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The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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

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No. 5

Pathological Necessities* 4

SPERMATORRHEA

One would simply laugh when hears and reads that Spermatorrhea, the devastating disease is also a pathological necessity. It is a fact. But before I try to convince my reader, about that, let me first of all explain what it is, and how it has made its appearance.

Symptoms

The emission of the vital fluid called semen, is ordinarily called spermatorrhea or seminal loss. When the youth sleeps he has a voluptuous dream and the semen comes out of the genital and the patient wakes up and finds, with utter disgust that his linen is soiled. He may also find with dismay that the girl that attracted him to the act of coitus in his dream, has vanished as soon as he awoke.

There is another mode of emission. The youth broods over the mating of his favourite girl. The semen without any effort on the part of the youth oozes out and the linen he wears is soiled.

The youth, while pressing down

the rectum the encrusted stools, emits white fluid from the genital. There is still another way in which the mere sight of the voluptuous feminine form creates the erection of the penis and the semen is forced out of it.

While passing urine, the semen comes out of the genital, mixed with urine. If the urine is kept in a cool place a milky white substance deposits at the bottom of the urine.

A few drops of jelly like white substance come out of the genital, before passing urine in some cases.

Why does it happen ?

Ordinarily it shows its appearance as a safety valve in the beginning. If you persist in an unwholesome and unbiologic living the temporary safety valve becomes a permanent valve and the emission of sperm becomes a chronic occurrence. If you do not stop your unbiologic, and unhygienic ways of living, the seminal emissions persist and there is a chronic spermatorrhea, devitalising and exhausting the human form.

*This is the fourth of a series of articles. Previous articles appeared in I. N. for Dec. 1939, Febr. 1940 & April 1940.

Preventive Methods

But what are the ways of unhygienic living and how to avoid those ways is the pertinent demand.

If the body maintains a proper proportion of alkaline percentage; and if the blood and tissues are sufficiently alkaline; sufficiently saturated with live organic mineral salts; there is no undue irritation in the nervous system and the subsequent irritation in the sexual system also.

If the nervous system maintains sufficient tone, there is no undue stimulation in the blood. If there is not undue stimulation in the blood the vital fluid called sperm is not extracted from the blood, in the testes; and the spermatic vesicle does not exceed its approximate volume of 1 ounce. Because the blood has got all the vital fluid absorbed in it, the person maintains a perfect health. Any untoward conditions, ethereal or climatic, do not shake the the barometre of the body's health.

Because the spermatic vesicle does not exceed its limit, there is no undue irritation on the interior sexual parts and the youth enjoys a perfect health, physical, mental and even moral.

People think that celibacy is a fine quality in the being and they enjoin a number of rituals to maintain it. None of them is as potent as the biologic and hygienic living. So every person suffering from the stupid malady, or any one who wishes to escape the clutches of this dreadful disease must observe the simple rules of health and hygiene.

A man or youth, who wishes to be healthy, must maintain, the 40 : 60

ratio of acid : alkaline properties in the body.

If the blood is sufficiently alkaline the youth shall have the necessary nerve, to be celibate and moral. Then no education is necessary to keep him healthy, physically, mentally and morally.

If the blood loses its necessary alkaline ratio, then the nervous system becomes irritative and the blood loses its vital energy by the extraction of the vital fluid through the testes.

When once the spermatic vesicle is over-burdened with the so extracted sperm, the nervous system becomes all the more irritative. I said it is a safety valve, to have emission of semen, and if the sperm is not squeezed out, the nervous system is inflamed and insanity will be the result.

In that pathological condition a safety valve is all the more necessary. It is not only necessary in that pathological condition, it is detrimental to the health of the youth to try to stop the seminal emissions, by the dangerous drugs, without a healthy transformation to good habits in living.

