

The ORIENTAL
Watchman
and
Herald of Health



Photo B. B. Hill

Reversing Station Near Khandala, Western Ghats

Healthful Menus for India

Modern Spiritualism and the Power Behind It

When Deficiency Diet Did More Than the British Navy



Around the World

THE University Press at Oxford has appliances for printing in 150 different languages.

One hundred and nine children out of every thousand in London have defective eyesight.

The British Museum was visited by 1,181,242 people last year, the largest number on record since 1851.

The League of Nations will annually print a list of the best six hundred books that have been published in the past year, the object being to encourage closer international intellectual contact.

Between 4,000,000 and 4,500,000 snakes are used annually in Japan for medicinal purposes. More than two hundred men make their living by serpent catching in the vicinity of Mt. Jouki and Shiga-Ken.

At a recent auction sale in London, 240 pictures by the late John S. Sargent, American painter, brought £146,000. Many Americans, as well as rich Englishmen, were among the rival bidders. The highest price—£7,000—was paid for the painting called "San Vigilo, a Boat With Golden Sail." Sargent's sisters presented one of the most famous of the paintings to the National Gallery in London. There was great astonishment at the prices the pictures brought.

While making an official survey of monuments and other works of art in Russia, Prof. I. E. Graber was requested to look at a picture hanging in the office of a factory in the little town of Nishtigal. He quickly recognised in the water colour on wood the famous Madonna del Popolo of Raphael, which had been lost for more than a hundred years. It was taken to Moscow to be restored and hung in a state gallery.

There has just been completed a canal linking the North Sea to the Mediterranean by the way of the Rhine, the Doubs, and the Rhone, the digging of which was proposed more than four hundred years ago. In completing the Rhone to Marseilles end, it was necessary to dig a tunnel five miles long, from which more dirt and rock was taken than from either the famous Simplon tunnel or the Tunnel of the St. Gotthard. The new canal cuts what is called the "European isthmus," composed of Holland, Belgium, France, Spain, and Portugal.

A grotesque statue of King Akhenaten, father-in-law of Tutankhamen, was recently found near Luxor, Egypt. Akhenaten is known in Egyptian history as the heretic Pharaoh. The statue is life-size, and was evidently intended as a caricature of the monarch. Egyptologists are puzzled to know how this statue came to be at Karnak, which is near Luxor, because the heretic king removed his capital from Thebes to Tel-el-Amarna some time before his death. After the statue is placed in the museum at Cairo, the inscriptions on it will be deciphered; they may solve the mystery.

More than 50,000,000 acres of land in Western Canada have been opened up for settlement and cultivation since 1870.

Sir Daniel Stevenson, of Glasgow, has made two gifts of £10,000 each to London University, one of them to found a chair of international history.

By a new decree, Turkish women are entitled to reserved seats in trolley cars and ferry boats. Besides, they can sit in any place on the car. Formerly two seats in the front were curtailed off for them, and no man was allowed in that inclosure. A man may now sit in the "harem," as it is called, provided no woman is standing, and women may sit with the men in the back of the car or boat.

A report from Portugal says that scientists in that country have invented a sextant which enables an air pilot to find his way through the air by astronomical observations alone. The ordinary sextant used by navigators is an instrument for measuring angular distances; for instance, latitude at sea can be determined with it by taking the sun's altitude at noon. The new sextant, according to the inventors, will make it possible for an aviator to disregard the earth entirely. If such a sextant has been invented, there is little doubt that methods of aerial navigation will be materially altered.

In Paris, the latest vagary of Dame Fashion is causing all women to wear spectacles. It is not that the pretty eyes over there are weaker this year than they have been in the past, as one might first suppose. The real reason for so many Paris women wearing glasses is that the celluloid frames, done in various colours, are novel and thought to be chic when they match one's frock. The opticians have a large variety of celluloid frames, and some of them are said to sell as many as one hundred pairs a day, with nothing but plain glasses in them through which any one can see.

A tax on forgetfulness is the most up-to-date thing in French revenue novelties. The gentleman who leaves stock certificates in his taxicab and madame who forgets everything, from her umbrella to her pocketbook, will now pay rather heavily when they claim their belongings at the lost property office in the police headquarters. Money and securities will be returned to their owners at a charge of 4 per cent of their value. Jewelry, "except anything having no intrinsic value," is redeemable on the same terms. The "no intrinsic value" clause is expected to kill a very promising publicity field in the matter of lost jewelry.

Four Japanese biochemists claim to have isolated the vitamin "A". Vitamin "A" is so essential to life that the discoverers of the substance have named it "Biosterin." But although so necessary both in human and animal food, minute traces are sufficient to preserve health. Although so much disease is traceable to deficiency of vitamins in the food taken, yet an excess of them is equally disastrous as the following experiment shows. Recently two thousand times the minimum ration of vitamins was mixed with a rat's diet, resulting in the death of the animal, after marked symptoms had developed such as baldness, eye trouble, emaciation and finally paralysis of the hind limbs.

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Topics of the Day

Kitchener Memorial Chapel

THE Kitchener Memorial Chapel at St. Paul's contains an altar with superimposed pieta and a recumbent figure of Earl Kitchener, and, in the background, figures of the two military saints of Britain, St. Michael and St. George. Earl Kitchener's death under such tragic and unusual circumstances deeply stirred the British Empire. Our readers are acquainted with the many absurd and mischievous stories which have arisen because of the uncertainties of his last moments. All these stories have been scotched and the minds of his many admirers set at rest by the recent statement in the House of Commons by Mr. Bridgeman, First Lord of the Admiralty, that the sinking of the Hampshire was but one of the misfortunes of war with no mysterious or unexplainable matters connected with it. It so happened that an unusually heavy storm for that stormy coast synchronised with the sending forth by the Germans of the submarine U 75 who had laid a large number of very power-

ful mines in this vicinity just before the departure of the Hampshire. German records brought to light after the war show that this effort was part of the preliminary preparation for the coming out of the German fleet which resulted in the battle of Jutland. The Germans evidently knew that a large section of the British fleet was in that vicinity and they intended to sow the seas so thick with mines that some at least of the warships would be sent to the bottom before reaching the German navy. It was the fortune of war that the Hampshire struck one of these mines in a great storm, and went to the bottom carrying with it Britain's

greatest figure of the Great War. To Earl Kitchener, perhaps more than to any one man is due the credit for foreseeing the length and bitterness of the great struggle, and for rallying the manpower of the nation to meet it. When others were certain the terrible struggle would last but a few months, Kitchener made his famous statement that it would last three years. His work was finished when he died. The future will assign to him his just share of the credit for the great victory. We lay a wreath to-day at the tomb of one of the greatest warriors Britain has ever produced.

There Were No Cave-Men

We call special attention to the article by Mr. Poley on the excavations in Sindh. We believe that these excavations will furnish valuable evidence concerning the ancient civilisations of the world. The popular conception of our race originating with the cave-man running wild in a primeval forest, and dragging his unwilling bride home by the hair of her head, has no foundation in fact. There have doubtless been cycles

during which the race lapsed into savagery from which they slowly emerged to build up a civilisation which would once again totter to its fall. But there is no proof that the original condition was barbarism.

We are glad for the evidence that is being unearthed which shows that there was a very high stage of civilisation more than two thousand years B. C. This carries us back almost to the Bible date for the great deluge. Sir John Marshall, the Director-General of Archaeology in India, recently said, "At a single bound we find that five thousand years ago the people of Sindh and the Punjab were



Topical Press

The Kitchener Memorial Chapel, St Paul's



Topical Press

Signing of the Treaty of Locarno, London

The representatives of seven nations signing the famous Locarno Treaty in the Grand Assembly Room of the Foreign Office, London. Mr. Baldwin and Sir Austen Chamberlain are at the head of the table. M. Briand of France, Dr. Benes of Czecho-Slovakia, and M. Vandervelde of Belgium are well known figures on the left-hand side of the table. Dr. Luther and Herr Stresemann and von Schubert, the German representatives, are at the foot on the right-hand side. Poland and Italy were also represented.

living in well built cities and were in possession of a relatively mature civilisation with a high standard of art and craftsmanship and a developed system of writing." The records of the Book of books, the Bible, thus stand vindicated.

Another angle to these discoveries of interest in India is the proof which is offered of a highly developed civilisation before the coming of the Aryans. We have seen the charge made against the English of writing the history of India with propaganda in their favour in view. It seems to us that the Aryans have laid themselves open to the same charge. We find historical bias in Aryan writings towards the idea that they found India in a more or less uncivilised state and through their superior civilisation lifted its people out of barbarism. But here we have proof of a high state of culture in India long before the coming of the Aryans. This is a matter that is worthy of careful consideration.

Sun Spots and the Weather

Someone has given a very interesting explanation of the abnormal weather now prevailing in most parts of the world, as indicated by the great storms in Europe which have caused much damage to property and even to life through floods, and also by unsettled weather conditions in India. It seems that there is an unusual manifestation this year of the phenomenon known as "sun spots." These enormous eruptions on the face of our sun can be distinctly seen through a telescope but have never yet been satisfactorily explained. There are two regions of disturbance on the face of the sun at present, one is 150,000 miles south of the solar equator and the other 170,000 miles north of that

line. These tremendous agitations have the appearance of whirlpools or eddys on the face of the sun the centers of which are large enough to hurl our little earth through and still have room to spare, with a whirling edge of flame thrown high off the sun's surface. These "spots" have the appearance of enormous holes into relatively darker regions within. The whirling edge of these spots is said to move at the rate of 250 miles a second.

This phenomenon of "sun spots" seems to come in regular cycles of 33 years each. Whatever the explanation may be it has been proven that certain things on our planet recur at the end of these cycles. As all our energy comes from the sun, and everything on our planet is vitally effected by it, all phenomena connected with the "orb of day" is of vital interest to each one of us.

The Rising Tide of Indignation

In the month of January two notable statements were made concerning the attempt of South Africa to enact legislation against Indians. The Bishop of Pretoria issued a most valuable protest calling attention to the breach of faith on the part of South Africa. The Viceroy also at the opening of the new Legislative Assembly voiced the general feeling of indignation in a powerful protest. A most influential meeting held in Bombay with H. H. The Aga Khan as chairman, started the ball rolling for a large number of similar meetings in other cities. There has also been manifested during the month an under-current, ominous in its possibilities, of threats on the part of the Indian and the African to unite against the white man. This alternative seems quite possible and South Africa may find it has sown to the wind only to reap the whirlwind. One unfortunate feature of sentiment in some parts of India, is the desire to retaliate. The Calcutta meeting passed such a resolution. Some of the Indian members of the Legislative Assembly desired to start a similar campaign. Dr. Abdur Rahman, the head of the Indian deputation from South Africa, hastened to Delhi and successfully opposed such a plan. It is evident that it would cause the minimum of inconvenience to South Africa and a maximum of trouble for Indians domiciled there. We are grateful that wiser counsels have prevailed. But South Africa can no longer ignore the rising tide of indignation in India, and the latest news, as we go to press, seem to indicate that a postponement of consideration of the Bill is likely. Mr. Gandhi put the position correctly

in his speech at the Cawnpore Congress, when he said that such legislation would be a repudiation of the Christian Bible. It is hoped that the Viceroy's appeal for a round table conference will yet be consented to by South Africa.

An Eastern League of Nations

It is reported that Turkey is working for what they call an "Eastern League of Nations," as a rival to the one in Geneva. Soviet Russia is back of the effort and there are many sympathisers. But there are well-nigh insuperable obstacles in the road, chief of which is the almost hopelessly divided condition of the Asiatic peoples. *The Modern Review* makes the following pertinent remarks:

"As things are to-day in Asia, there is no possibility for the people of Asia to outdo the Europeans in the manufacture of weapons used in modern warfare. Then again, the communal, tribal, national or fanatical religious spirit will also stand in the way of forming an Asiatic Alliance in the near future. The Arabs vs. the Turks, in the Near East and the Syrian Christians fighting with the French against the Arabs, the existing communal spirit in India and the civil war in China, make it clear that the European nations are dominating over hundreds of millions of people in Asia because the latter are not only disunited but are willing to fight for their foreign masters. We know that there are Indian patriots who hope for Asian independence through Asian co-operation. At the present stage of the political awakening of Asia, the only kind of Asiatic League, which will be of value, is the league to promote cultural understanding among the peoples of Asia; and this can be furthered through exchange of professors, students, scholars, and the intimate personal relations between the poets, artists, thinkers, scientists, journalists, business men and political leaders of Asiatic nations. So long as the spirit of communalism dominates Indian politics, it will not be possible for India to play her legitimate part in the world's political affairs. On the other hand, unless Indian political and communal leaders participate in world affairs, their present narrow vision will not be broadened beyond communalism."

The Sarajevo Murder Plot

In our December issue we published the statements recently made by certain men who were members of the Serbian Government in 1914, admitting that the murder of Franz Ferdinand and his consort was known by, if not actually plotted by, men high in Serbian Government service. The latest number of *Current History* gives prominence to the reply of Anthony V. Seferovitch, Consul General for Yugoslavia in Canada, denying the allegations and claiming that Franz Ferdinand was murdered by the Austrians themselves, in order to precipitate a conflict with Serbia. His main argument rests upon statements made by William Steed now editor of *Review of Reviews* but for many years prior to the outbreak of the Great War, special correspondent of the *London Times* at Rome and Vienna. The Archduke had married outside of royalty and his marriage was very unpopular. At the time of hismorganatic marriage with a lady-in-waiting to the Archduchess Isabella, the aged Emperor had compelled him to sign a document renouncing in behalf of his children their right of succession to the throne. Just before the assassination, Franz Ferdinand was trying to cancel that renunciation and was doing all he could to secure the right of succession to his children. At Konopischt in June

1914 it is claimed that the German Emperor vainly tried to pacify the Archduke by offering his two sons the thrones of two new kingdoms to be carved out of Russia and the Balkans on successful issue of the proposed war, but he was to renounce the right to the Austrian throne. France was to be rapidly defeated by a few smashing strokes and Russia vanquished more leisurely. It is significant that the murder came soon after this attempt. Prof. Fay of Smith College replies that this hypothesis propounded by Mr. Steed was but the utterly unreliable insinuations of a foreign newspaper man, who depended wholly on hearsay, and that the story was so preposterous that his own paper the *London Times* even refused to print it. The future alone can reveal the responsibility for the murder.

