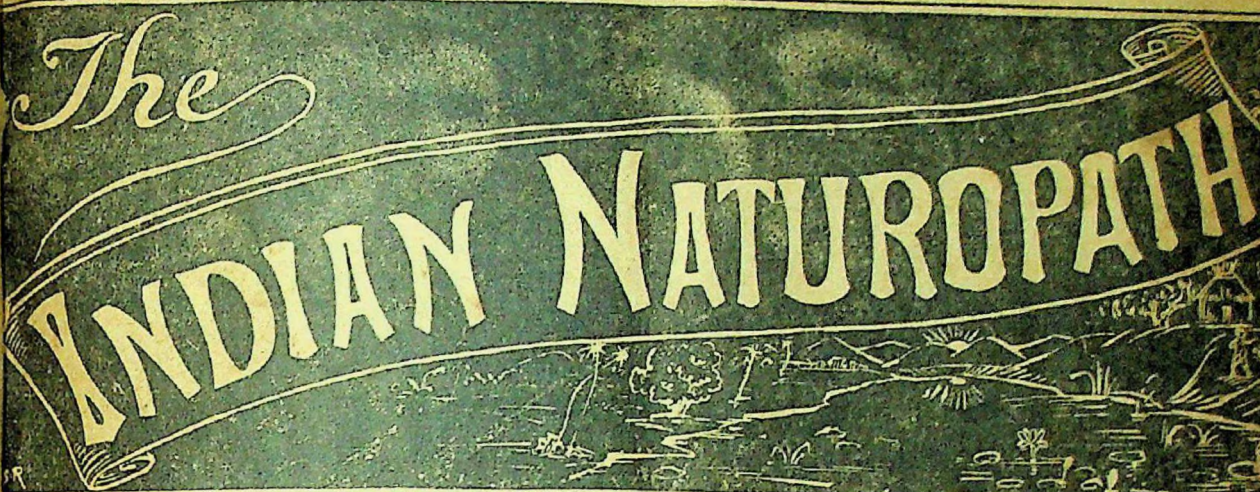


The INDIAN NATUROPATH



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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Annual Subscription for the Magazine Inland Rs. -8-0, Foreign Sh. 3 or \$ 1.

Annual Membership Subscription for the Indian Naturopathic Association Inland Rs. 3—0—0 foreign Sh. 6, \$ 2. Magazine free to the members.

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Price Re. 1 only (Excluding Postage)

Published by :

CHROMOPATHIC INSTITUTE (Regd.)

Andhra Grandhalaya Press Buildings Haridwar :

BEZWADA.

Annual Subscription Rs. 1-8-0

THE

Foreign Sh. 3, or \$. 1

Indian Naturopath

The Official Organ and Gazette of The Indian Naturopathic Association

Vol. XI

BEZWADA — July, 1940

No. 7

PATHOLOGICAL NECESSITIES: * 5

ABSCESS

What is an abscess?

It is an attempt on the part of nature to eliminate filth that is not wanted by the system. Food, that is not properly digested, stagnates in the body, putrifies and disintegrates. Such effete material in the course of disintegration becomes acid. System, to maintain 60:40 proportion of alkaline acid principles in the body, tries hard to get rid of that acid material. The acid material in the blood is driven out by the natural forces of the body into a weak portion and forms a tumour in the beginning. In the course of time the tumour softens and makes its way out in the form of pus and blood.

When all the pus and blood is eliminated the wound heals of its own accord and if no external interference is made, even a scar will not be noticed after the wound is healed.

Harmful Foods

But what are the foods that create so much inconvenience to the system, is a pertinent question. The readers of this series are well aware that more alkalisng food material is needed by the system than acid forming substances.

