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# The INDIAN NATUROPATH

FOR HEALTH - PHYSICAL, MENTAL & SPIRITUAL

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

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# The Indian Naturopath, Bezwada

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## COSMO-THERAPY:

### THE NATURAL FOOD OF MAN

BY

Prof. Edmond Szekely

If Man, who is a fruitarian and to some extent a vegetarian, finds himself in such circumstances that for many weeks he cannot have fruits and vegetables but only meat, then it is preferable for him to eat meat for some weeks and afterwards to return to his natural life rather than die of hunger. The imperative law of adaptation can sometimes compel us momentarily to adopt an unnatural life and an artificial one, but this must only be an exception and never become the rule. Permanent maladaptation leads to the disappearance of the individual or of the race. Before the cataclysm in human affairs known as "The Flood", Man was by almost common consent a fruitarian, like his fellow primate the monkey today. But it is sometimes argued that by now man has completely adopted his organism to the practice of meat-eating which, owing to the destruction of the vegetation, he was forced to adopt when the flood subsided and when he began to migrate from Central Asia to every quarter of the globe. The last few thousand years of carnivorism have not led to any practical structural change in the human organism. They have not altered our stomach, intestines or teeth etc., for such radical changes require hundreds and hundreds and thousands of years. The human species as such, has not been transformed by the carnivorism of the last few

thousand years. Carnivorism is a natural form of existence for the species which we call savage carnivorous animals, like the lion, tiger, leopard or eagle. For these animals meat-eating is natural for their structural organism is designed for it. Speaking biologically these wild carnivorous animals require for the digestion of meat specially strong glandular secretions which can only be produced by their intense excitement at the moment of the kill. The strong tension of the nerves and excitation of the glands provokes the necessary secretions to make possible the chemical assimilation of the meat. But in the glands of fruitarian or vegetarian animals like man, we do not find this glandular function at all. On the contrary, excitation of the nerves of man leads to bad digestion, so there is a great difference between the vegetarian and the carnivorous organism. It may be asked why wild animals exist in nature. It seems to be contrary to the laws of nature, but it is not so. These savage carnivores play a selective part in the economy of nature; they destroy one another in their inter-cine struggles. Nature continually experiments in her immense laboratory constantly creating new races and species. But those new races which cannot adapt themselves to the natural forces and laws are destroyed by nature. Her method is to let them destroy themselves.

The savage carnivorous animals destroy each other; they are in process of disappearance. Their numbers are steadily decreasing, and the time will come when there are no wild carnivorous animals left. The existence of wild carnivorous animals is not something contrary to the laws of nature, for carnivorism corresponds to all their organisms. If we give only fruit to a tiger to eat he will die for his organism demands meat. Meat is the natural food of the carnivorous animal, for its glands, stomach etc, are specially designed to consume meat, just as the organisms of the vegetarian animals are expressly designed to consume vegetarian foods. For instance, if you give only meat to a monkey accustomed to eating the nuts of the forest, first he will refuse it, but later though of hunger, it will eat it, after a certain time it will get ill and die. The same happens when we give fruit to tigers. We must be careful of the word "Nature". We must always make it clear if we are speaking of the nature of a tiger, or of a monkey, or of a man. Those who have studied the lives of the Simian species in the Zoological Gardens have observed that when cooked foods are given to Monkeys instead of natural foods, they generally become ill and die within one or two years. It is a known fact among zoologists that the same monkeys eating their natural foods could live for many, many years. Let us consider for a little the different stages of evolution of life upon the planet. Carnivorism represents inferiority, while vegetarians and fruitarians represent superiority, the higher degree of evolution. We can see that the most chaotic geological periods were characterized by the largest number of carnivorous animals. These monstrous carnivorous races are always inferior from the point of view of intelligence, we can prove it indubitably with facts. We know that the most intelligent animals are the vegetarian and not the carnivorous animals. For instance we know the intelligence of horses and so on. Nor do we speak simply from the point of view of their intelligence, but also from the point of view of their moral superiority. We can see that the superior species of the mammals, the Simians, is very much different from the savage