The Super-Dirigible of the Skies

About one year ago we published the photograph of the *Z. R. 3*, that huge airship assigned America as "spoils of war," which made a non-stop flight from Lucerne to New Jersey. We stated that the Goodyear Rubber Co. of Akron Ohio had acquired the patent rights and proposed building dirigibles for America, if the plan was found practicable.

The *World's Work* for January has a most interesting article by P. W. Litchfield, Vice-President of the Goodyear Zeppelin Corporation telling of their plans for a proposed new airship twice the size of the *Z. R. 3*, now the *Los Angeles*. The Akron factory has connected with it a number of German engineers and executives who have been engaged in the construction of airships from the beginning.

In view of the disasters that have taken place Mr. Litchfield asks whether airships can be made relatively safe in order to have them practicable for peace work. His answer is in the affirmative, and he gives the plans and designs for a huge new super-dirigible which the military branch of the U. S. government has ordered built as soon as possible. This new super-airship will be 850 ft. long, 130 ft. in diameter, and with a gas capacity of 6,500 000 cubic ft., about twice the size of the *Los Angeles*. It will be able to carry one hundred passengers and crew, and could fly in war time with twenty combat airplanes aboard. It has eight motors with a cruising range of more than 8000 miles. One great departure in the new design is that the motor gondolas, observation posts, and passenger accommodation are all *inside* the ship. Hitherto they have hung suspended outside. There are three long corridors, two on each side and one at the bottom of the hull of the ship, with outside windows. Arrangements are made for workmen to easily reach every portion of the huge ship, for adjustments and repairs.

Filled with helium gas this new airship will be able to leave New York Saturday morning and arrive in London early Monday morning. The promoters claim that such ships can be operated at a profit providing they are given the same subsidy as is given surface craft.

The Importance of the Indus Finds

By P. C. Poley

IT REMINDS one of the work of Botta, the Frenchman and Layard, the Englishman in Mesopotamia—epoch-making as their labours were for archaeologists—when we read accounts of the recent discoveries of Rai Bahadur Daya Ram Sahni and Mr. Rakhal Das Banerji in the country of the Indus; and there is a savour of old-world romance in the story of Mr. Banerji's excursions in Upper Sindh, for prior to 1922 camels were the sole means of transport. But the opening of the Silra-Shabdakot-Larkana Light Railway has made great changes, and the country traversed by the antiquary has become more accessible.

He found evidences of the migrations of the Indus in coming across no less than eighteen old beds of that river between the Kirthar Range on the west and the present river course on the east. He counted the ruins, too, of twenty-seven large and fifty-three small towns—deserted many centuries ago.

His discovery of some ancient pottery of a peculiar type led Mr. Banerji to select Mohen-jo-Daro as the scene of operations. Mohen-jo-Daro means, in the Sindhi language, "The Mounds of Darkness." Commencing in December, 1922, Mr. Banerji caused a complete survey of the ruins to be made, which showed that the old city occupied almost seven hundred and fifty acres, though the existing ruins cover very much less.

Former explorers have, for the most part, been engaged upon India's antiquities dating back hardly further than the third century before the time of Christ. Writing in the *Illustrated London News*, Sir John Marshall, Director-General of Archaeology in India, says,—“Now, however, there has unexpectedly been unearthed, in the south of the Punjab and in Sindh, an entirely new class of objects. . . . The

two sites where these somewhat startling remains have been discovered are some 400 miles apart—the one being at Harappa in the Montgomery district of the Punjab; the other at Mohen-jo-Daro, in the Larkana district of Sindh. At both these places there is a vast expanse of artificial mounds, evidently covering the remains of once flourishing cities, which, to judge from the mass of accumulated debris, rising as high as 60 ft. above the level of the plain, must have been in existence for many hundreds of years. Such groups of mounds abound in the plains of the Indus, just as they do in Mesopotamia and the valley of the Nile.”

A high mound on one of the ancient island-

sites in the forsaken bed of the Indus, intersecting the ruined city at Mohen-jo-Daro, attracted Mr. Banerji's attention. In a thick layer of ashes the excavator came across fragments of marble images, indicating that the ruins, marked by the mound, were those of an old temple. Still deeper there were more valuable objects. An article in the *Calcutta Statesman*, November 23, 1924, entitled “Forgotten



Photo—Archaeological Dept., Western Circle

Site of Excavations Mohan-Jo-Daro

These sand heaps, for several thousand years neglected and undisturbed, are yielding results as remarkable as any of their more famous competitors in Mesopotamia. They give promise of unearthing the most ancient city of the world. Sir John Marshall has said that already they have proof of a high state of civilisation ante-dating Babylon and Assyria. Once the River Indus flowed this way, but was most probably diverted by an earthquake.

Civilisation Discovered in India,” informs us that, here, “Mr. Banerji came upon beautiful glazed and painted pottery of a type not discovered in any other site in India before this time.” It states, furthermore, that, associated with this pottery, “Mr. Banerji discovered a new type of copper coins. These are oblong strips of copper of two different sizes, one and a half and two inches in length, on which are stamped pictograms or ideograms of the type which was known to Indian archaeologists from the seals previously discovered at Harappa. As the discoveries of Messrs. Sahni and Banerji are supposed to belong to the third millennium B. C. there cannot be any doubt about the fact that these coins or

tokens are the oldest coins of the world. The weights of these coins do not correspond to any known standard of Indian numismatics and the signs on them occur on many of the seals discovered by Messrs. Sahni and Banerji at Harappa and Mohen-jo-Daro."

We must now cast a glance at Rai Bahadur D. R. Sahni's work at Harappa. This site had acquired some fame for the discovery there, from time to time, of a particular class of seals, which have been brought for sale even as far as Multan. They bear inscriptions in unknown characters. Starting work there in 1920, and continuing into the year following, Mr. Sahni discovered three more seals, and other remains of a forgotten past.

What is so remarkable about the work of these two Indian scholars is that each should have added so much to the value and interest of the other's work—for there was a striking similarity of results; and this, notwithstanding that they operated at points over 400 miles apart. Yet when Mr. Banerji began excavating at Mohen-jo-Daro he had no certainty that his finds would parallel with the previous Harappa discoveries. This combination of circumstances showed how widespread was the culture which must have flourished for many centuries in the plains of the Indus when these pictographic seals were made.

Up to, and during the time of, the Harappa excavations the script on the seals was considered to be merely local, because seals of this peculiar type had hitherto been found nowhere else. But when, later, three were found at Mohen-jo-Daro, and there was evidence that the culture to which this pictographic writing was connected was extensive, interest in the Harappa site was greatly stimulated. So digging at the latter point was resumed in 1923 and 1924, and eleven more specimens of the seals came to light. Also in the same years seven more were found by Pandit Madho Swarup Vats at Mohen-jo-Daro.

The resumption of work at Harappa also led to the discovery of pieces of pottery of the same type as the Mohen-jo-Daro finds. "The smaller antiquities," says Sir John Marshall, "are generally identical in character with those from Mohen-jo-Daro." "These smaller antiquities from the two sites comprise new varieties of pottery both painted and plain, some fashioned by hand and some turned on the wheel; terra-cottas; toys; bangles of blue glass, paste and shell; new types of coins or tokens; knives and cores of chert; dice and chessmen; a remarkable series of stone rings; and, most important of all, a number of engraved and inscribed seals." "Of all these antiquities the most valuable are the stone seals, not only because they are inscribed with legends in an unknown pictographic script, but because the figures engraved on them, and the style of the engraving, are different from anything of the kind hitherto met with in Indian art. Some of them are of steatite, others of ivory, and others of stone and paste." "The period during which this culture flourished in the Indus valley must have extended over many

centuries." "It came to an end before the rise of the Maurya power in the third century B. C."

Some illustrations were published with Sir John's article from which the above excerpts are taken, and these gave opportunity to Messrs. C. J. Gadd and S. Smith of the Department of Egyptian and Assyrian antiquities of the British Museum to make comparisons with Mesopotamia specimens in present possession of their Department. About a fortnight later they wrote in the same journal: "The close resemblance of the objects from Mohen-jo-Daro and Harappa, in the Indus valley to Babylonian antiquities, which has been noted by Professor Sayce, is very striking when pictures of various classes of objects are seen side by side. The most important objects in this respect are the seals from Harappa, which appear to be exactly similar in shape to square stamp seals which are commonly found at Susa and on Babylonian sites of the early period." "As to the signs on Harappa seals, which obviously form some kind of writing, nine of these signs very closely, and seven partially, resemble Sumerian writing; while many of the others may prove to be related. Above all, the numeration system appears to be the same. These close resemblances of the Harappa seals to the products of Babylonian civilisation cannot be accidental. The people who made these seals must have been in very close contact with Sumerian civilisation."

Now the Sumerians or Sumirs were the inhabitants of the land of Sumir, the southern half of Mesopotamia, better known to Bible students as the land of Shinar. Thither the early descendants of Noah came, began building the Tower of Babel, and were scattered after the confusion of tongues. The date of Noah's leaving the Ark, as given in Bible chronology, is 2348 B. C.

To what facts of engrossing interest do the discoveries of Messrs. Sahni and Banerji clearly point? Briefly, they are these: In early post-diluvian times settlers in the Indus valley practised such arts of civilisation as make it impossible for us to believe that they were mere savages; and, too, they preserved their culture for a period centuries long. There are no long, shadowy centuries of barbarism in India's history. Moreover, these ancient inhabitants of Sindh and Punjab were evidently in India long before the Aryan tribes arrived.

The facts are consistent with the teachings of the Book of Genesis. Some observations made by Cunningham Geikie, in his work, *The Bible by Modern Light*, p. 150, are of special value here. He saw Europe of bygone ages torn by strife, and nations there, and in some other parts, reduced to barbarism by demoralising wars. In the same way, but in times still more remote, there was a fair degree of culture in Egypt, which he looked upon as her heritage from a previous age. His exact words are these, "The fact that during the ages in which extreme barbarism prevailed over Europe—and when the world at large seems to have been peopled mostly by tribes reduced to the deepest rudeness by constant wars, (*Continued on page 24*)



How Can We Apply the Brakes to the War Chariot?

By William G. Wirth

THERE are some problems that from time immemorial the human race has failed to solve. Among these is war. Go back never so far in history, and we cannot escape meeting with the gore of battle, the depredations of conquest, and the frightful aftermath of military conflict.

Along with this insoluble problem of war, there is another problem closely connected with it, indeed, arising out of it, which has likewise baffled the minds of men. It is the problem of peace. When the human species began to fight, it was but natural that it should seek to end the fight and re-establish peace. Man's better nature has ever taught him that peace is better than war; and so when peace was obtained, it was desirable to make it permanent. But, alas, the period of peace was soon broken, and, before men really sensed it, they were again at each other's throats like wild beasts. War, with all its horrors, held the stage, and the great, international drama went on. Thus the wheel of human events has rolled; first war, then peace; war again, and peace restored; again war, to be followed by a peace leading into war. It has been a vicious circle. The tragedy of it is that in this our day, after all the lessons of previous civilisations, war and peace follow the circle just the same. There is no more likelihood, judged by human standards and human experience, of stopping the whirl-to-day than there was in the days of Julius Cæsar or the time of the Corsican conqueror.

Men Have Ever Longed for Peace

Because there have been so many serious efforts during the last decades to end war, unless we are very careful, we are prone to think that it is only in recent times that men have turned their backs on war and set themselves toward peace. True it is that recently we have had the Hague Peace Conferences, the League of Nations, and many other international alliances, having as their objective the perpetuation of concord among states. But it is also true that from the misty

days of the far-off past, humanitarian, altruistic-minded men have had this peace ideal before them.

We think of the leagues among the old Greek states, which drew them together in brotherhood because of common devotion to a common shrine or oracle. We think of some of the old Roman statesmen who conceived the idea of the *pax Romana* to bring amity and universal goodwill among the various parts of the Roman empire. All during the Middle Ages and up to recent times, this same burden for the world's peace has pressed on great souls. And the problem is still with us, and still unsolved.

Within the past few months forty-one nations have assembled their representatives at Geneva in the endeavour to come to an agreement to control the traffic in arms. Limit the international traffic in implements of war, and it is obvious that it will be more difficult for the nations to plunge into war. This is the way this most recent of all war-curbng conferences seeks to put the brakes on Mars' war chariot.

The Will for War

We can well sympathise with this effort. If our civilisation is to be saved; if we are to be rescued from certain disaster; if we are to avoid that which all world students foresee—universal catastrophe—war must be stopped, put down, crushed. This is at once the world's simplest and hardest problem. There is no escaping it. Either we must crush war, or war will crush us.

Will depriving the states of the world of war-munitions stop war? One of our journals has well answered this question:

"Deprive warlike nations of cannon and rifles, and they would still fight, even though armed with bows, spears, and slings. It is not the ability to secure arms that causes wars, but rather the will for war."

