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# The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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

पुस्तकालय  
गुरुकुल कांगड़ी

## CONTENTS.

	Page
Wholesome Food .....	37
A Pathological Necessity ....	40
Is Naturopathy unscientific? .....	44
An M. D. Condemns Vaccination .....	45
Treatment by Fasting ....	46



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# The Indian Naturopath, Bezwada

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# Indian Naturopath

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## WHOLESOME FOOD

It is not true that foods that are good for some are bad for others.

By Dr. L. Kameswara Sarma, M. A., N. D.,

It is often said that one 'man's food is another man's poison.' If this were true, it would mean that there is no law of Nature to help us to distinguish between wholesome and unwholesome food. Often, patients are advised to eat whatever agrees with them. But things are not what they seem. We cannot say that a particular food or article is good for one if it agrees with him. Tobacco smoke agrees excellently well with an inveterate smoker. But from this it does not follow that tobacco smoke is wholesome even to him. The evil effects of the smoke are slowly accumulating and will take shape as disease in the future. The cause of the disease will not be traced to this evil habit but to some immediate and minor mistake, such as going out in a chill wind or eating a small quantity of some particular article of food etc.

It is true that a food, which is in itself wholesome, seems to disagree with some. The reason is that, that food is eaten in wrong combinations; it is eaten as part of a complex meal of the usual kind consisting of three or four courses. The disagreement may also be due to some remnant of unwholesome food which clogs the food canal. Or it may be that the new food helps to excite a natural body cleansing process, which is interpreted as an evil effect. If the man under-

stands that the food is not to blame, but his own wrong living in the past and makes amends by resting and fasting till the trouble passes off, and then gives a fresh trial to the same food according to the hygienic laws, he will then find the true nature and effects of the food. Thus it is not true that things which are good food for some are bad ones for others. What is good food is so for all, provided it is used aright. What then are the characteristics of good food?

Good food is that which contains all the essences necessary for the proper functioning of life inside the body - especially those which are usually neglected. When Science first began to study the chemistry of food, it was found that there are three distinct essences in it, namely proteins, as represented by eggs, meat, and pulses generally, carbo-hydrates as represented by starches and sugar, fats as represented by butter, nuts and vegetable oils. Of all these the first named became the special favourite, because it was chemically the nearest to flesh and so seemed to be the best possible material for replacing lost flesh. It was also thought that the food value of a food can be measured by the heat obtained from the oxidation of the food. Thus arose the calory theory of food values. It was supposed that the vital heat and energies came out of food

fuel. This was based on the supposition that food could be made to behave in a test tube, in precisely the same manner as it behaved in the human body. The truth is that the vital heat does not come from food fuel but is the result of the flowing of the vital currents (life) along the nerves. Food serves only to replace the lost cells.

Besides the three essences mentioned above, all foods were found to yield on burning a little residue called 'ash.' It was till recently assumed that it had nothing but taste value and could therefore be replaced by common salt which is usually added in the cooking. It was thought that it had no nourishment value. Milling and polishing processes where freely allowed as chemical analysis, showed no loss of the nourishing essences, the proteins and starches.

It will be shown here not only that the 'ash' of food is about the best of the chemical part of food but that the super chemical part is even more valuable. This latter part is fugitive; it consists in the freshness of the food. Hence it is that foods do not keep good for ever, but have to be consumed within a certain period after being gathered. In the case of cereals they have to be eaten within a certain time after being hulled. When food is treated so that it will keep indefinitely, it ceases to be food. Perishability is the most essential quality of food. This is exactly what differentiates it from inorganic matter which is not food. Food is alive and capable of serving the purposes of life only so long as it is capable of perishing. Boiled or pasteurised milk, roasted grains and polished rice are so bad that even worms and germs do not want them.

During the last Great War a German warship was fitted out for service in the Atlantic. It was provisioned according to the teachings of medical science. There was an abundance of refined white flour, white sugar, canned meat, salted fish, biscuits made from the same white flour, tea, coffee etc. Fresh vegetables and fruits were not considered necessary except

for taste. It was also not possible to take in much of them. For nearly eight months the ship roamed in the high seas destroying the ships of other nations. Now and then some fresh fruit and vegetables were obtained from the enemies' ships. These were so little that they were set apart for the officers' use. The sailors never tasted any of these. During this long period they seemed to get on all right. But in the end nearly all the men broke down and were bed ridden. The officers remained unaffected though they were mostly less robust than the men. The reason was that they had not been deprived of fruits and vegetables.

