

# CIVILIZATION

on the

# MARCH

1968



*Author*

**Dr. BALKRISHNA PRASAD**

*M. B. B. S.*

MEDICAL OFFICER

*B. H. U.*

VARANASI—5.

lib Se

S/O/

**Published by :**

Dr. BALKRISHNA PRASAD

Old (G/12) Hyderabad Colony.

B. H. U.

VARANASI-5.

PC  
910.03  
PRA

1968

First Edition 1000.

Price Rs. Ten.

156769  
No. 21/3/88  
Class by  
Sub. Heading by  
Date by  
Transcribed by  
D.N.  
D.N.

**Printed by :**

BABULAL JAIN PHAGULLA

MAHAVIR PRESS,

Bhelupur, Varanasi-1

Dedicated to the memory  
of  
LATE PANDIT JAWAHAR LAL NEHRU  
First Prime Minister  
of  
India

## INTRODUCTION

With reverence, love and devotion I bow down my head in all humility before Thee, the Benevolent, unmanifest and manifest (God Sun) Supreme reality and power, before one who is the support, soul and ultimate cause of the whole universe. To one who is illimitable, unfathomable ocean of mercy. I solemnly pray for mercy on Thy piteous, downtrodden, ignorant hypocrite creatures. I pray to Thee to provide good sense to those unfortunates who have begun to regard God and religion as superfluous and openly indulge in refuting truth and all sorts of blasphemy. Resuscitation (re-birth) as figments of brain. The present modern man has taken the growth of rank materialism as subversive of true happiness and is recognized as summum bonum of human existence.

Gratification of the senses is looked upon as the highest form of bliss. Practically the whole field of literature is flooded with romantic stories in flowery language to promote a vulgar taste. Talks of self realization and practice of devotion and religion, are declared as useless and nothing but impediments to the progress of the nation or community. I sincerely worship and pray Thou eternal indubitable truth, Thou intelligent power, Knowledge and bliss to forgive and forget the ignorant materialistic atheists.

I humbly pray for the protection of my beloved mother land from going to destruction. I believe that this furious storm of unbelief raging all around the world has not yet been able to shake the solid foundations of the grand edifice of spirituality raised on this sacred land of Bharatavarsha by sages and seers of old, and it is very unlikely that they would ever be shaken. In the spiritual environment which is the true culture, of India, genuine seekers of truth and aspirants of a devout temperament are still to be found even though their number has been much reduced.

This book is an attempt to bring about a compromise and reconciliation of spiritual and materialistic thoughts and action for the world civilization to progress. For attaining peace and prosperity. It would not be unreasonable to hope that this compromised treatise written in a lucid and homely style will be read with wide interest and people particularly student world will derive special benefit out of it.

The mystery of the mysterious is mystery to the mysterious prototype of the Almighty is a mystery. The mysterious and this mystery is not a mystery but a reality.

This book is dedicated to the memory of the great Man of Indian Republic, the father of the democratic India, the greatest patriot and states-man of our present modern times, the wisdom wizard of our nation the late great

pandit jawahar lal Nehru. I pay my greatest tributes and homage to the departed soul. He was the light and priceless gem of India.

Next I pay my humble tributes to mother India (Bharat) whose heritage and culture is linked with a glorious past : which taught us to value human personality, and shown us the art of wise, effective and blissful living, by raising the standards of human qualities and activities to excellence than merely for survival for the sake of existence. It had shown us the path of positive happiness. The vedanta stands for raising of the spiritual personality the vedas and gita for raising the standards of both the values i. e. spiritual personality as well as of active personality of blissful living and contemplation of the beauties and wonders of nature and history. It had taught us the art of morality, religion, science and philosophy which tend to make human personality intrinsically valuable. To preserve our freedom and to keep up our living active and prosperous we must preserve and value our sacred scriptures and propagate its practice amongst our young people. They are our real friend, guide and the emblem of our hereditary culture : which brought Indian civilization on top in the bygone age.

We should love and esteem our nation more than our personal self. We should love our fellowmen and value them above all earthly materialistic things. Thing which

arouse and satisfy our sensual pleasures be it luxuries or passions must receive secondary importance to the value of our fellowmen.

The love of the land does not mean the love to the physical geographical surroundings alone but love, respect and devotion to those who live on it. We should make our social culture orderly, effective and useful for the integrity and prosperity of the country.

We should raise the standard of our political conception and behaviour. We should learn the art of electing and respecting our spiritual as well as political leaders and representatives.

We should maintain discipline and order in our political thoughts and activities. We should honour the political structure and position more than the person handling them. The person is simply an instrumental for steering through the work but the position or chair is the permanent part of the national structure. This is how we can maintain discipline, order and love towards our nation.

