

THE  
**ORIENTAL**  
**WATCHMAN**  
AND HERALD OF HEALTH



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*See page twelve*

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IN this world war 50,510 American soldiers were killed. In the past eighteen months on the high ways of the United States 50,900 men, women and children were killed.

THE gold in the strong room of the P. & O. liner "Egypt" sunk off Brest will now bring those who recover it £1,200,000 instead of only £840,000, its value when the attempt was last made to get it—if they succeed.

THE report comes from France that the government contemplates putting a tax on drinking water, hoping in this way to increase the consumption of wine.

GREAT BRITAIN uses about 140,500,500 postage stamps per week. In the past these have been made by private firms. It is proposed that government make its own stamps when the present contract with Messrs Waterlow and Sons, Ltd., expires at the end of next year.

THE world's largest carpet, covering an area of nearly 400 square yards, and containing more than thirteen million knots, has recently been made at the I. Ginzkey Mills, Maffersdorf, Czechoslovakia, to the order of the new Waldorf Astoria Hotel, in New York City. This is claimed to be the tallest hotel building in the world.

IN the Hawaiian Islands only six per cent of the population are pure native Hawaiians, and 13 per cent have any Hawaiian blood. The largest racial element is Japanese—a little more than 38 per cent. Other parentages are: Filipino, 17; American, 13; Portuguese, 9; Chinese, 8; Koreans, 2; Porto Ricans, 2; and Spanish  $\frac{1}{2}$  of 1 per cent.

"ALLIANCES and defensive armaments are the only thing that will prevent war," declared M. Louis Marin at Geneva recently. He cites the Corfu incident between Italy and Greece and the Manchurian question both of which the League failed to settle, as proof of his statement. We wonder why alliances and armaments did not prevent war in 1914.

"THE Company of Jesus is hereby dissolved throughout Spanish territory. The State henceforth does not recognize any religious or legal rights for it as an order" says the decree issued under Article 26 of the Constitution of the Republic of Spain, by which churches, convents, and schools valued at over Rs.12,00,00,000 were confiscated, and 3,000 members of the eighty Jesuit communities disbanded, and banned in Spain. The ground for the dissolution was that the Jesuits placed allegiance to Rome ahead of allegiance to the State.

AIRCRAFT operators in the United States are carrying nearly two million passengers a year. There were 16,709 licensed pilots at the beginning of the present year. Airways equipped for day and night flying total 17,500 miles. These facts make necessary the adoption of Airway rules, and already a start has been made in that direction. We may expect to see Airway traffic policemen flying about to enforce these rules in the near future.

DURING the 1931 football season in U.S.A., 33 men were killed in the game. This is the longest deathroll on record—rather a high price for sport.

A NEW YORK restaurant has installed doors that open of themselves as the shadow of the waitress falls on it. She intercepts a light-beam the size of a rupee. This releases the mechanism and opens the door.

IF your airplane crashes badly, call up Arrigo Baldwin of Los Angeles, U.S.A. He is the "junkman of the air." He will make you an offer for the wreck as that is his business. The parts that are worth while, he takes out and sells to those needing repair parts.

PEARLS as large as pigeons' eggs, gold crowns heavily jewelled, gold rings, jade pendants, bracelets, beads, rings, vases, cups, and other articles of gold and precious metals are being brought to light by the spade and pick of the archaeological work being done high above Ocoaca in Mexico. Other rich finds are expected soon.

THE wool from twelve sheep was sheared, sorted, washed, dried, carded, condensed, spun, woven, shrank, dyed, cut, tailored, sewed, and pressed into a suit of clothes to the measure of J. H. Thomas, Secretary of State for the Dominions at the Imperial Wool Industry Fair at Bradford, England, in two hours and ten minutes.

WITH eighteen people on board, a large transport plane flew a fixed course for ten minutes. It was then turned about, set on the fixed course, left alone, and flew exactly to its starting point. The "gyro-pilot" which guided the plane will do everything except take-off and land an airplane.

TWO pictures, painted by Thomas A. Edison, should hang before the eyes of every person who discusses with himself or others the question of Prohibition. Says Edison: "On pay days before Prohibition, hundreds of pale-faced women, shabbily dressed, some with faded shawls around their heads, appeared at our factory at West Orange, U.S.A. They were waiting to get some of their husbands' money before they got to a saloon. Within a year after the Amendment not a woman appeared. Surely we Americans do not want a return of this state of affairs."

TWENTY-FIVE students of the Washington Missionary College, Washington D.C., had the honour of joining with 150 young people from all parts of the United States in presenting to President Hoover at the executive office of the White House more than 1,000,000 signatures of American youth who pledged themselves to abstain from taking intoxicating drinks and to give their full support for prohibition by singing the Youth's Roll Call. The 175 youths visited President Hoover on Friday afternoon, Dec. 4.

# The **O**RIENTAL **W**ATCHMAN AND HERALD OF HEALTH

VOLUME 8, No. 5

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## The **WORLD CRY** for **PEACE**

*Impassioned Appeals for Disarmament Stir the Conference*

*Women Lead in Amazing Demonstration*

*Students and Labour Representatives Announce Refusal to Fight in the Next War*

By Our Special Correspondent at Geneva

Arthur S. Maxwell

**M**OST fittingly the first public session after the Conference had been organized was given over entirely to the representatives of the various organizations which have been working for world peace and disarmament.

It seemed to be realized that these men and women, with nothing to entitle them to speak in such an assembly save their service in the cause of peace, perhaps represented the common people of the nations more than the distinguished plenipotentiaries to whom they addressed their impassioned speeches.

Was there ever such a meeting as this? History offers no comparison. Here in this great council chamber were gathered the appointed national representatives of almost every country under heaven—met to discuss for the first time together the possibilities of armament reduction. And here into their midst came the women of the world to plead for themselves and their children! Here came also the students of the world to appeal on behalf of the rising generation of boys and girls. The churches, too, were permitted to speak and various organizations of Labour imploring the Conference not to cease its work until it shall have established peace on a sure foundation and made certain the reduction and ultimate abolition of all weapons of war.

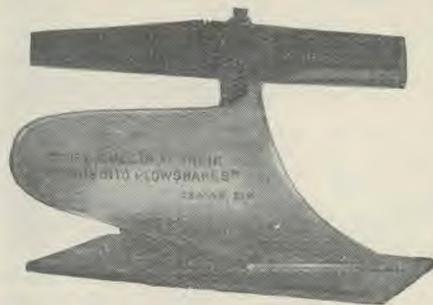
Such a procedure has never before been permitted at an international gathering of statesmen. It must certainly

have made a deep and lasting impression upon their minds; and if the Conference should fail in spite of it the tragedy of the disappointment will be that much the more terrible.

One could not but be amazed at the widely representative character of the various spokesmen. The seven or eight persons who addressed the meeting did so on behalf of organizations totalling over 300 million persons. Here indeed was a world cry for peace; anxious, determined, passionate; a cry from the masses who have suffered so much from war in the past and who are vowing to have nothing to do with it again.

The women, most appropriately, led the way. And they did it so thoroughly that it almost seemed for a time as though they had taken complete charge of affairs. The chairman, with becoming meekness, subsided in his seat upon the Tribune and waited for the storm to pass.

Miss Mary A. Dingman, president of the Disarmament Committee of the Women's International Organizations, was the first speaker. She told how she represented 15 organizations having branches in 56 countries, with a combined membership of 45 millions. Presenting a petition of 8 million signatures she said: "Behind each of these signatures stands a living personality, a human being oppressed by a great fear, the fear of the destruction of our civilization. We are all



*One of the ploughs made from bayonets, and presented to the delegates at the Washington Arms Conference by the Secretary of State, W. J. Bryan*

living under the shadow of a heavy cloud of depression and anxiety. The will of the people is for peace. Yet there are sinister influences working against us. . . . Fear and greed. We are weary of the unending sacrifices expected of us for the purpose of destruction.

"It is not for ourselves alone that we plead, but for the generation to come. To us women, as mothers, the thought of what another great war would mean for our children is the strongest incentive impelling us to spend ourselves in the endeavour to make their lives secure from such a disastrous fate. The people are waiting; they are determined that a way of solution must somehow be found. They are knocking at the doors and their call must be answered."

As Miss Dingman concluded, there marched into the sacred precincts of this august assembly more than a hundred women, all carrying bundles of petitions, which they laid upon a table by the Tribune, while two ladies called out the names of the countries from which the signatures had come. It was a spectacular demonstration of the cry of the women of the world for peace, and won not only the commendation of the President but the loud applause of all.

Roman Catholic women had their own speaker, who claimed to represent 25 million souls who longed for peace.

After the women's organization came the churches. Mr. Mueller had been chosen by the various Christian International Organizations to speak on their behalf. This group reckons in its membership the Universal Christian Council for Life and Work, the World Alliance for International Friendship through the Churches, the World's Alliances of Young Men's and Young Women's Christian Associations, the World Student Christian Federation, the Friends International Service, and the International Fellowship of Reconciliation. Mr. Mueller stated that he spoke also on behalf of most of the Churches of the Protestant world, a large proportion of the Eastern Orthodox Church, and the Old Catholic Church. He brought resolutions in favour of a "positive organization of peace" and a reduction of armaments from such bodies as the Federal Council of the Churches of Christ in America, the French Protestant Church Federation, the German Church Federation, the Lambeth Conference, the National Free Church Council of England, the Swiss Evangelical Church Council, and many others.

After remarking on the "atmosphere of widespread uncertainty and pessimism in which the Conference meets," he pleaded above all things for "that inner disarmament of the spirit which excludes fear and hatred in international life."

Backed by such a formidable body of Christian opinion, his appeal carried great weight and must have made a profound impression on the assembled delegates.

But the most stirring appeal was yet to come. Two university students were given the privilege

of setting forth the views of the young men and women in the colleges of the world.

The first to speak was M. Jean Dupuy, who represented over 2 million students belonging to such organizations as the International Students Federation, the International Federation of Women Graduates, the Universal Federation of Christian Students Organizations, and the Union of Jewish Students.

After telling of the resolutions passed by all these bodies, urging the conference to achieve definite results, he appealed for the reduction of armaments as a means of overcoming the economic crisis—"a crisis which compels us students to become unemployed before we have begun to work."

Then came Mr. James Green, whose address was full of powerful and appealing facts. He began by telling how, in the autumn of 1931, a poll was taken on the subject of armaments among 25,000 students of 70 colleges in the United States. As a result, 62 per cent of the votes desired the United States to begin disarming immediately, while 30 per cent favoured total disarmament on agreement with other states. Over 74 per cent favoured American participation in the Word Count, and 81 per cent opposed compulsory military training.

Then, with the frankness and candour of youth, he went on to speak of "some of the questions which are constantly being debated in every dormitory, club, and fraternity house in America and England."

"We never care to ask," he said, "Were those 10 million young men, who loved life as whole-heartedly as ourselves, the victims of an illusion when they fell to the earth only a few years ago? Must the insanity known as war be repeated within our generation at the cost of our lives? Most important, what is to be our answer to the Government in case of mobilization for war?"

In a brilliant passage he poured scorn on the so-called "glory" of war.

"Fourteen years after the Armistice the glamour and heroism of that period fail to impress us. The swords have lost their brilliance; the helmets and shining buttons are tarnished. In fact, the whole glorious temple of Mars has crumbled into ashes."

Concluding, he said:—

"The other speakers have much at stake; we have even more, for we are literally fighting for our lives. I stand before you as an attorney for the defence, begging for a reprieve. It is my generation which will be called upon to surrender all we consider worth while in life in order to become targets for machine-gun bullets and victims of the latest poison gases. It is the young men and women of my age who will be commanded to commit suicide. It is my generation which will be requested to destroy the best of human culture, perhaps civilisation itself, for causes which future historians will discover to be erroneous, if not utterly stupid or actually vicious. (*Turn to page 28*)

Tell Me

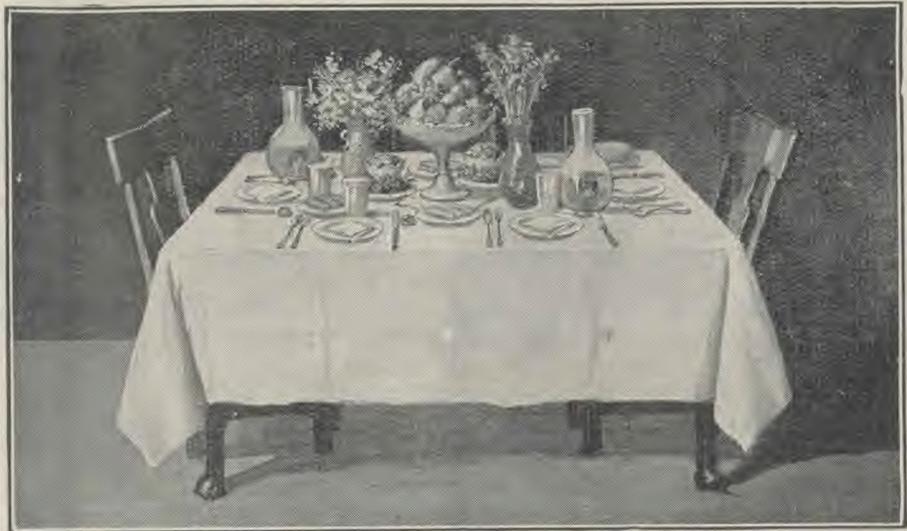
# WHEN YOU EAT

And I Will Tell You

# HOW YOU ARE

By A. E. Clark,  
M.D., F.A.C.S.

*"Eat in due season,  
for strength, and  
not for drunkenness."*



THE above title has a certain similarity to another slogan used by a prominent food manufacturer, to the effect that if you tell him *what* you eat, he will tell you what you are!

Probably the greatest dietetic error ever committed by human beings is that of irregularity in eating, commonly spoken of as eating between meals, but in reality including much more than that practice. Eating at irregular hours really amounts to eating between meals, for the stomach has or should have definite periods of rest between meals. This rest period may be interfered with by eating between meals or by irregularities in eating. By irregularities in eating I mean the taking of one's usual meals at irregular times; whenever convenient.