The ship's doctor could not diagnose the disease of the sailors; nor was he able to give them any relief. The ship was then near the American shores; so it was taken to the nearest American port and surrendered to the Government. The American doctor who was called in, was equally powerless to cure. At this time it so happened that a 'layman' by name Alfred Mc Cann came upon the scene and offered to cure the men. This offer was accepted. Mc Cann succeeded wonderfully well where the doctors had failed. Within a fortnight all the men were on their feet again.

Mr. Mc Cann simply followed the rule of Hypocrites namely 'food is medicine and medicine is food' Mr. Mc Cann gave the men extracts of vegetables, fruit-juices and decoction of bran. He gave as medicine just the ash which the medical science then had treated with contempt. Thus it stands to reason that this very ash, if allowed to remain in the regular food all the time would have kept the sailors well.

The fate that overtook these men in less than a year is also pursuing civilised eaters in their homes though more slowly; because in this case there is not such total privation of fresh vegetables and fruits as there was in the case of these sailors. Denatured foods—foods from which this 'ash' has been removed—have little or no taste of their own. They can be eaten only

with the help of salt, sugar or other appetisers. Appetising foods are naturally eaten to excess. The first effect is the waste of nerve power over digestion. The next is the privation of the ash and other vital elements of food. A person with a robust constitution can bear up for many decades against all of these evils if he eats large rations. Anyhow the effects of the deprivation of the ash is not prevented; it is only retarded. Hence the final break down is only delayed.

One important result of this starvation is a deficiency of the eliminative function of life. The body wastes are not completely cleared out. A part is retained day by day and this leads to accumulation of wastes. The food ash, if present, would unite with these wastes—and products of the nourishing parts of the food namely protein, starch, sugar and fat—so that they become soluble in water and are washed out of the body in the usual course of life. If the ash is insufficient the undissolved wastes remain somewhere or other inside as slime. Out of this slime come phlegm, mucous and pus. Retained slime thickens the blood stream and poisons the whole body. It affects for the worse the vital secretions—the saliva, the gastric juice, the bile and the rest. It also clogs the nerves, and stiffens the muscles. It so changes the blood that it loses the quality of clotting, when exposed to air. This clotting is Nature's protection against excessive loss of blood by the bleeding of a wound. Another fact is that healthy blood is alkaline and owes its alkalinity to the living salts of the food. The end products of the nourishing elements of food on the other hand are acidic. These acids are neutralised by the salts and eliminated and thus the blood remains alkaline and healthy. If the wastes remain and increase, then the blood loses its alkalinity and becomes acid laden. This state of the blood is called acidosis. This condition affects not alone the blood but the whole body. It is the root cause of all the chronic diseases, which are wholly incurable by drugs.

The food salts mentioned above are vitalised substances; they are by no means

to be confounded with the inorganic salts. They are called organic salts—the salts of life. These are to be found chiefly in and next to the skins of vegetables and fruit, in the bran of food grains, in green leaves and in nuts. Hence the reckless paring away of the skins of fruits and vegetables, the draining away of the ample juices in their cooking, the milling and polishing of the grains, and other departures from the standard of conservative cooking are the very pavement of the royal road to disease. The royal road to health is equally clear. It is to avoid these errors and to eat more freely of greens and vegetables and to eat less of the other foods.

There are two more food essences which have been found to be vital to health. They are vitamins and cellulose. There is now much talk of vitamins and commercial people are trying to exploit the new idea of vitamin foods in bottles. The truth is that they are subtle and elusive substances, very difficult of isolation. Vitamins are to the nourishing element of food as the spark is to the petroleum engine. Speaking generally it may be said that vitamins are present in raw food and are absent from cooked foods. This is not strictly accurate. Because certain foods even when cooked, manage to retain some of the vitamins—relatively at any rate. The vitamins seem to favour the outside coverings of some food. Thus they are present in unmilled grains; unpeeled potatoes are richer in vitamins than peeled potatoes.

There is something essentially vital in vitamins. They are not present in anything which is stale or old or in anything the vitality of which is in abeyance. They are for example absent from dried peas, beans etc. But if these are soaked in water and placed on a blanket and exposed to the air, they will germinate and immediately become possessed of vitamins.

The vast majority of diseases from which the modern man is suffering are either directly or indirectly deficiency diseases—which are due to a lack of the salt and vitamins in the dietery. The modern

man is not able to take his food whole. The reason is that the germ theory of disease ordains that food should be boiled and sterilised against the microbe. Thus the more recent vitamin theory is in violent conflict with the older germ theory. But the germ theory itself is not based on proper evidence. (Space forbids my entering into a discussion of this subject). Thus Prof. Einstein's statement that there are no eternal theories in science, is found to be true. To put it in a nutshell, the new learning about vitamins simply confirms the simple and a comprehensive wisdom of the Nature School, which enjoins the eating of the fresh foods of Nature in preference to stale or preserved ones and to eat them whole. Also we must rely chiefly on the primary foods. Fresh fruits and vegetables, especially leafy ones supply almost all the vitamins needed.

