




Mussoorie

The Oriental WATCHMAN and Herald of Health

MAY, 1933

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THE average life of motor car is 7½ years.

FARM land makes up 16 per cent of the total area of Japan and 48 per cent of all the families of that nation are engaged in agricultural pursuits.

THE entire gold stock of the world is estimated at about seventy-five billion rupees. About one half of this gold is used for monetary purposes.

THE three largest cities of the world are London, New York and Tokio, the first two running neck and neck with a population of more than 6,900,000 each, the latter with 5,000,000.

RECLAMATION of 200,000 acres of Pontine marshes near Rome is nearing completion. Farmers are already occupying this fertile land which has been abandoned for more than 2,500 years because of the malarial mosquito.

THE largest radio tube ever constructed has been built in the laboratories of Metropolitan Vickers Co., Manchester. It is made of iron and steel and has an input of 500 kilowatts.

DURING 1932 the main dyke, 18½ miles long, closing off the Zuider Zee of Holland from the North Sea, was completed. This will add more than one-half million acres to Dutch farming land, and reduce the Zuider Zee to a fresh water lake, one-fourth its original size.

THE tiny island of Capri, just off the west Italian coast, has long been a convenient stopping place for birds winging their way from Europe to points South and return. But many of the feathered migrants have gone no farther, for the natives of the island have made a practice of spreading nets in which to catch the birds, sending their prey back to France and England in jellies. Premier Mussolini put a stop to this slaughter of innocents by recently making this island a bird sanctuary.

CHINA has developed the use of a new motor fuel much cheaper than petrol. It is reported that in Hunan province more than 200 buses are now being operated which are powered with charcoal gas. The vehicles using charcoal gas stop for refuelling every 20 or 25 miles. The refuelling requires but a few minutes, and about 5 gallons of charcoal are taken in at each stop. As charcoal is plentiful and cheap in certain parts of China, this new, cheap motor fuel seems destined to play an important part in the development of interior China.

PRODUCTION of motor cars in the United States, where more motor cars are made than in all the rest of the world combined, declined from 5,000,000 in 1929, to 3,500,000 in 1930, to 2,500,000 in 1931, and to less than 1,500,000 in 1932. For 1933 there are no outstanding improvements or refinements that would tend to increase the output. However, the accumulated replacement demand should cause an increase. It needs some new and startling development, like the three cylinders in one combustion chamber using crude oil, as described elsewhere in this number, to give a fillip to the motor industry.

THE largest High School in America is the DeWitt Clinton High School for boys, New York City, with more than ten thousand boys enrolled.

THERE are now 37 International telephone circuits in operation. It will be rather expensive if the operator gives the wrong number.

THE world's largest Diesel engine has now been completed. It has 22,500 brake horse power, and was built for a Copenhagen power station.

THERE is to be no Nobel Peace Prize for 1932. Evidently the friends of peace are not doing very much, at a time when the nations talk peace but spend more money for war preparations than ever before in the history of the world.

THE London newspaper, *Daily Mail*, has an advertising inducement, which is, to say the least, unique. It promises to give £1,000 to the heirs of any person killed in a railroad wreck, if the victim has a copy of the *Mail* in his possession at the time of the accident.

THERE is a bargain railway ticket on sale in the British Isles which costs ten shillings, and allows the purchaser to travel on the railway as much as he wishes within one week. There has been an enthusiastic use of these tickets, but a Scotchman holds the record for the longest seven days' ride—1,709 miles.

AMERICAN and European women are not permitted to ramble around Iraq without an escort, by recent order of King Feisal. Roving bands of robbers delight in capturing foreigners and holding them for ransom. And the king further commands that only in the cities of Baghdad, Basra, and Mosul, will American and European women be allowed to reside "without special permission."

THE picture of a little black baby seated in a scale—a familiar welfare centre scene the world around—decorates a recently issued Belgian Congo postage stamp. The stamp is sold for ten centimes; its postal value is only five centimes, the extra cost being a voluntary contribution to the work of the Belgian government for the decrease of infant mortality in the Congo.

PAN AMERICAN AIRWAYS, which has for a long time conducted flying operations with much regularity and brilliance between the United States and Central and South America, has now given the contract for two large flying boats which they say will be used in transoceanic service. A map of proposed air routes is published showing regular "air-lanes" from San Francisco to Europe and thence to Africa and also to Australia via India. The present South American "air-clippers" of this company weigh 40,000 lbs. when fully loaded, carry 40 passengers, and travel from 115 to 125 miles per hour. Col. Lindberg is a prominent member of this company. These new passenger airships now under construction will be heavier than the South American ones, will have a range of 2,500 miles, and will carry 60 passengers. How long will it be now before we travel from Calcutta or Karachi to New York or San Francisco, all the way by air?

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

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This MIGHTY HOUR!

The Message of These Stirring Times

WE face today the greatest crisis in the history of mankind. All the past pales before the stupendous issues of this mighty hour.

Like a mammoth liner, torn from its moorings and rudderless, the world tosses helplessly upon a raging ocean of trouble and distress. Giant waves of passion beat against it, while swift currents of terror and despair carry it ever nearer to gaunt, cruel rocks that loom through the darkness ahead.

Though equipped with every modern invention, every comfort of civilization, every aid to material pleasure, none of these lessens its peril. Strong men mount the bridge and seize the helm

By A. S. Maxwell

in vain. It no longer obeys them. The ship is out of control. At the mercy of winds and waves it drifts on toward destruction.

Never was mankind in such desperate straits. Though blessed with all the achievements of a veritable golden age it faces staggering problems that baffle its wisest sons.

Human Wisdom Bankrupt

Possessing more wealth than earlier ages ever conceived, it groans under colossal loads of international debt and sees millions crushed by pitiless poverty. Though producing more food than was ever extracted from earth's soil before, it witnesses the tragic spectacle of multitudes starving while wheat is burned for lack of purchasers. Though equipped with the finest machinery and able to supply in abundance the needs and comforts of every human being, it beholds countless thousands languishing in enforced idleness, while mines are deserted, factories are silent, mills are closed, and ships lie rotting in every port.

This appalling stagnation of trade, with its consequent unemployment, distress and starvation, occurring in the midst of the enlightened twentieth century, affords one of the most amazing paradoxes of all time. Wealth and poverty have been known from history's dawn, but never on the gigantic scale we behold today. Never has the world known such accumulations of gold as now lie in the vaults of the national banks of some of the Great Powers; and never was there such widespread destitution.

Yet no one seems able to bridge the gulf between them. The bankruptcy of human wisdom becomes daily more evident. No one is willing to give way or to surrender rights and privileges. Each nation, each group of financiers, seeks first to safeguard its own interests. And so the world, leaderless, plunges on in wretchedness and misery to its doom.

Nationalism Goes Mad

Accentuating the trade paralysis and intensifying the economic blizzard that is blighting and devastating the life of the world is the growing spirit of nationalism. Particularly since the war every nation, great and small, has become possessed of a new pride in itself. Even in new countries, scarce born, a veritable riot of patriotism has broken out. Everywhere there has been a passionate revival of national histories, national languages, national flags, national ambitions. Tariff barriers have been upreared to provide work for nationals by excluding foreign products. New armies and navies have been created; and countries that cannot balance their normal budgets have shouldered a burden of armaments far beyond their capacity to bear. . . .

Men of noble desire, realizing the inevitable outcome of such folly, have convened conferences to remove, or at least to minimize, the threaten-

ing perils. They have sought to bind the nations more closely together and to bridge the widening gulfs between them. But for the most part their efforts have been fruitless. . . .

Grave and menacing as these considerations are, they become still more serious when it is realized that the very foundations upon which our elaborate social order has been erected are crumbling. Christianity, the mainstay of modern civilization, is threatened by many new and subtle perils. The safeguards it has thrown around the home and family life are being openly attacked. Licentiousness is a growing evil. In every country the authority of law is being challenged. Rioting, banditry, and all forms of crime are increasing at an alarming rate.

In many lands revolution is a constant menace. The prolonged depression, the prevailing poverty, the increasing unemployment, are developing a determination among the suffering millions that by some means or other they will change the system that has broken their lives and blasted their brightest hopes. This stratum of society is trembling with unrest like the bosom of mother earth before some mighty quake.

Perilous Times

Perilous indeed are the times in which we live. Mighty forces have been unleashed and, like untamed beasts, are stampeding through the earth defying the control of men. Gigantic, world-embracing movements are on foot, some for good, many for evil. Events of the first magnitude follow one another with dazzling rapidity. Everything happens on a huge, unprecedented scale. The pace is terrific. . . .

From some of the greatest statesmen, philosophers, financiers, and religious leaders of our time are issuing the most solemn admonitions concerning the perils that confront the world today. With one voice they admit that we have reached a turning point in history. Without hesitation they declare that civilization is in jeopardy and that the immediate future holds the most terrifying possibilities for the whole human race. . . .

"We are at a turning point of fate," wrote Mr. J. L. Garvin in the *Observer* of October 9, 1932. "The moral situation is in some ways what it was half a decade before 1914. On present lines the peace of Europe is almost sure to perish in another catastrophe before the end of another half-decade."

Sick with Doubt

"We are living," said Mr. H. G. Wells, in an address at the London School of Economics, reported in the *Daily Telegraph*, "in a civilization which is very rapidly going to pieces. There may be a dreadful fate in store for many young people here tonight. You may be shot, or maimed and smashed; you may be scourged or starved before your lives run out. . . . Just as in the time of Noah, when the flood came, we must build an Ark amid the waste of ruin that is around us."

"The heart of the nations," wrote James Douglas in the *Sunday Express*, "is sick with fear. Statesmen with their ears to the ground are terror-stricken and perplexed."

The Prince of Wales, addressing a great representative gathering of the youth of the British race at the Albert Hall, stated: "We have before us today a world sick with fearful doubt, weary with repeated disappointments, a world of troubled nations whose vital need is courageous faith in each other. It is an era of potential plenty, when confidence should be supreme, yet we see in almost every land widespread distress and perplexity."

And Professor Cassel adds: "We have no security that our society can survive the financial and economic collapse which threatens the world. Let us beware lest the



"The world tosses helplessly on an ocean of trouble and distress"

days of our civilization are numbered."

The Wreck of a World

"The present crisis," says the noted economist, Sir George Paish, "is universally admitted to be the most serious the world has ever experienced, and the most difficult it has ever had to adjust. . . . The distress of all nations which is rapidly growing threatens to bring universal revolution. The difficulties of adjustment are thus not diminishing but increasing. The situation needs therefore to be considered not as a depression but as a disaster which necessitates and demands the combined efforts of statesmen and peoples of all countries to overcome. It is not the wreck of a single nation that is involved—it is the wreck of a world. Universal bankruptcy accompanied by universal revolution will place in jeopardy not merely civilization but life itself."—*The Way to Recovery*, pages 159, 160.

Where Are We Going?

Warnings such as these cannot be lightly dismissed. They are full of (*Turn to page 31*)

A DESTROYER *of* Both Body *and* Soul

By Julius G. White

LET me impress upon you the supreme importance of knowing more about yourself,—your own body,—the thing about persons which many seem to know the least. They are much better informed about the latest fashion or movie, the doings of society, or current events, than they are about the inexorable laws of life. While current events are important, they can do us little good without health.

As an example of this: If every man, woman, and child in the country knew the dire effects of alcohol, in either large or small amounts on the various organs of the body upon which life depends, the fate of alcohol would be settled in a moment. I shall confine myself almost entirely to the effects of alcohol in small amounts. Let us begin with its effect upon the brain.

Alcohol and the Brain

The brain is the most delicate and wonderful and precious portion of the body, and governs all its organs and their actions and functions. Shakespeare lamented, "O that men should put an enemy in their mouths to steal away their brains." Yet how many do this!

The brain is composed of minute cells of protoplasm, which is a living substance and the basis of activity. These cells in the brain are the most complex and highly specialized cells in the body. They suffer first from drugs. Alcohol narcotizes these cells, with a resulting loss of their energy, lessened capacity for business, diminished attention to details, dullness, stupidity, and unreasonable errors. Mental action is slowed. Then follow carelessness in dress, loss of affection for loved ones, decrease of intelligence, loss of fine sentiment, irritability, deceptive illusions, a weakening of the will-power, and loss of memory.

The deadening of the brain cells breaks down self-control. The sense of duty and responsibility are deadened, and the powers of judgment are impaired. The emotions degenerate,—love degenerates to passion, joy to orgy, ardour to impatience, and courage to recklessness.

All these things I have mentioned are laden with evil consequences. Pick out four of these points and put them together, and you will at once see the *cause of crime*: (1) The judgment impaired; (2) the sense of duty and responsibility deadened; (3) the will weakened; (4) courage degenerated to recklessness. This is a terrible quartette! This is the reason why booze and crime always go hand in hand.

"Alcohol in small amounts may act in two

ways; first, it may produce a state in which one has increased confidence in his skill and is more ready to take risks than normally; moreover, his finer feelings for the rights of others are to a certain extent blunted. Second, the smallest quantity of alcohol blunts his judgment; that is, he has overconfidence and less judgment than in his normal condition."—*G. H. Heald, M.D., in Life and Health*. This is a bad combination of mental inclinations by which to drive a motor car or a bus, a tram car, a railroad engine, an ocean liner, an airplane, or any other machinery, or to cross an intersection on foot. We have come to a time when we all put other people in danger, as well as ourselves, unless we have our wits about us. We have no moral right thus to endanger others by putting a small amount of alcohol past our lips.

Alcohol and the Nerves

The nerves are composed of cells of protoplasm in which the life resides. Under the influence of small amounts of alcohol these cells degenerate, and after a time they disappear entirely. This degeneration of nerve cells is most serious, for one that disappears is never replaced. Furthermore, alcohol inflames the sheath in which the nerve is housed, and the resulting pain is called neuritis.

Alcohol and the Heart

Alcohol poisons the protoplasm of the heart muscle, as chloroform does, and causes swelling. The muscles and nerves are partly paralyzed, so that the heartbeat is slowed and the blood supply of the whole body and all its organs lessened. Then the blood pressure is lowered. This can proceed till death ensues from heart failure.

As the protoplasm degenerates, fatty deposits appear in place of muscle tissue, and this is called "fatty degeneration," which means that the heart is greatly weakened. The heart dilates under the influence of alcohol, becomes languid, fails to empty entirely. This slows the circulation, and the tissue and organs are not fully nourished, including the heart itself. Then the liver, spleen, and stomach become congested with blood and hampered in their work. A heart thus degenerated quickly succumbs when the individual is attacked by disease.