If for example, one is accustomed to eating three meals daily, say at 8, at 1, and at 7, the stomach adapts itself to that programme, and it carries on the work of digestion, as far as the stomach is concerned with digestion, so that a rest period is given to it between meals. This rest period is not primarily because of the fact the stomach is tired and requires rest; it is because of the fact that Nature seeks to alternate periods of rest and periods of work. We think of the heart as being an organ which is always at work, and in the larger sense this is true; were our heart to stop work for ever so short a time we would be aware

of it immediately by a sense of impending death. But even during the period when the heart is at work, it takes a great deal of rest, so that it actually rests more than it works every 24 hours. This same fact holds good here then; the heart alternates periods of rest with periods of work; one follows the other; following each contraction of the heart, (its working period) it takes a rest during the time that its cavities are filling with blood. We understand that a muscle will refuse to contract continuously when the stimuli are brought to it too rapidly; this is spoken of as the refractory period of the muscle; that period during which it will not respond to any external stimuli; in other words, it is resting. And so this comparison might be extended further, but the point is clear I believe. Nature in all her efforts to carry on the harmonious working of the various functions of our bodies, strives to alternate work periods with rest periods.

Now then, to return to the stomach and its working. The average meal has left the stomach in from three to three and one-half hours after eating. That means that if the morning meal is taken at 8, the stomach will ordinarily be empty at eleven or eleven-thirty; sometimes earlier than three hours, depending upon the nature and quantity of food taken. From eleven until one o'clock the stomach is free from food; it is at rest. Now then, suppose that at about ten-thirty

a banana or a piece of pastry is eaten. What is the result? It has been ascertained by X-ray examination of the stomach following such a practice, that it does not empty itself at eleven or eleven-thirty as usual, but food residue may still be found there as late as one or two in the afternoon. What does this mean? It means simply that the eating of that banana or piece of pastry, has deprived the stomach of its legitimate rest period, so that its work has been added to, with the following result: the stomach continues to work right up to the time of its next meal, which is dumped into it about one o'clock. Afternoon tea comes along at about four-thirty; in what state is the stomach to handle even cake at that time? We know that a dinner taken at one o'clock will still be in the stomach at four o'clock unless some abnormal condition exists, and we are dealing now with supposedly normal stomachs. But granting that the stomach has emptied itself at four o'clock; it is now ready for a short nap until time to go on duty again at seven o'clock. But at four-thirty along comes some tea with a few sandwiches, a piece of cake, and possibly a sweet or two; all quite harmless perhaps. The poor stomach starts to work again, and by the time the evening meal is due, let us say seven o'clock, it has managed to get the stuff passed on to the small intestine, and is now ready for its regular instalment. Now comes dinner, with the several courses. The stomach at times rebels, but most of the time it tries to handle whatever is sent down to it to the best of its ability. At about ten or eleven o'clock the work of the day is finished, and the stomach is now ready to take a good rest. But no such luck. Something light before going to bed is the programme; this frequently means some cold meat left over from dinner; possibly a cup of coffee; perhaps a piece of pastry. Well, the owner of the stomach goes to bed and to pleasant dreams, (at times not so pleasant) but the stomach has another job ahead of it, and this task is finally finished, and while the owner of the stomach is asleep, the stomach manages to get in about six hours of rest. This is the actual daily programme of many people in India week after week, and month after month.

What is the effect of such a practice? There may be no immediate effect, as far as can be ascertained. Nature always strives to cope with the abnormal demands, and many times no deleterious effects can be discovered. But sooner or later Nature will take her toll; she always demands settlement for any concessions she has made, and it is sure to come. And let us not deceive ourselves by any line of false reasoning; merely because grand-father lived to be 90 years of age, and was a heavy smoker; ate whatever he wanted to; never bothered about his teeth; drank alcohol in any form he desired; and he lived to a ripe old age. Just remember in this connection that you have reaped from his sowing, and what he might have been able to do and survive it, you will likely not be able to accomplish.

Now to briefly scan a few of these tolls which

Nature insists on imposing upon us for these errors in eating. Perhaps one of the commonest; at least one which is most commonly discovered in questioning patients who have been addicted to irregularities in eating, (which includes eating between meals,) is flatulence, or the belching of gas from the stomach, accompanied by the accumulation of gas in the intestinal tract, and the subsequent physical distress. Flatulence is not a disease; it is a symptom, but it may accompany disease. It means that there has been a delay somewhere along the digestive tract in the expeditious handling of the food material; it means also that certain food materials are not being promptly digested and absorbed, and consequent upon this delay gases are being formed in the intestinal tract, and flatulence is the result. We find that flatulence develops in some people who are quite regular in their habits of eating; these cases are of an entirely different nature, and we will discuss this in another article.

Another very common symptom of which these patients complain is what we speak of as heartburn. What is heartburn? In common language it is the belching up from the stomach of hot, sour material. In reality it is weak hydrochloric acid mixed with liquid food material; at times it is bile-tinged, being a light yellow to greenish colour. Heartburn occurs also in patients who are regular in their eating habits, so how then can we say that this is caused by irregularity in eating? By the frequency with which these particular patients complain to us that they suffer from heartburn. Heartburn is not always caused by irregularity in eating, but irregularity in eating very frequently causes heartburn; there is a difference between the two.

Another symptom, and I think this is the most serious complaint, from which such patients suffer, is constipation. Now let us be explicit about that term constipation, as it means anything and everything. By constipation we mean a failure to have a bowel motion oftener than once in forty-eight hours. If a bowel movement is had at any less frequent interval than forty-eight hours, and exceeding 24 hours, I do not term the condition constipation; I term it sluggishness of bowel motion. Constipation is a subject which cannot be considered in the space allotted to this article, but suffice it to say that constipation is far more frequent in those who are irregular in their habits of eating than in those who are regular in these habits.

Flatulence, heartburn, and constipation. These may never kill us; why then worry about them? A great many people do worry, and it is probably a good thing for them that they do, for it doubtless leads them to consult their physicians to discover if possible the underlying cause of the condition. Let your physician attack your constipation from the proper end of your intestinal tract, and you will get results. Constipation, in the large majority of cases, starts at the mouth. Constipation is the end-product of errors of diet in more than one way. These three (*Turn to page 20*)

# The Mother To-Be

By Nurse H. Bull

**I**T is proposed in this section to deal with the most important and interesting subject, "The Mother-to-be and Her Baby," and we trust that many may be helped through its medium.

## Theory Versus Practice

At the outset it should be recognized that no science or art can be learned merely from books, and the science and the art of motherhood is no exception to the rule. The mother-to-be should, therefore, on no account seek to dispense with the skilled practical aid now available to those of the most limited means.

It is impossible to speak too highly of the infant welfare centres and antenatal clinics where helpful instruction and valuable practical assistance is so liberally provided. Many who could obtain help from these valuable sources often do not because pride or shyness prevents them. Such a course is most reprehensible.

Every mother-to-be should, at the earliest possible moment, place herself under the care of a doctor, a trained midwife, or a maternity centre.

The earlier this is done the better. All mothers-to-be are naturally apt to feel a certain amount of uneasiness and fear concerning themselves. And being in touch with one of the above will bring to the woman a feeling of comfort, assurance, and safety; and she will be able to devote herself without anxiety to her normal duties. Furthermore, the minor disorders, so common in such conditions, will be corrected in the earliest stages and much discomfort and even suffering will be avoided.

## The Personal Element

But while it is of the utmost importance to be under the supervision of a doctor or a trained midwife, it is equally important for the pregnant woman to realize that all things necessary for her health at such a time are not met from such sources. The visit to the doctor or nurse does not release her from all responsibility, and it is essential that she order her daily life along rational and healthful lines. The mother-to-be can, if she will, greatly assist nature, and nature in return will respond bountifully.

## Teeth Need Care

The teeth should receive special care as they are very liable to be affected during pregnancy. If they are attended to in good time more serious trouble will be averted. Some teeth may need filling; others, if decayed, should be extracted. Discharging or sore gums also need immediate attention. Such treatment will prove very beneficial to the health of the mother before the birth of the child, and afterwards will prevent much difficulty with breast-feeding. Bad and decaying teeth are apt to set up a septic condition in the

mouth. They prevent proper mastication, and the poisons arising from the teeth are taken with the food into the stomach and eventually into the blood, so that the whole body becomes affected.

To assist in their preservation the teeth should be cleaned at least once a day, preferably in the evening after the last meal. This prevents the possibility of any food remaining in the crevices between the teeth during the night. The use of the tooth-brush morning and evening is still better.

Clean the teeth on the inside as well as on the outside and with up and down movements, not merely horizontal ones.

## A Daily Bath

Where possible the mother-to-be should take a daily bath. The water should not, however, be too hot, as this may bring about undesired results. Frequent bathing helps to keep the sweat glands open, and facilitates the escape of body poisons.

## Drink Plenty of Water

It is desirable also to assist the kidneys in excreting the poisons of the body. This can be done by drinking plenty of fresh water between meals. Such a practice is most beneficial in normal life and it is particularly important during pregnancy when the kidneys have double work to do.

## Breasts

Careful attention should be given to the breasts. If the nipples are flattened or depressed, gently massage them with olive oil or lanoline. They may also be carefully formed with the fingers. This treatment tends to increase the size and firmness, and will enable the child to feed with comfort, thus saving the mother much time and worry. The nipples should be kept free from crusts, especially towards the end of pregnancy. It is also desirable towards the end to rub the nipples with a little methylated spirit. This helps to harden them, and often prevents soreness when suckling the child. Avoid wearing anything tight over the breasts as this has a tendency to flatten the nipples.

Nearly all healthy women are able to breast-feed their babies. Breast milk is the natural food intended for the child, and safeguards it from many troubles arising from artificial feeding. It is also beneficial to the mother if she is able to feed her baby. A mother should not think that because she has flattened or depressed nipples she may not be able to suckle the baby when it arrives. A wrong mental attitude will only add to the trouble. Let the mother make up her mind that she will do all she possibly can to rectify the trouble, and then await results. Mothers should never allow anything to stand in the way of breast-feeding unless told by a doctor not to do so.

*(To be Continued)*

# Can a Man Attend

# HIS OWN

**T**HERE are people in the world today, and not a few, who actually believe that there is something within them—some intelligence—that will not die, when they die, and that by means of this supposedly continuing intelligence they will be able to attend their own funeral. The question whether or not a man can attend his own funeral is answered very clearly in God's Book, by God Himself.

### No: Rewarded at Death

First of all it is interesting to notice just when it is that the rewards will be given to the members of the human race. In Luke 14:14 we have an interesting story in which Jesus made the following statement: "And thou shalt be blessed; for they cannot recompense thee: for thou shalt be recompensed at the resurrection of the just."

The statement is plainly made in Matt. 25:31 and 32, that it is when the Son of man shall come in His glory and all the holy angels with Him, then He shall sit upon the throne of His glory and before Him shall be gathered all nations which He shall separate one from the other as a shepherd separates the sheep from the goats.

Turning to Matt. 13:38-43, we learn that "The field is the world; the good seed are the children of the kingdom; but the tares are the children of the wicked one: the enemy that sowed them is the devil: the harvest is the end of the world; and the reapers are the angels. As therefore the tares are gathered and burned in the fire; so shall it be in the end of this world. The Son of man shall send forth His angels, and they shall gather out of His kingdom all things that offend, and them which do

iniquity; and shall cast them into a furnace of fire, there shall be wailing and gnashing of teeth. Then shall the righteous shine forth as the sun in the kingdom of their Father. Who hath ears to hear, let him hear." This scripture makes it very plain that the time of granting rewards to all members of the human race is the time of the second coming of Christ, consequently men who have died, in the natural order of things, have not entered into their reward.

That is why Acts 29:22 and 24 shows us that the patriarch David is not in heaven now, and Acts 13:36 tells us what did become of David when he died. That David fully expected this very thing to be God's programme and expected to sleep until the resurrection morning is brought to view in Ps. 17:15 where we read, "As for me, I will behold Thy face in righteousness: I shall be satisfied, when I awake, with Thy likeness."

Now then, in view of the fact that the dead have not gone to their rewards,—the saints to heaven and the sinners to hell—the next natural question is "Where are the dead?" Job 21:26 answers the question: "They shall lie down alike in the dust and the worms shall cover them?" In Eccl. 9:10 it is pointed out that the dead are in the grave, for it says, "Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest."

In the gospel according to St. John, the fifth chapter and verses 28 and 29, we have the assurance from Jesus Himself that all will be in the graves until the resurrection, for He says, "Marvel not at this: for the hour is coming, in the

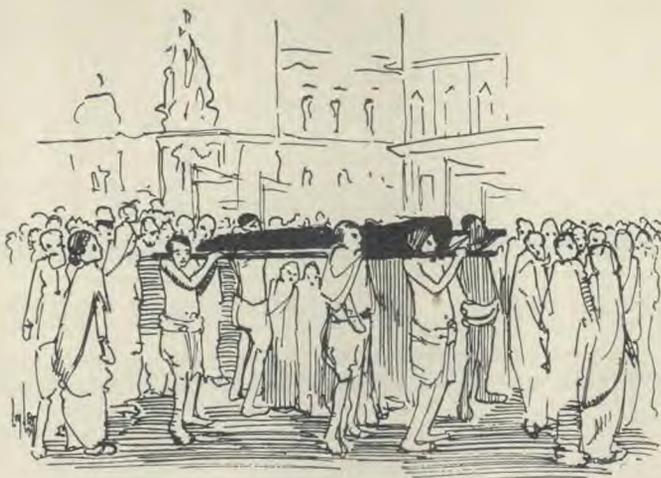
which all that are in the graves shall hear His voice, and shall come forth; they that have done good, unto the resurrection of life; and they that have done evil, unto the resurrection of damnation."

The question of where the dead are, is both raised and answered in Job 14:10-15 where the language of inspiration gives us the following statement: "But man dieth, and wasteth away: yea, a man giveth up the ghost, and where is he? As the waters fail from the sea, and the flood decayeth and drieth up: so man lieth down, and riseth not: till the heavens be no more, they shall not awake, nor be raised



# UNERAL?

By S. A. Ruskjer



out of their sleep. O that Thou wouldest hide me in the grave, that Thou wouldest keep me secret, until Thy wrath be past, that thou wouldest appoint me a set time, and remember me! If a man die, shall he live again? All the days of my appointed time will I wait, till my change come. Thou shalt call, and I will answer Thee: thou wilt have a desire to the work of Thine hands."

In that scripture the question is raised, "Shall a man live again?" and the answer is that he is to wait until the time comes for him to be changed. God will call and he will respond to the call. Now, while waiting for the hour of that change and that call, we have the statement in Job 17: 13 that he waits in the grave.

When Jacob supposed that his son Joseph was dead, and supposed that he also was going to die, he made it very plain,—being instructed of God—that the dead go into the grave; for he said, "For I will go down into the grave unto my son mourning." Gen. 37: 35.

## What Is the Spirit?

The next natural and very interesting question is, "Is it the body only that dies" or does the spirit die also? Does all of man die? Eccl. 12: 7 says, "Then shall the dust return unto God who gave it." Thus we see that that which is dust returns to the earth from whence it was taken and that which is spoken of as "the spirit" returns unto God who gave it.

