but was an imperial device for perpetuating foreign domination and proved by facts that vaccination and inoculations are wholly evil. Sri Venkatasubbiah then spoke in Telugu, his speech was interpreted in Tamil by Dr. Sarma K. Lakshman of Pudukottah. The speaker gave

clear proofs that these medical methods are dangerous to life and health and do not afford any protection from the diseases which they are claimed to prevent. A resolution was proposed and carried unanimously, to the effect that compulsory vaccination and inoculations ought to be stopped, or at least that there should be a conscience clause, just as there is in Britain, enabling every objector to free himself and his dependents from the law, by merely making a declaration.



TWELVE REASONS

Why Vaccination should be abandoned and the Vaccination Acts repealed

It is a crime against nature

(1) Vaccination involves the introduction of *animal diseases* (supposed to be cowpox) into the healthy human body. The motive may be excellent but the practice violates the integrity of Nature. It is doing wrong in the hope that good may result. It makes good health a crime. Even if the practice were as successful and harmless as it is unsuccessful and dangerous, no end can morally justify such a means. "To forbid perfect health is a tyrannical wickedness, just as much as to forbid chastity or sobriety. No law-giver can have the right." (Prof. F. W. Newman). "A physician of the body has no more right to enter into a compromise with disease than I have, as a physician of the soul, to enter into a compromise with sin." (Rev. Hugh Price Hughes)

It is Politically Iniquitous.

(2) That which is morally wrong

cannot be politically right. "No laws are binding on the human subject which assault the body or violate the conscience." (Blackstone). "When the law comes into conflict with the conscience of man, it is the law that should be altered, and not conscience that should be forced." (John Morley). Vaccination was made compulsory and endowed by law at the instigation of the medical profession. The people were never consulted. The law is a flagrant violation of the principle of government by consent. To-day more than half the parents of England are withholding their children from vaccination—a virtual referendum which of itself would justify the repeal of the law.

It Lacks Scientific and Practical Proof.

(3) Compulsion in such a matter could only be defended if at all under the stress of overwhelming proof of its necessity and conclusive evidence of its value

and freedom from danger. No such proof or evidence has ever been forthcoming. The claims on which the Acts were passed have long since been proved to be false. There is no scientific ground for believing that cowpox bears any relationship whatever to smallpox, or that it affords the slightest protection against that disease. The history of vaccination is a long record of shuffles from one untenable position to another. Experience shows that the vaccinated enjoy no greater protection against smallpox than the unvaccinated, *other things being equal*.

Its Claims are self-contradictory.

(4) The modern claim of the pro-vaccinists that only recent vaccination is of value reduces the whole case for vaccination to an absurdity, because it involves the admission that ever since vaccination was introduced only a mere handful of the population can have been at any time "protected", and as a consequence it cannot have been vaccination which caused the diminution of smallpox attributed to it by pro-vaccinists. Moreover, if vaccination does not "protect" against itself (it can be frequently repeated within periods as short as a few weeks) how can it be expected to "protect" against smallpox? One school of pro-vaccinist experts asserts that "Cowpox" protects against smallpox because it is a disease similar to smallpox, while another asserts that it protects because it is a different disease altogether!

It is highly dangerous

(5) The experience of Great Britain, where a "conscience clause" has been in force for 30 years (i. e. since 1907) proves, beyond question, that leaving children unvaccinated is no danger to the community. The country has never been as free from fatal smallpox as during that period. For some years past, vaccination has been a greater cause of death amongst children than small pox. Quite recently startling revelations have been made in this country and abroad of a new danger in the form of post-vaccinal encephalitis which has led in Holland to the suspension of the com-

pulsory vaccination law. In this country the medical officials of the Government merely modified the method of vaccination (incidentally reducing it to a mere shadow of their own previous standard of efficient vaccination) but, notwithstanding this unprincipled attempt to save vaccination from reproach, deaths from this new complication continue to be reported.