Rice or Wheat when taken in polished and whitened form, form the chief and

major portion of the acid forming material. Next to these, carbohydrates, fats, taken in any form, in excess to the needs of the body form into fat acids, otherwise called amino-acids. Proteins are not at all needed for people beyond forty and proteins contained in other substances such as cereals, beans, and solid vegetables are sufficient for the maintainance of the wear and tear of the body, if the protein in them is properly assimilated in the body. Proteins if taken unnecessarily into the system with the presumption that they build the body, stagnate, putrify and form the chief explosive material to blow out the body. I don't vex you here with my vegetarian theory, yet I warn every eater of flesh and fowl, fish and pork, to abstain from these filth producing materials if he wants real health and happiness. Now, if the foods are not properly assimilated and utilised by the body and if proper combustion has not separated carbon and water; it forms into carbon-dioxide. (C O 2) This carbon dioxide is counteracted by the alkaline material in the blood, flesh, tissue and even bone (calcium). In the action and counteraction the body loses its treasury of alkaline percentage and loses tone.

When the system becomes weak and when it cannot properly eliminate the effete material from the system through the colon, the kidneys, the skin and lungs; the effete

*The previous articles of this series appeared in the I.N. for Dec. 1939 and Feb. April, and May 1940.

material so accumulated in the body forms into tumours to be eliminated in the form of abscesses, ulcers or even carbuncles and cancers. As long as the body maintains a certain tone, it can eliminate the tumourous filth in the form of an acute abscess. If sufficient tone is lacking the tumour grows and grows and eats surrounding tissues. The cancer is of course a same attempt on the part of nature to eliminate the impurities of the body through the mucous membrane of the internal organs.

Prevention.

Like all other ills of the body, prevention is better than cure even here.

The filthiest matter when exposed to the sun, is dried up and loses its filthiness. Fruits and vegetables are preserved for a very long time when preserved in refrigerators is a recognised fact. So also if you keep the body open to the rays of the sun and if you take sufficient exercise every day, the body eliminates much of the effete material through the pores of the skin in the shape of sweat.

By the regulated movements of the body in the act of exercise taken every day the body utilises much of the dreaded explosive food material.

Moderation in eating and regulation of the quality of the food, choosing positive diet and avoiding to the last all the negative food material, is the essential factor to be observed by the seeker of health. The nerve to refuse and the strength to avoid all narcotics and alcoholic beverages is needed. Such a person will save his body not only from abscess but from all the diseases that the flesh is said to be heir to.

Breathing of pure air and drinking of pure water need not be stressed here as they are the first two elementary principles on which the body subsists.

The Course Of The Abscess.

The effete matter circulating in the blood stream chooses a weak point in the

body through which it can easily make its way out. Weak point because, it is only at the weak point that the temperature is lowered and favours the condensation of the effete matter there. If no external interference is made in the shape of a plaster the effete material circulating in the blood deposits there to the fullest length of the elasticity of the skin there. If on the contrary a plaster is placed, the elasticity of the skin is hindered, and the effete matter re-enters the blood to be counteracted again by the alkaline treasure of blood, muscle and tissue. So it is always harmful to place a plaster on a growing abscess.

If the abscess is allowed to grow to its fullest capacity the body segregates the abscess from the main blood stream by an artificial layer.

Being separated from the main blood stream the effete material begins to putrify and assume a very strong acid form. The strong acid so formed eats away the layers of external skin and forms into an ulcer. Through the ulcer, as before said the pus and blood is eliminated in due course.

If the allopath interferes with his blister, before the abscess has fully developed, the progress of depositing is obstructed and the abscess may become septic, owing to the non-creation of the artificial layer between the blood stream and the abscess. So it is always wise to increase the elasticity of the skin by moist heat applied at the area in the shape of sweating packs, local steam baths or by the application of hot water bag placed in wet towels. It is always wise to conclude such hot applications with cold packs or towels wrung out in cold water folded into eight, and placed over the area. The cold applications favour the further deposit of effete material and the elasticity of the skin is increased by hot applications.