In order to follow comprehensively the teaching of God's word on the subject we ought to turn to Gen. 2: 7 and read how God made man in the beginning. "And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul."

This "breath of life" which God breathed into that which He made out of the dust in order to make it a living soul, that same "breath of life" is given to the animals to use for a time, as God stated in Gen. 6: 17, "And behold, I, even I, do bring a flood of waters upon the earth to destroy all flesh wherein is the breath of life, from under heaven; and every thing that is in the earth shall

die." And again we read in Gen. 7: 21 and 22, "And all flesh died that moved upon the earth both of fowl, and of cattle, and of beast, and of every creeping thing that creepeth upon the earth, and every man: all in whose nostrils was the breath of life.

Therefore, we learn from the Scriptures that "breath of life" is an expression used to describe the breath which God lends to both man and beast to be used by them for a time and which is to be given up by them at death. That the term "breath" and "spirit" are synonymous, and so used by God Himself, is proven by Job 27: 3, "All the while my breath is in me and, the spirit of God is in my nostrils;" and Job 33: 4 where we have this language, "The spirit of God hath made me, and the breath of the Almighty hath given me life."

In James 5: 20 we were assured that the soul can die, as is also testified to by Matt. 26: 38, Ezek. 18: 4 and Isa. 53: 10.

## Are the Dead Conscious?

The next question we come to is, "Do the dead know anything?" Ps. 6: 5 says, "For in death there is no remembrance of Thee: in the grave who shall give Thee thanks? and again we read in Ps. 115: 17, "The dead praise not the Lord, neither any that go down into silence." We are urged in Ps. 146: 3 and 4 to "Put not your trust in princes, nor in the son of man, in whom there is no help. His breath goeth forth, he returneth to his earth: in that very day his thoughts perish."

The question of whether or not the dead know anything is plainly answered in Eccl. 9: 5 and 6, "For the living know that they shall die: but the dead know not anything neither have they any more a reward; for the memory of them is forgotten. Also their love, and their hatred, and their envy, is now perished; neither have they any more a portion for ever in anything that is done under the sun."

That the dead do not know anything concerning what becomes of their sons or daughters, or what those sons or daughters do on the earth after the death of the parent, is testified to by God in Job 14: 21, "His sons (*Turn to page 26*)

# The BLOOD and its CIRCULATION

## How the Body Works—V

By D. A. R. Aufranc, M.R.C.S., L.R.C.P. (Lond.) L.D.S., R.C.S. (Eng.)

**T**HE blood is a viscid, alkaline fluid with a saltish taste and a slight, but characteristic, smell. It is a little heavier than water, its specific gravity being 1.055. This means that if a certain volume of water weighs 1,000 ounces, the same volume of blood would weigh 1,055 ounces. The total volume of blood in the body varies between one-fourteenth and one-twentieth of the total body-weight.

In order to simplify the study of the blood, we may think of it as being composed of two parts. These are a fluid portion, or plasma, and a solid part, consisting of the blood cells or corpuscles. We need not trouble much about the plasma. This is simply a thin, light-coloured liquid in which the corpuscles float. In order that the corpuscles may carry out their work it is necessary that they be able to move about freely, and the plasma forms a suitable vehicle for this purpose.

### The Corpuscles

The cells of the blood, or corpuscles, are more important and form a very interesting study. Here, again, we have to recognize a division into two main and very distinct groups. These are commonly known as the red and the white cells. Let us first think of the large family of red corpuscles.

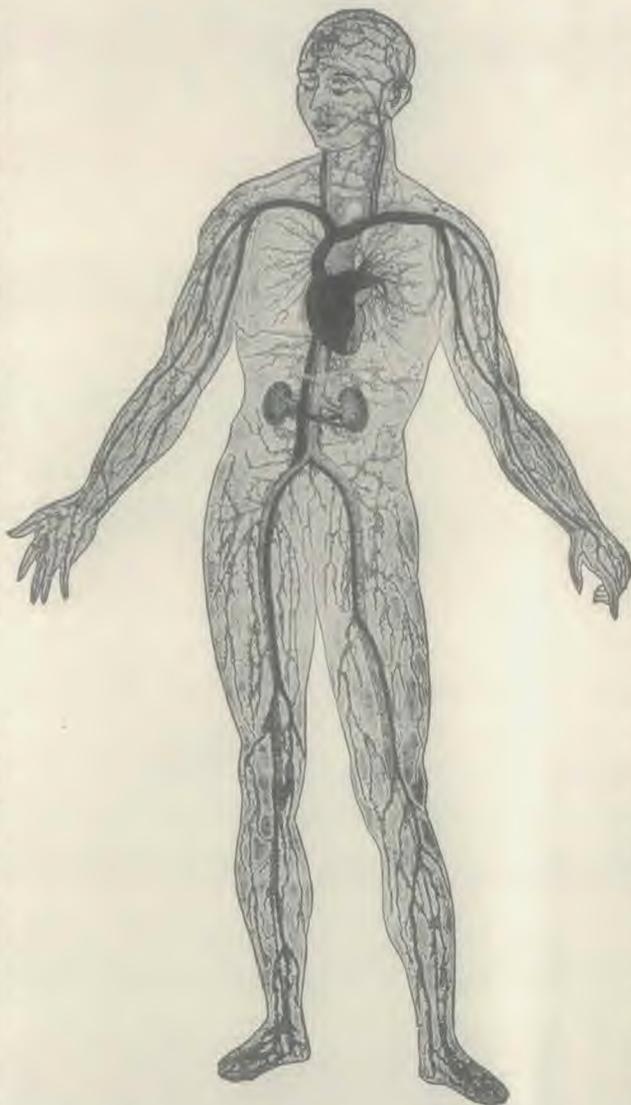
These little cells are so tiny and so numerous that in about

one-tenth of a drop of man's blood there are, on an average, about five million present. In a woman's blood there are about half a million less in the same quantity. These figures are for normal, healthy adults. Sickness and changes in the blood have a great effect upon the number of cells present, so that the number may be as low as three and a half million or as high as six

million in one-tenth of a drop. When the number of cells remains permanently below normal the condition is termed anæmia.

Tiny as they are, science has found ways and means of measuring these little bodies under the microscope. They are found to be on an average from six to eight thousandths of a millimetre across and two thousandths in thickness. These figures, however, convey very little to the average mind, and it is also as difficult to grasp the figure which would represent the total number present in the body.

In the human body the red blood corpuscles are circular, biconcave discs, possessing no centre or nucleus. They are tough, strong, and highly elastic. In some animals they have a distinct nucleus and their shape varies. This is a most important point, as it makes it possible to distinguish human blood in cases of crime. Viewed in thin layers, the human cells appear light or straw-



Showing the principal arteries and veins in the body

coloured. In bulk, however, they have a dark red appearance, giving to blood its characteristic colour. They show a distinct tendency to run together in piles, or columns, like so many coins.

The function of the red blood cells is to carry oxygen from the lungs to the tissues and to assist in the dissociation of carbon dioxide. The life of red cells is probably about three weeks. After this length of time they are broken up and destroyed in the liver, spleen, and lymphatic glands, with the liberation of the hæmoglobin which they contain. Part of this goes to form the colouring matter of bile.

#### Policemen of the Blood

The white cells, or corpuscles, of the blood are nucleated masses of protoplasm of various sizes. They are not so numerous as the red variety, there being only one white cell to every five or six hundred red ones. There are at least six important members of this family, but we need not enumerate them here.

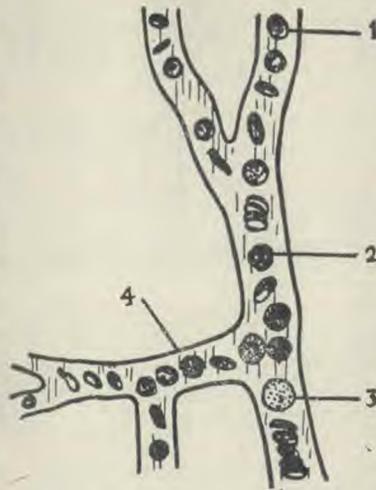
The function of the white cells is most important. Their chief work is to destroy bacteria which gain an entrance to the blood-stream. They are capable of a certain amount of movement and can clearly be seen under the microscope encircling and destroying germs. The white cells also play a part in absorption, especially of fats, and help to carry nourishment to the tissues. After meals, and in many pathological conditions, such as acute pneumonia, there is an increase in the number of white cells in the body.

#### The Circulation

The blood with its cells is never still. The heart is a central pump which forces the blood to all parts of the body, this constant movement of the blood being termed the circulation. The blood travels round the body nearly three times every minute, or once to about twenty-seven heart beats. The course of the blood is as follows: The left auricle of the heart contains pure blood from the lungs. This is forced into the left ventricle from which it enters the aorta and is distributed through the arteries to all parts of the body. It then passes through the capillaries, giving up its oxygen to the tissues, thereby becoming venous, or impure blood. It is then collected by the veins and returned to the right auricle of the heart. This is termed the greater, or *systemic*, circulation. Passing to the right ventricle the blood is next sent to the lungs to be purified, being returned back again to the left auricle. This is termed the lesser, or *pulmonary* circulation.

#### Health and the Blood

Good blood is absolutely essential for



1 and 2. Red Corpuscles. 3. White Corpuscles. 4. Blood Vessel Wall.

health. In order to have pure blood we must have good, nourishing food free from stimulants, narcotics, and poisonous matter. Alcohol, tea, coffee, flesh-foods, condiments, and rich preparations all tend to render the blood impure and to injure its delicate cells. Two to three pints of pure water daily greatly assist the cells of the blood in their action and also aid in the removal of waste matter.

For perfect health, the circulation must be vigorous. For this there is nothing better than deep breathing and daily exercise out of doors.

## Alcohol and Motor-Car Accidents

LAST year more than 7,000 persons were killed and 180,000 injured by the motor-cars on the roads of Great Britain. The number has been steadily increasing year by year. It is believed that a considerable proportion of the accidents are due to consumption of alcohol, in what is generally regarded as moderate quantities by the drivers, immediately before or during the drive. Many normal and responsible persons who drive are unaware that their "reaction time" is reduced, and therefore that they are rendered more dangerous. The interval between the reception of a stimulus from the retina to the response of the muscles of the hand to put on the brake or turn the steering wheel, is normally a fifth of a second; but by taking a "whisky and soda" or a pint of beer, it may be prolonged to two or even four-fifths of a second. A car travelling thirty-five miles an hour will go twenty feet farther in consequence of the increase in reaction time, which may make the difference between life and death. Dr. Courtenay Weeks, a writer on alcoholism, in giving evidence before a Royal Commission, stated that 88 per cent of the municipalities had a rule that their drivers must not take alcohol while on duty, and 72 per cent of private transport companies had the same rule. He found that 95 per cent of road passengers are driven by men who are abstainers while on duty, and that only 5 per cent of road accidents are caused by automobile omnibuses and coaches.—*London Letter, Jour. A. M. A.*

## Purposes of Doctors

THE primary duty of a doctor is to prolong life. His second purpose is to assuage pain; another is to prevent a warped personality from growing out of mental suffering. These three duties of the doctor are sufficient evidence to justify his existence, Dr. Bernard Fantus maintains in *Hygeia*.

# The First SCIENTIFIC SHIPBUILDER

By Robert S. Fries

**F**EW words are used in describing the building of the ark, but what a wealth of scientific truth is wrapped up in them! "Make thee an ark of gopher wood; rooms shalt thou make in the ark, and shalt pitch it within and without with pitch. And this is the fashion which thou shalt make it of: The length of the ark shall be three hundred cubits, the breadth of it fifty cubits, and the height of it thirty cubits. A window shalt thou make to the ark, and in a cubit shalt thou finish it above; and the door of the ark shalt thou set in the side thereof; with lower, second, and third stories shalt thou make it. And, behold, I, even I, do bring a flood of waters upon the earth, to destroy all flesh, wherein is the breath of life, from under heaven; and everything that is in the earth shall die." Gen. 6:14-17.

Three short verses tell the story; yet they describe a ship that was scientifically constructed to withstand the waves of the first and greatest storm. Surprising as it may seem, it was not until recent years—1860 to be exact—that marine architects equalled Noah as a boat designer. And as far as human records show Noah's ark was the largest boat ever built until the middle of the nineteenth century. The ships Columbus used to cross the Atlantic were rowboats in size when compared with the ark.

## The Blue Print

Here are six specifications Noah had to consider in planning to build the ark.

1. The ark must be large enough to house a large number of animals of all sizes; each pair in its room, or "nest" (marginal reading). "Of fowls after their kind, and of cattle after their kind, . . . two of every sort shall come unto thee, to keep them alive." Gen. 6:20. Today each species has hundreds of varieties brought out by cross-breeding. Noah took in but a pair of each species. Yet there had to be provided sufficient room for thousands of animals.

2. There must be enormous storage space to carry the necessary food to feed all these animals, as well as Noah and his family, for a period of one year and ten days. (Compare Gen. 7:11 with Gen. 8:13, 14.) The problem of variety of food was not so complex then as it is today. In the beginning God gave the animal kingdom "every green herb for meat." Gen. 1:30. The diet of man consisted of the grains, nuts, and fruits. (Gen. 1:29.) Thus the food was not bulky, but concentrated. The dimensions of the ark were

large and well adapted for storage, as we shall show.

3. The boat must be sturdily built to withstand a terrific storm and the shock and buffeting of mountainous waves. The Bible record shows that the ark was strengthened by three decks and by a number of bulkheads, or partitions separating the rooms or berths into which it was divided. Noah's plan was in strict accordance with the science of modern boat building.

4. It had to be made waterproof. The ark was protected and rendered water-tight by coats of asphaltic varnish.

5. Necessarily it must be built of the lightest and most durable kind of wood. The account says that "gopher wood," or cypress wood, was used. This wood admirably served the purpose.

6. The ark was to be built on high ground,—doubtless so that it might be near the best timber. That this was done the record shows, for it was upward of forty days before the waters of the Flood reached the ship and floated it. (Gen. 7:17-19.) When we think of the Herculean labour required to build such a ship without the conveniences and equipment of a modern shipyard, we realize that Noah had an enormous task.

## The Ark a Mammoth Ship

But our wonder increases when we look at the size of the ark. The royal cubit is twenty-one inches, and should be used in calculating the dimensions of this magnificent boat.