Its history is a history of evil

(6) A hundred and forty years' experience shows that vaccination is thrice cursed — it is useless as a preventive of smallpox, it obstructs and delays the introduction of really rational remedies and is itself a serious cause of disease and death; and yet, upto the time of the passing of the conscience clause, many thousands of God-fearing and law-abiding parents in this country were imprisoned or fined for resisting the enforcement of the law. "For the last twelve years...I have not ceased to strive...to make men understand that vaccination has no protective efficacy; that vaccination has no scientific basis; that vaccination is founded on a phenomenal sequence of blunders; that vaccination entails serious injury direct and indirect; in fine that vaccination is one of the greatest and most fatal blunders into which the medical profession has ever fallen." (Carlo Ruata, M. D., Professor of Materia Medica, University of Perugia, 1898).

Eminent Doctors Denounce it.

(7) Though the great majority of doctors find it convenient and profitable to acquiesce in the orthodox professional view that there is "nothing like vaccination," a small minority have suffered ignominy and loss because they have dared to make a stand for the authority of truth as against the truth of authority, and, after the most searching investigation, have condemned the practice in unqualified terms. Dr. Charles Creighton (who died on the 18th July, 1927, and was referred to in an obituary notice in the pages of the "Lancet" as England's "most learned medical scholar of the 19th century") gave convincing evidence against the practice

before the Royal Commission on vaccination (1889-1896), as also did Dr. E. M. Crookshank (Professor of Comparative Pathology in King's College, London). Both these doctors also embodied their views in books which have never been answered by the pro-vaccinists. "Where doctors differ it seems difficult to resist the claims of parents to be allowed to choose for themselves which opinion they will follow." (Royal Commission on Vaccination, "Dissent of Sir W. J. Collins, M. D., and Mr. J. A. Picton," par. 283).

Its Strength is the Strength of Quackery

(8) Incredible though it may seem it will be found by any one who cares to investigate the pros and cons of the subject that the strength of vaccination is the strength of quackery. Jenner never defined vaccination in any scientific way and it has never been so defined by any of his followers. No rational explanation has ever been produced showing the nature of "pure calf lymph" (a false description in every one of its terms) or how its alleged protection is set up, or how long its supposed effectiveness can be relied upon. When vaccinated people take smallpox they are then told that their vaccination could not have been "properly done," or that the "lymph" was not active, or that the marks were too few or too faint, or that the operation was too old or too new, etc., etc., but no rational definition of these terms has ever been produced. It is a case of "Heads I win, tails you lose."

Abuse Versus Argument.

(9) Pro-vaccinists have well-nigh exhausted the vocabulary of invective in their selection of epithets to hurl at those who have defended the right of a parent to preserve his child from medical assault and his conscience from violation, and this notwithstanding that laymen and women of the highest mental endowment (such as Herbert Spencer, Alfred Russel Wallace, Florence Nightingale, Tolstoi, George Bernard Shaw, Gandhi, and many others) have been compelled, after investigation

of the facts, to conclude that vaccination is a delusion and a snare, and that its penal enforcement is a crime. Alfred Russel Wallace said "the abolition of all laws enforcing or encouraging vaccination is of more immediate and vital importance than any party dogma or any political programme."

Good Medicine needs no Policeman.

(10) If vaccination were a good thing, it would not need to be enforced or endowed by law. It would recommend itself by its merits. "Good wine needs no bush," and good medicine needs no policeman to compel its acceptance. Moreover, if the operation really "protects" those who accept it, why need they fear the presence of the unvaccinated? If, on the other hand, it affords no protection, other than that of the faith of the vaccinated, and is inherently dangerous (as the anti-vaccinists contend) then compulsion is clearly an infamy, and the public provision of the operation (largely done now out of the pockets of anti-vaccinists) is an outrage.

