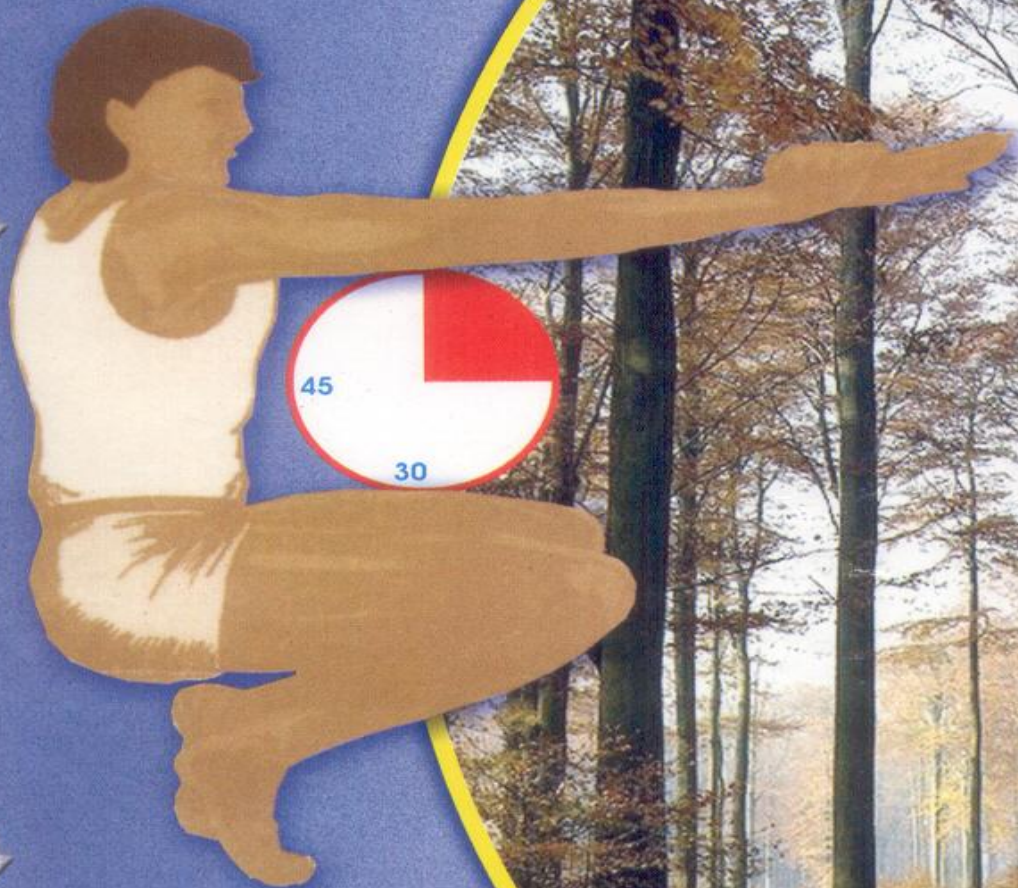


**Dr. R. Vedabodakam**



**SCIENTIFIC PHYSICAL  
CULTURE FOR MEN AND WOMEN**

The author is his 90s, is as active as a beaver. This he attributes to the Scientific Physical Culture advocated in this book.



Dr.R.Vedabodakam took his diploma L.M.P. in the year 1916 from Stanley Medical College. From 1916 till 1958 he was in charge of St.Luke's Hospital, Nazareth, Tirunelveli District, Tamilnadu, India.

The Hospital grew into a mighty institution for healing under his leadership.

After his retirement he founded St.Luke's Leprosarium and Rehabilitation Centre at Peikulam, Tirunelveli District.

**SCIENTIFIC PHYSICAL CULTURE**  
**For**  
**MEN AND WOMEN**



**15 EXERCISES**  
**IN**  
**15 MINUTES DAILY**



*By*

**Dr. R. Vedabodakam** L.M.P.

***St. Luke's Hospital Publication***

**(For the welfare of the Patients)**



**Dr. R. Vedabodakam** L.M.P.

The author at the age of 90



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### PREFACE BY THE AUTHOR

The book I have herewith presented demands a great credit to Mr.H.S.Ponnuraj, Principal, Polytechnic College, Tamilnadu, the very first person who put into me the emergent need for such a literature for the use of the public in general. This happened after conducting two weeks of Annual Orientation Course on Scientific Physical Culture (S.P.C.) for two years, for the men and women students after their admission. These students were lectured to, separately in their own college premises on the two subjects-Fights for Character and Physical Culture. To undertake and to put this in writing had never occurred to my mind. When the Principal made a suggestion to me, I was not ready and I was a bit diffident, since I was 86 then. Yet with many points in agreement, he succeeded in persuading me to undertake such a task at the fag end of my days. Thus the credit goes to him first and foremost. I do congratulate him. Now let me put down a few facts as preface.

During these days spent in the premises of the two colleges for men and women, I felt confirmed of the imperative need for such a literature for the teenager. It is this which constrained me to accept the challenge of the Principal, Mr.H.S.Ponnuraj. During my professional career for the past 61 years, the problem of the teenager was always challenging me, and this had resulted in the production of book – “lets from time to time”, in English as well as in Tamil, evoking response from eminent men of different walks of life as Lawyers, Judges, Educationists and Social Workers. Now my humble thanks go to the Principal, for initiating me to undertake this small piece of literature, so as to serve the intelligencia of the Country. In schools and colleges, the S.P.C. System, if introduced, demands only 15 minutes per day before the daily assembly session – the very first item in the plan of studies. Of course as I am well aware that this 15 minutes as the first item provides the student with the needed stamina, vitality, sustaining power and retentivtly throughout the whole day. Of course this is the experience that is presented to every person in all situations as a father or mother. I assert this with all the emphasis at my command, born of my own experience even at this late age, that the 15 movements in 15 minutes do not leave behind any feeling of tiredness or weariness if practiced every morning.

Next, my humble gratitude deservedly is presented to Mr.I.I.Sambandam, Teaching Aid Centre of the Polytechnic College, whose indefatigable energy was lavished ably in the making of photos of the movements, blocks and anatomical charts. It is his understanding of the place of these materials which has provided the final shape, and enhanced the value of this book.

I am also deeply thankful to the many friends and well-wishers for their encouragement, who came forward of their own accord to share in the production of the book.

Last though not least, I am very much indebted to Dr.A.J.Selvapandian, Professor and Head of Department of Orthopedics, Christian Medical College Hospital, Vellore for his suggestions and help in many ways. Without his generous participation in this enterprise, the scientific level maintained throughout its pages would have been impossible.

It is now my ardent prayer to our Eternal Heavenly Father, that He would bless this co-operative selfless enterprise, that it may bear fruit in the lives of everyone of its reader who wills to practice this S.P.C. System, that he or she would be helped to maintain their physique, healthy and undefiled, so as to render full justice to their respective tasks assigned to them during all the days of their earthly pilgrimage, to the glory of our Master.

Amen.

“I beseech you therefore brethren by the mercies of God that ye present your bodies a living sacrifice holy, acceptable unto God which is your reasonable service”.

And be not conformed to this world but be ye transformed to the renewing of your mind, “that ye may prove what is good and acceptable perfect will of God”.

St. Paul in Romans 12: 1&2.

R.Vedabodakam.

## Why I Recommend .....

By a Polytechnic Principal

A few years back, I ran across Dr.R.Vedabodakam in a friend’s house. By reputation, he was known as an energetic man in spite of his age. How much vitality was pouring out of him, I found out that morning. After some discussion with my friend, he was getting up. Both of us stood up to bid him good-bye. And then a topic opened up in which Dr.Vedabodakam was vitally interested. He began opening up his treasure house from whence came several worthwhile ideas. My friend and I were eager to listen but soon wished that we could sit down and listen. But since we were half his age, we kept standing. Minutes ticked by, we were shifting our weight from one leg to the other. One hour had passed and yet the interesting discussion went on with

Dr.Vedabodakam cheerfully going on and we two youngsters caught up in standing posture. It was two hours since we got up when finally the party broke up and Dr.Vedabodakam began a brisk walk to the bus stop.

To be on your toes for 2 hours when you are over 80 may be impressive; or again it may not. But here was a man who had become a fable after retiring as Medical Superintendent of St.Luke's Hospital, Nazareth (which he helped to build up) at the age of 70. After his first retirement, he couldn't get tired. Getting weary of doing nothing, he began work among the leprosy subjects. Out of his labor of love came a leprosarium at Peikulam, capable of treating 140 inpatients and rehabilitation of 80 treated patients. For over a decade he labored here, as busy as any executive administering 264 acres of the estate and driving the staff of the leprosarium. A busy schedule from 5.00 A.M. till 10.00 P.M. in the evening, giving himself tirelessly to the needs of his patients. Walking around, bicycling and traveling by bus or train never seemed to tire him out.

One of the secrets of his vitality, I found out, was his Scientific system of Physical Culture, which he practices EVERY morning for 15 minutes 0 Seconds.

That such a system exists with such incredible results for an input of 15 minutes duration, I was totally unaware. Without seeing the man Dr.Vedabodakam, one can go on believing that there could be no such system so simple, yet so far-reaching. But when one comes in contact with him, you cannot ignore it. The Man is the Message.

Freely you have received, freely give, are the words of the Master and Dr.Vedabodakam took this seriously in all of his life and sharing the secret of his Physical Culture is no exception. He had taught this to several of his patients, friends, people from various walks of life and of various age groups and of both sexes and they are all bouncing with life.

In 1973 when I introduced Dr.Vedabodakam to my students at Tamilnad Polytechnic, during their orientation course at the time of their admission, there was a gasp of surprise when they were told that he was in his eighties. The estimation of his age varied from 55 to 65. They couldn't believe a man over 85 could be so dynamic physically and mentally. He asked them to feel his skin, they were surprised that it was so velvety; at that age, one develops leathery skin. But his skin rubbing exercises had made his skin so velvet like.



But, yet seeing did not believe. Many felt that he was a FREAK. He is so well preserved for his age probably because of heredity or such other cause. They were not willing to take him at his word that it was these 15 exercises performed in 15 minutes every morning, regularly and correctly that made him ever so energetic.

So they had to be convinced. They had to practice it for a few days before they could believe in his system. Within a few days, they could see large beneficial effects in their own systems. A few reported that their appetite improved. For some, powers of concentration multiplied. A few reported increase in will power. All who had been faithfully following this system began to develop an extra bounce of energy, a vitality that wiped off fatigue and cheer which was mirrored in their faces.

Sure, not all the students went on faithfully with the Scientific Physical Culture. It was too high a price for them to get up early in the morning and spend 15 minutes for this in the midst of the morning buzz. It required some amount of will power to do it day after day. There were problems of space and privacy in many of the homes.

But in spite of these odds, quite a sizable number of students had made this a life time habit and are enjoying the fruits steadily. Every year, as fresh students are admitted, they are exposed to the wonderful system to about 10 days and are given a class every week throughout the first year to reinforce their learning. It is a matter of joy that several have made this a part of their daily life and are already enjoying the fruit of their labors.

Tamilnad Polytechnic,  
Madurai.  
29.10.1977

**H.S.Ponnuraj**  
**Principal**

## **I. Your Health is for the asking!**

I speak to you O young man! O young Woman! you may have several dreams. Each one of you has some clear goal. You may cherish an ambition. It is all right, but you are unwise if you neglect your health. It is like a man seated on a branch of a tree cutting off the branch where he is seated. In order that you accomplish something worthy in this life, you need to have a sound body.

Surely you would have heard of the four fools. If you have not, I would like to introduce them to you in the hope you will not go their way.

The first was a University student whose sole aim during the academic career was to secure the highest possible marks in all the examinations. No doubt this was quite laudable. However, he went about it not caring for regular food, necessary rest and relaxation and proper sleep. His health was sustained by medicines and tonics. Burning midnight oil, he became the gold medalist of the University in his discipline. Several honors were heaped on him and one would have thought that a bright career awaited him. But wherever he went for employment, he was rejected by the medical board as unfit.

The second fool was his class-mate who just scraped through his examination. However he had a silvery tongue and ability to get along with others. He struck out in business and did very well. Soon he started chains of stores throughout the country. He traveled far and wide and built up a very lucrative business to the envy of his former class-mates. He enjoyed good food and soon put up a respectable middle. Then the disaster struck.

By too much worry, he had ulcers. Soon he developed complicated symptoms of blood pressure, diabetes and high cholesterol in the blood stream. Now he cannot take in any food that he likes. He lies awake most of the nights wondering what will happen to his business enterprise after he had passed away from the scene.

The third fool was his class-mate who became a low paid employee in a big firm. Basically intelligent, he worked his way up by dint of hard work, stretching to midnight. His superiors liked him because he was such an eager beaver. He tried to please all his colleagues and superiors, and his promotions had been rapid. But while at the zenith of his pinnacle of glory as the Director of his company, he found to his dismay that his health started giving way and that he had to retire prematurely from the highest executive position in his company.

The last one was the 'Play Boy', who cared nothing for regularity, discipline or character and did pleasure love, out and out. At the age of thirty, he found himself lacking in stamina, energy and enthusiasm, even to enjoy the normal pleasures of life. I am sure you have run across these types. And I hope you have decided not to go their way. You see, perfect health is the most important key in your life, if you are to enjoy fame, wealth and pleasures of life which you might have earned.

But then the question comes, how do I gain such perfect health and how do I maintain it?

The answer is simple. By willful acceptance of the Scientific Physical Culture outlined in this book and regularly doing it every day. I guarantee that you can enjoy your life to the fullest possible extent, if only you care to master these simple exercises and allot 15 minutes every day for doing them.

May be you say, "The message is not for me; I am middle aged, surely it is too late to begin". Well listen, Middle Aged Man and Middle Aged Lady, this system of Scientific Physical Culture is for those who are willing to pay the price for rejuvenated health. I know hundreds of people who began the system in their middle age. They have shaken off the feeling of tiredness and got surplus energy to tackle fresh problems and projects. There were few who had Blood Pressure and Diabetes. They were able to shake them off in a few month's time.