carnivorous beast in that respect. The reader may have noticed that if a horse runs in a field or on the road and a small child is in its path the horse always avoids and jumps over it and does not kill it. There is something superior in the mammal and vegetarian animals which is a manifestation of altruism and love. These animals are not cruel animals. But if we examine the savage carnivorous animals then we can observe that they like to destroy, that they kill not only for food, for life but very often without cause, simply art for arts' sake. From the point of view of moral superiority as well as from that of intelligence the vegetarian and fruitarian animals represent a higher phase of evolution. This is *apropos* of the question what foods have the necessary qualities for superior psychological capacities, whether it is meat or vegetables and fruits. On the basis of the preceding argument we can see that the appearance of human intelligence and of the most superior capacities of the nervous system coincides with the period when the dominant race was fruitarian. If we wish to compare the different grades of intelligence among animals and the different grades of foods which they consume then we can establish the following scale. In the lowest phase we have carnivorous beasts with the lowest order of intelligence. Next come herbivorous animals with a little higher intelligence while last we have the highest phase of that evolution which is the fruitarian Simian species possessing the highest degree of animal intelligence. There is thus a correlation between foods, intelligence and morality. There is also a mutual interdependence between foods and character. We can all see that the intention of natural evolution favours the vegetarian species and hinders the carnivorous species. According to statistics and natural history the savage carnivorous species are in progressive disappearance, which is not the case with the vegetarian species. Above the monkey in intelligence comes Man, and for him a fortiori, the natural food is fruits and nuts, but owing to his past ancestry he needs also vegetables and grains, and also the fresh dairy produce of cows, bees and hens. On these simple foods, he can live long and well, free from the scourge of disease,

## REFLECTIONS ON THE LATE DR. MUTHU

BY

K Lakshman, Pudukotah

The world is the poorer today for the loss of one of her faithful fighters for the truth, namely Dr. David C. Muthu, the well known expert on tuberculosis. He returned to this country after the outbreak of the war, and died on the seventh of May at Bangalore, after a short illness.

Dr. Muthu was not orthodox in his views and methods. He had ceased to be so, many decades before his death. His experience and experiments in the treatment of the tuberculosis in his sanatorium near the Mendip Hills in England had led him far, far away from orthodoxy...which means that he became substantially a Nature-Curist.

Among the discoveries that he made, the following are worthy of special mention.

He discovered that disease in general is caused, not by such a trivial and absurd cause as infection, but by dietetic, sanitary and economic causes operating through generations of civilised living, and that both prevention and cure are possible only by curative diet and other hygienic measures. This is the same as our teaching.

He also came to the conclusion that the bacillus or germ of tuberculosis is not the cause, but the effect, of an advanced stage of disease.

He also condemned the panicky attitude of the doctors and their chelas, due to 'fear-of infection,' and resulting in much inhumanity to patients.

The doctor has been advocating these radical views from within the profession, hoping to win his brethren to his side by 'sweet reasonableness.' But he failed, and of course his later life was grievously embittered by this sense of undeserved failure.

It is a pity that he did not get disillusioned in time, to strike out a new method of fighting. He ought to have done what was done by Dr. Sir William Arbuthnot Lane, Dr. Beddow Bayly and others. He must have turned his back on the profession, and appealed directly to the people, who are being exploited by men who are as stupid as they are obstinate.

That the medical profession is keen on preserving to itself all possible patronage, and on preventing any part of it from falling to the lot of those that are regarded by it as its enemies, is shown by a bit of news that I am able to reveal! An important Indian State had gone far towards engaging the services of Dr. Muthu for anti-tuberculosis work in its own dominion; this came to be known to an orthodox allopath, practising the condemned methods in a well financed Indian sanatorium; he interfered and frightened the State authorities into cancelling the arrangements; he told them that Dr. Muthu was not orthodox and so ought not to be employed.

Doctors naturally hate those that lower their prestige, even deservedly; for doctors are men, and they are in power.

But laymen who are free and intelligent can value aright the work of heterodox members of the profession. Among the many testimonials that Dr. Muthu had earned, there was a very excellent one by Lord Erskine, in which he expressed the hope that the Government of India would utilise his services.