Eyes tear to hear that the level of our political standard has gone down to the surface level. It is a great astonishment and alarm to hear that our highest political representative the primeminister has to cauldron her self for protecting her person and prestige in public. Where are we, to what level we have stooped down and to what level

we are viewing things. It is a great blot and slurr on our own culture and heritage. We may dethrone a person but never dishonour so long he or she is our representative head. To dishonour the chair is to dishonour our own mother land. We should love and respect the chair above the individual personality. This is the right national and political discipline. I pray to all sons and daughters of India to arouse themselves from deep slumber of ignorance, and establish their worth as an useful citizen of their mother land by raising the moral, political and educational character during the time and opportunity provided. It should not be missed, misused nor mishandled, because if once lost is lost for ever. They should abandon the lust for all earthly materialistic and luxurious things for the sake of raising their individual personality, because only the virtuous worth of a person is respected and remembered.

We should respect and honour our present prime minister. Who is an emblem of true motherhood. We should patiently wait and give her a chance to express and extend her motherly feelings and derive all the benefits out of her blessings. She is not an ordinary patriot, but is linked with her glorious past heritage of very very great patriot sons of India like pandit motilal and shri pandit jawaher lal nehru. I bow my head before this family, which has a very valuable contribution for the nation.

Next I bow with respect and devotion before the emblem of wisdom and unity of India, our present President of India. Who is a great Successor of very great philosophical head of the nation. We should love and honour Such great men to derive all the nectar of wisdom out of them for our own good. We should not try to curtail the Virtuous deeds of our great leaders by our own evil deeds. I appeal to our young good friends particularly to the students community through this book to rise and bring awakening and renaissance in the countrys progress by adopting to the virtues and by raising their individual personality, and contribute their might to raise the country's economy.

The next habit which we should abandon, for the sake of our own interests is criticism and dishonour of culture and prestige of any other religious faith or nation, friend or foe. We should only try to develop our own selves and guard our national prestige and interests. Dishonour and distrust brings frustratration and ruin. We should take this as a policy if not as a duty.

The other thing which we should try to avoid and condemn is that we should not Condemn and look down upon the views of others and uphold our own views whether right or wrong. We should honour, discuss, admit the wrong and be ready for correction, adjust and tolerate each other to come to a right and useful conclusions for the benefit

of the majority of the people. This is the only signs and steps for the civilization to march to prosperity.

Next on behalf of may young friends and my own I offer mv reverance, love & devotion to all patriots who have contributed for the cause of nation and have dedicated their lives for the same in their own independent way. Like shri subhash chandra Bose and Dr. Rammanohar Lohia etc.

In the last along with all the nationals of Bharatvarsha with all pioucity, devotion my reverence and tributes to the Father of the independent India and the very soul of our mother land Mahatma M. K. Gandhi who glorified and purified the Indian race, nationality and the soil by his spotless devine personality : a true incarnation of God on earth.

Now comming on to the modern scientific age, which it seems as if coming to its end. Because it is gradually losing its suprimacy and a stronghold on mankind. As it has lost its right track and is threatening the very peace and existance of mankind on the surface of the earth by ending at the nuclear catestrophe.

Secondly this age has mislead the right thinking of man by giving a great impact on spirituality. It has entangled human mind in the mess of luxurious enjoyment through scientific-technology. Scientific achievements are bright but there is no vision : it is blind. It should receive vision

through correct and purified spirituality for proper and right direction towards the ultimate aims of peace and prosperity. So the present upto date modern concept and the high thinking is a reconciliation and compromise of science and spiritualism. Science should purify spiritualism and spiritualism should purify science and evolve a right ideal for the benefit of the mankind, if at all it has to exist and survive. This is the only possible solution, there is no other go. The human race is fast advancing physically, numerically and in thought on the limited world resources and on the limited surface area of earth. So I appeal before the world to come to the right senses before it is too late, and evolve a common world ideology for the survival of man kind and for its living to its best.

To gain supremacy over power and prosperity there has been a struggle and conflict between physical and intellectual forces since the advent of man kind. Now the intellectuals who are God gifted handfulls talents have got a superior hold on power and prosperity through Science and Technology. But wisdom (the bright side of the intellect) has yet to hold control over and give a proper guidance, through spiritualism : an inner cell of the soul, and give a true and correct way of life.

The sentiment should always be guided by wisdom and duty be upheld above all the sentiments.

