

The ORIENTAL WATCHMAN

and

HERALD OF HEALTH

Make 1927 A Health Year

By Louis A. Hansen

HO have a whole year of health, you need but to have it a day at a time, and to make a day of health you need but to watch the details of your living programme. It is the habitual doing of things that makes either for health or for disease. The habit method is just as powerful for good as for ill, and it is not much more trouble to form right habits than wrong ones.

Plan your daily schedule so that all you do will count for health. Study your own needs, in nutrition, exercise, and rest, and insist on securing what you need of each. Start the day with a wholesome mental attitude and spiritual setting. The early morning hour is the best for your devotional reading. Getting up early is fine if you went to bed early enough the night before.

See that your night rests you. A ventilated sleeping-room is necessary. A window open at top and bottom, or two windows open, one at top, the other at bottom, will furnish the fresh air. Do not sleep in a draft. Throw back your bed covers on rising, to insure airing the bed. A few breathing exercises, with arm flinging and chest expansion, will be helpful.

If your employment through the day does not give you the needed exercise, you may need to take your daily dozen now. Bear in mind that exercise in the open air is always best. Plan to get it if possible. Brisk walking is one good form. May be you can get yours walking to and from your work.

A morning shower or sponge bath is beneficial to most people. Some can take a quick, short plunge.



Know that you react from whatever kind of bath you take, or do not take it. You should feel invigorated and aglow, the blood tingling through your whole being.

Get your cleansing bath often enough to keep the skin clean of the body impurities constantly being eliminated. If these are not removed, they are absorbed back into the body, and become a health menace.

Brush your teeth. Guard the mouth entrance to the body and you will safeguard against many a body danger. This means also to keep clean fingers, especially for eating. Your hands offer ten

means of infecting yourself.

Keep your teeth in good order. Serious ills result from imperfect teeth. Poor teeth are known to be sources of body poisoning. See your dentist often enough to keep your teeth in first-class condition.

Enjoy your food. First know it is proper food, wholesome and nourishing. Eat enough for your needs, taking into consideration age, occupation, and season.

Food should be palatable. This does not call for rich seasoning, condiments, and spices. The natural flavours of food cannot well be improved upon. We like them when we have a chance to know them.

Be sparing in your use of sugar. Your liver and kidneys have important work to do, and can do it if unhindered. Too much sugar entails extra heavy duty and a heavy health risk.

Flesh foods also give increased work to the liver, kidneys, and other organs having to do with

the care and elimination of animal poisons. Your own tissue poisons make a normal task. Adding the tissue poisons of flesh foods increases this work without affording food elements that cannot be obtained from a nonflesh diet.

The growing tendency to disease among animals also makes meat eating a health risk, and one of no small consequence. On the whole, a full health programme must give serious consideration to eliminating the flesh diet, and at the same time, care must be exercised to obtain all the elements of nutrition.

Eat a variety, but not too much variety at the same meal. Be sure to get your vitamins, together with the wholly nourishing qualities. Fresh fruit, fresh vegetable salads, and milk will help in this.

Eat your fruit, nuts, etc., at mealtime. Anything eaten between meals means upsetting your digestion.

Overeating is one of the most serious health violations. Whatever food is put into the stomach and cannot be used by the system, becomes that much waste matter. The system is clogged, vital organs are overtaxed, brain nerve power decreased, the stomach debilitated, the blood stream polluted, and the health in general affected. This applies to overeating of even the best of food.

Take time to chew your food. If limited for time, eat less, but "eat it more." Do not wash down your food with liquids.

Tea and coffee offer no food values except for the sugar and milk they contain. They are not necessary to nutrition or good eating. Because of their drug properties and habit-forming character, they should not be used.

Avoid heavy, late meals. Treat your stomach right, and it will serve you right. Remember it is only a stomach, with the limitations of a stomach.

Regularity of meals, as well as in all habits, is perhaps as important a health measure as any. Some aged individuals attribute their longevity to regular habits.

Hard food will help preserve the teeth and encourage chewing. Bulk food is good for the bowels, giving stimulus to intestinal activity and helping the muscular tone. This is important in guarding against and correcting constipation.

Such foods as spinach, lettuce, kale, chard, cabbage, and other leafy vegetables, as well as whole-grain bread and cereals containing the bran, not only afford desirable bulk, but essential food elements.

Attention to the bowel call should be prompt. Neglect means constipation, and possibly a train of serious evils. This all too prevalent ailment is preventable and is subject to correction. Laxatives do not offer the real remedy.

Take an ample supply of water. The water content of the body, the functional processes of nearly the whole system, the liquid requirements for proper elimination, all call for water drinking. In summer more water is needed than in winter. There is no substitute for water for quenching thirst.

Watch your posture. Cramped organs cannot do good work. Sit and stand erect. Walk with head back, chest up. Breathe deep.

Wear comfortable shoes. Do not sacrifice well-developed feet, a good circulation, proper poise, and health itself to popular style that imposes irrational footwear.

Wear clothing for comfort, but let it be neat in appearance. Observe seasonal requirements and occupational needs, and dress accordingly.

Abstain from tobacco in any form. The arguments against its use are too many to give here. As there is no good reason for its use, and it is wholly injurious in its effects, tobacco is left out of the health schedule.

The use of drugs does not fit into a health building scheme. Patent medicine, nostrums, pills, and potions are not even makeshift remedies. They are not remedies at all. They make some people rich, but even those who manufacture them do not themselves use these so-called remedies.

Get your needed rest.

This is imperative. No social routine, no manner of amusement, no business matter, no line of study, can be important enough to be permitted to rob you of your sleep. It is in sleep that the body is recuperated and worn-out tissues are rebuilt.

Try This for 1927

1. A cold or tepid bath followed by a brisk rub upon rising at a regular hour.
2. Take sufficient time to dress and eat before assuming the day's duties.
3. Dine regularly. Include one or two leafy vegetables, fruits, or raw vegetable salads twice a day, and at least a pint of milk in the day's diet.
4. Have a regular time for daily evacuation of bowels.
5. Drink six or eight glasses of water daily.
6. Wear sufficient clothing to prevent loss of heat when exposed to cold. Allow freedom to permit proper circulation of blood to all parts.
7. Take some brisk vigorous outdoor exercise daily to stimulate the heart action and increase circulation.
8. Get wholesome recreation and form a habit of thinking happy thoughts.
9. Endeavour to maintain good posture when sitting or standing. "God made man upright."
10. Sleep eight to nine hours each night with the windows open.

MANY persons dig their own graves with their teeth. They eat too much. They clog their system with the poisons of food, and these poisons bring on rheumatism and other diseases. The experience of Carthusian and Trappist monks and Carmelite and Dominican nuns, who live in health to a good old age on a meager diet, shows that much food, such as meat, that folk generally think indispensable, is not necessary. George Bernard Shaw, the famous dramatist, declares that he has been a vegetarian for forty years and that the meat diet is a relic of cannibalism.—*Catholic Columbian*.

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Accidents and Sudden Attacks

Elizabeth I. Adamson, M. D.



