

read, the print became clearer and prominent. They repeated this process three times a day and once in the night in the artificial light. From the first day they began to feel better and within a week they were all cured. Of course, at times I had taken the help of some other relaxation eye exercises, but the main thing in the treatment was to read fine print in the correct way.

It may not be concluded from this article that I am quite against glasses. Glasses have also their usefulness but their indiscriminate prescription is really very harmful. Many people needing glasses can cure their eyes by a simple process of eye exercises, while others could improve their eyesight along with the use of glasses. The problem of preventing eye defects is a simple one.

VITAMINS AND ANTIBIOTICS

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The source of vitamins in natural foods, especially raw fruits, has been recognized for sometime past; and of course sources of synthetic vitamins have been discovered and their use urged through the drug houses. One simple but obvious fact seems always to be overlooked by the manufacturing chemists—that while chemically the synthetic product may vary little from the natural, there is a difference which is recognizable in results. Moreover, it is hardly likely that a patient would suffer from too many vitamins through a normal diet and the vitamin is normally balanced with the other food values.

Not only vitamins, there is also another synthetic group—called *Anti-biotics*: There are many undesirable side-effects resulting from the use of antibiotics. A very painful and serious one is antibiotic diarrhoea. The symptoms include highly frequent bowel movements, dis-

troubling itching round the anus, nausea, vomiting and severe abdominal cramps. In the opinion of renowned specialists, "any drug used to kill bacteria might cause this disorder, but "broad spectrum" antibiotics like terramycin, chloromycetin, and aureomycin cause these symptoms in most of the cases. "The attending physicians use these medicines toward infections on which they have hardly any effect, or against virus diseases on which they have no effect". In both these cases these antibiotics also kill many useful "bacteria" which normally abound in the intestinal tract. In this process the balance of nature is disturbed and the de-populated intestinal canal becomes the breeding ground for the yeast-like fungi specially of *Monillia Albicans* etc. The patients are troubled with symptoms which are very difficult to get rid of. The monillia fungus has been found in the throat, and regularly in the vagina. Many women, for this injudicious use of antibiotics by their doctors, suffer from inflammation of the vagina and perineal region. The organism sometimes reaches the lungs, kidneys, heart and brain, which require special treatments for quite a long period.

With the increased regard for vitamins as a necessity of life, we are now under a barrage of foodstuffs where synthetic vitamins are an ineradicable part of the diet. Since it has been found that these substances are necessary for life the laboratory chemists argue that as a nation we must, therefore, take advantage of this source of increased energy and vigour; and since the synthetic vitamins have the same chemical construction and are easily available at a comparatively low cost, we must use these vitamins to the fullest extent; therefore, they are introduced into many basic foods such as flour etc. Thus we have a business venture which is very profitable to the producers of the vitamins, and it becomes almost impossible for an individual to escape a diet heavily laden with synthetic vitamins. However, the careful research-men, who investigate assiduously all sides of the question and

take time to correlate facts, are beginning to voice the conclusion that after a long and critical study they find there is greater danger from too many *Vitamins* than from too few. This is a statement in accord with homœopathic principles, and with the laws of nature governing balance in all things: "The amount necessary to effect any change in nature is the least possible", and action and reaction are equal and opposite.

The manufacturing chemist states in his literature that it has been determined that the normal vitamin requirement is from 3 to 25 milligrams per day. We may expect that overdosing with vitamins, which have a constructive and maintenance value, would have two definite reactions: first, a destructive action proportionate to its normal constructive action, and second, the permanent disability of the system to reach to normal vitamin intake. This latter is comparable to the effect of insulin administered to the diabetic patient; he soon loses his ability to produce the necessary secretion in his own economy. This is another illustration of the loss of a function when the need is supplied through no effort of the patient, and evolution bears witness to the fact that what a creature does not use he must lose. Thus the excess supply of vitamins robs the body of its normal reception of the natural vitamins. One can hardly conceive of the effect of a high vitamin intake on the younger generation in the light of this conclusion. And we can hardly fail to consider the results of the unrestricted administration of these elements in the future generations: will they be able to assimilate them from the natural sources? or will there be, after a time, some radical change in the human economy?

Now, we may inquire regarding the reactions in the special functions. Will these functions be permanently affected? For instance, it has been demonstrated that vitamins C and D help to overcome rickets, and that a certain amount of these are necessary for the proper growth and development of the bony structure. It has

also been demonstrated that excessive doses will cause rickets. Since vitamin E is supposed to stimulate the generative function, will massive dosing destroy or impair this function? We might continue this analogy through the list of vitamins so far isolated and studied. It is well for us, as homœopathic physicians, not to overlook the potentialities of the synthetics in the field of therapeutics; but we must examine them carefully in the light of our well proven homœopathic principles, remembering also that the findings of the clinic do not necessarily bear the same relationship to the human patient as to the laboratory animal, and that the secondary results may vary widely—nay, be directly opposite—from the primary results which appear to be so brilliant and satisfactory.

HOMŒOPATHIC NEWS

HAHNEMANN ANNIVERSARY

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The Homœopathic associations of Delhi jointly celebrated the birthday of Dr. Hahnemann on 10th April 1956 at the Constitution Club, New Delhi. Shri Mohanlal Saksena M.P. presided. In an introductory speech, Dr. Yudhvir Singh, Health Minister, Delhi State spoke on the life and works of Dr. Hahnemann. Shri Lal Bahadur Shastri, Union Railway Minister addressed the meeting. He eulogised the services of Dr. Hahnemann and the benefits of Homœopathic Medicine. His experience was that Homœopathy was most useful where other systems failed. He appealed to the homœopaths to stand on their own legs and the Government is sure to come to their aid. A system which serves millions of people is sure to be recognised by the Government. He however expressed that proper training and experience were essential for the turning out of a homœopath.