True and correct way of living is the ideal duty and it should be discharged faithfully, honourably, selflessly and with pleasure. We should live and die for honourable virtuous character. A life without ideals is not worth it.

spiritualism is the true Indian culture since time immemorial and it should be kept and maintained living and should not be condemned to perish in humiliation. It should be purified. Make a correct and proper use of it. Give a lead and vision to science and its advancement and proper use of its achievements. Science and spiritualism should coalesce and should not remain a stumbling block to each others progress. India has been a home of spiritualism and now it has taken up for scientific advancement. It can easily give leadership to the new concept of coalascing the two into one common cause for the common good, and thus gain the world's supremacy and give a lead for correct way of thinking and living.

Spiritualism :—It is not a blind faith in some thing with which we are not actively concerned, neither it is to bring inactivity and ruin by practising it in excess. But it is a perfect policy for a right code of conduct. It purifies our, thought, intellect and gives a right and proper direction to our activity. And if our actions are right they are bound to be forceful and would lead quickly to our ultimate aim of progress, prosperity and peace.

It simply purifies our character, provided it is not overdone to excessive doses which may culminate our activities to inactivity and ruin. It acts as a rein to our actions from being misled to a wrong path.

It eliminates egotism and despotism from human mind and there by purifies it, for right thinking

It is a great check to our sensual pleasures and luxuries, which are the worst impediments to our progress. It advocates discipline in life to its entirety. It should be practiced with an open mind, and not blindly. It should neither be indulged as a profession nor for misguiding, or exploiting the ignorant masses. Spiritualism should be a part of education and administration rather than a faith or religion.

Spiritualism should be modernized to the best use of mankind. The ideals of spiritualism must stand on some sound and stable footing and its principles be self explanatory for its rationale use for the benefit of mankind. Its ideals should be practicable and simple. And it should be practiced with sincerity to raise the standard of ones personality, character and physical and mental power to gain respect and popularity in society, for becoming a useful and perfect citizen of the country.

Spirituality should be adopted as a policy by the intelligent and as a faith by the innocent and ignorants. In both the ways it glorifies human personality and puts

value to the human existence. Spirituality advocates to follow a following, it never dictates a following. It advocates to follow an ideology which is perfect and stable under all circumstances, conditions and environment, and which is really useful for life to exist peacefully on the surface of the earth.

Spirituality has got its own value to conduct and mould a mode of life and it should never be condemned owing to sheer ignorance. It should be practised for our beneficial use after purifying it to its original form and structure.

Indian soil is the most perfect fertile soil for the spiritualism to grow to its fruitful end; Spiritualism can only imbibe nationalism and keep this nation alive. spiritualism is the soul of this soil. If the soul is lost the nation would perish and become a dead nation. We should redirect to original path if spiritualism has taken or has been given to follow a wrong path. If one has to destroy a nation he must destroy his religion. We must practice virtue. The practice of virtue is the practice of spirituality. If we dare to practice virtues it must be very cautiously done. Because the glamour of virtues are great but the effects of evil is still greater. One evil weighs more than nintynine virtues. One evil may destroy nintynine virtues in a man. So a virtuous man has to remain a spotless man. He has to undergo a very great sacrifice. It is not an easy thing to practice virtues

and spirituality. But it is worth adopting as far as practicable. And the percentage of virtues in a man must always remain more than his vices. And he should always try to grasp virtues and condemn vices.

Another cause of unhappiness of man is accumulation and hoarding of wealth and useful commodities either to enjoy a luxurious life or to keep ones future sound and secure owing to unstability in the present and future life.

Luxury has become a common aim and object of both the intellectual forces as well as for the manual forces. The intellect always has an upper hand in the struggle for attaining luxury, by earning wealth and useful commodity of life. But since the manual forces also want to enjoy and therefore acquire luxury and its implements, but have to put in a very extensive manual power to attain it, which is very painful. Whereas the intelligent gains it in no time without putting in any hard manual labour and so there is a conflict between the two for getting the hold of luxury i. e. (maya-माया). The manual labour or ignorant, mentally undeveloped people want to usurp wealth and luxury by snatching with the help of force and power and the intelligent i. e. advanced and civilized men so to say protect their hoarded wealth through mechanized forces and they depend more on mechanized force as they have got conflict with the manual labourers, and so through intellect they advance

science and techenology for their own use as manual power and for the defense of their wealth and other material gains.

So there is a reguler war going on between the two forces the intellcet and manual power or in other words in between mind and hand, in between civilized and uncivilized, between developed and undeveloped forces of the world. The undeveloped forces are large in number and are a constant source of fear & danger for the intellectuals. Intellect is advanced and developed through education. Finding this as the only solution for all the hapineses, which is luxury and wealth, the underdeveloped has also entered into education and through the forces of power they are almost handling education and administration, and these forces are called developing people and are almost overpowering the intullet and are threatening it to suffocative death, through the combined forces of their manual power as well as by the developing forces of intellect. So now the struggle is between the developed and the developing brains, which is proving to be the cause of all our increased instability, chaos, uncertainty and Confusion and ultimate unhappiness.