As soon as a safe layer is placed beneath the abscess and the effete matter in the abscess, the abscess begins to disintegrate and soften, as before said and it makes its way out,

If in the course of disintegration the Allopath with his knife interferes and places a sacred cross on the abscess, the disintegration also is hindered, and it will take a very long time before all the pus is eliminated—time longer than it would take for a natural course.

If as in the case of blistering the Allopath opens the abscess before the safe layer is created, it becomes a septic wound and the patient dies of septicæmia.

Treatment

As in all acute cases, missing a meal or two and avoiding all rich foods is essential for a safe conclusion. Hot and cold applications as above said will mature the abscess without any untoward symptoms. The same cold and hot applications squeeze out the filth from the abscess and favour a speedy cure.

Care should be taken that the bowels move freely twice a day and no urine is obstructed. Eating of greens and vegetables thrice the quantity of **annam** or **rotti** is necessary. It is better to replace annam or rotti with juicy fruits of the citrus family or the grape dynasty.

You don't experience any inconveniences in almost all the ordinary abscess with this treatment. The allopathic prescription for closing the wound also is objectionable. No special care is necessary to close the wound, as the wound closes itself immediately after all the pus is eliminated from the abscess. The safe layer grows from within and as soon as a strong layer has grown, the wound peels off and not even a scar is left.

The premature closing of the wound by iodoform, tincture of Iodine or carbolic or boric acids tend to force behind some of the pus which will be for the further destruction of the surrounding tissue.

The Ayurvedic prescription of antimony and sulphur are also dangerous and so the medical and surgical aid should in no case be sought.

Extra-ordinary Abscesses

In severe abscesses the diet should be restricted to fruits and cooked or uncooked vegetables and greens alone.

Kuhne's hip baths and sitz baths taken twice or thrice daily of ten or fifteen minutes duration will be very beneficial.

By inducing the skin to perspire every day in the evening sun will favour a speedy cure and alleviate much of the suffering from the abscess.

A thermolume bath is more beneficial for weaker people. Steam bath may be substituted if no thermolume is available and the sky is cloudy. Steam baths should not be taken more than thrice a week and should not last longer than the time that the patient can comfortably bear. Sweating packs also may be applied with advantage over other sweating applications as the least exertion is needed in this application.

Chromo disc when available may be applied and the best results obtained in increasing the elasticity of the skin, in maturing the abscess and in driving out the pus from it. Colours to be used for the disc are violet for increasing the elasticity of the skin and maturing the abscess; green or blue for driving out the pus and healing the wound. The disc should not be applied more than twice a day and it should not last longer than thirty minutes each time. After every application of a disc the abscess should be well cooled down by clay packs or wet cotton bandages. Colours for the thermolume should be three green and one blue from bottom to top.

From the above you will very easily understand how an abscess is not only inevitable in the pathological condition, in which the blood is highly contaminated with effete material, but that is a pathological necessity; and highly beneficial in that pathological condition.

Abscesses that spring from lymphatic channels though less harmful should be treated in the same way as ordinary abscesses.

NEWS & NOTES

Eat More Fruits.

The report of the Fruit Production Sub-committee of the National Planning Committee of India is out. The N. P. C. had declared as follows:—

The quantity of fruit and vegetables consumed by Indians is quite inadequate to bestow health to them. Their health had gone down. So to be healthy, they must eat more fruits and vegetables along with their present diet.

To achieve this, they have recommended the following methods:—

- 1 By encouraging those that produce fruits and vegetables.
- 2 By heavy customs on imported fruits and thereby protecting the Indian producer.
- 3 By separating some pieces of land for the production of the same.
- 4 By creating facilities for the easy transportation of the fruit from the grower to the consumer.
- 5 By increasing cold storages.
- 6 By making the education of the fruit growing, main, in the syllabus of Agricultural colleges.
- 7 By arranging post graduate courses, in all universities, for the spread of the knowledge regarding the same.
- 8 By introducing canning and other industries for the production of fruit essences, scents and oils.
- 9 By licensing fruit merchants.
- 10 By bulletening the market rates of the fruits from time to time.
- 11 By making amendments in the section 17 of the Reserve Bank rules to

facilitate the fruit producer to get sufficient financial support.