Alcohol and the Blood Vessels

Alcohol causes the blood vessels to dilate, and this dilation allows the blood to stagnate. Congestion follows this, and often becomes chronic. Under the influence of (*Turn to page 29*)

Vitamins and Health

By C. E. Nelson, M.D., F.R.C.S., L.R.C.P.



THE discovery of vitamins constitutes one of the greatest achievements of medical science during the twentieth century. The greater part of our knowledge has developed since 1910, although the effects of their absence and the manner of making good their deficiency was known in a general way at a much earlier date.

For years it has been recognized that sailors living on preserved foods sooner or later developed a condition called scurvy associated with extreme muscular weakness, swollen and painful joints due to hæmorrhage into them, loosening of the teeth in their sockets, and ulceration and bleeding of the gums. In 1535, when all

developed a strange malady called beri-beri or polyneuritis, in which there was a peculiar form of paralysis often associated with dropsy and heart disease, and many died at sea. When the men were fed on unpolished rice and vegetables the condition would again disappear. In 1897 Dr. Eijkman, of Batavia, Java, produced beri-beri in pigeons by feeding them with polished rice, and also showed that pigeons fed on unpolished or natural brown rice did not develop the disease.

Origin of the Name

In 1911 Casimer Funk took up the study of beri-beri, following Eijkman's experiments, and obtained the same results. He also used white flour breads with the same results, demonstrating

Table I

Vitamin A (Fat-soluble)	Vitamin B (Water-soluble)	Vitamin C (Water-soluble)	Vitamin D (Fat-soluble)	Vitamin E (Fat-soluble)	Vitamin G or B ₇ (Water-soluble)
<p><i>Effect.</i>—</p> <ol style="list-style-type: none"> 1 Necessary to health of mucous membranes of nose, throat, lungs, sinuses, and glands. 2 Protects against eye disease. 3 Essential to growth and nutrition. 4 Promotes appetite and good digestion. 5 Helps to prevent infections. <p><i>Stability.</i>—Vitamin A is gradually destroyed by oxidation or exposure to air during tinning, cooking, or drying. It is stored in the body.</p>	<p><i>Effect.</i>—</p> <p>A lack or deficiency of this vitamin in the diet causes:</p> <ol style="list-style-type: none"> 1 Loss of appetite. 2 Muscle fatigue with weakness. 3 Indigestion. 4 Constipation. 5 Nervous fatigue. 6 Stunted growth. <p>A complete deficiency causes beri-beri or polyneuritis.</p> <p><i>Stability.</i>—Vitamin B is not easily destroyed by cooking. A very high temperature impairs it. Much of it is dissolved in the water in which vegetables are cooked.</p>	<p><i>Effect.</i>—</p> <ol style="list-style-type: none"> 1 Prevents scurvy. 2 Aids in resisting infection. 3 Helps the body to utilize calcium or lime. 4 It protects the teeth from pyorrhœa. <p>A partial lack of Vitamin C causes:</p> <ol style="list-style-type: none"> 1 Lack of energy. 2 Low state of health. 3 Sallow, muddy complexion. 4 Fleeting pains in joints of limbs often mistaken for rheumatism. <p>A complete deficiency causes scurvy.</p> <p><i>Stability.</i>—Vitamin C is destroyed by heating, ageing, and drying, but to a different degree in different foods.</p>	<p><i>Effect.</i>—</p> <ol style="list-style-type: none"> 1 Prevents rickets. 2 Essential to growth. 3 Aids in preventing tooth decay. 4 Helps to maintain the mineral balance of the body. <p><i>Stability.</i>—Vitamin D can be stored in the liver, and is very stable to heat.</p>	<p><i>Effect.</i>—</p> <ol style="list-style-type: none"> 1 Essential to normal reproduction. 2 Aids in lactation or production of milk. <p><i>Stability.</i>—Vitamin E is stored in the body, and is very stable to heat.</p>	<p><i>Effect.</i>—</p> <ol style="list-style-type: none"> 1 Prevents pellagra. 2 Thought by some to be important in protection against cancer. <p><i>Stability.</i>—Vitamin G is very stable to heat.</p>

but three of Carvier's 110 sailors had scurvy, he cured them by giving them a decoction of fresh pine needles. The disease was also observed in English boats after being at sea several months. It was noticed, however, that when, on their homeward journey, they stopped at Spanish ports and took in a liberal supply of oranges and other fresh fruits and vegetables, the trouble disappeared in a few days, so by the time the vessels reached home the men were all well and strong again.

The sailors in the Japanese navy in 1880

that the outer covering of wheat or bran, like that of rice, contains something necessary to the proper assimilation of food.

By a series of experiments Funk finally isolated from rice polishings a minute crystalline substance, of which two pounds of rice polishings yielded about half a grain. Injecting three-tenths grain of this crystalline substance under the skin or into the crop of a dying pigeon was sufficient to make it well in a few hours, and to keep it well for two weeks while continuing the diet of polished rice. This crystalline substance Funk called vitamin, from "Vita" meaning life and from "Amine," a substance containing nitrogen, closely related to protein.

Many Other Vitamins Now Known

Other experiments have shown that there are at least six, and possibly more, vitamins that control various functions of the body.

The two vitamins which prevent beri-beri or polyneuritis and scurvy are both soluble in water and are now classified respectively as water-soluble B and water-soluble C. The important point about the water-soluble vitamins is that if the food is cooked in water and the water is

thrown out then the vitamins are thrown away. That is the reason why waterless cookers should be used where possible. The use of soda in cooking also destroys these vitamins.

A vitamin soluble in fat which exercises an important influence on the growth of the body has been discovered and is known as fat-soluble A. Other fat-soluble vitamins are fat-soluble D which prevents rickets, and fat-soluble E which if absent, causes inability to reproduce and rear young.

Among the more recently discovered vitamins is water-soluble G or B², which prevents pellagra, a strange malady in which the skin of the exposed part of the body becomes red and inflamed as if sun-burned, followed by severe diarrhoea and colitis, and later a form of insanity resulting finally in death.

Since a sufficient lack of any particular vitamin will produce symptoms of some definite disease, it is reasonable to suppose that a lesser deficiency of one or more vitamins may bring on varying conditions of lowered vitality and poor nutrition, not attributable by any disease and the cause may often be unrecognized.

Effects of Vitamin Deficiency

Table I shows the principal effects of the six well-known vitamins and their stability under various conditions.

The vitamins are more stable in some foods than in others. Raspberry juice, for example, can be boiled one hour without losing its vitality, while lemon or lime juice can be boiled and kept indefinitely without becoming de-vitalized. Tomatoes, even though tinned, retain their vitamins indefinitely. Foods that are tinned retain their vitamins much better than fresh foods that are exposed to the oxygen of the air by standing long in shop windows or as a result of being shipped long distances.

The fat-soluble vitamins are utilized more

readily where a certain amount of fat or oil is used with them. Olive oil when taken alone is a poor fat in a nutritive sense, but when taken with green leaves these furnish the vitamins which are present most abundantly in milk, cream, and butter. The green leaves also furnish the water-soluble vitamins as well as a liberal supply of mineral salts.

Source of Vitamins

Table II shows the distribution of the principal vitamins in different foods and indicates those in which they are most abundant.

In the paring of vegetables many vitamins are lost. In boiling most of the remaining ones pass into the water which is often thrown away.

Individuals with weak digestive organs unable to digest bulky foods, are often in danger of living on a vitamin-deficient diet, especially if much of their food is dextrinized or super-heated. Such individuals may obtain their vitamins by making broths from vegetables without removing the skins and by using green leaves. Yeast extracts such as Marmite or Be-vita are also rich in vitamins and are good substitutes for meat stock.

Vitamins and Sunshine

The amount of vitamins that foods contain depends upon the amount of sunshine they receive while growing. The vitamin content of milk varies greatly during summer and winter. In the summer months when there is plenty of sunshine and the ultra-violet rays are stronger, the vitamin content is higher.

A safe rule in obtaining an adequate supply of vitamins is to keep close to nature. Eat freely of fresh fruits, leafy vegetables raw and cooked, and whole grains, and get as much sunshine as possible. The ultra violet rays store vitamin D in the fat under the skin.

Table II

FOOD	VITAMINS					
	A	B	C	D	E	G
Almonds	*	**				
Apple (raw)	*	**	**			*
Banana	*	*	**			*
Barley		**				
Beans, Navy		**				**
Beet greens (cooked)	**	**		*		*
Beetroot		*	*			*
Brazil nuts	*	**				
Bread (whole-wheat)	*	**			*	**
Butter	**					
Cabbage (raw)	*	**	**		*	**
Cabbage (cooked)	*	**			*	**
Carrots (raw)	**	**	**		*	**
Carrots (cooked)		**			*	**
Cauliflower		*				*
Celery		**				*
Cherries (fresh)	**	**	*			*
Cherries (tinned)	**	**				*
Dates (dried)	**	**				*
Egg yolk	**	**		**	*	***
Granose Biscuit		**				*
Grapes	*	*	*			*
Grape fruit	*	**	**			*
Lemon	*	**	**			*
Lentils	*	**				**
Marmite		***				**
Lettuce	**	**	**	*	**	**
Milk (whole)	**	**		**		***
Oatmeal porridge		**				
Olives (ripe)	*				*	**
Orange juice	**	**	**			*
Orange marmalade		*				*
Peas (tinned)	**	*	**		**	*
Peaches (tinned)	*	*	**			*
Pineapple (tinned)	**	**	**			*
Potato (baked)	*	**	*			*
Prunas (dried)	**	**				*
Raspberries (fresh)			**			*
Rice, unpolished (cooked)		**				*
Shredded Wheat biscuit	*	**			*	**
Soup, Cream (sweet corn)	***	**			**	*
Soup, Cream (celery)	***	**			*	**
Soup, Cream (tomato)	***	**	**		*	**
Spinach (cooked)	***	**	*	**	**	*
Strawberries (fresh)	*	*	**			*
Strawberries (tinned)	*	*	**			*
Omelet, tomato	**	**	*	*	*	**
Tomatoes (fresh)	**	**	**			**
Tomatoes (tinned)	**	**	**			**
Turnips white (cooked)		**				*
Walnuts, English	*	**				*
Wheat (cooked)	*	**			*	**
Watercress	***	**	**		*	**
Yeast (compressed)		***				**

*Present **Abundant ***Very Abundant



Letters Written in Clay CONFOUND the "Higher Critics"

Tel-el-Amarna Clay Tablets Prove Credibility of the Scriptures

By L. Ervin Wright

NO military problem ever presented a general with more serious aspects than the problem which confronted Joshua that spring morning in 1411 B.C. as he stood on the bank of the river Jordan preparing to go over and conquer the land of Canaan.

Palestine at the time was filled with city-states; that is, each city had its own king and government. But ruling as overlord of all these city-states was the king of Egypt. As far back as the days of Ahmose I, the first Pharaoh of the new line of kings in Egypt which knew not Joseph, Syria-Palestine had been tributary to Egypt. It had remained, however, for Thotmose the Great to bring all the city-states under complete vassalage to the Egyptian government.

Upon the death of Thotmose III the Syrian provinces promptly revolted, and the first great undertaking of his son, Amen Hotep II, the Pharaoh of the Exodus, was to make an expedition into Palestine and quell the rebellion. His punishment of the leaders in the revolt was so severe that the one campaign seems to have disheartened further ideas of revolt. The city-states of Canaan settled down with the conviction that it was impossible to throw off the Egyptian yoke, and decided that it was safer to pay their tribute regularly to the Pharaohs of Egypt than to expose themselves to horrible punishment for rebellion.

A Struggle Against Egypt

The year 1411 B.C., when Joshua was about to begin his conquest of Canaan, was the last year of the reign of Amen Hotep III, the grandson of the Pharaoh of the Exodus. Egypt at this time was without doubt the mightiest empire on the earth. Palestine, from Jericho to the far north, in some one hundred and fifty districts and cities acknowledged the authority of Egypt without a question. "The Canaanites had been tributary so long," writes Dr. Paton, "that they had come to regard this condition as one that had always existed."—*The Early History of Syria and Palestine*, page 98.

When Joshua and the Hebrews commenced their march around the walls of Jericho, they were not only defying the city-state of Jericho but also the mightiest empire on earth. To touch

Jericho or any other city in Canaan was to touch the source of much of the tribute of the Egyptian government. At any moment a well-equipped army from Egypt might appear in Palestine to wipe out the forces of the Hebrews. Had Joshua depended on the prowess and intriguing of man, he might have become fearful of the results and turned back into the Arabian wilderness. But Joshua went ahead, believing that God would be with His people.

Death of Pharaoh

God, who rules the destinies of nations, removed Amen Hotep III from the throne of Egypt by death. When the Hebrews under Joshua began to pour into Canaan, destroying city after city, so far as political power was concerned, "no nation," says Dr. Breasted, famous Egyptologist, "ever stood in direr need of a strong and practical ruler than did Egypt at the death of Amen Hotep III. Yet she chanced [was it chance?] to be ruled at this fatal crisis by a young dreamer [his son, Amen Hotep IV], who, in spite of unprecedented greatness in the world of ideas, was not fitted to cope with a difficult situation demanding an aggressive man of affairs and a skilled military leader."—*A History of the Ancient Egyptians*, page 264.

The first act of the new Pharaoh was to adopt Aton, the solar disk, as the chief god of Egypt. In espousing the new religion, which was a sort of solar monotheism, Amen Hotep IV had his name changed to Akh-en-aton ("spirit of the solar disk,") and theology was of far more importance to him than all his Syro-Palestinian possessions. Amen Hotep IV, by the way, was the father-in-law of Pharaoh Tutankhamun.

One of the most important archaeological discoveries was made a number of years ago by a peasant woman who was digging into the ruins of the palace of Akh-en-aton located some two hundred miles south of Cairo, Egypt. In a small room about three hundred small clay tablets came to light.

When the letters came to be studied by the archaeologists, it was found that all the tablets were written in the arrowheaded characters of Babylonia, which was the diplomatic script of those times. Upon deciphering the contents of

the tablets the archæologists found that they were reading letters to the young Akh-en-aton from the various kings, governors, and Egyptian residents and vassals living in Palestine. The letters described the progress of Egyptian governmental affairs in Palestine.

These letters, known as the Tel-el-Amarna correspondence, contain a vivid description of the conquest of the land of Canaan by the Hebrews. "These letters," wrote Lt. Col. C. R. Condor after a serious study of them, "are the most important records ever found in connection with the Bible, . . . and fully confirm the historical statements of Joshua, and prove the antiquity of civilization in Syria and Palestine."—Quoted by Ada E. Habershon in "The Bible and the British Museum," page 68.