Reduced to modern figures, we have a ship 525 feet in length,  $87\frac{1}{2}$  feet in breadth, and  $52\frac{1}{2}$  feet in depth. In order to get a better idea of its length and breadth, pace off 525 feet on some vacant ground, and mark it. Then measure  $87\frac{1}{2}$  feet for the width. Look at the ground covered, and you will see that it contains over an acre. As the ark had three stories, or decks, Noah built a boat with 137,511 square feet, or about three and one-sixth acres, of floor space. This will give you a fair idea of its enormous storage capacity. It will also increase your admiration for Noah as a boat builder.

Here, then, are two striking facts about the ark: First, it was the largest seagoing wooden vessel ever constructed up to the middle of the nineteenth century. Secondly, up to this recent date marine architects did not know as much about boat building as did Noah. Here is the proof: As a vessel increases in size, the longitudinal strain becomes greater. Add to this the stress

and sagging to which the ship will be subjected by the motion of the sea. Now the waves of a fresh sea run about 100 feet long; those of a moderate sea are 300 feet long; storm waves are 500 feet from trough to trough. It is apparent that unless a boat builder considers all these stresses and builds to withstand them, his boat will break in pieces during a storm. Many instances of this neglect might be cited. Take the wooden ship "The President" as an example. In 1850 it snapped across an Atlantic wave as a match might be snapped between the fingers. After many similar disasters marine architects arrived at the conclusion that the largest size a wooden vessel could be built to be sea-worthy was 525 feet,—the exact length of Noah's ark.

#### Scientifically Built

Thus we find that Noah's ark was built in accordance with the wave-line theory—the immersed hull corresponding with the mathematical curves of the wave lines of the first and second order. The ark represented the largest possible construction that could be properly water-borne upon the sea. Any larger construction would be structurally weak on account of the theoretical requirements to bridge the waves instead of being uniformly buoyed. If built of wood, a larger ship could not long endure the strains to which a vessel is subjected in storms at sea.

The "Great Eastern" was the only wooden vessel known that exceeded the dimensions of Noah's ark, and she "broke her back," and soon proved to be architecturally too weak for the sea. The ark was 525 feet long,  $87\frac{1}{2}$  feet beam, and  $52\frac{1}{2}$  feet deep, while the "Great Eastern," which was built in 1858, was 680 feet long, 83 feet beam, and 58 feet deep.

Modern shipbuilding expresses so much of modern scientific progress that it is interesting to contemplate the wisdom of God, who designed the ark which weathered the greatest storm ever known and was buffeted by seas for over a year.

But this is not all. Modern ship builders have acknowledged that Noah built his ship in the exact proportions necessary for a worthy seagoing vessel. More than that, they have built one of the finest of modern ships in the same proportions of length, breadth, and depth as used by Noah in building the ark.

#### The Ark and the "Oregon"

A Mr. George W. Dickie, a Scotchman by birth and a graduate of the University of Edinburgh, was the designer of the U. S. battleship "Oregon," built by the Union Iron Works of San Francisco. While drawing the plans for this ship, Mr. Dickie's attention was called to a newspaper article ridiculing the idea that Noah and his sons could build a ship on dry land capable of being seaworthy and able to withstand the Flood.

Mr. Dickie looked up the record in Genesis and discovered that the proportions of length, breadth, and depth were strikingly the same as those now used for such large vessels. He was

amazed to find that the dimensions given in the sixth chapter of Genesis corresponded minutely with his plans for the "Oregon," except that the size of the "Oregon" was just one-seventh smaller than Noah's ark.

Mr. Dickie took up the matter with the United States Naval Department, and his plans were accepted. Thus the U.S. battleship "Oregon" was built in exactly the same proportions as Noah's ark, only one-seventh smaller.

In one year, 1898, the "Oregon" sailed from Cuba in the Atlantic to the Philippines in the Pacific. It was such a magnificent vessel that for some time the "Oregon" was the flagship of the fleet. It met every test of a well-built, seaworthy boat.

What a marvellous corroboration of the word of God! What acknowledgment by modern ship designers that the dimensions of Noah's ark were perfect! The battleship "Oregon" is a mute witness to the scoffers of today that Noah scientifically constructed the ark. Let those who have scoffed at "crazy old Noah" tell us where Noah got his knowledge of boat building,—a knowledge that was not equalled by modern ship designers until the close of the nineteenth century. If they answer, they must admit that the book of Genesis is in harmony with the wisdom of the wise men of our day. To account for such skill and wisdom on the part of Noah in constructing the ark, they will be forced to acknowledge the truth of the record in Genesis, and admit that the architect and designer was not Noah, but God.

Putting together the facts we have related, we are forced to but one conclusion. There was an ark built by Noah, so marvellously designed and constructed that it could and did weather the raging waters of the Flood.

"The grass withereth, and the flower thereof falleth away: but the word of the Lord endureth forever. And this is the word which by the gospel is preached unto you." 1 Peter 1:24, 25.

We ask, "Why was the ark built?" To save all who wanted salvation and life. "The earth was filled with violence."

Men "took them wives of all which they chose." The earth was "corrupt." And God said, "I will destroy . . . the earth." Few were saved from the destruction, but thousands could have been rescued if they had cared to accept God's plan. Jesus said, "As it was in the days of Noe, shall it be also in the days of the Son of man." Luke 17:26.

Once again the message of impending doom is being sounded to a "wicked and adulterous generation." God's mercy pleads. His arm is stretched out to save. "Turn ye, turn ye from your evil ways; for why will ye die?"

For the last time a way is provided to escape the vials of God's wrath. Are you prepared to meet God? While the door of mercy is open, linger not; for soon, as in Noah's day, it will be forever too late.

# "An Ounce of PREVENTION is WORTH a Pound of CURE"

By D. H. Kress, M.D.

**P**ATIENTS do not as a rule seek medical advice, or submit to medical examination because they are ill. They consult physicians because of some symptoms which are annoying or which are undesirable, as head aches, nerve pains, nervousness, mental depression or insomnia. These are merely symptoms. What the patient feels concerned about and seeks to get rid of, is symptoms. The only way nature has of informing us that there is something wrong is through these symptoms.

It is not wise to pull down these signals of danger without ascertaining why they exist, yet in almost every case this is what patients feel concerned about. It is symptoms they want to get rid of. This has led to the use of headache remedies of various kinds, and is also responsible for the array of proprietary remedies in use, all of which, it is true, may be relied upon to temporarily hush the voice of nature saying "peace" when there is no peace. This large number of so-called remedies merely makes the patient unconscious of his actual condition. They hush nature's protest and permit the transgressor of nature's laws to go on undisturbed and unwarned of his real condition and danger.

#### Nature's Danger Signals

To the physician a knowledge of the symptoms of his patient is valuable. They aid him in making a correct diagnosis and in his endeavour to ascertain the real condition that exists. To illustrate: A few months ago a patient came to me suffering from nervousness, insomnia and vertigo. He had been disabled for a year and a half, he informed me, not being able to do work of any kind. In making the examination, I was unable to detect the cause of these symptoms. When I suggested that he have his teeth X-rayed, he protested, assuring me that his teeth were sound, there was nothing the matter with his teeth.

After a time I succeeded in persuading him to submit to the X-ray examination. I found that he had four abscessed teeth. Coming over from the X-ray department I met him in the hall and said to him, "My friend, I have good news for



*A little care may avoid an operation*

you." I found that it was very unwelcome news. He said, "Doctor, I will never have these teeth extracted, my teeth are all right." However, in the afternoon he came to my office, having repented, and said, "I think perhaps you better go ahead and do what you think is best." The teeth were extracted, and in two weeks' time the symptoms had entirely disappeared. What this man felt concerned about was his symptoms, but the symptoms were not what I was concerned about so much.

I might cite another case, an extreme case of neuritis. This person was a physician. The neuritis continued for a couple of years and threatened to disable the physician entirely when a careful examination revealed that there was a possible focal infection traceable to the tonsils. The tonsils were not large, in fact they were smaller than normal, yet it was the only thing that could be found to be responsible for the neuritis. After considerable persuasion, the tonsils were removed, and in six weeks' time the symptoms of neuritis which had continued for two years had entirely disappeared.

There are times when pain, nervousness, etc., are traceable to infection from the alimentary canal. Pain in the head is often due to digestive disturbances. It is so easy to give something that will ease the pain, but the cause remains unremoved. When causes are removed, symptoms will disappear. When the bell rings back in the kitchen, it is because there is pressure on the button, somewhere, and the only sensible thing to do is to

ascertain the location of this button. By removing the pressure upon the button, the noise back in the kitchen will disappear.

I do not wish to be understood as affirming that these symptoms will disappear at once. Sometimes patients become uneasy and impatient and worry because after the removal of the causes the symptoms do not at once disappear. It may take several weeks or even months in some instances for the patient to derive the maximum amount of benefit from the removal of the cause.

#### No Dangerous Symptoms

There are a great many people who are suffering from high blood pressure and digestive disorders who are not conscious of having anything the matter with them. I recall one case in particular, a friend of mine who was very active, energetic and able to turn out a great deal of work. He was not conscious of having anything the matter with him. Should you have met him on the street and said, "How do you do?" he would have replied, "I am in excellent health." And yet to my surprise, on taking his blood pressure I found that he had a blood pressure considerably above 200.

This man was not conscious of his condition at all. He had no disagreeable symptoms, and yet he was in a serious condition. In the course of another year or two, or possibly it might have taken five years, he would have developed symptoms of a serious nature. Before these disagreeable symptoms appear, the causes which produce them exist. This emphasizes the need of having an annual or semi-annual physical examination.

Another case I recall that is of interest. I was called to a home where a man had been stricken down with apoplexy. On taking his blood pressure, I found the systolic pressure was 240. The woman with whom he boarded said, "Doctor, take my blood pressure." She was a remarkably active woman, very energetic, and a hard worker. I took her blood pressure, and to my surprise found her systolic pressure to be above 280. I looked at her in surprise. She said, "I do not care what my blood pressure is. I am all right, I feel fine." She represents a large class who are ill and do not know it. They have no disagreeable symptoms.

I think of another case; a woman came to the Sanitarium with her husband. The husband was the patient. She said, "I am well, but I might as well have an examination since I am here." The physical examination was satisfactory, the blood pressure was normal, and every organ seemed to be sound. The urine examination revealed a considerable amount of sugar. By making a chemical analysis of the blood, there was found to be great excess of sugar in the blood. This woman was heading toward diabetes, but was unconscious of it. In another year or two she would have developed an incurable condition. By ascertaining her tendency in time, this was prevented. This emphasizes the need of a careful

examination, periodically. "An ounce of prevention is worth a pound of cure," and an ounce of inspection is a pound of prevention.

## The Benefits of a Contented Mind

By E. Hilliard

A CONTENTED mind is a great factor in the maintenance of faith, and a mighty barrier against discouragement. In fact it is death to discouragement. We had nothing in hand at birth, and we depart this life with nothing. We have food and raiment and plenty enough to keep us cheerful. Why should we not be therewith content?

Every true follower of Christ will rest contented whatever his trials may be. It cannot be otherwise with him who believes, "that all things work together for good to them that love God." Rom. 8:28. No matter whether it be bodily ailments, troublesome circumstances, or tribulation we can rest assured that He who allows our light afflictions will not permit the furnace to be overheated.

He who continues steadfast in faith has nothing to fear. He is contented, even in the furnace, until the dross is consumed. Such can say with the Apostle Paul, "We glory in tribulations." Tribulation works experience, engenders hope, breeds contentment, and makes the trials of life one hundred per cent lighter. A contented mind disperses the dark clouds of adversity and rejoices in the Lord always. It regards trials as God's disciplinary agents to prepare us for gathering with Christ instead of scattering abroad.

A contented, peaceful mind is a great factor in promoting health. It is health to the body and strength to the soul. Physicians tell us the relation that exists between the mind and the body is very intimate. When one is affected the other sympathizes. They also tell us that disease is sometimes produced and is often greatly aggravated, by the imagination. The effect of mental influence, if rightly used, is an effective agency for combating disease.

We are in a world of suffering. But why not make the best of it by being cheerful despite our light afflictions. Many who have slight ailments aggravate their troubles by continually dwelling upon their condition. They nurse their troubles and increase their difficulties by telling others of their infirmities, thus robbing themselves of the peace of mind so essential to the recovery of health.

*There is so much of loneliness*

*On this uncharted earth*

*It seems each one's a prisoner*

*Within a cell from birth.*

*There is such need for union,*

*Such need for clasping hands,*

*Yet we deny the brotherhood*

*The human heart demands.*

—Lucia Trent

**W**ITHIN the span of fifty years, Japan has emerged from the Unknown, to become one of the five principal powers of civilization. Five short decades have witnessed a miraculous leap from junks and beheading knives to super-dreadnoughts and powerful magazine rifles. Nay, Japan has done more than that. She has a larger, faster, and better manned navy than any of the other nations under the sun but two. Her laboratories lead the world along many scientific lines, and her youth hold Western college degrees. Her soldiers are versed and skilled in modern warfare, handle their weapons with great accuracy, and display a zeal and valour in battle unsurpassed by any white army in existence. Japanese armies have developed a shattering attack that is more effective than either the storm of Prussian shock-troops or the fury of a Cossack charge.

Across the East China Sea lies the immense Chinese Republic, of five times the population, twenty times the size, of equal ability and greater resources, that is undergoing the renaissance from which Japan has just emerged. Why deem it fantastic that within the fraction of a century she may achieve even vaster results, especially as we are witnessing day by day the swift changes and rapid developments of her aroused and rapidly uniting peoples?

Overnight she hurled back her greedy neighbours from within her borders and not only saved herself from the fate of pre-war Poland, but regained the greater part of her commercial independence as well. At an instant's notice her raw green troops with their primitive implements and medieval armour disappeared, and the Kuomintang's mighty armies marched and counter marched from the Si-Kiang to the Siberian border. Yesterday, the unmapped interior resounded to the clash and ring of ancient knives, today it rocks and trembles beneath the snap and recoil of field pieces and the pound of heavy guns.

#### Man Power

Like her natural resources, her man power is unfathomable. If every grown man capable of bearing arms were ordered to form a compact column, and march past a given point, ten abreast, day and night, without halt or rest, it would take them thirteen months to pass.

The popular belief that the Chinese individual soldier is cowardly and effeminate is fast being proven to be an error. It may have been so under the old regime, but today his national spirit has been awakened. He is willing to make the supreme sacrifice, and has become a fighting demon. "He lacked, heretofore, a national spirit; he has not been willing to make sacrifices for the common good. China, therefore, has been weak and helpless in international affairs. . . . But if the individual Chinese are inspired with a national spirit, if they realize that in union there is strength, then, with the modern weapons of warfare in their hands . . . they will become one of the mightiest powers that the world has ever seen. This inspiration with a national spirit, this fusing of in-

# JAPAN Reaching

By A



Fires of hate still smouldering

dividualism into unity of a majestic nation, IS NO TAKING PLACE." *The Chinese Revolution—By Arthur J. Brown, pp. 192, 193.*

Such is the situation today, what will it be tomorrow? What does all this portend? What does the twentieth century hold in store?