We are glad, the principles we were propagating for over 20 years, are now approved by the National planning Committee. We exhort all our readers to recognise their foremost duty of producing and consuming more Fruits and VEGETABLES.

Late Mr. Ch. Ramajogayya

He came to our "Back to Nature" camp in the year 1938 to Bezwada and was a follower of Nature cure from then. He had an attack of paralysis. But for the sudden demise of his eldest son and other domestic troubles, that shocked his health, he would have recovered and got his normal health.

He had great faith in the system to the last, but could not follow nature cure completely, for reasons unknown to us.

He had helped the movement a great deal by his financial help in patronising the "Back to Nature" Camps held at Doddipatla in the years 1939 and '40. Had he lived he thought of opening a naturopathic hospital at Doddipatla. The movement has incurred a great loss in his death.

We extend our hearty condolences to the bereaved family.

May his soul rest in peace.

— 9 August 1940

Be prepared to make a pilgrimage to Bezwada, to attend the anniversary of our leader, the late Hanumayya.



COSMOTHERAPY:

The Way-out: A Natural Preventive Medicine

Prof. Edmond Szekely

THE NEW THERAPEUTIC SYSTEM—Cosmotherapy - differs from official medicine in that it does not rely principally on drugs and the knife, but on the natural and cosmic forces manifested in the cosmic, solar and terrestrial radiations; it differs, on the other hand, from existing trends in the direction of natural therapeutics in that it uses the totality of these forces while they employ only one or a few. Cosmotherapy seeks to rid the organism of all toxins and diseases from the present right back to the moment of birth.

Cosmotherapy itself is really only a part of an even wider and more universal medical system called "Paneutherapy" (all-best-therapy) which not only uses the natural and cosmic forces but also the best cultural forces, the masterpieces of literature, painting, sculpture, music, etc.; as agents of cure. In brief, Cosmotherapy deals principally with the physical diseases of man, while Paneutherapy is equally concerned with mental, spiritual and social factors. It may be divided into some fifty branches; I do not propose to enumerate them here, but would refer the interested reader to a recent book by Professor Szekely,* the director of the International Expedition which is researching into these new methods and applying them in the field.

The patient who follows the cosmotherapeutic treatment conscientiously for some months will renew all the cells of his organism (other than those of the bones which take longer). Generally about seven months suffice. All his old diseased cells are discarded and new healthy cells take their place. First of all the patient loses weight: this phase represents the process of complete disintoxication of the organism which is brought about by fasting and the administration of the various cosmic, solar

and terrestrial radiations in their natural form. When analysis shows that all the toxins present in the organism at the beginning of the treatment have been eliminated (of which a stabilisation of weight is another proof) the regenerative reconstruction of the organism begins on a special "cosmovital" diet supplying all the necessary reconstituents of the body in vital, organic form. It is not, therefore, a question of curing one disease but of completely regenerating and rejuvenating an organism made ill by years of wrong living. Illness are simply varying manifestations of a single disease—inharmony with the natural forces and laws. Cure is effected when the patient is completely readapted to these laws and forces and once more enjoys harmony with them, which is health.

The first toxins to leave the body are those most recently acquired; earlier accumulations disappear progressively and finally those acquired at the moment of birth. Then and not before, the patient is no longer diseased. He may be deemed healthy and well when he has completed his reconstruction on the proper diet.