This answer goes to the heart of the matter. It is because we sinful human beings have the war spirit right in us, individually, that nations fight. The nation does in a large, public way just what the individuals of the nations do in a small,

private way. The state reflects in its actions the actions of each individual citizen. Let the reader consider himself a moment. Is there not going on with unceasing force within his own heart and conscience a struggle as real as conflicts among the nations? We desire to do the right thing, but the evil within us fights against the right impulse; and how often does the evil win, and we are morally and spiritually defeated. We have evil habits, over-mastering temptations. We struggle; at times we are victorious on the side of right; at times we are overcome by evil. Listen to the apostle Paul:

"For I know that in me, that is, in my flesh, dwelleth no good thing: for to will is present with me, but to do that which is good is not. For the good which I would I do not; but the evil which I would not, that I practice. But if what I would not, that I do, it is no more I that do it, but sin which dwelleth in me." Rom. 7:18-20, A. R. V.

The same sin that causes this struggle in the individual causes struggle among the nations. Our only hope, then, for the permanent eradication of war from among men, and for the permanent paths of peace, is that this will to sin may be taken from our lives; that our human dispositions, our human characters, be changed; yes, our whole physical, moral, and spiritual natures be changed. However, this cannot be done as things now are in this world. It is patent that there must be a new order brought about among men; we must have an entirely new world wherein dwells righteousness and not evil; we must have new bodies in which there is no hereditary or environmental taint of sin.

Peace Centers in a Person

This complete reversal can be brought about in only one way: by the second advent of Jesus Christ and the attendant establishment of the righteous as inhabitants of this earth, purified of the effects of sin.

"For our citizenship is in heaven; whence also we wait for a Saviour, the Lord Jesus Christ: who shall fashion anew the body of our humiliation, that it may be conformed to the body of His glory, according to the working whereby He is able even to subject all things unto Himself." Phil. 3:20, 21. A. R. V. "For this we say unto you by the word of the Lord, that we that are alive, that are left unto the coming of the Lord, shall in no wise precede them that are fallen asleep. For the Lord himself shall descend from heaven, with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first; then we that are alive, that are left, shall together with them be caught up in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord." 1 Thess. 4:15-17, A. R. V. "Behold, I tell you a mystery: We all shall not sleep, but we shall all be changed, in a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality. But when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall come to pass the saying that is written, Death is swallowed up in victory." 1 Cor. 15:51-54, A. R. V. "Blessed are the meek: for they shall inherit the earth." Matt. 5:5. "And I saw a new heaven and a new earth: for the first heaven and the first earth are passed away;...and He shall wipe away every tear from their eyes; and death shall be no more; neither shall there be mourning, nor crying, nor pain, any more: the first things are passed away." Rev. 21:1, 4, A. R. V.

The acceptance of our Saviour Jesus Christ as the one who can cleanse our sins through His own precious blood, and give us that character which will secure for us eternal life, is at once our supremest duty and our supremest privilege. This alone will solve the war and peace problem. There is no other way. Shall we not enroll under the banner of the "Prince of Peace?"

Why Is He Coming?

By MATHILDA E. ANDROSS

IT WAS over in Jamaica, last June, that I enjoyed one of those experiences that give us glimpses of blessings to come. I was sitting in one of the large churches. The pews were filling fast, for it was almost time for the service to begin. Presently the door near the pulpit opened softly, and in limped an elderly woman leaning heavily on the arm of a young friend. In the aisle after the service, I met this stranger. As I shook the little gloved stumps, reminders of one-time nimble fingers, and looked at the dark glasses that obscured the sightless balls behind them, my own eyes grew dim and a lump arose in my throat.

Years ago this little woman became a victim of leprosy; and that merciless foe gnawed away at the tissues of her hands and feet until they were only badly mutilated stumps. About that time, she accepted the message of the soon return of Jesus; and somehow, God, in His great mercy, saw fit to rebuke the disease. But a short time before I saw her, there had been added to her sorrow and affliction the loss of her sight.

Still she was not depressed. An atmosphere of hope and courage surrounded her, for she believed the Lord, and was looking for the soon return of Jesus. Her mutilated feet were standing solidly upon the rock of God's immutable word, and with the undimmed eye of faith she could see the happy day when her poor crippled body will put on immortality, and her sightless eyes will behold the King in all His glory.

That is what the return of Jesus meant to that poor, suffering woman. Yes, it meant all that and infinitely more.—it meant the fulfilment of every desire of her heart.

And really, that is what the return of Jesus will mean to all who truly love Him. He is coming to wipe away all tears. He is coming to annihilate every pain the human heart has known. He is coming to fulfil every ambition of the loyal soul, to deepen his pleasures, and to fill to overflowing his cup of joy.

Yes, Jesus is coming to give those who love Him all the things their hearts long for,—and exceedingly abundantly above all they can ask or even think. He came the first time to purchase all these good things for His friends, and He has been toiling untiringly to prepare for this happy reunion. And soon He will come to deliver to those who love Him the spoils of the greatest victory ever won—a life of eternal bliss. That is why He is coming!

Modern Spiritualism and the Power Behind It

(Continued from January)

WE will now turn to a brief study of Modern Spiritualism, its claims, and the power behind it. Mr. Isaac Funk, a life-long investigator of spiritualistic phenomena, defines a Spiritualist as one who believes:

"1. That intelligences who are foreign to us, that is, who reside beyond our five senses, can and do communicate through the physical sense organs with those—or with some of those—who are living in the flesh.

"2. That these intelligences can and do identify themselves as those who once lived in the flesh." *"The Psychic Riddle," pp. 201, 202.*

In this discussion we grant the first proposition, but deny the second. Dr. A. T. Schofield, the Harley St. specialist, has made a most valuable contribution to this subject in his book "Modern Spiritism," published by J. & A. C. Churchill, London. We will

quote freely from it. On this subject of messages from the spirit-world, and the identity of the spirits making the communication, Dr. Schofield says:

"Messages come from the spirits. F. W. H. Myers, Sir Wm. Crookes, Sir Oliver Lodge, Sir Wm. Barrett, Dr. R. Hodgson, Dr. A. R. Wallace, Prof. W. James, Sir A. Conan Doyle, indeed one might say all modern Spiritists, are agreed that communications from spirits do at times occur. To the Spiritist this proves necromancy for to him there are no spirits but those of the dead; to the Christian there are many others.

"Of course it is said that we believe what we desire—spirits or telepathy; nevertheless, it is in harmony with all that Christians know and believe that there is an unseen world, transcending our own. Prof. Hyslop, after the most exhaustive study adopts for the present the theory of spirit communication as the only sane and reasonable solution of some of the phenomena. Prof. Lombroso (of Italy) in February, 1907, wrote, 'Spiritist phenomena are attributable to the agency of extra-terrestrial existences.'"

Are They Demons?

"Sir Wm. Barrett attributes the phenomena to human-like, but not human intelligences. They may be good or bad demons, but they afford no proof of any human existence after death. He considers the only explanation of what he has witnessed is the spirit hypothesis. His words are: 'Neither hallucination, imperfect or mal-observation, nor misdirection can account for the phenomena, and the simplest explanation is the spirit hypothesis.'"

"Of these spirits, Cardinal Newman writes: 'Also between the hosts of evil spirits, I considered there was a middle race, demons, partially fallen, capricious, wayward, noble or crafty, benevolent or malicious, as the case may be.

Dr. F. van Eder, of the Society of Psychical Research, maintains that all is the work of spirits.'"

"It must of course be remembered that the world of spirits, as revealed in the Bible, contains not only evil spirits of various orders, but those that are good and beneficent, though these latter are not much in evidence at seances. None of these, however, are the spirits of the dead." *"Modern Spiritism," pp. 93-95.*

These conclusions of Dr. Schofield are based on an exhaustive personal study of spiritualistic phenomena by a man expert in this line of investigation, which at the same time hold fast the plain teachings of the Bible. Even the Spiritualists

themselves acknowledge the possibility of the alternative hypothesis, that is, that these extra-terrestrial intelligences may not be the spirits of those who once lived in the flesh. Sir Oliver Lodge himself expresses the uncertainty in his own mind as follows:

"This is not a subject on which one comes lightly and easily to a conclusion, nor can the evidence be explained, except to those who will give to it time and careful study; but clearly the conclusion is either that it is folly and self-deception, or it is a truth of the utmost importance to humanity—and of importance to us in connection with our present subject. For it is a conclusion which cannot stand alone. Mistaken or true, it affords a foothold for a whole range of other thoughts, other conclusions, other ideas; false and misleading if the foothold is insecure, worthy of attention if the foothold is sound."

"The only alternative, in the best of cases, is to imagine a sort of supernatural mischievousness, so elaborately misleading that it would have to be stigmatized as vicious, or even diabolical." *"Raymond," pp. 339, 347.*

Many other leading Spiritualists are as candid as Sir Oliver Lodge—we accept the alternative—there can be no doubt but Spiritualism is diabolical.

Sir A. Conan Doyle, says of Spiritualism:

"The thing itself, in one form or other is as old as history." *"The Vital Message," p. 30.* But as we have it abroad in the world to-day, it originated in America. *The "Encyclopedia Britannica,"* says:

"The movement began in a single family. In 1848, Mr. and Mrs. J. D. Fox, and their two daughters at Hydesville, New York, were much disturbed by unexplained knockings. At length, Kate Fox (1839) discovered that the cause of the sounds was intelligent and would make raps as requested . . . It was, however, at Rochester, where



Kate and her sister Margaret went to live with a married sister, that modern Spiritualism assumed its present form, and that communication was, as it was believed, established with lost relatives and deceased eminent men . . . The spiritualistic movement spread like an epidemic." Article "Spiritualism," p. 705, 11th edition.

Mrs. Emma Hardinge Britten, another of the Fox sisters, says:

"Never before in the history of a race has any belief of a religious character obtained so wide and deep a foothold among men, established its standards of faith at so many distant points at once, appealed successfully to so many classes of society, and wrought such vast revolution in human opinion . . . and in less than half a century of time." "Nineteenth Century Miracles," pp. 554, 555.

Sir A. Conan Doyle, says:

"The lowly manifestations of Hydesville have ripened into results which have engaged the finest group of intellects in this country during the last twenty years, and which are destined, in my opinion, to bring about far the greatest development of human experience which the world has seen." "Metropolitan Magazine," New York, January 1918, p. 60.

In the "British Weekly" for July 1919, Sir Arthur further said that the churches of Christendom must accept the dogmas of Spiritualism or perish.

Its Rapid Spread

Mr. Raupert, English psychical expert, says of the spread of Spiritualism in Great Britain before the war:

"All classes of society have been induced to dabble with these mysteries. Among the intellectuals there are thousands of men and women who, after abandoning Christianity, have, in search for some kind of spiritual life, which is an essential craving of the human heart, plunged into the dark labyrinth of occult science with little knowledge and less discretion. Society women and shop girls, scientists and city clerks, clergymen, in large numbers, and young men with a smattering of self-taught culture, are indulging in seance, crystal gazing, table turning, automatic writing, and the invocation of spirits by one means and another, to an extent which is incredible to those who, so far, have not come within this sphere of influence." *Lecture delivered in London; reprinted in New York Feb. 1, 1924.*

It is a well-known fact that this wide-spread interest in this cult was largely increased and intensified by the sad experiences of the Great War. Thousands of heart-broken wives and mothers turned to it for comfort in the hour of their grief, and found this world of unseen spirits quite willing to offer consolation of a certain kind. In "The Statesman" of August 15, 1923, a special cable announced Sir Arthur Conan Doyle, on return from a trip to America, saying, "I am more convinced than ever that Spiritualism is the greatest thing in the world. It is sweeping America from end to end." Both in Germany and in Russia the cult had great vogue before the war and had much to do with the plunging of the world into that awful conflict. It is busily at work again preparing the way for a greater conflagration.

The First Lie Perpetuated

As we study what Spiritualism claims to have demonstrated, let us recall the incident in Eden when Satan disputed the fiat of Almighty God concerning the certainty of death, in case of disobedience, by saying, "Ye shall not surely die." This first lie is still perpetuated, and it is the cornerstone of this cult. Prof. Alfred Russell Wallace,

eminent English scientist and author, says of Spiritualism:

"It demonstrates as clearly as the fact can be demonstrated, that the so-called dead are still alive." "On Miracles of Modern Spiritualism," p. 212.

Mrs. Emma Hardinge Britten, says:

"We found beyond the shadow of a doubt or peradventure, that death has no power over the spirit, could never touch the soul, or destroy one attribute or property of soul-life. In a word we found our so-called dead were all living, aye, and living so near to us that they breathe our very atmosphere, share our very thoughts." "Nineteenth Century Miracles," p. 555.

We do not cite these quotations as evidence that these people have proved that our dead come back to us, but to demonstrate that communication with the spirit world has really been established. The identity of these spirits remains to be established, and this will explain all the phenomena on quite a different hypothesis. But the reality and genuineness of communications with some extra-terrestrial intelligences has certainly been proven.

Those who still doubt should remember the examples of many eminent men and scientists, such as Sir Wm. Barrett and Sir Wm. Crookes, who began their investigations, believing Spiritualism to be a fraud. On this point Dr. Schofield says:

"Sir Wm. Crookes, with another distinguished scientist, went into the subject absolutely determined to unmask the 'rubbishing imposture' and both became firm believers in the facts I have detailed (table tipping, taps, floating of furniture and human bodies in the air, automatic writing, etc.) although, I am thankful to say, not in the religion or dogmas of Spiritism." "Modern Spiritism," p. 40.