Cellulose, mentioned above, is the coarse woody fibre, present in food; they

serve as the framework on which the other essences hang. This is not digested in the food canal but comes out in the stools. For this reason it was thought that it had no food value and people thought it right to get rid of it as far as possible. In fact it is this woody fibre that ensures the digestion of the digestible essences; if the eater chews the food well, then they help the digestive juices to penetrate into the food substance through and through. The fibrous part also helps free and normal bowel movements. They give the needful bulk to the food residues so that the muscles of the bowel are able to act.

*Thus wholesome food is that food which is whole.* It is the food that has been got fresh from Mother Nature. Apart from this earthy food there are other finer foods which are essential to the process of nutrition. I shall deal with these foods in a later article.

## A Pathological Necessity \*

### CHOLERA ASIATICA

#### What is Cholera ?

Cholera is a case of Diarrhea, and vomiting, with or without nausea, in a very virulent form. The disease is thought to be epidemic in nature, and fatal at times. The regulars are mentioning a (s) like germ to be the cause of this disease. It was wrongly called a comma-bacillus. Medicines are administered to combat the same to mitigate or relieve the diseased.

#### How does it attack ?

The regulars are finding fault with a germ for causing this much dreaded disease. The disease is called Asiatic, because the virulent type arises only in hotter regions

of the earth, especially India. People of Egypt and some other hot countries are also prone for the attack of the disease. But what are the causes of this disease ?

Cholera in almost all cases attacks patients with stupid colons. If an attack of cholera is non-violently run through the patient is relieved of his constipation for ever and his body is thoroughly cleansed of the morbid matter accumulated in the body for a number of months, nay, years. He feels more healthy than before. His vital energies increase, and his vigour and virility also proportionately improve.

But if a medicine man interferes with his opium and brandy; camphor, and tries

\* This is the third article in the series 'Pathological Necessities'. The first appeared in December 1939 and the second in the month of February 1940 of I. N.

to check the virulency of the attack, and thereby complicates the case or even turns it fatal, then only cholera proves fatal. A case of cholera, if properly handed, in almost all cases, becomes controllable, and takes a natural turn towards a cure.

### What causes Cholera?

I told you that cholera attacks only patients suffering from chronic constipation. Every man in normal physiological condition must have as many bowel movements as the number of times he takes his meal. A man who takes his meal twice a day should have two thorough colonic movements. Food should normally be assimilated and the residue eliminated before 12 to 16 hours after each meal. People eating twice or thrice a day, besides many times of eating things other than their principal meal and having one or no motion of the bowels, throughout the whole 24 hours of the day are sure sufferers of constipation. When questioned they reply in satisfaction that they are having a thorough motion every day or every alternate day. Some people do not even know that they should have every day at least one motion.

There is an athlete who used to be the friend of mine. He used to have a motion every third or fourth day. Such robust people when attacked by cholera, we wonder, how such a strong man fell a prey to the fatal disease, while seemingly weak thin people stand the attack of Cholera or immune from it.

### The reason is this.

Those that have got active bowels and other excretory organs are more healthy and so less susceptible to disease. Having less or no fecal matter to accumulate and encumber the body they are a bit less stout than those who have less active excretory organs and whose bodies are encumbered with uneliminated and uneliminable fecal matter. Fecal matter which is not properly eliminated by the colon tries to go out of the body through other organs of elimination e. g. the kidneys, the lungs and the skin. They in turn are exhausted

by doing the extra work of elimination and become inert,

Some of the fecal matter is transformed into carbonic acid gas and enters the blood stream, to be eliminated through the lungs, kidneys, and skin. When all the organs fail to do the extra work forced on them, the body becomes encumbered with the foreign matter thus accumulated, and the body is unduly rounded; giving the shape of a robust person. When the blood so laden with the morbid material, enters the head and brain area, it gives rise to an undue stimulation there, and the person with such foreign matter in his body, becomes highly active and irritable.

If you closely trace a number of cases of cholera and the previous history of the patients, you will certainly come to the conclusion that not even one of them is free from constipation and heavy encumbrance of foreign matter. It is this unwanted foreign matter that is very forcibly purged out of the system in a case of cholera.

Cholera attacks a number of patients in a locality, and people think that it is contagious. People in a locality through customary modes of living may, some of them, have lazy colons and be encumbered with foreign matter. Through climatic influences, that is, through the abnormal difference of day and night temperatures there is a stimulation in every body. When the body is heavily encumbered with foreign matter and when the temperature gives a push to the vitality, there is an outbreak of cholera in the body. There is no need to the spreading of the disease from one to the other. Even if we admit, it cannot catch a person who has got an active bowel and who has not sufficient encumbrance of foreign matter in his body.