To enjoy life, you need vigor; to meet life's challenges and demand you need stamina; to give direction to your life, you need moral character – All these are yours, if you begin the system before it is too late.

Today is the day to start. Don't postpone it to more propitious times. They will never come. Remember, a 1000 km journey starts with the first step; so also to start on a trouble free, healthy life of 20,000 days, you must start following this system TODAY.

Take note, you spend only one quarter of an hour every day to be healthy, vigorous, bouncing and happy.

In terms of time, the investment is one out of ninety six, of about one percent. It is too little a price for rejuvenated health.

May be you are not young, you are not even middle aged, in fact you are past your prime and about to retire from your chosen profession. Life had been kind to you. You have enjoyed a fair amount of health till now and you are resigned to a life of drooping health. After all, you say, I am old and I have got to be prepared for degeneracy and the ailments thereof. This system is of no use to you at this stage of your life you regret.

Now listen, my friend, I wish to mention that scores of people began this system after their retirement and they have found a new zest for living. The degeneracy of vital organs has been arrested and they have entered into a 'Second Prime' of their lives. They are able to enjoy their grand-children, joining them in their fun and frolic. They have found new interests in life. Life is no more drudgery. It is no more a tale of woe. Being an old man of 89, I welcome you to a life of meaningful and lustrous existence on this planet earth till we pass over into the Life Beyond.

## **II. A Scientific System for You**

You may wonder whether this system has a scientific base. I affirm it is. It is scientific to the core. That is why it is called Scientific Physical Culture, S.P.C. in short.

I claim this system to be scientific for the following reasons:

1. Scientific principles are involved in all the movements taught. There is not one irrational or unnecessary movement.
2. For given input by way of the prescribed movements, there is a maximum output of physical vitality and stamina. It guarantees maximum return on your fixed investment of 15 minutes exercises prescribed herein.
3. The whole physique is involved. There is not one joint, muscle, nerve, which is left out. All the internal organs participate. All these ensure that they are functionally at their highest level of efficiency and that the whole physique is geared to maximum output. The body which is kept at this optimum level by the daily prescribed exercises is able to shake off minor onslaughts of various types of infection and does not readily allow degeneracy of bodily parts with passage of time.
4. The sequence of the exercises is also scientifically planned. We will now expand the ideas still further.

**Reason: 1.** All the movements prescribed do have some function or other. It were not so it would be contributing to the tiredness of body. But on the other hand, you will find that these scientifically designed movements bring about suppleness of joints, regal bearing, good carriage, muscle development, proper breathing, proper secretion of internal juices contributing to good health. All these go to prove that there is no irrational unnecessary movement in this S.P.C.

**Reason: 2.** A system can be said to be scientifically designed, if for a given input maximum output is obtained. Here the given input is in terms of certain movements (as outlined in chapter V) which could be carried out in exactly 15minutes. The output is measured in terms of the toning of the body and mind. The toxic substances accrued in the body are ejected out in various forms and this contributes to the feeling of freshness due to the disappearance of aches, pains and discomforts.

The input has been so designed to give the optimum condition of bodily well-being for an average Indian of normal build and constitution. More input will not give him a better appreciation of health. Lesser input cannot ensure all what is called for. Hence it is apparent that the system had been scientifically designed.

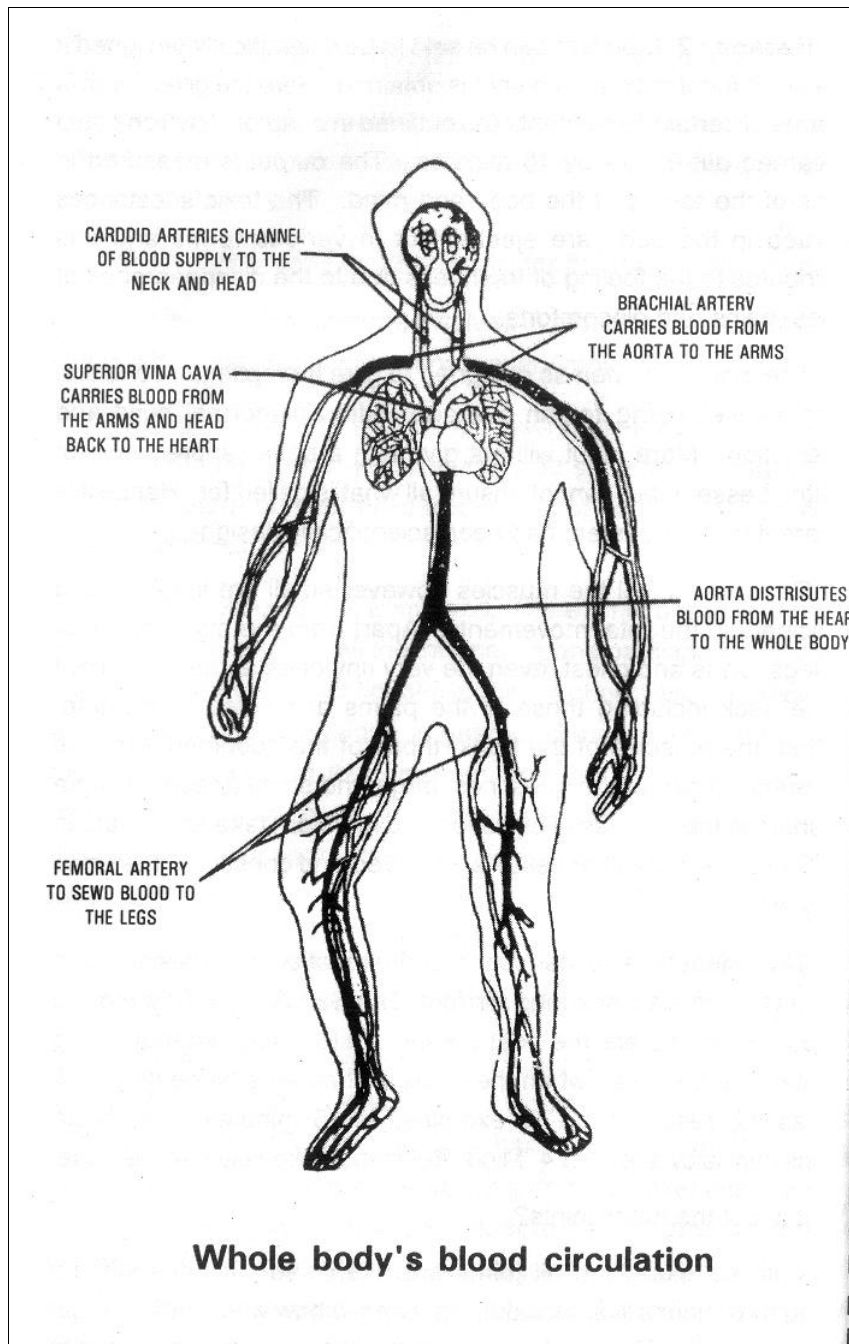
**Reason: 3.** All the muscles, however small, are involved and participate in the total movements. Apart from the big muscles of the legs, arms and chest, even the very tiny ones at the movement of the neck including those of the palms and soles, participate. Further, the muscles of the trunk, those of the abdomen, (oblique and erect), those of the intestines, large and small (these having a big share in the process of digestion and nutrition) take a big share in this S.P.C. As a result, appetite is improved and constipation is done away with.

Throughout, deep inspiration and expiration are insisted upon with each exercise ensuring perfect OXYGENATION. This type of deep respirations are the best means of steadying, strengthening and calming the heart when the heart is strained a bit, beating a bit fast as the result of the 15 exercises in 15 minutes. The heart attains normalcy after 3 or 4 “Minor Relaxation Exercises” at the close.

What about the many joints?

With no exception, all joints are exercised. It goes without saying major joints like shoulder, hip, knee, elbow, wrist and ankle get their own share. This is taken for granted in any system of exercises worth the name. But in the system of S.P.C. the small joints of the 33 back bones are

given a special care since these by their appropriate movements yield a big share in the production of the different internal secretions which I claim to be the source of the sustaining vitality throughout the whole day after the practice of the S.P.C. in the early morning hour. It is noteworthy that these 33 joints include those of the neck which are given special movements in 11 out of the 15 exercises.

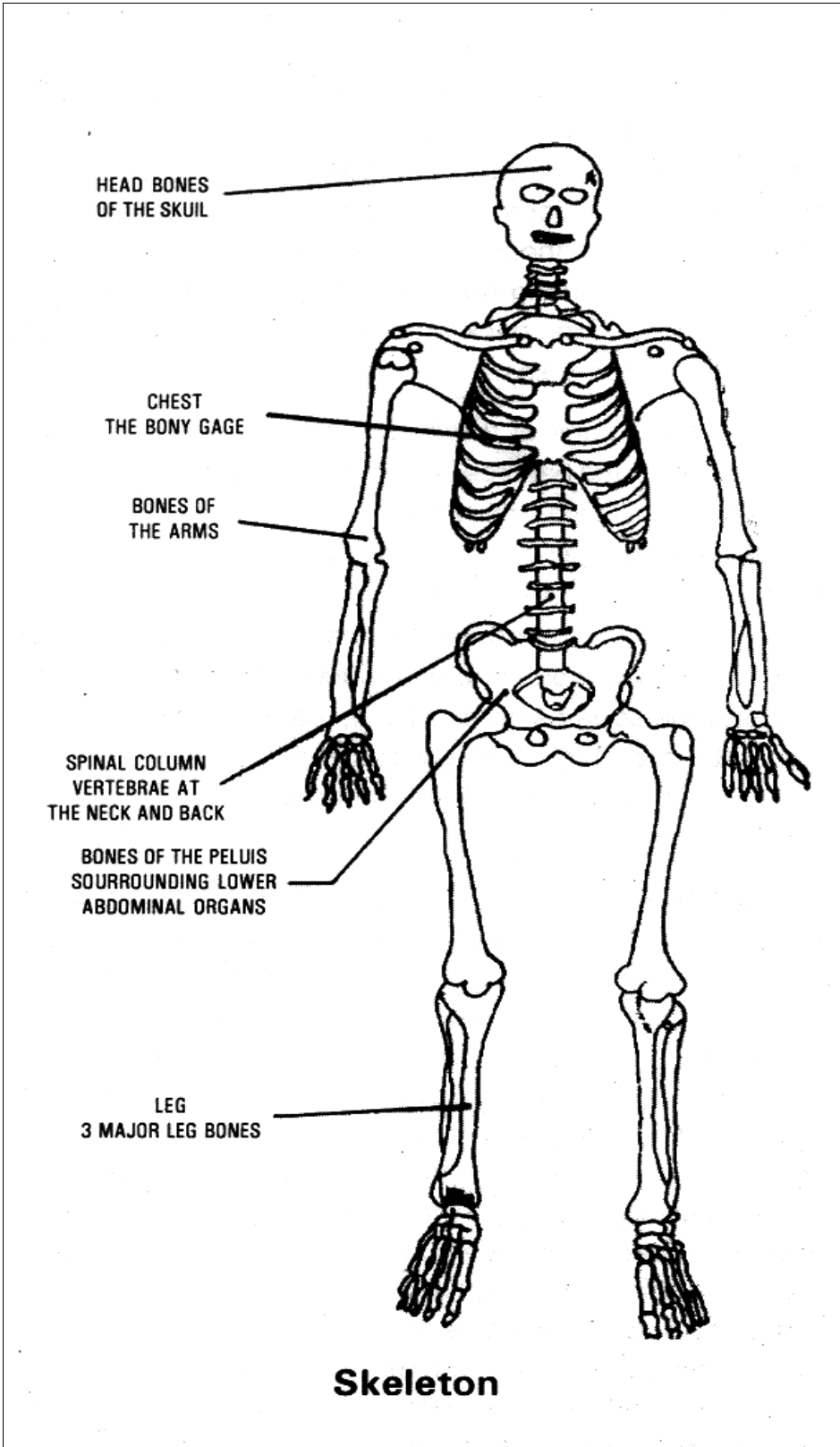


The internal organs of the body – namely, the huge liver, the kidneys, the spleen, the pancreas (the major digesting organ of sugar), intestines, large and small, the womb-are all involved. All these are said to manufacture their own specific internal secretions, with their due share in the total metabolism of the whole physique. The sustaining power one experiences the whole day, after the 15 exercises, is partly attributed to this function of the internal organs. This is one of the sources of the vitality that takes away all signs of weariness at the end of the strenuous 15 minutes. As a result, no need for rest is felt, after the S.P.C. since weariness and tiredness are hardly felt.

Skin is partly a respiratory organ. This physiological fact is brought into prominence through this S.P.C. where skin rubbing takes five of the total fifteen. The loose dirt and dust which affect the skin from without are not so dangerous as the waste matter and poisonous substances which surface through perspiration. This can be partly absorbed back again to poison the system if it be not removed by daily bath. This waste matter is injurious to one-self. Against this, the regular cold bath that completes the S.P.C. coupled with the methodical rubbing acting on the vessels and nerves of the skin underneath renders them open, sound and healthy. This is actual gymnastics to the skin which is not only a simple impermeable covering to the body, but it is one of the important organs of the body by which it feels as well as breathes. The thorough rubbing of the pores of the skin makes it open to the air outside. Oxygen flows into the blood in the dilated veins underneath and carbonic acid is given out. This process of OSMOSIS is very much like that in the lungs, and results in the purification of the blood underneath through the air outside. This communication is rendered effective through the open pores. Thus we understand how the skin functions as a typical respiratory organ by the five rubbing exercises.