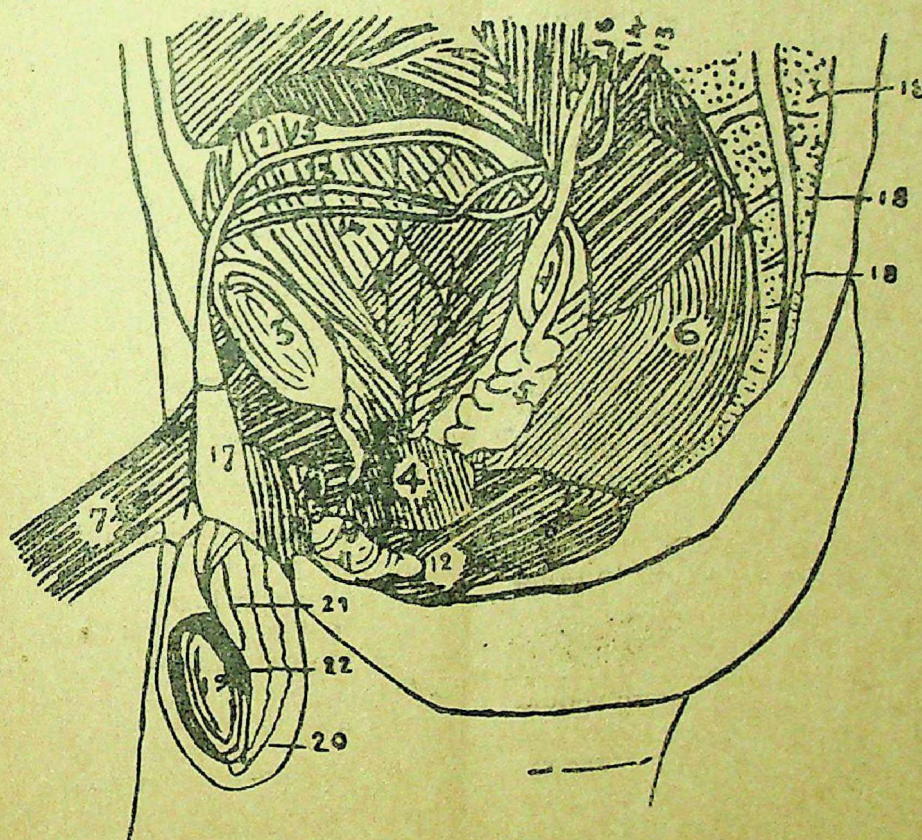
To maintain the necessary alkaline ratio in the system, the youth must partake of greens and vegetables cooked or uncooked along with his rice or wheat *Annam* or *roti*. The cooked or uncooked vegetables or greens must form thrice the weight of *Annam* or *Roti*. By partaking of the starches in excess of or even double the quantity of, the vegetables or greens, the balance of the alkaline ratio is disturbed. So every person who intends to escape the dangerous clutches of the dreadful malady, must eat only whole meal grains, made into *Annam* or *Roti*. Neither the branny

water nor the *Kanji*, should be strained out. The vegetables must be cooked, rind and all, and the water after cooking should not be sieved or strained off.

For a youth who wishes to maintain the balance of the healthy alkaline ratio, he ought to

bathe his whole system with the cool oxygen of the morning and evening breeze.

To avoid spermatorrhea the youth should take every care to take sufficient exercise both morning and evening.



1 Peritoneum, 2 Bladder, 3 Public junction of bones, 4 Prostate, 5 Seminal Vesicles, 6 Rectum, 7 Penis, 8 Cavernous body of Penis, 9 Urethra, 10 Erector muscles of Penis, 11 Cowper's gland, 12 Spermatic artery, 13 Spermatic vein, 14 Spermatic duct, 15 Ureter, 16 Spermatic cord, 17 Cross bone, 18 Testicles, 19 Epideymis, 20 Spermatic artery, 21 Spermatic vein.

By exercise every morsel that he eats is well utilised by the cell or tissue that has undergone thorough movement.

