

looked at times as if they felt they had been unfairly treated!

Miss Fussell said that in patients suffering from hard pad it was difficult to give any clear-cut remedies because the symptoms were so varied, it was not just one symptom. There were many different forms of hard pad and there were ten or more remedies. The Mercuries were very useful, and *Stannum met.*: one treated according to the symptomatology. She had used nearly everything within the usual range. As a prophylactic she found that *Belladonna* was one of the best and the three Mercuries together. If Dr. Foubister had a particular case in mind she could probably help him....

As for foot and mouth disease, one was not allowed to do any experimental work in England for any of the notifiable diseases, and it would be a very long time before one could get round this unless someone was fortunate enough to be able to do as was now being done in Denmark, find an island where research could be carried out. She had not used *Staphisagria*, but would certainly try it after operations.

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THROW AWAY YOUR GLASSES

DR. R. S. AGARWAL, PONDICHERRY

I had an occasion to meet five girl students, all wearing glasses fitted in beautiful golden frames. They complained of headache and eye strain in reading, sewing or any other near work and the trouble continued in spite of using the glasses. Two of them had almost normal vision and the number of glasses was nominal. Two others were hypermetropic while one was having slight myopic astigmatism. After examining their eyes on the Snellen eye card and Reading test type, and in the dark room with the retinos-

cope and ophthalmoscope, I felt confident that all of them were curable in about a week's time. So I told them to throw away their glasses if they wished quick cure. Two of them hesitated to follow this instruction as they were advised to use the glasses all the time by the doctor so as to prevent any further deterioration, but only after one treatment they were convinced of the great benefit.

The disease of prescribing glasses and wearing spectacles seems to be greatly increasing amongst the educated class of people especially in big cities. These errors of refraction for which the glasses are prescribed, often increase in degree from time to time, and at times become serious and complicated. It is said by all the ophthalmologists that for such eye defects there is not only no cure but practically no prevention even, and to support such detrimental views the Government and the public are spending a huge amount of money and energy to maintain eye hospitals and institutions. I have discovered a synthesis based on the knowledge of Allopathy Ayurveda, Homœopathy and Nature Cure, which has proved of immense benefit in the prevention and cure of errors of refraction and many other so called incurable eye troubles.

I may draw the attention of the readers to the fact that fine print reading is of great benefit in such cases, though it is supposed to be one of the necessary evils of civilization; all this is directly contrary to my own experience. Children might be bored by books in exceedingly small print; but I have never seen any reason for supposing that their eyes or any other eyes would be harmed by such types. On the contrary, the reading of fine print, when it can be done without any discomfort, has invariably proved to be beneficial and the dimmer the light in which it can be read, and the closer to the eyes it can be held, the greater the benefit. By this means a severe pain in the eyes has been relieved in a few minutes or even instantly. The reason is that fine print cannot be read in a dim light and close to the eyes unless the eyes are re-

laxed, whereas a large print can be read in a good light and at an ordinary reading distance, although the eyes may be under a strain. When fine print can be read under adverse conditions, the reading of ordinary print under ordinary conditions is vastly improved. Reading the fine print daily cures presbyopia (old age sight) and many other diseases of the eye.

Similarly fine sewing or fine stitching is very useful to the eyes. Many women suffer from headache or other discomforts in sewing but it is because they have adopted a wrong method of sewing. If they shift their eyes with the movement of the needle, all their discomforts in sewing will be relieved. By shifting with the needle I mean, when the needle comes to the cloth, look towards the cloth, and when the needle goes out of the cloth, look away from the cloth. The wrong way is to keep the sight fixed on the cloth.

To proceed with the treatment of these five patients I first applied the medicine *Resolvent 200* with a rod in each eye, and then they faced the morning sun with eyes closed, moving the body gently from side to side like a pendulum, for about three minutes. After enjoying the sun they came to the shade and washed the eyes with an eye lotion *Ophthamo*. They were asked to sit comfortably and close the eyes and remember black or white colour in their mind. They were shown a big letter on the eye chart and a piece of black velvet. When they could remember the black colour with the eyes closed, they were asked to cover the closed eyes with their palms in such a way that there was no pressure on the eyeballs. This practice is called *Palming* and they did it for about five minutes.

After palming I gave them a copy of Fine Print to hold it at a distance where the print was visible best. They shifted their sight on the white lines in between the lines of print and blinked gently on each line. As they moved the sight on the white lines without making any effort to

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

DR. A. CHATTERJI, M.D. & DR. B. CHATTERJI, M.D., BHATPARA

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-