

16

# THE Hindu Message

A Weekly Review of Indian and World-Problems  
from the Hindu Standpoint.

## Medical Supplement

‘चिकित्सात्पुण्यतमं न किञ्चिदपि शुभ्रुमः’ । ‘विभेद्यह्यभ्रुताद्रेदो मामयं प्रहरिष्यति’

VOL. I. No 16.]  
Registered No. M. 1304.

THURSDAY APRIL 13, 1922

[PRICE: 1 ANNA  
Annual Subscription Rs. 3.]

### NOTES AND COMMENTS.

The clamour for the suppression of proprietary medicines, otherwise known as secret remedies, has become very acute. The opposition from interested quarters has grown so keen that the Government has had to drop the subject every time it took it up. In Great Britain an attempted legislation, in 1920, against proprietary medicines was forced to be withdrawn. There is still however a movement in the United States to introduce regulations "to prevent false and fraudulent claims" being made through the newspapers by the manufacturers of proprietary medicines." We do not understand what this movement is due to? Is it due purely to professional failure and jealousy or to the so-called philanthropic interest in the people? We wish to point out here that the manufacturers of several of these proprietary medicines in the West are themselves qualified medical practitioners occupying positions of importance in the public life of their lands. And we cannot quite appreciate the attempts of Dr. W. S. Hubbard of the United States Agricultural Department, Bureau of Chemistry, in this direction.

\* \* \*

The phrase "to prevent false and fraudulent claims" used by the Doctor is we fear a little off the mark. Unless the claims made by the manufacturers for their preparations are proved to be false or fraudulent, a mere declaration will not carry us far. One's inability to appreciate the properties of the drugs or of a preparation can never be a valid reason for declaring the properties claimed for it as false or fraudulent. It will only expose the limitations of knowledge of the individual. Unless the West learns to appreciate and analyses the drugs in the light of the East and in terms of their Rasa, Virya and Vipaka, and is able to understand the relations between the Rasas and the Doshas they are sure to be misled in their judgments and seriously handicapped in correctly understanding the properties of a drug and its actions on the system.

\* \* \*

Whatever control the Government may exercise, through their Chemists, over the manufacture of Pharmaceutical preparations and patent medicines, it is possible for those interested in these preparations to baffle the genius of these analytical chemists. In fact, a composition prepared of several vegetable drugs, has been declared, by the British Medical Association, as being beyond any analytical process. Unless the analyst is given to understand the names of the several drugs entering into the composition, his labours in attempting to find out the composition of the preparation will be vain. What kind of control would our Doctor suggest in such cases?

\* \* \*

Would the drugs, entering into the composition of a proprietary preparation lose their therapeutical properties because of our inability to find them out by analytical works? Or does every drug or preparation which has been chemically analysed effect the results claimed for it? If so how then does vaccine serum fail to prevent the contraction of small-pox? Is not then the claim set up on its behalf false or fraudulent? Or could it be argued that false and fraudulent claims made under statute by the powers that be are not as bad or reprehensible as the claims made by the private manufacturer, in regard to the merits and the strength of the therapeutical properties inherent in the drug.

\* \* \*

We would like to draw the attention of our readers in this connection to the observations made in the articles on the Active Principles in Medicinal Drugs which appeared in earlier issues of the *Message*. A generalisation of the theories of causations of diseases as understood by the East coupled with their relations to the drugs alone would enable the West to realise that a particular drug administered under certain specific conditions, could be shown to possess the several properties claimed for it by the manufacturers of Proprietary medicines. It is premature to declare therefore that such claims are false or fraudulent when our knowledge on the particular subject is imperfect.



## Sane or Insane ?

By DR. S. L. KATZOFF, M.D., LL.B., PH. D.

[We are enabled to give below a chapter from the writer's *Timely Truths on Human Health*, by his kind permission:—Editor, *H. M.*]

It is becoming a difficult matter to distinguish between the sane and insane. What is popularly considered "sane" may in reality be "insane." What we today are inclined to look upon as "insane" may in the future prove to be "sane." Who is to be the judge, when our own knowledge and conception of such matters is limited and has become more or less one-sided and somewhat perverted, so that we are not always capable of comprehending the real nature of this problem ?