We come across numerous persons that nurse the cholera patients coming out unattacked. The dread that cholera is a fatal disease and that it attacks all in a sudden any person, is the cause of death for some of the numerous people. If we create a healthy mode of thinking that it

will attack only a few persons and that it can be safely cured by our natural methods of cure, much of the danger can be averted. People are learning now, to face bravely and treating cases of cholera with better results with naturopathy.

### Symptoms

The person who has an attack of cholera, has a motion with hard feces, along with streaks of blood. Afterwards the motions are loose and finally a whey-like matter is forced out of the system even without the knowledge of the patient. There may be vomittings also of the whey-like matter. There is scanty or no urination. There is an immense thirst. There is fever. This is the first stage. In the second stage of the disease all the symptoms increase in vigour and there may be motion every two or three minutes. There is excruciating pain in the extreme parts of the body and may spread to the whole of the body. The thirst increases. In the third stage the fever goes down; the extremes become cold; the pulse lowered; motions diminish in number; the patients feel sinking. Coma or delirium sets in and there is the final fatal rest.

### What Nature Cure can do.

If nature cure is resorted to from the beginning of the disease there is every possibility of a sure recovery. The Naturopath does not try to stop motions or vomittings. He knows that there is unwanted material in the system and that it ought to come out. But he does not keep quiet and wait for a happy turn of events. He aims at reducing the irritating material in the body. There is scanty or no urination. If we can induce urination there is a reduction in the number of motions and there is a possibility for a good prognosis. So, he gives the patient a number of Khune's hip or sitz baths of shorter, say 5 minutes duration. For poor people who cannot afford to buy a tub or where there is no tub available on hand, clay compresses on the abdomen below the navel continuously for an hour chang-

ing for every ten minutes may be applied. An hour should be waited for reaction and results, and the same procedure may be adopted for another hour and so on.

There is an immense thirst. The patient demands very large quantities of water and the belly is bloated. Water should not be withheld. Instead of cold water, the patient should be given hot water for drinking with advantage. The heat in the water, induces perspiration. This also in turn helps the system to revert the centre of elimination from the bowels to the skin.

The patient may be kept in mild sunlight. If there is no sun or there is very hot sun. or If it is cloudy, hot water bags applied to the feet and hands, also relieve the heart of the extra-ordinary work of pumping the blood to the remotest parts of the body which are losing normal warmth with every motion and vomiting. If no hot water bottles are available, hot water fomentations, applied with flannel or with a piece of (कञ्जलि) any woolen cloth serves well. Fomentation given to the spine and the chest also helps to induce perspiration.

The aim of a naturopath should be to open or induce to open all the other organs of elimination; and thus relieve the bowels of the undue burden of the virulent elimination.

The above procedure may be adopted even in the second stage of the disease. In the third stage the aim of the naturopath should be to restore warmth to the patient by hot water bottles applied to the feet and hands and fomenting the spine and the chest. Sitz baths of 2"-5" duration every 2 or 3 hours will be beneficial. The patient may be given hot milk or gruel in small quantities, may be made to sip slowly.

Mild sun baths work wonders in this condition. I have cured a patient entrusted to me in the third stage who had lost all consciousness. I gave him mild sun baths morning and evening along with 3 to 4 sitz baths daily. He was given nothing

## THE INDIAN NATUROPATH

43

but sweet fruit juices of the citrus kind for his feeding all those days. He was applied violet light for restoring warmth. In every bad case where the temperature has gone very low, we apply red colour instead of violet.

In the first stage we apply blue colour to the patient. Blue light on the body through a petromax light acts miraculously in a case of cholera in the first stage. Blue water administered every half an hour of 1/8th oz. as a dose will induce urination and helps to lessen the number of motions,

In the second stage where the pains have set in, the violet light and water is very beneficial.

Even in the day time the light may be applied to the patient in a closed room. Care must be taken to keep the room cool and clean. Clothes soiled with the motions etc. must be carefully washed and dried. The fear that every man will be attacked, that every case will be fatal must be averted by optimistic outlook. Else the patient cannot be well nursed.