Food material that is not well assimilated by proper combustion, becomes a burden to the system and every morsel you eat must be tho-

roughly oxygenated and hence a brisk walk morning and evening in the open air is imperative.

The starches and proteins that are not well oxygenated and well utilised by the system, try to escape from the body as effete material. If the colon is not properly functioning,

the carbohydrates that are not well combustioned, try to escape through urine. People mistake that white discharge for a regular discharge of sperm. In 80 out of every 100 cases of mistaken spermatorrhea are cases of indigestion and constipation, and if care is taken to avert the two diseases, there is no more white discharge from the genitals through urine or otherwise. So care should be taken to minimise the quantity of cereals to be advantageously replaced by vegetables and greens. If the patient can afford it is wise to have a frugal use of juicy fruits of the citrus family.

Location of the Sperm pouch.

The pouch in which sperm is deposited is called the spermatic vesicle. By the annexed picture, you will find that the vesicle is situated between the colon and the bladder.

Any disturbance in any one of the two excretory organs is sure to bring the trouble in the spermatic vesicle. So it is wise always to see that neither the bladder nor the colon is clogged with impurities. So every care should be taken to empty the bladder and colon immediately after the sensation for emptying is felt. Ayurveda says:—
“न वेगान् धारयेत् धीमान्”. “Wise man, don't retain effete material”.

If the youth is already suffering from constipation, and if he does not have two thorough evacuations every day, he should take every care to see that the colon functions properly, by proper diet and exercise. He should resort to the flushing or irrigating the colon, with pure tepid water every morning for a number of days or even a few months, until the colon regains its proper tone to function properly.

Treatment.

Take only two meals a day, leaving the afternoon, for the exclusive consumption of juicy fruits. If the patient is already suffering from dyspepsia or anemia it is always wise to take one solid meal with rice or wheat whole meal *Annam* or *Roti*, with a free addition of vegetables or greens cooked or uncooked, thrice the weight of *annam* or *roti*. He may take a small quantity of pure cow milk or buttermilk along with his meal. He must eschew fats, proteins, and vegetables grown under ground, such as potatoes etc. Carrots is an exception to the rule.

The patient may take fruits, and if he is poor, he may substitute cooked or uncooked vegetables, for his second and third time meals. The roughage of the vegetables increases the peristaltic action in the bowels and there is a thorough cleansing of the bowels.

The patient should take daily 2 Kuhne's hip baths of 10 or 15 minutes duration according to the strength of the patient. There may be still emaciated patients, who can take only 5, 6, 7, or 8 minutes baths without bad consequences.

Brisk walks taken both morning and evening will accelerate the whole system and nervous system becomes toned. The patient should fix the duration or the length of his walk in accordance with his ability to do the same. If I am asked I will fix 4 & 4 miles daily for a normal hiker. For a man suffering from spermatorrhea, a brisk walk is to be preferred to *Dand* or *Bhaski*. *Surya namaskars* taken properly and regularly will tone the system and restore normal tone to the nervous system and the patient is free from spermatorrhea. Medicines aimed at suppression of the flow of the

semen, without proper care for the restoration of the system to proper functioning is sure to bring in nervous break down and even insomnia or insanity.

Well regulated thermolume baths of 15 or 20 minutes duration, taken twice or thrice weekly will work wonders in a case of spermatorrhea. The glasses to be fitted in the thermolume are 1 yellow 2 green and 1 blue from the bottom to the top.

For the less fortunate, who cannot afford to buy a thermolume the following method may be followed.

Bring a clean transparent green bottle. Place it in the hot sun filled to $\frac{3}{4}$ of its body, tightly corked. Keep it in the sun for not less than 2 hours. Take 4

doses daily of the so prepared water of $\frac{1}{4}$ oz. each. Rub some water to the back of the head, 4 times daily of 5 minutes duration each time.