Naturally this great elimination of poisons is not accomplished without discomfort. A period of purgatory has to be gone through before the patient gains admission to the paradise of health. He must expiate the sins he has committed in the past—perhaps from the moment of conception—against Nature's Laws. The more frequent and disagreeable of the symptoms he will encounter in the course of disintoxication are the following: fatigue, nervousness, chilliness, heat, thirst, bad odoured perspiration and breath, spitting of sputum, feeling faint, dizziness, clouded urine, irregularity of the bowels, temporary thinness, pains in various organs and the reappearance one after the other

* "Cosmos, Man, & Society" Public Domain. Gurukul Kangri Collection, Haridwar

in reverse order of past illnesses. (Naturally each lasts only a few hours or days.) These symptoms are expressly provoked by the cosmotherapeutic treatment. They persist intermittently till all the toxins have departed, when they cease and never return. There need be no cause for alarm, therefore, when these symptoms occur, on the contrary their absence means that the cure is not progressing as it should and that the toxins are lying latent in the organism.

The time needed for complete cure depends on a number of factors: on the patient's age and weight, on the number and severity of his illness, on his mode of life and mental condition, on various hereditary factors, and most of all on the manner in which follows the treatment in all its details. In general, as I have already said, about seven months' concentrated effort suffices for the elimination of the toxins of ordinary diseases and the reconstruction of the organism.

Having explained what Cosmotherapy does, it now remains to describe the weapons in its armoury and the reasons for their employment.

There exists a dynamic unity between man, the universe and the various curative factors employed. Each element of the body corresponds to an element of the universe and each element of the universe supplies a therapy particularly appropriate for the cure of disorders of the corresponding sphere of the body. An example will make this clear. The bones (the solid element in the body) correspond to the earth (lithosphere) in nature. The corresponding therapy is geotherapy, that is, the use of clay compresses which are particularly efficacious in affections of the bony structure of the organism. Similarly we can equate blood = water = hydrotherapy (water baths); skin and lungs = air = arotherapy (air baths and respiration); nerves = sun = heliotherapy (sun baths); muscles = vegetation = vitamino therapy (raw food diet); movement in the body = movement in nature = dynamotherapy (exercise); and finally, the cell = the atom = cell therapy (fasting).

We can see at a glance from this arrangement that the organism depends for its maintenance on various natural spheres and forces and "*a fortiori*". It is only these same sustaining forces that are capable of restoring a healthy condition when the organism is attacked by disease (failure to adapt the organism to these spheres). The organism therefore needs most of all (as the skin and lungs from the largest surface of the organism) fresh air (about 700 quarts an hour). It also needs water (its principal component), it needs the light of the sun without which the human nerve system cannot function; it needs fruits and vegetables (in which air, sun and water are stored in nutritive form to make and maintain muscles and feed the various cells of the body). It needs movement, (for in nature all is in perpetual motion) and it needs to change its cells just as in nature the universe is constantly changing its atoms. The seventh and most fundamental law of the organism is that it always requires the same substances for its maintenance as those of which it is constructed. An unhealthy organism craves for unhealthy fuel—the meat-eater needs meat, the drunkard needs alcohol, the smoker needs nicotine. Conversely a healthy organism built of raw fruits and vegetables needs and desires raw fruits and vegetables and revolts against inferior substances. When the change is made from one way of living to the other, a struggle takes place in the organism and the body protests at being deprived of the foods to which it has been accustomed. This state of affairs lasts as long as the old cells are in a majority. A certain amount of will and determination is needed to resist the temptation to smoke, eat forbidden foods or drink a glass of beer during this period of battle between the old Adam and the new man baptised with water. But once the half-way house is reached no further resistance is encountered and temptation passes.

I have spoken of Cosmotherapy as a system of medicine, but it can equally be regarded as a way of life for the healthy who wish to avoid disease. It is a preventive as well as a curative medicine. Unfortunately nearly everyone is ill in

some way or other, even children, as ignorance of the laws of Nature is general. But once cure has been effected, the continued practice of the simple rules of health involved in Cosmotherapy will assure immunity to every infection in the future. The complete reform of one's life which Cosmotherapy demands naturally needs patience and persistence. Rome was not built in a day, yet the reward is commensurate with the effort.