## Prevention

For preventing cholera every man should follow these rules:—

- 1 Eat fresh fruits every day.
- 2 Lessen the carbohydrate percentage

- of food and replace it with more vegetables and greens.
- 3 See that there is free motion of the bowels every day.
- 4 Resort to enema if you feel that your bowels are irregular or inert.
- 5 Lessen your fat intake.
- 6 Do not use stimulating beverages such as coffee, tea, wine or brandy, cocoa, alcohol, beer.
- 7 Avoid smoking, chewing or snuffing of the tobacco.
- 8 Drink sufficient quantities of cold water daily.
- 9 Do not indulge in feedings other than your principal 2 meals.
- 10 Resort to enema if you feel that your bowels are irregular or inert.
- 11 Take four doses of blue water daily of half oz., each.
- 12 Avoid immoderate work or drugery.
- 13 Take moderate exercise or recreation.
- 14 Rest sufficiently.
- 15 Go to bed before 9 p. m. and rise early by 5 a. m.
- 16 Lessen your sexual unions, better to avoid them.
- 17 Avoid all habits that enervate, irritate or exhaust you.
- 18 Be optimistic.
- 19 Take cold or warm water bath, twice daily, taking care to cleanse every inch of your body.
- 20 Do not forget to do your duties to God through prayer and worship every day
- 21 Have a cool and calm disposition to all things material.

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## Is Naturopathy unscientific ? \*

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

From a letter by Sri Bhavani Prasad, Professor of Naturopathy in your University, I understand that a commission from the Hindu University of Benares had recently visited your university and inspected the courses of study. I am told that the commissioners opine that naturopathy is unscientific and that to teach that system to students who are also studying other systems which are different, would be a source of perplexity and confusion to them.

As regards the first charge I request you to consider that practically every detail of naturopathy which was at one time opposed by medical authorities, is now freely admitted, if not by the rank and file of the medical profession, at least by the leaders everywhere, to be eminently sound and beneficial and worthy of incorporation into their own system. The various heads of treatment namely Hydrotherapy, Heliotherapy or Sun-Cure, Dieto therapy and Fasting-Cure, which at one time were looked down upon by medicos are now admitted to be scientific and many are attempting to adopt them in their own practice. The ideas about diet which are the fundamentals of Dietotherapy as practised by the Nature-School have been fully corroborated by the recent scientific discoveries so that the Nature-Cure system has been scientific all along while allopathy is only now slowly becoming scientific by the addition of nature cure into it. Fasting which was till recently considered dangerous is now admitted by those who are not behind the times as perfectly scientific and far more efficacious than orthodox treatments. Of course doctors who have received their schooling in the olden days are still groping in the darkness and such persons would naturally continue to repeat the stale errors that they had been taught. In this connection you may peruse the article by Dr. Sir Henry Lunn

M. D., contributed to the Times of India, which appears elsewhere in this number.

Medical men in India are not aware that allopathic medical science is itself in the melting pot, and that therefore its claim to be scientific is itself very much in doubt. This point I shall deal with presently. In any case persons professing a hostile system can certainly not be expected to be fair in their views upon ours. Sir William Arbuthnot Lane, the world famous wizard of Surgery, has been for decades doing health propaganda on naturopathic lines and he has recently disregistered himself from the register of orthodox physicians. There have been and there are still a great number of highly qualified allopathic doctors who have turned aside from that system as unscientific and adopted the practice of naturopathy with great success. A long list of such names can be given both in England and in America. Among these are Major Austin Retired I. M. S., Dr. H. Valentine Knaggs M. R. C. S., L. R. C. P., Dr. Josiah Oldfield, Dr. Lindlahr M. D., Dr. William Howard Hay M. D., the late Dr. L. N. Chowdhry, Retired Civil Surgeon of Jubbulpore, Dr B. P. Allinson M. R. C. S., L. R. C. P., etc. etc.

A group of highly qualified doctors of England and the continent numbering about sixty, feeling that allopathic medical theories and methods have diverged greatly from the scientific truth, have joined together and organised the Health Education and Research Council. The membership is strictly confined to doctors holding medical degrees but in their actual work among the people they associate with themselves naturopaths, homeopaths, herbalists, etc. These Doctors are aware of the gross ignorance of medical men on the subject of diet, and

\* A letter addressed to the Vice Chancellor, Gurukul University, Kangri by the President, The Indian Naturopathic Association.

of the unscientific and dangerous nature of vaccines and serums. They are also aware that the use of drugs is unscientific and can only be condoned, on account of sheer necessity, when the patient is not willing to submit to a more scientific (because more natural) system being in a haste to get well soon enough, to return to his money making pursuits.

Upon the second objection, I may state that men who are prejudiced, will naturally raise any sort of objection whether it is sound or not. It is the natural right of every student to know what there is to be said on both sides of every medical question so that he may, by his own experience, find out what is right. As a matter of fact the human mind can hold in suspense pairs of opposite ideas until it has an opportunity to decide between them.

