

The ORIENTAL
Watchman
and
Herald of Health



Along the Godavari Delta

THE FUTURE UNVEILED, THE SECRET OF LIFE
HOW TO GET RID OF THE CIGARETTE HABIT

The Unknown To-morrow

A New Year's Message



WE STAND on the threshold of a New Year. The past year has gone forever with its impartial record, and the book is closed until that day when it shall be opened by the Judge of all the universe. Its mistakes and failures if committed to Him who bore our sorrows and infirmities need not trouble us now—if not so committed, we should delay no longer, there is still time for the crimson stains to be cleansed in the ever-flowing fountain. But as we look forward into the coming year let us ponder the element of uncertainty which grows big with meaning as the sands of time run low. Some year will mark the close of human probation; in some year the human family will cross that invisible line that separates God's mercy from His wrath; during some year our great High Priest will rise from His place as Mediator at the right hand of Almighty God and say "It is done" (Rev. 16: 17). Then will our Lord lay off His priestly attire, and clothe Himself with garments of vengeance, pronouncing that solemn mandate, "He that is unjust let him be unjust still; and he that is filthy let him be filthy still; and he that is righteous let him be righteous still; and he that is holy let him be holy still." Rev. 22: 11. From that time we will have crossed the line after which no one will change, and the words of the Apostle Paul, "Then cometh the end" (1 Cor. 15: 24) will be fulfilled.

And this solemn hour may come during 1925. Of course we do not know, for it is written, "It is not for you to know the times and the seasons which the Father hath put in His own power." Acts 1: 7. But we do know by unmistakable signs which He has hung out everywhere that the hour is near, very near. As it creeps imperceptibly upon us like a thief in the night, the one comforting thought is that its coming is in the power of our loving heavenly Father, and not dependent on impersonal Fate or blind Chance. Let us not misunderstand the situation. We do not intimate that the visible revelation of our Lord from heaven may take place this year,

as some teach, for the unerring Word of prophecy tells of a full year of terror, confusion and un-exampld distress, known as the time of "the seven last plagues" before the second advent. (See Rev. 16: 1-21; also 18: 8) But while this is true, there is need of proclaiming the solemn warning of the imminence of this other hour which closes all human probation when the Son of Man comes to the Father to receive His kingdom. Dan. 7: 14. It was of this hour that Jesus spoke when He said, "But of that day and that hour knoweth no man, no, not the angels which are in heaven, neither the Son, but the Father. Take ye heed, watch and pray; for ye know not when the time is." It is this hour, when probation closes, that will find two grinding at the mill, or two sleeping in one bed, the one to be taken and the other left. Neither is caught away in an imaginary "secret rapture," but both classes will remain upon earth until He comes and "all the Holy angels with Him." For the Bible teaches that both the righteous and the wicked will meet the second advent together. Matt. 24: 30, 31. The hour that closes probation will find men eating and drinking, marrying and giving in marriage, with life apparently substantially as in the past with its ordinary duties, its joys, sorrows and cares, and then in the midst of it all the human family will cross the invisible line. Woe to the soul that is unprepared in that day. We therefore feel that the most appropriate New Year's message for 1925 is the words of our Saviour, "Watch ye therefore for ye know not when the Master of the house cometh, at even, or at midnight, or at the cock-crowing or in the morning; lest coming suddenly He find you sleeping. And what I say unto you I say unto all, Watch." "Therefore be ye also ready; for in such an hour as ye think not the Son of Man cometh." Mark 13: 32-37; Matt. 24: 44.



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Topics of the Day

Something New in Broadcasting

IT IS proposed at the forthcoming Radio Show in New York to have a duet sung by a man in England and a lady in America—just 3000 miles apart. The two singers will be able to sing together on the same wave-length, and listeners in England and America will hear the voices blend together in perfect harmony.

Up-to-date Humour

Mr. W. J. Bryan in a recent interview said "When I want something funny to read I do not take up a book of humour; I just get hold of some evolutionist's speculations, such as how a long time ago a worm was crawling along and developed a wart on its stomach, and how that wart kept growing until it developed into a leg and so forth, until finally a respectable-looking animal appeared. These evolutionists think it is a sign of superior mentality to make sport of the Biblical explanation of creation, and then they turn about and offer a theory of the beginning of things that is absurdity itself. Not long ago I read in a Philadelphia paper a report of a public address delivered in that city by a college professor, under the auspices of an extension course. Listen to what he said: 'Evidence that early men climbed trees with their feet lies in the way we wear the heels off our shoes—more at the outside. A baby can wiggle its big toe without wiggling its other toes, an indication that it once used its toe in climbing trees. We often dream of falling. Those who fell out of the trees some fifty thousand years ago and were killed of course had no descendants. So those who fell and were not hurt lived, and so we are never hurt in our dreams.' Evolutionists certainly lack a sense of humour or they would never be able to keep their faces straight while they are giving out such nonsense."

"600 to One on War"

Rev. J. E. James of Melbourne, Australia, after a trip around the world declared that careful consideration of things as he found them convinced him that the probabilities were "600 to one on another war." He said, "The League of Nations is costing the world about £1,000,000 a year, and the preparations for war are costing £600,000,000."

This is a sad fact but true. Well-intentioned men may sit in their arm-chairs and imagine a world that has advanced beyond the "war stage" and fondly dream of the ushering in of universal peace. But men who have a sense of facts, whose fingers are on the pulse-beat of the world, know that the same ambitions, animosities, jealousies and hatreds that brought about the Great War are brewing another and more terrible conflict. Satanic forces are being loosed in our world and are preparing the various nations for Armageddon, and this in spite of the best efforts of the most able statesmen the nations can place at the helm. The unerring Word of our God

To My New Diary

YOUR pages all are fair, and pure, and white;
Not one deed yet recorded; and I fain
Would keep you thus,—not empty, but made
bright
With records of brave deeds and victories
In all life's struggles. Such a serious thing
It is to live! For we may not turn back
To live again or change one faulty day.
Once gone, its record stands. Nor can we make
One small correction, or undo one deed.
Nor is this all; for not in words alone
Is record kept of days that pass away;
But in the very lives of those I love
Some influence will remain of deeds of mine.
Sad, sad 'twould be if I should, careless, leave
Some influence unholy which should work
To mar or spoil some other life. And yet—
I cannot live my life alone. O Christ,
Come Thou into my life, and live in me
Thine own sweet life of purity, and thus
Assure to me a happy year, with deeds
Which I may contemplate with joy
When these, with all the rest of life's short
days,
Have been recorded, and the diaries closed.

—Lillian S. Connerly.

points to this great battle as the culmination of present world-conditions and not to an era of universal peace. See Rev. 16: 12-16. We regret the many evidences multiplying in India that these same Satanic forces are operating in our beloved country. The "kings of the East" will have their place in the final line-up at Armageddon.

Zionism Doomed

Perhaps the most striking misinterpretation of prophecy in recent years is the quite general belief among Christians that the Bible predicts that the Jews will eventually return to Palestine. The promise of the British Government during the war to certain leading Jews in return for financial aid has at last come in vital conflict with the promise made to former King Hussein of Mecca that all Arab countries should be free. The most recent develop-



Topical Press

Wireless in a Nutshell

The smallest wireless crystal set in the world, entered in the competition at Wembley, compared with an English penny. The main coils are enclosed in a portion of a hazel nut shell, forming a complete set with a tapped coil for tuning, the whole being but a little larger than a penny. It was made by J. B. Bathom of Harpurhey, Manchester.

ment is the combination of Moslem and Christian in Palestine, forming 93% of the population, against the political machinations of the Jews who form but 7%, who are striving to get complete political control. Sibley Jamel of Palestine has recently written a pamphlet in which he effectually explodes the idea that the Old Testament predictions furnish any ground for hope that the Jews will be restored as a nation. He says: "There is nothing in the Old Testament to warrant this. The one great burden of the Old Testament, as Christians believe, is the foreshadowing of the Messiah, which was fulfilled in Christ. This fact of Christ being the promised Messiah the Jews do not admit . . . To the Christians the Jews are no longer the Chosen People, and the promises made to the Jews were transferred to them, the spiritual sons of Abraham."

Life and Its Mechanism

Prof. Sir, J. C. Bose F. R. S., in his Seventh Anniversary Address made some most interesting statements concerning the discoveries being made at the Bose Institute, Calcutta. By the construction of instruments of the most delicate and sensitive sort, Prof. Bose has been able to record the response of both living and non-living matter to various stimuli, electrical and chemical, and to learn invaluable facts concerning the growth and health of plants. Among the many interesting statements in this address is that concerning the special difficulties which blocked his way through the *a priori* reasonings which learned man had laid down concerning plant life as "scientific facts" but which he has demonstrated were "mere speculations, unsupported by facts." After Prof. Bose's careful and patient investigations have

proven the absurdity of some of these "learned" speculations, one would think the scientists would be more humble in their attitude towards some who are not willing to follow them all the way in their maza of "speculations" and undemonstrated hypotheses. Among the interesting experiments carried on at the Bose Institute are those that demonstrate the effect of irritation on assimilation of carbon by plants, with lessons drawn therefrom for human guidance. That these experiments are intensely practical is demonstrated by what has already been achieved. It should be more widely known that Prof. Bose's invention of the galena receiver made possible the reception of wireless messages from long distances. Also that the methods employed and sensitive instruments invented by him have opened up new and unexplored fields in the invisible world about us. But that which seems to have the greatest possibilities for the future are the experiments for the storage and utilization of solar energy. The sun is constantly flooding our planet with undi-

minishing quantities of solar energy which, if harnessed, will accomplish all the work required by man. In coal we have this energy as stored away millenniums ago, now being utilized so generally; why is it not possible to make this energy available without so long a time of waiting? We congratulate Prof. Bose and India on the great work which is being done at the Bose Institute.