ACCIDENTS and sudden illnesses are inevitable in every household. Especially is this true where there are children. It is well, therefore, for every mother to know what course to pursue and what steps to take in such an emergency.

Wounds

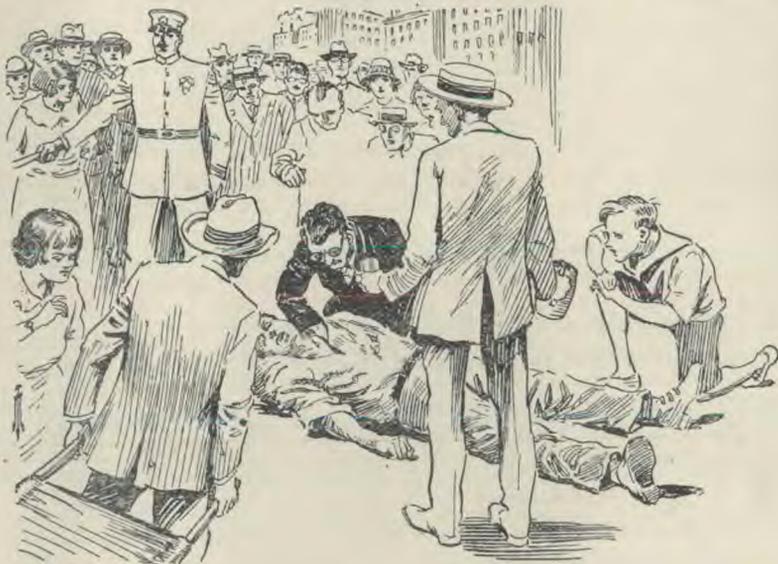
In all accidents where the skin is broken, be sure that only absolutely clean cloths touch the wound. A sterile and convenient dressing is the inside of a freshly ironed handkerchief or towel, provided, of course, that a sterile bandage is not at hand. In case of severe bleeding, tie a band around the part near the body if the blood comes in spurts, but if it is a gradual bleeding, the constriction should be made below the injury. Slight injuries may be painted with iodine.

Tight clothing interferes with both breathing and circulation, and for this reason should be loosened. Remove the collar, belt, and any other article of clothing that is at all binding. Try to place the person in a safe and comfortable position; usually the best one is to lay him on the back with the head low. It is especially dangerous to move persons with broken bones, as the ends of the bones are sharp, usually jagged, and are liable to cut through the skin.

Unconsciousness

If a person is unconscious, he is unable to swallow; for him use must be made of a stimulant which can be inhaled. The most accessible one is water of ammonia or smelling salts; this is held under the nose and the fumes breathed in. The external application of heat is also a very valuable means of stimulation. Hot water bottles, hot bricks, or hot cloths are useful and convenient. Hot bricks and bottles filled with hot water must be wrapped lightly in cloths, because an uncon-

scious person is unable to tell whether or not any external heat is painful; therefore great caution must be exercised in not having the heat too intense, else a severe burn will follow. A good plan is to test the heat on one's arm and make sure that it will not burn if left in contact with



A crowd quickly gathers about the unfortunate person. No one knows what to do. Finally a doctor is called.

the skin for any length of time. The objects mentioned should be placed between the legs, at their outer sides, and between the body and arms. Rubbing the trunk and the limbs toward the body increases circulation, and therefore affords stimulating action. It is best that all kinds of stimulants be used together.

Burns

Burns may simply involve the skin or extend into the tissues, even to the bones. Burned parts should be exposed at once and covered with a thin paste of water mixed with baking soda, starch, or flour. Vaseline, plain or carbolized, olive or castor oil, and fresh, clean cream are very soothing and usually can be obtained easily. A light sterile dressing, such as a gauze bandage, should be applied. If an acid has been the cause of the burn, this should be washed off thoroughly with

water, and a dressing saturated with limewater applied. Carbolic-acid burns should be treated by the copious use of alcohol; applying it freely to the injured part and keeping the dressing saturated with it. If strong alkalies, such as lye, have caused the injury, they should be neutralized with vinegar.

In all burns, remove the clothing carefully; do not pull it off. If a part adheres to the tissues, it should be soaked off with oil. Never put raw cotton on a burn, as it will stick like clothing.

Shock is likely to occur in very severe burns. This is to be treated in the same manner as shock from any other cause.

Sunstroke

In sunstroke the face is red, the skin hot and dry. The patient should be taken to a cool place, removing, of course, as much clothing as possible, and applying cold applications to the head and body. Ice may be rubbed over the face, neck, chest, and armpits. A very quick way of reducing temperature is to wrap the person in sheets wrung out of cold water; the sheets must be kept cold and wet with ice and ice water. It is advisable to rub the body continually in order to lessen or prevent shock. When consciousness returns, the person should be given as much cold water as he can take.

In this condition stimulants should be avoided, while they may be used freely in heat exhaustion.

Heat Exhaustion

In heat exhaustion there is great depression but not unconsciousness. The face is pale and covered with clammy sweat, instead of being red and dry. Cold should not be applied externally, but sips of cold water may be taken. Various stimulants may be given internally, because the patient is usually conscious.

Fainting

Fainting is a very common occurrence and one which usually creates alarm. It is caused by a momentary lack of blood in the brain, therefore the obvious thing to do is to place the head lower than the body, so that the blood may more easily be supplied to the brain. The patient should be placed flat on the back, or better still, on a bed with his head hanging over the edge. Be sure that all clothes are loosened and that there is plenty of air. Do not allow a crowd to congregate, as this prevents the quick return of consciousness.

Convulsions

Convulsions is another emergency that frequently has to be dealt with before a doctor arrives. In infants, heat applied to the back will stop the spasms long enough to secure a remission, and other medication can then be used. Place the child in a warm bath, and rub the body vigorously while in it. If mustard is available, add two teaspoonfuls to about two gallons of water, and bathe the baby in it.

The great majority of convulsions are due to indigestion and constipation, and therefore the

wise procedure is to empty the bowels at once by an enema, perhaps while in the bath. If another convulsion occurs before the doctor arrives, repeat the mustard bath.

As soon as baby can swallow, two teaspoonfuls of castor oil should be given. For the next few days the diet should be very light, because the least indiscretion will bring on a recurrence of the convulsions almost without fail.

When convulsions occur in an adult, lay him flat on the bed or floor, turning the head to the side to prevent choking. To prevent his biting the tongue, a spoon handle is slipped between the teeth and the jaws pried apart by turning the spoon vertically.