Spirituality again is the only remedy and guide for the intellect as well as for the Manual forces.

And wisdom is the only via media for developing spirituality amongst most human beings.

Spirituality being condemned by the modern world is driving to be the ultimate cause for our unhappiness, uncertainty, fear and all sorts of conflicts, chaos, hatred in society.

The preachers, the social reformers and the wise, it seems have been wiped out from the surface of the earth. They must be searched, supported, encouraged to develop the right kind of spirituality in the world for peace, stability, and progress. This is the modern civilization which we should aim at and is bound to come, because it is the only key solution for all our troubles.

Purity of body and mind by developing physical and mental health, by getting control over our sexual instincts, impulses and desires by observing the common laws of nature in regular and routine and in graduations and having control over all our sensual luxurious desires, the spirituality can be practiced and developed. It is rather painful and difficult to practice but we have got to undergo all such hardships of life if at all we have to progress ourselves and give light and inspiration to others to follow by setting our own examples, before them as has been our traditional culture. We must not leave it but stick to it, refine it all the more to perfection and then develop for the world leadership in this direction.

We must give up and refute the old code of conduct of spirituality and its wrong conceptions and evolve a more modern, rational, explanatory and reasonable code of

conduct for spirituality. The old conception and practice of spirituality has been the cause of its tremendous down falls. The old conduct of attaching a blind faith, uncertainty and illogical beliefs must be given up totally. We must use our wisdom and intellect to develop more refined logical and modern spirituality by combining spirituality and science as an integral parts of each other.

Truth is Truth and it will always be there and would always remain as such, it is there, it is not to be searched. Any attempt in search of truth is futile and ridiculous, it is beyond human reach and conceptions. Man can only glorify it for the common good and he has to accept it as such, because it is always there as such. This book is an attempt to solve all the quarry's strived for and to develop physical and mental health of developing people, young, adult or old men and women at any stage of their development.

Saints and women of India have kept the culture of India alive, by keeping the emblems, symbols of spirituality safe and intact, inspite of facing all the traditional upheavals of the world right up-to-date. And kept its roots quite fast uuder the deepest depths right upto the foundations. Now the golden spring season of India is seen coming with all its virtuous bright emanations of bright light bringing around its halos around all the virtues and bless along with it. The root of the virtuous culture of India are now seen waking, taking new life to its golden

leaves and beautiful flowers with its sweet fragrance spreading all around, which is so pleasant and agreeable that intellect and wisdom is waking up with all its sweet smile, with new vigour and freshness along with full hope and anxieties.

We should therefore accept spirituality i.e. faith in super natural power, forces and energies and its virtues to practice in our every day life to develop, organize and passify our body and mind through the instruments of science and technology, by its proper and amicable utility for the sake and good of the general humanity and for the protection of the virtues, truth, and life to exist, proper and advance in its quality by purity, on the surface of the Earth.

For wider publicity and circulation of a particular thought to a wider area and to a larger number of people, unfortunately there is no popular Common medium of expression.

It is a pity that to subserve this end and to achieve our aims and objects we have to take shelter and help of a foreign medium of expression which has taken place to a deeper root of a national and an intrnational medium of expression.

We have yet to develop a common and popular medium of national language for expressing our thoughts, but not at the cost of very nationalism or national unity : which

is our ultimate aim for prosperity. If the national unity is at stake, we should give up rigidity for the present. We should try to popularize a national language out of the present existing regional languages, slowly but with determined efforts keeping a wider out look of things and keeping wisdom above sentiments. And avoid all sort of forceful implications until and unless there is a very strong, popular and effective command over people, otherwise it may prove futile and ridiculous. And all our efforts may be neutralized by the opposing forces and would end in nothing but disintegration, mutual conflict and hatred and would give a greater setback to our cause, aims and object. Keeping all these points in view I have chosen a foreign medium for expressing my thoughts through this book, with the idea of giving benefit for larger number of my friends who are in need of it. It would be translated in other popular media in due course of time and opportunity to come. I have made a plan in this book how to popularize our national language by keeping up our national unity intact, through a decentralized and dispersal method of a chained decentralized central command for developing national primary residential schools of a modern national pattern, by a slow gradual, firm and permanent popular methods throughout the country. A method for putting a nucleus and foundation for developing physical, mental, moral, social, national values along with educational

value. And to produce useful and honourable citizens for the country, for keeping up the banner of her prestige high, by revising and giving a new light to our traditional culture, keeping up the traditional culture of spiritualism quite intact, and developing it to modern popularity through scientific methods.