A healthy life the only true security

(11) World-wide experience shows that smallpox epidemics and other fevers flourish only when and where insanitary and impoverished conditions prevail. Isolated cases to the contrary do not invalidate the general rule. The only rational way to eradicate smallpox and zymotic diseases generally is not to poison the blood with vaccine or other viruses, but to foster those things which build up the vigour of the constitution and promote the general health both of the individual and the community. "When medical science has said its last word, the best hope for the cure of disease lies simply in strengthening, by rational modes of living, the resisting power of the human organism. That resisting power, varying no doubt in different constitutions, but always present as the condition of existence, is the puzzle of medicine, but at the same time its chief reliance."

(Continued on page 36)

Physical Culture Has Preserved My Youth

By Alexander Campbell Easley

What has physical culture done for me? Let me say in the beginning it has done a plenty. Virtually pulled me out of the grave and, I firmly believe, doubled my span of life. I am in my seventy-fifth year and don't feel as old as I did at forty.

During my youth, I led an active life on farm and ranch, then in college I played football, baseball and tennis. Graduated and taught seventeen years in my Alma Mater, Texas Christian University, Forth Worth, Texas, during all of which time I was active in athletics, coaching football at intervals and coaching and playing tennis all the time.

When I quit teaching and went to work in a bank—I naturally let down in my physical activities and soon got overweight and constipated with all the ills that go with it. I was paying teller in the bank and nearly every afternoon in the rush of business just before closing time... when a bank teller, of all persons, should have a clear head...a blinding headache would strike me.

I had been taking medicine for several years from one of the best doctors in ... town, had two wisdom teeth pulled that he thought might be causing my headaches. After a more severe attack than usual, one day, I went straight to the doctor after closing and said to him: "Now look here, Doc, this thing is getting to be monotonous. I've got to get relief from these headaches, or I am liable to make some serious blunder that may cause the bank to lose money and me to lose my job." He said: "When a man gets your age he is always more or less constipated."

He went back into the inner office and I overheard his partner say: "Hadn't you

better try this?" He said: "Why, this I've been giving him is the strongest purgative we have."

It flashed over me then that they just did not know what was the matter with me; but I said nothing. The capsules he had been giving me were sorta blue looking babies; but when I had this prescription filled I found he had changed their complexion somewhat—these showed up brown looking bullies.

I started down the street from the drug store and dumped the box of capsules into the first trash box I came to and went to an osteopath. That was thirty-three years ago and I have not taken medicine since.

The osteopath discovered a vertebra, about the middle of my back, slipped slightly and pressing on a nerve which was partly the cause of my headaches. She also found my right shoulder slightly out of place and the cartilage grown into the joint. Two years before, a horse that I was riding at full speed had turned a complete somersault. As I went off over his head I caught the main force of the fall on my right elbow. When I got up I could not raise my right hand above my head.

I went immediately to my doctor and he said it was "just strained," and gave me some liniment to rub on it. When it got no better I had two other doctors examine it. Both said it was not out of place and the liniment was the best that could be done for it... "would get all right in the course of time." So I kept on rubbing it with the liniment, had been doing it for two years when I went to the osteopath and still was not able to lift my right hand above my head.

She fixed it. Took considerable time of course. She'd pull it up a little higher every day. Have pitched baseball with it since. She also adjusted my vertebra and cured my constipation entirely.

I have had both shoulders injured—in addition to the time mentioned above—three hard falls on my back and a rupture. All of which have been cured by physical culture methods without medicine and without surgery.

If I had not been in perfect physical condition, thanks to physical culture, any one of these falls might have been fatal. Was past seventy when the last happened. My old football training of course caused me to double up and that the doubt helped save me.

Since leaving the bank twenty-six years ago I have been engaged in horticultural work—top—working native pecan trees, budding and grafting to the fine taper-shell varieties. This requires a good deal of climbing around in trees, twisting and bending and using tools in all sorts of positions. This work also accounts for the falls and injured shoulders.

My two sons, aged forty-seven and forty-one respectively, insist that I am too old for this kind of work and should give it up and take life easier. I tell them that when they get to where they can beat me playing golf and tennis, I may listen to 'em. There is a fascination about the work that holds me. Out in the open, close to old Mother Nature—close enough to feel her heart-throbs. Really it is more like recreation than work—that's why I can do so much of it without fatigue. If, "He who makes two blades of grass grow where only one grew before is a benefactor," what may be said of the man who makes a fine papershell pecan grow where only peweese grew before?

