

KEY TO HEALTH

M K GANDHI

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A WORD BY THE PUBLISHER

Gandhiji wrote these chapters while he was confined in the Agakhan palace at Poona during 1942. As the manuscript indicates he began to pen them on 27-8-1942 and completed them on 18-12-1942. To him the subject was so important that he all along hesitated to release them and took his time so that he could go through them again and again till the subject could be treated to his full satisfaction. He intended to correct these chapters if his ever growing experience would so dictate. The original was written in Gujarati and Gandhiji got it translated in Hindustani and English by Dr Sushila Nayyar under his own guidance. He also went through both the translations to give them the final touches.

The reader can therefore take the translation as Gandhiji's own rendering of what he wished to convey to his own people and the world on the vital question of health. To him the study of this question was part of the service of God and His creation which was his mission.

2-10-48

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[This synopsis of the topics discussed in the book was prepared by Gandhiji himself in the original Gujarati to utilize his leisure. To preserve it as an indication of his deep interest in the subject and of his characteristic of taking immense pains in whatever work he undertook we have thought it proper to include it in the English translation in place of an index at the end. That it is fully exhaustive is evident even at a mere glance. J D]

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See chapter II Part I

PREFACE

For the benefit of the readers of the *Indian Opinion* (South Africa) I wrote a few articles under the heading *Guide to Health* in or about the year 1906. These were later published in book form. I found that it was known to the Indian public. But copies were not available in India. The late Swami Akhandanand asked for my permission to publish an Indian edition. The enterprise proved very popular. The book was translated into several Indian languages. An English translation also appeared. This reached the West and was translated in several European languages. The result was that the book became the most popular of all my writings. I have never been able to understand the reason for this popularity. I had written those articles casually and I did not attach much importance to them. But perhaps the reason for the popularity is to be sought in the fact that I have looked upon the problem of health from a novel point of view somewhat different from the orthodox methods.

adopted by doctors and *vaidyas* Whether my presumption is correct or not many friends have been pressing me to publish a new edition putting forth my views to date I have never been able to revise the original I have never had the time for it The present enforced rest offers me such an opportunity and I am taking advantage of it I have not even got the original with me The experience of so many years cannot but have left its mark upon my thought But those who have read the original book will notice that there is no fundamental difference between my ideas of today and those of 1906 But my mind is responsive Therefore whatever change the reader may find will I hope be in the nature of a progress

I am giving a new name *Key to Health* Anyone who observes the rules of health mentioned in this book will find that he has got in it a real key to unlock the gates leading him to health He will not need to knock at the doors of doctors or *vaidyas* from day to day