#### Race Rivalry

There can be only one result. As Mr. Lothar Stoddard says, "Out of all the welter and turmoil that has been going on in China, something very big is coming. Human nature, whether black or yellow, red or white

# WESTWARD

aubitz



Building Wall of Jerusalem

remains the same. When race rivalry once begins, it becomes fiercer and fiercer until one or the other collapses and is ground beneath the heels of the conqueror, finally becoming degraded and almost extinct.

And today, race rivalry has begun, and is fast merging into a mighty conflict. To quote one writer, "The world-wide struggle between the primary races of mankind bids fair to be the fundamental problem of the twentieth century." A. Bushnell Hart, in a recent number of *Current Events*, says, "Unless China . . . perhaps the most dangerous of existing Asiatic powers . . . is included

in effective World Peace, the twenty-first century has terrible possibilities." Another writer makes the statement that "This rapidly approaching and unavoidable conflict between the East and West, courted by the Japanese and launched by the Chinese . . . will not tarry much longer."

India itself is seething with unrest. The Moslem world, long dormant, has awakened and is eager for the fray. Fires of hate still smoulder around the wailing wall of Jerusalem.

Between the East and the West, the three greatest factors of war are hopelessly involved—political envy—race hatred, and religious venom. The melting-pot seethes and boils. What will be the outcome of it all?

Humanity of the twentieth century faces a terrible future. The skies are black with war clouds, and already fitful flashes and rumblings appear on the Eastern horizon. Statesmen who in the past sneered at "yellow journalism" today with real alarm are brought face to face with facts. World thinkers shudder at the horrible possibilities, and look into the near future with awe. Political magazines stress more and more the race question as the pressure of events is brought to bear upon them—for what once was propaganda has become solid facts.

## No Enduring Civilization

Our civilization is but a shell—a gloss on the surface. Underneath its polish and glamour, it is rotten to the core. For years it has been sapped and eaten by subtle influences breeding labour trouble and unrest. Our past few generations have degenerated to an alarming extent. No one can help but admit that we are physically and morally inferior to our forebears who made our civilization possible.

History repeats itself. Babylonish civilization became corrupt, and went down before the hordes of Medes and Persians. Athens fell at the hands of the Romans, and Rome collapsed under the inroads of the barbarians from the north. Culture and civilization are no guarantee of integrity. Life has been and is, a "Survival of the Fittest."

From a human standpoint, we have no hope for our Western civilization. If, as most of the world today believes, this globe runs on through the aeons of time without a guiding hand, letting event follow event as it will, and existing without the supervision of a God, we might appear to be on the threshold of a return to barbarism and a possible dominance of the yellow races.

## The Prophets Speak

But happily for you and me, there is a God in heaven who not only holds His protecting hand over us, but has predicted the outcome of this colossal struggle between the races. Far, far back, before the days when the Russian fleet was annihilated in the Tsi-shuma Strait; before the time when the first ship carrying the stars and stripes sailed into Yedo Bay; before the dust of Polo's caravans wafted across the Whang Ho Valley; before the building of the Wall of China or the journey of Yuan-Chwang; our (*Turn to page 27*)

# Freedom from Constipation

## Without DRUGS

By George E. Cornforth

**T**HERE are four chief causes of constipation: (1) Lack of exercise; (2) habit; (3) mental influence; (4) wrong diet.

1. We do not exercise as much as is natural, or as our ancestors, who lived nearer to nature, had to do to acquire the necessities of life.

2. We have been taught that one bowel movement a day is normal, and we have told our bodies that that is all we will be bothered with and they must accommodate themselves to that habit. But that is, "one-a-day" constipation, and tends to become "one-in-two days," then "one-in-three days," etc.

3. The colon is a very sensitive organ, and is strongly influenced by mental states. Worry, anxiety, and other mental conditions tend to cause obstinate constipation.

4. Refined, modern, civilized diet has had removed from it the very food constituents that are necessary to prevent constipation, namely, minerals, vitamins, natural fats, natural sugars, and roughage.

Constipation then is not natural. If you are constipated, it is your own fault and is due to wrong habits of living, and relief comes by rectifying these errors in living.

1. More exercise should be taken—less artificial conveyance and more self conveyance, less machine production and more muscle production. Walking and gardening are among the best exercises. But there are helpful exercises that may be applied specifically to the relief of constipation, and by which in a short space of time enough exercise for a day can be taken by one whose work is confining.

2. As we have cultivated "one-a-day," constipation, we must cultivate "two-a-day," or "three-a-day," according to the number of meals which we eat.

3. To be free from constipation is another reason for the maxim, "Don't worry."

4. We must replace the artificial, refined, or, rather, "plundered" food by natural foods that have not been robbed of what nature has put into them to make them naturally laxative. This means that white cereals should be replaced by cereals that have been robbed of nothing, as whole-wheat, cracked wheat, oat-meal (natural, unprocessed), shredded wheat, and a few others. White bread and foods made from white flour should be replaced by 100 per cent entire-wheat bread. White, refined sugar and sweets should be replaced by natural sweets—prunes, rasins, figs, dates, bananas, melons, and other sweet fruits,

honey, and, in moderation, maple sugar. These naturally sweet foods can be used in making pleasing simple desserts and sweets (God's sweets) that are not only laxative, but are health building in other ways.

Unwholesome fats should be replaced by the wholesome, naturally laxative fats, eaten in nuts and ripe olives or used clear. Olive oil or other salad oil, three or four teaspoons at a meal, used in raw salads or to season cooked vegetables, often gives the relief sought in an unnatural way by the use of mineral oil.

Natural cereals and breads, with vegetables and fruits, will supply the vitamins that some seek in an unnatural way by eating yeast.

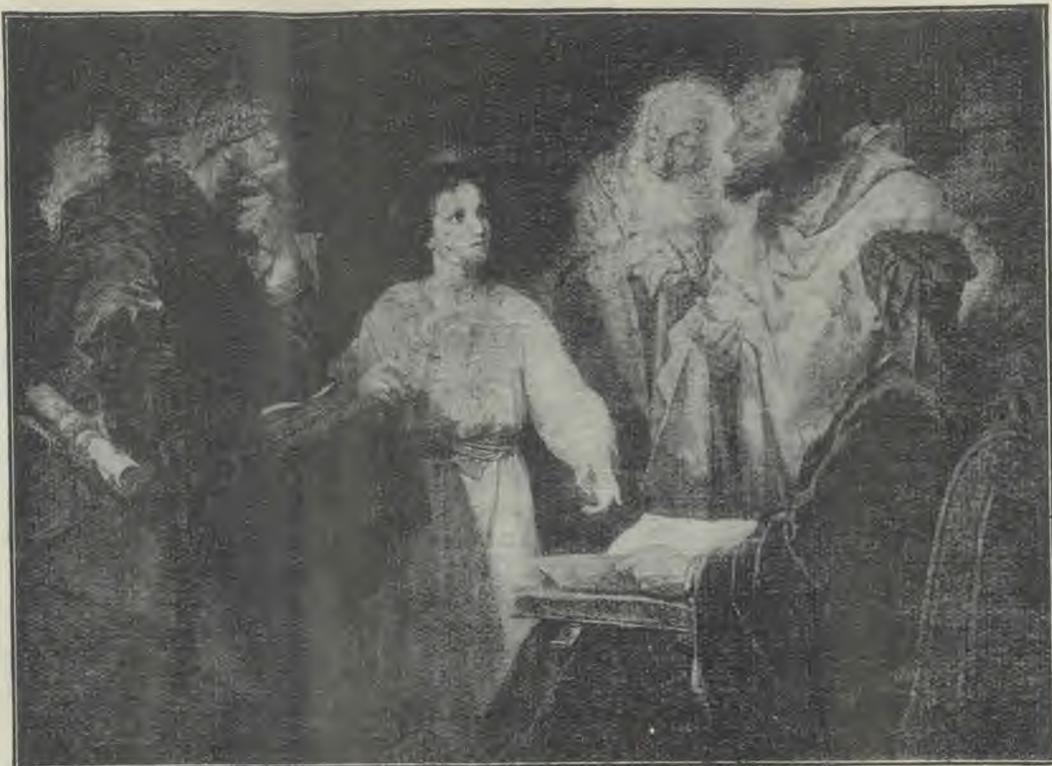
Unnatural, constipating, and health-ruining drinks, like tea, coffee, cocoa, ginger ale, should be replaced by nature's refreshing and health-building fruit drinks.

A failure to drink sufficient water between meals, which is the right time to drink, may be a reason for constipation. Much water taken at mealtime tends to wash down the food and dilute the digestive fluids. A good practice is to drink three glasses of cool water on rising in the morning. At this time the food eaten the previous day has passed well along the alimentary canal, and a large quantity of water taken all at once can pass through the intestine, cleansing it and producing the maximum laxative effect.

Digestion-destroying condiments, which not only injure the villi,—the roots of the body, whose work is to absorb the nourishment from the digested food,—but, with other features of constipation, cause irritation, which results in colitis or extends to the appendix or gall bladder, should be replaced by the inimitable flavours of natural foods, which few people appreciate, because they have been so disguised and covered up by cooking and the use of unnatural accompaniments.

Besides making the replacements of unnatural foods by natural ones, an abundance of vegetables and fruits should be included in the diet to provide the natural stimulus to the bowel that is afforded by the bulk, the minerals, and the vitamins. The acids also of fruits provide a natural stimulus to the bowel, while meat, fish, and fowl decay soonest of anything in the bowel, and produce an alkaline condition of the contents of the bowel which has a paralyzing effect upon the bowel.

Bad cases of chronic constipation need heroic treatment, which means a radical change in diet, not for a day or two, as a medicine might be taken for the relief of some acute (*Turn to page 29*)



*"All that heard him were astonished"*

## WHO IS THE CHRIST?

By W. W. Prescott

**W**HO is the Christ of the New Testament? Matthew presents him as a King who is at the same time "the Son of David, the Son of Abraham." Mark pictures him before us as a servant in saving action. Luke emphasizes the fact that he is the Son of man, born of the Virgin Mary. John testifies that He is the Son of God, who declares of himself, "I AM." Paul assures us that He "was born of the seed of David," but also affirms that He is "the Lord of glory," and "God blessed for ever." Peter, who confessed to His face that He was "the Son of the living God," designates Him as "our God and Saviour Jesus Christ," "our Lord and Saviour Jesus Christ," and yet says that He "bare our sins in His body upon the tree." How can designations so widely different be applied to the same person? Again I ask, with a sincere desire for a definite answer which will satisfy every honest inquirer, Who is the Christ of the New Testament?

### A Satisfactory Basis of Faith

My own experience has suggested that I should attempt to deal with this question. I frankly confess that I read the New Testament for quite a long time without any clear understanding of its testimony concerning Christ, and in my effort to teach the gospel to others in many lands,

both Christian and pagan, I have found many, even among professed Christians, whose ideas on this supreme subject were altogether too hazy to be satisfactory even to themselves.

I was asked, and I ask others, to trust Christ as a Saviour, to surrender all to Him, to accept Him as the Lord of my life, to live only for Him, and to face the last enemy with the triumphant confidence that He has conquered death, and that He will bring forth His followers from their graves to be with Him forever. I was asked, and I ask others, to do all this by faith, but there must be a satisfactory basis for such faith.

I do not mean that everything which we believe must be demonstrated before our eyes, or even that a demonstration to sight would necessarily provide a satisfactory basis for faith. At the same time there must be sufficient evidence of a reliable character to warrant that confidence and that personal trust which will mean a complete self-committal of the whole being to Jesus Christ as Saviour and King. Where, then, can such evidence be found? My answer is, In the New Testament. The real Christ of the New Testament will command our confidence and invite our trust when we are willing, under the guidance of His own teaching Spirit, to seek Him where He is revealed to us.

The distinct purpose which I have in writing

these lines, is to render such assistance as I can to any who have not found in the New Testament a clear and comforting revelation of Christ as the only Saviour, to whom they are constrained to surrender their lives in trustful obedience, and upon whom they can confidently rest their hope for eternal salvation.

#### The Unique Feature of Christianity

The unique feature of Christianity, as compared with any other so-called religion, is that it rests upon a person, Jesus Christ, and so fully is it identified with him that we can safely adopt what has been confidently affirmed, "Christ is Christianity." The Christ of Christianity is a historical person, and there is more and more convincing testimony to the fact of Christ than there is for an Alexander or Napoleon. Christ is the supreme person in history, and we can no more blot Him out of history than we can blot the stars out of the heavens. He is there. He persists there in spite of the misdirected efforts of the doubters of all ages who have sought with unceasing attempts to cast Him down from His place as the God-man.

He has manifested Himself to mortal sight: "The Word was God, . . . He was in the world, and the world was made by Him, and the world knew Him not. He came unto His own, and His own received Him not. . . . And the Word became flesh, and dwelt among us (and we beheld His glory, the glory as of the only begotten from the Father,) full of grace and truth." John 1:1-14. A.R.V. His supernatural works testify to His supernatural character. In Him the invisible God became visible, and so He himself declared, "He that hath seen Me hath seen the Father." John 14:9.

And the Christ who was manifested in history as a person who lived on earth among men, has also been manifested in convincing power in the experience of many millions who have found and accepted Him. While the evidence of personal experience can not be conveyed to unbelievers, yet it can not be ignored by those who are seeking to find the Christ of the New Testament. The Christ of experience is the Christ of history, as has been fully demonstrated.

#### Documentary Evidence

But we must turn to the testimony of the documents. It is true that the historical facts concerning Jesus of Nazareth were not recorded and circulated before any other documents constituting the New Testament were written. Several of the letters of Paul were written before the synoptic Gospels, Matthew and Mark and Luke, appeared, and the fourth Gospel was among the very last of the apostolic writings. But those who had been associated with the Man of Nazareth during his earthly life, and to whom the facts were therefore familiar, testified of them to the people, and thus they became well-known. Before these observers closed their work some of them put their testimony into permanent form for the benefit of future generations, in order that we might have the same basis for faith which was so convincing to them.

At the same time it should be noted that they did not write brief biographies of Jesus. Each one wrote from his own personal standpoint, recording under the guidance of the Holy Spirit selected incidents and teachings which emphasized a different characteristic of the person of Christ, and which taken together constituted a four-fold presentation of His person and work, all leading up to the central features of His mission—the cross and the empty tomb. We must recognize the distinctive aim of each writer in order to read his Gospel more intelligently, and although this distinctive aim is not usually declared in plain terms, yet it becomes evident to the thoughtful reader.