The Beginnings of Indian Civilization

Other epoch-making discoveries in quite a different line, which also demonstrate the folly of building immense superstructures of theory on false reasonings are those of Rai Bahadur Dayaram Sahni and Srijut Rakhal Das Banerji in excavating old mounds in the Punjab and in Sindh. Hitherto it has been laid down as law and gospel that the inhabitants of India before the advent of the Aryans were barbarous, if not savages. The fair Aryan has passed on the theory that he conquered these "barbarians" and gradually civilized them, evolving the Hindu system of society, and engrafting on them a culture of far superior excellence. The discoveries recently made are shaking the foundations of these hitherto accepted theories and are opening a most interesting field for further investigations. We have not space in this number to fully discuss this most interesting question but will endeavour to secure some illustrations for our readers for a future article. Suffice it to say that it seems quite evident that these discoveries prove that the date of an Indian culture of some sort may be moved back from about 300 B. C. to about 2500 B. C. or to that period which the Bible chronology places as immediately subsequent to the great Deluge. That the forsaking of the principles of the true religion did cause a descent towards barbarism is true, but

that the human family was originally savage and has gradually evolved to its present position has never been proven. We trust that excavations in India, Mesopotamia and Egypt will still further establish this fact. We are indebted to the December number of *The Modern Review* for the facts concerning these discoveries and those of Prof. Bose.

Reparations

It may be interesting to know just how much, Germany has already paid in reparations. The total receipts by the eleven powers to date, in cash, deliveries in kind and ceded property are: Cash. 1,903,835,000 gold marks; deliveries in kind, over three billion gold marks; ceded property, over 368,000,000 gold marks. A total of 5,570,992,000 gold marks. (About 4,178,244,000 Rupees)

These figures take no account of the cost of the American Army, which amounted, at the end of the occupation, to over one billion gold marks. Quite a price for a nation's adventure in going forth into war, Particularly as it is only a first installment.

The Prohibition of Drink and Drugs

There is much encouragement for the Temperance forces in India in the evidently rapidly rising tide of popular sentiment in favour of the total prohibition of the manufacture and sale of intoxicating liquors. The Report of the Bombay Government's Excise Committee, recently issued, is a remarkable document and indicates that those responsible for the excise laws are having real 'searchings of heart' on this important question. We wish to call attention to the need of putting soul and body-destroying drugs on the programme along with spirituous liquors. *The Indian Social Reformer* has truly remarked that while the use of spirituous liquors is the besetting vice of the West, the use of such drugs is the besetting vice of the East. America has released herself from the one, only to find herself threatened by what some believe to be the worse slavery of the other. But America is determined to be free from both.

That these evil habits are increasing in India is shown by the increased revenue received from this source. In 1891 the total revenue received from the sale of intoxicating spirit and drugs was less than 6 crores, in 1911, 12 crores, and in 1923, about 21 crores. Madras reports that 30% of the total revenue comes from this tainted source. What a melancholy comment on the trend of events. In so far as the Government of India is concerned the great battle must now be fought in this matter of revenue. This is surely a most important matter for the consideration of the Tax Committee now sitting. While the Government is re-examining the foundations of its taxation policy, will not the rich and the middle classes come forward with constructive suggestions, willingly submitting to new sources of revenue so as to enable the government to dispense with this revenue from drink and drugs?

This same cry of loss of revenue was the main-stay of the antiprohibitionist in America. But America has not appreciably felt the loss of revenue. It was a bogey that has proven but the creature of a prejudiced and fervid imagination. Decrease in the number of inmates in jails, penitentiaries, insane asylums and police courts, has in itself offset the financial loss, while the marvelous increase in the wealth of the common people has proven a fruitful source of new revenue. This has been manifested in the increased ownership of homes, the incredulous increase in savings-deposit and Bank accounts, in the phenomenally large contributions to religious and benevolent purposes on the part of the people, and in many other ways too numerous to mention. The last presidential election furnished conclusive proof of the futility of the hopes of those who expect the liquor trade to be revived in America. Some of the wealthy class with more money than morals, and some of the large foreign element may patronize the "boot-leggers" but they will eventually be compelled to accept the settled fact that prohibition has come to stay. Let India take heart and press the battle to the gates, but let India also unite drugs with drink in her prohibition programme.



Topical Press

A Russian Girl as Navigator, after Desertion of His Ship by the Captain in a British Port

Miss Diatchenkenan the Third Mate, a pretty girl of 33 years, holding a Master's certificate, who is to navigate the Russian ship "Tovarietch" home from a British port, with one of the crew. The Captain deserted with his son as soon as the ship reached Port Talbot, and the Foreign Office has been asked to arrest him. Evidently he does not want to go back to Russia.

The Salvaging of Civilization

By Reuben E. Hare

“OUR RELIGION, to be worth while, should be not merely a system of worship, but rather a mode or method of living.”—*Dr. H. C. Menkel.*

The question is frequently asked, “What bearing has religion on the modern trend of our civilization?” So often we hear the assertion made that we have outgrown “The old fashioned religion, which based its tenets on that old fashioned book—the Bible.”

Webster defines religion as:—

“The outward act or form by which men indicate their recognition of a God or gods, having power over their destiny, to whom obedience, service, and honour are due. . . . A system of faith and worship.”

Many centuries ago the apostle Paul said:—

“In the last days perilous times shall come. For men shall be lovers of their own selves, 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, highminded, lovers of pleasures more than lovers of God; having a form of godliness but denying the power thereof.”—2 Timothy 3 : 1-4.

No doubt when Paul made this statement he was considered the supreme pessimist of his day. But on opening our eyes to facts as they surround us today, what do we see? universities, colleges, seminaries, grammar schools, high schools, law schools all over the country. The average man being many times better educated today than his fore-fathers were. Eugenics being advocated with a view of the betterment of the physical race. Progress? Granted, but—extra judges have to be elected to handle the business of the Divorce Courts. Most of our young folk and a good many old ones running to dances and wild all-night parties, drinking and gambling and making love to the other fellow's wife or husband most of the time. And crime according to reliable statistics,—“Social crimes have increased over five hundred per cent in the last twenty five years.”—*The Encyclopedia of Social Reform.*

Let us listen to some frank statements from some of our prominent men on the situation facing us today:—

Frank Schwab, Mayor of Buffalo and supreme General of the Knights of St. John (Catholic) recently addressed his order at a business session, and among his remarks he denounced what he termed, “The six greatest evils” of the day. These according to his enumeration are,—“Divorce, race suicide, the public dance halls, (“some dances” said he, “are soul killing in the extreme,”) the narcotic drug habit, the hip pocket flask, and the automobile brothel.”—*Times, July 28, 1924.*

Dean Inge foresees the possibility of a new dark age. “We are,” he says “witnessing the suicide of a social order, and our descendants will marvel at our madness.”—*Quoted by Glenn Frank in the Century Magazine.*

Oswald Spengler writes his “Der Untergang des Abendlandes” as a sort of swan song of western civilization, contending that civilization is itself a sort of slow death. Flinders Petrie flings out his thesis that there have been eight periods

of civilization, and that we are now at the end of the eighth which reached its height in the year 1800 or thereabout.

Paul D. Moody, president of Middlebury College says:—

“To increase a man's knowledge without touching his heart, is to play with fire. It only increases his danger to society. The whole world is suffering and will suffer for a generation principally because our natural advance has outrun our spiritual progress. We have taught man, who in ancient times killed his neighbour with a stone in his fist, to use a gun with a range of 60 miles, but his heart is still subject to the same passions that influenced his primitive ancestors.”—*Quoted in the Congregationalist.*

Austin Harrison, editor of the *English Review* says:—

“Newspaper reading today is no doubt pretty exciting, but the statements are rather sad. Murders, robberies, violence, low morals, a spate of scandals involving high and low, divorces by the thousands—in fact a very ‘picture-show’ of frail humanity, out as it were, adrift from rudder and principle.”—*Sunday Pictorial.*

We might go on multiplying the evidence that we live in an age when the moral balance of the world seems to be reversed. Our world is in a ferment. Deep-seated discontent possesses the minds of men. Strange cross currents are beating upon and undermining earth's most stable institutions. Thrones are tottering. Nations are in the crucible.

With almost bated breath the average man eagerly scans his newspaper headings for yesterdays news. He wonders what is happening today. He would give much to know what tomorrow has in store for the world.

Reader, how are you impressed when you read in your newspaper of some unusual event in the social, political, industrial or religious world?

The daily papers and the popular magazines tell you of these affairs and you wonder at their meaning. You can well do so. The question uppermost in the minds of most thinking men and women today is—“What do these things mean?”

Human philosophy has never been able to find an answer to the question. We may repeat to ourselves over and over again Coue's formula,—“Every day in every way the world grows better and better.” But every time Echo answers, “Where?”