Dr. Muthu has been wise enough to record his discoveries in an exhaustive treatise on Pulmonary Tuberculosis, in which he has discussed all the conflicting theories and set forth all the available evidence. A perusal of the book would

*(Continued. on page 70)*

# A TEAM GAME SUITED TO OUR COUNTRY

## SOME FACTS ABOUT 'CHEDUGUDU' OR 'KABBADI'

BY

C. C. Abraham

It seems so strange that very many of our indigenous games and exercises have in common the element of holding the breath. To the curiously minded, the question crops up, "Is it all mere chance or did those who started these exercises and games have the necessary knowledge of the physiology underlying them?"

There is considerable difference of opinion among doctors in America regarding breathing exercises. Dr. G. S. Hall states that deep breathing, however caused, no doubt acts against auto-intoxication, gives increased power to resist disease, is the root of endurance under effort and is of great and hitherto unsuspected importance in determining the level or intensity of life, one of the chief variables with which the rate and completeness of normal oxidation of the blood is correlated. Dr. Jessie William disagrees completely with Dr. Hall and holds the view that breathing exercises in the home or following a period of gymnastics are unscientific and not physiologic for various reasons. Oxygen cannot be stored up in the body and the passage of oxygen from the air chamber of the lungs to the blood and thence to the tissue is dependent upon the need of the body cells for oxygen. While at rest the body needs only a limited supply of oxygen, and any effort to take in more oxygen regardless of the needs of the body by deep breathing exercises, is unsound and irrational.

Viewed in the light of our present knowledge of physiology of exercise, it is quite possible that some of our breathing exercises may have great therapeutic values. This is a field rich enough for research by our doctors and physiologists. The values of such exercises have to be established on a scientific basis before they can be accepted and recommended for use. There is no doubt, however, that some

breathing exercises have a definite place in certain corrective and remedial procedures to improve postural defects of the chest and abdomen.

### The Game

Among our breath-holding games, "Chedugudu" or "Kabbadi" deserves special attention. "Chedugudu" is one of the most vigorous, active, manly games because it involves the elements of combat and tackling an opponent or opponents. It is played on a small area 33 ft. by 21 ft. divided into two equal halves by a middle line, with seven or more players on a side, for periods of time suitable for various age groups.

The game starts by one team sending out a "raider" into the opponents' territory with a "cant", viz., the repeated sounding aloud of one or more approved syllables within the course of one respiration. The raider attempts to touch one or as many of his opponents as possible, by quickly moving about in the enemies' territory with always the danger of being tackled and stopped by one or several opponents before he could get home.

The use of the "cant" by which the breath is held is a feature of this game and needs a little explanation physiologically. Ordinarily when we run or exercise, we feel great respiratory and cardiac distress and we pant for breath.

In "Chedugudu", the "raider" goes to raid his opponents with the breath held. There is considerable physical work done during such a raid. It would seem most unphysiological to do major bodily movement of running, dodging, and tackling, with the breath held. Even when at rest the body requires from 200 to 250 c. c. of oxygen each minute, while in vigorous

exertion this need may be increased from ten to twenty times.

The question that arises is, can the human engine perform work without oxygen? Yes, man has the ability to acquire an oxygen debt and in this respect he is superior to a man-made machine. The motor car engine for example cannot go into debt for oxygen, while the human machine is able to contract a large debt. The automobile as it runs must pay with oxygen for the energy it releases while a good "Chedugudu" player may carry on a vigorous raid for several seconds, tackle several opponents and still come home. During such physical exertion, he breaks most of his muscle food like muscle phosphagen and glycogen and after this he may spend several minutes getting enough oxygen to provide, by burning fuel the energy needed to re-synthesise the constituents destroyed in his muscles. Incidentally he thus recharges his muscles for another raid. The game of "Chedugudu" thereby increases one's capacity to go into greater and greater amount of oxygen-debt, and diminishes gradually the time for recovering from fatigue. In other words this game builds up endurance.

#### Endurance,

Endurance means the ability to do major bodily movements for a long time. It requires muscles of fair strength, easily stimulated to action, and a large amount of reserve power in the nervous system. It also requires an efficient condition of the heart, lungs, blood vessels, and sweat glands. This efficiency of all the vital organs helps to bring about the necessary oxidation of the waste products of the muscle tissue.