I shall attempt to deal briefly with each Gospel as it appears in the New Testament, with the purpose of gathering from it the testimony which it contains concerning Jesus Christ, as a partial answer to the main question which I have propounded—Who is the Christ of the New Testament?

### *Tell Me When You Eat, And I Will Tell You How You Are*

*(Continued from page 6)*

symptoms are high-way signs, which point the direction in which the ship of health is sailing.

And now what is the remedy for these three symptoms? The remedy is so easy if one is willing to take it, but with long-established cases of constipation it must be said that the cure of the condition is not that of a day, or a week, or a month. It is a matter of several months; at times a year or more before full results are attained. By full results I mean a normal bowel motion at least once every day, without the use of a cathartic or laxative, nor a resort to enemas. What is this wonderful remedy? It is so simple, and the treatment has already been indicated by the discussion. It is merely to establish regular times for eating, and to religiously abstain from eating anything except at those times. The pernicious habit of "having a bite to eat" between regular meal hours is a fruitful source of trouble. No doubt the custom which obtains in English countries of afternoon tea has been the cause of a great deal of gastro-intestinal disturbances of one kind or another. In a word, any practice which interferes with the securing of the stomach of its regular rest periods is bound, sooner or later, to lead to functional disturbances, and if persisted in, to graver troubles in later life.

If sweets are to be taken, they should preferably follow the meal, and not, as many do, be eaten between meals. The best method of spoiling the appetite of a growing child is to feed it sweets between meals. The parents should see that absolutely nothing is given to the child except at its regular feeding time, with the possible exception of water, which we do not consider a food. Growing babies require food at shorter intervals, as we well know, but even this can be overdone, and the baby's stomach will soon manifest its displeasure at being imposed upon.

So tell me when you eat, and I will tell you how you are.

## Mary Had

MARY had a little cold,  
 It started in her head,  
 And everywhere that Mary went  
 That cold was sure to spread.

It followed her to school one day  
 (There wasn't any rule).  
 It made the children cough and sneeze  
 To have that cold in school.

The teacher tried to turn it out  
 And keep the new State rule;  
 But when they passed the water round,  
 That cold went through the school.

Now Mary sleeps beneath the sod,  
 But there that cup doth lurk;  
 And every time the water's passed  
 That cold gets in its work.

—C. W. S.

## Fear or Caution

By Mary Starck Kerr

A GROUP of mothers and teachers were discussing the subject of fear in children. Some of those present, strong in the opinion that we should teach children to be entirely without fear, did not take into consideration the value of caution, and spoke as though the parent or other person caring for a child should let him climb upon the roof if he wishes, stand up and rock in the rocking chair or take any other such risk of injuring himself, teaching him to be brave if he should be hurt on account of his adventurous spirit.

One woman, however, declared that recklessness ought not to be encouraged. In her opinion, the child should be taught caution; he should be taught the danger of burning from fire, or of being struck by a motor-car, or falling if he climbs upon an unsteady structure. Then he should be taught how to avoid all these dangers.

This advice is sound. Both boys and girls can be shown how to light the fire, then carefully put out the match and place it in a tin box or other receptacle, so that there will be no danger of its starting a fire in the wrong place.

Children should be taught to watch for motor-cars before crossing the street, as soon as they are old enough to walk out with their parents. One little fellow was so fascinated on seeing a motor-car, that he wanted to run right out into the midst of traffic to look at the flying vehicle. He was taught the difficulty of stopping a car quickly enough to prevent hitting anything that the driver had not expected to meet, and whenever he was walking with his mother or auntie, they would very

particularly stop at each intersection and say, "Now, we must look both ways to see whether there is a motor-car coming, before we cross the street."

This little fellow was also taught how to climb properly, and what kind of places are good for climbing and what kind are not. Far from making him cowardly, it only made him sensible, as well as brave. It also kept him out of difficulties and he came through babyhood and childhood with very few accidents.

It is the first duty of a parent to protect the child, and there is no better way to protect him than by teaching him to be cautious. The value of the lesson does not stop with childhood; habits formed in youth will go on through life and the child properly taught is not likely to become one of the reckless, fool-hardy persons that "take a chance" on anything, and fill the hospitals with the victims of reckless driving, shoddy construction of grandstands, and fires caused by carelessness.

There should be a clear distinction in our minds between caution and fear. Fear implies nervousness, flight, terror, paralysis of action in some instances, but caution relates to national self-control in situations of real danger.

## Youth's Perils and Home Ties

WHETHER one believes in the depravity of modern youth or that the "revolt of the young" is more apparent than real; whether one looks back to Victorian days as an era of prudish hypocrisy, or regards the nineteenth century as an age when men were more generally honourable and women all but inevitably virtuous, there is not the slightest doubt that the motor-car age is an age of greater exposure to evil opportunity—an era when moral fibres must be stronger than ever before to withstand the tests of the times. No human agency would presume to prescribe a universal set of regulations for problems which must vary with every family, and, indeed, with the individuals within it. But it is possible to express what must be apparent to all: that the families who least fear the present-day problems are those whose homes are themselves the centres of clean, wholesome fun for the young members and their friends; that to ignore the age-old conventions as to reasonable, if invisible, chaperonage, and such things as propriety in dress, is to risk the disasters that were not confined to Biblical Sodom and Gomorrah, but overtook Greece and overthrew Rome as well.

The headstrong boy, the self-willed girl may rebel against even the most necessary restraints—and surely will rebel if these restraints are tactlessly imposed. But a writer in the *Century Magazine* ably sums up the truth when he says: "The cocksure adolescent may resent the strictures of his early training, but he owes his strong body and the decent habits to which he will revert in later life to the same training, nevertheless."—*Toronto Globe*.



## The Charge of the Health Brigade

GERMS to the right of them,  
Germs to the left of them  
Microbes in front of them  
Jeered, leered, and hooted.

Cheer for the health brigade,  
Great was the charge they made,  
Bacilli with fear were stayed,  
Their strongholds looted.

With faces set and grim,  
Health weapons used with vim,  
Each gave the best in him  
To the fierce battle.

Soap, water, sun, and air,  
These were the weapons fair  
That gave bad germs a scare,  
And the death rattle.

—Nina W. Walter

## How the Twins Painted Their Cheeks

I WONDER what she will be like," said Julia.  
"I hope she's pretty," said Molly.

Their regular teacher was ill. This morning there was to be a substitute and the children were wondering what she would be like.

As they came into the school, at the door of their room stood the new teacher.

"Good-morning," she said with the jolliest smile. "I am Miss Brant."

"Good-morning, Miss Brant," said the children together, as they had been taught.

"Are you all here now?" asked Miss Brant looking them over.

"No," said Molly, "I don't believe the 'Late Twins' are here yet."

"What did you say their name is?" asked Miss Brant in surprise.

All the children laughed, and Molly explained. "Their real name is Cate, Miss Brant," she said, "but they never come to school on time, so we call them the 'Late Twins.'"

Just then the big electric bell rang and the children hurried to their seats. That very minute the door was pushed open in a hurry and in came two little girls.

"Good-morning," said Miss Brant, but the twins were so out of breath they could only smile.

The day went so fast that when evening came no one wanted to go home. The children all wanted to stay and help after school.

"Oh, no," said Miss Brant. "I can't have all of you tonight. I will choose some one each day. Dolly and Polly shall stay tonight."

By and by when the blackboards were clean, the papers piled up, and the books in order, Polly suddenly asked, "Miss Brant, what is it that makes you so pretty?"

Miss Brant laughed gaily, and asked, "What is there about me that you think so pretty?"

"Everything," said Dolly and Polly together. "But I think the really loveliest thing of all is that soft pink in your cheeks," said Polly shyly.

"Oh, that!" said Miss Brant. "That's nothing but paint."

"Oh!" said the twins in such disappointed tones that Miss Brant hastened to explain. "It's a very special kind of paint," she said. "My mother put it on for me when I was a little girl not as old as you are, and it has never come off."

"Oh!" said the twins again: but now the disappointment had turned into surprise.

"I didn't know there was any paint that stayed on as long as that," said Polly.

"Could we try some?" asked Polly.

"To be sure you can if you will," said Miss Brant. "All you have to do is to follow the recipe. I will write it on the board for you, and then you may copy it."

Miss Brant went to the board and this is what she wrote:—

### "How to Make a Pretty Child"

"First choose your child—

"Most anyone will do.

Add a quart of milk

And an egg or two.

"Garnish with vegetables and plenty of fruit,  
Top with a pudding or a chocolate mint.

Then put her out in the sun to stay

Till she takes on a rosy tint.

"At half-past seven pop into bed.

Cover up warm, all but the head.

Open the windows and shut the door.

Do not disturb for ten hours or more.

"Now if you've followed this recipe right,

Your child is certain to rise up light,

Her cheeks will be rosy, her eyes shiny bright,

And she'll be happy from morning till night."

"Have you ever seen this recipe in your mother's cookery book?" asked Miss Brant.

"I don't believe it's in there," said Dolly, "because we never go to bed until Mother and Father do."

"Now I know why they look so thin and white," thought Miss Brant, but all she said was, "If you will follow this recipe I can guarantee that the colour will not fade either in sun or in washing."

"Let's try it," said Dolly. "We must go now and show your recipe to Mother. Good-night, Miss Brant."

The next morning on the way to school Miss Brant heard running feet behind her, and who do you think it was? Dolly and Polly.

"We tried your recipe," they both shouted, "and Mother thinks it is the best recipe she ever saw."

When the other children came to school and saw Dolly and Polly, they looked so surprised that the twins laughed until Miss Brant said, "My, the recipe has worked already, your cheeks are as rosy as apples."—*Little Friend.*

# MEATLESS RECIPES

## How To Make Some Delicious Salads

By Nurse E. Crooks

**M**ANY people look upon salad as a spring-cleaning agent for the body on account of its blood-purifying properties. But why not keep up the "salad habit," and so enjoy the good health resulting from a continuous supply of pure blood.

There is no good reason why a salad cannot be made a part of every meal, because it is not only a purifying agent but a body-building, heat and energy producing food as well.

The "orthodox" or conventional idea of a salad is a tablespoonful of raw or cooked vegetables, two or three slices of tomatoes, or a half-ripe banana, served on a lettuce leaf with some rich dressing or vinegar. This is all wrong. Salads should be simple. When complex they are difficult to digest, and much of the good sought is lost.

To ensure good combinations it is best to avoid salads made of both fruit and vegetables, but rather keep to the one or the other. Salad ingredients are better uncooked, thus retaining the valuable salts and vitamins therein. Nuts or cheese are very nutritious, and their use in salads serves as a splendid meat substitute.

Salad dressings vary according to individual taste. Simple dressings are best. If they are rich the benefit of the salad will be lost. Oils are concentrated foods and difficult to digest. Vinegar should never be used, but should be replaced by lemon, grape-fruit, orange, or pineapple juices.

The following recipes illustrate the simplicity with which salads and dressings can be made:—

### CARROT SALAD

*Ingredients:*—Carrots, cucumber, tomatoes, lettuce, dressing.

*Method.*—Mix one cupful grated carrot, two-thirds cupful chopped cucumber, and four skinned and sliced tomatoes. Serve on lettuce leaves with dressing.

### CABBAGE SLAW

*Ingredients.*—Cabbage, cream, lemon juice.

*Method.*—Put a head of cabbage into cold water to make it crisp, run through a chopper or cut fine, and serve with dressing of sweet or sour cream mixed with lemon juice.

### VEGETABLE SALAD

*Ingredients.*—Lettuce, cress, spring onions, tomatoes, cucumber, hard-boiled egg, lemon.

*Method.*—Make a salad of lettuce, cress, spring onions, tomatoes, and cucumber. Mix in salad bowl and garnish with slices of hard-boiled egg and lemon.

### STRAWBERRY AND ORANGE SALAD

*Ingredients.*—Oranges, strawberries.

*Method.*—Sweet oranges, peeled and shredded, used in the proportion of three oranges to a quart of well-ripened strawberries makes a very pleasant salad.

### DRESSINGS

#### CREAM SALAD DRESSING

*Ingredients.*— $\frac{1}{3}$  cup cream; 2 tablespoonfuls sugar; 2 egg yolks; 2 tablespoonfuls lemon juice.

*Method.*—Mix cream, sugar, and egg yolks well together and cook in a double boiler. When thickened, remove from fire and add the lemon juice, and pinch of salt. This dressing may be served with any fruit salad.

#### FRENCH DRESSING

*Ingredients.*—1 tablespoonful lemon juice; 3 tablespoonfuls olive oil;  $\frac{1}{2}$  teaspoonful onion juice.

*Method.*—To the lemon juice, salt, and onion juice, gradually add the oil, beating all the time.

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*Ques.*—"I would appreciate it if you could give me any assistance in regard to the following: I have been in — just three months, and am losing a great deal of hair. Another thing I have noticed is, that I have quite suddenly developed peculiar brown marks on my face. Being rather a "liverish" person, do you think these marks are due to a "lazy liver"?"

*Ans.*—Evidently the falling of the hair and brown discoloration of the skin are both associated with some change in the functioning of your endocrine glands. This may involve such organs as the pituitary, thyroid, adrenals or ovaries. A change of function in either one or several of these glands may be accompanied by the symptoms mentioned. Sometimes the liver may also be involved.

There is a form of brown pigmentation resulting from exposure to the tropical sun in one who is a recent comer to the tropics.

It would be necessary to have many more details of the case in order to be positive as to the exact cause.

*Ques.*—"Please give cause and treatment of piles. Will proper diet help? If so, send such a diet."

*Ans.*—Piles are varicose veins caused by back pressure. This may be because of some tumour within the abdomen, or a hardened liver, or chronic constipation.

Diet will probably help where the cause is constipation, but otherwise I would not know just what to prescribe that would be helpful. I am inclosing herewith a laxative diet, in case you have need of anything of this kind.

*Ques.*—"What causes nosebleed in a fourteen-year-old girl, who when younger was threatened with St. Vitus' dance?"

*Ans.*—It is not at all uncommon for girls at age of puberty to have nosebleed at somewhat frequent intervals. This I suspect is a type of vicarious menstruation, and believe that in course of time this will cure itself. If it does not, you should consult some doctor and have her examined.

*Ques.*—"What causes gray hair? How can it be prevented? 2. How can the natural colour be restored. 3. Are dyes safe to use?"

*Ans.*—1. Any one who discovers the cause and prevention of gray hair will make a fortune.

