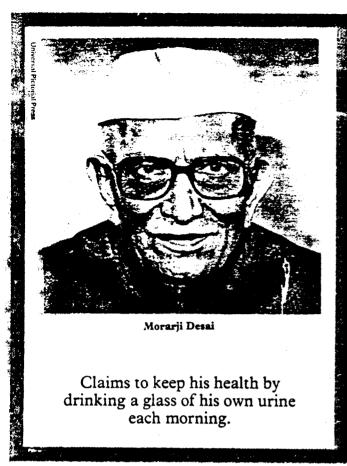
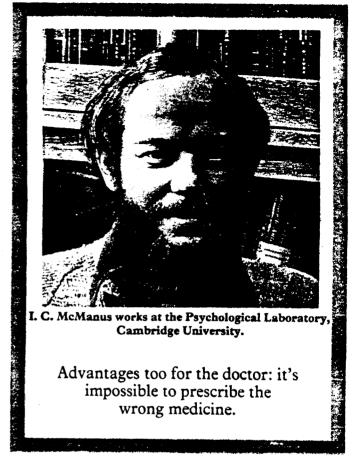
#### TAKING THE PISS by I. C. McManus



On any railway bookstall in India, lurking at the back between the copies of *Time* and *Newsweek*, you can find the latest best-selling magazine, *Auto-Urine Therapy* (incorporating Naturopathy). In the top left-hand corner of the cover a gentleman with massive pectoral hypertrophy and a sash inscribed "Hercules" over one shoulder, holds in his right hand, with a lip-smacking grin of anticipation, a jar of liquid that, even in black and white, looks suspiciously yellow.

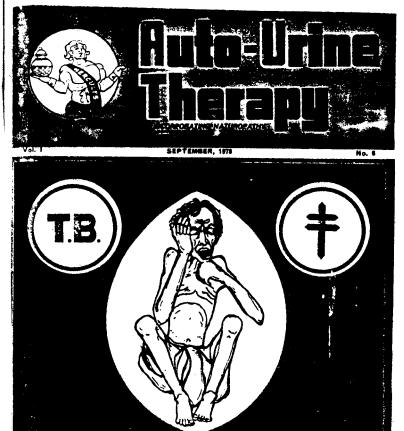
Ever since Morarji Desai, the octogenarian Prime Minister, claimed in his recent book Nature Cure that he had kept his health through drinking a glass of his own urine each morning, the habit has been growing in popularity. At a New Delhi bookstall I learned that Urine Therapy, the latest book by Dr C. P. Mithal ("MB BS MD, Ex-House-Physician NF Medical College, West Bengal, Best selling



author of Marriage Manual"), was "selling like the hot cakes, sir". How could one resist for rupees 5.95? The book is a masterpiece and ideally you should consume it at leisure and in its entirety so that you can savour the full flavour. A synopsis and a few quotations (strictly verbatim) may, however, help the uninitiated.

I must warn you not to treat this work with scepticism. Sardar Khushwant Singh, editor of the *Illustrated Weekly of India*, dared to do that and received a suitably restrained attack from the editor of *AUT* (as the aficionados call it). It seems that "this farting Sardar" has been in some form of liaison with a lady in the management of his newspaper, or rather, he has been "massaging her in season and out of season with unadulterated Amul, and is also a Pomeranian in the said lady's household . . . Be that as it may". This reckless man dared to use science and logic to try and dis-

# CONSTIPATION isn't



prove the validity of AUT and now there seems little hope for him unless he literally takes a dose of his own medicine, or as the editor puts it, "switches his preference from uncontrolled consumption of Scotch Whisky to controlled drinking of his own urine". This wonder cure will have all sorts of benefits for the Sardar, not only "washing out the cobwobs of the brain" but also "his notoriety for farting away like hell will turn into fame for writing sensible things". So be warned.

Modern interest in urine therapy was created by John W. Armstrong, an Englishman one regrets to say. Rejected by the army because of fulminating TB, he tried several treatments, all to no avail. After two years, "he was very weak sick and dispaired of life. Then one fine morning he came across this line in the fifth chapter of the Holy Bible: 'Drink waters out of thine own cistern'... he was convinced that

the meaning . . . is that one should drink his own urine to restore health". Naturally he was cured. Later, "Armstrong tried this remedy on 40,000 patients and most of them got completely cured by it." (Only most?) Lest one should scoff at such claims the author tells us: "It has not been possible for me to conduct so-called scientific experiments to prove its valadity. . For me it was self-evident. Second important reason has been that people are not synathatic to urine therapy. They have orthodox and baised views on this subject."

The rationale for AUT is that urine contains many chemicals, and the list of ingredients "appears to be a formula of some very good tonic for the body . . . Morover urine is not a dead tonic like those sold in botters . . . There are many harmones and other secrations which are present in urine . . . They have many life giving properties". But don't think that that is all. "There is another point worth serious consideration. At the time of disease body produce some extranuous matters and antibodies. These come out of the body through urine. Therefore urine of a patient contains antibodies and produce of disease long with nourishing salts." How could one doubt it?