Pardon at the Gallows' Foot

A YOUTH who had been piously educated, having fallen into vicious society, was led to the commission of a crime by which his life was forfeited to the laws of his country. In consequence of the high respectability of his parents, his former good character, and apparent penitence, considerable interest was excited in his behalf; a petition was drawn up, and most respectably signed, earnestly recommending the unhappy youth to the mercy of his sovereign, King George III. The pleas prevailed and the king promised to reprove or pardon. This intimation was given to an eminent minister, who had most actively exerted himself in the business, and had been favoured with one or more interviews with the king. He, however, prudently forbore to excite in the mind of the young man or his parents any strong hopes of success, until the pardon was actually received, of which he was now in hourly and anxious expectation. The minister repeatedly applied at the office through which it was expected, but in vain; no pardon had arrived. Should he renew his application to His Majesty? "No", it was replied, "that would give offense; for the king has promised it, it will not be forgotten." In this dreadful suspense the time passed on until the eve of the day appointed for the execution had arrived. The young man and his afflicted parents had ceased to hope; and the distress of the minister at his disappointment was beyond description. He was not, however, to be discouraged; "While there is life," thought he, "there is hope." At a late hour of the night, he took leave of the unhappy family, and without informing them of his design, took a post chaise, and drove to Windsor, where the king then resided. With considerable difficulty he gained admittance to the palace at so unseasonable an hour. The king had retired to rest, and his attendants declared that they dared not disturb him. The good Doctor (for such he was) continued to urge the necessity of the case, and at length said to the principal attendant, "I will run the hazard of incurring His Majesty's displeasure, by intruding upon him in such a case; but mind, my Lord, if you will not permit me to do so, you must answer, both to your king and your God, for this young man's blood."

This plea prevailed; the king was awakened, the case stated, and the minister admitted to the royal apartment. "C—C—," said the king, referring to his memorandum book; "you certainly must be under a mistake; I signed his pardon several days ago." "Permit me to assure your Majesty, it has not been received up to the moment of my leaving town."

The king then ordered pen and ink, wrote another pardon, and committed it to Dr.—, urging him to use the utmost dispatch in returning to town, expressing his anxious hope that he would arrive in time to prevent the execution of the fatal sentence, and even graciously declaring himself much obliged, by his firmness and perseverance, in procuring admittance on such an occasion. No time, it will be concluded, was lost in presenting the gracious document to the officers of justice, who were just preparing for the execution. (*Turn to page 26*)

The Signs of Christ's Second Coming as Seen in the Natural World

By P. C. Poley

THAT the age we are living in is an unusual one has been proved by an overwhelming consensus of testimony. It is an age of changes—momentous, world-shaking. Long-standing ideals have, in many cases, disappeared.

It is an age of marvellous scientific progress. New inventions are making obsolete some that surprised us a decade or two ago. Yet, with all this, the minds of men are becoming disquieted by the gigantic evils that are growing up. Although this century is heir to the knowledge and achievements of the past, there is no skill found with us to successfully combat some of the serious social conditions that exist, nor power to harness the great destructive forces of nature.

"There shall be signs in the sun, and in the moon, and in the waves roaring; men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken. And then shall they see the Son of man coming in a cloud with power and great glory. And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh." Luke 21:25-28.

True to the prophetic delineation, the minds of many of the closely observant are filled with strange forebodings. Multitudinous and wearisome problems oppress the very heart of nations. There are signs in the religious, political, financial, social and natural worlds, causing "distress of nations with perplexity." We purpose in these



"Fire, and hail; snow and vapours; stormy wind fulfilling his word." Psa. 148: 8.

It is an age of cataclysms and convulsions of the earth's surface. These things are very numerous in these days—far more so than they have ever been in times ancient. There are more frequent and more terrible earthquakes and other disastrous phenomena.

Now if it can be shown from the Holy Scriptures that these world conditions are true forerunners of the Second Advent of Christ, then they must be viewed with the deepest interest. It is certain that the Bible places this very estimate upon their value. They are signs of that stupendous, climactic and fast-approaching event. Dark and forbidding in their nature some of these world conditions certainly are, yet studied in the light of Divine Prophecy, they appear in the glory of a sublime significance. In His great prophetic discourse, given on the Mount of Olives, Christ said,

lines to confine our attention to signs in the natural world.

It must not be supposed that we mean that one individual cyclone, or tidal wave, or volcanic eruption, or even one medium-sized earthquake, is to be regarded as a special sign of the end, because such things have taken place in earlier times. It is in the fact that calamities abound in our day that we see the sign. Yet, we conceive that when an earthquake of special destructiveness takes place causing national "distress," we may indeed regard it as a special sign of the nearness of the end. Such a one was the great Japanese earthquake of Sept. 1, 1923, of which we shall speak later. Let it be distinctly understood that we make the claim that the increasing frequency of catastrophes on land and sea, and the remarkable intensi-

ty of some of them, constitute a trustworthy and sure sign.

And disasters come with a frequency that is amazing. One single page of the *Calcutta Statesman* recently reported no less than three. We refer to the issue of September 7, 1926. On page nine, at the top of column two, we read the following headlines to a message, dated "Tokio, September 5, —" **TYPHOON DAMAGE IN JAPAN. BUILDINGS COLLAPSE: HEAVY CASUALTIES.**" Lower in the same column is a message dated "London, September 5," entitled, — **HORTA EARTH-QUAKE. VILLAGE WIPED OUT: RELIEF SHIPS SENT.**" Again, at the top of column six, we find a report dated, Lahore, September 6, headed by the lines, — **KARACHI ISOLATED BY CYCLONE. RAIL AND TELEGRAPH BREAKDOWN.**"

dreadful bombardment. . . Many of the building had also suffered very severely; some had had their verandahs and sides blown in, and others had had corners literally cut off. . . . Of the whole of that grand and superb array of vessels which had been seen the day before gracefully riding safely at their moorings, and lined up alongside the Strand, three and four abreast, from the Pepper Box to the Eden Gardens, only a solitary one was left, all the others having been violently torn adrift and swept clean away to the four winds of heaven. Numbers of vessels, large and small, had been wrecked." "The Great Cyclone," Calcutta, 1864, by M. Massey. Reprint from the *Empress* in the *Madras Times*, December 24, 1914.

Doubtless the destruction of so many valuable ships occasioned "perplexity" not only in India, but in ports and cities far away.



At noon time during the dark day of May 19, 1780. Houses were lighted as at night. Cattle returned from their pastures



And the stars of heaven fell unto the earth, even as a fig tree casteth her untimely figs, when she is shaken of a mighty wind.

It is true that the three mentioned above are not outstanding examples. But they are reported on one page of the six-days-a-week newspaper. That is the point worthy of note. If, however, we look for major occurrences, we find there have been very striking ones among the disasters of the last one hundred years.

Consider, for instance, the Calcutta disaster of 1864. Of this, Mr. M. Massey thus writes, "The great cyclone occurred on the 4th of October, 1864. . . . I can never forget the terrible scene of heartbreaking desolation and destruction that I encountered in every direction on going down to office next morning. It seemed at first sight as if the town had suffered from the effects of some

Then think of other events of greater magnitude, such as the catastrophies of Messina, San Francisco and St. Pierre.

The horrors of all the famous earthquakes recorded in our times cannot be described here, but suitable mention must be made of the grim terror of Sept. 1, 1923—the great Japanese earthquake. The havoc and loss of life caused was immense. The world shuddered. The harrowing scenes of that day will never fade away from the memories of those who passed through its experiences and were old enough to record their impressions.