Our nation can only survive by upholding it and not by condemning it. This is the main and the central idea and purpose of this book.

The pattern of the school visualized would be to put a nucleus for a modern common world ideology, a harmonious and proportionate combinations of oriental and western modern pattern, a nucleus for combining materialism and spiritualism for the common benefit for all human creatures. To this we may give a name say e.g. decentralized central nuclear chain committee or any other name suggested or methods suggested for developing and provoking and propagating the central idea of universal brotherhood and for a common world ideology. The upper strata of educational pattern may be developed likewise on the same sound footing and foundation. The nucleus has already been put forth by our great ancestral leaders like pandit Jawaher lal Nehru, Mahatma Gandhi and srimati Dr. Anne Besant etc.

We have got nothing else to do but only to develop and give shape to the sacred idea and ideologies of the past

by reorienting and refining the modern politics. And make it popular and devine and imbibe a spirit of nationalism in our politics and irradiate selfishness by purifying it by giving a scientific touch to its art. And make it a political science rather than a political art. And keep a check over luxuries and sensual pleasures developing in schools and colleges. Because luxuries although an outcome of the prosperity is an enemy to it. And put all the efforts through political art and science to keep up a check of this menace creeping in and developing to fruitful ends in the schools and the colleges of the country.

There is no dirth of patriotic national spirit, zeal, and enthusiasm in our youths but there is a great lack of proper direction, utilization and moulding of their tremendous forceful energies Which is going in as a waste over destructive, irrational and unpurposeful activities. They wish but do not know and understand the methods by which they can maintain the evergreen lasting blossom of nationalism. It is because they are lacking in of experience inspit of having complete knowledge of the thing through talents and intelligence. It therefore falls on the duty of the aged experienced intellectuals and political seers of the country to become the torch bearers for the country's dark-spots and show the correct and smooth way to come out of the darkness of ignorance, in whome the country has put faith and reliance. Put examples before the young immature mind and give them useful precepts and

direction. They must take the challenge of the time before it is too late to mend.

I have tried to collect and concise the ideas and ideals of the past and the present civilization—the civilization of the spiritualism and of the material science, and have tried to combine the two divergent views into one common interdependent ideology for the benefit and for the progress of the general humanity in a peaceful and progressive manner. This is a period of transition from old two divergent ideologies of spiritualism and materialism to a new and modern common world ideology of wisdom for world unity, for safer, peaceful progress of all together by the methods of co-existence, mutual adjustment and tolerance and mutual help and convert our earthly abode into heaven.

This is important because we have by our misfortune been misled and have come to a verge and end from where we may fall to the ocean of destruction if we proceed a step further on that line and path. We have got to divert back in the search of the right path leading to our ultimate desired end.

There is a great impact of foreign Civilization on our countrymen specially on the modern intellectuals, who study foreign literature and science here in India or abroad, are so much enamoured with the foreign civilization and culture, that they have begun to condemn, hate, disown,

are disgusted and distracted with their own nationalism and civilization so much so that they have begun to abuse, feel shy in calling themselves Indians and some have gone still further to disown their own country and Countrymen and preferred to settle on the foreign land rather than to live on their own land.

These are the people who by their antispeeches and discussions have poisoned the minds of the young, ignorant and the innocent people of our country. The country has not gained any thing from such people, rather it has lost much in giving them facilities for foreign education. Foreign education is given with the idea that they may enhance their knowledge for the countrys benefit and not to adopt foreign culture which may prove harmful to our country.

They preach that India has gone so much backward and degenerated that it has gone to rot and can not be liberated and it is impossible to advance or think of any plan, to implement for the development of this country. All this they have learnt and acquired by foreign education. What a great pity it is? First of all these intellectuals, those who keep such antinational ideas into their minds, be reformed. Such an education which puts obstacles to our national progress must not be encouraged. Education should widen our knowlede and thoughts and should not make it narrow & unstable.

Foreign education and culture and language is not bad in it self, it is rather much advanced. But since it poisons the mind of our young and intelligents, hence it has got to be controlled, and modified for the benifit of the progress for our country. We do not wish to condemn either the foregn language, education or culture but becouse it has put such a great impact on the minds of our young that we are compelled to modify it to our useful utility.

Integrity in India, under vast and varied diversities, is still possible through the purified and modified spirituality religion and oriented Indian culture and eduCation. Too much of rigidity, conservatism and adherance to old faiths and beliefs is not a progressive attitude, but we must be amenable for admitting and realizing our mistakes and faults and for re-shaping things, modifying and moulding according to the time, need, and Circumstances for the benifit of man kind and the country at large.

We must keep a definite aims and objects before the country to follow and try to practice all or part of the ideals preached and put before the general public to practice and follow.