Many of these letters to Akh-en-aton tell the young Pharaoh that Palestine is being invaded by a people who are called the Khabiri. For years several prominent archæologists have advocated the identity of these Khabiri with the 'Ibrim, or Hebrews. Several years ago the late Prof. A. T. Clay wrote: "From a philological point of view the identification of Khabiri, . . . and 'Ibri (the word in the original translated 'Hebrew') is quite possible."—*Light on the Old Testament From Babel*, pp. 265, 266.

But we do not have to place the identification of the Khabiri with the Hebrews solely on a philological basis, for the descriptions of the ravages of the Khabiri in the Tel-el-Amarna letters, in which we have document after document from Palestine telling of the terrible confusion resulting from the conquests of this people, read like added chapters to the book of Joshua.

Jericho Destroyed

Add to this the fact that archæologists have now proved that Jericho was destroyed at the time the first of the Tel-el-Amarna letters were written, and that the Bible states that the Hebrews under Joshua destroyed Jericho, and the conclusion is inevitable that the Khabiri and the Hebrews were one and the same people.

The Tel-el-Amarna letters inform us that the invading Khabiri came from the same general direction that the book of Joshua tells us that the Hebrews took when they entered Canaan. The Khabiri conquest was no mere local uprising. It was an invasion to the proportions of an immense immigration of a new people into Palestine. Furthermore, the Khabiri "destroyed all the rulers, and apparently wrecked the Canaanite temples," says Lieutenant Colonel Condor, in his book, "The Bible and the East." "They refused to give tribute, and swept over all the country of Judah as far as Carmel south of Hebron."—*Id.*, page 106.



The miracle at Jordan; Israel cross dry-shod, while the ark holds back the waters

Appeals for Help

The king of Sidon wrote to the Egyptian monarch: "All my cities, which the king gave into my hand, have fallen into the hands of the Khabiri." From another Canaanite prince went up this cry of distress to the Pharaoh: "Let my lord, the king, know that the chieftains are destroyed, . . . (and the whole) land of my lord, the king, is falling to the Khabiri." Rib-Addi, king of Gubla (Gabel), seems to have been hemmed in, but managed to get a messenger through the lines, who added another piteous appeal for reinforcements. From the prince of Khanzi, Akh-en-aton received this report: "The Khabiri are hostile to me, and are taking possessions of the cities of my lord, the king, my god, my son. For the Khabiri have taken possession of Makhzi-ti, the city of my lord, the king, and have plundered it, and have given it over to fire."

The tone of all the Canaanite letters is the same; it is a despairing cry to Egypt for help. There is no record in any of the letters that help was ever sent by Egypt, though it was eagerly expected. God had raised to the throne of Egypt a king who was too much absorbed in his own thoughts to pay attention to what was going on in his Canaanite possessions. It is doubtful if he replied to his underlords in Palestine so much as to send even a meagre Egyptian army to help his vassals and thus retain his empire in the north. That the Khabiri "did not meet Egyptian troops seems clear from the repeated complaint of the king of Jerusalem as to the withdrawal of the Egyptian garrison.—*Ibid.* Note also that the Biblical record of Joshua is silent about the Hebrews' meeting any Egyptian army. We may be assured that the immediate predecessors of Akh-en-aton would have rushed a large army into Palestine at the first call. The death of Amen Hotep III and the succession of Akh-en-aton to the throne of Egypt seems clearly to have been by divine appointment. It was a most opportune time for the Hebrews to invade Palestine. Surely in the providence of Jehovah, (*Turn to page 21*)



The Psychology of Salvation

No. 6

By Lionel H. Turner

IN a straggling township, about two miles outside the walls of the great city, a man was hovering between life and death. A sad little household waited in blank apprehension for the issue; for to his sisters, the man was all the world. But they were not without hope, for they had a Friend who was a great physician. No ailment of the body seemed to baffle His skill, and they knew that they had only to send for Him. It mattered little where He was, or what He was doing. He would come. Oh, they knew He would come. So they sent Him word, "Behold, he whom Thou lovest is sick." Then they waited.

But He did not come. And while they waited, death came, and left behind its long, aching silence.

Four lonely days dragged by, and then at last He came. They went out to meet Him, but He scarcely paused to sympathise, for He bore a message of hope. And while they wondered, He came to the mouth of the tomb; and, in a voice that rang with confidence down the long corridors of death, He called His friend back to life.

One Miracle Illustrating Another

It sounds a strange story, but, though the little family scarcely realised it, their Friend was truly God. And the miracle of restoration He performed that day was only an illustration of a miracle even more wonderful that He has performed a million times since. No man will ever know this side of eternity how many times the despairing cry has come to the Great Physician, "Behold, he whom Thou lovest is sick." For we are all sick unto death with the malady of sin; and He loves us all. And He always answers the call as He did long ago in Bethany.

But strange how He waited till death had come! Yes, strange; but He always waits. It is part of His divine psychology.

In the last article we postulated amongst other requirements that the leprosy of sin in the nervous system must be eradicated, if the restoration to the primal condition indicated in the first chapters of the Bible is to be complete. We suggested, too, that new habit paths ought to be established to take their place. Now, in order for this to take place, there must be an actual physical transformation. One physical condition must disappear—must die. A new one must appear. The Bible explanation of man's condition demands

this, if we are to harmonise the story of the Fall with the story of the good news of God's remedy. God's plan of salvation does provide for such a transformation.

Putting on a New Nature

In this connection, it is interesting to notice that the New Testament constantly refers to two contradistinct physical natures—"the new man," and "the old man." This is not a bit of mystic symbolism either. God Himself makes plain what is meant by these terms: "That ye put off concerning the former conversation ["manner of life," original] the old man, which is corrupt according to the deceitful lusts; and be renewed in the spirit of your mind; and that ye put on the new man, which after God is created in righteousness and true holiness." Eph. 4: 22-24.

Obviously this is referring to the very process we have been speaking of. Somehow a physical body that is decidedly predisposed to follow in the paths of sin is to be disposed of; and, after the "spirit of the mind," or the spiritual nature "be renewed," a new physical body, created according to God's will, is to be put on.

God's illustration in the story of Lazarus puts it even more drastically. Let us return to watch the Divine Psychologist as He applies His miracle of restoration of this illustrative case. Lazarus was sick. He knew that he was sick. Indeed, he knew that death was facing him. So he sent an urgent message to the Great Physician, and then he surrendered himself over to the expectancy of the Divine One's restoration. But Christ did nothing till Lazarus's own mind ceased to control his actions—till he was dead. Then at Christ's command a new power, something of His own immortal spirit entered that body so full of death, and Lazarus lived. But he did not come forth from the tomb with a body full of decaying tissues. It was not even with the disease-filled body that took him down the valley of death. He was literally a new man physically. He had "put off concerning the former manner of life, the old man," and, having been renewed in the spirit of his mind, he had "put on the new man created after God in righteousness."

Another Divine Illustration

Now, lest it be thought that the analysis of this miracle is but a fancy of the writer's own

mind, we will examine another God-given illustration, which, because of its own accompanying assertions, adds a tower of support to the validity of these statements concerning the Bible exposition of the plan of salvation. We refer to baptism. For some reason or other, this rite has always called forth from infidels a good deal of ridicule. Indeed, a great many Christians would cast a slur upon its importance. But that is because they do not understand; they have never stopped to plumb the depths of divine meaning that lie therein. It is a strange thing, for Jesus always taught by illustrations. And, in Romans 6, there is a very lucid explanation of the matter.

"Know ye not, that so many of us as were baptised into Jesus Christ were baptised into His death? Therefore we are buried with Him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life." Rom. 6: 3, 4. Then it is all very plain. Baptism is confessedly an illustration of this physiological transformation we have been speaking of.

Now it would certainly be a remarkable thing that there should be so much consistency between the much discredited story of Genesis and the little understood remedy of the New Testament if this Book were simply a miscellaneous collection of human efforts; but it is not. It is the Word of God. The Divine Psychologist knew His science too well to omit this important phase of the remedy. He who knew that a thought carried by action into the experience of the individual is ever so much more potent a factor of his mental content than a mere abstract thought, has shown His appreciation of the vital importance of this step by devising this memorial rite to be partaken of by every candidate for His kingdom,

How It Is Done

Now up to this stage of our inquiry we have established the fact that the Bible, as the situation demands, has taken into account in its plan for the restoration of the human mind, the very essential physiological feature of obliterating in the broken-down synaptic resistances of the nervous system, the natural tendency to sin. It

remains now to discover how this is to be brought about—how this "old man" is to be put off, and how this "new man" is to be put on.

We have already understood in the previous article that the mind is to be restored by a new accession of spiritual power from above. It is interesting to remember that in the illustration of Lazarus this power was not available till the "old man" was dead. In every quotation we have made from the Word, too, this point has been supported. Then, what is meant by all this? Inspiration puts it in another way that is unmistakably clear: "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice . . . but be ye transformed by the renewing of your mind."

Obviously, then, this death that is symbolised by baptism is at least partly realised in the surrender of the control to God. Just as Lazarus

ceased to be controlled by his natural mind when he died, so the Christian ceases to be controlled by the dictates of his natural heart when he surrenders to God—a living sacrifice. Then it is that this new spiritual power comes in to take control. And when He comes, He casts out all the evil impulses of the flesh, though some "go not forth except by



The Resurrection of Lazarus

prayer and fasting."

Even yet, however, we have not accounted for the physical transformation we have spoken so much about. But here it is: "Knowing this, that our old man is crucified with Him, that the body of sin might be destroyed." Rom. 6:6. Ah! so the kind of death is stipulated! And this is not a chance phrase. When "the Spirit of Him that raised up Jesus from the dead" comes into the mind to take the reins of control, there is no use for these old habit paths. The old stimuli do not produce the same responses because one is looking at things out of spiritual eyes. Now, if we have reached the right conclusion, our viewpoint demands that Christianity be a very positive thing. The new spiritual power should be using the members so actively in some work that interests the spiritual nature, that the old habit paths are held powerfully in disuse. But do you doubt that this, too, is dealt with by the Divine Scientist? It is the crowning wonder of His plan.

Why I Am a Vegetarian

By Dorothy Barrow, B.A.



THE other day I had an urgent S O S from a friend who teaches cookery: "Help! I have to give a lesson on vegetarian cooking, its advantages and disadvantages. Tell me some advantages, as I cannot think of any!"

Needless to say, she is not a vegetarian herself. The following is the list which I sent her.

To begin with the question of health. If we stop to consider a moment we realize that flesh-food is merely vegetable food second-hand. Like most things obtained second-hand it is apt to be soiled in the process. The vegetable food is much purer in its natural form than when it is tainted with diseases of animals, with parasites, and tuberculosis germs which are often passed on to man. Most people will agree that meat-eating tends to cause uric acid deposits and rapid tissue-destroying diseases such as gout, cancer, rheumatism, and blood pressure. The very fact that meat is "hung" for days before being eaten shows its lack of purity.

The chief argument for eating meat seems to be that it imparts vigour. And yet there is ample evidence, both past and present, that the finest forms, best teeth, strongest muscles, and most active limbs are fed on a vegetarian diet. The Spartans, unequalled for muscular power, physical energy, and ability to endure hardships, followed this diet, and their departure from it was followed by their decline. The Greeks, in training for the public games, ate no meat. And coming to modern times there have been numerous cycling, walking, and running matches won by vegetarians. In my own personal experience I can quote many cases of friends whose health has been greatly improved by giving up a meat diet. Most important of all is the comparative immunity of vegetarians from constipation. A doctor once said to me that the world can be divided into two classes, the constipated and the *not* constipated!

One of my friends, who eats meat and suffers from constipation, leaves her senna pods or cascarras at home when she comes to stay with me. "I'm never constipated when I stay with you," she once laughingly affirmed.

As a result of this lack of constipation and the consequent purity of the blood, we generally find that a vegetarian has a very clear complexion.

At present I happen to be specially interested in the subject of pregnancy, and have noticed how in most articles on the diet for the expectant mother even those *not* written by vegetarians, she is advised to eat little or no meat. So surely if a non-meat diet can nourish not only the mother but her child, it can prove sufficient for a single individual.

So much for my first point, the advantage of health. I should like to mention, secondly, that man is not really fitted to be a carnivore; he has not the suitable claws, teeth, or digestive organs. His front teeth are for cutting, his back for mashing and grinding, not tearing and rending. Indeed, he most resembles the fruit-eating animals, such as the orang-outang, which lives on fruit, nuts, and roots.

My third reason for being a vegetarian, one of the most important and one that most people will share with me, is the objection to the horrible slaughter of animals. I know one man who turned from eating meat after working in a butcher's shop and hearing the agonized cries of the dying beasts. There are few butchers who are not coarsened by their own work, so that some people argue that if anyone wants to eat meat he should kill it himself and not be the cause of lowering the moral standard of another. For in these days, when we claim a higher morality and character than our forefathers, we should have developed not only courage, valour, and fearlessness, but the virtue of gentle humanness and sympathy with all that can suffer. Certainly we find many of the philosophers, and poets of ancient and modern times in favour of a vegetarian diet, as for example that physically and mentally vigorous old man, Bernard Shaw.

To come to more mundane matters my fourth advantage, from the housewife's point of view, is that of economy. I know from comparing my household budget with that of some of my friends that one can live more cheaply when there is no butcher's bill to pay. I suppose that is the reason why nine-tenths of the human race is vegetarian, flesh being seldom or never eaten by the poorer people of Japan, China, the East Indies, Persia, Turkey, Africa, and Central America.

My fifth advantage is that of social economy, as I am told that an acre of cultivable land under fruit and vegetable cultivation will produce from two to twenty times as much food as if utilized for feeding cattle. Owing to the higher ratio of employment for horticulture and agriculture, this cultivation would lead to an increase in the country population and hence racial improvement.

To sum up, the vegetarian diet makes for better health, increased intellectual and moral development, and personal as well as social economy.



Let Nature Heal!

Natural Healing *versus* Drugs

By Ronald Leisk, L.S.N.T.

IT may be said without fear of contradiction that if all the drugs in the world were poured into the sea we should have more chance of being healthy. Of course it would be very hard on the fishes. Despite the fact that public opinion is slowly but surely rejecting the bad habit of drugging, there are still a considerable number of people whose first thought, and deed, when they are ill is to rush to the medicine bottle. They have a vague hope that there is a magic "something" in the medicine which will effect an immediate and complete cure. Actually, this habit of taking medicine is both useless and harmful.