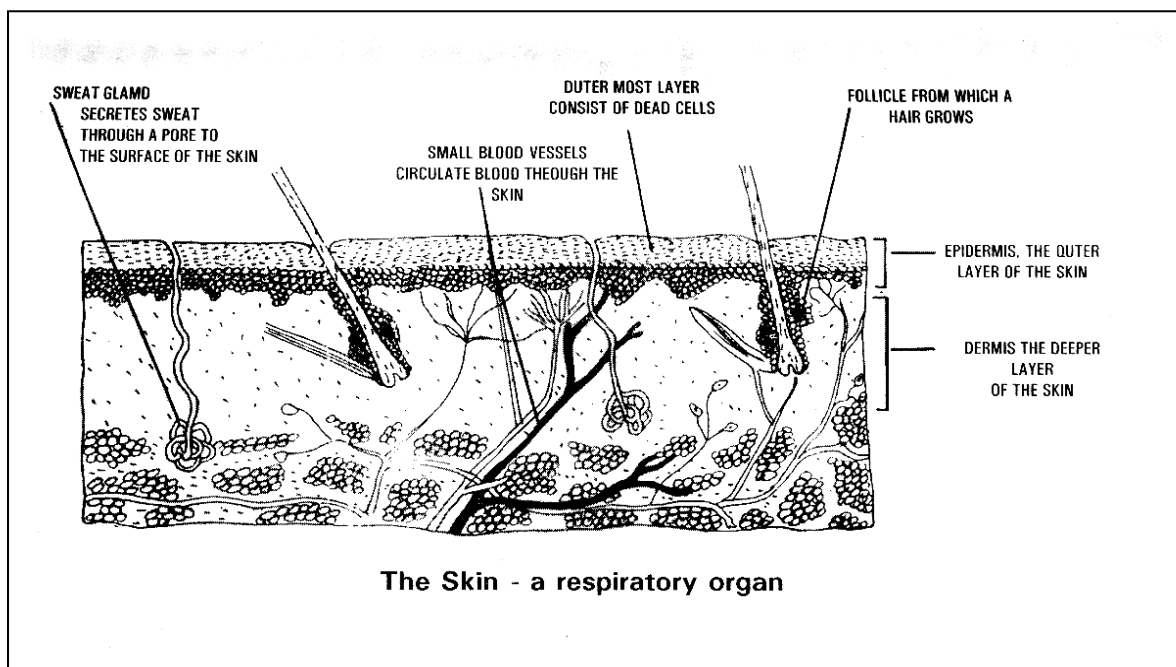
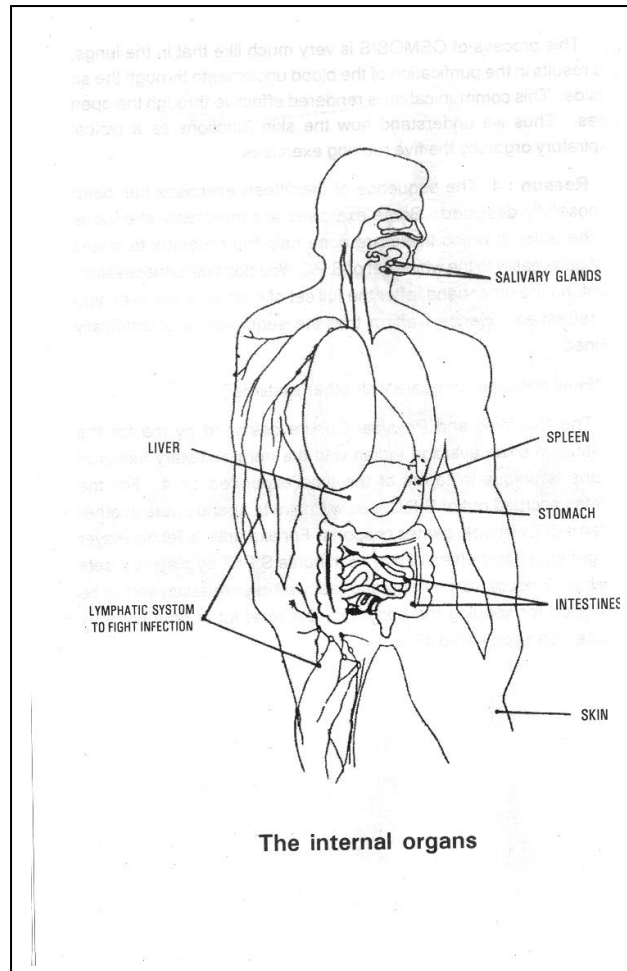
**Reason: 4.** The sequence of the fifteen exercises has been purposefully designed. Some exercises are manifestly strenuous but the order in which these are done help the physique to adjust itself quite easily to the whole set of S.P.C. You don't feel unnecessarily spent; on the other hand, after the full sets of exercises are over, you feel refreshed. Hence I affirm that the sequence is scientifically planned.

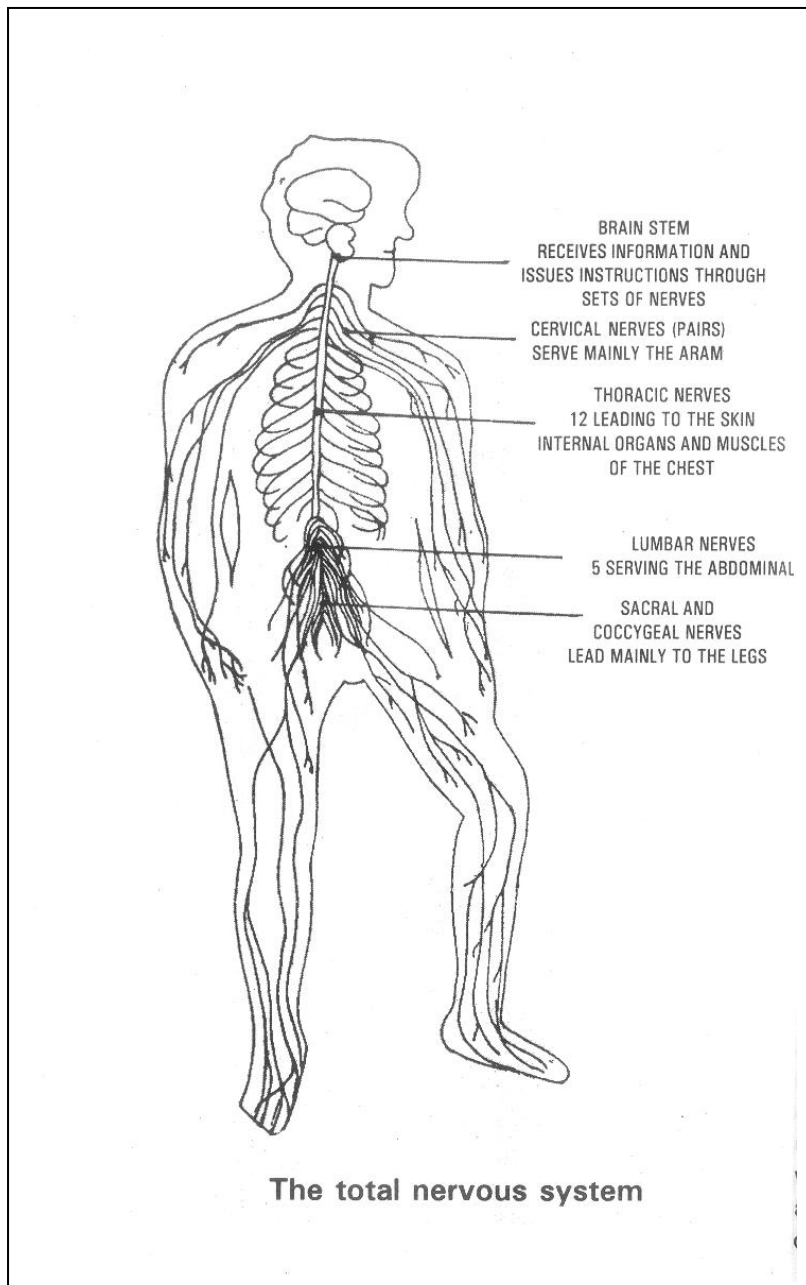
How does this compare with other systems?





The Scientific and Physical Culture designed by me for the constitution of an average Indian with the normal dietary habits of Indians is unique in terms of the time expended on it. For the benefits accrued out of S.P.C. you will have to spend hours in other systems of exercises, games or sports. For example, a Tennis Player can get equivalent effect of this 15 minutes S.P.C. by playing 4 sets for about 2 hours. Swimming and fast walking are supposed to be very good for keeping the body trim, but what lot of time will they require? Can you afford it?





### **III. Some Do's and Don'ts in S.P.C.**

It is imperative that certain rules are observed meticulously so as to derive the maximum benefit of the S.P.C.

#### **Smoking:**

It has become a symbol of fashionable youth to have a cigarette in one's hand and puff it several times. This practice leads to a life long habit, invariably resulting in early deaths. Further it leads to deterioration in will-power. But for this evil habit, the intellectual power would have reached a greater peak. Nicotine, the poisonous alkaloid present in tobacco is a direct poison to the

muscle of the heart, though working ever so slowly. Its ill effects may not be perceived all at once. The natural stamina in the young man successfully resists the ill effects for a time. But after 40, the system however strong, tends to yield. First and foremost, the sensitive muscle of the heart yields.

What an appalling number of sudden heart attacks are reported time and again. In persons of promising career in their forties, this is to be traced to the evil habit of cigarette.

Hence I plead with you, not to touch tobacco at all. My system of these special exercises will serve no useful purpose for such addicts.

### **Care of the teeth:**

In the preservation of health, the care of the teeth is quite important. Even from childhood; this demands attention. The gums that cover the teeth tend to soften forming pus in between. This pus unlike the pus from an abscess in any other part of the body has a potent poisonous effect on the muscle of the heart weakening the organ so as to dilate it slowly, the muscular fibers deteriorating unwittingly. This does not kill at once, but undermines the general well-being slowly to such an extent that the person feels breathless at the slightest exertion. Often this specific pus is the fore-runner of diabetes.

As a preventive, guard against chewing betel with lime and smoking cigarettes, since both these practices tend to soften the gums, more so with advancing age.

Also avoid too many sweets, pastries, ice creams and soft drinks. Brush your teeth regularly, once in the early morning and finally before retiring to bed. You can use the very many brands of dentifrice or pastes in the market or you can do what I am doing. I use a fresh neem-stick every day. (No bother of a brush accumulating dirt and microbes), its fibrous structure serves the purpose of bristles. Its bark yields an antiseptic drug which kills the pus-forming organisms, thus eliminating the onslaught of the evil disease pyorrhea. Effective cleaning results when the stick is used for about 10 minutes. Though I am at my 89th year, I have not lost any one tooth, all because of the blessed neem-sticks which are always readily available wherever I go in India.

Eat plenty of Citrus fruits.

**Care of the skin:**

As pointed out in the earlier Chapter, the Skin breathes. Hence it is important that its surface is kept free of all kinds of dirt. As soon as the Scientific Physical Culture is over for the day you will be perspiring copiously. The body will demand a cool refreshing bath. Do not delay it. Have a nice shower.

After the bath, it goes without saying, you should have fresh undergarments to wear.

Use soap that is non-allergic to your skin.

Wash off the body soon after the soap lathers over the skin. This enables the dirt to be immediately removed from off the surface of the skin.

**Clothing during the S.P.C.**

The clothing should be sparse while doing the exercises. During the skin exercises, you may require privacy.

**Place:**

S.P.C. should be performed in a place where you have cool fresh air. There should be no draught nor closed doors. Any well ventilated room serves the purpose.

**Drink:**

Drink 2 glasses of pure cool water soon after the S.P.C. is over. The water you have lost in perspiration should be made up. Nay, these two tumblers serve the purpose of washing out the total blood circulation especially through the kidneys, the urine secreting organ.

**Persistence:**

Persist in this S.P.C. every day till it becomes second nature. Aches which will accompany the exercises in the first few days will disappear quite soon. If man and wife do this together, the custom is not so easily broken; hence this is recommended.

**Breathe deep:**

In all the exercises, deep breathing is encouraged. Breathe as deep as you can. Do not jerk during movements but do all the movements slowly and gradually.

## **IV. Meet these People!**

Out of hundreds of case studies I have made in my span of life, I give below a few for your personal consideration.

### **I. Business Man**

A thriving business man from a village near Nazareth was carrying on this trade at Colombo about the year 1925. It was a time when insulin was not discovered. He was admitted as an inpatient in my ward at St. Luke's Hospital, completely unconscious, dying of diabetic coma. With the limited resources then available, such as complete starvation of the patient, purgation etc., he was restored to consciousness with great difficulties. When he was enabled to sit up and walk within his room, his sugar percentage in his urine continued to persist at 5%. It was just then I was using this system of exercises, on the diabetic subjects to test their response. Daily I took this patient to my house and had him initiated to these exercises. Within a fortnight his response was good, sugar percentage in his urine going down to 2%. I was much thrilled. In about another three weeks, with practice of this system, before my very eyes, he became completely free of sugar in his urine. After a further stay of a couple of weeks he was discharged cured. He was warned not to discontinue his daily practice of this S.P.C. lest there be a recurrence of diabetes. He was true to his word. He returned to Colombo and resumed his duties. After about 2½ years he came back to his home near Nazareth on a holiday, when he turned up for a check-up and was found to be free from sugar in his urine; his blood sugar was quite normal.

### **II. A Young Doctor**

A young doctor after his graduation from the Madras Medical College became a patient with pulmonary tuberculosis. His whole professional career, with prospective build up of a village hospital was dim. He was running a typical evening temperature of above 101°F or 101.5°F every day with persistent cough and other accompanying symptoms. This was the time when the present day specific drug of Streptomycin was totally unknown. He was introduced to this S.P.C. very slowly, while he was yet under the usual drug treatment in vogue in those days. Exercises under my personal supervision yielded wonderful response, though slow, and resulted in complete restoration. He became a good clinician and made for himself a fine medical career. This is a striking case of cure from this dire disease only with the help of the S.P.C. I am glad to say that he is practicing S.P.C. to this day conscientiously, not having fallen a prey to any other disease of the old age.