We must become masteres of our Surroundings and Circumstances boldly and should never try to become prey to it, if really we have to exist and survive. We should try to steer our way clear through all the impediments of

life courageously. If we practice democracy, it should be practiced in its true sense. Democracy does not mean spread of ignorance and corruption. It means advance of civilization all round.

We must have our national motto, emblem, aims and objects, national culture and character. National etiquette and dress and a national language and stick to it and practice for the sake of advancing our country.

I thank all my colleague and friends who have encouraged and have given their moral support in writing this book for the benefit of the mankind. And it is worth mentioning these names : Dr. D. Singh, Dr. B. N. Bhatnagar, Shri Dharma Das, Shri Dharma Pratap Sah, Shri Mani Lal Gupta, Shri Babu Lal Jain, Shri Annu Prasad and Shri Sher Bahadur Singh.

I also thank and pay my sincere homage to our late Professor Dr. V. S. Agarwal who gave me the initiative to collect my ideas into a book for the use of the needy public desirous of it. This much of general knowledge must be had by all the pioneers of the nation for successful steering the country.

At the end I thank all my readers of this book and I beg excuse for any faults if it has been uttered in this book and I shall be glad if there is any constructive suggestions coming forth from my readers side for making

this book more successful and useful to the general man-  
kind. I humbly apologize for any misprints, faults in  
expression, composition spelling etc. that may have inad-  
vertently crept in this book.

(Dr.) **Bal Krishna Prasad**  
*(Medical Officer)*  
January 1968.

**Banaras Hindu University**  
**Varanasi—5**  
**U. P.**

## CONTENTS

	Page No.
1. What is Civilization	2
2. ADMINISTRATIONA I	4
3. Administrative Machinery	9
4. A. Balanced Mind	11
5. Character of a Good Administrator	14
6. Healthy Criticisms	15
7. Decisions and Judgement	15
8. Taking up the Administration by the Common man	16
9. Learn how to Share the Fruits of labour	17
10. Is Luxury the Ultimate aim of Life?	18
11. Man Must be God Fearing	18
12. Science and Theosophy	19
13. Science and Political Spiritulism	19
14. The Modern Concept of Metaphysics	21
15. To Create Atmosphere for Right Thinking	23
16. Provision to Adopt a Care Free Living	24
17. The Aim of Life and the way of Living	25
18. Satyam, Shivam, Sundaram	26
19. Value of Love in the Human Life	26
20. EDUCATION II	29
21. Objective and Personale of Education	31
22. The Aim of Education Should be Self administration	32
23. Modern Education and Common World ideology	33
24. Education as Service	33
25. Reorientation of the Education Pattern and Modernizing of the old Curricula	35
26. System and Pattern of Education	36

	Page No.
27. Curricullum and Syllabus formulation	37
28. Age Fixation for Services	41
29. Scholarships and part time jobs	41
30. Graduates and Masters Degree in the Technical Colleges	42
31. Fundamental Knowledge	43
32. Policy of Education	44
33: Supplimentary Examination	45
34. Language	46
35. Education as a Normal Routine of Life	50-51
36. Sato Rajo and Tamo Gunas	54
37. Principles of Truth	56
38. Mental Education	58
39. Qualities of a Student	64
40. Art of Study	69
41. To the Teachers	71
42. Fatalism Luck and Duty	75
43. Practical and Cheaper Education	76
44. Education is the only Solution for our Progress	77
45. Pivotes for the three Grades of Human brain	78
46. Constructive Work	80
47. Education and Work for the Substandard Brains	82
48. Policies be Guaided Bywisdom not by Sentiments	83
49. A Common National Programm for National Unity	84
50. Humanity to act as a rein to the fast developing Sciences	85
51. Humanity is Lagging behind in the on ward march of Civilization	89
52. Medium of Education	90
53. Question of a National Language	92
54. How to adopt, Practice and Popularize Hindi	92

55.	Need for a Single Contact Language	95
56.	Administrative Training and Education	97
57.	To Fight Corruption Through Education	99
58.	Education in the rural areas	103
59.	Aural and Verbal Education	104
60.	To bring about Reconciliation of ideologies	105
61.	Man is in an unsettled Mental State	106
62.	The Common intellegentia Must Rise	106
63.	Common World organization	108
64.	Who is at Unrest ?	110
65.	Language Institution	113
66.	Unemployment	114
67.	Political partys and politics	116
68.	Students and Politics	119
69.	A word to the National leaders and Students	121
70.	The Hymns of Gayatry	123
71.	National Character	126
72.	HEALTH III	128
73.	Prayer to God	129
74.	Mental Health	131
75.	Practice and maintenance of Mental Health	134
76.	Old age Physiology	135
77.	Central Contitution	138
78.	Cell Membrane	139
79.	The nucleus	140
80.	Chromosomes	141
81.	Formation of Tissues	141
82.	Aging of Cells	143
83.	Old age Syndrome	144
84.	Chemistry of the living Cells	145
85.	Proteins	146