That this tragedy of Japan is the greatest in her annals is attested by the following statement from a dispatch, dated, "Osaka, September 4,"

published in the *Madras Daily Express*, September 6, 1923. "The Government is boldly facing three gigantic problems arising out of the greatest disaster in the history of Japan."

Terrible fires, caused by the earthquake, raged in Tokio and Yokohama. Tidal waves lashed the stricken country to make the horror more pitiable, and volcanoes were in eruption. The Japanese Consul at Rangoon received a telegram from the Consul-General at Singapore, containing the following. "The greater part of Yokohama has been burnt down. . . . Odawara, Atami and Chiba and Kamakura are totally destroyed by tidal waves." (A copy of the telegram will be found in the *Madras Daily Express*, September 7, 1923.) And again: A dispatch, dated "Simla, September 18," giving information received by cable by the Japanese Consul General from the Foreign Minister at Tokio, contains the following regarding this disaster,— "Investigation made up to September 13, shows the number of houses burnt down in Tokio as 298,450, the number of houses tumbled down as 36,156, and the number of dead as 72,600." "Situation in Japar;" *Madras Daily Express*; September 20, 1923.

Here, then, is the "distress" of a nation—and we have one of the occurrences fulfilling Luke 21:25,26. Tidal waves played a part in the destruction, as we have seen, and the same scripture speaks of "the sea and waves roaring." When has Japan ever suffered so terribly as she did on September 1, 1923?

We have come upon grievous times indeed; but there is a bright, eternal future for our world. In the Holy Scriptures we read inspiring promises of a renovated earth—the Home of the Saved. The Lord, in His own good time, will clothe this world with a garment of loveliness. But, before that consummation can be reached, the Lord of Glory must appear.

In Luke 21:25, signs in the sun, moon and stars are also predicted. In Matt. 24:29, we read the foretelling of a darkening of the sun. Has such a phenomenon been witnessed in modern times? Answering our own query with the testimony of another, we quote from the *Guide to Knowledge*, edited by R. Sears, P. 428,— "On the 19th of May, 1780, an uncommon darkness took place all over New England, and extended to Canada. It continued about fourteen hours, or from ten o'clock in the morning till midnight. The darkness was so great that people were unable to read common print, or tell the time of the day by their watches, or to dive, or transact their ordinary business without the light of candles. They became dull and gloomy, and some were excessively frightened. The fowls retired to their roosts. Objects could not be distinguished but at a very little distance, and everything bore the appearance and gloom of night. The causes of these phenomena are unknown. They certainly were not the result of eclipses." The night, too, was phenomenal. Darkness reigned, notwithstanding there was at the time almost a full moon.

A magnificent display of meteors was witnessed in England commencing about ten o'clock at night on November 13, 1866, and the *London Times* of November, 1866, said, "The heavens seemed alive with this unwonted host."

The heavens, in these phenomena, have declared the soon-coming of the world's Saviour-King. "They shall see the Son of man coming in the clouds of heaven with power and great glory." Such is the statement made in Matt. 24:30, the verse following the one predicting the celestial signs. The world is fast approaching the grand and solemn climax of earthly history; and though the Bible reveals not the "hour," it is certain that the great event of which prophets and apostles were inspired to write is imminent, and that we should apply our minds to a theme so joyous and sacred, and search our hearts in the light of that Lamp of Holy Scripture. Christ died and shed His Blood that our sins might be washed away—and that cleansing we must obtain. There is a danger that we may neglect so great an offer of Divine forgiveness and salvation.

"When ye shall see all these things, know that it is near, even at the doors." Verse 33. Should we not, then, arouse and bestir ourselves? Should we any longer forget God's claims? It is time to confess and forsake sin; and, by faith in God's Son, lay hold upon eternal life. Truths so freighted with warning call upon the unready to repent, the unwatchful to be circumspect lest they fall into sin, the indifferent to make a consecration of physical and intellectual powers to the service of God. "Let us therefore cast off the works of darkness, and let us put on the armour of light." Rom. 13:12.

Backache

(Continued from page 17)

with the relief of pelvic conditions the backache will cease, for a backache may have more than one cause.

Backache Due to Abdominal Conditions

Finally, backache may be due to conditions in the abdominal cavity. There may be stone in the kidney, abscess of the kidney, and floating kidney. Here, urinary analysis and the X-ray will be called upon to decide. Sometimes a protuberant abdomen, with prolapsed organs may be the principal cause of the backache, and in this case, a properly fitted corset or abdominal belt may give the needed relief. Again, an obstinate constipation, with impacted faecal matter in the lower bowel, and certain abdominal or rectal tumours, may cause backache.

In conclusion, it may be repeated that the causes of backache are so numerous and diverse that the patient or his friends should at the earliest opportunity have a thorough examination, in order to determine the cause. Until that is done, treatment is only of temporary benefit.

CHRIST LIVES

Chapter Eight in the Series on Foundations of the Faith

(Continued)

By Carlyle B. Haynes

PAUL lists six different appearances of Christ after His resurrection. After speaking of His death, he says, "He rose again the third day according to the Scriptures: and that He was seen of Caphas (Peter), then of the twelve: after that, He was seen of about five hundred brethren at once; of whom the greater part remain unto this present, but some are fallen asleep. After that He was seen of James; then of all the apostles. And last of all He was seen of me also, as of one born out of due time." 1 Cor. 15: 4-8.

This testimony was given at a time when Paul was as near to the time of the resurrection as we are to-day to the Boer War. There were plenty of men alive who knew all the facts, and who, if Paul's account had been false, could have refuted him with ease. But there was no refutation. One was not even attempted. One has never been made.

Testimony of the Other Disciples

Not only Paul, whose writings compose the greater part of the New Testament, but also the other disciples testify to the fact of the Lord's resurrection, and their accounts cannot lightly be swept aside. Indeed, one of them, Luke, is recognized as one of the most reliable historians in the world. He takes great pains to put in every fact that has any bearing at all on the subject matter of his story, and which will serve as a help to anyone who cares to check up on his statements. No man who is conscious of writing falsely would begin his account as Luke does:

"Now in the fifteenth year of the reign of Tiberius Cæsar, Pontius Pilate being Governor of Judea, and Herod being tetrarch of Galilee, and his brother Philip tetrarch of Iturea and of the region of Trachonitis, and Lysanias the tetrarch of Abilone, Annas and Caiaphas being the high priests, the word of God came unto John the Son of Zacharias in the wilderness." Luke 3: 1, 2.

Here are twenty historical, geographical, political, and genealogical references in one sentence, any one of which can either be verified or proven to be untrue. The gospels abound with such references. There are hundreds of them in the New Testament. And not one of them has ever been proven to be untrue by any or all of the enemies of the church from the beginning until now. A man who knew he was going to write a lie would not have started in such a fashion. He would have known that he would contradict himself before he had gone very far unless he left out references to facts which might be used to upset his statements. So he would have written vaguely, and dealt very gingerly with facts of any kind. Writers of forgeries avoid such things as names, dates, places, manners, customs, and every well-known fact. But

the writers of the Bible deal with such a wealth of facts that their story could easily have been verified when first given to the world, or proven to be untrue. It has stood the test of every assault that has been made against it.