### III. A Student

An old intermediate student in one of our old colleges in South India was living in a single room hostel. He came over to me in my early days. This youth, though brilliant in his studies, was addicted to self pollution. This was slowly sapping his manhood. He was a Christian by birth. Soon he found himself a wreck and a slave in spite of his repeated determinations. In fact he was a defeatist in all reality. Soon he found his memory power fade, he could not make headway in his studies, his physique got enfeebled. He became so desperate that he decided to end his life. One night after 11 P.M. he put up a rope to one of the rafters in the room and was ready. Having put out his table-lamp and locked his room from inside, he mounted up the cot for the purpose. At that moment there was a knock at the door calling him by his name. He was startled and thrilled. He opened the door very little, lest the one who knocked, his own class-mate, should see the rope. The class-mate requested him for notes from Shakespeare, which he had failed to copy during the class hour. Angrily he shouted at him for the disturbance caused at that spot of the night. He slipped the wanted note through the small space in the door. After locking the door, he took his seat on the cot. He was deeply moved and set to think furiously, realistically and sensibly. Why should his class-mate visit him at the exact moment which was to decide his fate once for all. He felt that there was someone presiding over his destiny. He removed the rope. In a weeks time, he came over to attend the annual retreat run by students from various college of South India (Arts and Professional).

It was a three days retreat run by the students themselves, senior men leading it. Here he contacted me, a Medical Student then, privately to know if there was any hope for him. With his story narrated mournfully, we both shed tears like children. I advised him in my own humble way, prayed and parted, with instructions to him that he should practice this system of exercises in which all the 60 students were tutored during those 3 days. Of course he did join this set of students of thoughtful type and had learnt to practice these 15 exercises. Next we met at Madras after two years, when he had come to prosecute his B.A. (Hons.) studies. He came over to my Medical College hostel, greeted me with the beaming smile. I put the question straight. "How are you? Are you free?". His answer was, "I have never yielded to my old way, even once, after we met at the retreat". This is said in such detail, to impress one of the far reaching psychological way this system acts, on the total man, when conscientiously practiced.

Of course religion is there all the same, but reinforced by the steady influence of this scientific physical culture.

#### **IV. A Journalist**

A journalist became a diabetic at an early age of 35 years. He appealed to me for advice. In spite of the modern treatment for diabetics with specifics, he was not helped very much permanently. He was daily in the habit of the testing his urine by himself, with test tubes and Fehling solution. Sugar persisted in the specimen, in spite of daily injections and tablets. This forboded diabetic complications all through his life. I explained to him the permanent relief he could obtain with the daily practice of the system. He was convinced and he began practicing S.P.C. from the very first day he met me. In a fortnight he reported to me that his urine was sugar-free according to his own test. He continues to be so, with the daily practice of the exercises, without the danger of the fear of the complications of the diseases. Further his general health, I found, had improved.

I may add quite a lot more of these case studies; but to what purpose? you need not be convinced by hearing of others who were benefited. You yourself can go through this manual and begin practicing. In a month, you will know for yourself how you are freed from ailments, lack of will and so on and how buoyant you could be.

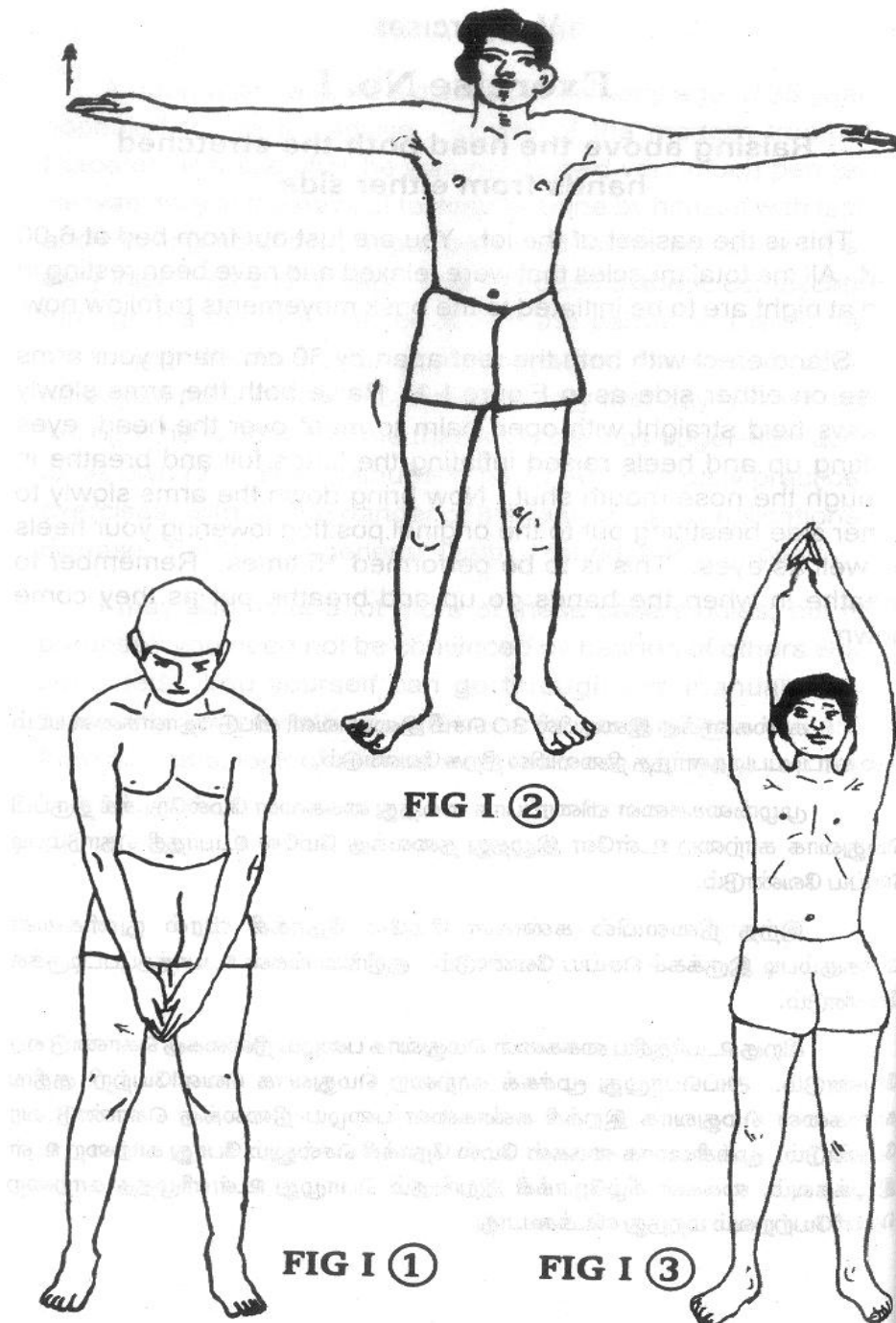
#### **V. Exercises**

##### **Exercise No. I.**

###### **Raising above the head both the stretched hands from either side**

This is the easiest of the lot. You are just out from bed at 6.00 AM. All the total muscles that were relaxed and have been resting in bed at night are to be initiated to the brisk movements to follow now.

Stand Erect with both the feet apart by 30 cms. Hang your arms loose on either side as in figure-I-1. Raise both the arms slowly, elbows held straight with open palm to meet over the head, eyes looking up and heels raised, inflating the lungs full and breathe in through the nose, mouth shut. Now bring down the arms slowly to either side, breathing out to the original position lowering your heels as well as eyes. This is to be performed 15 times. Remember to breathe in when the hands go up and breathe out as they come down.



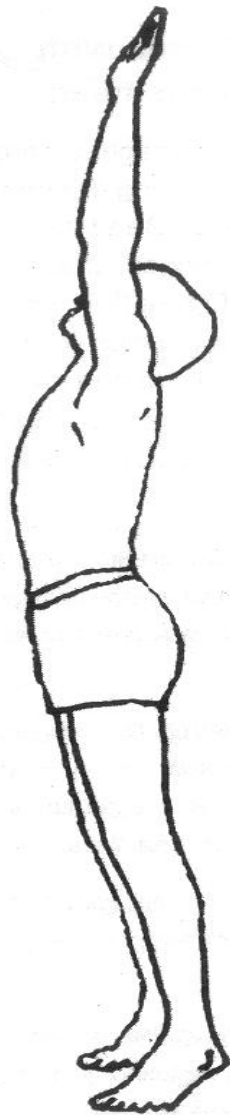
## **Exercise No.II**

### **Trunk – bending forwards and backwards with stretched straight hands held over the head**

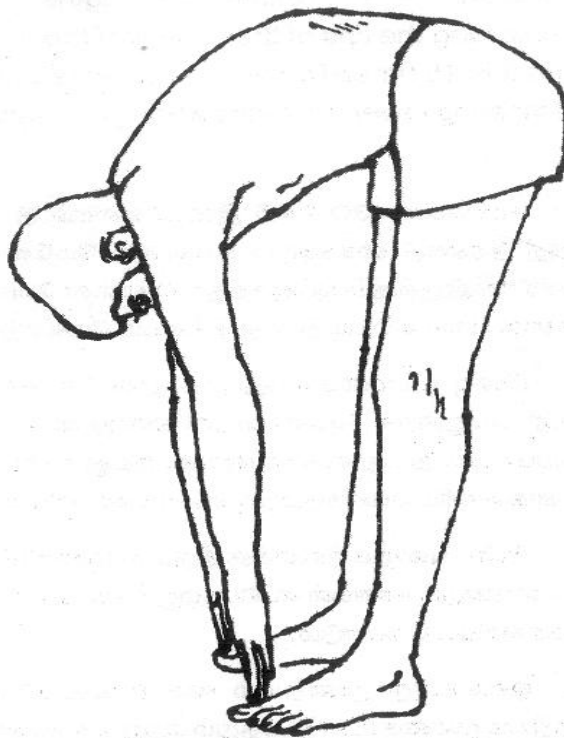
Stand erect as in Figure-II-1, chest forward with stretched parallel hands held over the head, palm facing the front, keeping the feet 30 cms apart, eyes looking up to tips of the fingers. Bend the trunk forwards exhaling, eyes following the tips of the fingers that touch the toes, right hand



right toe and left hand left toe (Figure-II-2). Knee is kept straight. Again, resume the original straight position inhaling, eyes following the tips of the fingers of the hands maintained parallel. Repeat this 15 times. Remember to raise the heels when your hands go up inhaling, lower the heels when your hands come down exhaling.



**FIG II ①**



**FIG II ②**

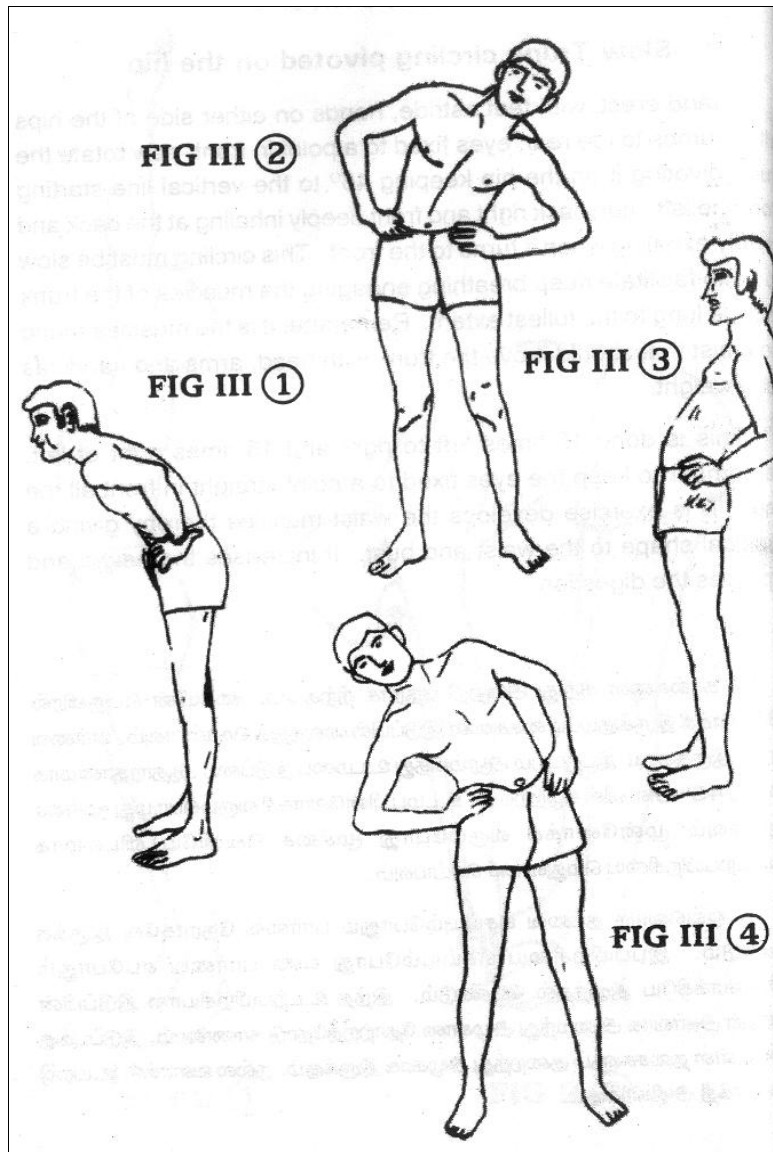
### **Exercise No.III**

#### **Slow Trunk circling pivoted on the hip**

Stand erect, with feet astride, hands on either side of the hips with thumbs to the rear, eyes fixed to a point in front, now rotate the trunk pivoting it on the hip keeping  $45^{\circ}$  to the vertical line

starting from the left, then back, right and front, deeply inhaling at the back and deeply exhaling when it turns to the front. This circling must be slow so as to facilitate deep breathing, engaging the muscles of the trunk and the lung to the fullest extent. Remember, it is the muscles round the waist that should move the trunk, with head, arms and hands as dead weight.

This is done 15 times, left to right and 15 times, right to left. Remember to keep eye fixed to a point straight in front all the time. This exercise develops the waist muscles thereby giving a classical shape to the waist and bust. It increases the height and improves the digestion.