	Page No.
86. Nucleic Acid	147
87. D N A and R N A	148
88. Hormones	149
89. Hormones	149
90. What is Life	149
91. Key acids of life	150
92. Energy	150
93. Haemoglobin	151
94. A. T. P.	153
95. Blood and Blood Corpuscles	154
96. Mechanism of Extra Vascular clotting	158
97. Reactions of blood and its regulation	159
98r Blood Circulation	161
99. The Cardiac Cycle	165
100. Origin and Conduction of the Heart beat	166
101. Out put of the Heart	168
102. Frequency of the Heart	171
103. Relation of output to Blood pressure	172
104. Coronary occlusion	173
105.                    "                    "                    treatment	176
106. Degenerative Changes	177
107. Blood pressure	180
108. High Blood pressure	181
109. Management of the Cardio Vascular System	185
110. Effects of age on digestive System and metabolism	188
111. Managment of Digestive System and Metabolism	189
112.                    "                    of Metabolism and Nutrition	190
113. Diets	193
114. Balanced diet	194
115. Energy giving diet	198
116. Manual Workers diet	200

117.	Intellectuals diet	201
118.	Atheletes diet	201
119.	High and low caloric diets	203
120.	High and low protein diets	204
121.	High, low residue and fat diet	205
122.	Low salt diet	206
123.	High caloric semifluid diet	207
124.	Sample of diabetic Menu	209
125.	Food cooking	210
126.	Basic principles of cooking	210
127.	Food problem and its solution	213
128.	Research	235
129.	Soil	236
130.	Organic manures	238
131.	Insects and insecticides	239
132.	Commercial production of food	239
133.	Another source of proteins	240
134.	Population sex and family problem	245
135.	Population control	248
136.	Loop	249
137.	Oral contraceptives	250
138.	Mechanism of oral contraception	251
139.	Human Fertilization	255
140.	Breast Cancer and Hormones	257
141.	Sex Education	259
142.	Sex	262
143.	Sexual Impulse	263
144.	Sexual Instinct	270
145.	Hygienic Sexual relations	279
146.	Anatomy and Physiology of the male Sex organ	285
147.	Causes of Sexual debility	293

148.	Testicular Hormones	295
149.	Control of testicular activity	301
150.	Marriage, Husband and wife and a Family	305
151.	Unhappy love and unhealthy Sex life	306
152.	Evils of Promiscuity	309
153.	A Virtuous wife	310
154.	Women	310
155.	Emperor Husband	315
156.	How to build Superb manhood	316
157.	Regaining lost manhood	320
158.	Semen	321
159.	Daily routine for 24 hrs.	327
160.	Meditation	328
161.	Medicinal treatment for sex disorders	331
162.	Teenage morals and Juvenile Delinquency	335
163.	Infertility	339
164.	Heridity	340
165.	The Value of physical power	348
166.	Nine essential exercises	358
167.	Misconception of physical education	359
168.	Massage	361
169.	Masseur	366
170.	Fatigue	367
171.	The art of Relaxation	370
172.	The Value of Leisure	371
173.	Sleep	371
174.	Sleep problem of children	374
175.	Human behaviour or manners and Etiquetts	376
176.	Dress	379
177.	The art of Conversation	380
178.	Entertainments	381

	Page No.
179. Unhealthy relaxations	382
180. Medical Profession	382
181. Infection, Immunity, Hyper Sensitiveness	386
182. Immunity	389
183. Active and passive Immunity	390
184. Anaphylaxis, Idiosyncrasy	321
185. Constitution	393
186. Viruses and Cancer	394
187. Treatment of Cancer	403
188. progress of man and his Civilization	405
189. Civilization of man	408
190. Conclusion	414
191. Food Charts:—	190
(i) Recommended daily Dietary Allowances to Men, Women and children	190
(ii) Minimum Daily requirements of Basic nutrients	192
(iii) Infant feeding	198

# Civilization on the march

For the Civilization to flourish and progress in its onward march, Science and humanity have to tread side by side in close cooperation on the same path with the same ideal in view. If one of the two lags behind, the civilization comes to a stand still-stagnation. Now we are passing through a scientific era. Formerly the primitive people took the world more or less granted. They have made now their existence safer by constant search for reasoned explanations of every day routine occurrences in the world around them. Man with advances in physical sciences has also learnt that like experience, knowledge too is a terrible burden. A man made disaster, such as nuclear catastrophe, in modern times may tend to be a whole sole disaster and bring the man and his civilization to an end. Therefore science and its achievements must never fall in the hands of the power and politics. Because it is likely of its being misused and mishandled. But it should remain in the hand of the spiritually guided well balanced minds and intellectuals for its judicial and proper use. Its destructive use be very restricted, if one has to preserve the onward march and progress of civilization.