The Connecticut State Report of a few years ago showed 4,100 insane persons confined to institutions for the insane. Of course, the figures would have swelled a little if some "who are out" should, if properly placed, "be in." Many prisoners are mentally and physically ill and should be in an institution or Home of Health. These should be treated as real patients with all the attention and care that it implies.

While writing of prisoners I am reminded of the statement made by Dr. Paul E. Bowers, Medical Superintendent of the Indiana Hospital for insane criminals. "Probably 50 per cent of all court trials are concerned with criminal cases, yet infinitely more attention is given to the legal classification of the crime and the various modes of punishment than is given to the criminal himself. Our jurists, it seems, continue to study books instead of men, searching in ponderous volumes of citations; resurrecting decisions from the legal graveyard of the past, and with crumbling, moth-eaten and timeworn precedents, they attempt to regulate the unsocial conduct that springs from a disordered mentality." Dr. Bowers made a study of 100 prisoners, each of whom had been convicted not fewer than four times, and found that 45 of them were insane or feeble-minded, and in every instance the mental defectiveness bore a direct causal relation to their crimes. They were nevertheless tried, sentenced and punished as if they were absolutely and totally responsible for their actions. It has been estimated that these 45 defectives had had altogether about 180 trials. It cost on an average of \$ 1,000 to convict a prisoner. Thus at least \$ 180,000 was spent in getting those poor mental cripples into a prison when they really should have gone to a hospital. No wonder that George Bernard Shaw calls the British Police Court "Joke."

### PRESS CLIPPING.

*Shaw calls British Police Court "Joke."* London, May 30, 1918.—George Bernard Shaw thinks the British Police Court and prison system is a travesty on justice, that it is based on "making example" of culprits whether guilty or not, and that there should be another Scotland Yard to detect weaknesses in evidence brought by police and wherein promotions should be by acquittals obtained.

"Every magistrate, every judge and every Lord Chief Justice and every man in this country concerned in sending men to prison ought to do three months' imprisonment in order to find out about it," Shaw told the Public Vigilance Society.

"Our prison system is horribly wicked. It leaves every man worse than it found him. It is hideous and stupidly cruel. But now it is becoming increasingly easy to convince people, because it seems to me that in a very short time every honest man in the country will have done six months and got to know something about it."

Further, Prof. Ernest Haeckel, in his *Riddle of the Universe*, in part, says: "We readily admit the majority of judges and council decide conscientiously, and err simply from human frailty. Most of their errors are due to defective preparations. They have but a superficial acquaintance with that chief and peculiar object of their activity, the human organism

and its most important function, the mind. Most of the students of jurisprudence have no acquaintance with anthropology, psychology, and the doctrine of evolution, the very first requisites for a correct estimate of human nature.

Anybody with a scientific turn of mind who loves justice and can tolerate truth can surely see the fallacy of our old system and would welcome, it seems, the application of scientific knowledge in these cases. We ought to have (and some day will have) a number of physicians attached to every court in the country having criminal jurisdiction whose function shall be to examine the prisoner physically, mentally, sociologically, and psychically. They shall submit their findings in detail, with suggestions and recommendations to the court, and consult with the court when necessary. We shall then be doing our human duty in conformity with scientific knowledge and thereby help cure many mentally aberrated victims, at less expenditure than the present cost of eternal trials, waste of time and helpless confinement.

### STATISTICS.

The Connecticut State Report showed that 4,100 insane persons resided in the State Hospital and almshouses. Another striking feature is the fact that insanity in this state is increasing by 150 cases each year. Just think of such a report! At that "progress" the question arises: How many more years will it take until most of the people will be classified as insane? Who knows but that the years to come may not yield a more "prosperous" harvest of lunatics? According to these statistics, one in every 330 of the population is insane. The next time you notice a member in your lodge, union or church "flying off the handle," or hear him maligning and slandering an active interesting fellow-member, remember he may be one of the 330. Note this. The Connecticut rate is not so high as the New York and Massachusetts rate, where it is one in every 250. Well, well, well! We have something to be thankful for, after all. Just think of it, our "next door neighbors" New York and Massachusetts, are just a little more insane than we are. You need not laugh. It is not the victim's fault. May be it is partially due to the political excitement of the last few years. May be! At any rate and at all hazards, it is a sad state of affairs.

