

Editorial Notes and Comments.

How to acquire fullness of life—physical Health and Vigour. *Mens Sana in Corpore sano* (A sound mind in a sound body) is a well-known saying and every one of us should try to acquire it. It is an acknowledged fact that so far as the physical life is concerned, all life proceeds from within outwards. Every one of us is conversant with an unchangeable law which runs thus : "As within, so without ; cause, effect." All mental thoughts and emotions produce effects upon the physical body. Of all our duties which is the most important ? The unanimous answer should be that the duty of maintaining health is of paramount importance. Religion, earning, worldly enjoyments and salvation even, all depend on health. What is the good of intelligence and wisdom in a man who is paving his way to the other world. Experts in commerce, medicine, law, education, industry, agriculture and religion are of no use to the world or to their families if, after becoming experts, they succumb to diseases. Of all the different branches of learning, science of preserving health should be the preliminary education of all. What good can we expect from a valetudinarian scholar or expert ? The first point of importance for our national development is physical exercise and the second point of importance for the same is the practice of maintaining mental peace and equanimity. We should always remember that the ever peaceful serene fountain of happiness is omnipresent. We are all within that fountain of peace and bliss. At the time of worry we ought to remember that we have to imitate Him who is the source of all peace, bliss and compassion. The more we will think ourselves to be prisoners in this frail body and the more we will call ourselves sinners and sufferers from diseases and worries, the more we will degenerate. The more we will raise our standard the more divine we will

grow. There are some individuals who do not place very much confidence in the matter of the influence of the mind upon the body. As an illustration it can be cited that we grow pale, we tremble or perhaps we have a fainting fit when some messenger brings us sudden bad news. It is through the channel of our mind that the news is communicated to us. A falling state of the mind is the parent of a falling condition of the body. We have witnessed in numerous cases that sudden excitement, fear or anxiety brings on an attack of diarrhoea, mono-mama, headache or any other disease.

The following experiment has been tried a number of times by an eminent scientist :

"Several men have been put into a heated room. Each man has been dominated for a moment by a particular passion of some kind ; one by an intense passion of anger and others by different other passions. The experimenter has taken a drop of perspiration from the body of each of these men, and by means of a careful chemical analysis he has been able to determine the particular passion by which each has been dominated. Practically the same results revealed themselves in the chemical analysis of the saliva of each of the men."

An eminent American author says :—"The mind is the natural protector of the body. Every thought tends to reproduce itself, and ghastly mental pictures of disease, sensuality, and vice of all sorts, produce scrofula and leprosy in the soul which reproduces them in the body. Anger changes the chemical properties of the saliva to a poison—dangerous to life. It is well-known that sudden and violent emotions have not only weakened the heart in a few hours, but have caused death and insanity." Rarey, the celebrated horse-tamer, said that an angry word would sometimes raise the pulse of a horse ten beats in a minute,

In this connection I can not resist the temptation of dwelling upon an anecdote of Dr. Helmuth, the celebrated Homœopathic Surgeon of America,* who had a patient under his treatment who informed him that she could not stand the sight of roses in the month of June without being affected with a sudden seizure of running from eyes and nose. To prove and witness the veracity of this assertion, Dr. Helmuth paid the patient a visit at the time mentioned above wearing beautiful rose in his button-hole. Hardly had the lady entered the room when she cried "Oh! Doctor, why have you brought the rose? I am obliged for your kind visit, but you do not remember that I cannot even bear the sight of roses at this time of the year without suffering very acutely." Dr. Helmuth replied, "Oh! that is soon remedied; I will throw the rose out of the window at once." In fact, he did it. But the patient answered, "But it is too late." And verily she began to sneeze and rub her eyes without any interruption. The beauty of the thing is that the rose was an artificial one! Under the sway of an emotional disturbance, the vago-sympathetic system gave rise to such a peculiar phenomenon and the sudden emotional shock incited such a crisis.

A violent paroxysm of anger may produce apoplexy and death. We have heard that in more than one instance, grief, long-lasting jealousy, frequent care and great anxiety, have wrecked human lives. Sick thoughts and discordant moods bring on corroding diseases. Crime is generated and finds a breeding ground in the miasma of the mind.