The civilization of a country depends upon or is judged by the number of balanced minded individuals

it has produced or is in the process of production. People who have practiced and acquired a control over self directed thoughts and action : which are very clear, transparent and has passed through the several graded filters of the world affairs. And have known the correct path—the path of truth and reality which leads to the goal of peace and tranquility. To get the final shape perfection the raw human mind has to pass through several graded processes. Because the human mind travels with a tremendous speed and to any and all directions. ( good or bad irrespectively ) and it has got to be controlled, curbed, forced and be given a proper directive to proceed to usefulness of the society and the nation. The human mind has got the huge and giagantic capacity of thinking and learning. And we must make the best use of this mental property by providing the best type of administration, education and health.

The Science has brought rather compressed the volume of the whole world into an one compact unit and the different Countries are like different limbs and appendags of the signle parent unit. So there should be one single and common world ideology and programme for the World peace and tranquility. The whole unit should feel the pinch and react to, if a single appendage get hurt.

**What is Civilization :** A common and prosperous way of living of a society befitting the time and need of the

## CONCLUSION

This book is written with the idea of giving a perfect all round guidance to the future generation of the world as it contains the gist of ideas and ideals of the past and present genius of the world. It seems as if we have lost our vision and forethought and therefore lost the right track to salvation. And the world is heading towards the verge of destruction. I now rightly think that the responsibility of liberating the world rests entirely on the shoulders of the future generation who are to live and enjoy the world. And it is my fervent appeal and I hope that along with the new vision, better intellect and powerful unity along with old men's experiences and guidance the future generation would attain and acquire the best of wide and true scientific and spiritual knowledge to its best perfection, because one supports the other, and liberate this beautiful mother earth from the pool of hell which is threatening her falling in, and convert and adorn it into a green blossom full with fragrance and beauty. And bring a "Heaven on Earth". A place worth living.

The benefits of the ideal of universal-brother hood be well realized and the power of world unity be tackled for the progress of the world to the right direction of progress and peace. And let the whole world civilization

have an on ward march instead of the progress of the group civilization. And this is the conclusive idea of this book "Civilization on the march".

N.B. :—"A Hindi edition of the same is within the mind."

18th March 1968.

JAI HIND

**Dr. Balkrishna Prasad**

*Medical Officer*

Banaras Hindu University

Uttar Pradesh

Acc. No. 156769  
Acc. by [Signature] 21/3/68  
Class by \_\_\_\_\_  
Sub. Heading by \_\_\_\_\_  
Date by \_\_\_\_\_  
Prescribed by \_\_\_\_\_

## Erratum

in the Respellings.

for	read
prosparity	( Prosperity )
mystry	( myste'ry ).
jawahar	( Jawahar )
descipliuē	( discipline )
motilal	( Motilal )
nehru	( Nehru )
necter	( Nectar )
subhash	( Subhash )
existance	( existence )
tallents	( talents )
uppeld	( upheld )
coalase	( coalesce )
practice	( Practise )
droving	( Proving )
prefered	( preferred )
knowlede	( knowledge )
becouse	( because )
Administratona	( Admimistration )
transourent	( transparent )
idiologies	( ideologes )
dielema	( dilemma )

for	read
incompitable	( incompatible )
Egotism	( egoism )
resonsibility	( responsibility )
benifits	( benefits )
dianamic	( dyanamic )
tolarance	( tolerance )
excapt	( except )
charactes	( characters )
quick	( quick )
Controle	( Control )
Luxary	( Luxury )
Wecomes	( becomes )
rligion	( religion )
Congeneal	( Congenial )
Currect	( Correct )
permanant	( permanent )
betmeen	( between )
Seperation	( Separation )
benovalent	( benevolent )
achievment	( achievement )
tought	( taught )
Curriculum	( Curriculum )
perifery	( periphery )
philosphors	( philosophers )
educatiovalist	( educationalist )
Creeped	( Crept )

for	read
permant	( permanent )
selective	( Selective )
occurances	( occurrences )
ment	( meant )
emplemented	implemented
Sentimets	( Sentiments )
papularize	( popularize )
proped	( Croped )
humanty	( humanity )
chotic	( chaotic )
granuates	( graduates )
back word	( backward )
presidence	( precedence )
prooved	( proved )
Degress	( Degrees )
ultimetly	( ultimately )
democrasy	( democracy )