2. By dyeing.
3. No.

*Ques.*—"What should one do for broken arches?"

*Ans.*—Broken arches are the result of weakened ligaments. Some persons say that arch supports only increase the difficulty, and advise certain exercises to strengthen the arch. But for the average person, a properly fitting arch support, I think, gives the best relief. As to whether these should be built in, I think might depend on circumstances. I have seen persons get along very nicely with loose arch supports. Where it is possible, I think it advisable for one with arch trouble to consult a reliable foot specialist.

*Ques.*—"I am bald on top of my head, though there are a lot of fine hairs there. Can these be stimulated to growth by shaving the part? I am massaging my head with vaseline."

*Ans.*—Baldness usually indicates that the scalp is not properly nourished. When the hair follicles have atrophied, very little can be done, either by shaving or by massage. Still you might try it, as it can do no particular harm.

You have the consolation that an eminent scientist has said (I suspect that he is bald) that bald-headed men are as a rule brainier than those who have an abundance of hair.

*Ques.*—"I suffer from catarrh of the nose, and find it difficult to breathe through the nostrils at times. Deep breathing exercises give me a sharp pain in the head for a few seconds and make me dizzy. My age is sixteen."

*Ans.*—It is very important to keep the digestive organs in good working order, and the bowels regular. They should open at least once a day. Cooked fats or butter and sweets especially must be avoided. Take no food in which fat or butter has been used in the cooking.

Breathe through the nose and exercise as much as possible in the open air. Keep the skin active by daily sponging with hot or cold water. Keep the feet warm. Cold feet and legs cause the lining membrane of the nose to become congested.

Mix together equal parts of common salt, borax, and bicarbonate of soda. Add a teaspoonful of this to a pint of water. Pour into the palm of the hand and sniff up both nostrils; the fluid should reach the throat and some of it be expelled through the mouth. This treatment should be taken morning and night.

*Ques.*—"I have inflammation of the bladder. I have acidity continually. I eat all sorts of green vegetables (except cabbage), but I get a lot of wind."

*Ans.*—Foods that cause wind should be avoided even though they are good for most people. Vegetables, especially potatoes, often disagree with people who have acid dyspepsia. A little cauliflower, cooked celery, spinach, or French beans perhaps would agree. Where there is acid, a drink of half a pint of hot water or hot water and milk with meals is often helpful. The fluid dilutes the acid. Half an hour after meals another glass of hot water should be slowly taken. Lightly cooked eggs and milk generally agree with those suffering from acid dyspepsia. A poor digestion often means acid urine and irritation of the bladder. A little water (hot or cold) can with advantage be taken frequently during the day. Ripe fruit after breakfast and the evening meal is good for the bladder as long as it does not upset digestion. A glass of milk (hot or cold) four or six times a day for two or three days without any other food would probably do our correspondent good. With such light food, however, the patient should rest practically the whole of the day.

*Ques.*—"Is there a cure for the morphine habit?"

*Ans.*—The morphine habit may be cured in one who is determined to give it up. But one is not likely to cure himself. The morphine addict will simply deceive himself, and on one pretext or another will go on with the habit.

The cure is a matter of conscientious and skilful management by a physician or in an institution where the management of such cases is understood.

*Ques.*—"What can I do to avoid having very bad pains from gallstones? Two doctors told me I had them."

*Ans.*—"The proper treatment of gallstones is surgery. One bad spell of passing gallstones is more painful than many operations. Preventive treatment consists in removing the cause of the gall bladder infection. It may be bad tonsils, or infection of the sinuses of the nose—"catarrh"—or some other infection."

Hot applications at the time, or a hot bath may relieve the pain somewhat, but often the pain is excruciating, and does not yield even to morphine. Be careful to avoid anything that might cause an attack of indigestion, for such an attack may be followed by gall bladder trouble. During an attack the patient should of course be in bed and on a light diet, and have fomentations or hot packs to the region of the liver.

# The CARE of the HAIR

By Dr. M. L. Handshun

**T**HE state of the general health has much to do with the appearance of the hair. Compare the dry, stiff, lusterless hair during and soon after sickness with the silken beauty of that which crowns the woman who is in perfect health and does not neglect herself. The first essential, therefore, is to be well.

## How Often to Shampoo

In fixing upon a rule for the very necessary task of keeping the hair clean, it should be remarked that localities differ. In a very dry, dusty country, or in a smoke-begrimed city where Old King Coal (if Mother Goose will pardon the variation in spelling!) rules everything with his bituminous sceptre, the hair and scalp should be washed twice a month, or oftener if very oily. In cleaner localities once a month is often sufficient; but the appearance of the comb and brush after dressing the hair will help to a decision. Monthly and weekly may be regarded as two limits.

## Directions for Shampooing

Use warm, soft water, or warm water with borax, and either Wright's coal-tar soap, Pears' soap, or pure white castile. Best of all is a soap made by dissolving together a mixture of the castile, Pears', and Wright's coal-tar soap.

Comb the hair upwards, gather it in one hand at the top, letting it fall downward; dip both hair and scalp into the water, then lather them with the soap. Rub it well into the scalp with brush or fingers.

Light hair, or that of the much-admired hue which is "brown in shadow, gold in sun," should be washed with the yolk of an egg. This will help to maintain its golden tints. Mix the egg with a pinch of borax and a pint of warm water. A more thorough egg shampoo has been described in an earlier issue. In any shampoo a great deal depends upon the rinsing.

Rinse the hair and scalp thoroughly, using clear waters, first warm, then cold, and after a soap shampoo one of the rinsing waters should contain vinegar, not of the acetic acid but of the pure malt or cider vinegar, a teaspoonful to a quart of water. This neutralises the effect of the alkali of the soap. (Or lemon juice may be used to neutralise the alkali.) Hot and cold water applications are among the most valuable tonics that have ever been discovered for the hair and scalp. In making these applications use water as hot and as cold as you can stand it, for this invigorates the hair and accelerates the circulation of the blood around the scalp.

In scalp treatment in some hairdressing parlours this is done by soaking a rough Turkish

towel in hot or cold water and laying it on the head. This process prevents getting all the hair saturated. When washing the hair as well as the scalp, however, this precaution need not be taken, but the hot and cold applications are good at this time.

Rub the hair and the scalp well with a dry, warm towel, parting the locks until all the surface of the head has been reached. The use of a fan, or the breeze from an open window will hasten the drying process, and if it can be in the sun, so much the better. Never begin combing the hair until it is almost dry. After it is dry, then is the time to give the scalp a thorough massaging. Rub into it a very little olive oil, applied with the fingers. It takes the place of the natural oil, removed by washing; it is soothing, and a good protection against taking cold.

## Thorough Drying Necessary

Care should be taken to leave the hair down until quite dry. If it is pinned up while still damp, the good effects of the shampoo are very largely lost, as the scalp becomes rancid and the hair stiff.

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### Cold Weather Precaution

Another time that it is not well to leave the hair damp is in cold weather when going out. Children often contract colds and catarrh by having the hair dampened in dressing it, and then hurrying at once to school. The brush should be only lightly wet if at all, and the hair be allowed to dry before exposure to cold.

### Splitting Hairs

After a shampoo, it increases the growth and vigour of the hair to clip off all the split ends in sight. Splitting of the ends of the hair results from insufficient nourishment of the oil glands. If the ends are either clipped or singed about once a month, and the scalp massaged, it will remedy this condition.

### Massaging the Scalp

To do this, all you require is your hands. There is no occasion for tangling the hair, when it is only the scalp that is being treated. Run your fingers carefully along your scalp and then rub them back and forth for about half an inch, being careful when you have massaged that particular spot to withdraw your hands to work upon another place. Massaging is simply rubbing the scalp all over with the tips of your fingers. Be careful not to scratch with your nails.

### Dead Hair

When you begin massaging the scalp, you need not be surprised if on combing it, you take out what you consider to be good hair. As a matter of fact these are dead hairs, and in removing them you add so much more life to the hair that is left. This process is like pruning of dead branches from trees in order to give strength to the living parts. If the roots of the hair are alive, new hair will take the place of the dead which has been removed by massaging the scalp.

### The Comb

In combing the hair use a good coarse comb taking care that all of the teeth are smooth and firm, so that they will not tear or split the hair. Never use a fine comb. It irritates the scalp; injures the roots and causes dandruff.

### Use of the Curling Iron

As to the curling iron, it has ruined many beautiful heads of hair. If the iron is used carefully and at the proper heat, the hair is not injured, but if the iron is too hot, it burns the life out of the hair and its brilliancy is gone. If the curling iron is too hot, stop using it or wrap soft paper around it.

### Brushing

A good hair brush, or two of them, skilfully and regularly used, will prove the best of tonics for hair and scalp. All tangles should first be removed with the comb. Taking the brush, apply it first with a short, circular, scrubbing motion, to every portion of the scalp, not vigorously enough to cause soreness, but just enough to penetrate the hair and enliven the circulation of the blood, thus stimulating the oil glands. The brush is then applied to the hair itself, from roots to ends, with

firm, gentle, even strokes. Twenty-five to fifty strokes, given night and morning, will keep the hair beautifully soft and glossy, and is better than any pomade which could be used.

### A Luxury

A delightful fragrance and silkiness, lasting for days, can be imparted to the hair, if one has time and patience to attend to it, by dusting orris powder on the scalp; but it requires such a long time to brush it from the hair that its use in this way will hardly become general.

### Braid the Hair Loosely at Night

Never under any circumstances allow the hair to remain at night in the coil or plaits worn during the day, for injury is done to the scalp and the hair soon assumes awkward lines, from the hours of pressure in the wrong direction. Before retiring brush the hair thoroughly and confine it in one or two very loose plaits. This will ensure a free circulation of air through the hair and relax the delicate muscles of the scalp, which are more or less irritated by the pressure of numerous pins and the weight of the hair confined largely at one point.

## Can a Man Attend His Own Funeral

*(Continued from page 9)*

come to honour, and he knoweth it not; and they are brought low, but he perceiveth it not of them." In Isa. 38: 18 it is made very clear that when a man dies he can hope to learn nothing more.

More than this, the Scripture is not silent regarding the great question as to whether or not the dead can return to the house where they once lived, talk to their living relatives, play the piano, and have their photograph taken with the family group. In Job 7: 9 and 10 we have the assurance that the dead cannot return to the home where once they lived, for we read, "As the cloud is consumed and vanisheth away: so he that goeth down to the grave shall come up no more. He shall return no more to his house, neither shall his place know him any more."

Therefore, when the living die they are dead; they know not anything; they have no part in anything going on under the sun; they cannot love or hate any more; they know nothing about their sons yet living on the earth; they cannot visit the old home; they cannot talk to the living. They simply know not anything until they are awakened on the resurrection morning.

That they will be brought back from the grave is stated in Hosea 13: 14, "I will ransom them from the power of the grave; I will redeem them from death: O death, I will be thy plague; O grave, I will be thy destruction; repentance shall be hid from Mine eyes." In Rev. 14: 13 we are assured that the dead are resting from their labours, "And I heard a voice from heaven saying unto me, Write, Blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labours; and their works do follow them."

In spite of these many plain statements of the Word of God, telling us that the dead cannot attend their own funerals, and do not know anything any more, many have come to doubt God's word on this point because of certain miraculous demonstrations brought to view through modern spiritualism. In a subsequent article we plan to discuss modern spiritualism, showing whether it is of God or the devil, and just who it is that comes back to the old home, plays the piano, or has a photograph taken with a family group, pretending to be some dead relative.

We shall find in that study that there is no contradiction between the word of God and certain miraculous manifestations that the world has had its attention turned to especially as a result of the teachings of such men as William T. Stead, Sir Oliver Lodge, Sir Conan Doyle, and others. Thus, desiring to know the truth of the matter, we will find it clearly brought to view in the Scripture as we continue to study.

## Japan Reaching Westward

(Continued from page 17)

God revealed through His prophets the whole panorama of world events from that day to this, and from now till the end of time.

Through His inspired penmen, we are told, in graphic detail of the gradual rise of modern civilization and the industrial revolution, (Dan. 12:4) and the labour strife and the oppressions of the capitalists. James 5:1-6; Hab. 2:6-9. The moral and physical degeneracy is foretold in 2 Tim. 3:1-5, while Isa. 2:2-4 tells of the "peace and safety" talk that has become rampant. Daniel and the Revelator proclaim the political events of the centuries—the rise and fall of the nations—the sway of world powers as we have them today.

In Rev. 16:12, we are told, "And the sixth angel poured out his vial upon the great river Euphrates; and the water thereof was dried up, THAT THE WAY OF THE KINGS OF THE EAST MIGHT BE PREPARED." The American authorized version renders it, "That the way of the kings 'from the rising of the sun' might be prepared."

These symbols are easily explained. In the next chapter, it is stated that "the waters which thou sawest, . . . are peoples, and multitudes and nations, and tongues." In other words this verse symbolizes the "drying up" of Turkey—the "Euphrates Valley," in order that the way might be opened for the mighty invasion from the East—the Rising Sun.

Japan calls herself "The Land of the Rising Sun." China has adopted the rising sun as her symbol in place of the dragon of the old regime.

Have not the past few centuries witnessed the collapse and decline of the Ottoman Empire until today Turkey retains only Constantinople and a small strip of Asia Minor?

As yet we cannot foretell the exact events which will bring to pass the complete fulfilment

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of this prophecy, but we do know that both world events and scriptural predictions show that we are about to face a great calamity.

Reader, will you not take hold of the hope that is given us—the only hope that this doomed world can offer—and yet the grandest hope that imagination can picture? No penance to perform, no debt to pay, the gift is free—Christ died that all might be saved. Your soul is precious in His sight—He would have died for you alone.

The world will not last much longer, and life itself is uncertain. Why not accept Him now, and do His will so as to be ready when He comes?

## Bran as Laxative

BRAN is one of the very best of all laxatives that can be used for an indefinite time without injury. Bran is laxative for the following reasons:—

1. It contains a suitable proportion of cellulose, a substance which the human stomach and intestines cannot digest. The result of this fact is that when bran is freely used, it greatly increases the residue left after digestion and the absorption of the digested products. Such food-stuffs as white bread, milk, meat, sugar, syrup, lard, butter, soups, and broths are practically all digested and absorbed, leaving behind no residue.

2. The bran stimulates the mucous membrane of the intestines.—*Selected.*

## Eat Carrots for Health and Beauty

By A. L. King

THE members of the Medical Research Committee have been studying carrots, and the publication of their discovery of the health-promoting and disease-preventing properties of this humble vegetable has resulted in such a run on it of late as to have almost caused a famine in supplies, says an English newspaper.