I have a regular system of exercises I take night and morning regardless of how hard I may have worked through the day. Some of them I take flat on my back in bed; or on an inclined plane I rigged up

over my bed to cure my rupture. My favorite forms of recreation are swimming, dancing and tennis.

Get up at five, breakfast at six, I go to the four sides and the middle of these United States for my breakfast every morning: oranges from Florida, wheat and brand from Michigan, corn from Kansas, raisins and prunes from California, and pecans from Texas.

I drink the juice of one orange in glass of hot water first. Then a medium-sized bowl of corn flakes, whole wheat flakes and bran with a sprinkling of raisins and pecan kernels and juice of stewed prunes over same. No cream or sugar. Eaten with half a glass of skimmed milk, other half hot water.

Lunch at one P. M. I take a slice of whole-wheat bread and spread it thin with honey, then butter, and then spinach—or turnips and greens—a half inch thick and eat that first. Then for the remainder of the meal green peas, green beans, carrots, okra, squash, and a combination vegetable, fruit and nut salad. I eat tomatoes, carrots, onions and lettuce raw. Then finish with small glass of buttermilk with crisp corn bread crumbled in it and eaten with a spoon just like I did when a boy; and lastly a small apple or half a large apple.

Dinner at eight P. M. About the same as lunch. Frequently eat just the leftovers. Occasionally liver smothered in onions or chicken and sometimes oysters in season. I eat very little meat—use pecans instead. Use honey instead of sugar for sweetening. Close with apple as at lunch.

My meals are seven hours apart and I do not eat between meals I don't eat white bread at all and don't drink ice water—drink cold well water instead. I drink neither tea nor coffee nor any of the carbonated drinks, and of course no intoxicants.

To bed at nine and how I sleep!

My scheme of living can be put in four words of four letters each;

WORK—PLAY—DIET—REST

My philosophy of life can be put in just a few more words:

I don't allow myself to even think of disagreeable things—forget 'em as soon as they happen and also forget the person or the thing that made 'em happen.

I have an automatic switch in my mental equipment and when anything dis-

agreeable—anything that sounds like a fuss or a fight or a bellyache—strikes, it shuts off and I don't even hear it.

Thus you see my scheme of living and my philosophy of life are in strict accord with the teachings of Physical Culture Magazine and that's what enables me to retain my girlish figure and remain young and pretty and speckled in spite of the years.

(Physical Culture)

A CASE OF MASTURBATION:

Age 25; Occupation: Clerk; not married

The problem cause of one or all of the symptoms described hereunder are masturbation and lewd thoughts addicted to from early manhood and wet-dreams.

The most distressing of the symptoms is complete lack of seminal retention. Mere contact of the male organ with the female organ is enough to bring about traces of sperm. Tonics did me no help. As for the physical condition of the penis, it has lost something of its erectile power. The testicles seem to be sweating.

Excessive heat in the body especially in the genitals and head, necessitating a cold water bath.

Incessant cold: The nostrils are never free from mucous which resembles the white of egg. One of the two nostrils is always blocked, the right one more than the other. Frequent sneezing. This condition of the nostrils is aggravated by eating substances which heat the blood. There is also slight cough and throat cleaning. If I read aloud four pages at a stretch, speech will be choked by throat pain and cough.

Short-sightedness: This condition of the eyes has made it necessary to wear thick glasses.

Height is 5'-5" Weight 140 lbs.—Body is fatty with a growing belly and is easily exhausted both physically and men-

tally, though appearing robust for all outward appearances.

The condition of the constitution, I believe, is acid: anything sour will upset the stomach and make the teeth sensitive, even slightly sour oranges and grapes. There is gas in the stomach and intestines will be making noise.