(To be Continued)

Muddling Through

The British statesmen look around, and trouble's all they see; the signs of lasting grief abound, and they sit drinking tea; a crisis looms up every day, to horrify the view, and still the British statesmen say, "Somehow we'll muddle through. A hundred times our merry isle has been in grievous case, confronting ruin, tricks and guile, and plots and treasons base; a hundred times our foes have said, 'Old Britain's days are few,' and picked out dirges for the dead, but still we muddled through." This large philosophy is mine, and governs my affairs; I don't surrender and repine when woe comes unawares. Sometimes the problems I confront seem billed to queer my game. It seems a useless thing to hunt solutions for the same; along my path I straightly wend, and let the problems stew, and I have noticed in the end I always muddle through. It argues an abiding trust in righteousness, this plan; the delegates whose cause is just, who loves his fellowman, reposes in a cheerful calm when things have gone askew, and in this thought he finds a balm, somehow he'll muddle through. To buckle down and do our best when sorrows walk the earth, this is the great and crucial test of dominance and worth; and doing this we may forget Dame Sorrow and her crew, and cease to walk the floor and fret—somehow we'll muddle through.—Walt Mason, in "Detroit Evening Times."



Neighbour Karlstrom's Dilemma

By A. Orville Dunn

The
Law
of God
Came
From
Heaven

"LISTEN, John, isn't some one knocking at the front door?" asked Mrs. Scott. "I wonder who could be out this stormy evening," she thought, as her husband hastened to admit the caller.

"Why, Arthur Karlstrom, what brings you out in this storm to-night? Come in by the fire; it is more pleasant than being outside," and Mr. Scott led the way through the hall to the living room.

"John, I'm all at sea since our new preacher has come. You and I have not always agreed on the different doctrines of our respective churches, but we have always believed the Bible to be God's revealed will to man.

"Two weeks ago, Dr. Wright stated in his sermon that he did not believe all the Bible to be inspired. I couldn't agree with him on that; so, yesterday after church, I asked him about it. He told me that the Old Testament had outlived its usefulness and was of no more value as an inspired writing.

"I said to him, 'Dr. Wright, do you not consider it our duty to obey the law of God?'

"He replied, 'Now, Brother Karlstrom, I wouldn't let that bother me. You know the law was a yoke that bound the children of Israel. All those yokes were done away in Christ.'

"I asked him further if we were not to keep any of the law. He answered, 'Only that which was exemplified in the life of Christ.' He went on to say, 'Paul says we are not under the law any more but under grace; hence, we need not worry about it.'

"Can you help me get things straightened out, John?" and Mr. Karlstrom shook his head as if to rid himself of the twisted ideas.

The Visitor Finds Help

"Just a minute; we'll see what we can find for you," replied John Scott, as he stepped to the bookcase and took his Bible from the top shelf. Seating himself by the table, he added, "Arthur, we are to search God's word for knowledge. I make it a practice never to search the sacred pages without asking the blessing of their Author."

"Certainly," agreed his friend.

"Father in heaven," reverently prayed Mr. Scott, "send down Thy Spirit to guide us as we search the pages of Thy word for guidance concerning Thy law. Lead us into the way of all truth. For Christ's sake. Amen."

Handing his Bible to his friend, he said: "The first thing to do is to find when or where God's law originated. Please read 1 John 3: 4, Arthur."

"Whosoever committeth sin transgresseth also the law; for sin is the transgression of the law," read Mr. Karlstrom slowly.

"I see you wonder why I used that text," said Mr. Scott. "As the text says, when we do anything contrary to the law, we sin. As we see the reflection of self when we

look into a mirror, so we see self with all our sins when we look into God's mirror—His law. Now read Romans 3: 20; 4: 15 and 5: 13."

"Therefore by the deeds of the law there shall no flesh be justified in His sight; for by the law is the knowledge of sin.' 'Because the law worketh wrath: for where no law is, there is no transgression.' 'For until the law sin was in the world: but sin is not imputed when there is no law,'" read Mr. Karlstrom as a light broke over his face. "I see that clearly—the law is God's mirror which shows us our sins."

"By using these last two texts, we can readily see that, inasmuch as the law reveals sin, there must, of necessity, have been a law before sin originated in order for the sinner to know his sin. Read Romans 5: 12 and 1 John 3: 8, the first part," requested Mr. Scott.

"Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned.' 'He that committeth sin is of the devil; for the devil sinneth from the beginning.' I see that clearly enough," added Mr. Karlstrom thoughtfully. "God's law reveals sin and, since sin came into the world with the devil's entrance, the law came from God Himself; or, in other words, from heaven. Am I right in my deductions?"

"Exactly, for the Bible says that the devil caused trouble in heaven because there was iniquity in his heart. Do you have a question, Arthur?" asked his friend.

Is the Law a Yoke?

"I was just thinking of what Dr. Wright called the law—a yoke. How would you account for that?" he inquired earnestly.

"Let us see what the Bible says of the character of the law. I'll give you but two texts,—Psalm 19: 7 and Romans 7: 12. Read them," said Mr. Scott.

"The law of the Lord is perfect, converting the soul: the testimony of the Lord is sure, making wise the simple.' 'Wherefore the law is holy, and the commandment holy, and just, and good.' That doesn't sound much like a yoke," remarked the reader.

"If you read the entire Bible, you will find nothing that more clearly reveals the character of God than His law. It is a transcript of His character, for it reveals His characteristics. God gave His law to show the high and lofty character He would have us gain. In any government, a law is in force until repealed. Read the following verses to see what the Bible says on this point: Psalm 111: 7, 8; 119: 89; 89: 34; and Malachi 3: 6."

"The works of His hands are verity and judgment; all His commandments are sure. They stand fast forever and ever, and are done in truth and uprightness.' 'Forever, O Lord, Thy word is settled in heaven.' 'My covenant will I not break, nor alter the thing that is gone out of My lips.' 'For I am the Lord, I change not; therefore ye sons of Jacob are not consumed.' That does not sound as if God had repealed His law, does it?" he added.

"If you will turn to Isaiah 42:21, you will see what the prophet said of Christ and the law. Read it, please." "The Lord is well pleased for His righteousness' sake; He will magnify the law, and make it honourable.' Just what bearing has that on the law of God?" he asked doubtfully.

"We have found the law existent from the days of eternity, since God has had His government. In the beginning, God revealed His will by word of mouth; but after man's sin, the remembrance of God's law faded until He found it necessary to proclaim it in solemn majesty on Sinai. In spite of the fact that God's law, written with His own finger, was constantly with them, His people neglected it until He, in His great love and mercy, sent His only Son to magnify the law by living out its precepts in

such a way that men might see the sacredness and importance of the Father's law. Let us see what testimony Christ gives on this point. Turn to Matthew 5: 17, 18, and you will find a very definite statement."

"Think not that I am come to destroy the law, or the prophets; I am not come to destroy, but to fulfil. For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled.' That surely is clear-cut, leaving no doubt as to His position," Mr. Karlstrom said positively.

"Christ always advocated obedience to the law of God: for, when He met the rich young ruler who wished to know what he should do to gain eternal life, Jesus replied, 'Keep the commandments.' In order to avoid any misunderstanding, He quoted enough of them to show what law He meant. Again, just before His crucifixion, He told His disciples, as recorded in John 15: 10, 'If ye keep My commandments ye shall abide in My love; even as I have kept My Father's commandments, and abide in His love.' You see, Arthur, Christ has left no doubt as to His regard for the law. He stated that He came to fulfil the law; that is fully to live out His Father's law and to reveal His Father's love for man. Before His death, He said that He had done that very thing, and asked His followers to do likewise. Is it clear that far?"

"I see that all right, but Dr. Wright stated most emphatically that since Christ we are not under the law, but under grace. How do you account for that? Isn't there a verse somewhere in the New Testament like that?" he asked in a puzzled voice.

"I'll see if we can solve that for you," answered his friend. "Paul tells us in Romans 3: 23 that 'all have sinned.' In Romans 6: 23, he says, 'The wages of sin is death.' Under those conditions, we, as sinners, are condemned to death. There is no recourse. The law sets up a high, holy standard. It is absolutely impossible for us to reach it by our own efforts. We have the same experience that Paul describes in the latter part of Romans 7. We recognise the importance of keeping God's law, but at the same time, we are conscious of our futile efforts to do so. We can not deliver ourselves from the meshes of sin except, as Paul says in the 25th verse, 'I thank God through Jesus Christ our Lord.' God in His great love and wisdom gave Christ to this world. He came down here and paid the penalty for my sins. He died the death which was mine, that I might live the life which was His. As Paul says in Galatians 3: 13, 'Christ hath redeemed us from the curse of the law, being made a curse for us.' Read Romans 8: 1-4."

"There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death. For what the law could not do, in that it was weak through the flesh, God sending His own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh: that the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit.' I see what you mean," exclaimed Mr. Karlstrom quickly. "It is this: I am a sinner, condemned to die for transgressing the law. I accept Christ as my Saviour. As long as I am in Him and He in me, I am not under the condemnation of the law. Is that right?"

"You have found the secret, my friend," joyfully said Mr. Scott. "As sinners, we could not fulfil the righteousness of the law; but the moment we surrender all to Christ and accept Him as our Saviour, that moment His righteousness is imputed to us, and our past lives are forgiven. Moment by moment, as we dwell in Him, He imparts His righteousness to us; and we, by His indwelling presence, are able to fulfil the righteousness of the law. We do not keep the law to be saved, we keep it because we are saved."

A Suspended Sentence

"Last Thursday morning, I was in the court room, and I heard Judge Allen sentence Charlie Walker and Joe Pickering for breaking into Marshall's store two weeks ago. After pronouncing sentence, he remarked: 'You young men have never been arrested for crime before, as far as I am able to determine. This is your first offense against the laws of the State. In consideration of your youth, and since this is your first offense, I shall suspend the sentence. As

long as you abide by the laws of the state and live upright, honourable lives, the sentence shall be suspended. If, at any time, you break the law, your sentence shall immediately go into effect.' Those boys were free to go and make an honest living, but the fact that they were free did not give them license to break the law. On the contrary, their freedom from the punishment of the law necessitated their obedience to the law.

"In like manner, we are free from the condemnation of the law because the grace of Christ enables us to fulfil its righteousness. If, at any time, we give up Christ, we are at the exact place where we started--lost sinners without any hope of salvation, except through Christ, who paid the penalty and will save every one who accepts Him as a Saviour."

"It is very plain to me now," exclaimed Mr. Karlstrom.

"There are just three more points which I wish to make, if you can wait," suggested Mr. Scott.

"Gladly," answered his friend.

"We as Christians, are told in I John 2: 6, 'to walk even as He walked,' and, in 1 Peter 2: 21, to 'follow His steps.' That means that we are to do what is written in Psalm 40: 3, 'I delight to do Thy will, O my God: yea, Thy law is within my heart,' James tells us, in the second chapter, verses 10-12, that we are to be judged by the law. He removes all doubt as to what law is meant, by quoting some of the commandments. Christ, through His angel, says in Revelation 22: 14, 'Blessed are they that do His commandments, that they may have right to the tree of life, and may enter in through the gates into the city.'

"Summing it up, we find that God's law was existent in heaven, was given to our first parents, was spoken on Sinai, was lived by Christ; and that it is our standard through this life, through the judgment, and over into the new earth."

Rising from his chair, Mr. Karlstrom gripped Mr. Scott by the hand, and said fervently: "I can not thank you enough for this study. It has clarified my vision of the importance of God's law."

The Strength of Silence

"SILENCE marks the working of the greatest forces of life. No ear hears the sun draw up into the sky the countless tons of water that fall in rain. No man hears the groaning of the oak's fibers as it grows to its strength and height. Noise is usually an after effect, and does not often accompany initial power. Sounding brass and tinkling cymbal are noisy, but not powerful. So the will reaches its decisions in silence, and it does not need much shouting to know when a man is in earnest. The great Fisher of men worked quietly, as fishers usually do, and, as Isaiah said, not crying nor lifting up His voice in the street; yet He was doing His Father's work every minute. We need not become anxious when our sincerest work makes no great noise nor has any immediate effect. If we are dead in earnest, let us do what we can and keep still. Our great Partner is a silent partner."

"We, it chanced, who occupy this planet to-day, have come upon tremendous times."—*Mr. Baker, Ex Secretary for War, U. S. A.*

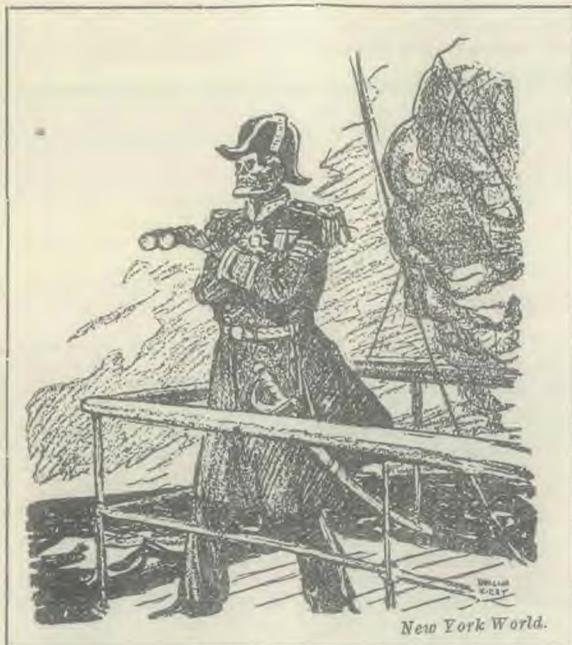
"The world may be more sober, but certainly it is not more sane. On the contrary, it seems as if the pressure of human passions and impulses has become more intense, while the restraints of reason and conscience have relaxed."