That old fashioned book—the Bible says that:—“In the last days men would be lovers of pleasures more than lovers of God, having a form of godliness but denying the power thereof.” As I sit at my desk there is spread out before me a number of newspaper clippings which almost stagger one with their bluntness. Let me just quote a few selected at random:—

“Divorces in Australia increase fifty-five per cent in seven years.”

“English judge pronounces ninety-two decrees nisi in 105 minutes.

"United States has 132,000 divorces in 1920.
 "Victoria has 3000 race horses and 420 jockeys.
 "Australia spends £12,000,000 per year on theatres, moving pictures and indoor amusements.
 "Moving picture takes place of sermon in church.

"Boxing contest in church before sermon.
 "Liked a lot—had sixteen wives in eight years—and never married one of them.
 "White Slave Ring. Women sold as merchandise.

"The cinema. 40,000,000 patrons weekly.
 "A carnival of mis—behaviour.
 "Humanity adrift.
 "Venereal Disease. One man in five affected.
 "Forced Marriages. Forty-four percent in New South Wales.

"One divorce to four marriages."
 What do these things mean? What is the cause of it all we ask? The cause lies in that our religion has become merely a form of godliness but "denies the power thereof." That old fashioned Book says "From such turn away," and a little further along in the chapter, "Evil men and seducers shall wax worse and worse, deceiving and being

deceived." Our religion instead of being, as Webster defines it, "A system of worship," should become a method of living. Then and then only can we hope to stem the tide on its downward sweep to destruction.

Mr. Booth Tarkington reasons thus:—

"The real blame for the present wildness of the young folks, though, rests with us—the older generation. We have permitted a departure from good old-time religious training—a breaking away from any kind of faith." *Collier's July 28, 1923.*

What do these things mean reader?—They mean that we are in "the last days." We read in Luke 17: 26-30:—

"As it was in the days of Noe so shall it be in the days of the Son of Man. They did eat, they drank, they married wives, they were given in marriage, until the day that Noe, entered into the ark, and the flood came, and destroyed them all. Likewise also as it was in the days of Lot; they did eat, they drank, they bought, they sold, they planted, they builded; but the same day that Lot went out of Sodom it rained fire and brimstone from heaven and destroyed them all. Even thus shall it be in the day when the Son of Man is revealed."

The Prophet Ezekiel writing of Sodom from which city Lot had to be taken to escape the destruction that awaited it says:— (Continued on page 11)

He Died for Me



JESUS Himself has told me this. He has put this assurance in my mind and heart: "He loved me and gave Himself up for me." My iniquity was laid upon Him. He bore my sin. He died in my place. He laid down His life for me, as if I were the only one to be redeemed.

"That He should leave His place on high,
 And come for sinful man to die,
 You count it strange?—so do not I,
 Since I have known my Saviour.

"Nay, had there been in all this wide,
 Wide world no other soul beside,
 But only mine, then He had died,
 That He might be its Saviour.

"Yea living, dying, let me bring
 My strength, my solace, from this spring,
 That he who lives to be my King,
 Once died to be my Saviour."

When I think of what He left for me, of how He lived for me, of how He was treated in the judgment hall for me, of what He suffered for me when He was mocked and spit upon, and finally poured out His soul unto death; then when He stretches out those hands that were pierced for me, and pleadingly says, "Come unto me," in sorrow but yet in joy I answer, "Yes my Saviour, I come." What less can I do?

The law pronounces me guilty, and I must own that the verdict is just. The

penalty is death, and justice demands it. Every subject who in time of war betrays his sovereign,—and this is what I have done,—is a traitor and worthy of death. But He died for me, and I accept His death as my death, and I say to the law, "I paid the penalty on Calvary when Jesus died in my stead," and I am acquitted. And so I find peace and rest in Jesus.

I earnestly wish that every person in the world knew that Jesus died for him, and would accept Him in his life and in his death. What joy there would be in heaven, and what blessing on earth?

Jesus died for me, and I have accepted Him. Jesus died for you. Have you accepted Him?

—W. W. P.



Whence Came the Evil One?

By S. A. Wellman

ON THE panels of the upper walls of the entrance pavilion of Pagoda Hill in Mandalay, Burma, is depicted the gruesome details of the Buddhist conception of hell.

It is a terror inspiring panorama, one intended to cause the beholder to mightily fear and quake. In some Christian churches also a similar tendency to exhibit the horrors of eternal punishment is apparent. And in the appeasing of the spirits of earth, water, forest and the heavens by animistic worshippers is again apparent the recognition of great forces of evil at work in this world of ours and of the ultimate results of yielding oneself to their influence in the life.

How frequently and from how many sources and differing angles, are these questions propounded. — Why are such evil forces existent? Whence come they? What is the reason for their continuance, destroying and debasing mortals and bringing in only sickness, selfishness, misery and death?

The Origin of Evil

All things have an origin. Whether they be good or evil, a source of each may be found, and every effect has of necessity a producing cause. Where shall we look for the solution of this problem of the origin of the evil forces which manifest themselves in the lives of men and their results in every element of the natural world? There is but one source of authoritative information, the Good Book that carries the revelation of the mind and purpose of God.

Under the symbol of the king of Tyrus, one of the wicked and debased rulers of the time, Ezekiel the prophet gives the story of the inception of evil, not here in this world, as one would expect, but in the very presence of Jehovah, the Ruler of the universe. The spirit of Evil is addressed. "Thou sealest up the sum, full of wisdom, and perfect in beauty. Thou hast been in Eden, the garden of God. . . . Thou art the anointed cherub that covereth, and I have set thee so; thou wast upon the holy mountain of God; thou hast walked up and down in the midst of the stones of fire. Thou wast perfect in the day thou wast created, till iniquity was found in thee. . . . thou hast sinned,

therefore I will cast thee as profane out of the mountain of God. . . . Thine heart was lifted up. . . . Thou hast corrupted thy wisdom. . . . I will cast thee to the ground." Eze. 28: 12-17.

These are some of the expressions used by the prophet to depict that which transpired in heaven, when, Lucifer, son of the morning, one of the greatest of heaven's angelic host, stirred by pride and envy and a desire to make himself equal with God, rebelled against heaven's authority and was expelled from God's presence.

The prophet Isaiah describes the actions and attitude of Satan in his rebellion thus; "Thou hast

said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the North: I will ascend above the heights of the clouds; I will be like the Most High." Isa. 14: 13, 14.

Under the name of the Dragon, this

same being, once a leader among heaven's angels, is represented in Revelation the twelfth chapter as in combat with Michael and the angelic host, and we are told that he and the angels who followed him were cast out of heaven as the result of that conflict. The Saviour himself speaks of him, saying, "I beheld Satan as lightning fall from heaven." Luke 10: 18.

Evil Enters Our World

Cast out of heaven, he came into the world, for we read that he was "in Eden the garden of God." Eze. 28: 13; Gen. 3. There he continued the campaign of misrepresentation and calumny which he had begun in heaven, when his pride sought exaltation above the Creator. He sought to align on his side of the conflict the race which God had created perfect and sinless, and placed in a world of charm and beauty, God himself having pronounced it "very good."

Misrepresenting the Creator, the Serpent deceived our first parents (Gen. 3: 1-6; Rom. 5: 12), and enticed them into rebellion against the direct commands of God, (Gen. 2: 17); and thus that controversy with evil which had begun in heaven was continued on earth, mankind having yielded con-



"I Beheld Satan as Lightning Fall from Heaven."

trol to him who in heaven had sought to exalt himself to be "like the Most High." So the reign of evil, sorrow and suffering began in this world, to be continued until the promise of God to mankind should be consummated and he who has exalted self and cultivated evil desires in the hearts of men "shall be brought down to hell, to the sides of the pit." (Isa. 14: 15); and "they that know thee (Satan) shall be astonished at thee: thou shalt be a terror, and never shalt thou be any more." Eze. 28: 19.

Why Satan Was Not Destroyed

God allowed Satan to exist after his expulsion from heaven, as one has aptly stated it, because "Satan's rebellion was to be a lesson to the universe through all coming ages, a perpetual testimony to the nature and terrible results of sin. The working out of Satan's rule, its effects upon both men and angels, would show what must be the fruit of setting aside divine authority. It would testify that with the existence of God's government and His law is bound up the well-being of all the creatures He has made."

The Faith of Certainty

Not doubt and uncertainty, but assurance and definiteness are the outstanding characteristics of religion.

By Taylor G. Bunch



"THE world is sick. The world is showing fore-tokens of delirium. And the worst of all is that there are no doctors skilled in this kind of disease," declared Henry Ford, the industrial wizard of America. Faith, hope, and sanity have almost disappeared and the world is on the brink of a nervous collapse. The moral and political doctors are at their wit's end. Their patent remedies have failed to cure, and their operations are proving fatal. Pessimism and hopeless despair have seized both physicians and patient.

Centuries ago this condition was foreseen and foretold by the world's greatest diagnostician. Christ never exaggerates. His testimony is dependable, for He is "the faithful and true witness." Of our day, He said: "There will be signs in the sun, moon, and stars; and on earth anguish among the nations in their bewilderment at the roaring of the sea and its billows; while men's hearts are fainting for fear, and for anxious expectation of what is coming on the world. For the forces which control the heavens will be disordered and disturbed." Luke 21: 25, 26, *New Testament in Modern Speech*.