Why Medicines are Popular

There are at least two reasons why medicines are popular. Firstly, they give immediate relief which with some people is the only object in mind. Secondly, they are less troublesome to take than many other treatments. The habit is further encouraged by busy doctors whose waiting-rooms are crowded and who, for expediency, find it more convenient to scribble a prescription and so dispose of the matter. We must not blame these practitioners entirely for this state of affairs. Quite apart from pressure of time there is that type of patient who has come for a bottle of medicine and means to have it. These sufferers would be dissatisfied, and think that insufficient attention had been given them, if they were sent away with much sensible advice but no medicine.

Cause Removal

On the face of it one is tempted to say that if drugs give immediate relief then their use must be justified. If this relief meant that the trouble had been removed all would be well and good, but it means no such thing. The truth is that medicines give relief only because they *suppress the symptoms* of an illness. Nothing is done to correct the real cause of the trouble and the reason for the existence of the symptoms is ignored. Certain drugs will stop a headache by dulling the nerves, but the condition which has caused the headache remains untouched. Pains due to indigestion may be removed by taking bismuth or pepsin, and the sufferer is deluded into thinking that he has found a cure. When the trouble reappears, as it assuredly will when the real cause is not removed, he rushes to the medicine bottle once more, and the evil cycle is repeated. Surely it is obvious that the unpleasant symptoms of headache, indigestion, and other ills indicate that something is wrong within the body and therefore that no useful purpose will be served by covering up or suppressing

these warning signs. It is important to realize that cure will result only from cause removal.

Objections Against Medicines

Medicines are admittedly used for their action in stimulating or depressing various organs in the body. The discharge of urine may be controlled, perspiration increased, the bowel emptied, and so forth. While these effects are sometimes an essential part of the treatment, there are disadvantages in the use of drugs which make it advisable to use them only as emergency measures. When doing their work of stimulating or depressing any particular organ, drugs may interfere seriously with other parts of the body. Thus, a medicine taken for emptying the bowel may weaken the heart, and another that soothes the nerves may have a sluggish action on the bowel. Drugs also have a cumulative action—that is, they are stored in the tissues of the body. This is a burden which the system cannot endure indefinitely. There comes a time when the body takes drastic measures to expel these impurities, and the resulting discomfort is usually much worse than the trouble for which the medicine was originally taken.

There is one other interesting fact which mitigates against the use of medicines. They do not possess any power to provide the body with new vitality. All that they can do is to excite the body to give up what is already there. For example, when stimulants are given in cases of debility they tend to aggravate the condition by exhausting what limited vitality may still be present.

Factors in True Healing

True healing involves (1) discovery of the cause, and (2) removal of the cause. In disease the body does not require stimulation or suppression of symptoms, it wants to be given the right conditions so that nature's inherent power of curing and repairing may proceed unhindered.

Natural healing includes scientific fasting under supervision (this does not mean starvation), dieting, the use of water at varying temperatures, exercise, manipulation, electrical treatments, massage and other methods which assist nature in the work which it is trying to accomplish.

Give Nature a Chance

We should remember that nature is always striving towards health and that even the symptoms of illness are manifestations of this curative force. The forces of nature are terrific and if we make way for these, instead of hindering their operation, they will do their work safely and completely to the betterment of the individual and the community as a whole.

THE NEWS INTERPRETED

GOLD! GOLD!! GOLD!!!

PEOPLE cannot eat gold, or clothe themselves with it, or use it in any practical way, and yet it rules them with a rod of iron. Sometimes we find people who say they cannot believe in God because He happens to be invisible to mortalsight. But these same people place full faith in GOLD which in these modern days has become equally invisible. No one sees gold any more, and yet it dominates the world. The subtle power of this invisible element is felt today in even the most remote sections of the earth.

Nations go off "the gold standard" in order to try to escape its universal power—but gold is undismayed—it still rules in their counsels. There is not enough gold in the world to serve the purposes of trade. Hence it is hoarded and hidden away, both by individuals and by nations. All have heard of those great underground vaults in Paris, bursting with gold, far below the throbbing life of the city, protected by every sort of safety device that the ingenuity of man can devise. In spite of all this, France is in financial straits.

America, Canada and South Africa furnish the greater portion of the world's supply of gold. Great efforts are being made to increase the out-put. The total production in 1932 was only about one hundred million pounds sterling, a sum totally inadequate. Unless new sources of gold can be discovered, the world is faced with no other alternative than to "inflate" its currency—a method that may help for a time, but which will be followed by the direst results, according to "financiers." We wonder if they really know.

This great hoarding of gold is predicted in the Bible. "Go to now, ye rich men, weep and howl for your miseries that shall come upon you. Your riches are corrupted, and your garments are moth-eaten. Your gold and silver is cankered; and the rust of them shall be a witness against you, and shall eat your flesh as it were fire. Ye have heaped treasure together for the last days." The Divine exhortation to us is, "Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh." James 5:1-3, 8.

THE PERIL OF NATIONAL SELFISHNESS

ONE of the most disquieting of present day conditions is the trend towards national selfishness. This trend is not confined to any one group of nations or to any section of the world. A



malign demon seems to have breathed this spirit upon all the peoples of the world. Some call it "patriotism." But that brand of "patriotism" which is supremely selfish in its outlook, and ruthless in its treatment of all outside the limited circle, and which cries "ourselves alone," is a miserable sort of "patriotism," and will bring nothing but ruin in its train.

Mrs. George Cadbury, O.B.E., in a recent speech at Bournville, cited a leading economist as saying, "In the matter of world economics as in every other problem, you will find the solution in the Bible. I cannot sum up

my address more effectively than by quoting the words (of Jesus) spoken about two thousand years ago: 'It is better to give than to receive,' and 'He that would save his life shall lose it, and he that will give his life shall find it.' This has been proved true in our experience in trying to solve the economic problems of the world. International goodwill demands unselfishness. National selfishness brings its own reward. The second great commandment to love one's neighbour as one's self, is fundamentally good advice." This seems to be the last thing the world desires to do, in its present state of mind. But the advice is as good for India as for the rest of the world.

MOSLEM RIOTS IN TURKEY OVER THE LANGUAGE OF PRAYERS

MUSTAFA KEMAL, president of Turkey, has once again come into the limelight through a revolutionary order affecting the Moslem religion. He was recently called hurriedly from an inspection tour to quell a religious riot in Broussa. Sixty Moslem priests, and other ring-leaders have been arrested and face the death penalty.

It started over the language in which the call to prayers should be said. For centuries the call to prayers has been given in Arabic. But in his effort to modernize Turkey, and to place religion under control of the state, some time last year he issued an order that henceforth all calls to prayer from Moslem minarets should be in Turkish and not in Arabic. Hence the Broussa riots. The Mufti of Broussa has been deprived of his post.

Reforms already accomplished by Mustafa Kemal are the unveiling of women and the abolition of the fez. It is rumoured that the next reform to be promulgated will be the substitution of the Christian Sunday instead of the Moslem Friday as the day of rest. It is certainly remarkable what a strong man can accomplish.

THE SOUTHERN CALIFORNIA EARTHQUAKE

DETAILS have just come through of the great earthquake which shook Southern California, Friday evening, March 10, and continued with abating vigour for twenty hours; then after eight hours of quiet, finished off with three sharp shocks Saturday night. Dr. H. O. Wood of the Carnegie Institutions's Seismological laboratory said that thirty afterquakes and one thousand tremblings were registered during the twenty hours following the first shock. He further said that this "quake" was not so severe as either the San Francisco or Santa Barbara earthquakes.

The "epicenter" of the quake was said to be out at sea, offshore from Long Beach. The major incidence of the earthquake was fortunately in a triangle reaching from Redondo Beach to Whittier, then turning southward, reaching the sea once again at Newport Beach. With the exception of Long Beach, this area was composed of smaller towns with no very high buildings. Almost all the high buildings of Long Beach, some of which cost as much as five million rupees, and the churches and schools, were wrecked. Over the entire area mentioned, plate glass windows were broken, and most of the business blocks were down. One interesting item was the hundreds of motor cars parked along the streets that were completely wrecked.

The area in which the shock was felt with medium or minor intensity very fortunately includes the business section of Los Angeles with its skyscrapers, and the populous towns north and east. Had the maximum intensity been felt in this area, the loss of life and property would have been appalling. One hundred and twenty-seven are reported killed, and three thousand injured. \$30,000,000 worth of property is reported destroyed.

UNTOUCHABILITY AND CASTE—TWO RECENT REMARKABLE STATEMENTS

DR. B. R. AMBEDKAR, doughty leader of the so-called Untouchables, is reported to have said, "What the depressed classes need is a religion which will give them equality of social status, and not mere entry into Hindu temples."

Mr. Gandhi replies, defining those who possess knowledge and power and wealth, as the Brahmins, Kshatriyas, and Vysyas respectively, adding, "These will all depend for their very existence on Shudras, the embodiment of real service. For me that is true *Varnashrama*. And there is no question of superiority or inferiority in this conception. The Shudra is as necessary for society as the Brahmin. Each will have more or less the qualities of the rest, but people belonging to particular *varnas* will perform the special service assigned them. There is then no question of privilege, but of duty and service."

The very opposite of the caste system is the glory of Christianity. "But as many as received Him, (irrespective of where they happened to be born,) to them gave He power to become the sons of God, even to them that believe on His name: which were born, not of blood, nor of the will of the flesh, nor of the will of

(a) man, but of God," John 1:12-13. True Christianity brings men into contact with the regenerating power of the Holy Spirit, which takes those who fully surrender, wherever it finds them, and lifts them to the high plane of sons of God.

PROHIBITION IN AMERICA

THE Democratic party has fulfilled its pre-election promise to start the legislative wheels turning for the repeal of the prohibition laws. The effort is two-fold—first a new amendment to the Constitution, repealing the Eighteenth Amendment; second, the modification of the Volstead Act, allowing the manufacture and sale of beer and wine with a 3.2 per cent alcohol content.

The last of the "lame duck" Congresses seems to have initiated the battle for the repeal of the Eighteenth Amendment. The amendment to the Volstead Act, allowing 3.2 per cent beer and wine has been passed by the new Congress and signed by President Roosevelt.

To the friends of prohibition in India we wish to say that these two recent actions of Congress do not necessarily prove the battle lost. In regard to the 3.2 per cent beer and wine bill, there are yet two obstacles to surmount before they will apply universally. The first is the fact that the United States Supreme Court is above Congress. The makers of the American Constitution provided safeguards for just such a situation as has now arisen, giving the last word to the Supreme Court. The Eighteenth Amendment forbids "the manufacture and sale of intoxicating liquor." It is for the Supreme Court to decide whether this is "intoxicating" or not within the meaning of the Eighteenth Amendment. No doubt a test case will be speedily brought before it for decision. The second obstacle to the immediate acceptance of this law, is the doctrine of State rights. All but nineteen States have enforcement laws that must be repealed before this law passed by Congress becomes operative.

In regard to the repeal of the Eighteenth Amendment, there will be a few "wet" States that will rush matters through their legislatures in great haste, providing for a Convention to settle the question. But the "Repeal" must be sanctioned by thirty-six of the States before the Constitution is amended. This means that if the "drys" can hold thirteen States to the "dry" columns the "Repeal" will be defeated. If within seven years the necessary thirty-six States have not accepted it, it dies a natural death.

This means that the battle during the next seven years will be fought out in perhaps not more than a dozen "pivotal" States. The "wets" claim that within two years they can carry twenty-eight of the forty-eight States. That the "wets" are in the saddle for the moment, cannot be denied. That they will use every means within their power, fair and foul, to put their scheme across is very evident. They publicly boast that they will bring federal pressure in the way of curtailment of federal appropriations against the recalcitrant dry (*Turn to page 27*)

CREATION'S

Hymn of PRAISE

By R. Hare

NATURE is a marvellous lesson-book—a book that must ever charm and instruct the student. It is also a book of praise, and all its wonderful features and all its wonderful lessons lead back to nature's God.

Nature speaks freely to man about her God; her exquisite designs tell of His beautiful and varied thoughts; her many forms tell of His unlimited skill, while towering mountains and star-worlds proclaim Him omnipotent in power, rolling suns and planetary moons declare Him possessed of boundless knowledge. Sky-tintings, rainbow glories, variegated flowers, and ten thousand landscape beauties whisper continually of the great Creator-artist who has built all things.

In his beautiful way John Ruskin tells us: "If the work is a cobweb, you know it was made by a spider; if a honeycomb, by a bee; if a nest, by a bird; and a home is built by a man, worthy if he is worthy, and ignoble if he is ignoble. And always, from the least to the greatest, as a thing made is good or bad, so is the maker of it."

How potent then should be the witness of nature's myriad forms as they talk to the troubled heart of man. Beauty of design, adaptability, and permanence of character may be seen in them all. In her flower gardens and over her meadow slopes, more than eighty thousand kinds of blossoms reflect the sunlight and add perfume to the breezes. Ten thousand varied bird families sing in her forests, wander through her valleys, or ride on the tossing of her wild waves.

Intensity is added to the thought when we remember her countless insect forms, visible and invisible, yet all strangely and perfectly wrought. Place man's work under the microscope, and it becomes rude and unsightly. Put God's work there, and its beauty only becomes more marvellously beautiful.

Seeing it all, how can man refuse the tribute of praise that Milton presents in Adam's Morning Hymn?

"These are Thy glorious works, Parent of good,
Almighty! Thine this universal frame!
Thus wondrous fair: Thyself how wondrous then! . . .
To us invisible, or dimly seen
In these Thy lower works; yet these declare
Thy goodness beyond thought, and power divine."

In Sorrow and Gladness

True, the blight has fallen and marred the face of nature. Death has come and withered her blossoms, and her song has often died out in the



P P

Hark! from yonder
The feathered choir
In ecstasy of song,
Trills out in matchless
Each perfumed flow
Scattering rich incense
The zephyrs murmur
With sweet aeolian
Keep silence while
Awake, my heart, and
Thy grateful praise
Doth thee encompass
Upon thy head, with

Towering Mountains Proclaim Him Omnipotent in Power

*Twin Peaks,
Sikkim, 22,200 ft.
Gordamah Lake,
16,600 ft.*

Photo G. A. Hamilton.

vale of anguish. Yet the autumn of praise has never ceased, and it still rolls on.

What will it be when nature is delivered from the "bondage of corruption"? When the tempest can no longer destroy and the fretting of the mildew will never be seen? When creation ceases to groan and enters into the glorious liberty of the children of God? Then the song of praise will rise without restraint, and her face will smile without fear of the destroyer. Hitherto her cup has been mingled with wormwood, and sorrow has called for many tears. Subjected to frailty for man's sake, nature has sung in her minor strains; but the day of release approaches and then "every creature which is in heaven, and on the earth,

and such as are in the sea" join in the universal song of praise to the Creator who lives for ever.