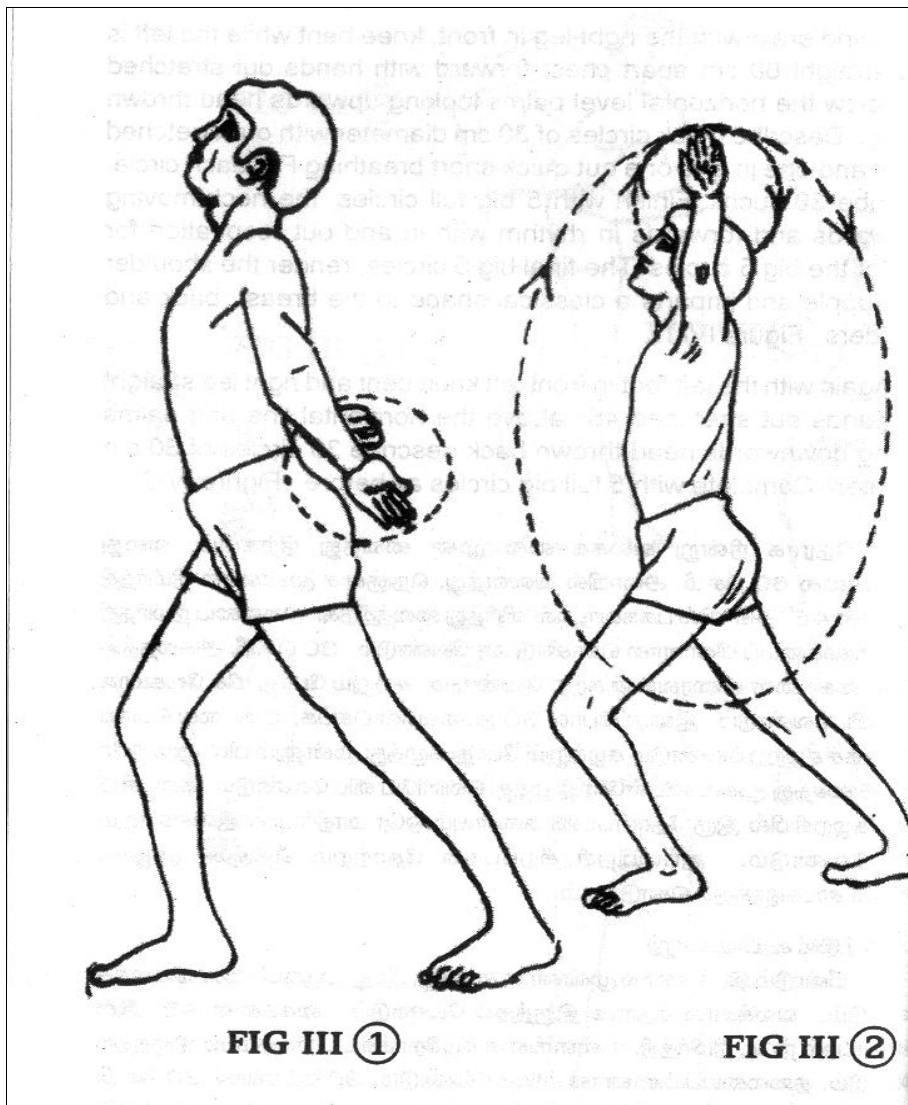
### **Exercise No.IV**

#### **Quick arm circling**

Stand erect with the right leg in front, knee bent while the left is kept straight, 60 cms apart, chest forward with hands outstretched, 45 degree below the horizontal level, palms looking

upwards, head thrown behind. Describe quick circles of 30 cms diameter, with out-stretched hands and one - in and one - out quick short breathing. For each circle, describe 30 such. Finish with 5 big full circles, the neck moving backwards and forwards in rhythm with in and out respiration for each of the big 5 circles. The final big 5 circles, render the shoulder joint supple and imparts a classical shape to the breast, back and shoulders-Figure-IV-1.

Again with the left foot in front, left knee bent and right leg straight and hands out stretched 45° above the horizontal line and palms looking downwards, head thrown back, describe 30 circles of 30 cms diameter. Complete with 5 full big circles as before. Figure-IV-2.



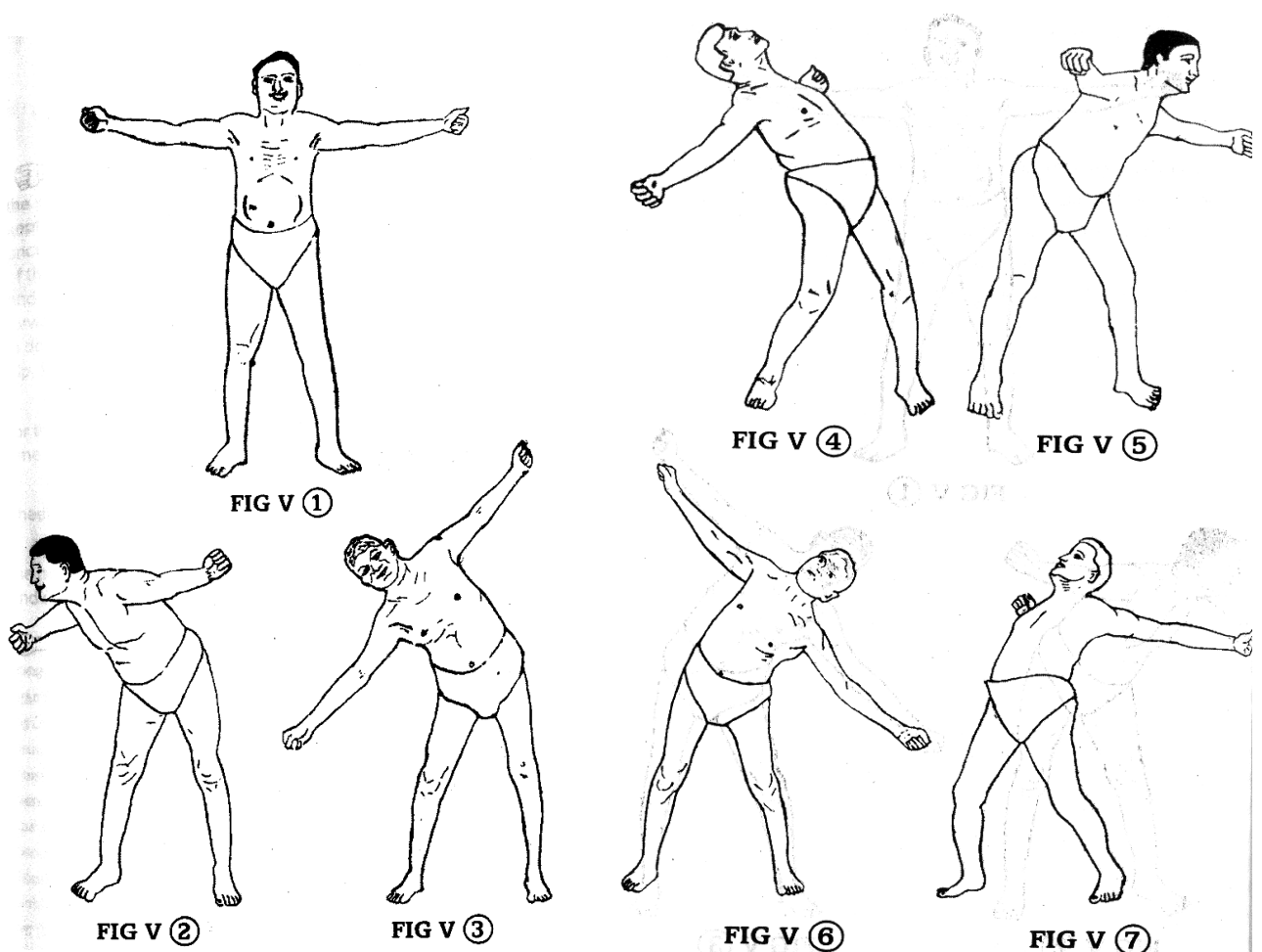
### **Exercise No. V**

#### **Slow trunk twisting with forward leaning**

Keep both the legs 60 cms apart, arms out – stretched, held side ways to shoulder height, maintained straight, as if in the horizontal level a long stick has been tied to both the arms, the stick

resting on both the shoulders. Thus with the extended arms, fists closed and legs fixed straight to the ground turn right and left. This forms the ready position for this exercise. Figure-V-1. In this posture now turn to the right and fall forward, face looking downwards, breathing out (Figure -V-2). Then, with arms extended, held straight, side ways at shoulder height twist the trunk upside down pivoted on the hip breathing 'in' face looking upwards Figure-V-3,4. Maintaining this position, turn to the left Figure-V-5, fall forward face looking downward Fig 5. Again twist the trunk upside down face looking upwards breathing in Fig.6, 7. This is to be done 15 times involving 30 full respirations. This exercise tones up the kidneys and the liver. It imparts a classical shape to the waist, ensures good carriage, elasticity suppleness and gracefulness to the body. This is also a good exercise for increasing the height.

**N.B:** At this stage should you feel tired, do Minor Relaxation Exercises 3 or 4 times.



### Exercise No. VI.

#### Bending and stretching of the arms partly loaded with the weight of the body

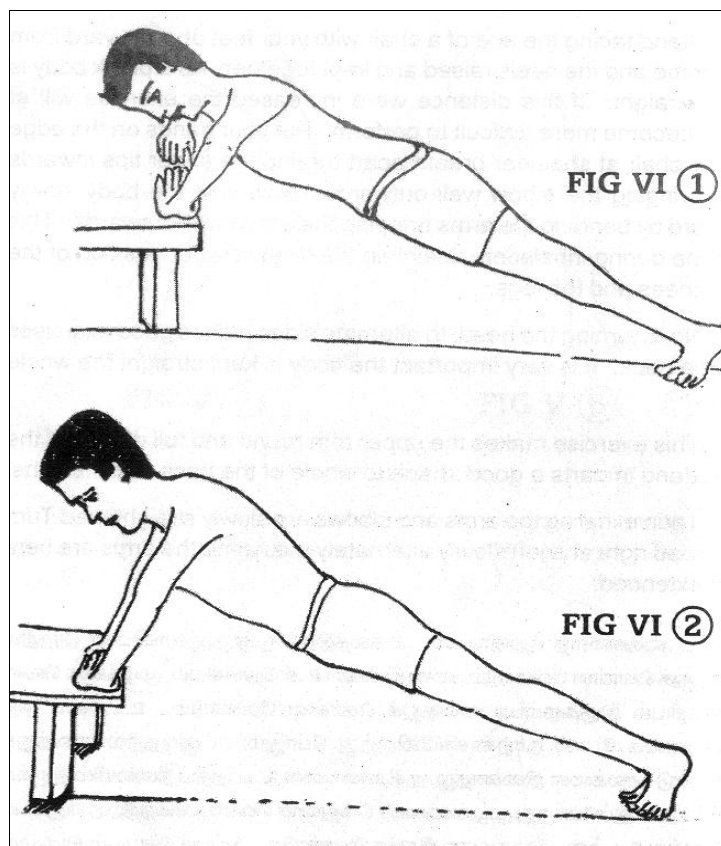
Stand facing the end of a chair with your feet about a yard from the same and the heels raised and kept together. As a plank, body is kept straight. If this distance were increased the

exercise will at once become more difficult to perform. Put your hands on the edge of the chair at shoulder breathe apart, turning the finger tips inwards and bringing the elbow well outwards. Now sink the body slowly forward by bending the arms, bringing the elbow well outwards. This is done during inhalation. Maintain the fixed straight position of the hip, knees and the legs.

No:6 turning the head, to alternate size makes good exercises for the neck. It is very important the body is kept straight the whole time.

This exercise makes the upper arm round and full, develops the chest and imparts a good shape to whole of the back and the loins.

Then exhaling the arms and elbows are slowly straightened, turn the head right and left slowly alternately every time the arms are bent and extended.



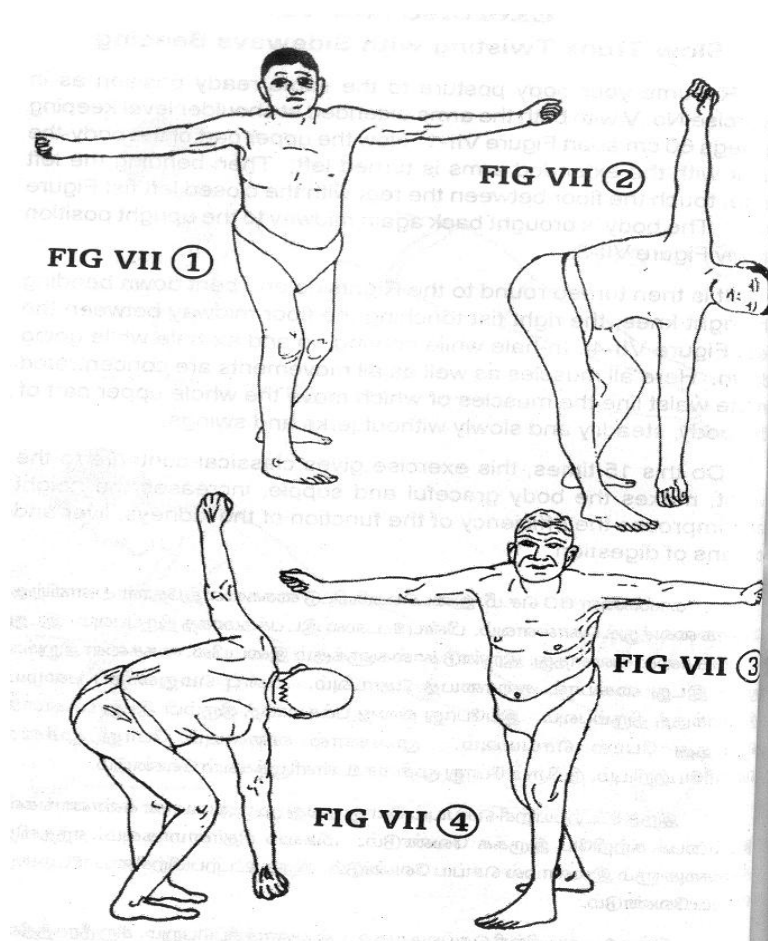
### **Exercise No. VII. Slow Trunk Twisting with Sideways Bending**

Resume your body posture to the same ready position as in Exercise No. V with both the arms extended at shoulder level keeping the legs 60 cms apart (Figure VII-1). Now the upper part of the body, the trunk with the extended arms is turned left. Then bending the left knee, touch the

floor between the feet with the closed left fist FigureVII-2. The body is brought back again midway to the upright position slowly Figure VII-3.