Nothing is contributing more to the present rising tide of distress, unrest, and anxiety than the spirit of uncertainty which pervades all classes of society. Bishop J. C. Ryle, of the Church of England, recently said: "Few things are so remarkable in the present time as the universal anxiety and suspense about the future. On all sides and among all classes, you hear of want of confidence and gloomy forebodings of coming evil. Church and state alike are shaken to their very foundations. No one seems to know what to expect next. On one thing alone men seem to agree. They look forward with more fear than hope to the future. . . . On all sides, you hear of restlessness, disquiet, envy, jealousy, distrust, and discontent. The cement seems to have fallen out of the walls of society. Whether I look to Europe or America, whether I look to the Continent or my own country, whether I look to political matters or ecclesiastical, from every quarter, I get the same report. Everywhere I see men looking forward with alarm."

God permitted these years of rebellion by Satan, his hosts of evil angels, and those who have joined themselves to him from the children of men, so that, when Satan had demonstrated what the results of the policy which he had advocated and thought to implant in and above the government of God, should be, then all the intelligences of the Universe might know the disastrous results of such teachings, the consequences of a spirit which exalts self, and misrepresents all that counters its desires and demands.

That conflict is still raging. Evidences of Satanic influences at work are everywhere. The hatreds of heaven's rebel leader have been implanted in the souls of men, and through the centuries have manifested themselves both in nations and individuals. God has a plan for its eradication and the restoration of His kingdom in men's hearts. He who has been sinned against through the ages, after unmeasured long-suffering and waiting for the culmination of Satanic schemes, is preparing to redeem those who from choice have aligned themselves under the banner of their Creator.

"The whole world is damned because it is standing in a bog: there is no sure ground under any one's feet," declared Franklin K. Lane; and Lloyd George said, "We are in 'fog; we are going, but nobody knows where we are going.'"

This picture is not overdrawn. It may sound pessimistic but even so, a constructive pessimism built on existing fact is less dangerous than the prevailing silly, blind, frivolous optimism that shuts its eyes to all truth, and, ostrich-like buries its head in the shallow sand and is blissfully ignorant of approaching ruin.

Prof. William Phelps, writing in the *Ladies' Home Journal* for March, describes present-day destructive optimism, thus: "Nothing is more depressing than an all embracing, light-hearted optimism. It is exasperating because we know it isn't true. The facts are otherwise. This is why some cynic defines an optimist as a fool unfamiliar with the facts. Every true philosophy, every true religion, must recognize existing obstacles. What we need is not to be told that the obstacle is not there; what we need is sufficient fortitude, inner strength, mental resource, and ultimate faith to meet and if possible, to overcome it. Now Jesus, though He not only carried the remedy but was Himself the remedy, never underestimated the evil conditions of the world or of human nature. He was a physician; and I have yet to meet a first-rate physician who is also an absolute optimist. Disease is no joke; the physician comes to fight a foe whose prowess has been sufficiently proved. His enemy can not be dismissed with a smile, nor can a wise patient by a smile be set at ease."

The world is calling frantically for help, for a life line, for leaders who know the way out. Are there any pilots who know the way to a safe and sure anchorage. Is there a safe foundation? Are there any such certainties? Is there an anchor that will hold amid the raging storms of doubt and fear?

Above the fear of the elements of skepticism and the conflicting voices of misguided leaders, is heard the voice of authority. "I am the way, the (Continued on page 18)

THE FUTURE UNVEILED

A Study in Daniel 2

IN THE second chapter of Daniel we have the key that unlocks the mystery of the future. An impenetrable curtain separates the children of men from that which is to be and no human hand can draw it back and reveal its secret. To us it may seem uncertain, the sport of time and chance, but the Most High God in the "sure word of prophecy" reveals that He is working out through all history His own divine purpose for this earth. The destiny of men and of nations has ever been in His hand, and that which His omniscience has before determined has come to pass.

A Golden King of a Golden Age

To Nebuchadnezzar, the golden king of a golden age, this divine purpose was fully revealed and it has been written in the Word of God that His devout children may know just where they are in the procession of the ages. These prophecies give a definite chain of events linking up the eternity of the past with the eternity of the future and show clearly that we are now on the brink of the eternal world. Let us then trace briefly the story and see that all that has been foretold has come to pass, and be assured that all that which is to come will as certainly be fulfilled in due time. This is indeed a solemn hour.

Nebuchadnezzar was a great king, who had conquered the world, and had made Babylon such a glorious kingdom that its luster still shines from the pages of history. Intoxicated with his marvelous success, he determined to establish a dynasty that would survive the vicissitudes of time. He did not at first recognize that the divine purposes of the Unseen Watcher were the determining factors in the continuance of any nation, but vainly imagined that by some skill of his own the foundations of his kingdom could be so well and truly laid that it would endure forever.

The World's Most Wonderful Dream

While meditating on this mystery of the future, God graciously gave him a remarkable dream and then took away its content, leaving a vivid impression behind. There was no more sleep for the king until the mystery should be solved. He called the religious leaders who were wont to fix up ambiguous interpretations of his dreams, and when they confessed their utter inability to tell both the dream and the interpretation, the angry monarch, who was no hypocrite, saw through their life-long deception and condemned them all to death. But the supreme God whose hand was in the matter led the executioner first to His servant Daniel. He had been providentially overlooked at the first but now asks for a stay of the decree. Then he and his three companions, who worshipped the true God, spent the night in earnest prayer. The explanation of the secret was given Daniel by the Revealer of secrets, and the king was satisfied.

In the five verses containing this wonderful dream (Dan. 2: 31-35) is found the briefest yet the most complete summary of the history of this world on record. There are but 125 words, written more than 2500 years ago, yet it is all there in out-line from Daniel's day until time shall merge into eternity,—an illuminated pathway stretching down through the ages with clearly defined way-marks, ending in the blaze of glory of the New Jerusalem. Surely the finger of God is here!

The dream traced the rise and progress of four great empires. Each has its period of test, and fails to meet the divine purpose, to be succeeded by another, whose glory likewise fades and whose power departs. Finally there is a divided, confused and weakened condition which is brought to an end by the setting up of the Fifth Universal Empire, even the kingdom of our Lord Jesus Christ, which "shall never pass away." But this eternal kingdom of God which is to be finally set up in this world is not to be a gradual development, but a great cataclysm, which grinds to powder all earthly nations that have so miserably failed to meet the purpose of God. This entire story of the pomp and glory and failure of earthly empire is summed up in a great image, with head of gold, breast and arms of silver, thighs of brass, legs of iron and feet and toes of iron and of clay—all of which were to be ground to powder and swept away as chaff of a summer threshing floor, by the Fifth Stone Kingdom which was to fill the whole earth.

The Interpretation

Daniel told the king plainly that his kingdom, Babylon, was the head of gold (vs. 37, 38); an inferior kingdom, Medo-Persia, was to succeed him



"Is Not This Great"

The Waymarks

Look for the waymark
Look for the waymark
Down through the ages
Where are we standing?

First the Assyrian
Then Medo-Persia
And after Greece
Rome seized the scepter

Down in the feet of
Weak and divided,
What will the next
Christ and His coming



The



That I Have Built?"

The Holy City

your journey on.
 passing one by one;
 the kingdoms four,—
 mark the waymarks o'er.

ruled the world,
 as were unfurled,
 universal sway,
 where are we to-day?"

of clay,
 pass away,
 glorious drama be?
 Eternity."

—F. E. Belden.



Image

(ch. 5: 30, 31); this to be followed by a third kingdom of brass, Grecia (ch. 8: 20-22); which in turn was to be followed by the fourth and last worldly universal empire, the iron monarchy of Rome. Rome was not to be overthrown but was to divide into ten portions (the present European nations) represented by the ten toes of the image and the ten horns of Dan. 7: 7, 8. Some of these divisions were to be as strong as iron, but some as weak as clay. Through the centuries efforts would be made to weld these portions together, but all such efforts would fail, "even as iron is not mixed with clay."

The Roman Empire was to remain divided until the setting up of the eternal kingdom.

The Response of History

The response of history to this voice of prophecy heard more than 2500 years ago is remarkably clear and convincing. Babylon, Persia, Greece and Rome ruled the world in turn, and in the end Rome was divided into just ten parts. Some of these parts are the present European nations. Among them Britain (the Anglo-Saxons) and France (the Franks) are as strong as iron, and some like Switzerland (the Burgundians) or Spain and Portugal (the Visigoths and Suevi) are weak. A Charlemagne or a Napoleon Bonaparte or a William the Fourth of Germany may try ever so hard to unite them and revive the old universal empire, but in vain. The predetermined will of God is that they should never be so reunited—and separate they have remained. Intermarriage of the royal families ("mingle themselves with the seed of men" V. 43) has likewise failed. What then is the startling conclusion?

Where Are We Standing?

"In the days of these kings (England, France, Italy etc.) shall the God of heaven set up a kingdom, which shall never be destroyed, and the king-

dom shall not be left to other people, but it shall break in pieces and consume all these kingdoms and it shall stand forever. . . . The great God hath made known. . . . what shall be hereafter; and the dream is certain and the interpretation sure." Dan 2: 44, 45.