David speaks about the heavens "declaring the glory of God." But even for these there is glory in reserve. The sun is to shine with a sevenfold splendour and the moon, dressed in sun-garments, will be as bright as the sun is now! Isa. 30:26. This additional brightness will be part of the landmark brought in to tell that sin and sorrow have for ever passed away.

When the redeemed, with their perfected vision, look out from the glory land, the lesson of praise learned below will not be forgotten. From the sea of glass before the throne, the Patmos seer heard loud acclamations: "Great and marvellous are Thy works, Lord God Almighty; just and true are Thy ways, Thou King of ages." Rev. 15:3, margin.

Up in a garret in Paris an artist worked on a clay model. He was poor, very poor, and this model, chiselled in beauty, was his all. After two years of toil it was almost completed. In that garret the artist lay on his couch with only one thin covering. But the frost came down over Paris and the sleeper wakened to think of his vision in clay. The frost might enter its pores, it would crack the thing of beauty, and its loveliness would be destroyed. He rose and with reverent hands spread his only covering over the clay form. He slept again, but never wakened. The frost entered the clay man, but the model was preserved.

Seeing his devotion, the artists of Paris took a bronze copy of his work and placed it in one of the art galleries, with the inscription, "He died for his model."

So it will be told in redemption's everlasting song, when the preserved ideal of the Creator smiles out once more in changeless beauty—"Unto Him that loved us, and washed us from our sins in His own blood."—He died for His model.

E
l copse,
forth
den throat
y His praise:
heavenward,
he throne of God.
ip soft,
Shall man alone
e sings?
o heaven
ve
ight doth shine
ce divine.
—W. J. Knight.



From BENCH to THRONE—VIII

JESUS—Crucified, Risen, Ascended

By W. W. Prescott

*In the cross of Christ I glory,
Towering o'er the wrecks of time,
All the light of sacred story,
Gathers round its head sublime.*

THE Son of God entered into human history, being born of a woman, the same as the other members of the human family. God "loved us, and sent His Son to be the propitiation for our sins." At the close of His ministry He "bare our sins in His body upon the tree," and as He hung on the cross He said, "It is finished," and then He yielded up His spirit.

On the third day He came from the tomb, made Himself known to His former associates, and spent about six weeks with them, "speaking the things concerning the kingdom of God." Then He was received up into Heaven, and sat down at the right hand of God, being glorified with the glory which He had with the Father "before the world was." It is now almost exactly nineteen hundred years since these things happened. During all these centuries Jesus, the crucified and risen Saviour, has occupied the throne of grace as our great High Priest who "ever liveth to make intercession" for us. During the same period the third person of the Godhead, the Holy Spirit, the Comforter, has made His abode in the hearts of believers, thus making effective in them the work which Jesus had done for them. The victory which was won on Calvary has been appropriated by millions through their acceptance of the Victor as the Lord of their lives, and peace and joy have thus come to many hearts.

But we are still in a world of sin. The suffering and the dying are on every side. There are wars and rumours of wars. Almost every day brings to us the record of some tragic disaster with its toll of lives, while the wave of crime has become a full tide, threatening to engulf the innocent with the guilty. Unemployment and financial distress have become a world-wide problem, and as an inevitable result not only individuals, but corporations, municipalities, and even national governments find it difficult to meet their obligations. In spite of all this, fabulous sums are being spent every year in maintaining armies and navies, and another world conflict in the near future is positively predicted. How long must this continue? Is there either prospect or promise of a change for the better?

A few years ago one of the submarines of the United States Navy was accidentally sunk, and the

crew were shut up in their iron prison with only a limited supply of air to breathe. In the efforts for their rescue divers succeeded in approaching the outside of the submarine and making their presence there known to the surviving members of the crew. Then followed this touching incident. Using a hammer on the inside some one, applying the telegraphic code, pounded out the despairing inquiry, *Is there any hope?* Today I ask the same question. What is the answer?

Yes, there is a well-grounded hope. It rests upon a person, "Christ Jesus our hope." And so the prophet of old cried out, "O Thou Hope of Israel, the Saviour thereof in the time of trouble." The apostle Paul spoke of "the hope of Israel," and of "the hope of the promise made of God unto our fathers." Christianity is the religion of hope, not of despair.

In the beginning man, created in the image of God, was a king, crowned with glory and honour, who had dominion over the earth; but by the wilful rejection of God as his own king, man lost the image of God, and with it lost his dominion and became the slave of the god of this world. But God did not leave man without hope. "When the fullness of the time came, God sent forth His son, born of a woman, born under the law, that He might redeem them that are under the law, that we might receive the adoption of sons." Not only were we redeemed, but the inheritance was redeemed, and there came the promise, "Behold I create new heavens and a new earth; and the former things shall not be remembered, nor come into mind." But when will this be realized?

All through the Old Testament is held out the hope of the restoration of man and his kingdom. " whatsoever things were written aforetime were written for our learning that through patience and through comfort of the Scriptures we might have Hope." We live "in hope of eternal life, which God, who cannot lie, promised before times eternal." The whole work of Christ when here upon the earth and since His return to heaven has been carried on with reference to the restoration of all things. The time may seem long to us, but to Him who regards "a thousand years as one day," it is less than a week since sin entered into the world. Just before the cross, the resurrection, and the ascension, in that night interview with His disciples, Jesus said to them: "Let not your heart be troubled: ye believe in God, believe also in Me. In My Father's house are many mansions;

if it were not so, I would have told you; for I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and will receive you unto Myself; that where I am, there ye may be also." Those who heard these words did not understand them clearly. Their religious leaders had taught them that their long-expected Messiah would take the throne of David in Jerusalem, and they hoped for prominent positions with Him. Even after His resurrection they asked Him, "Lord, dost Thou at this time restore the kingdom to Israel?" But He opened their minds "that they might understand the Scriptures; and He said unto them, Thus it is written, that the Christ (the Messiah) should suffer, and rise again from the dead the third day; and that repentance and remission of sins should be preached in His name unto all the nations, beginning from Jerusalem."



"Why seek ye the living among the dead? He is not here, but is risen"

The gospel of the cross, the gospel of the resurrection, the gospel of forgiveness of sins, the gospel of the kingdom, must be made known to all the world. A new era of good tidings was introduced by the revelation of the grace of God in the person of His Son, and this message was to be preached to Israel in the fullness of power before they were finally rejected and the kingdom given to others. That was done before 70 A.D., the call was rejected, and then came the end of the Jewish nation. We face the same situation today. There is widespread apostasy; we are living in the judgment hour; the last phase of the mediatorial work in the sanctuary in heaven is now in progress; and in our time "this gospel of the kingdom shall be preached in the whole world for a testimony unto all the nations; and then shall the end come."

The missionary in a far-off land, even though he is engaged in winning souls for the kingdom, sometimes has a heart longing to visit the homeland, that he may have the privilege of associating once more with those dear to him. Many a weary pilgrim on the way to the New Jerusalem, whose heart has been wounded by the last enemy, longs for the time to come when he shall be permitted to meet those who have been loved and lost awhile. This is simply love in action. Love desires personal fellowship.

So it is with our loving Lord. The goal of His redemptive work is that we might be restored to fellowship with Him and with the Father in the restored kingdom. Think of His own words in His prayer the night before the cross: "Father, I desire that they also whom Thou has given Me be with Me where I am, that they may behold My glory, which Thou hast given Me." With this in view He left His place on the throne, came to this

world, gave His life as a ransom price, returned to heaven "to appear before the face of God for us," and is now finishing His work as our High Priest in order that He may come again as "King of glory" and may take to the heavenly mansions already prepared for them those who have accepted His work in their behalf. This is not the mere dream of a weary heart. This is not a mere creed developed by sympathetic thinkers, with the purpose of inspiring hope in those who are sighing for something better. Again I affirm that we have not followed "cunningly devised fables." We deal with actual facts. The Jesus who ascended to heaven will return to this earth, according to the word of the two "in white apparel" who comforted the disciples when their risen Lord was taken from them. "Ye men of Galilee, why stand ye looking into heaven, this Jesus, who was received up from you into heaven, shall so come in like manner as ye beheld Him going into heaven." This is the good news which is to be carried to the ends of the earth.

"Lift up the trumpet, and loud let it ring;

Jesus is coming again!

Cheer up, ye pilgrims, be joyful and sing;

Jesus is coming again."

Anyone who reads the New Testament with average attention will be convinced that the return of Jesus is strongly emphasized. Note the number of times that Jesus Himself refers to it, as recorded in the four Gospels. Observe that in the first epistle ever written to the churches it is the leading topic, being the climax of each chapter. Follow that theme through the different epistles, and you may be surprised to find it mentioned so frequently. In the last book the keynote is "Behold, He cometh with the clouds," and the last words before the benediction are, "Yea: I come quickly. Amen: come, Lord Jesus." It is confidently stated that there are about three hundred direct references to the second (Turn to page 29)

WHAT IS NEW IN SCIENCE

A NEW OIL-BURNING ENGINE

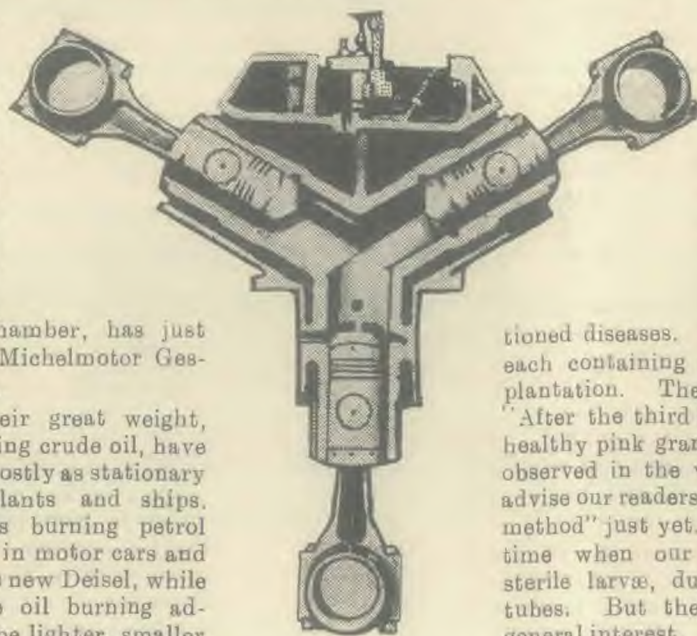
DEPARTING radically from standard types of oil-burning engines, a new type of Deisel engine, wherein three pistons are simultaneously operated by a common combustion chamber, has just been announced by Michelmotor Gesellschaft, Hamburg.

Because of their great weight, Deisel engines burning crude oil, have hitherto been used mostly as stationary engines, to run plants and ships. Carburettor engines burning petrol have held the field in motor cars and aeroplanes. But this new Deisel, while retaining the crude oil burning advantages, is said to be lighter, smaller and less expensive to operate than any of the carburettor types. Prof. A. Nagel of Dresden, and Prof. S. J. Davies of King's College, who witnessed the demonstrations say that this new type of engine not only marks a definite step in the development of high-speed oil engines, but also opens up new spheres of usefulness. Needless to say that every motor car operator hopes for the speedy success of this new type of engine.

MAGGOT SURGERY

IN recent years it has been discovered that mother nature has from time immemorial provided man with surgeons of no mean skill. We refer to the humble and despised maggot. Dr. William Stevenson Baer, late clinical professor of orthopaedic surgery, John Hopkins University, originated the idea of using maggots in treating osteomyelitis (inflammation of bone marrow), infected wounds and compound fractures. His attention was first called to the subject on the battle fields of France. Wounded soldiers were often too weak to "swat" the flies, so that eggs were laid in their wounds. It was discovered that the larvæ which hatched devoured the bacteria and infected flesh without injury to the patients. This gave nature a chance to heal the wound.

As a result of experiments Dr. Baer announces that the "maggot method" is most successful. Due to their digestive action, minute fragments of bone, and tissue sloughs are cleared away; they cause the wounds to become alkaline, and diminish the growth of pathogenic bacteria. Rapid recovery usually results.



We confess that it sounds very queer to us. But research laboratories in America are now furnishing to physicians and surgeons sterile larvæ of the blow-fly, *Lacilia Sericata*, for use in the above mentioned diseases. They come in tubes, each containing enough for one implantation. The medical report is, "After the third or fourth application, healthy pink granulated tissue will be observed in the wound." We do not advise our readers to apply the "maggot method" just yet. We must await the time when our laboratories supply sterile larvæ, duly put up in sealed tubes. But the experiments are of general interest.

WHEN THE EARTH QUAKES

SCIENTISTS have recently advanced some new theories concerning the cause of earthquakes, which are radically different from the old. Dr. Albert J. Nawlin, Director of the Ricard Memorial Observatory, at the recent meeting of the Association for the Advancement of Science, Pasadena, California, submitted data designed to show that planetary alignments flatten low wave radio signals, and produce earthquakes. Dr. Albert Porter of Turin University went even further; he contended that distant stars when in line with our planets actually helped to "pull off" earthquakes.

This new idea that earthquakes are caused by the "pull" of forces outside the earth is directly opposed to the old theory that they are caused by internal conditions. Prof. John B. Buwalda of Pasadena agreed that earthquakes may occur more frequently at a particular point when the "tidal stresses" are at a maximum. In that case the "tidal stress" is supposed to be but the trigger that "sets off" something that is deep-seated in the earth itself.

The most generally accepted theory in scientific circles is that of Dr. Alfred Wegener, German meteorologist, that our present continents are fragments of an original "mother continent" which having slipped away are not quite solidly anchored, and that "drifts" are still detectable. Both Japan and Greenland, for example, are said to be slowly drifting westward.

However widely theories as to the cause of earthquakes may differ, scientific data show that

earthquakes have now increased to more than nine thousand each year. Japan is said to have an average of four each day; Italy one each day, and California one every five days.

When scientific men disagree so radically as to the root-cause of earthquakes, it is refreshing to turn to the best of all books, the Bible. In a scripture which contrasts the eternity of the unchangeable God with the transitoriness of our present world, we read, "And Thou, Lord, in the beginning hast laid the foundation of the earth; and the heavens are the works of Thine hands: they shall perish; but Thou remainest; and they all shall wax old as doth a garment; and as a vesture shalt thou fold them up; and they shall be changed; but Thou art the same, and Thy years shall not fail." Heb 1:10-12. In answer to a request for definite signs of His return to earth, Jesus said, "And great earthquakes shall be in divers places, and famines and pestilences." Luke 21:11. That time has now come.