Empty the bladder before you retire. Whenever you have a sensation to pass urine, do not postpone

Lie down on your front, leaving the back and the various branches of the nervous system without any pressure. Tie a wooden piece to the back so that it will wake you up if you lie on your back.

If you follow the above prescription you will not only get over the spermatorrhea but you will restore your whole system to function properly. Agility, virility, vitality and enthusiasm reside in you.

The whole chapter applies to Leucorrhoea in women.

Need of Live Food Propaganda in India

GANGA SAHAI

Doctor of Biotrophy

Mr. Ganga Sahai, Doctor of Biotrophy, otherwise called the science of live nutrition is now in America. His zeal in the welfare of our countrymen is immense. Those that are fortunate enough to invest some money on a holy cause of our people's health may help him in his mission. Those that are willing for more details may address him at 621 Aqua pure Drive, Los Angeles, California. [Editor]

I have seen the advertisement of Indian Naturoph in the Vegetarian, Fruitarian, Humanitarian of June, 1939 and I was glad to know that a slow torch is burning in India in the interest of Nature's method of living. While millions are snoring and sleeping in India in the frog pool consciousness of limitation and ignorance, thousands and thousands of people in America are advancing forward and forward to live a life accord-

ing to the plan of Mother Nature. Residential schools, correspondence courses, daily lectures, books and magazines circulated throughout the United States of America, education by advertising natural foods, vegetarian restaurants, Live food dining rooms for the public, health food stores, wholesale and retail both, radio talks on natural living, nature's doctors, and drugless physicians are swamping throughout the United States of

America defying the death rate and promoting longevity throughout the American nation.

I, being born in Allahabad, India, and a countryman of yours, living in America for the last 24 years and for two and half years in Japan, ask you a question what are you doing in India? Do you show any inclination to wake up and learn the most vital facts of nutrition which builds the human bodies and which keeps them in good health promoting longevity and a social service for your nation.

I have written many letters to my home folks who are all educated, but I am very sorry to say that I have not received a single word of admiration and encouragement for the kind of work I know in the line of Live nutrition. They don't seem to understand what I am talking about. Finally, when I found their brains like a stone wall I decided to stop hitting myself against it and I do not believe that I will ever write them any more.

When India had political trouble with the British on salt, some of my friends of Live Nutrition were laughing on the ignorance of the people of India. When they saw in the news reel in the motion picture theatres that the followers of Mahatma Gandhi were receiving sticks in their stomachs from the British police just in the name of salt, they asked me questions why in the name of salt, which is not needed by physical bodies, those Hindus are sticked by the British police? In those days American health lecturers were lecturing against salt, which is an inorganic element not required by the human bodies. But over in India the people were receiving sticks in their bellies because they wanted to eat salt. Here, today, in vegetarian restaurants the vegetable salt is served

instead of that sodium chloride (salt.) Health food stores are selling vegetable salt.

You in India are too far backward following the same bygone old habit of cooking food with salt and sugar to clog up your arteries and losing your teeth. I have lost my teeth too but I am trying to save the rest of my teeth. India, which country gave the vegetarian idea and the natural food of the yogis to the whole world, is backward to-day and is left way behind. The western world learned from India and is going far ahead in the same line of thought.

I have spent quite a number of years in the study of Live nutrition and its practice within the limited possibilities of my financial capacities. I am trying to keep myself as good live fodder as much as I can, but once in a while I became a bad boy by using salt and sugar and cooking my food and when I eat it I ask a question to myself why did I cook it and eat it when I did not believe in cooked food. My answer is my environmental conditions which lead me wrong once in a while in a foreign country like America. Anything which I have learnt in America I cannot teach the same back to the Americans who will never have any confidence in me of knowing enough to teach the Americans. Americans will learn the Hindu philosophy from me which I learn it in India and which the American mind needs to learn from an Hindu. But anything which I learn from the American, he will not learn the same thing back from me. If an American learns the Hindu philosophy from India, people of India will not learn the same Hindu philosophy from that American who can never win the confidence of the people of India to teach the same philosophy back to them.