Luke, when he comes to write the book of Acts, declares that "by many infallible proofs," Jesus showed Himself alive after the resurrection to His apostles, "being seen of them forty days, and speaking of the things pertaining to the kingdom of God." Acts 1: 3.

One of the "infallible proofs" of the resurrection is the utter failure of the enemies of Christ to account for the belief in His resurrection on any other grounds than that it actually took place. They see plainly that it needs explaining. They grant the fact that the belief in the resurrection is the only way of explaining the establishment and development of the Christian Church. If that belief, as they claim, was erroneous, and did not grow out of the fact of the resurrection, then plainly it must have arisen in some other way. How did it arise?

The Objections of Critics

The enemies of the living Christ have only three explanations for their disbelief in His resurrection, all of which are significantly weak and feeble.

The first has been repeated for nineteen centuries. It is that the disciples of Jesus stole His body and hid it and spread the story around that it had been raised.

This explanation began in a lie, a deliberate lie, a lie which was paid for, a lie which was bought in order to cover up the fact that Christ had actually been raised. And that lie is being repeated to-day by many who refuse to believe the Scripture account of our Lord's resurrection.

The origin of this lie will be found in Matthew 28: 11-15. Jesus had been raised from the dead notwithstanding the fact that the sepulchre had been sealed, and a Roman guard placed over the tomb. That Roman guard had seen the risen Christ, the seal had been broken, the disciples had met the Lord, and His body was not in the tomb. He had said He would be raised. And now He is raised.

So the priests, who had Him done to death as an impostor, find it immediately necessary to explain that empty tomb, and the amazing testimony of the Roman soldiers. And so they bribed those soldiers to substitute a lie for the truth, a lie which is still being told in the world.

"Some of the watch came into the city, and showed unto the chief priests all the things that were done. And when they were assembled with the elders, and had taken



Christ appearing to Mary after His resurrection

counsel, they gave large money unto the soldiers, saying, Say ye, His disciples came by night, and stole Him away while we slept. And if this come to the governor's ear, we will persuade him, and secure you. So they took the money, and did as they were taught: and this saying is commonly reported among the Jews until this day."

Those who to-day hold this lie to be true shut us up to believing one of two things. Either Jesus was raised from the dead, or His disciples stole His body away and based the structure of the Christian Church, with the amazing phenomenon of its moral sublimity, on the lie that He was raised from the dead. To such lengths will men go who will not consent to the truth.

Think for a moment how absurd, how altogether preposterous, is the charge that the disciples stole His body, and hid it. The priests who thus explained the empty tomb knew this was a lie. If the body had been stolen it could have been recovered. A dead body is not an easy thing to hide. They made no attempt to discover it and bring it to light, and thus confound the disciples. They merely spread the lie, and paid others to spread it. But see what such a clumsy lie involves!

The Sincerity of the Apostles

Nobody denies to-day that such men as Matthew, Mark, Luke, John, James, Peter, and the other disciples lived, and preached, and were persecuted because they preached that Jesus died and rose again. If these men were consciously telling falsehoods, they must have had some motive in doing so. What was the motive?

Certainly it was not to gain popularity, for what they told was supremely displeasing to the rulers of the Jews who had crucified Jesus, and who had every disposition to treat the disciples in

a similar manner. It was also displeasing to the Roman rulers, for to preach another king, one Jesus, was to bring against them the whole power of the empire. It could not please the Grecian philosophers, for nothing could be more absurd to them than to preach the resurrection of the body. It would not please sensual men, for it called for the crucifixion of the fleshly lusts and passions. There could be no design for making money by it, for the new religion made no provision for any such thing. The disciples were practically penniless until the day of their death.

The apostles lived lives of persecution, suffering and hardship for the truth they taught. The last and most convincing testimony which any man can offer for the truth of a statement is to suffer rather than deny it. The disciples did not need to suffer. They might have escaped persecution by abstaining from preaching Christ and His resurrection. But they cried, "We cannot but speak of the things which we have seen and heard."

They were placed in bonds, they were whipped, they were stoned, they were killed. And yet to their last breath they continued to teach the resurrection of Christ. Men do not act so, who know they are lying.

Men can give no higher proof of their honesty, their sincerity, and their truthfulness, than lives such as this. They can do no more than seal their testimony with their blood. This the disciples did. And men who do this are not to be charged with doing it to uphold an intentional lie. It is easier, far easier, to believe in the resurrection of Christ than to believe the disciples lived such lives and died such deaths to uphold a lie which they knew to be a lie.

No, at least the disciples believed what they taught. They have given the highest proof of that. And they could not have believed it if they had stolen His body away. Therefore they did not hide His body: They believed He was raised. The opponents of His resurrection must find a more plausible story than this old falsehood.

The Gospel is not a collection of dogmas, but rather a relation of facts. The disciples did not preach the death and resurrection of Jesus because they had read them in a creed, but because their own eyes had seen these things. They lived lives of toil, lives of purity, lives of hardship, of poverty, of suffering, while preaching these truths to the world. They died painful and shameful deaths as martyrs for their Gospel. These things are admitted. And I ask, "What more could either God or man do to convince men of the truth?"

Did Christ Only Swoon?

From time to time another foolish explanation of the empty tomb is revived and put forth. It is that Christ was not really dead, but only in a swoon, and that shortly after He was placed in the tomb its coolness revived Him, and He escaped, and returned to Jerusalem.

Not many care to be considered as among those who accept such an absurdity, but there are a few, now and again, who rather timidly advance this story. (*Turn to page 24*)

EDITORIAL



A Bishop and the Bible Speak

THERE has recently come to our desk a 64-page booklet entitled "The Biblical Sabbath (Saturdarianism). Is the Observance of Saturday Binding on Christians?" written by Francis Wesley Warne, one of the Bishops of the Methodist Episcopal Church. In the July 14 issue of "The Indian Witness," the Church paper of that communion in India, this booklet was given two columns of advertising and comment, the contributor of the sketch endeavouring in a loose way to interpret what Seventh-day Adventists teach concerning the Sabbath of the Bible. The sketch closed with some very ungracious remarks designed to reflect unfavourably on Seventh-day Adventists and their work.

While we do not invite controversy, this book, and the advertising given it in "The Indian Witness" contains so much misrepresentation and unscriptural teaching, we feel that the cause of truth will be well served in giving its main features a brief review. We believe it is the privilege of everyone to declare their faith before men. We grant our Methodist friends the privilege and right to teach and believe the Bible as they understand it, holding that in this they are sincere, and willing to be guided by the Holy Spirit into all truth. We likewise claim the same privilege for ourselves.

In his booklet, Bishop Warne selects "four corner stones" upon which, he says, Seventh-day Adventists build their doctrine of the seventh-day Sabbath, and endeavours to prove them false. The first is the record found in Genesis 2: 1-3.

"Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day and hallowed it; because that in it he rested from all his work which God had created and made."

The foundation qualities of the foregoing passage stand squarely in the way of what Bishop Warne wishes to teach, so for the first 11 pages of his booklet he resorts to a process of reasoning by which he negatives the very foundation truth in the passage itself, and the language a school boy can understand is thrown into a fog of generalities which obscure their true meaning.

Concerning this Scripture, the Bishop says,

"The fundamental principle taught in this Scripture is not the keeping of Saturday, but six days of labour, and one day of rest." page 9. (Italics ours)

Why, then, we ask, did not God express it that way when He wrote it? He could have worded it

as Bishop Warne reasons it should be worded, and saved much misunderstanding. But that would have rendered it meaningless in view of the Creator's relation to that day, and the purpose for which He intended it. God did not rest *any* day of the seven; therefore any day of the seven cannot be made His true rest day. God chose to rest on the *seventh-day*. Rest follows work, not precedes it. Having rested on that day He blessed it, sanctified it, and gave it to man to keep. Thus it was to be a memorial of the work God had accomplished in the creation week. To be such it must be definite and fixed in its character, and cannot be shifted to other days and still retain its significance as a memorial.

Bishop Warne agrees that "the Sabbath is a monument of creation, and therefore of universal and perpetual obligation." His only difficulty is, "*Which day of the week should be observed.*" page 9. (Italics ours) The Bishop has difficulty with his counting. The Scripture says "*The seventh day.*" The Bishop disputes that statement. He must settle it with the Lord: we have no better knowledge than to take it just as it reads. But how the Sabbath can be a "monument of universal and perpetual obligation" and be shifted about at will, as the Bishop would like, is not clear to us. If we should go into the cemetery and find that rude hands had removed the monument from the grave of a member of our family, and placed it over a stranger in another quarter, we could no longer feel that in that position it was a monument to the memory of our loved one. Its location and its purpose would be in conflict until it was set right.

On page 11 of this booklet, the Bishop descends to a mere quibble in order to destroy the force of the plain statement of Scripture. He says,

"The expression 'the seventh day of the week' is not only not found in connection with the Eden Sabbath, nor in the fourth commandment, but it is not found in the whole Bible. Therefore, even if we admit that every seventh day was kept from Adam to Moses, the Bible does not even suggest that the day of the week kept was Saturday." (Italics ours)

It is not necessary for us to answer this argument for the Bishop's information. He knows full well why Saturday is not mentioned in the Bible in connection with the seventh day. But for the benefit of those who may not know, we need only to say that the names now given to the days of the week have retained the order in which they now occur since they were first applied. They are of pagan origin. Sunday was the name given to the first day of the week in the East from earliest antiquity. Indisputable evidence of this can be shown on temples and monuments of Egypt, Assyria, Babylonia, Persia, Phoenicia, Greece, and

Rome. The Sun, Moon, Mars, Mercury, Jupiter, Venus, and Saturn were the seven deities to whom the Chaldeans dedicated the days of the week. They dedicated the first day of the week to the Sun, therefore "Sunday." Monday was dedicated to the Moon. The Anglo-Saxons dedicated Tuesday to Tuisco. The fourth day was dedicated to the Norse god, Woden, the mad or furious one. The fifth day was dedicated to Thunres, the god of thunder. In the German language this day is still called "Donnerstag" or Thunder's day. The sixth day was dedicated to the goddess Frigga, while the seventh day was called Saturday in honour of the god Saturn.

On page 11 of his booklet, the Bishop says,

"It is impossible to prove from any authority, human or divine, that when Moses selected the Jewish Sabbath day, that he selected the regular seventh day from Adam down."

Moses had nothing to do with the selection of the Sabbath. It was God who wrote the ten commandment law, of which the Sabbath is one, on tables of stone and gave them to Moses to give to the people. But even assuming that Moses did select the day, we are able to prove that it was the seventh day of the creation week, providing the testimony of the one whom the Bishop quotes as authority for his claim that Jesus taught His disciples after His resurrection that the first day of the week should be observed as the Sabbath, is reliable.

Just eleven lines before the quotation cited above, on page 10 of his booklet, the Bishop quotes the following from Justin Martyr, who wrote somewhere between 138 and 147 A. D.

"On the day called Sunday there is a gathering in one place of all who reside either in the cities or in the country places, and the memoirs and the writing of the apostles are read. . . . Because it is the first day on which God, having wrought a change in the darkness and matter made the world, and Jesus Christ our Saviour, on the same day rose from the dead. For He was crucified on the day before that of Saturn (Saturday), and on the day after that of Saturn, which is the day of the Sun, having appeared to His apostles and disciples, He taught them these things, which we have submitted to you also for your consideration." (Italics ours)

In this quotation, Justin Martyr has affirmed four things which the Bishop has tried very hard to avoid; 1. That "the day called Sunday" is the "first day on which God, having wrought a change in the darkness and matter made the world." 2. That this first creation day was "the same day Christ rose from the dead." 3. That Justin Martyr did not believe in Bishop Warne's theory of any-day-in-the-week-for-the-Sabbath, or the Sabbath being "a long indefinite period of time." 4. That Justin Martyr knew at the time he wrote that "the day before that of Saturn (Saturday), was the day on which Christ was crucified, and the day after that of Saturn. . . . is the day of the sun." We believe Justin Martyr told the absolute truth in these four points, for they are substantiated by many evidences, both in sacred and profane history. But that Christ taught His disciples that the first day of the week was to be observed as the Sabbath, we cannot believe, because it is nowhere hinted in the New Testament, and to have done so would have contradicted Christ's own words when He

said to the Pharisees, "I came not to destroy the law or the prophets. . . . but to fulfil." It is an astonishing thing that Bishop Warne would quote such a passage from Justin Martyr which so completely overturns four of the principal things for which he is contending. Did he see them, or did he think his readers would not see them?

Bishop Warne objects to calling the seventh day, Saturday. He also objects to the phrase, "the seventh day of the week." It is hard to bring ourselves to believe that in meeting these objections, we are dealing with learned teachers and spiritual leaders of a great church. Pray tell us, of what would the Bishop have us understand the seventh day to be a part, if it is not the week? He wishes to cast a shade of doubt about the measure of time governed by the weekly cycle which was given to man in the beginning, and has come down through the ages unchanged. Elsewhere in his booklet he argues very earnestly that we are warranted in choosing any day in the week for the Sabbath. He thereby unwittingly proves the very thing he tries to throw into a fog of uncertainty. The term "seventh" itself indicates that it is a fraction of a definite whole, or else we do not understand the meaning or use of the ordinal numbers.