PULVERIZING ATOMS WHOLESALE

BRASCH and Lange, the two Berlin students who strung a wire across a canyon in the Alps, and drew several million volts of lightning out of a thunder cloud—repeating Franklin's kite performance on a Jovian scale—have now built a 5,000,000 volt X-ray tube for the German Electric Co., which is said to pulverize atoms by the million, instead of the few heretofore struck by what they call the "hit and miss" method. Is the world approaching the release and harnessing of the tremendous energy wrapped up in atoms?

WATCH YOUR HEART

THE latest scientific research agrees with Dr. Richard P. Middleton: "There cannot be the slightest doubt that cardiovascular degeneration (heart disease) is today the greatest killer of mankind. It is most likely to attack men and women of superior ability and restless energy, cutting them down with a suddenness which is appalling."

It comes in many different forms, apoplexy, high blood pressure, chronic nephritis, Bright's disease, angina pectoris, or sudden heart failure—behind all of which lies the common factor "a gradual stiffening, narrowing, thickening of the blood vessels which cause increasing obstruction to the flow of blood."

This rapidly rising death rate, due to this one cause compels our serious attention. Overeating, too much mental or physical strain with too little sleep and relaxation, the use of tobacco and alcohol, infected teeth or sinuses—all "throw an extra burden on the most vulnerable part of the human system." People past middle age are particularly warned that they should use moderation in everything.

Letters Written in Clay

(Continued from page 9)

Akh-en-aton was brought to the throne for just such a time.

"Fleeing in terror before the Khabiri," writes Dr. Breasted, "who burned and laid waste every-

where, many of the Palestinians forsook their towns and took to the hills, or sought refuge in Egypt, where the Egyptian officer in charge of some of them said of them: "They have been destroyed and their town laid waste; and fire has been thrown (into their grain?). . . . Their countries are starving, they live like goats of the mountains,"—*Id.*, page 285. Also compare such accounts with the Bible record. For instance, Joshua 11:11, where the extermination of Hazor is depicted. The record reads: "They smote all the souls that were therein with the edge of the sword, utterly destroying them: there was not any left to breathe: and he burnt Hazor with fire."

No wonder that when the Canaanites heard the Hebrews coming, they took to the hills or sought refuge in Egypt! Those who stayed in their cities, like the inhabitants of Hazor, were utterly exterminated.

The Bible Vindicated

It is remarkable, says Lieutenant Colonel Condor, "that the name of one of the princes writing from Gezer is Japhia, which (Joshua 10:3) is stated in the Bible to have been that of the Amorite king of Lachish. Two fragmentary letters from Hazor also form part of the Tel-el-Amarna collection, written by a chief whose name may read *Yebaenu* or *Jabin*."—*Id.*, page 106. Compare Joshua 11:1.

Much more might be written about this invasion, but it must be apparent to all that the invasion of the Khabiri recorded on the clay tablets is the same invasion conducted by the Hebrews as recorded in the book of Joshua.

In the light of the Tel-el-Amarna letters can anyone now discredit the book of Joshua? The very dust of the ground is speaking and vindicating the truthfulness of the Biblical record. Should we not accept the Bible with all assurance,—assured of its history, of its promises, and of its doctrines—assured because its Author is the living God?

TEST YOUR KNOWLEDGE

QUESTIONS

1. What single occupation employs the most people in the world?
2. What disease kills more people today than any other?
3. How long is the biggest ocean liner?
4. What metal is the most widely used in the world?
5. What is "tin-foil" made of?
6. How much petrol is obtained from a barrel of petroleum?
7. Does wireless telegraphy affect birds?
8. How do microbes and bacteria differ?

For Answers see page 29.

Thought Provoking Paragraphs Worth Repeating



"The Comedy of Peace"

In the February number of the "Pictorial Review" Prof. Einstein, of relativity fame, and Konrad Bercovici, famous author, men noted for their powers of observation and practical thinking, expressed their opinions of the Disarmament Conference. We quote a little of what they said.

Konrad Bercovici, famous author:

AT the Geneva conferences, war, and not peace, is being regulated. The delegation of each power urges that the other powers should disarm, that they should reduce their armaments while its own country keeps its arms and even augments them as the wind of war may blow.

"When the delegation of one country claims the right to arm itself up to a definite point, a half dozen other powers immediately claim a proportionate increase in their own arms. For what is the use of arms at all unless you are better armed than your neighbour?"

"Now Germany has broken away from the conferences altogether. Japan follows suit. And the god of war sits somewhere back of the munitions manufacturers and laughs and laughs.

"I have attended conferences at Geneva during which the discussion concerned the quantity of powder that should enter into the bullets of certain type guns. The discussion was very technical and abstract. No one objected on the ground that these bullets were intended to enter human flesh and that it didn't really matter whether they were propelled by a two-and-three-quarter-ounce charge of powder or two and seven-eighths of the same stuff.

"I have listened to speakers at the Peace Conference who discussed the wingspread of the bombing planes. As if in the event of war it would matter very much to the population below—men, women, and children—whether they were being blown to smithereens by a bomber flying a thousand feet above their heads or eleven hundred feet!

"Other delegates fought very earnestly to establish when a tank is a tank and when it isn't. That these tanks were especially designed to crush and crunch human beings in uniform seemed to be beside the question!

"The discussions of the Disarmament Conference were divided into three sections: terrestrial warfare, aerial warfare, and chemical warfare. I don't know the quality of the gases that are being discussed at the disarmament conference by chemists and bacteriologists. But I don't see much difference whether I and my children are killed by gases producing stomach cramps or the sudden cessation of the heartbeat! Listening to these discussions of technicians, I felt like being in a slaughterhouse. Peace conferences!

"The world has been duped. Ten million people had been killed and fifteen million crippled in a war supposed to end all wars. To pacify the people the very same individuals who were responsible for the last war have channelled the cry of distress into a cry of peace, and masqueraded the new war discussions into peace conferences, League of Nations, and disarmament conferences.

"Fourteen years after that unfortunate peace treaty signed at Versailles, the French and the Germans still hate each other and are as close to throwing themselves at each other's throats as they have ever been. There is no friendship between the former Allies. There is no friendship between the former enemies. Fourteen years after the signature of peace there are actually more people armed than there were the day of the Armistice!"

The Tragedy of Peace

Professor Albert Einstein, Outstanding German scientist and mathematician:

"We should be standing on rooftops, all of us, and denouncing this conference as a travesty—a travesty of justice and of the will of the peoples of the world! It is not only that this conference of peace is a failure, but that these delegates have come here under the guise of peace to foster war!

"They told the people that they would go to Geneva to secure peace; and, once here, they talk war. I have come to Geneva to do what I can to put forward a movement to mould the character and will of the peoples of the world against war, the will of the peoples left at home and who are not represented at this conference or at any of the other conferences held in the past.

"The people here have surrounded themselves and armed themselves in such a manner that no one can possibly have any influence over them. Neither you nor I nor anybody else can switch this conference now from the road it has taken, to the honest path. The Peace Conference here is a farce. Doomed to be a farce. This is not what we have waited for all these years. It has not been intended to be anything else.

"We are not nearer peace fourteen years after the Armistice of the Great War than we were the

day before the Armistice was signed. We have waited long enough for the politicians and statesmen to accomplish what they had promised to accomplish. Peace! Peace! Eternal peace! We have sent them here to make peace, to make peace perpetual! They have cheated us. They have fooled us.

"Hundreds of millions of people in Europe and in America, billions of people the world over, as well as the billions of men and women yet to be born, have been and are being cheated, traded, and tricked out of their lives and health and well-being and happiness in this conference! We have waited long enough. We have had enough patience with their measures, with their promises! Enough! Enough!"

Nutrition and Health

From an editorial in "Hygeia," that excellent popular health journal published by the American Medical Association, we quote the following:

"Mothers everywhere are being urged to make sure that children receive in their food the essentials of good nutrition. Healthful growth is dependent on adequate nutrition. The human being can eat just so much. If he fills his stomach with food because he likes it, without attempting to get materials that will provide energy, mineral salts, vitamins and the necessary proteins for repair, he will begin to show the effects of the deficiencies quite promptly. Throughout the world, scientists are now studying changes in the human dietary. They attempt to correlate these changes with modifications in the types of disease that occur and with changes in the nature of human bodily development. There has been a gradual increase in the amount of sugar eaten by people throughout the world. In Great Britain the amount of sugar consumed annually per person increased from 17 pounds in 1819 to 90 pounds in 1928. In America the amount of sugar rose until it was approximately 110 pounds a year but has decreased in the last five years to about 99 pounds. Sugar is a pure chemical substance. It does not provide any vitamins, but it serves the purpose of providing energy for the body. It is a flavour which makes food tasty, but it may cloy the appetite. There have been attempts to test the effects of overeating of sugar on the various glands of internal secretion. The relationship of excessive consumption of sugar to colds and even to cancer has been studied, but the evidence thus far is not conclusive. Such evidence as is offered seems to indicate that diets too rich in carbohydrates and too poor in protein may be related to an increased rate of bronchitis, pneumonia and colds.

"The best diet, as has been repeatedly said in these columns, is well balanced with some of all the essential food substances. Vitamins A and D are to be found in cod liver oil, in concentrates of cod liver oil, in oil derived from other fishes, such as the halibut, in irradiated foods and in other chemical preparations. The effects of vitamin D are also to be had by the use of direct sunlight and by the use of artificially produced

ultraviolet rays. The diet of the child should contain the necessary substances to provide the essential vitamins in the correct amounts.

"The amount of vitamin A secured through the taking of one glass of milk may also be secured in one tablespoonful of butter, in one and a half bananas, in half an egg yolk, in four large leaves of green lettuce, in three small leaves of spinach and in half a raw tomato. These are all common everyday foods and it is easy to make sure that the child gets such foods daily.

"The foods richest in vitamins C are the citrus fruits. The same quantity of vitamin C that can be secured in one medium orange or in half a cup of orange juice can be had from one third of a tomato, from three large leaves of spinach, from three cups of quarter-inch cubes of carrots, from two raw bananas or from three-eighths of a cup of canned peas. No doubt many persons would be much more impressed by such facts regarding diet if the information were presented in a much more technical and less understandable form.

"The present economic conditions are such that the vast majority of children, including those of the unemployed, are not likely to get these essential food substances unless special efforts are made to supply them. The figures available from Germany indicate that the children who were born during the starvation period of the last year of the Great War and of the years following are today unable to compete on an equal basis with children born during years when there was no famine. Not only are they more subject to disease; they do not appear to have the same urge for living and for earning. The hope of the future rests largely in satisfactory nutrition for the children of today."

"Ourselves Alone"

An editorial in the "London Times" of recent date, under the above striking heading contains the following paragraphs:

"In these troublous times, men everywhere are learning, often in bitterness and despondency, that even a nation cannot live to itself alone. They see a world-wide economic and financial crisis, international conferences one after the other adjourned and re-assembled; harassed statesmen flocking together, parting, and arranging to meet again. It has become a commonplace on the lips of experts that the world's trouble can only be cured by a world effort; that it is useless to apply anything short of an international 'shoulder' to the mire-bound wheel. It begins to be clear to the most ordinary of intelligences that uncompromising concentration even on a national self, can only result (as for the individual) in damage or ruin to the very self which it was meant to cherish! It is the modern phase of a lesson which the long centuries have sought to teach by precept and experience. . . . The man who gives play to generous instincts and develops far-reaching contacts is more than ever himself. . . . The soul which he spends so freely is continually saved to him in the process! It is the world's greatest and most hopeful paradox!"



The DOCTOR SAYS



This medical service by competent physicians is free to our subscribers. Please enclose a stamped, self-addressed envelope if a personal reply is desired.

Perspiration Under the Armpit. *Ques.*—"I perspire profusely under the armpit at this season of the year. Could you suggest any method of stopping it? If you suggest any exercise please let me know what I should use for immediate relief."

Ans.—Excessive perspiration usually indicates an attempt of nature to eliminate an excessive toxic condition within the body. Kidney function and skin elimination are complimentary functions. I would suggest that you make certain of ample bowel functioning by insuring three movements daily. Have your diet checked up to ascertain if it is correctly balanced, or if you are taking an excess of concentrated foods such as carbohydrates, proteins and fats.

It is not advisable making external applications to check perspiration, as this would throw an added burden on the kidneys and may result in overtaxing those organs. The correct approach is to ascertain what may be the toxic cause of this excessive effort on the part of nature, and then correct the cause. Nature will adjust the eliminative effort accordingly.

Increase of Heart Disease, Why? *Ques.*—"For my own protection can you give the reason for the appalling increase of heart disease?"

Ans.—In my opinion the answer is to be found in the increased consumption of tobacco, coffee and tea. All these drugs are vascular poisons and raise the blood pressure. All of them are heart poisons. Tobacco is a heart depressant. Nicotine causes arteriosclerosis.

So long as heart specialists continue to advise their patients to "smoke moderately," the death rate from cardiac and cardio-vascular-renal disease will continue to mount immoderately. There is no such thing as moderation in the use of a poison. That is the sole difference between a poison and a non-poison. A wholesome substance, even a food, may be harmful if used in too large quantities. A poison is harmful in all doses, very harmful, perhaps fatal in a large dose, less harmful in a small dose.

Constipation. *Ques.*—"I would like to know how to get rid of constipation from which I am suffering. I take castor oil about once a month but that does not have any lasting effect; it keeps my bowels open for about three or four days after taking it but it is the same after this period."

"As regards my diet I eat three meals a day, morning 9 a.m., afternoon at 1 o'clock and at night 9.30 p.m. In the morning I eat cream, bread and butter; I have given up eating eggs and drinking tea; in the afternoon I eat only one dish, either curry and rice or meat and vegetable curry, and bread or chapatis. At night I have my dinner an hour before going to bed, which consists of one dish as in the afternoon; I eat very little fruit. Some say that I should give up eating bread and cream because they help in making one constipated."

"Now as I have told you what I eat and when, I would like you to suggest some way by which I can be cured of constipation once for all, and would like to know whether I should take some patent medicines or tablets."

Ans.—Constipation may be the result of several differing causes. Since you raise the question about diet we shall confine our reply to this phase.

The best form of diet to relieve constipation is milk, fresh raw fruits and green leafy vegetables, both cooked and raw. This should constitute the basic daily diet, and in the

case of constipation nothing else should be taken until there has been definite relief from the trouble and two or three regular daily evacuations have been established. If necessary, medicinal liquid paraffin may be added for a time.

After constipation has been relieved a small quantity of atta bread or chapatis may be added once a day only. Curry and rice have a constipating effect and therefore not advisable.

About one seer of milk daily with plenty of fruit and plenty of the green leafy vegetables, some of which must be eaten raw, will certainly prove effective in nearly every case of dietary constipation.