Under such conditions, in spite of having all the dietetic education, I am making my living very poorly by doing some peddling business in which I do not believe and I am not interested. I wish to come to India and open a Live Food dining room in a city like Bombay where the people are intellectual to understand my philosophy of Live Nutrition.

I am capable to run a Live Food Dining Room in India educating the public with my weekly lectures on Live Nutrition. I know many live food dishes, more tasty than the food which is cooked upon fire. I know how to make vegetable juices and their therapeutic value. I can give health advice in all cases of diseases, except surgical operations. I feel confidence to cure every sickness with the help of live food and commonly known exercises.

I am also an author of a mimeographic book "Diet and Health Advice."

Now I like to ask you a question. Can you put me in touch with some one who can show a sympathy and patriotism of India to finance my Live Food business proposition in India. I need money to come to India. Also I need money to buy different machines of making vegetable juices, of grinding vegetables and nuts, machines and utensils to make live food candies (sweetmeat or confectionaries). I need money to buy machines to dry fruits and vegetables which can be sold and eaten throughout India during the period of out of season.

You don't know a thing about the food values and about growing foods which are very essential to build up the body and keep the bodies in good health. You are just becoming a good

and well petted victims of the medical profession to swallow their pills. In America, a fight is in progress between the drugless and medical profession. Many pioneers in America, teaching a vegetarian and a natural life, were thrown into jails like the political prisoners of India by the different medical boards. Medical doctors, who used to stuff the brains of the ignorants with an idea that uncooked vegetables carry bugs and germs of disease and should not be eaten raw, are to-day brought down on their knees to accept the philosophy of Live Nutrition. Now, having learnt from the research work of the drugless profession, the medical profession, throughout the United States, is coming back to senses to advise the people to eat lots of uncooked vegetables to keep themselves in good health. Yet, the medical doctors haven't given up their medicine chests which they use for cattle head people only. However, a great fight is under way to force the monopoly of medical patronage upon the people, each time when Congress is in session. So far, the medical profession is always beaten back by the resisting influence of drugless profession.

In the beginning, the vegetable juices and different fruit juices were not allowed to be sold on the streets by the medical boards. But to-day, the medical boards are giving full permission to sell juices on the streets, because, the drugless profession had to fight for it to kill the objections of medical boards for selling those juices. Now the vegetable and fruit juices are sold like milk on the streets and delivered in the offices and at homes day and night. Farmers are receiving training to grow good carrots and other vegetables on account of the interest growing among the people of drinking more and more juices of vegetables

and fruits for their health. Carrot juice, "oh, boy", is sweeter than milk and more health giving than the milk. Carrots grow very thick and large in this country which are rich in chlorophyll. I make carrot juice by the quarts for drink by shredding the carrots and squeezing the juice out of them. But for the commercial purpose there are machines to make gallons of juice out of the carrots. In India people don't know how the vegetable and fruit juices play a valuable part to maintain and to restore the health of mankind. Throughout the United States of America such juices are sold in 5 and 10 cents glass. People buy them in pints and quarts and bring them home.

Don't you feel like inspired to help your countryman to start the same kind of business in India, relieving the people from the medical kidnapping and educating them to live a life of health just by eating vegetables and fruits which Mother Nature had already grown on the soil before mankind appeared on the earth.

A person cannot have money and knowledge both and that is why the idea of co-operation steps in. You give me one thing and I give you another thing. Germans know this kind of exchange and are famous for making such deal. Can you use your efforts to put me in contact with some financier in India who is also interested in Live Nutrition and health and have this education spread throughout India as it is spreading throughout America

I am 53 years old and left India in 1912 after Coronation Durbar and since then I never went back to my country. To-day, having seen such a great interest of health growing in America and having been qualified to run and manage a Live food dining

room where the live food can be served to the people and where the people be educated through the lectures, I wish to come to India and start a centre from where the education of live nutrition be spread throughout India.