Further, Nature-Cure is cheap and is

capable of being practised by one and all without the help of an expert. Hence it is the most suited of all systems to the conditions obtaining at present in India. Also it has got its sanctions in the Vedas, Upanishads, and other literature of our land and as the chief aim of your University is to foster oriental culture, it is but fitting that you should take a lead in the matter of giving instructions to students in the subject of Naturopathy.

In conclusion, I would make a further suggestion. Nature-Cure being a non-technical and simple science, having as its fundamental aim, the enabling of every one to be his own doctor, it should be made a subject of study for students in all courses so that they may be given a chance to realise in their own lives the blessing of being free from dependance on doctors and the Medicine Trade.

## An M. D. Condemns Vaccination

Dr. Wilson Smith M. D., diploma in bacteriology, member, scientific staff, National Institute of Medical Research; Hampsted N. W. 3; in the course of his lecture on 'the prevention and control of Virus Diseases' delivered at St. Mary's Hospital inoculation Dept., on 2-5-39 observed as follows:—

1. "Words which immediately leap to the mind in this connection are: 'Immunisation' and 'Vaccination,' but before considering these I would like to emphasize that a healthy man has a natural resistance against most infectious agents, be they viruses or bacteria. Pathologists and research workers tend to forget that the first and possibly the most important of all preventive measures is the maintenance of good general health by means of good air, exercise and adequate nutrition."

2 "In his quest the research worker has in mind constantly certain ideals to

be attained as far as possible. These are (1) Safety, the vaccination should introduce no risk or danger to life or health; (2) Efficiency: the treatment should result in a high grade of immunity, and this resistance should be of long duration. (3) Non-irritability-By this I mean that the ideal vaccination would be painless and produce neither local reaction nor disturbance of the general health; (4) Convenience: a single dose, if effective, would be much preferable to multiple doses, and the administration of the vaccine should be simple procedure, such as an intradermal or subcutaneous inoculation."

"No virus vaccine that I know of, satisfies all these criteria of the ideal. The attainment of safety often results in a product which gives only low grade and transient immunity. It is most important to bear in mind that no two viruses behave alike, so that if an ideal vaccine were discovered for a particular virus disease, it

is extremely unlikely that the same method would be applicable to most other virus diseases."

3 "The introduction of living micro-organisms into the human body is attended by such obvious risk that one is only justified in doing so if it is quite certain that the desired object cannot be attained otherwise."

4 "There are practically no virus diseases which killed virus vaccines produce the satisfactory grade of long-lasting immunity."

5 "The disappointing results obtained with killed vaccines especially regards the short duration of the immunity engendered,

have led to the employment of living virus for prophylaxis. By such a step we abandon our ideal of absolute safety. No matter how often a living virus has been used without untoward result, an element of risk remains. The adaptability to environment, which is one of the chief characteristics of life, may introduce unknown and uncontrollable factors. The risk however, has, in many cases, been reduced to such proportions that the end might be accepted as justifying the means."

6 The use of Homogenous serum in this way is not, however entirely free from risk. A small percentage of cases so treated have developed an illness characterised by jaundice, the cause of which remains as yet a complete mystery."

—(o)—

## Treatment by Fasting

[An M.D. a fellow of the Royal Society of Medicine, a registered doctor of Medicines, appeals to the medical profession—appeals to observe the merits of Fasting.]

(Dr. Sir Henry S. Lunn M. D., writes in the 'Times of India' of July 14.)

I shall be grateful if you will permit me, as a septuagenarian and a Fellow of the Royal Society of Medicine, registered as a Doctor of Medicine and a Bachelor of Surgery of Dublin University, 43 years since, to appeal to the members of my profession to consider carefully the remarkable results which are being achieved at certain establishments where the treatment is specially directed to the endeavour to eliminate poisonous diseases from the system by fasting. I write this letter after a study of this particular treatment extending over many years and a recent personal experience of it in the form of ten days on water, three days on water in which vegetables had simmered and one day on milk.

Nine years since, by invitation of the Swiss Government, I joined with some of the most eminent members of the profession, including the present President of the Royal College of Physicians and others whose names are household words in this country, on a visit to the Spas of Switzerland. During this journey I related to my companions my own experience of the successful endeavour to overcome by fasting the tendencies resulting from uric acid diathesis, and to keep under various manifestations which troubled me forty years ago, notably a marked tendency to glycosuria. One of them said, "You have had a unique experience. For over thirty years you have treated one patient and treated him successfully. Write the story for *The Lancet*." This I accordingly did and the record of those years appeared in an article of some columns in that paper.

A particularly strenuous life of the last few years, including a

lecturing journey round the world, four months lecturing to the Universities of America, the strain in May of a political campaign for friends of mine during the General Election, in addition to the ordinary pressure of life, decided me to take the fast which I have mentioned, in one of the establishments referred to.