It is then turned round to the right side and bent down bending the right knee, the right fist touching the floor midway between the feet (Figure-VII-4). Inhale while coming up and exhale while going down. Here all muscles as well as all movements are concentrated in the waist line, the muscles of which move the whole upper part of the body, steadily and slowly without jerks and swings.

Do this 15 times, this exercise gives classical contours to the waist, makes the body graceful and supple, increases the height and improves the efficiency of the function of the kidneys, liver and organs of digestion.



## Exercise No. VIII

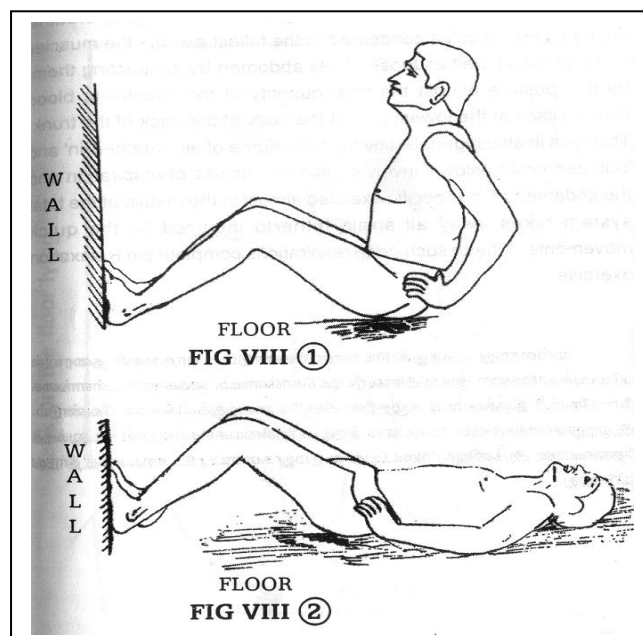
### Slow trunk raising and lowering

Sit on a mat or carpet spread against a wall, with the bare sole of the feet set in full opposition to the wall with the buttock 45 cms from the wall, both the knees kept together at right angles figure-VIII-1. Keep the buttock fixed to the ground, and hands fixed to each side of the hip, thumbs pointing to the back, chest forward, head thrown back. The body is moved steadily and slowly up and down figure-VIII-2 in rhythm with natural full respiration, inhaling when you go down exhaling when you come up. Do not hold your breathe but freely inhale when going down and exhale when coming up. In the course of these movements, should the hip slowly slip away from the wall more than  $45^{\circ}$  at the knee, it may be pulled up towards the wall so as to maintain the angle at the knee to  $45^{\circ}$ . Do this 15 times.

The body must always be raised steadily by the abdominal muscles and not by a jerk of the trunk, the head leading the trunk when going down inhaling, but following the trunk coming up exhaling. Thus the body and trunk move steadily and slowly down and up, inhaling and exhaling both counted as one.

These movements are strikingly helpful to the muscles of the abdomen of corset pattern, vide the text. This exercise imparts a classical shape to the shins, the lower abdomen and the groins. It serves to strengthen the peritoneum and the abdomen. Child bearing becomes easier for young women who had been doing these exercises regularly. The needless fat accumulated in the abdomen slowly yields, resulting in good figure. Digestion is enhanced.

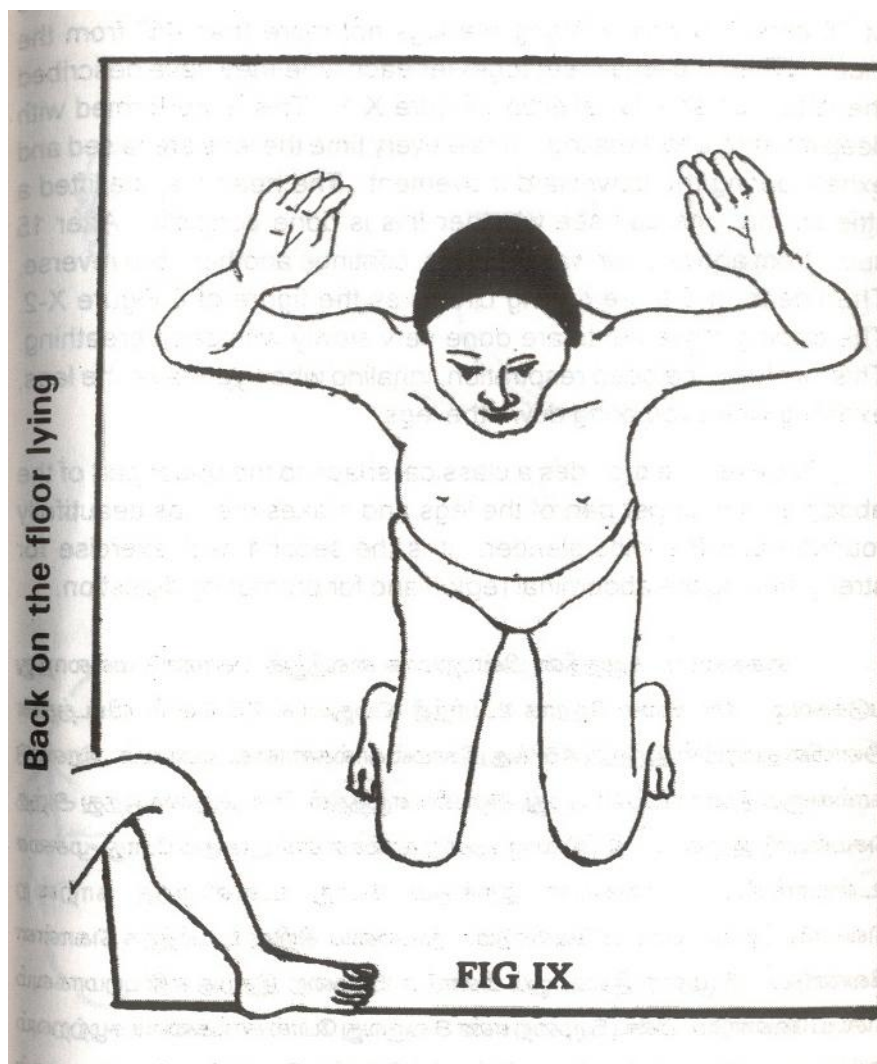
After first 8 exercises, the physique is fatigued. Hence the next one is designed for complete relaxation.



## Exercise No.IX

### Complete Relaxation

Lie on your back, legs half extended, both palms of the hands by the side of the neck on either side facing upwards. Take deep breathes, engaging the muscles concerned to the fullest extent – the muscles of the chest as well as those of the abdomen by contracting them. By this posture, almost the total quantity of the circulating blood collects itself at the lowest part of the body at the back of the trunk. This gets itself oxygenated by the full volume of air breathed 'in' and 'out' deeply and slowly involving all the muscles of respiration and the abdomen. This specific exercise almost in the middle of the total system takes away all strain hitherto incurred by the quick movements. Fifteen such deep respirations complete the relaxation exercise.



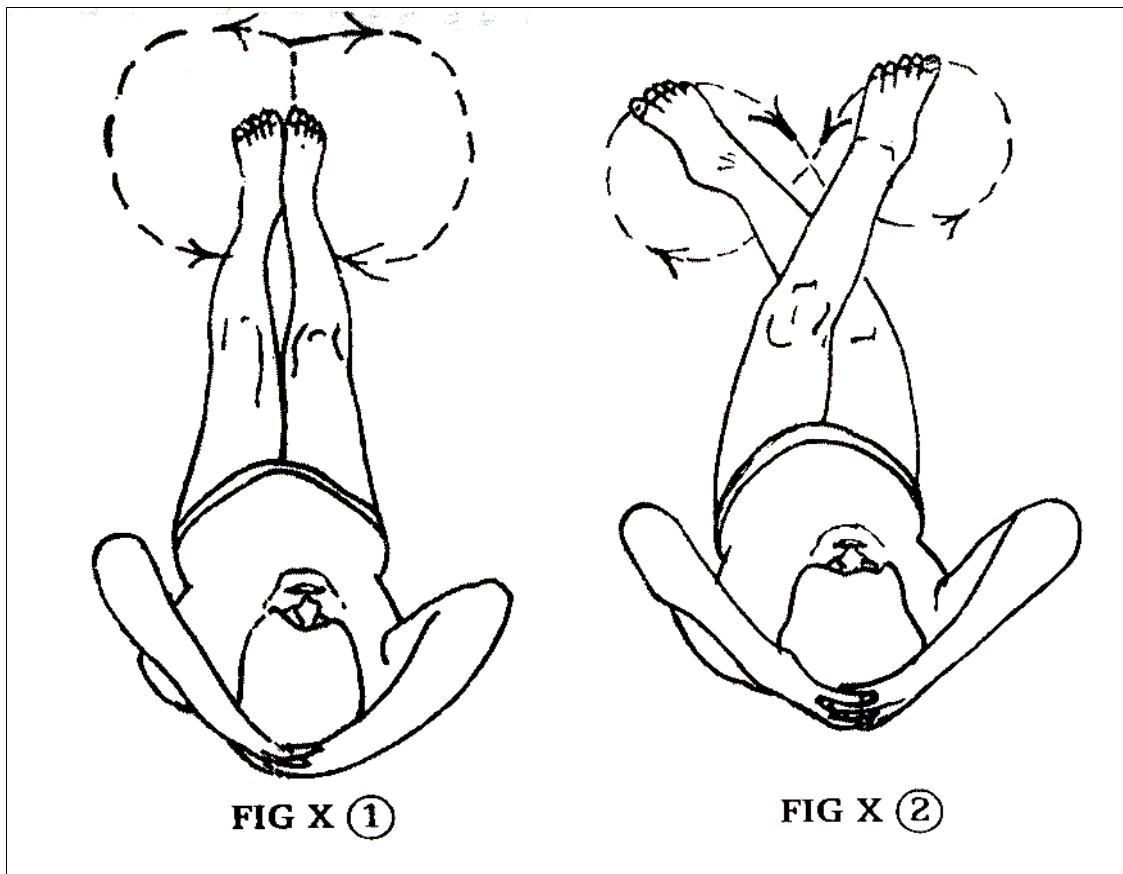


## Exercise No. X

### Slow leg circling

Lie flat on your back with hands at neck. Raise and move the legs kept straight and rigid simultaneously and slowly round in circles of 75 cms in diameter lifting the legs not more than 45 degree from the floor. When the legs meet together each time they have described the letter “D” and its reflection Figure-X-1. This is performed with deep inhaling and exhaling. Inhale every time the legs are raised and exhale during the downward movement. The head may be lifted a little so that one can see whether this is done correctly. After 15 such, from above downwards circles, continue another 15 in reverse. Then perform 5 more cutting circles as the figure of 8 figure-X-2. The circling movements are done very slowly with deep breathing. This involves one deep respiration, inhaling when you raise the legs, exhaling when you bring down the legs.

This exercise provides a classical shape to the upper part of the abdomen and upper part of the legs and makes the hips beautifully rounded and the loins slender. It is the second best exercise for strengthening the abdominal region and for promoting digestion.



## **Rubbing Exercises No. XI to XV**

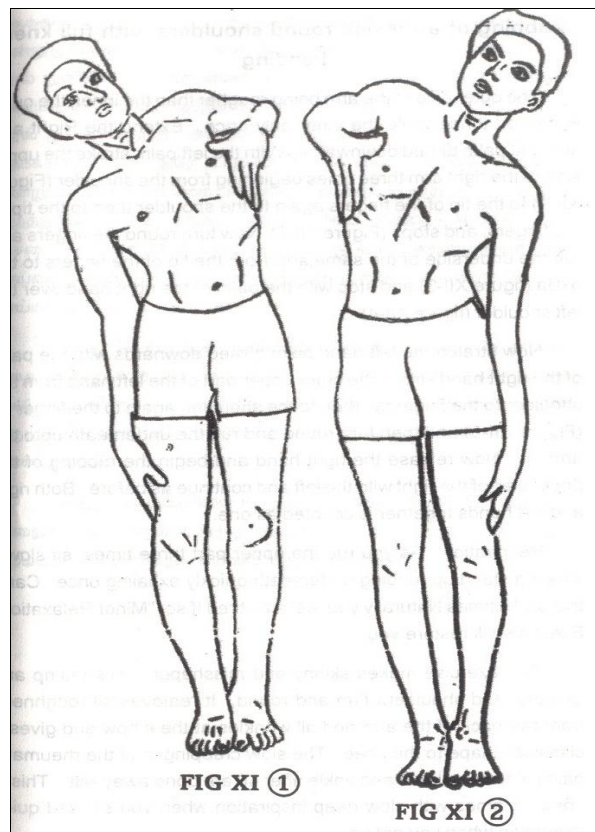
### **Exercise of No. XI**

#### **Quick bending sideways, right and left and rubbing from axilla to knee**

Stand erect with heels and toes together, chest forward, eyes looking up and down following the movements of the trunk alternately, the neck also as a matter of course, following the movements of the eyes. Start with the open right palm at the right axilla as far up as possible and the left open palm at the left knee as low as possible, knees kept straight Figure-XI-1. Bend the trunk sideways, right and left alternately when palms rub the sides pressing hard. During this right and left double movement, breathe in and breathe out reaching as low as possible. The palm and fingers must be kept pointing downwards. The right and left movements together are counted as one.

Do this 15 times.

This exercise gives a classical shape to the waist, tones up the liver and kidneys and if the hands are pressed hard against the sides, it is the best possible exercise for reducing the hip.



## **Exercise No. XII**

### **Rubbing of arms and round shoulders with full knee bending**

The outer side of the arm being rougher than the inner, the outer is rubbed thrice where as the inner only once. Extend the right arm straight, palm turned downwards. With the left palm stroke the upper side of the right arm three times beginning from the shoulder (Figure-XII- 1) to the tip of the fingers again to the shoulder then to tip of the fingers, and stop (Figure-XII-2). Now turn round the fingers and rub the underside of the same arm from the tip of the fingers to the axilla (Figure-XII-3) and stop with the palm of the right hand over the left shoulder (Figure-XII-4).