Given the rationale, what about the administration? There is a long section marked "Technique of Drinking Urine", for one may also anoint oneself with it or use it as a wet pack. The author is frank about the problems of patient non-compliance. "People hate urine." Not that this should deter them, because, as he so reasonably points out. "Many allopathic medicine have rotten taste and smell, but people take them." For those who are still a little reticent, the author recommends, "First let him wash his teeth and month with urine for a few days, Afterwards it will be easier to drink it." Adverse reactions are fairly common, particularly in common with fasting. ". . . there are certain reaction in the from of loose motions, vomiting and skin disease . . . sometimes white rnoethed small boils erupt throught the body . . ." There is also hypo- and hyper-tension and palpitations. "All the should be obseved with cool mind." The benefits of AUT should always be borne in mind and, as the good doctor so astutely points out, these benefits are not only to the patient; the doctor has the advantage that it is impossible to prescribe the wrong medicine since urine will treat all diseases.

But enough of the mechanics. A few case histories will demonstrate the power of this therapeutic innovation. Consider the story of Vaidya Karuna shankar Ram shanker Trivedi of Guirat, who at the age of eight years had a moving experience, and as a result became converted to urine therapy, and for the rest of his life gave "scholovly" support for the therapy. "When he was eight years old, a centepede entered idto his law. It was night and dark. Pain was inbeavable.

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His brother urinated in his ear on the advise of an old man. Pain immdiately subsided. In the morning centepede was found dead and in pieces near the opening of the law." A tricky problem which many of us would have had trouble treating.

Incidentally, if anyone has a spare copy of Hart's Rules, and/or a copy of a treatise on the use of third person pronouns, I'm sure that Oxfam could arrange for it to reach a clearly deserving compositor.

AUT also has its contribution to make to ophthalmology. "Washing eyes with urine thrice daily makes the bright and healthy Iye-sight improves and in many cases use of spectacles becomes unnecessary. I have myself experienced this. In 1965 I was using spectacles whose number was minus two and a half. After two months of eye-washing with urine the number came down to minus one and a half. Further continuation of the treatment brought the number down to one only. Those who want to leave spectacles altogether and forever, apart from washing the eyes with urine, drink some through the nose."

As was stressed before, one should not be deterred by apparent early failure. "When possion starts comming out, most patient loose heart." Note the unwitting poetry of the authorone suspects that in a previous incarnation he had probably written "Sumer is icumen in, lhude sing cuccu".

Let's consider the case of Shri Juthabhai, old friend of Raojibhai. "He was an old but healthy man living in a Harijan Ashram. Somehow [?] he got syphilis, and its eruptions spread everywhere on the body. Shri Juthabhai started fasting with urine and auointing the body with two-three days stored urine [apparently it has to be left to mature. As a result his body became full of big yellow blisters. His appearance became horrible. It continued for six day. Blisters were not subsiding. He, then asked one of his friend to auoint the body with force so as to break open the blisters, When his friend did this, Shri Juthabhai's body became white with pus. After this he took bath with luke-worm water and felt immediate relief. Now his skin started regaining its normal condition

and in six more days he was completely all right."

Not all cases respond to such minimal intervention. Poor Kehra had a skin reaction from leprosy and the good doctor was forced to intervene more strongly, because "Kehra skin came off his body like snake's slough. He was made to lie on ashes of cow-dung cake. He remained deeply asleep. By evening ashes were change four times to soak the offensive secretions."

After these dramatic and convincing case histories I need hardly quote the equally impressive accounts of the treatment of cancer, diabetes, heart disease, eczema, leucoderma, leprosy, and, last but not least, piles. Anyone who still doubts the efficacy of the treatment must be referred to the master. Lest, however, one wishes for some form of therapy a little less dramatic than auto-urino-dipsy, the latest copy of AUT has several other water treatments. For those with atherosclerosis, how about trying "self-washing through water". This special treatment, which I hasten to add uses only tap-water (although the difference may be academic in Calcutta), is guranteed to "create an artery-scrubbing sensation", and cause a quick flushing of cholesterol out through the kidneys. (Presumably the patient is not recommended to drink this urine.) Alternatively, how about a "Herb Rub-down". It seems that "The sluggish nerves of the skin are often in need of a brisk alerting. Here is an historical compound that can help you pep up the lazy skin cells and awaken the nerve responses."

If you think AUT is a magazine only for crackpots, you are denying the eminence of the authors. No less a person than the Prime Minister of India, ruler of 15 per cent of the world's population, pronounces through the magazine's columns that: "All fevers, even typhoid or pneumonia, can be cured by fasting and enema and, if necessary, steam-bath."

At which point you could do worse than take a glass of the real "Water of Life"-best taken with ice and soda under circumstances, no anointed onto the body (too expensive), or drunk through the nose (try

Your health!