Baby's Cold. *Ques.*—"My baby has had a cold for over two weeks. It is seven months old, is getting cow's milk, boiled water, emulsions and juice of one-half orange daily. His nose gets blocked up with phlegm and has done so though not so much recently, since birth; otherwise his health is excellent."

Ans.—Your baby is too young to take emulsions with benefit. All he needs in the way of food is milk properly prepared, with orange juice. See that the legs and feet are kept warm; keep him in the open air as much as possible, avoiding closed rooms; excessive clothing should also be avoided. Bathe him daily with water almost cold. Do not give him any medicine.

The blocking of the nose may be relieved by using the following, smeared up the nose with the little finger: Eucalyptus oil $\frac{1}{2}$ ounce; olive oil 2 ounces; menthol 5 grains. When the nose is blocked from birth there is often some constitutional trouble inherited from the parents, in which case a doctor should be consulted. I do not think there is any constitutional trouble in this case.

Ulcer of Stomach. *Ques.*—"About six months ago after drinking water I had a severe attack of indigestion. From then on it has troubled me on and off, and now the only time I can drink water without pain is when rising in the morning. Partaking of food relieves the pain. The nature of my food seems to have little or no effect on the pain. I feel fairly well and my bowels move daily. After abstaining from food for a meal or two there is no pain."

Ans.—The above symptoms point to ulcer of the stomach, A couple of days in bed without food followed by a week on milk and water only, taken at short intervals, will probably effect a cure. Three pints of milk should be taken daily, about half a pint every two hours. Milk often agrees better when ten grains of sodium citrate are added to each feed of milk.

A case like this however should be watched by a skilled physician, and the diet regulated according to daily conditions. In these cases there is mostly excess of the natural acid of the stomach. A good method of relieving this is to take half a glass of warm water half an hour after meals, and repeat the dose every half hour or hour according to the symptoms of pain, etc.

A level teaspoon of the following powder in warm water, one hour after meals, would help to keep the acidity down:

Sodium bicarb (Howards),	1 ounce.
Magnesium carbonate,	2 ounces.
Calcium carbonate,	2 ounces.
Bismuth oxy-carbonate,	$\frac{1}{2}$ ounce.

Repeat the dose every one half hour, or every hour as is necessary.

MEATLESS RECIPES

Menus for Children

FOR CHILD OF TWO

Breakfast: Juice of $\frac{1}{2}$ orange; whole-grain cereal porridge; milk, $\frac{3}{4}$ cup, or more if wanted; toast; butter.

Dinner: Coddled egg, baked potato; spinach; bread; butter; pulp of cooked prunes; arrowroot biscuit.

Supper: Milk, $1\frac{1}{3}$ cups, or more if wanted; whole-wheat bread; butter.

FOR CHILD OF FIVE

Breakfast: Baked apple; whole-grain cereal porridge; milk, $\frac{1}{2}$ pint, or more if wanted; bread; butter.

Dinner: Boiled potato; spinach soufflé, or baked egg in tomato; string beans; bread, butter, cup custard; wheatmeal biscuit.

Supper: Milk, $\frac{1}{2}$ pint, or more if wanted; whole-wheat bread; date marmalade.

FOR CHILD FROM EIGHT TO TEN

Breakfast: Berries or other fruit; whole-grain cereal porridge; milk, $\frac{3}{4}$ pint, or more if wanted; bread, butter sugar, 1 level tablespoon.

Dinner: Purees of beans or peas with potatoes and carrots or tomato; bread; butter; tapioca cream; ginger snaps.

Supper: Cream of lettuce soup, whole-wheat bread toasted; butter; honey or sirup; milk if wanted.

The mother should make a list of the foods her child eats to see if he gets the six different kinds of foods needed; milk, eggs, vegetables, fruit, cereals and butter or cream.

New Breakfast Porridges

DALIA OR CRUSHED WHEAT

$\frac{3}{4}$ cup of dalia, $\frac{1}{2}$ teaspoon salt,
3 cups of boiling water, 15 dates.

Add the dalia slowly to the boiling salted water, stir until thickened and remove to a very slow fire and cook for one half hour.

Clean the dates, remove the stones and cut dates into halves. Five minutes before you are ready to serve the porridge add the dates. Serve with hot milk or very thin cream or with almond milk.

This is a delicious breakfast dish, and specially good for school children. Small sultanas, one half cupful or more, may be used in place of the dates.

RICE WITH RAISINS

Prepare and cook rice as given for plain rice in rice recipes, adding one cup of milk fifteen minutes before it is ready to serve.

Wash raisins or sultanas in hot water and add them to the rice when it is almost tender. Serve with whole milk or thin cream.

BROWNEO OAT MEAL

Try slightly browning the dry oat meal before cooking. The browning adds a delicious flavour to this breakfast porridge. Another change in the regular oat meal porridge is to add dates or sultanas a few minutes before it is removed from the fire. Wash the fruit carefully in hot water before putting into the porridge.

BROWNEO RICE

Prepare by browning the rice to a light golden colour before cooking.

M. P. M.

Confections That Do Not Cloy

A Boon for the Children

By George E. Cornforth

PERHAPS some of our readers would be interested in recipes for some food sweets. I have heard of a boy who has been brought up on natural food who calls such sweets "God's sweets." It is thoroughly wholesome and health building, being rich in predigested sugar, in iron, lime and other food minerals, and being also laxative.

NUT AND RAISIN CARAMELS

No. 1

$1\frac{1}{2}$ cups seeded raisins, $\frac{1}{2}$ cup walnut meats or other nuts,

Mix and grind twice through a food chopper using the finest cutter. Press into a pan one-half inch deep, and cut into squares the size of caramels.

No. 2

1 cup raisins, $\frac{1}{2}$ cup figs or other nuts,

$\frac{1}{2}$ cup walnut meats.

Follow directions for preparing No. 1.

No. 3

$1\frac{1}{2}$ cup stoned dates, $\frac{1}{2}$ cup shredded coconut.

Prepare the same as No. 1.

No. 4

1 cup seedless raisins, $\frac{1}{2}$ cup figs,
 $\frac{1}{2}$ cup shredded coconut, 1 tablespoon or more of extracted honey.

Mix the ingredients, and grind them twice through a food chopper, using the finest knife. Pack into a tin and cut into squares.

No. 5

1 cup extracted honey, $\frac{1}{2}$ cup brown sugar.

Sufficient raw peanuts unblanched, ground through a food chopper, using the peanut butter disk, to make the mixture thick enough to pack and cut into squares.

No. 6

1 cup seedless raisins, $\frac{1}{2}$ cup shredded coconut,
2 tablespoons extracted honey.

Sufficient fine-ground raw peanuts to make the mixture stiff enough to be made into caramels.

Another recommendation which this kind of sweets has is that it is so inexpensive. These sweets are much cheaper than the ordinary kind, and cheaper even than those which sell for one or two rupees a pound, and they are good food.

THE world's largest theatre has just been opened in New York city at "Rockefeller Centre." It is located in a 70-story office building and has a seating capacity of 6,200. It is called The Radio City Music Hall, and has no pillars, but is so built and lighted that each one in the vast audience can see and hear all that is said or done on the stage. Ear phones are provided for the deaf. There is no chandelier, but remarkable lighting effects are obtained from lamps of various colours concealed in the overlapping arches. The stage proper is 114 ft. long and 80 ft. deep, backed by a steel and wood sounding board that weighs 15 tons. The most complete system of sound reproduction and amplification ever designed has been installed. The steel and asbestos fire curtain weighs 48 tons. This great theatre was opened on a rainy evening, Dec. 17, 1932, with every seat occupied. It is said that 90,000 unsuccessful would-be patrons nursed their disappointment by tuning in on the programme at their homes.



OUR HOMES

Who Is the Boss in Your Home?

By A. W. Spalding

EXPERIMENT. There is nowhere else in human affairs such an experiment attempted as in marriage, where two persons of diverse origin, nature, and education are brought together in closest intimacy, to conduct a lifelong business under joint control. No wonder that, despite six thousand years of experience, it still remains, literally, an experiment.

Who Is Head? Who is the head of the house? Can there be really two heads, both controlling? Will there not, with the inevitable difference of opinion and judgment, come division, estrangement, and separation? Without doubt, that does come all too often.

Women's Rights. The promise of the bride to "obey" her husband has been dropped from the modern ritual. Is that, in its effect, the reason for the turbulence of the young home, and the resultant wrecking of its hopes? Is the solution a restoration of the idea that there is one head of the house, and that head the husband? Does that mean that the husband is to make all the important decisions and enforce obedience to them on the part of his wife?

Absolutism. The idea that the husband is to be a tyrant in his household—a benevolent tyrant, perhaps, but none the less a despot—has never been justified by success. In the ages and the lands where the woman was the subject of her lord, there may have been fewer upheavals in households, but there was no more happiness. They "made a desert, and called it peace." The home is not built upon absolutism in government. Whatever the legal and social emancipation of woman has failed to show in benefits to matrimonial peace, it can not be hoped that a return to marital despotism would remedy the situation. The law of the home must be love and understanding. Their unity will be assured only by mutual recognition of each other's abilities, and by an equal love that subordinates selfish interests to the common aim.

Blaze and Radiance. When we start a fire, we are wont to throw upon it some kerosene, and the result is a fierce, high, rapid blaze. But whether our fire shall last depends upon whether, after the kerosene is consumed, the flame takes hold upon the wood beneath and eats down into it. If it fails to do this, the result is a blackened smudge. If it succeeds in doing this, there is not the high-flaming fire that began, but the heart of the logs comes to glow with a lasting fire that diffuses warmth to all the room. Pre-nuptial love is the kerosene blaze, high-flaming, ardent, even fierce, feeding upon the fluid emotions of youth. It is glorious to see and to feel. But if dependence is placed upon this experience alone, there will come

an end, and that end is liable to be the blackened, smudged remains of a dead passion. If love is to live and grow throughout marriage, it must go deeper than the love of youth. It must take hold upon the substance of life, it must penetrate the tough problems, the hard core of obstacles and difficulties; it must eat down into the heart of husband and wife. So love comes to be, not the spectacular flame of courtship, but the glowing coals of deep understanding and appreciation, of unity of purpose and oneness of life. Such love is lasting, and it gives warmth to all society.

A Testing Time. The early days of marriage are a severe test of love. Whether it shall be smothered by the clutter of perplexities, or shall be strengthened and fanned by the draught of difficulties, depends upon the attitude of husband and wife. As the young couple come face to face with the realities of their wedded life,—the means of support, the doing of daily tasks, the disillusionments as to each other's qualities,—the romance which enveloped their early love is in danger of being dissipated. Through their more intimate association they discover in each other defects of character which they had not before suspected. The only perfect one whom each thought to have discovered in the other, proves after all to be very much like the rest of the crowd; and disappointment is tempted to be expressed in words.

The Tie. The only power that can hold them through such temptations is a sincere, unselfish love. Right here is proved whether the love that each has had for the other is divinely pure or debased with human passion. Pure love is not directed to one's self, but to the other. Like the love of Christ, it will hold to the loved one through rebuff and failure. And such love will redeem. Not passionate accusation, however true, not sulks and moodiness, however convenient, can effect a cure for faults and wrongs. But love that, though it does not gloss over sins, yet holds out hope, that keeps the atmosphere of cheer and refuses to descend to bickering,—that love will win.

Forever. The marriage vow has united two in one, and forever, so long as time for each shall last. From that decision there is rightfully no turning aside. Let neither ever harbour the thought that in their union they have made a mistake. Life never is perfect; in every union there is bound to be some defect, and we can remedy it only by facing it, never by running away from it. Whatever disappointment there may be, determine to better it by drawing closer together. Let there be mutual forbearance, earnest love, and study to make the happiness of each other greater.

One in Two. There is one head of the house, and that head is the one who has been made from two. And unless this fusion of two into one occurs, there can be no harmony. But as the process of fusion goes on, there will come to be ever greater and greater harmony and unity of action. Normally, the husband, because of his work and because of his masculine characteristics, stands as the buffer between the home and the world, and

(See foot of next column)

Chickie's Puzzle

I'd like to know how it happened ;
I can't understand it a bit ;
A moment ago, I was curled up so,
There was nought I could do but pick.

So I picked, and picked, and by and by
There came a great crashing sound ;
And first thing I knew, the shell was in two.
And I standing safe on the ground.

— Selected.



Who Settled the Quarrel?

NO, I'll not play any more if I can't have the pram," said Elsie. And Marjorie frowned. "You wanted the pram yesterday," she said, "and it's my turn to have it today."

Elsie gave the doll's cradle a push. Then, turning her back to Marjorie, she seated herself under the lilac bush, which was her "house."

Picking up her big doll, Marjorie stalked over to her "house" which was under the old apple tree.

She tried to forget all about Elsie. Placing the doll in the pram, Marjorie pushed her to and fro.

It was no fun to do this. Marjorie glanced toward the lilac bush. All she could see was a little pink back and a mop of black curls.

Just then the little girls heard someone call, "chick, chick, chick!"

in those relations he leads. But he is not independent; he is subject to the influence of his wife, and her counsel is of value to his course. The home is the kingdom of the wife, and there the husband is counsellor more than executive. Mutual counsel and forbearance, mutual courage and love—these will solve all the problems of married life.

It was Mother coming across the garden with a painful of scraps for the chickens. With a flapping of wings and much squawking, the chickens came to meet her.

One big yellow hen picked up a scrap of bread and began to run away with it. A white hen decided that she must have that certain scrap of bread. So she flew after the yellow hen. Then both hens pulled and tugged away at the bread. In the meantime the other chickens ate up the remaining scraps.

The children heard Mother say, "Foolish chickens, one bit of bread is as good as another; the idea of fighting over the same thing!"

Marjorie glanced at Elsie. She was thinking, "One toy is as good as another."

Elsie smiled shyly at Marjorie. Her cheeks were very pink. She was thinking, "We were as foolish as those old hens."

"Elsie," called Marjorie, "you may have the doll's pram."

Elsie came running over to Marjorie's "house." "I'd just as soon have the cradle," she said. "Weren't we foolish to quarrel?"

"Yes, indeed," Marjorie answered promptly, "I'm glad those hens settled our quarrel."

A few minutes later the small girls were playing happily together as though nothing unpleasant had happened that lovely day.—N. Theesfeld.

Prohibition in America

(Continued from page 15)

States, to whip them into line. But even the over sanguine "wets" do not expect to put their programme across within less than four or five years. It seems just a little early to start the breweries and distilleries of the world working overtime.