So we to-day stand on the threshold of great and solemn events. Our day is a time of overwhelming interest to every living soul. "Rulers and statesmen, men who occupy positions of trust and authority, thinking men and women of all classes, have their attention fixed on the events taking place about us. They are watching the relations that exist among the nations. They observe the intensity that is taking possession of every earthly element, and they recognize that something great and decisive is about to take place,—that the world is on the verge of a stupendous crisis. The Bible reveals that these are the final scenes in this world's history; we are passing the last mile-post along the highway that leads to the Holy City. The next step is the setting up of the kingdom of our Lord and entrance into the New Jerusalem.

It is of the setting up of this kingdom that the Bible speaks from Genesis to The Revelation. This kingdom was the constant theme of Jesus Christ while on earth and to His disciples it was given "to know the mysteries of the kingdom of heaven." Without the visible return of our Lord to take possession of the kingdom the purpose of God for our earth would be incomplete. And now the time has come for "the good news of the kingdom to be proclaimed throughout the whole world," so that the End may come.

The Salvaging of Civilization

(Concluded from page 7)

"Behold this was the iniquity of thy sister Sodom, pride, fulness of bread, and abundance of idleness. . . . Neither did she strengthen the hand of the poor and needy. And they were haughty and committed abomination before me: therefore I took them away as I saw good."—Ezekiel 16: 49, 50.

Can we find anywhere a more faithful pen picture of world conditions as they are now?

Is there a solution? Can humanity ever be lifted up from the depths of the slough into which it has fallen? Can civilization again polish its tarnished shield and become the guardian of the weak and the helpless? Yes, but in only one way and I would quote the words of Amos when he faced similar conditions in his day, "Prepare to meet thy God." Had I the power I would grave that thought on the tablets of your memory with the point of the diamond, I would sear it into the tissue of your thoughts with the branding iron. Let us go back to the "old-fashioned way of the old-fashioned Book" for only thus can we hope to be able to meet our God; and the evidence of the times all bears on the thought that it is near, even at the door. Let our religion permeate our whole lives with its influence, then the world will have been better for our presence, and we shall be worthy of something better when "The Kingdoms of this world are become the kingdoms of our Lord and of His Christ."

THE SECRET OF LIFE

The False or the True Hope, Which?

By S. J. Wolfe

FROM time immemorial there has been in the heart of man the fear of death and the desire for life—life unending, free from the unfathomable, shorn of the limitations which now compass it.

In the dim recesses of the past all the wisdom of the ancient Egyptians was applied to the solution of Nature's most difficult problem. The ancient Egyptians are dead and little remains of their colossal labours but the pyramids, the Sphinx, and a few ruined temples, silent witnesses to the strength of the last great enemy. But failure of the Egyptians has in no wise deterred others from following up the search. In every civilization that has followed, men have wrestled with nature for her most jealously guarded secret.

Nor has the modern world grown sceptical of ultimate triumph. As of old, every little while glaring headlines in the daily press announce "another epoch-making discovery"—and another craze begins. Perhaps it is some new gland secretion that some one has discovered which is fully expected to prolong life.

A Russian, Who Expects to Live 200 Years

Now we have the news of a Russian Mystic who has gathered around him devotees who have shut themselves from the world with "200 years of life" as the prize for patient application to their master's teaching. Mr. C. deVidal Hunt writes of a recent visit: "It was indeed a curious spectacle I beheld as I followed their extraordinary doings, first in the Priory itself and then in the Hall of Studies, where some thirty men and women of all ages danced the mystic dances of the Tibetans and the giddy rounds of the whirling dervishes of Turkey. . . . Upon the coarse skins of Siberian wolves sat the disciples of Gourdjieff, the women on one side of the hall and the men on the other, all clad in white muslin pantalettes and tunics and wearing red, yellow and green scarves round their waists. . . . Suddenly there came a sharp command from Gourdjieff. With the alertness of soldiers the white figures bounded to their feet, only to be stopped by a sharp 'Halt!' The word seemed to paralyze them into statues. . . . Thus they remained . . . until Gourdjieff gave the word of release five minutes later. Immediately the first dance began under the vigilant eye of the master, and showed the dancers in a series of allegorical poses and rhythmic contortions that would dislocate every bone in ordinary human beings. . . . Now the dancers were chanting. It was a weird sort of melody, fully 4000 years old, my guide explained. . . . 'We are trying,' the dancers explain, 'to develop our three distinct centres simultaneously, that is, the mental, the emotional and the moving or instinctive centres. . . . People die at seventy because of wasted energies. We learn how not to waste them and we can live 200 years.'—'Science Siftings,' Nov. 20, 1923.

Shipley's Dried-up Animal Comes to Life

Of a widely different nature are the researches of Sir Arthur E. Shipley. "He had a nice, muddy ditch, between flower beds, in his garden. It interested him more than the roses, for it was rich in microscopic life. While studying a bit of this mud under the lenses, he beheld the smallest and most amusing of all animals—a bear animalcule, so called because it resembles a tiny bear, and so minute that fifty of these tiny creatures placed head to tail could be placed within the compass of an inch." Says Sir Arthur Shipley, "In their natural state—in a damp atmosphere—they live and move and have their being, like any other animal. But if their surroundings dry up . . . then will their movements gradually slacken until they entirely cease. The body begins slowly to shrink. . . . The skin becomes wrinkled and folded, and in a short time it assumes the appearance of a grain of sand. All vital

activities are suspended. . . . In this dried-up condition bear animalcules may remain for many years without undergoing any visible change. If, however, they be gradually moistened with water, . . . the grain of sand begins to swell; the wrinkles gradually disappear; and presently a plump, healthy little animal swells up. . . . and after a period which varies . . . according to the time its life has been suspended, crawls away to resume its adventures.

'Here, then, is a perfect example in animal life of what amounts practically to death and resurrection. . . . but what has it to do with the bigger question of human life and death? The answer is that it is believed the human body can do almost exactly the same thing. . . . And by a further study of the principles involved science hopes to obtain valuable new knowledge about bringing back to life human cases of suspended animation, and perhaps, *within sharp limitation, the restoration of life to patients who have in reality died.*'—'Science Siftings,' Dec. 11, 1923.

The False Hope Fails

Thus the search goes on, and in one way or another men are seeking to drive back, or away, the spectre of death. But just as ultimate failure attended the efforts of the ancient Egyptians, so it needs no great stretch of imagination to visualize the ultimate end of every human endeavour to overcome man's greatest foe. One by one the disciples of Gourdjieff will fall asleep and the "great" master himself will precede or follow them to the narrow house of death. The grave will reduce to dust and ashes every attempt of man to unravel her secret, proving again and again how puny and futile are his endeavours to undo the work of the "great deceiver." Man cannot save himself. Inevitably the day of his decease draws nigh, the last, grey dawn appears.

And that, were it not for the mercy of God, would be the end. But "God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him *should not perish, but have everlasting life.*" John 3:16. "*Should not perish.*" Do you catch the true meaning of these words? They speak plainly of death and destruction, of infinite loss and woe; but thanks be to God, man's hopeless, helpless state aroused Heaven's pity and brought forth the Saviour. "The Word was made flesh" that Jesus—Son of the living God—might conquer where the sons of Adam had failed.

The True Hope That Will Not Fail

Listen to His gracious word. "I am come that they might have life, and that they might have it more abundantly." John 10:10. O wonderful Saviour! coming thus to supply man's greatest need! O wondrous love! that God should stoop to die, that man's yearning soul might have abounding joy; that the shackles of sin and death might be burst asunder and the unutterable bliss of freedom be his! Truly, as we contemplate the unfathomable mystery of the breadth, and length, and depth, and height of the love of Christ, our desire in life should be limited to this: "That I may know *Him*, and the power of His resurrection, and the fellowship of His sufferings, being made conformable unto His death; if by any means I might attain unto the resurrection of the dead. Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Jesus Christ. . . . I press toward the mark for the prize of the high calling of God in Christ, Jesus." Phil. 3:10-14. Rich indeed is the reward of them that fix their hopes in God through His dear Son—even "life from the dead"—life forevermore.

Listen again to the gracious words of Jesus: "All that the Father giveth Me shall come to Me; and him that cometh to Me I will in no wise (Continued on Page 18)

THE HERALD OF HEALTH

The Evening Prayer

A Good Prescription

*The day is ended. Ere I sink to sleep
My weary spirit seeks repose in Thine.
Father forgive my trespasses, and keep
This little life of mine.
With loving kindness, curtain Thou my bed,
And cool, in rest, my burning pilgrim feet;
Thy pardon be the pillow for my head,
So shall my sleep be sweet.
At peace with all the world, dear Lord, and
Thee,
No fears my soul's unwavering faith can
shake;
All's well whichever side the grave for me
The morning light may break.*

—Author Unknown.

Transmigration and Disease

By H. C. Menkel, M. D.

HINDUISM teaches that the birth of man, his state of well or ill being is the necessary fruit of works done by the incarnate one in a previous state of existence. According to this teaching, man's present physical condition is to be explained on the basis of personal conduct previously experienced. It thus undertakes to account for disease by past manner of life.