The week is the most ancient division of time, dating from the creation of the world. The nations of earliest antiquity knew and used the weekly cycle of seven days for measuring time. The rest day of the Creator is the only means by which the week is determined. The calendars of all the principle nations from the beginning were constructed on the plan of numbering their days from one to seven. The most ancient of all calendars—the Hebrew—places them in this order in relation to the Sabbath:

- "First of the Sabbath"
- "Second of the Sabbath"
- "Third of the Sabbath"
- "Fourth of the Sabbath"
- "Fifth of the Sabbath"
- "Sixth of the Sabbath"
- "Sabbath"

The week was known and observed in the Patriarchal age as is clearly proven from such references as Gen. 7: 4, 10; 8: 10, 12; 29: 27-29; 50: 10; Ex. 7: 25; Job 2: 13. Observing the week as they did, it is evident that they had a knowledge of the Sabbath and observed it. In a chart prepared by Rev. William Jones, of Millyard Church, London, assisted by able linguists all over the world, the week and its days are given in one hundred and sixty-two languages and dialects. All recognize the same order in the days of the week. One hundred and ten of them call the seventh day "the Sabbath," or some equivalent term. Not one of them calls the first day of the week by the term "the Sabbath." The seventh day of this weekly cycle is the only day upon which God bestowed a name of designation other than the ordinal, calling it "the Sabbath."

How to Gain Weight

By Laura A. Miller

IN THIS day, when plumpness has become old-fashioned, it is none the less true that there are people who are anxious to increase their weight.

A few weeks ago a young lady told in my presence how, when it was impressed on her that her health demanded it, she had increased her weight 10 pounds in a few months. She had looked in vain for magazine articles advising her what to do to bring this about. She found many on how to reduce but none on how to increase her weight. Finally, she had taken the suggestions for reducing and had done just the opposite. This is one way to find help, but many will not have the patience to apply it, even if they think of such a method. It is to aid those who need to increase their weight that this article is written.

That there are many who need to increase their weight is evident from the large percentage of young people in colleges and universities who are below what statistics show to be the best weights for those under 25 years. The fad of being thin is being carried too far by young girls. Many who are underweight have never experienced the joy of life that is theirs when they bring their average weight to a higher level. Each year students are breaking down under the strain of college life who should not do so and would not, in all probability, had they a greater store of reserve tissue for the added stress that comes in those first years of life away from home.

There are also people in later years of life who need information to guide either themselves or those under their charge, in putting on a greater store of body fat.

Two Ways of Gaining Weight

Two general principles may be observed in a scheme for putting on weight, just as there are two general ways of becoming rich. One may either decrease his expenses below his present income or increase his income above his expenses. The food one eats daily is to be likened to the income; the daily expenditure for motion, work and body heat is to be compared to the expenses.

The expenses can be reduced. Six suggestions for the use of less energy, which still permit a person to live his usual life, follow:

1. Slow up, exercise less and learn to relax. The real reason that most people acquire fat as the years pass is, not that they eat more, but that they slow down. If they are over 30 they can note changes that have come over them since they were 20. They probably do not run up the steps, play as many vigorous games as formerly, or hike as much. In comparing almost any mother and daughter, or father and son, one can note the slowing up that has come about in the parent. The baby kicks all of his waking hours, the adoles-

cent much of the time, the youth often, but the older person only kicks sometimes. So one may reduce his expenses by voluntarily expending less, by slowing up.

2. Sleep more at night, or take a daily rest period. The rest period may be in the morning or the afternoon, but most people find it acceptable near the middle of the day.

3. Ride more and walk less. Many persons find to their dismay that a superabundance of fat comes on when they begin to ride to work. It may be only a few blocks to walk but it takes about twice as much energy to walk as to sit. So one may ride to plumpness.

4. Sit more and stand less. Most tasks can be done as well sitting as standing, and the energy expenditure for standing is about 15 per cent greater than that for sitting.

5. Choose less violent forms of play and exercise. One may abandon such games as tennis for a while and take up croquet.

6. Go to bed for a few weeks, if it can be arranged. Lying awake in bed requires about 25 per cent less energy than does sitting up. The so-called rest cure of some hospitals is chiefly just that. The patient is kept in bed and fed a good diet in good quantities. To stay at home and do it for oneself costs less money and brings less worry to friends.

Many find this method, the reduction of the expenditures, the most comfortable way of gaining in weight. But, if a person is young and in normally youthful spirits he may not find it easy to slow up, sleep more, ride more, sit more, exercise mildly or take a vacation in bed. It is too much fun to run at top notch speed, and there are too few hours in the day as it is without taking more of them for sleep. For these, the other principle is the one to apply—raising the income.

Eating More Food

How can the income be raised? As in the case of raising cash incomes the effort required to do this may make use of all a person's mental equipment, but it really is not so hard if he has a good cook to aid him or attractive places to eat, as the chief thing to do is to eat more food.

The first thing to be recommended on such a programme is to eat three large meals. Many persons for one reason or another either omit breakfast altogether or take a very small one. Breakfast should be eaten regularly, and it should be a big meal of about the same food value as the dinner. The lunch or supper also should be a hearty meal, not merely a snack.

A number of difficulties may be met in increasing the diet, but at least 90 per cent of healthy people can raise their weight by eating more food.

One of the difficulties most commonly met is

that of insufficient appetite. When more food is urged on such persons they say, "But I do not want it, and if I have no appetite for it, it will do me no good." This is a mistake. The appetite is not necessarily a good guide for either the amounts or kinds of food. All are familiar with many examples of perverted appetites—people who yield to the appetite for food, condiments or drugs that do serious injury to the health.

Forced feeding succeeds in fattening animals and fowls, so why not expect it to succeed with human beings? Toulouse, France, is famous for its *pate de foie gras*. This is produced by literally pouring food through a funnel down the throats of geese until they are stuffed and become abnormally fat, especially in the liver, which is the part used for the noted delicacy. Philip Hawk has tried out the effect on the digestibility of food eaten in unattractive surroundings and in the presence of foul odours. He finds that it is as completely digested as if the surroundings were attractive when it was eaten. So one should eat that quantity of food that will give the desired results, not merely such an amount as will meet one's desire for food.

Increasing the Capacity

Vitamine B is sometimes spoken of as the appetite vitamine. A glass of orange juice at 10:30 a. m. and at 5 p. m. will increase the appetite for the next meal. Some persons obtain this vitamine from yeast, but it is present in the watery juices of almost all fruits and vegetables and is much more acceptable from these sources than from yeast.

A second difficulty often met is too small a capacity. This may be real or imaginary. Stomachs are not all of the same size, and all are susceptible of considerable distention. When one is accustomed to taking small meals, he has the feeling of satisfaction when the usual amount is taken. If he is trying to increase the amount of food taken, he should eat beyond a sense of satisfaction; he should eat to the limit, and then force down a little more food, thus resorting to the method of goose feeding.

One young woman, who raised her weight 25 pounds in a year, said she ate until she felt full, then shut her eyes and swallowed some more. She is convinced that most people are thin not because their ancestors were, for she had two or three such generations behind her, but because they do not have sufficient determination to stay with a programme that will raise their weight. It is amusing to see people refuse to follow advice in their homes as to what to eat to gain in flesh, but, when put in a hospital under a doctor's directions and the care of a nurse, execute the orders, eat and grow fat, often when combating a disease at the same time. It can be done in almost every case.