I saw an Hindu lady who came to America with a Swami to preach the gospel of Hindu philosophy to the Americans. A banquet was given to American followers at the Ashram of Swami That Hindu lady knew all the Hindu philosophy for the salvation of the soul but she possessed no knowledge of food which can please the stomach to keep her followers in good health. So, she cooked lettuce with a "tarkari". Lettuce is never cooked in America Lettuce has crispy, oily, and tasty leaves which are eaten in this country uncooked on account of good mineral value they possess. When I asked that Hindu lady why did she cook lettuce, the answer she gave, "oh, raw vegetables will give the people stomach ache". An American, standing by my side, laughed and said that lettuce is never cooked because it is rich in vitamin and mineral value. Such class of people are numbered by the millions in India, who need to learn the kind of food they should eat. They are eating for centuries and centuries the same food to please their conventional and traditional habits and customs, forgetting the most vital facts of food which can please the stomach as well as the sense of taste. Medical science is promoting such ignorance more and more with all the intellectual and scientific bluff so that they can sell more medicines and capitalize themselves at the expense of their ignorant clients.

I met an American in this city of Los Angeles who was in India for quite a number of years selling a medicine

for goiter. He said, he used to make 25 thousand rupees a year in India by selling that medicine. Now in America he said, he can't make even two thousand dollars a year. I told him at his face that India is a good field for the medicine man to become rich at the expense of the ignorance of the people of India. I said to him that Americans are becoming very intellectual to discard the use of medicines and keep themselves in good health just depending on food and exercise. That is why, I said to him that he can't make so much money in America what he was making in India.

Do you want to be such a patriot to let the ignorance spread in India as it has been for centuries or do you want to help me to establish a center to destroy that ignorance? I can boast your Naturopath magazine if you help me for putting me in business. I am unmarried and I am not after money and I am not going to take all the money with me when I die. I just want to spread this education of Live Nutrition throughout India by serving the tasty live food dishes in the Live Food Dining Room of Bombay. That will be an only one restaurant of its kind throughout India drawing the curiosity of the people of the entire country. Teachers in live food can be trained who can open the same kind of restaurant in different parts of India. I seek no monopoly. A wide-spread interest in live nutrition will begin to grow throughout India, and then, perhaps, medicine men will be selling apples on the streets of India instead of selling medicines.

If you think I, being a son of India, deserve to give this kind of service to the people of my country then, please put me in contact with some party who can finance this Live Food business in India. That will not be my

business. I will just be the worker to prepare and serve live foods, to give lectures every week, to prepare literatures for distribution, and to give advice to the sick people who patronize the Live Food Dining room. But I do not want any financier like a jew who can squeeze the whole juice out of me to capitalize himself. I need one or two days rest every week and need at least two weeks vacation every year. I wish to work like an American and not like a slave of India. If you can put me in contact with some party who can finance, I suggest that person make a trip to America as a tourist and then see by himself how the interest in health is growing in this country and in this way he will know what machines and what equipment to buy and take it to India.

I have lots of books and magazines on health which I wish to bring to India for my lectures. That is an expensive item of shipping freight. I have two more courses of Health profession to be finished, not all, but just a part of them and I need money for that purpose.

Now, at present, I am attending a night school to learn First Aid under the instruction of American Red Cross. This is all free, taught, at the State expense of America. I am just taking a Standard course (elementary), then after finishing this I am going to take advance course of First Aid, and, then, after finishing that I am going to take the instructor's course in First Aid and then I will be through. I don't need any money for that as these courses are given free to the general public to take care of themselves or to help others at the time of injury and accidents until the doctor comes. In India also this kind of course is recently, (last year,) introduced by some Indian under the name of "Safety Course"

and an organization is formed in India under the name of Safety First Association of India. I have written a letter to the publisher of Bombay Chronicle, Bombay, to find out the address of that Association and put me in touch with them. I can get a job in India as a teacher teaching Safety or First Aid course. I am taking interest in learning that First Aid course and I am going to finish all these three courses. Each course extends for seven weeks, but I am taking it over and over again as I have no time to study at home. This is my 2nd time, but I am going to take it two times more.