The Master of Galilee in considering the influences at work fundamental to disease, taught that the results of unbiological practices of the existing generation were transmitted to three and four generations of posterity. This transmission of acquired disease tendencies has been demonstrated by students of the Mendelian law, which shows that pathological or deep constitutional diseases as produced by alcoholism, syphilis, tuberculosis etc., which affect the basic protoplasmic tissue structure of the individual, that such acquired basic characters of parents are transmitted to their descendants for several generations and are manifest in various mental, nervous, organic or functional abnormalities.

Thus, whether you choose to place these findings under the head of transmigration or transmigration, the fact remains as expressed by Doctor Oliver Wendell Holmes "We are all omnibuses in which our ancestor ride, and their likenesses may be seen through the windows."

Just as family characteristics of stature, mentality or genius are transmitted, so also are the factors for health or disease passed on from generation to generation.

That which we receive or transmit by heredity is a subtle something determining the form of structure, character, quality, and function of the human organism. It is this heredity factor which must be considered in all constitutional and chronic diseases.

Disease has been described as a harvest, our acts, thoughts and environment, being the seed from which the harvest is developed. The various tissues and organs of the body therefore constitute the soil in which the final harvest is developed.

This tissue soil comes to us in the first place in the condition in which our ancestors transmit its characteristics. Upon such soil conditions we must plant the seed of the harvest we choose to develop.

If we have inherited certain disease factors and tendencies and the soil of our body tissues is unpromising for a good harvest of health, we must then learn how to apply to this depleted soil the benefits of modern scientific findings. Just as the wise agriculturist is able to convert unpromising soil into that which will yield a gratifying harvest, so may we by wise application and determination alter the tissue soil, making it capable of yielding a goodly return of health.

Fortunately the main essentials for improving the health factors of our body soil are to be found in the abundant provisions of nature. It only remains for us to learn by interested application and practice how this is to be accomplished.

Let the chronic invalid with constitutional weaknesses who may read this article, take heart, and assume a hopeful attitude towards the prospects of life. There are helpful things to follow in succeeding numbers of this magazine.

Simla.

The Miracle of Digestion

No. 1

By A. E. Clark, M. D.

IN our former article we made a few general observations on the human body as compared to an engine. In this article we shall begin the study of the various changes that the food material undergoes while passing through the digestive tract, previous to absorption. Naturally the place to begin such a study is with the mouth.

Where the Digestive Process Begins

There are four structures in the mouth which are concerned with the work of food preparation; the tongue, the teeth, the cheeks and the salivary glands. The tongue is used chiefly to keep the food material in place, and the teeth serve to break

up the food material and with the tongue to mix it thoroughly with saliva. The salivary glands supply the salivary juice or saliva, which is an alkaline fluid serving two purposes in the mouth; as an aid to solution of the food materials, and as a digestant of carbohydrate foodstuffs. This latter function is of secondary importance, however, on account of the shortness of the time that the food remains in the mouth. As soon as it reaches the stomach and comes into contact with the hydrochloric acid there, all starch digestion stops, as the ptyalin or active enzyme of the saliva requires an alkaline medium in which to do its work. So much for the work of the mouth in preparing the food material for absorption. Starch digestion is begun to a slight degree; no other digestive processes commence until the food reaches the stomach.

As the food material, now somewhat broken up into smaller particles, passes from the mouth cavity, it goes to the stomach along the gullet or oesophagus. No digestive action occurs in the gullet, it being merely a tube along which the food passes en route to the mixing chamber or stomach.

The Stomach—Chiefly a Mixer of Food Materials

Just a few words about the stomach and its location. The stomach is a muscular membranous organ, and lies in the upper part of the abdominal cavity. It is situated just below the last ribs on the left side of the abdominal cavity in front, somewhat to the left of the midline.

The stomach is directly continuous with the gullet above, and with the small intestine below, and both entrances to the stomach are closed under normal conditions by small circular bands of muscular fibres which we call sphincters; the upper one being known as the cardiac sphincter, and the lower one as the pyloric sphincter of the stomach. In reality the pyloric sphincter is not an entrance to, but an exit from the stomach. These two sphincters control the entrance to and exit from the stomach of all food materials, and work automatically, that is they are independent of the control of the will.

The stomach is not, primarily, as some people believe it to be, an organ for digestion. It is true that a certain type of digestion is begun in the stomach, but its chief function is that of a mixer of the food material which it contains. When the stomach receives food material after being at rest for a time, it almost immediately starts to undergo definite rhythmic movements, which begin at the upper end of the stomach, near the cardiac sphincter, and progress downwards over the stomach towards the small intestine. These movements result in producing a churning effect upon the contents of the stomach, the purpose of which is to thoroughly mix the food material with the gastric juices and with any water or other fluid that has been taken during the meal. During this mixing process there is a certain type of digestion begun, namely the digestion of protein food material by means of the pepsin which is secreted by certain cells found in the lining membrane of the stomach. Aside from this protein digestion, no other digestive processes take place in the stomach. Some physiol-

ogists maintain that starch digestion goes on in the stomach, but the amount of such digestion that goes on in comparison with that in the small intestine is negligible. In any case, we find no enzymes in the stomach which can carry on starch digestion when examined in the physiologic laboratory, and whatever starch digestion occurs is derived from that already begun in the mouth, and which has not been reached by the acid gastric juice. The point that I wish to emphasize here is that the stomach is a *mixer of food materials chiefly*, not a digesting chamber.

How to Assist the Stomach

This being so, it follows that the food material must be well masticated, in order that the stomach may bring it into solution or into the semi-liquid state as readily as possible. Food that is swallowed in a partially masticated state is not acted upon as readily as food that is well chewed and prepared for mixture. Thus ultimate digestion of the food material is delayed. X-ray study of the stomach has shown that liquids begin to leave the stomach at once while the more solid portions remain for further churning.

In certain diseases of the stomach, this definite rhythmic movement is interfered with, resulting in a delay in the emptying time of the stomach which under normal conditions should be from four to six hours, depending upon the character of the food materials taken. In such cases it is highly important that the individual masticate his food with great care, and exercise good judgment in the selection of his diet, to the end that only easily digested and easily assimilated food be taken, thus favouring the stomach in its work.

To briefly summarize then; the mouth is concerned in the reducing of the bulky food material into smaller particles, also mixing it with the saliva, and in starting the starch digestion.

Well masticated foods are more easily and readily acted upon by the stomach than are semi-solid food particles.

Foods in a liquid state leave the stomach almost immediately they are taken in.

Fats and carbohydrates are not acted upon in the stomach by gastric raise juices.

(To be continued)

The Use of Kerosene in Throat Affections

ONE would scarcely think of administering kerosene for diphtheria; yet according to Dr. T. M. Clayton, in the "British Medical Journal," coal oil has proved curative in four cases of extremely severe diphtheria. As quoted by the "New York Medical Journal:"

"Four grave cases of laryngeal diphtheria in young children ranging in ages from two to four years, were treated by the internal administration of kerosene 'lamp' oil, and recovery was attributed to the remedy. Two of the four cases were in such a condition that tracheotomy was out of the

question. It was not performed in any of these cases. All were treated by injection with anti-diphtheria serum. To each, doses of thirty minims of kerosene oil were given thrice successively every four hours daily, until normal breathing was established, which occurred in all four cases in forty-eight hours.

"From the first dose breathing became easier, improving with each successive administration until it became tranquil. In no case was any untoward action of the petroleum observed. The author is inclined to give the chief credit of these four recoveries to the petroleum. Similar cases previously treated with antitoxin without petroleum had been lost. Two of the patients were

practically *in extremis* when first treated with paraffin ("English" for kerosene). The author is convinced that if petroleum were administered in the conditions variously diagnosed as spasmodic croup, membranous croup, or laryngeal diphtheria, many lives would be saved. The taste of kerosene is disguised by means of compound decoction of sarsaparilla."

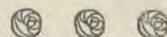
The reader will understand that the various terms, kerosene, lamp oil, petroleum and paraffin, as used in this article, refer to the same substance.

This might be a hint to the mother whose child is subject to night attacks of spasmodic croup.

H. C. M

How to Get Rid of the Cigarette Habit

By D. H. Kress M. D.



FOR a number of years I have recognized that there is something mysterious about the cigarette. When it takes a grip upon the boy, it seldom releases him. It is about as difficult to give up the cigarette habit as it is to give up the opium habit. There is more hope for the drunkard, it seems, than for the confirmed cigarette smoker. I have had men say to me, "Doctor, I have been able to give up drink, but I find myself unable to give up the cigarette."

For the boy, pipe smoking and cigar smoking are bad enough, but they are not to be classed with cigarette smoking. The cigarette is in a class by itself.

Heretofore it has been difficult to explain why the cigarette should exert such a mysterious influence over its victims, but experiments conducted by the London *Lancet*, and discoveries made by Thomas Edison's laboratory, throw a side light upon this unsolved problem. The cigarette, it has been found, develops in its combustion, by-products that are absent in the smoke of the pipe and the cigar. These by-products are more irritating and more poisonous than nicotine. All the cigarettes practically have added to them in their manufacture, glycerin, which is usually diluted with rum. The effort is made on the part of all manufacturers, to produce a cigarette which will give a velvety smoke free from *bite*. In addition to these, products are added to keep the tobacco from becoming too dry.

None of these products are added to make the smoke less harmful, but purely for commercial purposes.