Besides these physical and physiological benefits, "Chedugudu" is definitely a game which stimulates mental growth. The human organism is to-day regarded as a unit, and anything that contributes to its physical well being tends to enhance its psychological well-being. This view is quite universally supported in the field of psychology and education. One of the chief means of mental health is an abun-

dance of vigorous play. Play aids bodily health, and bodily health is a factor contributing to mental health. "Chedugudu" is one of those very active, vigorous games which will provide plenty of exercise and fun.

The game is full of charging situations. Ability to adjust to the changing situations of a game has great carry-over values. There is no doubt that under proper leadership it could enrich and broaden one's personality and develop an adjustive mechanism for meeting several situations. Since a large part of mental hygiene consists of helping the person to adjust himself to the realities of his life, activity like "Chedugudu" is of inestimable benefit.

#### Development of Character

Like all other team games, it helps development of character. The value of games in the promotion of character has long been recognised by foremost educationists. In ancient times, Plato, Aristotle and Quintilian expressed their convictions on this aspect of games. In more recent times, Locke, Basedow, Guts Muths and others credited games with possessing moral potentiality. In 1840, Arnold, the English Headmaster at Rugby, deliberately introduced play and athletics with special emphasis upon team games.

"Chedugudu" is one of our very popular team games. It is played all over the country, in villages, towns and cities. It is a game quite suited to our country. It costs very little to lay out a proper "Chedugudu" court. It is a game which suits our temperament because of the elements of tackling and breaking from an opponent which factor may have been taken from the art of wrestling. It is enjoyed by every normal boy and adult. It develops endurance, agility and quick thinking, and under proper leadership, the game has great potentialities for developing character, because there is no much of give and take in it. It has several features in common with the English Rugby and the American Football. It is no wonder that like these games of the West, it is only the robust, strong and healthy that can really enjoy a game of "Chedugudu."

# THE PROBLEMS OF THE SEXUAL LIFE

Its Medical, Psychological, and Sociological Aspects

BY Prof. Edmond Szekely

The sexual problem is one of the gravest in human life for the following reasons:—

1 It arises at the most important period in youth, in the age of adolescence.

2 The activity of the glands, particularly those of sex, has an extraordinary influence on the human organism.

3 It is the problem which has been least solved in our present social system.

4 It is the problem spoken of least and to which the least attention is paid, but which is most often in people's thoughts.

We owe the present situation with regard to sex to two main causes; ignorance and hypocrisy. It is our highest moral duty to combat these two enemies at all times and in all places. The subject must be dealt with frankly and even crudely, even at the risk of shocking dogmatic minds.

The problem begins to assume importance in the age of adolescence. When the sexual glands which belong to the category of glands of internal secretion (endocrine glands) begin to be active, the quality of the blood in the organism is changed and in consequence cellular and nervous activity is also modified. This modification leads to the appearance of the masculine and feminine characteristics of the organism. The appearance of these qualities causes great changes in the child's organism and consciousness. The child, however, remains absolutely alone and without any understanding or help in the midst of all these problems. Neither parents, teachers nor doctors help the child to resolve and understand them. At school children acquire a lot of useless abstract knowledge, but are left in total darkness regarding what passes in their own organisms. Two tendencies

present themselves in the child. (1) the tendency to satisfy its instinctive sexual need. (2) the tendency to explore this unknown field in life - the instinct of curiosity. As no competent person gives the child the requisite knowledge, he is forced to get it from friends as ignorant as himself or from pornographic books and pamphlets.

## Sexual Symptoms in Boys and Girls.

It is convenient to deal separately with the symptoms appearing in the two sexes.

1 *Boys.* A certain number of boys, a minority begin to visit prostitutes. The majority begin to masturbate, to practise self-abuse. We must examine these two manifestations a little, in view of their neglect through ignorance and hypocrisy.

Generally speaking, children are led to believe, both from what they are told and even more from what they read in books, that there is something terribly dangerous in the practice of masturbation. The result is that young people always make up their minds to give up abusing themselves, but also fall back into the habit. This causes psychological, moral scruples which do far more harm than the masturbation itself. From a physiological and medical point of view, no illness can spring from self-abuse. The only disadvantage is a certain fatigue. This is also produced by natural and normal coitus. The fatigue caused by masturbation is rather greater than that experienced after coitus, because the fantasy has more work to do than in normal coitus. In the latter, the preponderating influence belongs to the experience of the organs, of the senses, while in masturbation fantasy has the greatest role and replaces sensation in the organs. So it is a very great error to suppose that masturbation leads to very serious illnesses. The real danger lies in the fear instilled into young people through exaggeration.

ration of the dangerous consequences of masturbation. I have found very serious nervous diseases due simply to any unwarranted fear and to constant moral scruples - the result of hearing an exaggerated account of the imaginary results of self-abuse.