It seems to me that the almost miraculous cases occurring therefrom week to week ought to be placed on record and considered carefully by the leaders of the medical profession.

#### Successful Experiments.

My friend who introduced me to the establishment is himself a striking illustration of the advantages of the treatment. A barrister-at-law, for ten years, he had been incapacitated by ill-health from discharge of his ordinary duties. He was visiting the establishment when I arrived, and his story is as follows. Suffering from chronic pancreatitis, gall stones and other complications, his life, a few years ago, appeared to be an absolute wreck. The leaders of the profession whom he had consulted again and again, gave him little hope of recovery. In this condition he decided to try a prolonged fast and spent over fifty days with no other nourishment than water, or water in which vegetables have been boiled, or fruit juice. This was accompanied with systematic massage, enemas and other methods adopted by this establishment. The result, to those who know him, as I have had the privilege of doing for some years, has been amazing. Though past middle life, with the energy of a very young man he has entered upon important enterprises and carried them through with remarkable success and today enjoys a condition of

health which would be the envy of many active men of business.

Some two years ago, I paid a visit of 2 or 3 hours to this place and there, saw a man carried in a stretcher suffering from pernicious anaemia in an advanced state. He also had been given up as a hopeless case by leaders of the profession. He came to the establishment as a last resort, to leave it a few weeks later restored to health and strength again. These are two of several cases that occurred in the treatment of this particular disease.

On the last Sunday of my stay, I visited a resident in the neighbourhood who came there as a nervous wreck and has been fully restored. His daughter was a remarkable case. She had a violent attack of rheumatic fever. She was treated simply by the methods adopted for the elimination of poisons, massage, enemas and the rest, and fasted 17 days. The attack was very severe and it was believed that she could not escape without cardiac injury, but under this treatment she recovered completely and to day her health is perfect and no trace of that fell disease remains to trouble her.

I returned after the fast that I have described with renewed vigour, realising that the treatment accomplished what its professors claimed for it, viz, the elimination of the waste products of years from the system. The arterial and capillary systems are inevitably choked through errors in diet with the products of combustion. A fasting cure clears away the ashes to be rejuvenated by the uninterrupted flow of blood to every tissue of the body. Such a cleaning of the whole system inevitably results in

marked benefit in cases of high blood pressures, obesity, habitual constipation and all the manifold troubles arising from rheumatism.

It is not for me, with my limited experience of medicine to dwell at greater length upon the facts of the case, but I hope that enough has been said in this letter to direct the attention of the medical profession more definitely in this question, that

they may consider whether the methods of treatment thus described do not merit wide adoption.

The losses to the nation from rheumatism in its many forms are so colossal, running as they denote into millions a year, that, merely as remedy for this disease, the treatment deserves careful and scientific study.

## DEGREES AND TITLES

The Government of Madras has published the preamble of a bill for preventing the use of titles similar to those in use by allopathic practitioners, and it is claimed that there is a need for it, because titles are being used so as to mislead the public.

"The Government have published, for the purpose of eliciting opinion, a Bill to amend the Indian Medical Degrees Act 1916, in its application to the province of Madras.

The Bill will be considered on or after 25th April next, before which date, any objection or suggestion may be made to the Secretary to Government, Education and Public Health Department.

The statement of objects and reasons of the Bill says that the Indian Medical Degrees Act, 1916 (VII of 1916), does not contain any provisions to prevent unqualified medical practitioners from assuming bogus titles similar to medical degrees and diplomas granted by competent authorities. There have been cases in which such practitioners have used titles such as D. M. H., M. D. B., F. R. C. S. (India), etc., with a view

to misguiding the general public into a belief that the practitioners are qualified medical men possessing high qualifications. The assumption of such titles by unscrupulous persons is highly dangerous to society. The question of undertaking All-India legislation for the purpose was under the consideration of the Government of India for a long time, but in 1935 they pointed out that under the new Constitution, any Provincial Government might themselves undertake such legislation if they felt the need for it. It is therefore, proposed to amend the Indian Medical Degrees Act, 1916 so as to penalise unauthorised use by medical practitioners of titles, etc., implying qualifications in any system of medicine.

It may be stated that this measure was under contemplation when the late Ministry resigned office."

While it is true that there are some unqualified persons using titles in order to create an impression that they are qualified, it is necessary not to infringe the freedom of persons, who are not guilty of any misrepresentation.

The use of titles which are identical with allopathic medical titles

can be prohibited, since no one, not qualified as a medical practitioner should be allowed to represent himself as qualified. But the matter is quite different where a person does not profess that he is qualified as an allopath. Titles are in use which signify qualification in some system other than allopathy. Homeopathy and Naturopathy are instances in point. H. M. D. signifies a doctor of Homeopathy; while N. D. signifies one who is qualified as a Naturopath.