In smoking cigars or the pipe, a person is probably smoking tobacco. In smoking cigarettes he does not know what he is smoking. He is smoking not merely tobacco, but the *cigarette paper*, and the *glycerin* and other added products. The smoke which is inhaled is not the smoke of tobacco, but a smoke formed by the burning of these combined products. In these added products

lies the "art of cigarette making," it is claimed by all manufacturers, and therein lies also their mischief. Just what each brand contains is known only to each manufacturer, but we do not feel so much concern in what the cigarette is made of, as we do in what it makes of the boys and young men.

In my experience in the treatment of various drug addicts, I have found that the cigarette addict must be treated just as intelligently as we treat other drug addicts, in order to meet with success.

Cigarette addicts will make promises just as freely as will morphine and other drug addicts. The prospects of keeping them are no better in one case than in the other. I am confident they are sincere, but when the craving comes, the weakened will seem unable to endure it, and they yield.

The way successfully to treat these boys is to observe them closely for several weeks. At any rate, watch them, and see that tobacco is kept from them during this time. If necessary, place them under restraint.

The first step for the boy after having counted the cost in giving up the cigarette, is to *give it up*, regardless of consequences. Many fail because they never reach this point. It involves a cross. Keep away from smokers and a tobacco-smoke laden atmosphere for several weeks.

After each meal, for one week, rinse out the mouth with a one quarter-of-one-per-cent solution of silver nitrate. This creates a distaste for tobacco smoke, and it also relieves throat irritation.

Purchase five cents' worth of gentian root (or camomile blossoms) and chew it during the day when the desire for the smoke appears. The fluid may be swallowed. Orange peel may be chewed instead, if the others are not obtainable. Eating the juice of an orange or some other juicy sub-acid fruit when craving the smoke, is beneficial.

To assist in eliminating the poisons, take a dose composed of half a teaspoonful each of Rochelle salts and cream of tartar each morning before breakfast for three or four days.

If possible, take a Turkish bath or a good sweat bath of some kind twice during the first two weeks, and each morning take a hot and cold spray or a plunge into a cold bath, followed by a vigorous towel rub. Drink water freely.

Keep out in the open air as much as possible. Exercise in the open air, as brisk walking or running, rowing, etc., are helpful. The mind should be kept occupied.

The greatest aid will be found in a change of the dietetic habits. Smokers are usually fond of highly seasoned foods and stimulating drinks, and the intensity of their craving for the smoke, I discovered, depended upon how liberally they used such foods and drinks.

It is necessary to give up the use of pepper, mustard, the free use of salt, and the use of coffee, and tea, and also the free use of meats.

The following of such a diet will be found of the greatest aid in getting rid of the craving. If followed carefully, the discovery will be made by the end of the first week that the craving has materially lessened, and by the end of the third week it is not unusual to find that the craving has almost if not entirely disappeared. With this assurance held out, the effort is certainly worth a trial.

A patient who had used tobacco for forty-two years, after using this treatment three months, wrote: "It seems wonderful to say that I have now no craving for tobacco or drink." And another writes: "I am glad to say that I have not used tobacco in any form in three weeks, and have no desire for it." Another says, "I am now in my fourth week. I assure you I have not used it in any form since, in fact, have no desire for it." Still another, after four weeks, says, "The desire for smoking has entirely disappeared. I have increased in weight, considerably in strength, my mind is clearer, not being doped. I am more alert. My endurance has increased. I am exceedingly glad I quit."

Many others could be added to this list. No victory has ever been won without a conflict and fight. Divine aid is promised to those who strive lawfully, and victory is assured.

FREE MEDICAL ADVICE

In this Department questions pertaining to health matters, sent in by subscribers, will be considered. Address Medical Editor, Post Box 35, Poona. If reply by post is desired, enclose stamped and addressed envelope.

Exit the Spleen

THE following editorial, taken from the *Atlanta Journal* portrays well the 'trend of the times'. We are down to the spleen today—where will we be tomorrow? If you still have your tonsils, teeth, appendix and gall bladder left, we advise that you keep them with you for a while longer.

"There was an era, not far distant when a man's liver was always under suspicion in the tragedy of life. If he was down and threatening to go out, a family convocation brought in the local doctors to estimate his chances, and take action accordingly. As soon as they reached his bedside, they took his liver by the throat, so to speak, and squeezed it dry. This they did with the aid of cathartics.

"The cathartic era, as it may be known to history, saw the birth of more kinds of liver poisons than the shelves of an ordinary chemist shop could hold. Men accumulated great fortunes by legalized assaults on the public liver. Society carried its pellets as now it carries its vanity box. But when it became apparent that the little round pill was not a complete success for the sluggish liver, and men obstinately developed pains farther down, some one dug up a defective appendix, and science swept the pills to the back of the shelf, and used the front space to display attractive

Then the appendix

blue steel and silver-plated hardware, gas bags, antiseptics and sterilized gauze. The appendix removal became a feature in all the papers, a social fad. The woman who retained her appendix was ostracized as vulgar, and men who could not show a scar over on the starboard side of their tummies suffered in their credit. The humblest little doctor soon caught the trick and hospitals became shambles. In those good old days Rs. 150 per appendix was the standard charge.

The doctor cut everything but the price. All went merrily along with the loss of no more than an occasional patient from "complications." No appendix operation has ever yet slain a victim, but complications reaped a ghastly harvest.

Then appendices began to get scarce, for you can remove a man's appendix only once. Patients, men who had been deprived of theirs, became, for family doctors, what the bankers term, frozen assets. They could not be realized on in time of need. The appendix era drew toward its close. The real seat of most human troubles was discovered to be the tonsils. There was a rush for the tonsils.

The tonsils soon followed

Out they came, from old and young, those deadly poison centers. Large families had tonsil showers to celebrate the wonderful advance of science. But the tonsil era waned also, for, while X-raying around it was discovered that a man whose liver had been wrecked, appendix extirpated and tonsils removed, was really suffering from abscessed teeth. To the profession this was a discovery almost as exciting as the advent of radio broadcasting. The dentists pricked up their ears and laid in enormous stocks of novocaine and china molars. People rushed to the front to swap their old teeth for brand new sets paying boot cheerfully.

In their wake came the teeth

For teeth were the unmasked enemies of the human race. How Ma lived to be 80, how Pa triumphantly out-lived most of his children were no longer mysteries; they lost their teeth early.

And now, in the very middle of the teeth era, here comes the celebrated Doctor Mayo, of Rochester, and says the real danger to the race is not in the liver, nor the tonsils nor the teeth, at all, but down

And now it's the spleen

in the spleen.

"An enlarged spleen," he told his fellow surgeons, "may in a measure supplant the diseased appendix on the operating table. The chronically enlarged spleen must be regarded as a menace, and it rests with the physician to show why it should not be removed.

"The spleen in such a condition is dangerous because of its excessive destruction of red cells that carry oxygen from the lungs to the body tissues, aid the blood plasmas in carrying carbon dioxide to the lungs for exhalation, and transport vital substances to the tissues.

"One of the proper functions of the spleen is the destruction of deteriorated blood cells. When it is enlarged this destruction may become excessive and produce a chronic anemia that leads to death directly or indirectly."

There it is in black and white. Who will contradict a man like Dr. Mayo? Who wants to? The spleen has been with us a long time and has often been suspected of unfriendliness. Shakespeare seemed to sense it; other writers were dimly conscious of it. Now Dr. Mayo has turned his thumb down. Exit the spleen.

The man of the future will be gathered to his fathers as was the man of the past, but it will be indeed a wise father that recognizes his own child, after the pruning season is at an end."

I'm Tired of Don'ts

"I'm tired of don'ts," said Dorothy B.,
 "Just as tired of don'ts as I can be;
 For it's 'Don't do this' and 'Don't do that,'
 'Don't worry the dog,' and 'Don't scare the cat:'
 'Don't be untidy,' and 'Don't be vain';
 'Don't interrupt,' 'Don't do it again,'
 'Don't bite your nails,' 'Don't gobble your food';
 'Don't speak so loud, it's dreadfully rude';
 'Don't mumble your words,' 'Don't say "I
 won't,"'
 Oh, all day long it's nothing but 'don't':
 Some day or other I hope, don't you?
 Some one or other will say, 'Please do.'"

—Selected.

The God Who Answered by Fire

LISTEN to the story of the God who answered by fire. Elijah had told King Ahab, who worshipped Baal, the sun god, the fire god, that there should be no rain nor dew until Elijah should say so. And there was no rain nor dew for three years and a half.

Then God said to Elijah: "Go and show yourself to Ahab: and I will send rain on the earth."

So Elijah went out and met Ahab, and he said to Ahab: "Send now and gather all Israel to Mt. Carmel, and bring there also all the prophets of Baal, four hundred fifty, and the prophets of Ashtoreth, four hundred, who eat at Jezebel's table."

So Ahab sent and gathered all Israel to Mt. Carmel and the prophets of Baal and the prophets of Ashtoreth. And Elijah came to Mt. Carmel all alone, for he was the only prophet left of Jehovah, the God of Israel, the true God, the God of heaven and earth.

Then Elijah stood and cried to the people of Israel: "How long will you go limping between the two sides? If Jehovah is God, follow Him! But if Baal is God, then follow him!" But the people answered never a word.