Now stretch the left hand palm turned downwards with the palm of the right hand stroke the outer upper part of the left hand from the shoulder to the finger tip, then to the shoulder, again to the finger tip (Figure-XII-5) and then turn round and rub the underneath up to the arm pit. Now release the right hand and begin the rubbing of the upper part of the right with the left and continue as before. Both right and left hands together is counted as one.

#### **Respiration:**

As you rub the upper part three times, sit slowly inhaling, stand up rubbing underneath quickly exhaling once. Carry this on 15 times naturally you feel a bit tired if so, “Minor Relaxation”. Exercise will restore you.

This exercise make skinny and misshapen arms plump and graceful and shoulders firm and round. It removes all roughness from the back of the arm and all wrinkles at the elbow and gives a classical shape to the knee. The slow creeping in of the rheumatic pain at the hip, knee and ankle of the 40 or done away with. This is done 15 times with slow deep inspiration when you sit and quick expiration when you get up.

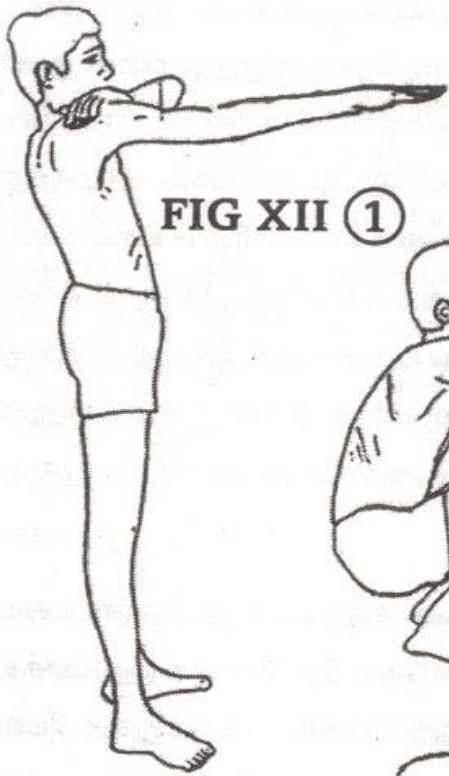


FIG XII ①

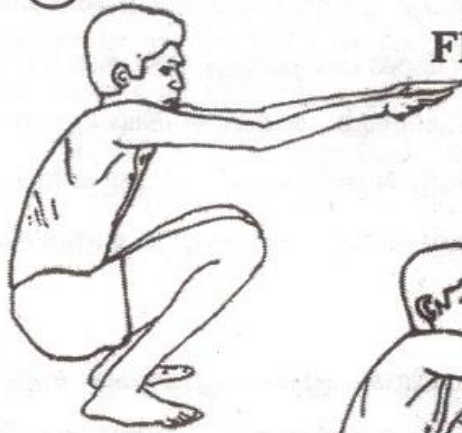


FIG XII ②



FIG XII ③

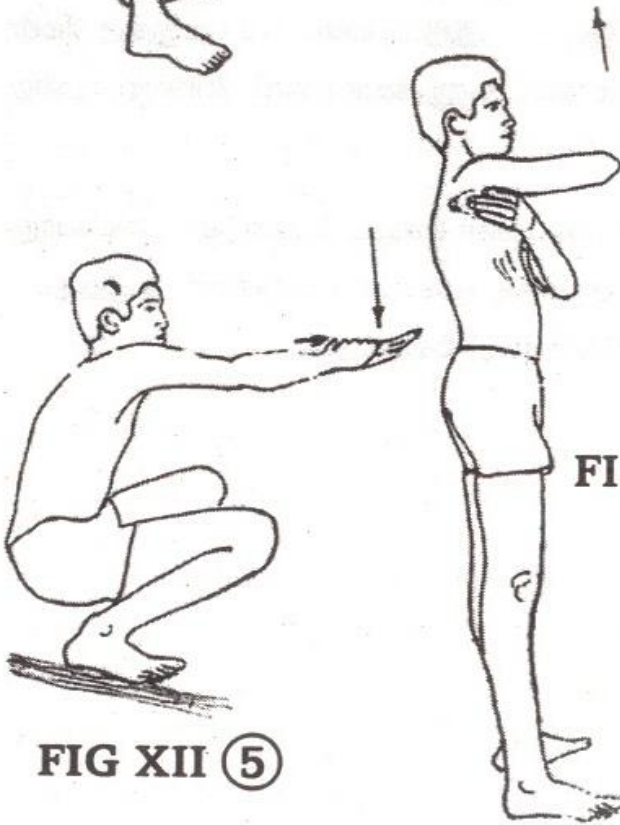


FIG XII ④

FIG XII ⑤

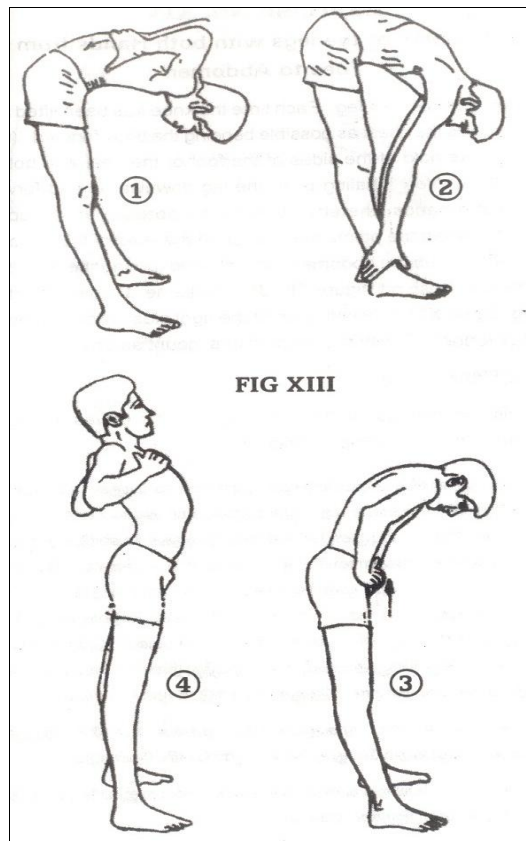
## Exercise No. XIII

### Full slow backward and forward bending and rubbing of the front and back lengthwise with abdominal trunk movement

Stand with feet apart, trunk bent forward, with the palm of both hands carried round the small of the back as far up as possible, with thumbs pointing outwards and exhaling (Figure XIII-1). Rubbing is started from the lower part of the shoulder blade, seat, back of the thigh, legs down to the ankles (Figure XIII-2). Now turn both the palms inwards and stroke upwards front of the shins, legs and thigh, thumbs pointing inwards and upwards. At the level of the abdomen, turn off horizontally both the palms and start rubbing the abdomen upwards (fingers pointing upwards) continue rubbing the chest ending at the level of both the collar bones (Figure XIII-3). Now the trunk is thrown backwards  $45^{\circ}$ , face looking upwards, inhaling (Figure XIII-4). The knees and legs should be kept rigid all the time. Do this 15 times.

The rubbing movements over the abdomen are highly beneficial to the intestines.

This is the most important of all the rubbing exercises contributing in the highest degree to shape and beauty of the entire body.



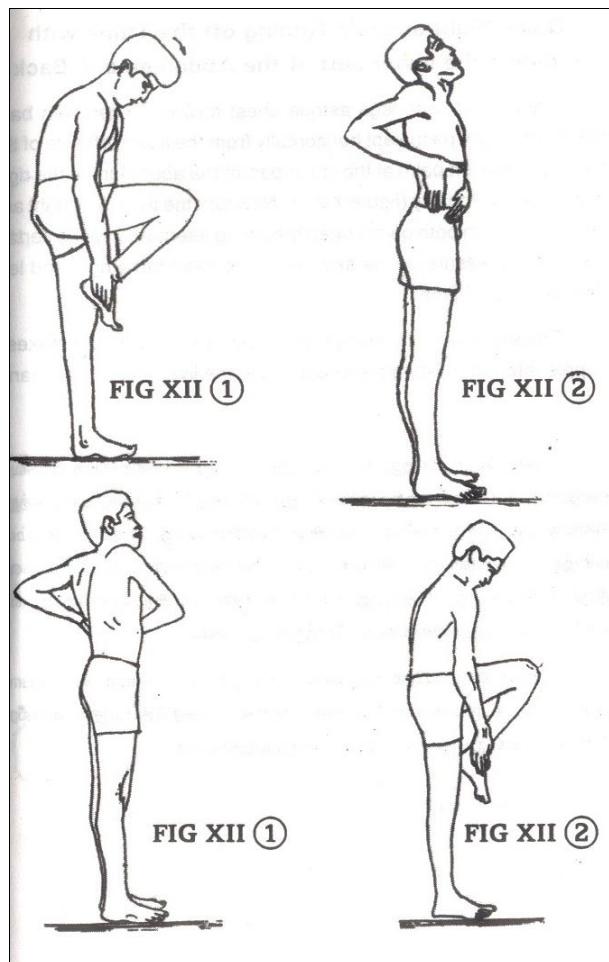
## Exercise No. XIV

### Slow Rubbing of the legs with both Hands from the Toes to Abdomen

Start with the right leg. Each time the knee has been lifted as far as up towards the chest as possible bending the body forward (Figure-XIV-1). Take hold of the sides of the foot or the heel with both the open palms. Now inhaling, push the leg downwards and forwards through the hands, thereby stroking it vigorously in an upward direction. When the palms have reached the level of the abdomen (Figure XIV-2), rub the abdomen exhaling and turning the palm to the left side and finish off (Figure XIV-3). The same is repeated with the left leg (Figure XIV-4) finishing up at the right side. Right leg and left leg thus rubbed off with two respirations, count as one.

Do fifteen times.

These exercises give a classical shape to the calves and are very effective in making the hip slender.

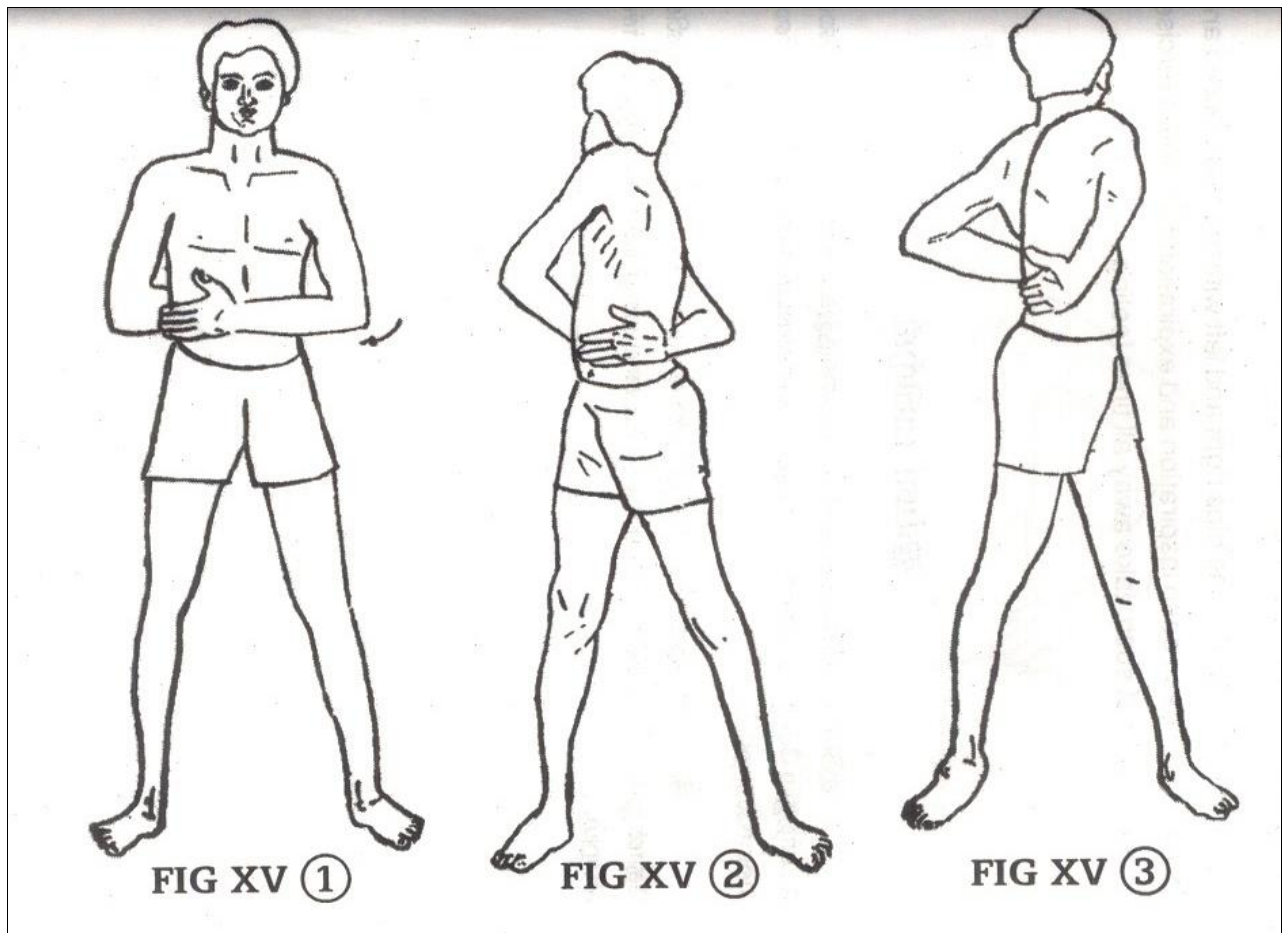


## Exercise No. XV

### Quick Right and left turning off the Trunk with rubbing the lower part of the Abdomen and Back

Stand erect, with legs astride, chest forward. Start with back part of the right palm kept horizontally from the lower left side of the back, and the left palm at the lower part of the abdomen on the right side, kept horizontally (Figure XV-1). Now turn the trunk fully, right and left rubbing with both palms, deep breathing alternately with a certain amount of pressure on the skin, while the head turns right and left. This is done 15 times.