Health is the greatest wealth we can enjoy and a few minutes care every day and a few hours every week is an inexpensive insurance against the suffering and loss of time caused by disease. Once you get well through following the cosmotherapeutic treatment and continue to regard the rules of health, you can be sure of a long, healthy and harmonious life.

This regeneration is possible even at the age of 70 or 90; it is only unfeasible in the case of old people who are very much shrunk and bent. The treatment is also found easy by children and experience shows that once they learn the laws of health, they are very unwilling to revert to bad habits. Naturally a small body which has accumulated toxins for a comparatively short time is regenerated much more quickly than an old and larger one.

It remains next time to give the practical directions necessary for undertaking this reform. Before you can start to work, you must know the rules of meal and food hygiene, of fasting, of intestinal cleanliness and the technique of sun, air,

and water bathing, together with concise directions as to the best forms of muscular and respiration exercises.

This brief description of a large science is bound to appear dogmatic, it is impossible to explain the reasons for every statement made. Cosmotherapy is not a merely empirical system, though everything in it has passed the test of experience. Its practice is fully justified by theory. It is supported by the most recent discoveries of contemporary science, and notably by research into the cosmic rays, into vitamins, into the constitution of matter. It is at once the newest medicine and the oldest. Ethnology, Anthropology, Prehistory and Geology enable us to trace the history of disease to its source and the history of the methods used to combat it when it first made its appearance in the world. Cosmotherapy is confirmed both by the medical systems of our remotest ancestors and by those of contemporary primitive peoples. It is also the medicine of all the great teachers of humanity. It is a medicine that has been lost and now found again, rather than something entirely new. But it is now presented in the clothes of the twentieth century and not in those of twenty-five thousand, eight thousand or nineteen hundred years ago.

Its revolutionary teachings will be bitterly opposed in high places. It will triumph in the measure that it is true. And it is true in the measure that it heals. This can only be tested by each one giving the system a fair trial for himself and seeing the result. *Qui vivra, verra.*

The Truth about VACCINATION

BY LILY LOAT

Although England and Wales has had a Conscience Clause since the year 1898, and Scotland one since 1907, so far the permanent officials of the Irish Health Departments have defeated every attempt to give Ireland a measure of freedom in regard to vaccination. There are, however, many areas in Eire where the vaccination law has not been enforced, and for some years

several Boards of Guardians in Northern Ireland have declined to prosecute defaulters under the Vaccination Act.

Recently, after repeated prodding by the Government, the Londonderry Guardians decided to prosecute twenty defaulters out of some three hundred parents of children under twelve months of age who had refused to submit to vaccination.

The case against vaccination is so overwhelming that it is inconceivable for any intelligent person who has once investigated it to retain a vestige of belief in this "grotesque superstition," as Dr. Charles Crieghton, the author of *History of Epidemics in Britain*, called it.

It is the word smallpox that in some people arouses a sense of panic. Yet what real risk is there to anyone in a country where the people are properly fed and the sanitary conditions good? Smallpox, even at its worst, has never been in this country such a killing disease as tuberculosis, measles, scarlet fever, diphtheria or whooping-cough. For over thirty years it has been represented by the figures 1 or 0 in the Registrar-General's death-rates.

This negligible death-rate has certainly not been due to the effect of vaccination. An effect cannot be due to a cause that does not exist. All the time small-pox has been disappearing, vaccination has been doing the same. The percentages of babies vaccinated were 85 in 1872; 72.3 in 1892; 50.1 in 1912; 38.2 in 1932. At the present time, only about one third of the babies born in this country are vaccinated. In Australia and New Zealand, where there is practically no vaccination, there is no smallpox.