On account of being an Oriental we cannot get any clean and decent job in America, no matter how much we know. Yet I cannot follow the exception, because one Indian by the name of Gobind Behari Lal is an editor of science column of a newspaper. For this reason, I am making my living by selling Ice Cream with a push cart on the streets of Los Angeles. I don't have enough patronage, because I am neither white, nor a negro nor Mexican. These three classes of people are living in this country. So, I just depend on the pick-up sale from here and there on the streets. For that reason I do not make much money and now when I have to go to night school, it is very hard struggle for me to keep up both. However, I am doing the best I can. Can you put me in contact with that *Safety First Association of India*?

Please let me have the full address of that association if you know.

I had a steady job in photographic business making 100 dollars a month and during my spare time in the nights I used to go to night schools to learn dietetics. But when the economical

millions of Americans were thrown out of jobs I was let out also in 1932 after Christmas. Since then I never got back any job as only the American citizens were to be hired if there was a job vacant. So, since 1933 I am selling Ice Cream on the streets. I used to give lectures here and there on dietetics when I had that photographic job. At that time I had this stationery printed. But when I started to sell ice cream all that lecturing was dropped because I was awfully hard up to make my living. American Government took a good care of millions of unemployed by giving them relief work and cash money as well as food and clothing to all. But as I was not an American citizen so I did not try for such kind of relief.

I can teach dietetics, I can teach physiotherapy, I can run a Live Food Dining Room and manage it, and pretty soon I will be qualified to teach First Aid. I cannot teach these things in America on account of race discrimination, but I can teach the same in India.

If you can help me out in making myself useful to the people of my country by putting me in contact with some one who is able to give me his financial aid; you will not be doing favor on me but you will be doing favor to your motherland India, where millions of people will begin learning what to eat to keep themselves free from all diseases which are crowding over the people with such a fame and notoriety that the whole world is afraid from the people of India who are considered to be full of bugs and disease germs.

Now I wish to ask you again as your countryman, can you take an action to comply with my request? The money which will be loaned to me

Nature Cure is Absolutely necessary to the world

Mr. S. B. COTE

I would like, in a few lines, to narrate how it came about that I and my family embraced Nature Cure, and if you think my story would benefit any of your readers you may publish it.

From early childhood I was delicate and sickly. Sores, boils, coughs, colds, Eczema and what not, each took its toll from my meagre frame. Knowing little or nothing of Dietetics and Nature-Cure, the usual denatured foodstuff and the popular medicine-men were depended upon for cures. And thus days went on, and by 1930 I had a family consisting of a wife and four children.

My wife had come from a family whose watchword was Eat. Yes, eat, eat and eat. It was not worth living, except to eat. Needless to say that my children, though fussed over and petted to the limit, were by no means healthy. Like most all children each had its turn of tonsillitis, whooping cough, measles etc, etc. Family doctors peeped in and each had their say and their coffers added to, of course.

depression began to set in and when will be all paid up gradually in monthly payments.

I want a copy of your Naturopathic magazine which I may subscribe later on. Will you please send me one?