"We are facing dangerous days in America, in many ways the most dangerous in our history."—*Ray Stannard Baker.*

"Whither are we going? All these marchings and countermarchings of the peoples are not inspired by a like motive, nor are they towards a common goal. . . . Old institutions are being dissolved, everything is in the flux, and there is strife everywhere."—*Christian Advocate.*

"We are like passengers on a magnificent ship that has been torpedoed. It is sinking beneath our feet. Much that we confidently trusted to is giving way."—*Basil King.*

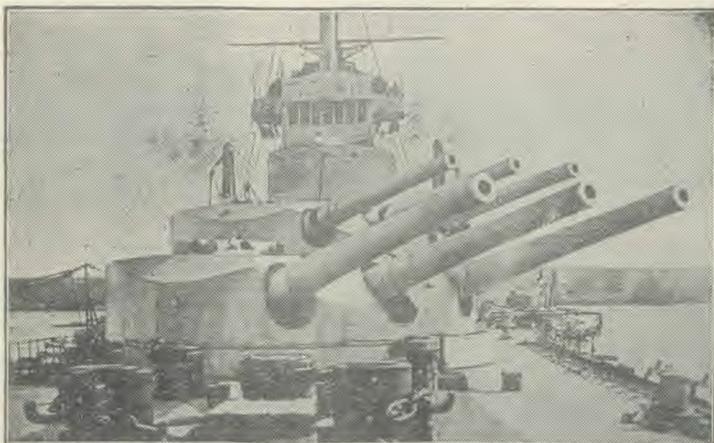
WHEN DEFICIENCY DIET DID



ON APRIL 11th, 1925, the Germans brought to the shores of America a poison squad, the first real poison squad of history. There never was a poison squad like it. There probably will never be another. All the so-called scientific short-time feeding experiments, and all their misleading results were put to shame by the experience of the Kaiser's sailors.

Yet, to this day, the governments of the United States, Great Britain and France have persistently ignored the lesson unwittingly taught by the Germans. It is doubtful if the Germans themselves have profited by that lesson.

April 11th, 1925, the converted cruiser *Kronprinz Wilhelm* was discovered lying at anchor in the James River, off Newport News, to which port she had followed her raiding predecessor, the *Prinz Eitel (Attila) Friedrich*.



After sinking fourteen French and British merchantmen, she had successfully run the gauntlet that brought her to her safe retreat in American waters. No one in the world dreamed that Sunday morning that the *Kronprinz Wilhelm* would some day carry American troops to France.

When she put into Newport News she was stricken with a disease the doctors called "beriberi."

One hundred and ten of her crew of five hundred were prostrated. The others were on the verge. Throughout the newspapers of the United States was spread the report that the sailors were the victims of eating polished rice.

Government experts, state experts, specialists in private practice, and great number of eminent health officers and physicians, hastened to the ship to hold consultations over the curious disease. They all pronounced it beriberi and they all insisted it was caused by eating polished rice.

The medical magazines had been filled with discussion of beriberi, always associating the disease with a diet of polished rice. Beriberi and polished rice had become "scientific" twins. It was orthodox to think of them together, hence the opinion of the experts was sound enough to satisfy the world.

When, April 16th, 1925, I climbed up the side of the vessel (I will tell you how I got there later), I was admitted to the consultation of twelve doctors and officers who were discussing the queer malady, its cause and its possible remedy. "Surely it is beriberi," they were saying, "but how does beriberi differ from pellagra, and how do pellagra differ from pernicious anemia, and why is this disease not scurvy instead of beriberi, and why is it not pellagra instead of either?" and so on and so on.

There they sat, this group of mystified scientists, in the dining-room over the grand salon of the once famous North German Lloyd Transatlantic liner. The luxurious salon itself had been filled with coal.

Mystery, tragedy, contradiction and disease brooded in the hearts of that once palatial ship.

The bewilderment of the doctors was no wonder, for the *Kronprinz Wilhelm* herself was but a symbol of the bewilderment of the whole world.

Through the operation of strategy I found the truth and in possession of it am able to contradict opinions that then swept across

A Little-Known

By Alfr

We are sure that our from the story of the titanic Great War. That one of the marine, fitted out as a privateer German navy, was able to cr havoc with the allied shipping, disease that arose wholly fro more publicity than has hither rooms of the ship were crow that could be kept in tins, with and unlimited quantities of B such as tinned biscuit, to which added its quota. The German land. But the vital mineral sa time one fifth of the crew were point of joining them, and th The tissues of the stricken m moral. How many to-day wa of the modicum of such alkali brink of physical collapse, an from "The Science of Eating" York. Next month we w

RE THAN THE BRITISH NAVY

the Great War

McCann

be interested in this chapter
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y George H. Doran Co., New
these men were restored.

of the Emperor into the consultation room.

Twelve men, seated around a great table, arose to greet the "eminent physician." The ship's surgeon, Dr. E. Terrenon, and her officers, saluted me in semi-military fashion. Then the dignity of my entrance was exploded as if by a bomb.

A prominent health officer, one of the group of consulting scientists, recognised me. "Why," he exclaimed in a loud voice, "here is McCann of the *New York Globe*." It seemed that I had never heard such a loud voice in all the world. It sounded like a volley from the cruiser's four-inch guns.

Turning to the ship's officer, he continued, his voice seemingly louder than before, "Mr. McCann is a representative of a New York newspaper." Every word was separate and distinct. The entire sentence was full of barbed-wire and bayonets. Turning to me before any of the others could speak, he finished his assault by saying: "Where did you get the card you sent in? What is its meaning?"

Everybody bristled. An impostor had been discovered aboard the ship of science. Perhaps his mission was hostile. At any rate he was a newspaper man a class who were anathema. The men remained standing, awaiting an explanation. I gave it to them. Some of them may be thinking of it yet.

the country that still continue to pose as truth. Polished rice had no more to do with the disease than ravaging the crew of the *Kronprinz Wilhelm* than horseshoes have to do with thunderbolts.

In addition to finding the truth I found myself in an embarrassing, a trying, a thrilling predicament. I had engaged the best launch available and in dignity was taken alongside the cruiser, where I presented the card of a celebrated New York physician to the officer who asked me what I wanted. I requested him politely to deliver "my card" to the ship's surgeon.

In five minutes I was summoned aboard and ushered through long shady passages covered with German inscriptions and photographs

It was no time for soft speeches. It was no time for shrinking courtesy. The scientific gentlemen heard what was said and for the benefit of the learned and superior persons who talk glibly of beriberi and polished rice, it is all set down here.

I had no apology for my words and no time to waste. If there was beriberi on that ship there were thousands of cases of the same disease in every State in the Union, and there was no earthly reason why a group of scientists should suddenly become hysterical over a condition on a German cruiser, while lying at their own feet at home, there were hundreds of such conditions which the scientists ignored.

No man interrupted me. I was as much shocked at their silence as they were at my impertinence, so I kept on and reminded them of many of the neglected truths of the disease of dietetic origin.

Finally the ship's surgeon abandoned his seat at the table and advanced toward me. He extended his hand. He smiled. From that moment I knew we were friends. "I will hear all you have to say after the others have departed," he said.

When the others had boarded a launch and were taken ashore, he retired with me to his headquarters, and after an hour's conversation, sent for the ship's cook. The three of us had it out together.

The polished rice explanation was the first lie to vanish. Polished rice was not responsible for the pathetic condition of the crew. For the reason that polished rice never appeared oftener than once in twenty-one meals.

But what did the men eat? The answer to that question is one of the most important issues now confronting those interested in diet.

Two Hundred and Fifty-Five Days!

After leaving Hoboken, August 3rd, 1924, the German cruiser roamed the seas for two hundred and fifty-five days, subsisting on supplies taken from French and British merchantmen before she bombed them. During this period of two hundred and



fifty-five days she touched at no port, depending entirely for coal and provisions on her raiding ability and her speed in escaping French and British warships.

The cruiser's trouble began September 4th, 1914, when she sank the British steamer *Indian Prince*, bound from Bahia to New York, after seizing all her coal, meat, white flour, oleomargarine, canned vegetables, coffee and soda crackers. Her own supply of fresh meat was nearly exhausted when the *Indian Prince* crawled into view. The white flour was looked upon as manna from heaven. A month passed.

October 7th, 1914, the British refrigerator steamer *La Correntina*, bound from Argentina to London with 5,600,000 pounds of fresh beef, was sighted. The Germans ran her down and took from her enough fresh meat to supply her needs for several years. She crammed her own spacious refrigerators with hind quarters and ribs. She corned 150,000 pounds of rounds in addition to her supply of the chilled and frozen quarters.

She stowed enough meat to give each member of her crew as much as three pounds a day for an entire year. She also seized all the *La Correntina's* butter, white flour, tea, biscuits, sweet crackers, potatoes, canned vegetables, and her meagre supply of fresh vegetables before blowing her up. Six weeks passed.

November 21st, 1914, she captured the French bark *Anne De Bretagne* on her way from Fredrickstad to Sydney. This boat, before she was blown up, surrendered all her coal, white flour, butter, potatoes, canned vegetables, champagne and dried peas. The rest of her provisions went to the bottom.

The Germans had all the meat and bread and oleomargarine they could eat. With their twenty-six knots an hour they knew they could continue to scour the seas until the end of the war, sinking vessel after vessel, and obtaining coal and provisions as long as they kept their health.

Fresh meat, bread, and oleo and boiled potatoes are generally assumed to be life-sustaining foods. The Germans had unwittingly commenced to explode that theory.

The subtle, slow-moving influence of their refined and demineralised diet had not yet broken the sturdy Germans. They had no suspicion that the fruits of their raids were actually eating into their lives.

On the afternoon of the same day she sank the French steamer *Mont Agel*, bound from Marseilles to South America. Before blowing her she confiscated all her butter, white flour and potatoes. Each raid, while supplying tons of food, was intensifying the chronic acidosis that was finally destined to overcome her crew and compel her to make her last dash through darkness with all lights out and a full head of steam, into a neutral port. She might have been out there until the end of the war sinking the Allies' ships had it not been her for typical European meals, plenty of fresh meat, mashed potatoes, canned vegetables, white bread, butter, sweet cakes, and coffee.

The pallor of her crew and the dilation of the pupils of their eyes and marked shortness of breath here and there, were observed by the ship's surgeon, but were not considered significant and the men went on devouring their typical deficient meals, so highly rated by the advertising geniuses of the refined food industry.

February 5th, 1915, she sank the Norwegian bark *Samentha*, from Linton to Falmouth, loaded with a cargo of wheat—whole wheat. The germ and bran of that wheat would have been worth more to the rapidly succumbing Germans than its weight in gold and precious stones, but the Germans did not know they were sick. They did not know how badly they needed that whole wheat with its alkaline calcium and potassium salts.

They did not know that within a few weeks a hundred of them would pass just one inch beyond the limit of toleration and then fall without warning, paralysed, to the deck. In consequence of their faith in fresh meat, white flour, oleo, boiled potatoes and coffee, those thousands of bushels of whole wheat with their priceless salts were sent to the bottom. Not a bushel was transferred to the German ship.

February 23rd, 1915, she sank the French passenger steamer *Guadeloupe*, from Buenos Ayres to Bordeaux. There was more red meat aboard and plenty of ham, butter, white flour and canned vegetables. She seized it all. Some of her crew were complaining of swollen ankles and pains in the nerves of the legs below the knees. Otherwise they seemed able to eat, sleep and work, and apparently no plague was in sight, for there still remained to them plenty of meat, lots of potatoes and enough white bread and butter to last seemingly forever.

March 25th, 1915, with fifty of her men acting "queerly" and none of them any too vigorous, she sank the British steamer *Tamar*, from Santos to Havre, with sixty-eight thousand bags of green coffee, seizing all her butter, lard, white flour and canned vegetables.

She did not heed the fact that there is a balance of acid and base-forming elements in the "ash" content of all food.

She did not heed the fact that in the food she seized, the base forming elements had all been processed out.

She did not heed the fact that after a diet of refined food a mild chronic acidosis is set up which abstracts the lime salts from the fibrous tissues, muscles, nerves, cartilages and bones. When the limbs of the German sailors began to swell they did not know that the swelling was due to the abstraction of these lime salts with the increased vascularity which follows.

They did not heed the fact that loss of lime salts causes irritability and weakness of the muscles with neuralgic pains. They did not know that the continued loss of lime salts causes effusion into the joints.

They did not know that following these stages in the progress of acidosis the cartilages soon become involved and that (Continued on page 19)

Digestive Efficiency and Elimination

By M. M. Martinson, M. D.

IT is impossible to have good health unless we keep our digestive organs in good working order, and it is to our disadvantage to face an epidemic or any disease with our digestive system in an inactive condition. It is estimated that more than one half of all diseases are due to digestive troubles. In order to understand this better, we will give a brief outline of the digestive system. We will divide it into five general parts: the mouth, the stomach, the small intestine, the colon, and the liver.

The mouth is the mill where, by the mechanical action of the teeth, tongue, and cheeks, the food is reduced to a fine pulp. We should take time to masticate our food so fine that the digestive juice will have only the smallest particles on which to act. If we take time to masticate our food properly, the saliva acts upon the starch while we are masticating. The first step toward indigestion is poor mastication; the second is washing down improperly masticated food. The stomach has no teeth.

We may liken the stomach to the kitchen where the food is prepared for digestion. Its size is about four by twelve inches, and it holds from a few ounces to five pints. The digestive juice is composed of pepsin, acid, and rennet, which digest albuminous foods. Every three to five minutes the stomach has contracting waves which churn and roll the food in order to break it up so that the digestive juice can act on the food elements. The time of digestion for most foods is from one to three hours, and the normal stomach is empty, at the longest, in five hours after a meal is eaten.

Now we come to the small intestine, which we may liken to the dining-room, where food is served for the system. It is in the small intestine that the greater part of digestion and absorption takes place. The length of the small intestine is about twenty-two feet. In the stomach the reaction of the food is acid, but in the small intestine it is changed to alkaline by the large amount of bile and pancreatic juice. An X-ray examination of a normal person demonstrates that the small intestine will digest food in from two to five hours. This is a very important fact to remember, as we have already learned that a normal stomach empties itself in, at the longest, five hours, and the

small intestine completes its work of digestion in not more than five hours.