Then Elijah said: "Here I stand, the only prophet of Jehovah, but there stand the prophets of Baal, four hundred and fifty. Now let us see who is the true God. Let the prophets of Baal, the sun god, the fire god, put a burnt offering on his altar here. Let them slay a bullock, and cut it in pieces, and lay it upon wood, on his altar here. But let them put no fire under the wood. And I will take another bullock, and lay it upon wood, upon the altar of Jehovah, and put no fire under it. Then call, call upon the name of your god; and I will call upon the name of Jehovah. And the God that answers by fire, let him be God!" And all the people shouted, "So let it be!"

Then the prophets of Baal took a bullock, and slew it, and cut it in pieces, and laid it upon wood on their altar, while Elijah watched to see that they put no fire under it. And the prophets of Baal began to call upon their god: "O Baal, hear

us!" But there was no voice, nor any that answered. And the prophets of Baal leaped upon the altar, and they cut themselves with knives until the blood gushed out upon them. And so they did from morning till noon, and from noon till night. But never was there voice, nor any that answered.

Then as evening came on, Elijah built up the altar of Jehovah that had stood there, but had been torn down. And he dug a trench about it. And he put wood upon it. And he slew a bullock and cut it in pieces, and laid it upon the wood. Then he said, "Fill four barrels with water, and pour it on the burnt sacrifice and on the wood." And they did it. And he said, "Do it the second time." And they did it. And he said, "Do it the third time." And they did it. And the water ran down and filled the trench.

Then Elijah came forward at the time of the evening sacrifice, and he prayed to Jehovah, the God of Israel. And as he prayed, the fire of God fell from heaven, and burnt up the sacrifice, and the wood, and the stones, and the dust, and all the water in the trench.

Then the people, when they saw it, fell on their faces, and they cried. "Jehovah, He is God! Jehovah, He is God!" And they turned from following Baal, the false god, the sun god, the fire god, who could not send fire, to follow again Jehovah, their own God, the true God, the God of heaven and earth, the God who answered by fire.

—Home and School.

"An angel paused in his onward flight,
 With a seed of love and truth, and light,
 And asked, 'Oh, where must this seed be sown,
 That it yield most fruit when fully grown?'
 The Saviour heard, and He said as He smiled,
 'Place it for Me in the heart of a child.'"

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 naught 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.



Around the World

A GIANT searchlight which throws a beam of 300,000-000 candle-power, is to be erected in Cleveland, Ohio, U. S. A., as a "light house" for the night air mail service.

A Dutchman made a wager that he could travel from Holland to Marseilles in southern France by turning somersaults all the way, has arrived as far as Paris. He started on his way in November a year ago.

Orchids were recommended at the scientific congress held recently at Liege as a new means for combating tuberculosis. Men of science have discovered that the heavily scented essential oil of orchids, injected into a patient, will give him a much better chance of success in his fight for recovery.

A private construction firm at Felixston has recently turned out for the British air ministry the largest flying cruiser in the world. This monster airplane measuring 200 feet from wing tip to wing tip is capable of remaining long periods at sea without the care of a "mother ship." It is able to alight or take off on the roughest waters and will serve either as "eyes" to the fleet in the air or take its place in the line with other vessels on the water.

Turkey has defied a Moslem principle of thirteen centuries standing, by ordering from Gutzon Borglum a huge made-in-America equestrian statue of Mustapha Kemal Pasha, head of the new Turkish Republic. This statue which will be cast in bronze will require two years to make, will cost about six lakhs of rupees and is to be erected in Angora.

One of the "Wonders of Wembley" was the world's largest sapphire, weighing ten ounces and valued at £5000. It was discovered in the home of a Mohammedan official of the Hyderabad State, India, where the children were playing with it as an ordinary stone. It has a long and romantic history connected with Buddhist kings of South India.

Captain Donald B. MacMillan has recently arrived back after more than a year in the polar regions with his crew and the schooner "Bowdoin" safe and sound. He reports the trip entirely satisfactory and a large collection of objects of scientific interest. One striking contrast between this and the old style arctic expeditions is the constant contact between them and civilization through wireless. They were able to enjoy concerts, lectures etc. during the long Arctic night. Esquimaux came 200 miles to hear the wireless and would not believe the concerts etc., were taken out of the ether until a company of their own people who had left months before actually spoke to them from somewhere along the Nova Scotia coast.

The Faith of Certainty

(Concluded from page 9)

truth, and the life:" "Come unto Me, all ye that labour and are heavy-laden, and I will give you rest;" "If ye continue in My word, then are ye My disciples indeed; and ye shall know the truth, and the truth shall make you free." Christ is the world's only hope. He alone can guide to safety. The Prince of Peace can restore hope to the distracted soul and peace to the storm-tossed human sea. He is the mighty Counselor, whose word is immutable. Hebrews 6: 17-20. All who reject God's immutable counsel will be brought to confusion: "The wise men are ashamed, they are dismayed and taken: lo, they have rejected the word of the Lord; and what wisdom is in them?" Jeremiah 8: 9.

That we might not doubt or be harassed with uncertainty, Christ said: "Whosoever cometh to Me, and heareth My sayings, and doeth them I will show you to whom he is like: He is like a man which built an house, and digged deep, and laid the foundation on a rock: and when the flood arose, the stream beat vehemently upon that house, and could not shake it: for it was founded upon a rock." Luke 6: 47, 48.

With Our Contributors

Dr. A. E. COYNE of South India has joined Dr. H. C. Menkel of Simla and Dr. A. E. Clark of Calcutta on the editorial staff of the Health Department of our Magazine. Our health ideals do not stop with combating disease and avoiding invalidism, but aim at "exultant health." The fundamental principles presented by our doctors from time to time will not only bring relief to those who suffer but body and mind and heart will develop along those lines that will help our readers to realize the wholesomeness and beauty of human life. We call attention to the free medical advice offered to those who are on our subscription list.

Mr. A. S. Maxwell, editor of *Present Truth*, London, a popular religious weekly, has recently concluded a trip through Egypt and Palestine and has furnished us with a series of articles with special illustrations. Egypt the oldest civilized nation in the world, and Palestine the guardian of the holy places of three of the world's great religions are both of great interest to many people in India. We hope to begin the series in the February number.

How and where did evil originate? Who was the first to sin? Did a good God create the evil in the world? What light does history throw on these questions? How will evil be finally eradicated? These are but a few of the interesting questions discussed by Pastor S. A. Wellman in the series begun in this number.

Not willing that any should be overtaken by the perils of the last days unwarned, the Father of the spirits of all flesh has hung out signs everywhere as evidence of the approaching end of present world-conditions. "The Salvaging of Civilization" by Pastor Rueben E. Hare of Bombay is the first of a series dealing with these signs. In these articles our readers will be given abundance of definite proof so that each one may know for themselves that the end is at hand.

"The Future Unveiled" is the second article in a series on the prophecies of Daniel and Revelation which will be continued throughout the year. Inspiration has given us these two prophetic books in order that the church that goes safely through the deceptions and trials of the last days may have definite information concerning the times in which they live and the preparation necessary to meet the coming King.

The Secret of Life

(Concluded from page 19)

cast out. . . . And this is the Father's will which he hath sent Me that all of which He hath given Me, I should lose nothing, but should raise it up again at the last day." John 6: 37-40 "I am the resurrection and the life: he that believeth on Me, though he die, yet shall he live again." John 11: 25 (Rotherham's translation.) The New Testament—and therefore the Christian religion—is founded upon the doctrine that there shall be a resurrection of the dead. See also 1 Cor. 15: 13-56; 1 Thess. 4: 16, 17.

There is no lasting hope to those who put their trust in the science of men; but to those who trust in Jesus there is the certain assurance of a better resurrection—a wondrous change—at His appearing. "I go to prepare a place for you. And if I go and prepare a place for you. I will come again, and receive you unto Myself; that where I am, there ye may be also." John 14: 1-3.

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Radicalism Vs. Conservatism



Topical Press

The overwhelming victory of the Conservative Party in England and of the Republican Party in America at about the same time as "Red Week" in Russia is interpreted as the answer of these two great nations to the challenge. But the forces of Bolshevist radicalism work underground and are so subtle in their operation that it is difficult for the ordinary process of law to reach them. This has resulted in the organization of the counter movement known as Fascism, from the remarkable success of a movement of that name in Italy under Mussolini. The picture below shows Brig. Gen. Blakeney speaking at a monster British Fascist meeting at Trafalgar Square, London. This is evidence that even in England it is felt necessary to actively organize in order to meet the subtle forces operating there. But many people in the world feel that such autocratic and violent methods as Mussolini's are as dangerous as the Bolshevism opposed by them.



Topical Press



Topical Press

And so the forces are lining up for the last great struggle that is certain to come in the future. The picture above is of a monster Communist Meeting held in Trafalgar Square, with Mr. Jackson, one of the Communist speakers addressing the crowd. The Communists know how to play upon the emotions of the toiling masses, picturing to them the Utopia that would surely be theirs if they would only destroy Capitalism and confiscate its wealth. Unfortunately a Russia with its gutters so recently flowing red with the blood of its citizens, its starving millions dependent on the charity of the world for existence, its still chaotic condition, and apparently an autocracy of the proletariat worse than that of the Tsars, robs the perfervid rhetoric of the Communist of much of its force. However it seems evident that a bloody struggle is ahead in all the world between these antagonistic social forces.