The other factor, that of prostitution - is the most dangerous. First of all, there is a great series of sexual diseases which are spread among 80% of young people of both sexes and the most serious consequence of ignorance is that young people cannot protect themselves against disease. Secondly, their first experience of sexual life is reduced to an exclusively automatic and mechanical sexual contact.

#### Physiological and psychological factors

It is a fundamental physiological and psychological law that sexual satisfaction can only exist if it is both physical and psychical. If one or other of these two factors is missing, there is always a state of disequilibrium owing to the non-satisfaction of the other. Thirdly, an additional factor which makes matters worse is that all this goes on secretly and young people are consequently in constant fear of medical repercussions or of discovery of their sexual life. In addition, they conceal their sexual diseases which spread very widely.

(2) **Girls.** As far as girls are concerned, everything said about masturbation in boys holds good with them too.

But prostitution is replaced, in a certain minority, with secret sexual relations. The majority, however, do not go beyond masturbation. Masturbation has far more serious consequences for the female organism. In the male organism the centre of sexual sensibility always remains the same whether in masturbation or in normal coitus. But in the female organism the centre of sensibility varies. In masturbation it is the clitoris, while during natural coitus it is the more internal erogenous zones of the vagina. The result of this is that one centre of sexual sensibility develops to the detriment of another. In consequence, I have found in my medical

practice, for instance, a great number of young women who have not found satisfaction in normal coitus, simply because of one-sided development of one centre of sexual sensibility through masturbation.

There is another factor as well. A very small minority who have the courage, instead of masturbating, to continue secret sexual relation, are in constant pathological fear of conception and pregnancy. They are also in permanent nervous tension through effort to conceal all sexual symptoms from the people round them. This makes matters worse.

So young people of both sexes do enormous harm during their years of adolescence to their nervous systems and sexual organs. And both sexes embark on marriage already handicapped physically and psychologically. As a result sexual disequilibrium continues even after marriage.

#### The Period before Marriage

Something must be said of the period preceding marriage. A great problem of adolescence arises at this stage. It is whether it is reasonable to begin sexual life when physiological sexual maturity is reached. The answer of physiology is direct and categorical. It is 'No.' The reason is that it is a physiological law that all our organs appear long before we are intended to use them. For instance, we have feet long before we can walk and eyes before we begin to see. Similarly our sexual organs are developed before we should begin to use them. Their employment is only indicated when we reach the psychological maturity enabling them to be used. Till then there is an apprenticeship to serve.

Therefore, from a concrete standpoint of sexual life, we become ripe for such life, not when our sexual organs reach physical maturity, but when we have attained conscious psychological maturity and a conscious feeling of sexual responsibility.

#### The traditional and external laws

forbid premature sexual life out of sheer hypocrisy, while we appeal to a higher tribunal, to the inner consciousness and recognise no other authority than this inner consciousness full of responsibility.

This state of psychological maturity differs with every individual, and so does physiological maturity. Equilibrium in sexual life is therefore an absolutely individual and personal question which must be left absolutely free and belongs to the inner consciousness of each individual.

From a practical point of view the following question now arises.-- What must adolescents of both sexes do between the two maturities - physiological and psychological?

Instead of leaving them to themselves without any help in the solution of their problem, we should make them understand the physiological and psychological processes going on in their organisms and should explain to them that the best solution is to abstain from sexual life until they attain psychological maturity. Thirdly, and most important, we should give them all the knowledge requisite for the hygiene of a chaste life. In this way they will very easily be able to avoid all the drawbacks in every form - natural and unnatural - of premature sexual life until they reach psychological maturity. Otherwise, as we know from experience, they fall into the habits of masturbation or frequenting prostitutes and contract venereal diseases and a series of nervous diseases accompanying all these factors. In view of all this, abstinence is the least bad solution among all these other possibilities.