It is wrong to contend that these titles are similar to allopathic medical titles. It is unjust to restrict the

use of titles on any such fanciful similarity; legislation which seeks to do so, will be class legislation, intended to benefit the allopathic practitioner.

I request members of the Association and subscribers to express their opinions on the proposed bill in brief, with a view to action to prevent unfair restriction of our legal rights.

K. LAKSHMAN,

*President, I. N. A.*

N. B.—Readers are requested to communicate their opinions to:—Dr. Sarma, K. Lakshman, B. A., B. L., N. D. Pudukotah.



## LETTERS :

From,

Sarma K. Lakshman,

B. A., B. L., N. D., President.

The Indian Naturopathic Association,  
Bezwada.

To

The Government of Madras,  
Madras.

Sir,

Opinions having been invited on the proposed bill to amend the Medical Titles Act, I am submitting the following, as representing the above named Association and all those whose lawful interests are intended to be safeguarded by it.

I may begin by stating that we are professors and followers of the system of Naturotherapy, also called Nature-Cure.

The members of this association are scattered all over India, and all are effected for the reason that the other Provinces are almost certain to follow the example set by this province.

Many of us hold degrees, such as the N. D. degree, which are so designed as to distinguish their holders from the professors of the allopathic and other systems, including the one called Homeopathy.

The system called Nature-Cure differs from every other system in that it eschews not only poisonous substances called medicines, but also all inorganic substances whatever, and employs only such aids to health as are worthy to be regarded as the natural food of man.

The system also excludes opera-

tions. In particular we disapprove of operations in which vital organs are removed.

It is also to be considered that owing to the great ignorance of the people, it is almost always the case that sufferers who come to a nature-curist for the first time are those that have spent decades under unsuccessful or injurious allopathic and other treatments; they come to our system as the last resort.

Another point is that the Nature-Curist has nearly always to begin with every patient by explaining to him the principles and methods of

his system, and make him understand that it is Nature-Cure, and not something else.

I submit that in the circumstances no Nature-Curist is likely to mislead or deceive any one, and that consequently titles denoting qualification in this system or in any of its divisions should be excluded from the operation of the Bill.

I shall be glad to furnish any further information that may be found necessary.

Yours faithfully,

Pudukotah, }  
10-3-40. }

K. LAKSHMAN.

## *I go on for ever*

[Under this head every month a brief report of the work being done by the Indian Naturopaths, will be published. We invite news to be published under this head by the active members of the profession.]

1. Dr. Sarma K. Lakshman B. A., B. L., N. D., addressed the members of the literary society, Salem, on 18-2-40; the subject he chose was "Dispensing with Doctors."

2. Under the presidentship of Sri A. Ramaswamy Gounder M. A., L. T., Dr. Sarma spoke to the students of the municipal school on "Scientific Hygiene."

3. To the local ladies club at

Salem, Dr. Sarma spoke on "Wholesome Food."

4. The printing of the 'Human culture & cure' is complete and copies are being despatched to all the subscribers who had paid their pre-publication prices. We congratulate the 'Chromopathic Institute (Rgd) Bezwada, for the enterprise.

5. Dr. Putcha Venkatramayya N. D. General secretary, the Indian Naturopathic Association delivered a lecture on 'Infant Mortality in India' on 21-3-40 at 6-30 P. M. in Thipparajuvari Chatram, Nellore. with Mr. V. Venkata Subbayya, B.A., M. L. A., in the Chair.



# The Indian Naturopathic Association

INDIA'S PREMIER NATIONAL ORGANISATION FOR  
HEALTH PROPAGANDA

Its objects are :

1. To promote investigation into the origin and the true character of Evil and into Nature's Ways of eliminating it.

2. To foster the perfection of the true Science of Health by 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.

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

6. To provide moral and if necessary, legal support to those that live or advocate a life according to Nature ; particularly, to persons practising the profession of healing by Naturopathic methods recognised by this Association.

7. To do all such acts as may be necessary, incidental or conducive to rendering the knowledge of Nature's Ways and the Blessedness of Natural Life available to people.

In particular,

[a] Through the medium of books journals and pamphlets by means of lectures and the like and, if possible, by founding suitable colleges and other institutions of a standard type, to expound the philosophy of Natural Living, and to teach the several systems of Naturopathy recognised by this Association.

[b] To found and maintain suitable libraries and museums and to collect into them books and exhibits teaching or illustrating the principles and practices of the philosophy of Naturism and the several methods of Natural Healing.

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

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

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

[f] To found Naturopathic Societies wherever convenient and to affiliate the same to this Association.

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