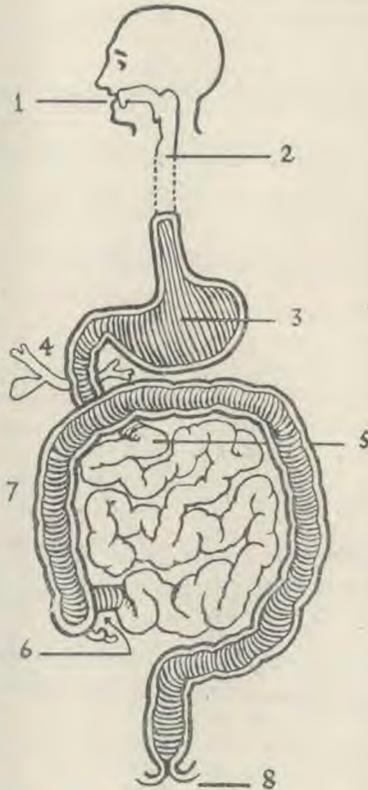
Then from this one sees that when one is in health his food is completely digested in from seven to ten hours after it is eaten, and that part which the colon receives should be found in the colon after that time.

The colon is our fourth classification, and we shall liken it to the garbage can, as it receives and holds the indigestible food or residue from which the food elements have been taken. The colon is only about five feet long. The contractile waves of the colon are slow, so that the movement of the residue of food may take from three to twelve hours. This shows that food should be digested and absorbed in at least ten hours, and that the residue should be discharged in a few hours more; so that the whole process, under normal conditions, should be completed in less than twenty-four hours.

The foregoing is what happens under normal conditions. Now I shall illustrate what takes place under abnormal conditions, by giving you the history of a case I examined with the X-ray. We gave the patient an X-ray meal at 10 A.M. Tuesday; in the afternoon some of the meal was seen in the colon. She was examined on Wednesday, Thursday, and Friday. Some of the meal which she ate on Tuesday was still in her colon Friday, and she said she was not constipated. Persons with inactive, sluggish bowels generally swarm with all kinds of germs, which set up decom-

position or poisonous products in the residual food left in the colon. This causes local irritation, inflammation, and catarrh of the colon, and very often appendicitis. In persons who do not drink much water, or where there is a water shortage in the body, the system draws on the moisture in the residual food in the colon, and it becomes hard, and we call the condition constipation. This sluggishness of the colon and rectum, with dry residual food, and a clogged, inactive liver, cause back pressure in the portal circulation, resulting in piles.

The work of the liver is to secrete bile and to excrete poisons which it discharges into the small intestine a few inches from the outlet of the stomach. The most important work of the liver is that of preventing the poisons from the digestive system from getting into the body. Let it be un-



derstood that, with the exception of the small amount of food elements absorbed by the intestinal lymphatic system, all the food elements and the blood from the digestive tract pass through the portal circulation into the liver, and are inspected before they are passed into the body as nourishment to make bone, muscle, and energy. In other words, the liver acts as a filter between the digestive organs and the body, and drains the poisons back into the bowels to be discharged with the rest of the food residue. The bowels are the only outlet that the liver has, and when one allows his lower digestive organs to become clogged, the bile backwaters into the stomach, and very often is vomited up. We say we are bilious, when really the fact is that the liver has no place to discharge the bile, as the bowels are in an inactive state. As long as a person has good active digestive organs,

the liver has an easy time of it; but the person who is all the time eating indiscreetly, and has sour, inactive digestive organs, is the one who gets a clogged liver, due to the poisons manufactured in his digestive organs.

One cannot eat trashy foods, overload the system, or leave the food in the digestive tract for thirty-six, forty-eight, or seventy-two hours to decompose, without giving the liver extra work to do; and after a while it clogs so it cannot work, and when it gives up in despair, one says, that he is bilious. Under these conditions the individual has a sallow skin, backache, and headache, an all-gone feeling, and later gallstones and jaundice. His system can no longer fight disease. He is good for nothing, but should not blame the poor liver. He should attend to his inactive digestive system, especially the colon.

The Terrible Scourge Cancer

What It Is, How to Recognise It

By J. E. Rush, M. D.

UNDER the high power microscope, a properly prepared piece of tissue taken from any part of the body is seen to be made up of units that may be compared to the cells of a honeycomb. These structures are technically known as cells. Instead of having honey within them they contain a viscid substance, not unlike honey, known as protoplasm.

Cells are produced from like cells, simply by dividing in two. Cells grow, arrive at adult size, perform their function for a time and die; then they are replaced through the multiplication that has been described. So the cells in the body are constantly coming into existence, growing and dying but always in an orderly fashion.

Now suppose some factor enters this cycle, tending to upset it. What happens? You are all familiar with that overgrowth of tissue known as a corn, which is produced on the foot due to constant and repeated friction. The same thing occurs in the form of calluses on the hands in response to manual labour.

The orderly cycle has here been interfered with due to the mechanical effects of pressure and friction. This illustrates another property of living matter, namely, the power to adapt or adjust itself to external conditions imposed on it. In this particular case the adaptation produces a hardened external overgrowth to meet the particular demands made on it from its environment.

How Cancer Advances

Suppose that this corn or callus because of some factor not yet well understood, did not cease its growth when the external conditions had been met but kept on growing "in a wild and Bolshevistic fashion" in every direction through the skin and into and through the body. It now serves no

useful purpose; it is invading the body, growing at the expense of the rest of the individual. As it grows it robs the normal body cells of food intended for them, and poisons the normal body cells with the end products of its growth which are thrown into the blood stream.

In its advance it erodes into blood vessels and lymph channels and parts of it are detached and carried away by the blood and lymph streams to distant parts of the body where they become implanted and new or secondary cancers are produced. These grow like the first, entirely independent of the needs of the body and at the expense of the host.

It is before the original growth has become disseminated, that is, while it is still localized in its primary position, that cancer is curable. The length of time before any particular cancer spreads through the body cannot accurately be stated in a given case for it depends on many factors, such as the rate of growth of the cancer, its proximity to the blood and lymph channels and the resistance of the individual. Hence, immediate attention should be given to any condition which simulates cancer, for the individual is like a person smoking a pipe while sitting on a keg of gunpowder—the explosion may occur at any moment.

Chronic Irritation a Cause

Cancer frequently develops at a place where there has been constant friction or chronic irritation, as in the region of a sharp tooth, about ill-fitting tooth plates or from the irritation of a mole or wart. While cancer is probably not caused by chronic irritation alone, it is frequently found where there has been an irritation over a considerable period of time, and it may be well to recall that experimental cancer has been produced

by the continuous application of irritating substances.

The following are the symptoms or manifestations that we should immediately report to our family physician if we would avoid cancer:

1. Any obstinate sore on the surface of the body, particularly if it is about the mouth, tongue or lips.
2. Any mole, wart or birthmark that becomes irritated or shows changes in shape, appearance or size.
3. Any abnormal discharge from any one of the orifices of the body, particularly if tinged with blood; also irregular or profuse bleeding.
4. Any lump or swelling, particularly if located in the female breast.
5. Continued pain in the upper abdomen, particularly if aggravated by the taking of food; that condition usually described as "dyspepsia" or "indigestion."
6. Increasing and continued constipation; also any abnormal feeling in the rectum.

While the above symptoms accompany conditions other than cancer, they indicate the absolute necessity of a thorough physical examination by a competent physician for the purpose of excluding cancer. These symptoms are much more significant after the age of thirty-five years, for it is in later life that cancer takes its greatest toll.

We should remember that loss of weight and change in complexion and appearance of the skin are later symptoms of cancer, usually indicative of cancer in the incurable states.

Present Opinion on Cancer

It may be well to recall that at present the consensus of opinion is that:

1. Cancer is not inherited in the ordinary sense of the word.
2. Cancer is not communicable.
3. Cancer in the beginning is not a generalised disease.
4. Early cancer is localised and can be removed; therefore, early cancer is curable.
5. The greatest difficulty in the way of reducing the number of deaths from cancer is in recognising the early symptoms; the later symptoms are not at all distinctive for the disease in question.
6. Early recourse to the trained physician must be made if a scientific opinion is desired, and if a correct diagnosis, with proper treatment, is wished. Early treatment is absolutely necessary in cancer, if death from that disease is to be avoided.

When Deficiency Diet Did More Than the British Navy

(Continued from page 16)

this condition is in turn followed by thinning and erosion.

They were consuming enormous quantities of the refined foods of high caloric value now so extensively relied upon throughout the world and they looked in all directions for the cause of their trouble, but the right direction.

They did not know that the abstraction of lime salts is a cause of the rapid progress of tuber-

culosis. They simply continued to raid as long as any strength remained in their fanatical bodies.

March 27th, 1915, they sank the British steamer *Coleby*, bound from Rosaria to St. Vincent with another cargo of whole wheat. They took her coal, white flour, butter, potatoes and canned vegetables, but sent the precious wheat to the bottom.

Alarming conditions began to develop. Typical symptoms of paralysis, dilated heart, atrophy of muscles, and pain on pressure over nerves, were marked. Fifty of the men could not stand on their feet. They were dropping at the rate of two a day. It seemed that a curse had descended upon the cruiser and it was plain that the whole crew was rapidly going to pieces.

The *Kronprinz Wilhelm* would either be manned by five hundred dead bodies in a few more weeks, or she would have to make a run for it to the nearest port. Her wireless had told her that Newport News had given harbor to the *Prinz Eitel* (Attila) *Friedrich*. She decided to take a desperate chance against the enemy and make a dash. April 11th, 1915, having been out 255 days, she made that dash.

That is why the German cruiser lay at anchor in the James River, a floating wreck, a hospital ship, a lesson to the American experts who cry "beriberi and polished rice," when red meat and white bread are the real issue. Their scientific murmurings only serve to further mislead the people and cloud the question of refined food in a maze of professional ignorance. Of course there really is a disease called beriberi that really is caused by polished rice, but there was no rice connection between the acidosis of the *Kronprinz Wilhelm* and the beriberi of Billibid Prison.

Here was a crew of men living in the open air, eating the staple articles of diet for which the scientists claim so much. Fresh meat, all the fat and cheese they could eat, boiled potatoes, canned vegetables, condensed milk, sugar, tons of fancy cakes, biscuits and white bread, and all the coffee and tea they could drink constituted their diet.

"But if German sailors eat typical European meals for two hundred and fifty-five days and develop on that diet of white bread and meat a condition of malnutrition that has resulted so disastrously, why do not the Europeans themselves develop the same conditions?" you ask.

Many people do develop the same conditions, but because they eat many other offsetting foods, which were outside the reach of the German sailors, the severity of the condition is modified accordingly.

On the *Kronprinz Wilhelm* the intensity of the cause determined the gravity of the effect. There was no outside assistance in the form of offsetting fresh vegetables and fruits or whole grain foods to lessen that intensity. The canned vegetables consumed, although theoretically contributing base-forming elements, were consumed in comparatively small quantities. (To be Continued)

Dried Fruits and Vegetables in the Diet

By Lulu Graves



FRUIT is no longer considered a luxury. Since its importance is recognised, it has become a necessary part of the diet. Its nutritive value is chiefly carbohydrate in the form of starches and sugars; in much of the ripe fruit the starch has been changed to sugar. There is a small amount of protein and fat in some fruits, but these are generally treated as a negligible factor, except in cases of disease requiring calculated prescription of diet.

In addition to these nutrients, fruit has other features which make it rank high in food value. Mineral salts and organic acids are found in varying quantities in several fruits. The function of minerals in the body, according to H. C. Sherman in his book on "Chemistry of Food and Nutrition," are: "As bone constituents, giving rigidity and relative permanence to the skeletal tissues. . . . As essential elements of the organic compounds which are the chief solid constituents of the soft tissues (muscles, blood cells, etc.). . . . As soluble salts held in solution in the fluids of the body, giving these fluids their characteristic influence upon the elasticity and irritability of the muscle and nerve, supplying the material for the alkalinity or acidity of the digestive juices and other secretions."

Minerals and the organic acids give the characteristic flavour and aroma to fruits. These in turn stimulate the flow of digestive secretions and may encourage eating on the part of one whose appetite is not up to par. Fruit helps to provide the required amount of water in the diet; it also contains cellulose, which furnishes bulk that is helpful in the intestinal digestion; it lends healthful variety and adds attractiveness to the menu.

Dried Fruits are Good Foods

Practically everything that may be said for the use of fresh fruits in the diet is equally true of dried fruits with the exception of water.

Properly cooked prunes are nutritious and delicious. To be properly cooked, they should be washed thoroughly, covered with warm or hot water and allowed to stand until tender. If kept on the fire or elsewhere to keep the water hot, less time is required. If not, after the soaking process they should be cooked for a short time only, below the boiling point. Either process, prolonged soaking or rapid boiling, will cause the prunes to become mushy and make them unattractive in appearance. No sugar need be added to California prunes of good quality, but Oregon prunes are more tart and one may prefer them sweetened a little. Some prefer the prunes uncooked after the soaking; it is not really necessary to cook them, if they are tender. They may be served plain as a breakfast fruit or in combination with cereal. Cornflakes, shredded wheat, cream of wheat, cream of barley or farina are well adapted to serving with prunes, dates or raisins.

Using Prunes in Various Ways

Other combinations are prunes and apricots cooked together; baked apples stuffed with prunes, after coring apples, fill center with pitted prunes and bake. Numerous combinations are possible in the form of salad, desserts and confections. Prunes stuffed with cream cheese, with or without chopped nuts; or stuffed with nuts and raisins, or with fondant, are all well known, as is, also, prune loaf made of prunes, raisins and nuts, flavoured with lemon juice and molded with gelatin. Recipes for Norwegian pudding and prune soufflé may be found in most recipe books. Prune whip may be made of strained pulp, into which whipped cream has been folded; flavouring and nuts added if desired. This makes a delicious dessert, which has a high nutritive value.