On the side of the "drys" there is a conviction firmly held by many of the leaders of the nation that the sentiment of the country as a whole is strongly in favour of retaining the ban against intoxicants, and that once the people are aroused to the peril of repeal, they will rally in sufficient numbers to defeat the "wet" advance.

The "dry" forces are inaugurating a great educational campaign which is bound to be a deciding factor in the struggle. The next four years in America will witness such a struggle as has not yet been seen, between those forces that operate in our world to degrade the human family and drag it downward, and those forces which are working for its uplift. This struggle will be of world-wide interest. We will endeavour to keep our readers informed concerning it.

It is our belief that the Divine curse rests on those who manufacture and sell intoxicating liquor. The Bible decree is, "Woe unto him that giveth his neighbour drink, that putteth thy bottle to him, and maketh him drunken also." Habakkuk 2: 15.

Gangsters Invade Japan

Much as Western nations are suffering from the prevalence of thugs and criminality, Japan is finding herself face to face with organized lawlessness.

By Alfonso N. Anderson

(Our Special Correspondent in Tokyo)

AN event occurred in one of the outlying wards of Tokyo recently which caused bankers throughout the empire to become keenly alert and arouse to a new watchfulness over the piles of cash in their charge. This was nothing less than the first successful bank robbery in Japan. As such it is an event of great significance.

But this is not all. Subsequent investigations have shown that the act was part of a deeply laid conspiracy on the part of Communists to spread confusion and violence in every direction throughout the nation. Has not Japan had enough of shooting, assassination, and sorrow? Two prime ministers slain, one minister of finance and one head of a colossal trust done to death—this is the appalling record of recent months. Now, on top of the attempted reign of terror on the part of so-called Fascists during which Premier Inukai went to his death, after which the public has scarcely had time to catch its breath, comes this disconcerting news of the widespread underground plottings of Red revolutionaries. Many a citizen of this and other lands is wondering what it all means.

The robbery itself was dramatic. It was enacted in the most approved and up-to-date Western style. It took place in broad daylight in a highly organized and modernized city, and right under the noses of the highly efficient police. Three dapper young men, leaving their taxi with its engine running, with faces masked, entered the rear door of the bank. Inside the office, the man in the lead discharged his pistol at the floor and ceiling. Covering the cashier and the clerks, the three youth quickly helped themselves to ¥30,000 in paper money, and with the word "Yoroshi" (O.K.), accompanied by more explosions of fire-arms, retired as quickly as they had entered. The whole proceeding did not take over five minutes. The policemen in their station only eighteen steps from the bank had not been aroused previous to the speedy get-away.

The Meaning of Crime

These conditions proclaim in thunder tones the sublime truth that the end of the reign of sin is very near. Our day parallels that of the pre-Flood age when the earth was filled with violence, and a complete renovation by a universal deluge was found to be the only method of saving mankind from utter annihilation by the terrible virus of sin. The present slump in morals and the vicious trend toward lawlessness is world-wide.

Aside from the great world Book, the word of God, there is no treatise which fully analyses the great problem of sin. Shall we not once more consider thoughtfully the apostle's Spirit-inspired prediction concerning present-day conditions in the world? "This know also that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection, truce-breakers, false accusers, incontinent, fierce, despisers of those that are good, traitors, heady, high-minded, lovers of pleasures more than lovers of God." 2 Tim. 3:1-4.

Communism and Crime

There is no reason to believe that the capital of Japan can stifle the octopus of crime with any greater facility than can Chicago, the crime capital of the world. The difference is but a matter of degree. Thinking men are wondering if Laocoon and his sons were any worse off in the grip of the python than mankind is today captured and crushed by the direct action of covetous crime.

In such a time as this, he only is wise who realizes that these are indeed "the last days" and that Jesus Christ, the only Saviour of men, is about to return to this perplexed and stricken world, to save every honest seeker after righteousness, and to establish on the earth His new and everlasting kingdom.

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A Destroyer of Both Body and Soul

(Continued from page 5)

alcohol, the walls of the blood vessels degenerate, the walls thicken and harden, particles of fat develop in their tissue as in the heart, calcification takes place, elasticity and contractility are lessened, there is delay in getting the blood around, again stagnation occurs, and the weakening heart must work harder to accomplish its task.

Alcohol and the Blood

The red cells are drugged, which lessens their efficiency in carrying oxygen and bringing back the body wastes. Therefore nutrition is checked and the wastes accumulate in the body.

The structure of the red cells is damaged, causing anæmia. Their resisting powers against destructive agents are diminished, and their power to resist disease is lessened.

The white cells, the "soldiers" which destroy germs, become less alert, are passive and motionless in the presence of dangerous microbes. Alcohol repels these white cells, and so they cannot collect quickly where needed if alcohol is present. This allows disease to get a foothold until it becomes impossible to drive it out. This means many infections, prolonged illness, chronic ill health, and premature death.

The blood plasma, the watery part of the blood, contains elements called "complements," which aid in resisting disease. Alcohol prevents the manufacture and storing of these "complements."

Alcohol and the Stomach

Peptic digestion is slowed, the motility of the stomach is lessened, and so digestion is hindered.

The stomach becomes inflamed, catarrh is present, and the tissue degenerates, ulcers may follow, and even perforation and death in severe cases.

Alcohol, Liver, Kidneys

The cells of the liver which store starch and secrete bile are poisoned and swell; their protoplasm is transformed into fat, and they cannot function. This results in indigestion, constipation, gout, and mental irritation. This fatty degeneration may proceed to the point of death. The same changes occur in the other organs and tissues of the body.

These changes take place faster with a constant imbibing of small amounts of alcohol than from larger amounts taken more seldom.

The kidneys filter the poisons out of the blood. Without these important organs, we could not live many hours. Alcohol makes these organs degenerate just as it does the liver. This brings Bright's disease, the wastes remain in the blood, uræmic poisoning follows, and if the case is severe enough, death results.

Alcohol and the Body Cells

What we have said applies to every nook and corner of the body, for every portion is constituted of cells of protoplasm, which is the living substance

of which all tissue is made. Each cell "breathes" oxygen, absorbs nutriment, and excretes waste. Alcohol decreases the powers of protoplasm to take up oxygen, and so asphyxiates the cells, lessening in this way or terminating their life and activity. Thus the vitality of every cell in the body is undermined.

From Bench to Throne—VIII

(Continued from page 19)

advent in the New Testament. There is good reason for such emphasis, for apart from this crowning act the gospel would lack any climax. It is the triumphant note of the redemptive hymn. Only by the second coming of Christ in conquering glory can be fulfilled the announcement of the heavenly voices in the time of the seventh and last trumpet: "The kingdom of the world is become the kingdom of our Lord and of His Christ: and He shall reign forever and ever." Shall we not pray day by day, "Thy kingdom come?"

Just a word of counsel. That which will create in the heart of every young man and every young woman a real longing for the coming of Jesus is intimate union and fellowship with Him day by day. To know Him intimately will mean to desire to see Him face to face. Those only will be prepared for His coming in the body of His glory to whom He has already come in the person of the Holy Spirit and taken up His abode in their hearts. This is the essential preparation for the glorious advent of Him who has loved us and given Himself for us. What a privilege it will be to say in that day, "Lo, this is our God; and we have waited for Him, and He will save us."

"Face to face with Christ my Saviour,

Face to face—what will it be?

When with rapture I behold Him,

Jesus Christ who died for me.

Face to face shall I behold Him,

Far beyond the starry sky;

Face to face in all His glory,

I shall see Him by and by."

His message for us today is, "Behold I come quickly." Remember "Quickly!"

ANSWERS

(Questions found on page 21)

1. Wheat raising.
 2. Heart disease—cardiovascular degeneration.
 3. The French ship, "Francis Normandie"—1027ft. in length, nearly one-fifth of a mile.
 4. Iron—one hundred times more than any other metal.
 5. Lead.
 6. Usually about one-third of a barrel.
 7. Most probably; it has been observed that migratory birds avoid paths between wireless stations.
 8. Microbes are animalistic; bacteria plant-like.
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The Home & Busyman's Service League

FOR many years the ORIENTAL WATCHMAN AND HERALD OF HEALTH has rendered yeoman's service to thousands of readers in India, Burma and Ceylon. A perusal of the extensive subscription list reveals the interesting fact that this service is appreciated by the members of every community, including all the different races and religions within the area.

That this unique service might be further extended and made more helpful and practical, there was organized at the end of 1932 "The Home and Busyman's Service League," with headquarters at Salisbury Park, Poona. The ORIENTAL WATCHMAN AND HERALD OF HEALTH was made the official organ of the League and G. F. Enoch was elected secretary. A subscription to the Magazine makes one automatically a member of the League. No obligations are involved on the part of the subscriber—the obligations are all on the part of the promoters of the Magazine. We hereby pledge ourselves to give personal attention to the requirements of our readers, and greatly desire them to submit their problems to us.

Address all communications to The Secretary, Home and Busyman's Service League, Post Box 35, Poona.

THE EDITOR'S CORNER

WE consider it a privilege to return to the editorial chair of the ORIENTAL WATCHMAN AND HERALD OF HEALTH after an absence of seven years. Both before and after the Great War it was our pleasant duty to serve as best we could the many readers of this much appreciated Magazine. We hereby extend a personal greeting to our subscribers, and desire each one to feel that we have a personal interest in his or her problems, and in their solution.

For the elimination of that impersonal attitude which would make you feel that your subscription is merely one more magazine subscription, The Home and Busyman's Service League has been organized. Your subscription makes you a member of this League and entitles you to whatever personal service it is within our power to render. We believe that we are in a position to make this new feature of our service a very real help to all.

Our Health Service Department has been especially appreciated. Unstinted praise has come to us from physicians, from leaders of various communities, and from humble laymen, telling of the invaluable assistance our pages have been to them. We advocate no fads or fancies, but stand for the rational treatment of the many afflictions of the human family. We stand for much more than this also. We are heralds of a health message which, if faithfully followed, will save from sickness and disease, ensuring a "sound mind in a sound body."

The wisest physicians today are giving more and more attention to preventive measures. It is appalling to consider how many of the diseases from which the world suffers are preventable, due to careless or wrong habits of living and eating. Our Health Service Department is headed by qualified medical practitioners who offer their services freely to our subscribers. Each month they will present information and counsel on such subjects as Public Health, Personal Hygiene, Diet, and the Cure of Disease. In addition they will give advice concerning the treatment of your own particular infirmities.

We are introducing in this number a section, "The News Interpreted" which will offer useful comments concerning current happenings and their meaning. As we serve all parties and communities we must needs be neutral in politics and free from all racial bias. Our Scriptural Ethics Department brings a monthly service which deals in a helpful way with the great moral issues of the age, and which will answer personal questions as to religious problems. The Home and Children's Department is dedicated to the betterment of our homes, that they may reach the highest ideals. Our large and growing subscription list is evidence that we are rendering a unique service in Southern Asia. Any suggestions from our readers that will help to improve this service will be appreciated.

This month we wish to call special attention to the article "This Mighty Hour," by Mr. A. S. Maxwell, editor of *Present Truth*, London. Mr. Maxwell, our special correspondent in London, makes frequent visits to Geneva, and is in close touch with the world-currents that centre there. He was one of the delegates to Geneva a little more than a year ago who helped to defeat the "blank day" Calendar Reform proposal. We feel sure that his weighty words in this and future issues will be appreciated by our readers.

Mr. Ronald Leisk will follow up his splendid article "Let Nature Heal," with detailed instruction concerning the use of simple, natural remedies that everyone can use at home. In our next issue he will contribute an article entitled "Water Treatments" that will be of general interest and of great value. The movement away from the excessive use of drugs is world-wide.

E.

This Mighty Hour!

(Continued from page 4)

sombre meaning. These authorities realize that mankind is nearing the precipice. From their wide experience they see that there is scarcely a hope left of saving the world from plunging headlong into some fearful, overwhelming catastrophe.

What does it mean? What is going to happen? Like Eli of old we ask, What meaneth the noise of this tumult?

We may well ask, for the future of every man, woman, and child upon the globe is involved. Our own safety, happiness, comfort, life itself, is bound up with the answer. It is a subject which deserves our best thought. Indeed it demands immediate and serious attention.

Voices from the Past

As one seeks to solve the mystery of the present world crisis and understand its meaning, pondering meanwhile the solemn warnings of some of its greatest sons, voices from the dim, distant past call across the centuries, illuminating the present darkness and throwing welcome rays of light into the shrouded future.

Cries one: "There shall be a time of trouble, such as never was since there was a nation even to that same time." "And at that time shall Michael stand up, the great Prince which standeth for the children of thy people." Dan. 12:1.

And another: "The Eternal arraigns the nations, He indicts all mankind, and puts the wicked to the sword. The Lord of hosts declares: from race to race calamity extends, a mighty storm is stirring from the earth's far ends." Jer. 25:31, 32 (Moffatt).

And yet another: "There shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations with perplexity; the sea and the waves roaring; men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken. And then shall they see the Son of man coming in a cloud with power and great glory." Luke 21:25-27.

Amazing words! "A time of trouble such as never was!" Do we not see at least the beginnings of it surrounding us today?

"From race to race calamity extends." What a picture of our ruined and impoverished world!

"A mighty storm is stirring from the earth's far ends." How true it is! Can we not already hear the mutterings of this coming conflict?

"Distress of nations, with perplexity." The words are on everybody's lips. Did not the Prince of Wales use them at the Albert Hall?

Prophecy has indeed become history, and light shines out of obscurity. Another piece of life's puzzle has found its place. Destiny's map has become yet more complete. The broad highway is now completely marked. We can see where we are going. The last steep, slippery descent stands out as plain as pen can make it. And above the precipice shine in glittering letters

the warning words: "The coming of the Lord draweth nigh."

The One Way Out

Can it be true? It seems incredible.

And yet, facing all the hopelessness, all the wretchedness, all the misery of our modern world, what better solution of its problems and tragedies could there be?

Standing some time ago in the gallery of the great hall in Geneva where the Disarmament Conference was taking place, we looked down upon the great gathering of statesmen who had come from the very ends of the earth to find some way of solving the most difficult of all international problems. As we were engrossed with the wonder of this stupendous scene a man spoke to us. "These men," he said, pointing down to the assembly, "are ready for anything. They have the noblest ideals. If only some dynamic person could electrify the meeting and galvanize these men into action!"

He was right. That was what the conference lacked. That is what every such conference lacks. They all fail for want of some great, masterful, saving power. That is what the world needs most of all today.

Is there any reason to suppose that such an inspired personality will arise? Dare we hope that the present chaos will terminate in a divine visitation? Will this be the stupendous climax of this mighty hour?

(To be continued.)



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