From the above facts it can be easily demonstrated that the various mental conditions, emotions and passions produce their multifarious peculiar effects upon the body, and each generates in turn, if sufficient indulgence be given to it to a considerable extent, its own peculiar forms of malady and these in time grow chronic.

We generally build whatever we find within us.

Shakespeare knew whereof he spoke when he said—
"It is the mind that makes the body sick".

Hope and strong will are proof positive against all adversity and sickness.

We should give the body the proper nourishment, the exercise, the fresh air, the sunlight it wants, keep it in a clear state and then we should not think of it very often. We should not brood over sickness and malady. By talking too much of these, we will do ourselves great harm and will do harm to those who will listen to us. We must always talk of bright things that will make people the better for listening to us. To brood over the cloudy side brings on destruction in its trail. This is true of the body just as it is true of all other things.

No man's success or health can ever reach beyond his own confidence.

The duty of the physician should be to teach the people to foster cheerfulness, good will, honesty and noble deeds for a health tonic as well as a heart tonic. The heart which is replete with joyousness drives away the demon of sickness and acts like an elixir of life.

The great Gautama Buddha has said,—*"The mind is everything ; what you think you become"*. And the same thing has been spoken by the great Ruskin,—*"Make yourself nests of pleasant thoughts. None of us as yet know, for none of us have been taught in early youth, what fairy places we many build of beautiful thought,—proof against all adversity"*.

We will remain young in body as long as we will keep young in thought. The rose-bud of health is the normal outcome of existence. Anything else is an abnormal condition and abnormal conditions generally grow from pervers-

sion. God never created sickness, miseries and disease; they are the outcome of our own creations.

The time has approached when the responsibilities of the physician should be directed not to treat and heal the body, but to heal the mind, which will be equivalent to heal the body.

Too much thinking of our bodies is producing now-a-days untold sufferings. As a rule, those who brood over least over their bodies, remain in the enjoyment of the best of health.

If we have a desire to acquire fullness of life, we must not forget the knowledge of our real being. With this object in view, we publish this editorial and end—

“And good may ever conquer ill,

Health walk where pain has trod ;

‘As a man thinketh, so is he’,

Rise, then, and think with God.”

S. C. G.

Appointment of foreign Correspondents for the Journal of the American Institute of Homœopathy.—We are really pleased to read in the June issue of the American Institute of Homœopathy Journal that Dr. Linn, J. Boyd has decided to appoint Foreign Correspondents for his Journal for England, France, Germany, Italy and Spain, with the expectation of securing a report from each of these countries every two months and setting apart some space for this purpose in his Journal every month. Dr. Boyd is to be warmly congratulated on this splendid innovation which will, when materialised, enhance the usefulness of his Journal considerably. But we are sorry to find that India has been totally ignored and forgotten by him.

It is known to Dr. Boyd that Homœopathy has made an astonishing and all round progress in India. It will be

no news to Dr. Boyd to hear from me that the biggest homœopathic Pharmacists and publishers of America, Germany and England do more business in India than in other countries of the world. In fact these pharmacies owe their existence to the support of Indian customers. We rejoice to chronicle this fact and the authenticity of my statement will be proved beyond any doubt if Dr. Boyd refers the matter to Dr. E. P. Hoyle, M. D.

In our humble opinion the introduction of this new policy will be incomplete if Indian Homœopathy do not find a place in the list. We, therefore, ask Dr. Boyd to rectify the mistake committed by him.

A new Disease of the Appendix. Appendicosis, a new disease of the appendix which differs from the well-known and dreadful appendicitis, was reported to the American Medical Association at Philadelphia by Dr. Bernhard Steinberg of Toledo, Ohio. The distinguishing features of the two maladies are marked by the presence and absence of inflammation. In appendicitis, inflammation is present and when the appendix is taken away by operation it is marked to shelter malignant disease germs. In appendicosis no inflammation exists and the organisms found in the appendix are not pregnant with injurious disease germs.

In contradistinction with Appendicitis, appendicosis is characterised by seizures off and on. There is continuous discomfort associated with dull pain, negligible nausea, no fever and local soreness from the commencement of the attack. There is no danger of peritonitis in appendicosis although this complication is frequently marked in appendicitis. Both conditions are relieved by removal of the appendix. In homœopathy, operation is not necessary in many cases; internal medicines can do away with both these conditions.