### Psychological Maturity

Naturally everything is changed with the appearance of psychological maturity and sexual responsibility. Sexual life is then an elementary and natural right of youth without consideration of chronological age and it is only the ignorance and hypocrisy which exist to-day that wish to deprive youth of this natural manifestation of life.

This leads to another very important problem - the problem of giving the opportunity and possibility of acquiring psychological maturity at the time of reaching physiological maturity, in other words preparing the adolescent and accelerating the appearance of the former. How is this to be done?

Psychological maturity and sexual responsibility can be acquired exclusively by co-education of the two sexes, by daily life in common, so that young people may know one another in every aspect of life. Psychological maturity can be developed only under the influence of the realities of both sexes through life in common which makes possible the knowledge of the opposite sex, not only as another sex, but completely as human beings who have the same work to perform, the same ends, the same pleasures and the same daily occupations. Complete knowledge of every aspect of life of both the sexes is alone capable of developing psychological maturity for sexual life.

Freud, Adler, Marx

For the diagnosis of the symptoms of

*(Continued from page 65)*

lead the reader to the conclusion, that the average medical man would be wiser, if he were allowed to read all the available medical books impartially, and if he dared to think and decide for himself; but some deadly perversity of mind, as well as adverse circumstances, prevent his doing that. Medical books are extant, written by authoritative writers, which give facts enough to show that medical orthodoxy is

grievously at fault. But the medical schools are dominated by the most obstinately orthodox of the profession, and they take good care that such books are not prescribed for study. Thus it happens that the most trusted profession in the world is the least worthy of truth; the profession does not worship at the shrine of Truth.

disequilibrium in sexual life, we have two well-known methods: the Freudian and the Adlerian. According to Freud, almost every nervous disease comes from suppressed sensuality which is later transformed into pathological nervous reflexes. According to Adler, it is a feeling of inferiority in life, particularly in sexual life, that produces all nervous symptoms and diseases. As a means of diagnosis they have very great value, because with a scientific objectivity and with a frankness which deserves our appreciation, they combat very energetically the ignorance and hypocrisy which are generally dominant in the sphere of sexual life. They show us with the force of scientific evidence that the nervous person is the product of the present chaotic social system. They therefore are of great value from a diagnostic point of view, but from a therapeutic point of view, from the point of view of finding a solution of the problem, they are insufficient.

#### Solution through Dialectics

The practical solution is realisable exclusively through dialectics. From a diagnostic point of view there are no contradictions between Freudism, Adlerism and Marxism. But from the point of view of finding a practical solution of the problem, there is the difference that only Marxism is efficacious. This is so because it is necessary to take realities into account physiological, psychological and social realities - and it is only the entirety of these factors which is capable of giving us the solution. So as opposed to the one-sidedness of Freudism and Adlerism, dialectics provides us with a complete and concrete solution on the basis of complete and concrete analysis. From this follows the question of what is to be done when psychological maturity and sexual responsibility are already acquired.

The answer is that we must then teach all the requisite knowledge and practice of the hygiene of sexual life.

We will now begin the study of the symptoms of sexual life as they appear within the framework of marriage. Accord-

ing to medical and psychological experience, the vast majority—some 80%—of marriages are unbalanced and inharmonious from the point of view of sexual life.

#### What are the reasons for this?

- (1) The nervous system, injured and partly destroyed by bad practices in sexual life before marriage.
- (2) Sexual diseases acquired before marriage.
- (3) Habits acquired before marriage, which are only altered slowly and with great difficulty.
- (4) The state of consciousness due to the person's sexual past before marriage.
- (5) Ignorance and lack of knowledge, of the most important problems of sexual life.
- (6) Hypocrisy and lack of frankness between the two sexes.
- (7) Incapacity of analysing psychologically oneself and one's partner.

We see, then, that in the majority of cases the two sexes, enter into marriage heavily handicapped by a series of important factors. The consequence is that each says that the other is the cause of sexual disequilibrium, instead of seeing that neither party is to blame, as both are the victims of our present chaotic social system and particularly the victims of ignorance and hypocrisy.

Because of their incapacity for conscious analysis they look for other motives: they think that they will perhaps find outside the full satisfaction which they lack in marriage. This makes matters still worse and also aggravates the state of consciousness of the married couple. Such are the chief factors arising *before* marriage which lead to disequilibrium in marriage. We must now turn to those arising after marriage.