In the last serious London outbreak of smallpox (1901-2,) of some 10,000 cases, over 7,000 were vaccinated persons, and, of these, 705 died. In the Mesopotamia campaign, 287 British soldiers, who had just been thoroughly vaccinated, contracted smallpox, and twenty-nine of them died of it.

India is a reservoir of smallpox, and its population is probably the most vaccinated in the world. Eighty-six persons per thousand are vaccinated or re-vaccinated every year, compared with only six per thousand in England and Wales. But in India all the forces that produce smallpox are present—extreme poverty, bad feeding, and an entire absence of sanitation. The same state of affairs exists in Mexico, which, with compulsory vaccination and re-vaccination, and no conscientious objectors, has the highest smallpox death-rate in the world.

Vaccination is still required by many

firms as a condition of employment, by controllers of workmen's dwellings, by Port Health authorities in certain countries as a condition of admission, and by some hospital authorities for their nurses. Yet no guarantee of immunity from harm has been, or can be given.

Deaths from vaccination have been recorded every year for the last sixty years in the English official records. In 1937 there were eight such deaths. Every year in recent years the Chief Medical Officer to the Ministry of Health has described cases—sometimes fatal—of inflammation of the brain caused by vaccination, and after repeatedly advising the heads of institutions and employers of labour not to insist on the vaccination of children or young adults, in his last report he expressed the view that "it is regrettable that some employers decline to engage individuals unless they can show evidence of successful vaccination."

In December 1937 a fourteen-years old boy, who had secured employment at Woolwich Arsenal, was vaccinated as a condition of employment (his parents having no objection), and died in consequence of the operation. Mr. Hore-Belisha, the Minister for War, not only had compensation paid to the parents, but he also abolished the vaccination rule for all persons under twenty-one years of age employed at War Department establishments, and for boys in the Army.

For a long time the Ministry of Health contended that very few infants suffer from inflammation of the brain through vaccination, but the recent Report of the Chief Medical Officer of the Ministry of Health shows five cases of vaccinal encephalitis, four of them fatal, three only four months old, one six months, and the eldest aged fourteen months. The Editor of *The Medical World* (November 11, 1938) commented:

"In face of such facts, what becomes of official statements that vaccination is safe in infancy? They can only be regarded as the mistakes of decent men labouring in scientific darkness."

In 1935, 1936 and 1937, no deaths from smallpox were registered in Great Britain, despite the practically unvaccinated state of the population.

In reply to Mr Liddal, M. P., the Minister of Health stated in Parliament on July 13, 1938, that in England and Wales in the thirty-three years ending December 1937, only 118 children (under five) died of smallpox, but 291 died of vaccination.

These facts show (1) that smallpox, is the outcome of insanitary conditions and poverty; (2) that vaccination is useless either as a preventive or mitigant of the disease, (3) that, besides being utterly ineffective, vaccination is in itself harmful;

(4) that during the operation of the Conscience Clause in Great Britain smallpox has become extinct, while prior to the introduction of that clause it occurred constantly sometimes in severely epidemic form; (5) that large numbers of vaccinated and revaccinated people have contracted smallpox and even died of the disease; and (6) that as Alfred Russel Wallace said: "Belief in vaccination is belief in a delusion, and the penal enforcement of the operation is a crime."

Why I am opposed to Vaccination

BY

The Duchess of Hamilton

Tom Groves, M. P., J. P.

I am opposed to vaccination as a most unhealthy, insanitary, and immoral practice. I am glad to say that my children agree with me. None of my seven children or ten grandchildren has been vaccinated.

To-day, there are two main schools of thought in the world of healing—the school that is looking for a vaccine or a serum for protection from, or the cure of every disease, and the school that opposes inoculations of any kind for such purposes, pinning its faith to right methods of living as the only successful way to obtain health.

Those of the vaccine and serum school believe that diseases are caused by germs. Those of the "right methods of living" school dispute this, maintaining that germs are the result and not the cause of disease; that they play a beneficent part in the economy of life, and that both in theory and practice the advocates of inoculation fail to substantiate their claims.