The hair on head is falling off slowly.

x x x x x x x

This in my opinion is a case of masturbation coupled with consumption of starches in excess. Continued practice of masturbation led to nervous exhaustion and the subsequent disorders:—indigestion, cough, blocking of the nostrils, throat pain. As the life blood, sperm, is spent in wrong directions, though the person is seeming strong, he is nervous. Some people mistake him to be shrugging his work but really speaking he is not having sufficient energy to discharge his duties properly.

Treatment: There is carbohydrate in excess in the body. We can give him a fast. But we should never keep a patient of nervous exhaustion under fast. Therefore the only way to deal with the patient is this: The patient is prohibited from taking any carbohydrates. He must be given vegetables cooked and uncooked both morning and evening and take cooling baths. (All vegetables that can be taken raw only should be taken.)

Naturopathy and Yoga

By
Professor S. S. Goswami.

In the remote past, in ancient India the science and art of Natural Healing were not unknown factors and the Rishis of yore more often than not had to have recourse to the administration of natural agents both in prevention and cure of ailments, however complicated or obstinate.

No antiquarian scholar will ever hesitate to admit that the Vedic Civilization was the world's oldest civilization and therefore the Mother of all civilizations. The annals of the vedic era bear witness to the fact that a system was then invented which according to the Hindu scriptural terminology was christened as "Yoga."

The term "Yoga" as used by the Hindus has a very wide range comprising various aspects.

Studied from the following viewpoints it can lay its claim to be recognized as a complete system of human culture:

As a means of reaching the ultimate goal of life.

As a means for developing super-powers.

As a means to increase the level of human efficiency.

When considered from the last viewpoint, yoga is a system of building vigorous health and a high level of efficiency, physical, mental and emotional, as well as of preventing and curing disease by applying natural means.

It may not be out of place to mention here that the Hindus of bygone days were not behind in the matter of original research, as gland transplantation was not new to them. It was done by transplanting the testes of the ram for organic revitalization of the patient. So it is patent that their anatomic-physiological knowledge

was at least on a par with the self-admiring modern medical men, if not greater.

Yet they adopted the natural method in preference to the medical method as it was more fruitful, yet less harmful.

The method consists chiefly of the following factors.

Internal baths which include internal water bath, internal air bath and internal friction bath;

Muscular exercise, both static and dynamic; Respiratory exercise; Controlling exercise; Concentration exercise; to correct diet; fasting; milk and other special diets; External baths such as water bath, sun bath, air bath, etc., and other hygienic measures which serve the purpose of construction and reconstruction, as also prevention.

Now, we know that the root-cause of the disease is within ourselves and not outside us. It grows from within. Disease is an unusual and emergency measure which the body is forced to adopt for the complete elimination of the toxins when the ordinary channels of elimination fail to do their function. This failure may be due to the lowered efficiency of the eliminating organs themselves, the production of excess poisons due to perverted metabolism, creation of new poisons within the body or introduction within the body of substances foreign to it such as drugs, etc., and as a result, a gradual accumulation of poison takes place within the body which ultimately develops into a disease.

When life itself seems to be a burden, vitality slides down at a low ebb, lack of emotional satisfaction, is of frequent occurrence, temper becomes soured. You must conclude that a gradual accumulation of poison in the body has been occurring and if this condition is not taken care of

betimes, the evil will reach a limit when the body, to eliminate it, develops diseases.

To keep the system free from disease and in vital condition, the alimentary organs, the respiratory organs, the circulatory organs, the eliminative organs, the endocrine organs, the nervous system, the muscles and the blood are to be especially managed by the above measures subject to modification to suit individual requirements.

Today, I will briefly outline the Yoga methods employed for the culture of the alimentary canal.

EDITOR'S NOTE. Then professor Goswami explained in detail the method. He concluded his lecture by advising his hearers to incorporate this yogic method into modern Naturopathy for more satisfactory results in prevention and cure of disease.

FOLLOWING is the report from our correspondent on the demonstrations given by professor Goswami and his assistant Dr. D. Pramanick.