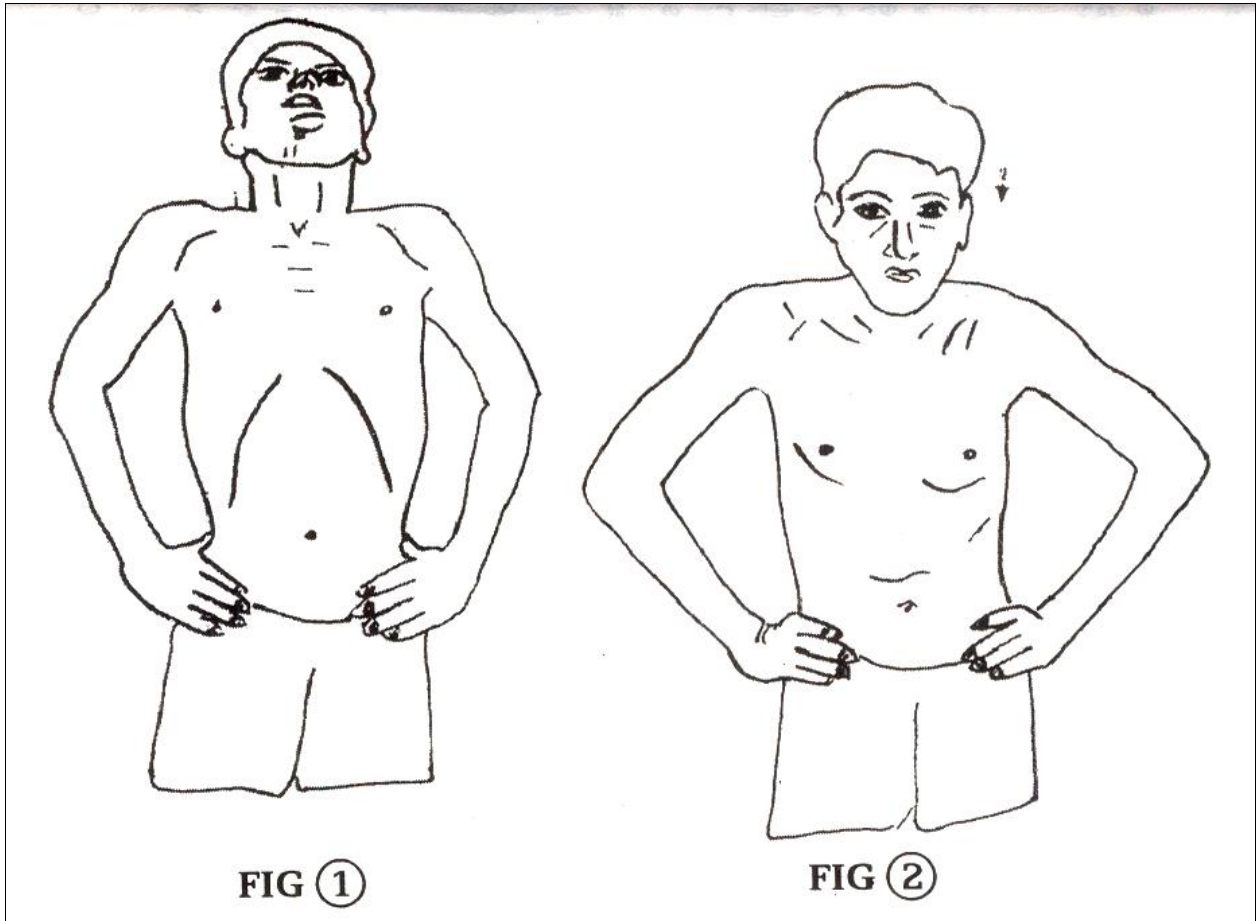
This exercise reduces hips and sides; slims waist and makes it supple. Internal massage is also given to the liver and other organs.



Should you feel a bit tired now, two or three of the simple “Minor Relaxation” exercises provides you the needed relief.

#### “Minor Relaxation” Exercise

With both hand at the hips, right and left with the head raised and lowered with each deep inspiration and expiration form this exercise. Three or four of such, take away all tired feeling.





## VI. Few Questions and Answers

I. I am too short. Can these exercises help me?

Yes; if you are under age of 25.

You can increase by 2 or 3 inches if (1) you have not reached the height of your brothers, sisters, your parents or grandparents (2). If you have never before done exercises for furthering growth.

II. Can I do the exercises when I have PERIODS?

No, it stands to reason that you omit the full bath and exercises that demand the most exertion. You should content yourself with the easiest of the exercises, but on no account, omit the exercises totally. It is noteworthy that most of the minor ailments pertaining to the PERIODS, find a ready solution through the S.P.C. Of course, these exercises are a preventive against such. A combination of exercises, the usual daily bath and regular correction of constipation should prevent even the slightest discomfort being felt during the course of what is a perfectly normal feminine function.

III. When can I begin these exercises? Is there a time when one is too old?

One may begin at any age, but rather begin the very day, when you have convinced yourself about the imperative need of the system for yourself, for your own health. I have initiated couples nearing their 70 and individuals after 84. I am myself running 90. I never fail any one morning unless I am in bed or traveling.

IV. I had a stroke; Heart attack; Kidney trouble; Operation on stomach for ulcer. Can I do these exercises?

These diseases referred to, demand clinical opinion with laboratory investigations. So cannot be answered off hand.

V. Can these exercises help one with tuberculosis, with diabetes?

This plan of exercises cannot be undertaken before the control of Diabetes, with clinical medicine. When this has been achieved with the present day advance of the specific treatment for diabetes, with day-to-day clinical check up, the response through exercise would be striking and encouraging. The clinician responsible for this treatment would be one fully acquainted with the involvement of the internal organs related to these exercises.

VI. Can games, sports, and gymnastics be a substitute for these?

No. These could only be supplementary. This system takes up only 15 minutes, immediately you are out from bed at 6.00 A.M. It involves every nook and corner of your physique in so short a time. This system should be given a priority and as such it becomes an imperative necessity and has the very first place for your health's sake in the early morning and for the well being during the whole day.

VII. Should I have a special diet?

No. There is no predilection for vegetarian or non-vegetarian but I do emphasis that any food should include an egg per day as well as curd after meals in addition to your usual menu that you are accustomed to.

VIII. Can I practice this when I have fever?

No. never.

IX. Can I take hot water bath?

Surely do. But then, immediately after these 15 minutes daily the whole body is warm, as a result there is natural attraction for cold water. When this is conceded, the resulting feeling of freshness you derive after the cold water bath is more endearing.

X. Can I do these exercises few at a time, three in the morning five at noon and 7 at evening thus completing the 15 before sunset?

I may not have a positive objection to this plan. But by virtue of the over all teaching that the exercise provides you with the needed sustained energy for the successful carrying out of the responsibility you are entrusted with for the whole day till sunset, I am constrained to say that all the 15 exercises ought to be done together as the first item. At the early morning completion of the total 15, you are endowed with energy, physical, mental and moral, that is in evidence in the successful carrying out of the day's total duty. This is my experience. In fact the demand for relays of coffee and tea during the whole day is done away with by this priority you give to the 15 exercises for 15 minutes as the very first item in your programme for the day.

## **VII. My Personal Testimony**

It was in the year 1910 that I was initiated to a system of Physical Culture by the District and Sessions Judge, Madurai, an Englishman. He demonstrated this system by standing on the platform of the local auditorium of the YMCA in his bare body, combining it with a very interesting lecture bearing on the same. As a student then at the High School at Pasumalai, I in company with my class-mates was captivated. The lecture so convinced us, my class-mates and me, of its utility that from the very next day, we began practicing it every morning standing together and correcting one another. This went on for a year till we parted company at the close of our study at the High School.

We were a set of students of kindred spirit that even while we met a year after, for a ten day's retreat and evangelism in a rural area of the Madurai District, we were daily practicing the exercises and correcting one another. This enabled us to propagate it in the different hostels of the different institutions where we went for our higher studies. Thus I took it with me to the Madras Medical Hostel, where I had gone for my medical studies in 1911. It is now 67 years since I was introduced to this system of physical exercises. But I have modified it so as to suit the constitution, climate and nutrition of Indians. All these long years I have strictly maintained the practice of it daily. Through it I have kept up my own health all these many long years. Till now I have not yielded to any ailment pertaining to old age, such as diabetes, high blood pressure, constipation, kidney disease, degenerated heart etc. Thus I have verified some of the fundamental claims this

system makes for the stamina and vitality indispensable for active life of a busy professional as me. I have become convinced that this course of exercises is an imperative necessity for men and women. This experience with conviction has become so profound that I am sharing it with many a man and woman who care for healthy existence during our pilgrimage and sojourn in this planet, earth. This day, there are many friends of mine practicing it daily – doctors, lawyers, students, men and women professionals, officials in high places, judges, engineers, educationists, couples, citizens leading useful lives in their respective places assigned to them from ABOVE.

When I took charge of the village hospital at Nazareth in 1916, I was led to a new and strange field of curative medicine. At that time, many specific drugs of the present day had not yet been discovered, such as insulin for diabetes, streptomycin for tuberculosis. These two diseases, especially offered me opportunities to test if this system of exercises had any influence over these diseases.

Definitely, favorable results were obtained to my utter surprise. Ever since, the system originally propounded by the Army Officer has been judiciously applied and tested for results in the cases of patients in my wards ailing from these two diseases. The successful clinical results derived were verified by sharing the same with other clinicians in the field aided by the laboratory which I had founded then at my hospital, the very first of its kind in the District.

At this stage, the clinical work at the small hospital was expanding by leaps and bounds. Now, my late wife, also a doctor joined me from the Madras Medical College, and took great interest in this experimental clinical work heartily. Having assured ourselves of the efficiency and efficacy of this system of physical culture for these two diseases to this day I propagate this system, by lectures as well as literature. Now, I know there are many patients practicing these exercises as well as testifying to their curative effect on their own person, helping them to lead a comfortable life, shaking off despondency.

What about the normal healthy man after his forty? At this stage, his health tends to decline naturally, and the physical powers unconsciously yield slowly and the man tends to feel diffident. Again I am pleased to say that this system comes to his rescue, enabling him to maintain his health without wasting his savings on tonics, syrups, tablets or having recourse to long unnecessary tests and holidays just to tide over the natural weariness, though not subject to any disease. Again this system, conscientiously practiced, comes as a timely salvation so as to throw away despondency over-board. This costs no pie; only 15 minutes out of the 24 hours of the day.

This morning's first item of every day's programme helps you to derive an experience of freshness and agility to start your many duties of the day to be sustained till nightfall without having recourse to stimulants such as relays of cups of coffee or tea. You will appreciate the difference this short period of exercises makes, when you compare yourself with your colleagues who do not perform these exercises for their health.

What about the person before his forty in the full bloom of an adult who according to his age is able to carry any load with full responsibility in his department where there is demand and preference for one of efficiency? This early morning '15 minutes' endows him with vitality and sustained energy, helping him to carry extra load of duties. This extra capacity gathers momentum till nightfall with no need for artificial stimulants as coffee or tea which produce action and re-action, stimulation and depression, affecting digestion.

### **Anomaly**

The human personality comprises body, mind and spirit. The body is commissioned to carry the latter two, mind and spirit, into realms of thought and spirituality even to eternity.

The well planned aircraft of the astronaut destined to fly to unimaginable and incomprehensible altitudes with its exquisite delicate mechanism of very high order, encased in the rocket, demands energy, power and motivation to propel. What use will the rocket serve in the absence of the propelling energy in spite of the delicate precious mechanism of a very high order the rocket carries? Nothing whatsoever. So also the energy the rocket comprising the mind and spirit of eternal values is provided by the body to carry the other two, wherever directed. The human has got the responsibility to maintain the body in trim, efficient effective functioning. Thus in the absence of a healthy body, your ambition for a great career now and for-ever stands thwarted and frustrated.

Hence the appeal is made to your finer senses that the physique shall be kept in repair and order endowed by this '15 minutes a day' so as to give full satisfaction, in this respect. The extra internal secretion of great potency obtained during the morning 15 minutes, supplies the extra sustaining energy essential to the satisfactory functioning of all the internal organs such as the kidneys, intestines (small and large) the vertebral column including the cerebrospinal fluid, the liver, the lungs etc., for the whole day. This secret extra power is at your disposal and reliable only

if you have the will, to decide to pay the price of submitting yourself to this system. In practice such a disciplined will is the one and only deciding factor for weal or for woe.

As for myself, at my 90, I cycle 3 or 4 miles at a stretch or walk the same distance in a day, not having fallen a prey to the lurking disabilities of old age. Why? Hardly any day passes without 'the system' being accorded its legitimate place at the early morning hour 6 a.m. In addition it goes without saying that I carry a heavy load of clinical work involving administration as well.

It is the ambition and pride of every man and woman, however humble, to own and possess a house of his or her own and maintain it in order, beauty and cleanliness, well ventilated and void of anything offensive.

Christian Scriptures say that my physique is that house. Every person, during her or his sojourn in this earthly pilgrimage ought to lay the foundation on the God of TRUTH and LOVE and purity and make it worthy of his habitation. He the everlasting is to occupy it and keep company with us, so as to admonish us when we tend to go wrong and cheer us when we are frustrated under life's challenging problems. What an honour, privilege and pride to have the God of the Universe one of TRUTH AND LOVE to keep company for us, nay to live with us and within us.

This system is meant to help you to build His house of such dimension, so as to be fit to be the dwelling place of our friend even the Eternal. Such a great house should not be allowed to go under repair. It ought to be maintained, clean and pure, free of anything questionable, strong enough to stand strain of all kinds wherein you have been called to be the pride of the Owner – even the ever living Christ Jesus.

“Know ye not that you are the temple of God and that the spirit of God dwelleth in you.

If any man defile the temple of God him shall God destory; for the temple of God is holy which temple ye are” St.Paul:

1 Corinthians 3:16, 17