In actual practice, believers in inoculation pin their faith to vaccines and serums, regardless of the teaching of experience in such matters, which proves, without the shadow of a doubt, that no amount of vaccination or inoculation will prevent disease where insanitary conditions prevail; while, on the other hand, there is not the slightest need of those practices when conditions are good.....

I do not think vaccination ought to be compulsory at all.

Vaccination is the biggest misconception

that has ever been foisted on the British public for the past hundred years.

If the authorities in Northern Ireland think that parents ought to be prosecuted for not having their children vaccinated, we must begin there the agitation that won the conscience clause in this country forty years ago.

If vaccination was ever of any use in the prevention or mitigation of smallpox, which is doubtful, to-day it is certainly unnecessary, therefore useless. More children suffer and die from the effects of vaccination than from smallpox. Hygiene, private and public attention to the question of health and sanitation, have banished the likelihood of a smallpox epidemic.

There never was any very strong medical demonstration of the efficacy of vaccination. To-day even the average medical practitioner is beginning to subscribe to the view that vaccination should *not* be compulsory.

Further more, in increasing numbers, medical practitioners are beginning to admit that vaccination is no cure. Those who do believe vaccination is effective, only believe so if the operation is performed at least every seven years; some say it should be performed annually. Therefore vaccination in infancy is assumed by but very few to be an immunity.

The more this question of vaccination is probed, the more absurd the claim for vaccination becomes.

: : I Go on for Ever : :

(1) The Eighth Naturopathic Training Camp.

The Andhra Naturopathic Academy chartered by the Indian Naturopathic Association Bezwada (Regd) for carrying on the naturopathic movement in the Andhra.

The Academy had run 7 naturopathic training camps in various centres in the Andhra in the last 7 years. This year the naturopathic training is held at Doddipatla under the kind patronage of Mr. Ch. Rama Jogayya Naidu.

12 Naturopathic professors partook in the deliberations and in the teaching of students.

15 patients were given training in the cure of their diseases. About forty outsiders enjoyed the camp life periodically. A detailed report will appear in the Indian Naturopath for June 1940.

(2) Dr. P. Venkatramayya N. D. the editor of The Indian Naturopath and Prakriti addressed a combined audience of

ladies and gentlemen at Madanapalli Rajole Taluk, East Godavari Dt. The speaker stressed the necessity of the distribution of proper knowledge regarding health and biological living. He stressed the necessity of modifications in the South Indian dietary; and the necessity of the usage of whole meal brown rice in the place of devitalised and devitaminised polished white rice. He exhorted the public to resort to the addition of vegetables and greens thrice the weight of rice for proper health.

He spoke at length on the proper care of the pregnant and the mother in childbed, to avoid the fatality in maternity and the infant mortality.

On 30-5-40 Dr. Putcha delivered a lecture on the present condition of our youth at Tenali under the auspices of the Youth League in connection with the Anniversary of the Desodharaka Public Library with Mr Ch Subrahmanyam B. A. L. T. in the chair.

Quinine is more harmful than Poison

“NATURE IS GREATEST PHYSICIAN”

Says Babu Purushottam Das Tandon, Speaker of U. P. Assembly

Jhansi, 10th April.

The view that quinine was more powerful than poison was expressed by Babu Purushottam Das Tandon, speaker of U. P. Assembly in laying the foundation stone of the proposed Ayurvedic University to-day. Mr. Tandon advised the people not to place themselves in the hands of physicians, whether Vaidis, Homoeopathic

doctors or Allopathic Surgeons. Nature, he said, was the greatest cure, and often succeeded in driving the disease out. It was always better to take precautions rather than rush to physicians when attacked by disease. He added that they must develop the art of healthy living so that there might be no need to seek the aid of doctors

(From 'Hindu' 15-4-40)



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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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