### UNQUESTIONED FACTS.

The subject of insanity and crime is largely an economic or sociological problem. Statistics prove that when the cost of food, clothing and shelter is low, crimes against property diminish at a remarkable rate.

Hereditary insanity plays an important role in the production of criminals and seems to go hand in hand with alcoholic heredity. (And what is inheritance if not environment in its last analysis?) A child's brain is much more susceptible to poisons than that of the adult, and the transmission of alcohol in the milk of the wet nurse, when it has been introduced in the mouth, is a crime which should not be permitted. It is a crime not only against the helpless, unfortunate infant, but against humanity at large. Statistics prove that out of 2,800 of under-age criminals 7.4 per cent were found to be of alcoholic heredity. Out of 34 cases, criminals of different degrees, seven had insane fathers; two had epileptic fathers; four had insane mothers; while others had insanity in the different branches of the family.

### CAUSES OF INSANITY.

As to the causes of insanity, it may be summed up in one phrase: "crass commercialism," or our twentieth century mad rush for existence. We may, however, be "polite" about it and mention some of the contributing factors and apparently leading causes,



viz., 1. Loveless marriages; 2. Sexual abuse, venereal diseases, and sex ignorance; 3. "booze" (alcoholic indulgence); 4. adulterated food, lack of proper and sufficient food, and over-eating; 5. Vaccines and serums; 6. unnecessary surgical operations on the reproductive organs and the excessive use of opiates, "608" and other powerful drugs; 7. and the unscientific, abnormal, hasty and competitive methods pursued by most humans in making a livelihood.

Among children we observe that the slave-driving, unscientific methods of our present educational system in schools—a system which does not take into consideration the individuality of the child—a system which piles its burden on all children alike, no matter what the nervous temperament or the physical condition of the child may be, a system which does not regard or consider the nervous stability of the child are among the next important factors in the production of insanity in children. Thus we see that our economic, educational, legal, surgical and other system of events are insanity producing and do not until we begin to live naturally and become true love-loving and justice-loving can we ever hope to reduce the steadily increasing cause of insanity.

### Tridosha.

By PANDIT K. A. VENKATACHALA SASTRIAR.

This is the fundamental basis upon which Ayurveda stands. Our bodies are sustained by these three, Vata, Pitha and Kapha. Our bodies are composed of the five elements (Panchabhutha). When these three doshas are in the normal state, they contribute to the upkeep of the body in good health. When any of these is vitiated the health of the body is affected. These three doshas are the root causes for all the active functions of the body. These Doshas feed the seven Dhatus (Rasa, Raktha, Mamsa, Medha, Asthi, Majja and Sukra.) All the substances found in the world have been determined to have certain qualities. The qualities are classified as 20; Rasas are 6; Vipakas, are 3; Veeryas are 2; and Prabavias are innumerable. The substances having those qualities are generally classified into three divisions as they are found useful in Samana, Kopa and Svastahitha as regards each of the three Doshas. The Doshas have their distinctive qualities. The use of every one of the substances (vegetable, mineral and animal) promotes or deranges one or other of the Doshas. The teaching of Ayurveda in the treatment of diseases are directed to use such of the substances as will mitigate the deranged Dosha and restore the normal state, due regard being had to the time, place and state. The qualities of all the substances, vegetable, mineral and animal, have been, by the efforts of the learned sages, classified, analysed and recorded for the use of the followers of Ayurveda. They have also related that methods and ways to find out the qualities of any substance. To take a concrete instance as an orange, the qualities of the orange are madhura, Snigdha, Guru, seetha and madhura-Vipaka and it is useful in cases where all Doshas are deranged. The qualities guru, snigdha and madhura serve to mitigate the deranged Vata; The qualities seetha, snigdha and madhura-Vipaka serve to mitigate the deranged Pitha; The qualities madhura etc. serve to derange Kapha. How, then, is it that the substance serves to mitigate all the Doshas? This is a special feature of it and we call it Prabava. Who is said to be in