At the 43rd Congress and Convention of the American Naturopathic Association held at Pittsburgh on August 8, 9, 10, 11, and 12, 1939, a special lecture and demonstration were arranged on August 9 for Prof. Dr. S. Goswami and his pupil and assistant Dr. D. Pramanick of Calcutta, India. Prof. Goswami spoke on "Yoga and the Culture of the Alimentary Canal." At first, Dr. Benedict Lust, the president, introduced Prof. Goswami and Dr. Pramanick to the audience. Many eminent Naturopathic physicians and a large number of delegates and other people were present. The important parts of the

lecture were demonstrated by Dr. Pramanick.

The demonstration was an amazing one given to show the complete control over muscles by the mind. Dr. Pramanick showed isolated control of each muscle, singly as well as in pairs. He also demonstrated the double and triple isolation and dancing and wave movements of muscles. His abdominal control was unparalleled. Static exercise, dynamic abdominal exercise and pranayamic breathing were demonstrated.

Dr. Pramanick then gave a demonstration of involuntary control. He first showed the gastric lavage without instrumental aid. He then demonstrated the suction of milk into the bladder without instrumentation, after which he ejected the milk into an empty cup.

The most remarkable part of the exhibition was the suction of air into the bladder without any instrumental aid. The air was expelled with a hissing sound and produced bubbles when immersed in water.

The final demonstration was the suction of water into the colon without the help of any apparatus. Before and after this demonstration the weight of Dr. Pramanick was taken and it was found that he was able to suck two pounds of water. Then the water was ejected into an empty pot. Prof. Goswami gave the physicians present every facility for carrying out a thorough examination before and after each demonstration to eliminate any chance of deception.

It was the most remarkable demonstration of voluntary and involuntary control ever seen in this country. After the demonstration was over, Dr. Lust thanked Prof. Goswami and Dr. Pramanick.

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(continued from page 30)

A Question for Layfolk.

(12) Any one who makes an effort to grasp the pros and cons of the vaccination controversy will find that there is no aspect of it so medical or so scientific as to be beyond the understanding of any lay person of average intelligence—pro-vaccinist pretensions to the contrary notwithstanding. At least one distinguished member of the medical profession frankly admitted this when he wrote:—

“The anti-vaccinists are those who have found some motive for scrutinising

the evidence, generally the very human motive of vaccinal injuries or fatalities in their own families or in those of their neighbours. Whatever their motive, they have scrutinised the evidence to some purpose; they have mastered nearly the whole case; they have knocked the bottom out of a grotesque superstition.”

(Dr. Charles Creighton).
J. P. S.

Courtesy of the National Anti-Vaccination League, 25, Denison House, 296, Vauxhall Bridge Road, Westminster, London, S. W. I., from whom further literature amplifying and proving the necessarily brief statements contained in this leaflet may be obtained.

Universal Uncooked Food (Review)

By B. S. Gopala Rao

(Author, Rajahmundry. Price Rs. 3-8-0. Card board; and Rs. 4-0-0 full Calico Bound Book)

That sanity in eating is the keynote of good health is the thesis of this volume. The author, a naturopath, has had considerable experience in the methods he advocates. He argues that all disease and decay in the human body are caused by some kind of fermentation or other in the system and seeks to eliminate them by removing this root cause. Cooked food, in his opinion, tends to ferment because it is “dead” matter and all dead things need must decay. Cooking also camouflages the native flavours of edibles, so that the senses which are the sentinels of the body are deceived and admit dishes to which, in their pristine and undisguised states, they would hardly give their *imprimatur*.

The author elaborates this thesis in all its implications and pleads acceptance of this campaign for better health through the eating of uncooked food and other “natural” methods of living. Eating of uncooked foods, he says, is not only a sound health practice, but an economic one too and has appended to the volume statistical tables of “dietetic camps” he had organised at various centres, showing the cost of living under this scheme of eating. Medical and technical opinion in support of the general principles put forward by the author are also included in the volume.

—THE HINDU, 21-1-40.

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Dr. L. KAMESVARA SARMA, M. A., N. D.,

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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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