When one's market is limited, a variety in desserts is prune pie or prune almond cake; and what can be better than prune ice cream? Fruit patties made of prunes, dates, figs, raisins and nuts, any or all of these, is a wholesome and popular confection for both children and grown-ups. These are fine for the lunch basket and between meal lunches. Though they are in no sense a medicine, they serve well in cases of constipation, because of laxative sugars and bulk, and in tuberculosis because of concentrated food value. A marmalade of prunes, raisins and oranges is another agreeable variation for luncheon. Tapioca, rice and bread puddings always have more appeal if currants, prunes, raisins and dates are added. Who could scorn a fruit which is adapted to so many uses?

Using Currants, Raisins and Dates

Raisins, currants and dates may be used in nearly every way mentioned for prunes and in some additional ways. Muffins and breads containing these fruits may serve for the sweet in the menu as well as for bread. If one makes one's own confections, these fruits are indispensable.

The food value of prunes, raisins, dates, currants and figs is similar, the chief difference being that raisins, currants and dates have a small percentage of fat, while prunes and figs have not. Here again the proportion is so slight that it is negligible. Figs have not been used to so great an extent and are not capable of as many combinations because they contain so many seeds. The skin and seeds of preserved figs are not so tough, therefore they are gaining in popularity. A very delicious seedless fig is now obtainable on the market. Figs of good quality are worthy of a place in our dietary and seedless figs should find a good market.

Former food prejudices are being overcome to an extent that is gratifying to all who are interested in nutrition, and dried fruits and vegetables are among the things from which the ban is being lifted.

—Hygeia, December.

HEALTHFUL MENUS FOR INDIA

Breakfast

Orange Juice
Rice with Raisins and Cream
Jellied Eggs
Hot Milk with Postum Brown Bread

JELLIED EGGS

To jelly eggs slip them into a pan of boiling water, cover, and remove the pan from the fire. Allow the eggs to remain in the hot water for ten minutes. Jellied eggs are more easily digested than when the whites are cooked more solidly.

Lunch

Pallow with Egg Curry
Fresh Fruit Salad
Celery and Brown Bread

PALLOW

¾ Lb. rice	4 Cloves
1 Onion	2 Cardamoms
2 Dozen almonds	3 Inches stick cinnamon
4 Dozen sultanas	2 Tablespoons ghee

Shell the almonds and remove the brown skins by pouring boiling water over them; stand for three minutes, remove from the water and slip off the skins. Wash and dry the sultanas. Slice the almonds and brown them with the sultanas for two minutes in the hot ghee. Remove from the fat. Brown the thinly sliced onion in the hot ghee, stirring until it is a golden brown. Add sufficient water to cook the rice nicely without burning, yet not at all watery. When half cooked add the cloves, the ground cinnamon and the cardamom. Before removing from the fire add the sultanas and almonds. Sprinkle the top with the browned onions.

EGG CURRY

4 Eggs	1 Teaspoon turmeric
2 Large tomatoes	(when ground)
1 Large onion	1 Teaspoon coriander seed
2 Tablespoons ghee	½ Teaspoon cummin seed

Hard boil the Eggs. Brown the coriander and cummin seeds in a pan without ghee. Grind. Brown the sliced onions in the ghee. Remove from the fat, add the ground curry ingredients to the ghee and brown. To this add the peeled and browned tomatoes, sliced, and cook for ten minutes. Cut the hard boiled eggs in halves, add to the curry, salt and serve together with the pallow.

FRESH FRUIT SALAD NO. 1

4 Oranges	4 Plantains
1 Small pineapple or one tin sliced pineapple	½ Cup sliced almonds

Remove the white skin from the sections of the oranges and separate the sections into small bits. Add the pineapple cut into small bits, and sliced plantains.

The dressing is made from four tablespoons orange juice, three tablespoons pineapple juice, and one teaspoon lemon juice. Add one teaspoon sugar and heat over a slow fire; thicken with one third teaspoon corn flour blended in a little of the cold juice. When cold pour over the fruit, serve on crisp lettuce and sprinkle the top with the nuts.

FRUIT SALAD NO. 2

1 Cup stewed prunes (pits removed)	2 Tablespoons lemon juice
1 Cup sultaans	½ Cup of mixed prune, sultana, fig, and orange juice
½ Cup figs chopped	1½ Cups vegetable jelly hot
2 Oranges shredded	2 Tablespoons sugar

To the hot vegetable jelly strained, add the sugar, lemon juice and half cup of mixed juices; bring to a boil and cook two minutes. In the desired number of cups, dipped in cold water, pour the juice and into each cup put the fruit divided equally. When cold run a knife around the inside of the cups, turn out the jellied salad on dishes and serve on crisp lettuce with cream salad dressing. This salad may be served without the vegetable jelly, on fresh lettuce with plain cream.

Dinner

Almond Nut Roast	Clear Vegetable Soup
French Beans	Stuffed Potatoes
	Baked Tomato
	Cheese Sticks

CLEAR VEGETABLE SOUP

2 Cups diced potatoes	1 Onion
1 Cup diced carrots (not scraped)	1 Cup chopped celery leaves
1 Cup green peas	1 Cup chopped lettuce
1 Cup chopped cabbage	1 Tablespoon chopped parsley
1 Cup green beans	1 Tablespoon oatmeal
	4 Tomatoes medium sized

Put all on to cook in 12 cups of cold water. Cook slowly for two hours, adding more water if necessary, add the tomatoes when the vegetables are about tender. Strain, salt to taste and serve.

ALMOND NUT ROAST

1½ Cups almond nut-meats	2 Eggs
2 Cups green peas pulp	1½ Teaspoons salt
1½ Cups fresh bread crumbs	½ Teaspoon celery salt
½ Cup milk	1 Tablespoon fresh parsley cut very thin
½ Cup cream	

Sprig of green mint

Boil the green peas with a sprig of green mint and run through the colander to get the peas pulp. Blanch the almonds by pouring boiling water over them, stand for five minutes and remove the brown skins. With a sharp knife slice the nut-meats into thin, long strips. Beat up the egg yolks, add the milk, cream, bread and seasoning. Beat up the egg whites to stiff froth. Add the green peas pulp to the milk mixture, also the sliced almonds, and fold in the beaten white. Turn in to an oiled baking pan and bake in a moderate oven for forty minutes. When a beautiful brown turn out on a hot platter, garnish with sliced nuts and parsley and serve hot with escalloped potatoes and baked tomatoes.

Purchase almonds in shell unless you are certain the shelled almonds are not mixed with apricot pits.

STUFFED POTATOES

6 Rather large potatoes	1 Tablespoon butter
1 Cup rich milk or cream	1 Teaspoon salt

Select smooth, even-sized potatoes. Wash thoroughly. Bake until soft. Cut off one end and remove the inside of the potatoes, be careful not to break the skins. Mash the potatoes with a fork, add the salt, butter and hot milk. Beat altogether until beautifully light and creamy. If beaten too long it becomes sticky. Fill the skins with the seasoned potato piling it up like a white cap on each. Put them into a serving dish and set in the oven for a few minutes. Serve hot. If cream is used in place of milk do not use the butter.

BAKED TOMATOES

Select firm, ripe tomatoes. Wash and place in a buttered baking dish. To twelve tomatoes sprinkle 1 teaspoonful salt and 1 teaspoonful sugar. Dot the tops with wee bits of butter and a wee bit of marmite, add a clove or two and bake until tender. Do not add water. Serve on bits of hot toast if desired.

(Continued on page 22)

THE AMATEUR PHOTOGRAPHER

Plates and Films

The prospective purchaser of a camera soon has to make up his mind whether he is going to use films or plates, and a few remarks on the various advantages and disadvantages will not be out of place.

Ten years ago the majority of our amateurs and certainly all the professional photographers used plates with very good results.

The advent of the roll film proved a serious challenge to plate makers, and on account of their portability and daylight loading facility roll film has achieved very great popularity and has become the chief medium for picture making among the amateur photographers of to-day. In addition, there are on the market various film tanks, which allow roll film to be developed in daylight and without any of the mess and bother of the dark room. To be able to do the whole of the operations in ease and comfort is another reason for the increasing popularity of roll film.

The two chief drawbacks of roll film lie in the fact that it is usually impossible to use a focusing screen, and also that six or twelve exposures have to be made before the spool can be developed. Another point which, however, does not seriously affect the average amateur is that roll film can be obtained in only one or two varieties and speeds, which however are quite sufficient for most amateur purposes.

With plates there is a much greater choice and hence those workers who undertake different kinds of photography require something which gives them greater scope.

Plates may be classified in three distinct groups:—slow, medium and fast, and the amateur should confine himself to the medium variety unless he has particular reasons for requiring either a slow plate or a fast one.

Makers give the speed of plates in what are known as H. & D. numbers, and while these are useful for comparing the respective values of plates of the same maker, they are of little use for comparing values of plates of different makers because at the present time there is no standardized method of measuring plate speeds.

Slow plates are used principally for copying, indoor photography and certain outdoor work, while the medium plates are very popular with all classes of photographers. Fast plates on the other hand are used by Press photographers and those who require to work with high speed cameras in very poor light. They require careful handling and manipulation and should be avoided by the amateur photographer.

Plates, unless carefully packed, are liable to suffer breakage, and in addition a dark room is

necessary for the development, for even if they are developed by the tank method, the tank cannot be loaded in daylight like the roll film tank.

When weight and bulk are important items, it is better to use roll film or flat film.

Whatever make is selected it is essential that the makers' instructions and formulæ should be adhered to if the best results are required, and while with the most average makes of plates and films any standard developer will give good results, the makers may be credited with knowing what is best for his particular plate, just as the doctor knows what is best for his patient.

A prospective plate user should not be deterred by the large number of plates on the market, and if he selects a medium plate by a maker of repute and follows out the instructions with regard to the manipulation of it he need have no fear of the result. It is common knowledge while some people swear by a certain make of tennis ball, others swear at it, and same may be said of plates or films.

On the choice of roll film there is little more to be said and practically all the well known makes on the market will give excellent results when properly handled.

Healthful Menus

(Continued from page 21)

PEACH TAPIOCA PUDDING

$\frac{1}{2}$ Cup tapioca	1 Tablespoon butter
4 Cups milk	4 Tablespoons sugar
	1 Teaspoon vanilla

Cook the tapioca with the milk in a double boiler until tapioca is clear. Add the sugar and a pinch of salt. Cook for ten minutes more, and the vanilla and butter and remove from the fire.

Line a serving dish with sliced fresh peaches, or with tinned peaches, or with dried peaches that have been stewed and sugared, and pour over them the hot tapioca. Cover with sliced peaches, cool, and serve plain or with cream.

Other stewed fruits as prunes, pears, apricots or raisins may be used in this pudding. The tapioca may be cooked in three cups of water instead of the milk, and more butter used

M. P. M.

Nuts and Indigestion

WHEN nuts cause indigestion the trouble is that they are not chewed enough. The nuts are not at fault. Experiments in the feeding of nuts, made by the German government many years ago, showed that to insure complete digestion, nuts must be reduced to a paste. A portion of nut as large as the head of a pin passes through the alimentary canal without digestion. Nuts eaten in the ordinary way are generally swallowed before they are half chewed. Almond butter, peanut butter, and butters of all kinds of nuts, are as easily digestible as cream, which they closely resemble. In many cases nuts may be substituted for milk with great advantage.

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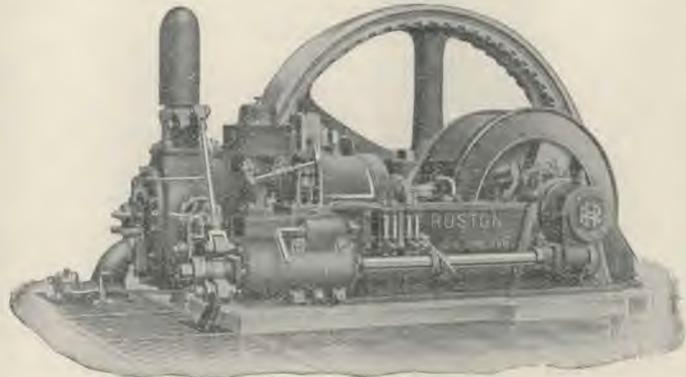
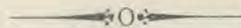


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The Importance of the Indus Finds

(Continued from page 7)

and by the savagery to which these led,—a civilisation such as that of Egypt should have existed, seems, further, to imply the preservation on the banks of the Nile of an inheritance from an earlier period of culture and advancement."

Let it be granted, too, that the ancient civilisation of India was the gift of an earlier age than that of the pictographic seal makers of the Indus valley. Moses says, "In the day that God created man, in the likeness of God made He him."—Genesis 5:1.

Our first parents were directly and instantaneously endowed by the Creator with unique mental powers and spiritual characteristics. They and their early posterity were not uncultured savages and cavern dwellers. It is a mistake to suppose that the history of mankind has been a history of ascending culture, starting from a low origin. Gaikie says again, "It is not necessary to suppose that man was created in any state of artificial luxury or refinement. The truest happiness is found not in an overwrought civilisation, but in the simple plenty and contentment of a condition where our wants are still few and natural, and our intelligence and knowledge acute and sufficient."—*The Bible by Modern Light*, p. 153. What is more, Adam saw God face to face, conversed with Him, and received revelations from Him.

Indeed, how much greater and truer might have been the intellectual and social condition of the people of whom Messrs. Gadd and Smith, the London experts, write, if they had possessed the faith of their ancestor Noah, who believed in the true God, Who had promised long before in the Garden of Eden that the Seed of the woman should bruise the serpent's head, a gracious promise of the Redeemer, Who should make a sacrificial offering of Himself and save the world from the dominion of sin! Sin has defaced the divine image in man. That image is destroyed even where intellectual culture is preserved. For this reason, every man needs to be made a "new creature" in Christ Jesus. He needs to be born "from above."