#### Causes of Disequilibrium arising after Marriage.

- (1) The first possible motive, though a rare one, for disequilibrium is physiological discord between the sexual organs of the two people. This only occurs in some 15% of cases.

(2) A second motive - and this is a very general case, prevalent in some 70% of marriages, is to be found in theoretical and practical ignorance of the erogenous zones of both sexes in coitus. A great law of sexual physiology exists: in the male organism all sexual sensibility is concentrated on a single point - on the gland of the penis, which thus forms a single, central erogenous zone in the man. In the female organism, on the other hand, the erogenous zones, where are the areas of sexual sensibility are distributed over almost the whole organism. There are therefore erogenous zones of first, second and third degrees in intensity.

Sexual disequilibrium physiologically is due to this difference. In the male organism the whole of coitus takes place centrally in a single erogenous zone, which is capable of producing sexual satisfaction much more rapidly than in the female organism. It therefore very often happens because of this physiological ignorance of one or the other partner, that the majority of the female erogenous zones remain untouched during coitus. Since there is an internal connection between all these erogenous zones for the transmission of sexual sensibility, sexual satisfaction in the female organism is for this reason either,

- (1) incompletely produced or
- (2) only produced much later than in the male organism or
- (3) is not produced at all.

So the most general cause of sexual disequilibrium in marriage consists of this illusion that sexual satisfaction quantitatively and qualitatively is identical and simultaneous in both organisms.

And in this the fault lies chiefly with the man. It is he who has the active role in coitus and when he has arrived at sexual satisfaction he is disposed to think that the same is the case with his partner. And even if he has a contrary experience from this point of view, he does not understand the real reason for it.

In view of the widespread nature of this case, it deserves more detailed treat-

ment, affecting as it does some 70% of marriages.

The sole remedy is that dictated by the laws of physiology and must be carried into effect by the man because of his active role in coitus. He should avoid beginning coitus at once by the introduction of the penis into the vagina, as if he does, sexual satisfaction in the form of ejaculation will inevitably occur more rapidly in the male organism than in the female. Nor can the repetition of the act result in complete satisfaction of the female organism, simply for the reason, that done in this way the character of the act of coitus is entirely masculo-centric and fails to take into account various very important female erogenous zones which are left more or less untouched during coitus.

In order to equalise this difference in the physiological sensibility of the two organisms, the man should begin by occupying himself, first of all, with the other erogenous zones in a concrete fashion. We can formulate this physiological law as follows: the man must first of all - before coitus proper - warm up the female erogenous zones to the point of their stimulating and preparing vaginal sensibility to a certain degree of intensity. In this case, sexual satisfaction in coitus will be simultaneous in both organisms. In this way not only the male erogenous zone but also the totality of the female erogenous zones are satisfied.

In physiological language intensive male satisfaction coincides with extensive female satisfaction.

And now let us examine the cases of most frequent occurrence which are due to neglect of this physiological law.

#### Sexual Disequilibrium due to Neglect of this Law.

In the course of years the female organism can progressively become partially or completely frigid, that is to say, that certain erogenous zones, because of their non-functioning become insensitive. This physiological condition naturally has a reaction on the male organism as well,

After several repeated acts of coitus sexual impotence is produced in the male organism due in the majority of cases to female frigidity. When the man observes on several occasions that he is unable to arrive at female satisfaction, psychological complexes are created which suggest to him his sexual incapacity.

In general we find a succession of causes and effects and almost always ignorance of the real causes and effects. In order that we may understand better the consequence of this general sexual ignorance I will quote some concrete cases I have met with in my medical experience. For instance, I have several times come across women who after ten or fifteen years of sexual life in marriage and with two or three children were more or less insensitive in their most important erogenous zones and had a generally unawakened sexuality and had never known complete sexual satisfaction.

Similarly I have found men - fathers of families - after ten or twenty years married life, who have never paid attention to this difference in intensity in the sexual sensibility of themselves and their wives.

We must now deal with another case which is also very important and widespread - the use of certain preservatives for the prevention of conception.

### Contraceptives.

In spite of the almost unlimited possibilities provided by chemistry from this point of view, there is only a very small groupe of preservatives which are really certain and not detrimental to health.