I am also very much interested in the care of lower animals. I have read in the book of an American author Ralph Waldo Trine that in far off

In the early part of 1934 I was stricken with dull pains in the stomach and X-Ray revealed that I had "a large duodenal ulcer" as the surgeon put it. For one month and twenty eight days I was an inpatient of the leading hospital in this country, being discharged as cured at the end of that time. After six months the symptoms reappeared and, on the advice of a friend, I went through a course of Larostidine injections, 24 in all, recommended as the latest and most thorough cure for such cases. Relief for a time and then the same feelings all over again. I then started swallowing Japanese drugs, which because of the almost immediate relief afforded, I thought would soon cure me. This was followed by a second stay in the hospital and a second course of the Larostidine injections. Nothing doing! Instead of being cured my health declined. Sinking feelings set in and headsplitting attacks of neuralgia occurred daily. After a day's work I would sink into a swoon and remain so for about 30 mts or more.

On the advice of a superior officer, I started on what is called the Hay Diet-

Bombay there is the largest and the most elaborate hospital in the world for the animals. That hospital was founded by a Parsee and is known as Bai Sakarbai Dinshaw Petit Hospital for animals. That hospital, the author says, is kept on donation from the Hindus. As I am very much interested in that kind of work and I like to know if you can please give me the full address of that hospital so that I can have correspondence with them.

not I alone, but my family also. I was first given Dr. Hay's book to read, a book entitled Health via Food. Nothing but common sense arguments appeared to me to be contained in that book, and what struck me most was that the author, though an M. D. of New York, was attacking the medical profession with all the venom that he had in him. Yes, he was a surgeon for several years, having ignorantly butchered thousands; but now he had his eyes opened and handled no other cure than Nature-Cure.

The Hay diet combined with short fasts soon rid me of my duodenal ulcer and I regained health to a great extent. Here am I at the age of 44, feeling happy and strong and with the certainty that every day sees me a step to the better. As regards my children, they are now a happy, cheery, bouncing bunch of four. The youngest, a son of ten years, whom the doctors declared would have to forfeit his tonsils if he would save his life, enjoys a fine share of health now, and with the satisfaction that the tonsils which the Creator placed in his throat for a purpose are still there to perform the share of work apportioned them by Him who knows.

We started on the diet in May 1937 and since then have cut out everything that has to do with medicine and doctors. This statement brings to mind Dr. Sarma Lakshman's words '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, not approach the givers of such drugs.

Where formerly I shuddered at the thought of residing where doctors could not readily be had in cases of emergency, I now find relief and consolation in such a thought knowing that the further away we are from drugs and druggists, the nearer we are to Nature, Health and God.

Since then I have made it a duty to study well, books on Natural Therapeutics and have covered a fairly wide field of such literature inclusive of a Nature Course from America. My wife and children now know what it is to be healthy; they know what is necessary in cases of acute disease, and above all they know, as Dr. Lakshman says, Freedom is the most precious wealth.

I and my family now stand as ardent advocates to the cause of mother Nature, and if it will, at all, be helpful to your readers I am prepared, in further articles, to describe as well as I can, how such cases as Catarrh, Pleurisy and Malaria (which I now know are nothing more nor less than nature's healing crises, named differently by medical men) were easily, safely and most satisfactorily cured at home by natural therapeutics, much to the astonishment of medical friends.

NEWS AND NOTES

In recognition of his great work in the field of Naturopathy the National Association of Naturopathic Herbalists of America has elected Dr. L. Kameswara Sarma of Pudukotah a FELLOW and has forwarded to him a Diploma to this effect.

The National Association of Naturopathic Herbalists of America strives to create a greater interest in the use of non-poisonous herbs, seeds, barks, roots, flowers, etc. in the practice of drugless healing and promote the study and research in Phytotherapy.

Members in the N. A. N. H. may be

found in all important countries of the World and Naturopathic Physicians of India may apply for membership. They must have the N. D. degree and must be members of the Indian Naturopathic Association and recommended for membership by that association. Annual dues are not collected at this time, only a Registration and Diploma Fee of \$ 5 00 (five dollars) must be sent in with their application. Application for membership must contain full information as to qualifications and must be sent to the Association at 2270 Colorado Blvd., Los Angeles, California.

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.

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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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