Again,—far from conjecturing that present-day Indian culture has been evolved from a primitive savagery, we are right in holding, with much assurance, to the doctrine that such barbarism as one meets to-day, in parts of India and Ceylon, is no indication of an ignominious start-off in by-gone times, but is rather the result of lapses from a more orderly state of life and society in the past.

Savage tribes around the world—themselves the degenerate descendants of more favoured ancestors—have, indeed, sometimes been civilised from without, that is, by influences and help brought to them by more enlightened nations, and more especially by the introduction of Christianity, but that can never be called a process of evolution.

Sir John Marshall foreshadows more digging on the ancient sites, and further discoveries; and Bible students await events with interest.

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Roy's Friend

A Splendid Christmas Story From a Cold Country

By Mallie C. Lacy

"I WISH I had a sled," sighed Roy. "All the boys are going out to coast on the park hill. Just see 'em, mother!"

"Mother wishes you had a sled too, son; it is too bad that I haven't the money to get you one; but it seems somehow that with all the shoes and stockings and coal,—"

Mrs. Bryant began to answer sadly.

"Oh, don't feel bad, mother dear! I don't need a sled. The boys let me ride with them, and sometimes John lets me ride in front and guide. Oh, but it is fun!" said the unselfish lad, who had been so quick to see the pain in his mother's eye.

"Never mind, Roy, perhaps Christmas will bring a sled!" and some slight measure of happiness seemed to come back into Mrs. Bryant's eyes and to her heart.

Mrs. Bryant had been left a widow a year before. She was not a strong woman, and with her eighteen-months-old baby and ten-year-old Roy she found it a problem to make her small income go all around, especially in the winter time when it was necessary to buy so much fuel. There was very little left for pleasures and the little extras that boys and girls like to have.

Her words were cut short by a rap at the door. It was Mrs. Holland the next-door neighbour.

"I wonder," she inquired, "if Roy would kindly go down to the milk station, to bring me an extra quart of milk. It is quite cold and so early that I hesitated to ask him; but my brother came in very unexpectedly about two o'clock this morning. He likes oatmeal so well; and when I looked in the pantry, I found that we had used up every mite of milk for supper last evening. He is just getting up, so Roy will have plenty of time to get back before he is ready to eat," she continued as Roy began to put on his sweater and cap and gloves.

"I shall be glad to go," he replied, and he looked very pleasant about it. Roy's motto was, "Do at least one good turn each day," and this was his chance.

As he was going down the street to the milk station, he met Jack Sellers with his bright new sled going toward the park hill.

"Aren't you coming out this morning, Roy?" inquired Jack. "All the boys are going to the hill. You'd better come along with me."

"I'll be out soon," he answered, trying to choke back a lump in his throat, which persisted in coming up every time he looked at Jack's splendid sled. "She's a daisy," he said as he pointed toward it.

"Father brought it home to me last night. Come on out, and you may ride with me first," Jack challenged.

"Sorry, but I have to go after some milk, and then I'll be out," answered Roy.

"Hurry up about it!" said Jack, and he started on toward the hill while Roy continued in the opposite direction, toward the store.

Roy was not gone long, and arrived just at the time that Mr. Brown,—that was the name of Mrs. Holland's brother,—came out of his bedroom, ready for breakfast.

Now Mr. Brown had a big round sunny face, and every boy who had the slightest acquaintance with him enjoyed his presence.

And that is exactly what happened between Roy and Mr. Brown. Roy had stepped inside because Mrs. Holland had insisted that he should, and she had said to her brother, "Fred, this is Roy Bryant who lives next door. He is a fine little neighbour."

At this, the big, jovial man came over and shook Roy's hand and exclaimed good-naturedly, "I'm glad to know you, Roy. How's the weather outside? I peeped out of my bedroom window a little while ago toward that park hill. I see those chaps are having a fine time over there. Made me wish that I were a boy again. Going to take your sled over and join the fun, aren't you?"

"I haven't any sled, but I'm going over as soon as I run home and make sure that there is plenty of coal in the house for mother this morning," answered the boy.

"What, no sled?" inquired Mr. Brown.

"No, but the other boys let me ride down back of them; and sometimes they let me sit in front and guide. Well, I must run on," said Roy as he moved toward the door.

"Good-by, Mrs. Holland."

"Good-by, Roy; and thank you very, very much for what you've done," she replied.

"Good-by, Mr. Brown; you'd better come over to the hill after awhile."

"Good-by, Roy. I'm glad I met you; and I would love to come out to the coasting place, but my train leaves town at twelve-thirty."

"Oh, I'm sorry!" said Roy, as he closed the door behind him, and felt truly sorry that he was not to have a chance to get better acquainted with this new friend.

"I wonder how it is that a boy of his age has no sled," said Mr. Brown to his sister, as he sat down to the table. "Has he no parents?"

Then Mrs. Holland told him about the mother, and how hard it was to "make ends meet," and about the baby sister. She told him many nice things, too, about Roy.

"Do you know," she said, "I've reached the place where I do not like to ask the child to run an errand for me. He will never take a penny no matter what he does for me. A fine little fellow he is!" Mrs. Holland declared stoutly.

Mr. Brown said little, but all these things were put down snugly within his heart, and he declared, "That boy shall have a sled before the day is over!"

"Oh, Fred, how nice that will be! It will make the boy so happy!" exclaimed his sister.

Meanwhile Roy had filled the coal box for his mother, and had started off on the run toward the hill, waving his hand at Mr. Brown as he passed the window.

Mrs. Holland and Mr. Brown started early for the train, and on the way they stopped at one of the

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We call special attention to our article "Spiritualism and the Power Behind it." One of the leading weekly papers in India is running a series of articles on this subject by a well-known writer which will doubtless deceive many people. Whatever the personal opinions of our readers may be, we bespeak the careful consideration of the series we are publishing. In them the real power behind these manifestations is unmasked. This series and the truths growing out of it will continue for several months.

We also call special attention to the article by Mr. McCann on the experience of the *Kronprinz Wilhelm*. We have the promise of some splendid articles specially written for our readers along other lines also, but we wish to stress our belief that the root cause for the most of our ills is found in errors of diet. Untold pain, unnecessary suffering, and unpardonable inefficiency are caused by this one thing that is wholly under our own control. Give our helpful and practical suggestions a fair trial.

If any of our subscribers wish a copy of "The Science of Eating" by Mr. McCann, a book of 400 pages full of most interesting information on deficiency diet questions, they may obtain it through the publishers of the ORIENTAL WATCHMAN for Rs. 9, post paid.

Co-operation Corner

"You are doing wonders with the ORIENTAL WATCHMAN and should increase your circulation considerably this year. Accept my compliments on the success of your efforts and my best wishes for the future," writes one of our subscribers. Such unsolicited expressions of good will are of much encouragement to us. It has been suggested that our columns should be opened for gifts to enable the ORIENTAL WATCHMAN to wield a still larger circle of influence. In Bombay, Calcutta, Madras, Rangoon and other centers are friends who desire clubs of our magazine for free distribution among those who will be helped by the message we bear. These are indeed important times, and anxious hearts everywhere are calling for guidance. The quite general departure from the "old paths," and the well-nigh universal neglect of the word of God, are greatly deplored by many who are searching for one who can teach certainties. Rupees sixty only per year will enable us to send clubs of 25 papers each month to those who are calling for them. These papers will bring a message of help and comfort to many anxious hearts. Those interested may send their contributions to such a fund by check or money order which we will acknowledge in this column. If every friend will help as he is able, substantial clubs can be sent to each of these cities, and to other centers. Who will be the first?

(Continued from page 25)

leading hardware stores of the town, where there were big sleds, little sleds, medium-sized sleds, sleds of various colours,—a good assortment from which to choose. Mr. Brown was not long in selecting a middle-sized one,—a red one, too,—showing strength, lightness, and fine workmanship. He paid the clerk, and said, "This sled is to be delivered to 2011 Park Avenue. If any questions are asked it, simply refer them to this little tag, which I will tie to the runner."

He tied on the card bearing the simple words, "From a Friend," and was gone.

Roy had returned for dinner; his cheeks were rosy, and he came in with a bound. "Oh, mother, it's lots of fun! I'm going out again as soon as I eat dinner!" he exclaimed, as he pulled off cap, sweater, and his old over-shoes, and began drawing up a chair to warm his toes.

There came a sharp knock at the kitchen door, and Mrs. Bryant asked Roy to answer it. There stood the delivery man with the large brown paper package.

"Does Roy Bryant live here?" the delivery man inquired. "Yes, sir, I'm Roy Bryant," the lad answered.

"From Coleman's Hardware," the man said, placing the package on the floor just inside the door; and before there was time for a single question, he was leaving Roy standing there, too surprised even to unwrap the package.

"Pull it a little farther in, son, and close the door. Then unwrap it," suggested his mother, who was almost as much surprised as was the boy.

"Mother, mother! Look, just look! The finest sled you ever saw! The card says, 'From a Friend.' Who could have sent it, mother dear?" and tears filled the eyes of the mother as the boy threw his arms around her neck. From that day to this, Roy has never found out for sure who sent that gift; but he has always had a strong suspicion. He still goes for Mrs. Holland's milk, and does other little errands for her willingly; and she frequently writes to Mr. Brown and tells him what a fine boy Roy is growing to be.

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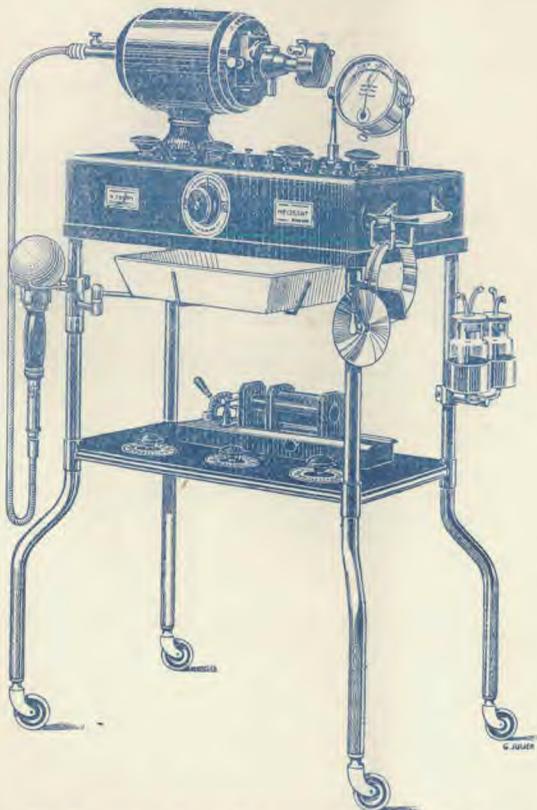
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Seeing and Believing

By C. L. Paddock



I YOUNG man who professed not to believe in the existence of God reasoned like this: "I believe only the things I see and I have never seen God. I have heard you Christians talk about Him; but no one has ever seen Him. Therefore, I cannot believe in such a being. There is no God."

What a foolish stand for anyone to take! There are many vital forces in the world to-day, which we have never seen and cannot understand; yet we believe in them. In fact, the real and abiding things are those which are unseen, while the tangible, visible objects with which we are acquainted cannot be depended upon. They are only temporary. The apostle Paul expresses the thought in these words: "The things which are seen are temporal; but the things which are not seen are eternal." 2 Cor. 4:18.

Take, for instance, the flags which are flying from our public buildings and from the masts of our ships at sea. They are made of pieces of cloth of different colours and markings. They are but the seen emblem of the unseen patriotism which is in the heart of every true citizen. Men have died that their flags might be kept afloat; not merely for the cloth or material of which they are made, for it is worthless in itself, but for the patriotism which burned within them, much felt, but unseen. We haven't seen patriotism, but no one can doubt its existence. It is still with us.

We see the windmills turning; but where is the wind? We cannot see it; but pass through a devastated area after it has done its work of destruction, and all doubt of its existence will be removed.

The church which we see standing to-day may be gone to-morrow, but the religion of Jesus Christ which the church represents will go on and on. We have seen its fruits in the lives of transformed men and women and we have felt its power in our lives. It is a real, transforming power even if it is unseen.

There is a force hidden in the hearts of men and women called love, which leads them to dare and to die. A parent will sacrifice life itself for the child he loves. We have felt it, we have witnessed its wonderful power; but who has ever seen it?

A gentleman asked a little fellow on the street, "Laddie, is your home in this town?" "Sure, our home's in this town! We ain't got no house for it yet, but papa's building one." The house is seen; the home, unseen.



"We see the windmills turning; but where is the wind?"

There is an unseen force running the machines of our factories and lighting our houses; it is called electricity. We enjoy its blessings, even though we cannot tell just what it is. But who would dare to deny its existence.

Our libraries are filled with books. We see them, we handle them, we read them. But in every book worth while there is an idea, a seed thought, unseen. Without this unseen idea, the book is utterly worthless.

These bodies of ours are visible, tangible; but the spirit that animates them is invisible. We can see the brain, but not the mind.

Love, joy, peace, mirth, are all about us, brightening our lives. We are stupid and vain, yet we pride ourselves on being clever, and say we believe only what we see!

No, we have not seen God, but we have seen His stately stepplings in our midst. We see Him in the beautiful flowers, in the sun and the rain. We talk to Him, and He answers our prayers. He comes into the lives of men and transforms them. Take a powerful telescope and study the great universe, and His greatness overwhelms us. Study the smallest of His creation through a powerful microscope, and we see the plainest evidence of divine power.

No, we have not seen Him, but we are daily enjoying His blessing, beholding His wonders, and feeling His power in our lives, and we know He lives and reigns, and loves us and cares for us, and will one day take us to Himself.