The majority of preservatives either cause certain superficial irritations or even swellings sometimes or else they lead to the mechanisation and automatism of the erogenous zones and reduce sexual sensibility to a minimum.

To take an example we will mention only three classes of preservatives - those most commonly employed.

(1) The *condom* either complete or

simply for the gland of the penis is far from being completely reliable and always reduces sexual sensibility.

(2) The majority of *pessaries* are also illusory from the point of view of certain protection. They do not reduce sexual sensibility but very often occasion very disagreeable symptoms.

(3) As far as certain *quinine pastilles* and similar preparations used before or after coitus, are concerned, they are directly harmful to health and cannot claim to be certain.

We can therefore add that the employment of imperfect preservatives contributes very largely to sexual disequilibrium brought about by ignorance of physiology.

The manifestations of this disequilibrium are extremely varied, differing with age and with individuals.

The majority of sexual lives are merely sexual life surrogates and it is almost unbelievable but a very sad fact that 80% of marriages are based on sexual disequilibrium.

We will take two further examples and two very characteristic cases of sexual disequilibrium which are also the least well understood.

The first is the "Don Juan" type. It is the saddest kind of sexual disequilibrium where a man changes his sexual partner all the time because he can never find sexual satisfaction. In his permanent state of non-satisfaction he is always hoping to attain satisfaction in more and more new sexual relations. In most cases satisfaction is never found.

From a medical point of view we are almost always able to cure this pathological condition.

The other type which is also badly understood is the case of the 'mysterious woman.' Mystery is attributed to her because one never knows what she will do next day. From a medical point of view the mystery is very simple: she does not know her-

self and does not know what she will be doing in a day or an hour. It is a condition of permanent nervous tension - a very developed degree of nervous breakdown - from the point of view of sexual psycho-pathology. So in final analysis it is a question of permanent inconsequence in sexual life vis-a-vis her partner and in life generally vis-a-vis her environment. This case belongs to the category of cases which are most difficult to cure.

### Pessimism, Scepticism, Cynicism

Let us now examine some further specific and characteristic cases of sexual disequilibrium.

Psychologically we have the pessimist type, the sceptical type and the cynical type.

Behind *sexual pessimism* there is always a sexual inferiority complex.

*Sexual scepticism* always hides sexual ignorance.

And finally, behind *sexual cynicism* we shall always find sexual hypocrisy.

### A Sexual Prejudice

We must deal with another mistaken sexual prejudice. People are generally convinced that famous authors of novels of love and famous cinema stars - the sexual idols of the masses - lead a balanced and a harmonious sexual life. In reality if we examine them at all carefully close at hand we shall discover that the descriptions of harmonious love in their literary works are simply compensations for and replacements of these great authors' sad and unbalanced sexual lives in the vast majority of cases.

Similarly the sexual life and loves of cinema stars are either very dull and ordinary or else very chaotic and unbalanced.

### Avoidance and Remedy for Sexual Disequilibrium

Now the great question arises of how we are to avoid and remedy sexual

disequilibrium which assumes very numerous and varied aspects in our present age and society.

Cure must always be preceded by diagnosis. And this diagnosis is based on modern physiology and psychology. I am not going to speak here of Freud and Adler because they have long been superseded by new psychological processes and to-day represent a simple anachronism.

Real diagnosis is provided by the dialectical totality of every psychological correlation and symptom.

Features of the face, nuances in the eyes, bearing and gestures, tone of voice and in general every external manifestation of the psycho-physiological mechanism reveal to us exactly all the sexual past of the individual, without the necessity for any Freudian psycho-analysis or Adlarian psycho-synthesis. It is enough to observe a person for some days or even hours in daily life or if this is not possible one has only to carry out a psycho-technical examination by putting the person in certain psychological situations expressly designed for the examination and measurement of his reactions to them. After having established his sexual past, it is simply a question of eliminating in the future all the physiological and psychological causes of his sexual disequilibrium.

And we now come to the most important part - after diagnosis - cure.

### Cure

The foundations of this therapy are based on the following considerations. The directives of the laws of psycho-physiology must be followed. The constitution and mechanism of the male and female organisms show us precisely that the essential of sexual life is the balanced completion of the two organisms incomplete in themselves.

(To be continued)

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