It is, however, authoritatively stated that carrots are richer in the vital vitamin A than even apples or oranges.

Now we are told by a learned professor that evidence is accumulating showing that a deficiency of vitamin A leads to easy infection of the body by bacteria, common colds, and influenza, even consumption and pneumonia. There is no doubt, he says, that the presence of vitamin A in the diet lessens susceptibility to disease. This vitamin, by the way, is one of the two vitamins usually found in the fatty parts of foods.

### For Complexion Treatment

Health and beauty go together, but the value of the carrot as a beautifier of the blood and complexion is realised by far too few women.

Carrots are rich in blood-purifying minerals, and the woman or girl with a dull, lifeless skin is advised to adopt a diet of carrots. To get the full benefit possible, they should be eaten raw—when besides being good for the teeth, as they clean the surface and stimulate the gums—they are good for the skin, and also the hair. Carrots, you know, are given to horses when the coat requires improvement.

An American lady once stated that as a girl at school she and her companion ate raw carrots for this purpose, and if the clear fineness of her skin could be taken as evidence, it was a proof of the efficacy of the diet.

### Try These Methods

It may, however, take a little time to acquire a taste for them in this condition, but if you start on the baby carrots—which, by the way, is the time to eat them at their best, and as they are usually eaten on the Continent—you will not find much difficulty in liking them.

They should, however, be grated, a "tip" given by a Polish lady doctor. If grated very finely and used as a sandwich filling to thickly buttered brown bread, you will find the result most appetising.

If you wish to make them still more "tasty" spread a little mayonnaise over the grated carrot before putting on the upper slice of bread.

Carrots boiled, or baked with a little butter, are delicious, and if you have any left over, dice them and serve with mayonnaise sauce.

Anyway, a raw carrot every morning, and a boiled one at night (if you prefer it cooked) for a month, will result in such a wonderful improve-

ment in your health, and complexion, that the treatment will be voted well worth while.

But do please use carrots when young and tender, not when tough and stringy.

A dish of grated raw carrots will be found delicious. Use it often.

## The World Cry for Peace

(Continued from page 4)

We have lost interest in being prepared for cannon fodder. In a sense I am presenting an ultimatum, rather than a petition. The students whom I represent are watching critically every action of this Conference. For behind your deliberations stands staring down at us the spectre of death."

Following this amazing appeal of youth, a white-haired elderly gentleman spoke with great solemnity on behalf of the International League for the Rights of Man. He called the delegates to remember that the 10 million dead of the Great War demanded action. He spoke, too, of the dead of the next war. "If there is no generosity in your discussions," he said, "the evil will become incurable. If the Disarmament Conference is merely a clash of national egoisms then the time is soon at hand when no mother will be able to bear a child, whether male or female, without wondering what sort of death it will die—whether it will be crushed under the ruins of its home or poisoned by gas dropped from the sky.

Lastly came the appeal from the Workers Organizations. And here was sounded not only a note of protest, but an ominous, veiled threat of revolution, should war be thrust upon the world again.

"The patience of the peoples is strained to the utmost," said M. Vandervelde, representing the Labour and Socialist International, in a burst of oratory that was loudly applauded. "We have not come here to utter prayers, to express hopes—we have come to state demands. . . . We ask for the abolition of the distinction between victors and vanquished; the maintenance, but also the generalization, of the disarmament already imposed by treaty; and finally, international control. We demand it on behalf of the peoples who are tired of paying collectively the fabulous sum of 100 milliards of gold francs per annum for the international war budget; we demand it on behalf of the socialist workers of all countries who refuse to march once again towards the abyss like blind led by the blind. If it were to start again, they are firmly decided, if not actually to throw away their arms, at least not to use them against one another. We leave it to you, as statesmen, to draw the necessary conclusion."

Thus from all phases of life the cry for peace was raised. No one could listen to these desperately earnest appeals without being deeply moved. It seemed as though mankind, realizing at last its impending doom, were making one final, frantic, despairing effort to escape it.

"Deliver us!" is the prayer of the world to Geneva. "Save us from the dread terror that threatens to engulf us."

Oh, the pathos of that cry!  
Who dare despise it or ignore it?  
But can Geneva save the world?

It might, but for the fact that the sinister forces arrayed against it are beyond human control. Alas! for the spirits of devils have gone forth "to the kings of the earth and of the whole world, to gather them to the battle of that great day of God Almighty." Rev. 16:14.

Against such forces only God can prevail. Our trust must be, not in princes, but in the Lord God of Hosts. Ps. 146:3, 4. "Behold," He says, "I come." Rev. 16:15. The true Deliverer is at hand, "even at the doors."

Let the world direct its cry unto Him.

## Freedom from Constipation Without Drugs

(Continued from page 18)

condition, but to be continued indefinitely. When a diet is found to give relief, that diet should be persistently followed.

Here is an example of a diet which has relieved many cases that were declared incurable by diet alone.

### BREAKFAST

- 3 slices of 100 per cent entire-wheat bread toasted dry.
- 3 teaspoons of olive oil or salad oil, if you can persuade yourself to eat the oil with the toast. Otherwise, use vegetable butter, which I believe is more laxative than dairy butter.
- $\frac{1}{2}$  to 1 cup of ripe olives, according to the amount you can persuade yourself to eat.
- 8 prunes soaked in water in the refrigerator 24 hours or longer.
- One or two other kinds of fresh fruit, if desired.
- 3 or 4 walnuts or Brazil nuts, or an equal weight of any other kind of nut.

### DINNER

- Baked potato (eating the skin).
- Spinach or onions. One other vegetable.
- A large raw vegetable salad. This may be made of raw cabbage, raw carrot or turnip grated, celery, lettuce, tomatoes, water cress, raw spinach, or any combination of raw vegetables.
- 4 teaspoons of oil, used on the salad, baked potato, and vegetables.
- Cottage cheese, or nuts, or beans.
- Ripe olives.
- Entire-wheat bread and honey for dessert.

### SUPPER

- 8 soaked prunes or 4 soaked figs.
- One or two other kinds of fruit, preferably raw.
- Entire-wheat bread, or rye crisp, with oil or vegetable butter.
- Soaked figs may be substituted for the prunes for breakfast, or dates or raisins. The dates and raisins need not be soaked.

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All vegetables that are cooked should be cooked in such a way as to preserve the minerals and vitamins. "Waterless" cooking with the heavy aluminium utensils is best.

## Breathing Cure for Sea-Sickness

THOSE to whom a sea journey presents terrors may find in the "regular breathing" method a cure for the unpleasantness of sea-sickness.

In the *British Medical Journal* Dr. Arnold C. Ingle, of Tunbridge Wells, tells how, on a crossing from Southampton to Jersey one very rough night, he felt the onset of sickness and, remembering a suggestion of student days, concentrated his attention on maintaining a regular respiration. It served him well. He adds:—

"On another occasion I was in a small yacht in the North Sea with three other amateurs. It became rough, and there was difficulty in managing the boat.

"To my dismay, the one of the four who knew more about sailing than any of us had to retire to the cabin because he was beginning to feel sick.

"Again I remembered the suggestion, and I persuaded him to breathe regularly to the raising and lowering of my hands. After ten minutes or a quarter of an hour he said, "Thank you; I feel better. I will lie down again and I think I shall be all right."

Dr. Ingle adds that with a second effort the man's trouble passed off entirely.—*Selected.*

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## Increase of Juvenile Criminals

LEWIS E. LAWES, Warden of Sing Sing Prison, U.S.A., in the *American Magazine* says:—

"In my twenty-six years' experience the two most significant trends I have observed have been the increasing percentage of crimes of violence and the increasing youth of the offenders. For example, up until the war the percentage of prisoners admitted for robbery was a pretty constant 3 per cent. After the war it jumped to 17 per cent. By 1929 it was 27 per cent. In 1930 it was 37. In the first six months of 1931 it was 41 per cent. The average age of the offenders in these crimes of violence was about nineteen.

"The causes are complex and lie deep in our social system. The aftermath of the war, the passage of the Prohibition and other laws which for the first time make crime really pay the lack of home training, the idea of easy luxury without hard work, gleaned from the movies—all these have had their part."

What is true of the prisons of America, is more or less true of India and other countries. There is a great and alarming increase in the number of young people engaged in crime. That increase is in almost exact proportion to the prevalence of the causes Lawes mentions, "Lack of

home training." How many "Christian" homes have family worship? Moving pictures are not in themselves harmful because they are moving, but a glance over the programme of the picture shows offered in any city indicates that the chief appeal is untrue sex life, law-breaking of some sort, or ridicule of religion. Is it any wonder that the boys and girls in their teens who make up the bulk of the movie audiences want to go out and do just like — did on the screen? The educational value of the films is often pointed out; but somehow I would prefer to have my boy and girl not quite so highly educated, as to have them get that brand of education. I want to educate them so they will not need to take a post-graduate course in prison at government expense. R.A.B.

## Why the Collapse?

INVISIBLE from the outside, but little by little eating away the strength of the oak beams supporting the roof in the Sistine Hall of the Vatican Library, tiny wood-boring worms caused the loss of several lives, and treasures valued at millions of rupees. The frescoed ceiling can possibly be re-copied from photographs. The books may in some cases be re-bound, and other efforts made at restoration, but it will never be the same as before.

How like life. A man stands high in his village, town, church, or country. He is looked up to as a model by old and young, is considered a real strength and asset; suddenly he breaks under some little pressure, and leaves behind him a trail of ruined homes and blasted hopes.

Everyone wonders how it could be, and what great crisis caused him to fall. It was the hidden things the "invisible wood borers" that have been eating at his moral fibre. On the surface everything may have appeared to be strong sound wood, but the heart was only worm dust and weakness. R.A.B.

## Henry Ford and His Bible

A QUESTION which I am frequently asked is, "Does Mr. Ford read his Bible and is he interested in it?" The answer is that he took a pledge. He took the pledge with President Woodrow Wilson during war days, when Evangelist Wilbur Chapman was touring the nation for this purpose. He keeps that pledge, and in order to do so he has a Bible in every room of his house so that when he sits down he will have the Book of books handy to his reach and to his heart.—Cameron Wilkie.

## The Bible

WHETHER it be the law, business, morals, or that vision which leads the imagination in the creation of constructive enterprises for the happiness of mankind, he who looks for guidance in any of these things may look inside its covers and find illumination.—President Herbert Hoover.

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# The Family Library

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## EPIDEMICS : How to Meet Them.

THE appearance of Spanish influenza in 1918 was of so violent a character as to arouse the people of all lands to the most active efforts in combating its progress. It is said that during the first three months its toll of human life was almost if not equal to the fatalities in battle during the entire four years of the Great War.

The publishers of this little book desire to join their fellow men in the fight of these enemies of mankind. It is not published for profit, but to give to as many as possible some practical help in time of need. Men and women of all communities, therefore, are invited to join in the effort to place this useful book in every home in the land; for it is confidently believed that an intelligent knowledge of how to meet these epidemics will save for future usefulness the lives of many, besides preventing much needless suffering and sorrow.

## FACING THE CRISIS :

by *Francis McLellan Wilcox*

THIS is a fateful hour. It is an hour of great opportunity and of great danger; and an hour also of solemn responsibility because of the opportunity and because of the danger. Whether we consider it in its political, social, economic, or religious aspects, the present finds no counterpart in history.

What may we hope for the future? What will be the end of present world conditions? What mean the continued preparations for war? What portend the low rumblings of social discontent which we hear on every side? the class wars which exist? Do these conditions presage ill for the future? or are they necessary processes in the period of evolution and re-establishment following the political, social, industrial, and religious upheaval caused by the Great War?

## A JOURNEY TO HAPPY HEALTHLAND : by *Belle Wood-Comstock, M.D.*

THROUGH stories the author develops for the children a complete system of health habits that are in full harmony with the latest findings of medical science. These stories, though teaching technical principles, are very interesting, so much so in fact, that the tendency will be for the child to want to hear or read for himself the entire book in one evening. There are, however, fifteen chapters, each of which could profitably form the basis for a bedtime story.

The colourful cover graphically depicts an imaginary voyage arranged to avoid sickness and land the boy or girl safe in "health harbour."

## PEACE OR WAR :

by *John L. Shuler*

IS a world which is becoming, with each passing year, more closely knit together, war and bloodshed have no rightful place. Humanity greatly desires peace, and statesmen are seeking to maintain it. It is still the hope of multitudes that the goal expressed in the slogan, "The War to End War," used so often during the great European struggle, has indeed been reached. And yet, more than a decade after the Armistice and the close of the great holocaust, we still see upon the horizon the clouds of armed conflict.

Notwithstanding sincere efforts on the part of the leading nations to establish permanent peace, never in the history of man were the times more ominous, or pregnant with greater events. A spirit of change is rampant throughout the whole world. A feeling of anticipation regarding the future is widespread. Everywhere we meet people who are anxiously scanning the political horizon, and asking, "What next? Where are we going? Will it be peace or war?"

## THE OTHER SIDE OF DEATH :

by *Carlyle B. Haynes*

A KNOWLEDGE of man's past conditions can be acquired from history. From a study of current events a knowledge of his present condition can be gained. But his future—who shall tell us of it? And upon what authority shall we rest our confidence that there is to be a future?

The whole scope of human vision is bounded by death. Death brings to a close all human plans, hopes, and joys. Human reasoning cannot pierce its blackness or bring its secrets to light. Its impenetrable darkness is not lightened by any of the innumerable philosophies of men. It is an enigma, a mystery, a black and forbidding cloud, which will reveal its secrets to no one. We may wander through all the mazes of human knowledge, and explore the very depths of thought of the wisest of men, and travel over all the paths which men have trodden for ages, but we shall find not one ray of certain light which will illuminate that untravelled path before us and upon which our feet may enter at any time. Read of what is on the other side of death.

## WHAT IS COMING :

by *Carlyle B. Haynes*

TODAY we are facing a new order of things. And we do not yet know what it will be. There are possibilities in each new day that are appalling. Tremendous movements are now taking place overnight which heretofore have been stretched over generations. A new world is in the making.

Nothing is sure or certain as far as human wisdom can discern. Nothing is substantial. That upon which we have built our civilization may be swept away overnight. We may expect anything and be certain of nothing.

Beneath the shifting shadows forecast by events to come, many an anxious watcher stands, peering into the gloom-curtained future, seeking to penetrate its mists.

A vague impression has taken hold of men everywhere that some great event lies just in the future, whether for good or ill they do not know. And all the anticipations of men are gilded or clouded by this impression of coming good or ill. We hear voices on every side each proclaiming its own view of the future in tones poetic, oracular, prophetic, sublime, or ridiculous, but what is really coming?

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