"Swastha" or healthy state; when the three Doshas perform the following functions; when all the organs as ears, skins, eyes, mind etc., are made to carry out their functions; when breathing in and out is being regularly done; when the seven Dhatus are being properly fed; when the digestive organs are in order; when the internal heat is made to pervade normally all over the body; when the usual lustre of the body undergoes no change; when the delicate parts of the body are being duly protected; when all the parts of the body are kept in flexible (Snigdha) state so that work is freely done; the body is then said to be healthy. Whereas when the Doshas become abnormal, body gets weak and emaciated; lustre fades; attachment towards substances with qualities different from those of the deranged Dosha, constipation, indigestion, failure of the organs of senses in the discharge of their usual functions, sleeplessness, distaste, dullness weariness and diseases of all sorts follow. It was mentioned that diseases are caused by the derangement of the Doshas and is to be followed necessarily by an answer as to why the Doshas get deranged. The deficiency (heena), disorder (mithya), excess (athi) in the seasons (kala), enjoyments (artha) and actions (karma) are the causes of the derangement of the Doshas. To state it clearly and in as brief a way as possible. Of the seasons if in summer the heat of the sun is excessive, non-existent, or deficient; Of the enjoyments if the body is denied usual enjoyments in part or in toto or if it takes to excess of enjoyment; Of the actions in regard to body, speech and mind, if there is too much or too little or absolute want; we have the derangement of one or other of the Doshas. Owing to the derangement of the Doshas we get 80 kinds of diseases affecting Vata; 40 kinds affecting Pitha; and 20 kinds affecting Kapha. In a science of medicine where the causes of the diseases are so systematically and with the help of the instruments of reason, laid down, where diagnosis of the diseases are made by the observation of the symptoms, where all the changes, stage by stage, are described of the diseases, where substances from the vegetable, mineral and animal kingdoms are analysed and prescribed for the treatment of the diseases, what doubt is there as to the scientific nature of the science. A science is a classified arrangement and exposition of facts regarding a particular scope of enquiry, obtained with the powers of observation, perception and inference. And this our science of Ayurveda rightly claims to be.

### Too Much Control.

Nursemaids are confronted with a new species of worry in respect of children under their charge. This was referred to by Dr. Hector Charles Cameron in a lecture at the Institute of Hygiene on the subject of "Appetite in Childhood."

Refusal of food by young children, declared Dr. Cameron, was sometimes due to timidity and great sensitiveness to new and strange flavours, or possibly to a want of dexterity in the mechanical work of mastication and swallowing the bolus of solid food. In other children the refusal was largely due to a restless "negativism."

"Negativism," explained Dr. Cameron, "means apparently invincible determination in the child to go contrary to the wishes of its parents. Dressing equally with undressing, going upstairs no less than coming down, are resisted and fought against.



"Such conduct is only found in children who are directed and controlled too much, and upon whom their elders exercise a too constant and obvious yet ineffective traction. The parents keep pulling in the one direction, so the child pulls in the other.

"To induce such children to eat it is only necessary to reverse the suggestion with which the food is offered, to make them believe that they must not on any account eat too much, and to dole it out with apparent reluctance."

Our forefathers devoted prominent attention to the hygienic principles in all their daily duties. Our science of Ayurveda devotes its first endeavour to describe how bodies can be kept in a healthy state so that none of the Doshas will get deranged. The principal object of the spiritually-minded sages to have elucidated Ayurveda, a science for the welfare of human beings, is that human bodies must not be affected by disease so that they may follow the pursuits Dharma, Artha, Kama, Moksha unimpeded by any obstacles and it is no wonder that such great attention has been given to hygiene in Ayurveda. The chapters in Charaka Samhitha dealing with, Dinacharya, Ritucharya, Navagandharaneeya, Annagana, mathrasitheeya etc. have lucidly brought out the hygienic principles which if followed closely, any one will get longevity of life with no diseases.

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