Another way to overcome the difficulty of a limited capacity is to have more frequent meals. A midmorning or midafternoon or bedtime lunch, or perhaps all three, may be added, and a person can take more food in five small, than in three large meals.

Further difficulties may be met in minor digestive disorders. These may interfere with taking more food, but in spite of most of these, the food will finally be as well utilized by the body.

Not only must one consider the amount of food he is taking, but also he must consider the kind of food. That all of the oxidizable foods—protein, fat, carbohydrate—will produce fat in the body when taken in excess of that amount needed for energy has been proved by experimentation. Meat, eggs, milk, which are chiefly protein; butter, which is largely fat; bread, potatoes, sugar, which are chiefly carbohydrate, will all make fat. However, they differ as to their ability to do this.

Should Choose Concentrated Foods

Fats are the most concentrated, so weight for weight they are the most efficient, but calory for calory carbohydrates are the most efficient in producing fat, and proteins the least. This is chiefly due to the stimulating properties of the protein foods, which cause body fires to burn at a greater rate and so leave less material available for storage as fat.

The diet should be well selected, including daily some from each of the various groups of foods. These groups are: (a) milk and eggs; (b) fruits and vegetables, some of these uncooked, daily; (c) fats, cream, butter and fat foods; (d) sweets, including jams, jellies, sweets, cakes and sweet dry fruit.

More concentrated foods should be used in order to increase the calories but not the bulk of the diet. More fats, richer sauces, such as milk gravies, hard sauce, drawn butter sauce, more cheese, extra butter in vegetables and sauces, and more sugar in desserts and beverages will help. Fluid foods, such as milk, cocoa or chocolate should replace such beverages as water, tea and coffee which do not add to the calorific value at all, but which do increase the rate of oxidation and so rather hinder than aid in increasing the weight. If a person must have coffee or tea, he should use more cream and sugar in it, or use it as the South Americans do to flavour the milk.

Need Plenty of Eggs, Cream and Butter

A raw egg, slightly beaten, may easily be added to several of the fluid foods to raise their calorific value, while it affects the quantity very little. Heavy cream in place of top milk may be served on cereals, and the cereals may be cooked in milk rather than water. Butter cake is better than plain sponge cake, and plum pudding, ice cream and rice puddings may be substituted for sherbets, gelatine and jello desserts. Mayonnaise and boiled salad dressings, rather than plain vinegar, should be used for salads. One may even take straight olive oil after meals, as it is often ordered by the physician, but most people prefer to use it in salad dressings. Cream soups, bisques and chowders should be substituted for clear soups, such as bouillon.

Dry fruits are of great calorific value and are less bulky than fresh fruits, the latter should not be omitted entirely. Dried (*Turn to page 21*)

Protestantism Imperilled No. XI

The Call of the Hour

By A. S. Maxwell



IN this hour of crisis and peril it is comforting to reflect that the great God of heaven still lives and reigns and is working out His own eternal purpose.

All that has happened or is about to happen is known to Him. Nothing in the impending conflict will take Him by surprise. To Him the end is as the beginning, and the future as the past. "All things are naked and open unto the eyes of Him with Whom we have to do." Heb 4: 13. Therefore, if we would understand the present religious situation and rightly relate ourselves thereto, it is essential that we bring ourselves into closer touch with the Source of knowledge and seek to view our problems from the heights of God.

The Word, that must ever be the backbone and inspiration of all true Protestantism, sheds the light we need upon the present crisis. In the book of Revelation, in unmistakable language the present world-Romanizing movement is foreshadowed. The beast whose head was "wounded to death" is seen by the revelator recovering its youthful vigour, its power and prestige, until once more it can be said: "All the world wondered after the beast." Rev. 13: 3. So great is the new triumph of this power that "all that dwell upon the earth shall worship him, whose names are not written in the book of life of the Lamb slain from the foundation of the world." Verse 8.

Thus, once more, with one mind, the kings of the earth shall "give their power and strength unto the beast." Rev. 17: 13. Intoxicated with her triumph, the papal Church will say in her heart, "I sit a queen, and am no widow, and shall see no sorrow." Rev. 18: 7.

That, however, is but one side of the pictured struggle of the future. While the papal forces are sweeping onward to seeming victory, there appears upon the prophetic scene another world movement designed of God to withstand, to counteract, and finally to triumph over them. In the graphic language of the prophet this mighty Protestant move-

ment is represented as being inaugurated by Heaven, supported by the angelic hosts, and launched upon its conquering career in the very midst of the papal revival. Driven on by the urge of the Infinite for the fulfilment of a divine purpose, this mighty movement, bearing the glad tidings of a pure Gospel to perishing souls, is seen to become as world-wide, as universal as the boasted catholicity of Rome. Says the prophet:

"And I saw another angel fly in the midst of heaven, having the everlasting Gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, saying with a loud voice, Fear God, and give glory to Him; for the hour of His judgment is come: and worship Him that made heaven, and earth, and the sea, and the fountains of waters. And there followed

another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication. And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, the same shall drink of the wrath of God." Rev. 14:



The Seer of Patmos tells of a world-wide message calling to the worship of the true God.

6, 10.

As surely as the prophecies relating to the revival of the Papacy are being fulfilled to-day before our eyes, so surely are these words the message of God for this hour. Indeed, they are nothing more nor less than a divine prediction of a grand revival of true Protestantism which is to sweep over the earth into "every nation, and tongue, and people."

Every person, who is looking for, working for, and praying for the revival of Protestantism must base his prayers and his efforts upon this revelation of the divine will.

It will be noticed that this statement calls for the preaching of the Gospel. That, in itself, is sufficient to identify it as a Protestant movement. But it is not only "the Gospel" that is to be preached; it is the *everlasting* Gospel; not some new-fangled Modernism, but the old foundations of

the Christian faith which have stood the test of the ages.

Moreover, this message is to call men away from materialism and idolatry and lead them to give God His rightful place in their lives. "Fear God," is to be the cry, "and give glory to Him; for the hour of His judgment is come."

And in the preaching of this pure Protestantism God is to be proclaimed as the great Creator of the universe. Men are to be weaned from their atheistic evolutionism to "worship Him that made heaven, and earth, and the sea, and fountains of waters."

The law and the Gospel will go hand in hand. Jesus will be exalted and the law He cherished in His heart magnified. Those who ally themselves with this wonderful movement will, in the sight of Heaven, be regarded as God's own people, His special treasure (Mal. 3: 17, margin), being referred to as "they that keep the commandments of God, and the faith of Jesus." Rev. 14: 12.

Together with adherence to fundamental principles of the everlasting Gospel will be combined a faithful witness against the errors of Babylon the Great. Solemn warning will be given as to the inevitable consequences to befall those who persistently "worship the beast and his image, and receive his mark" in their foreheads or in their hands. (Verses 9-11.) With earnest pleading will the call be given: "Come out of her, My people, that ye be not partakers of her sins, and that ye receive not of her plagues." Chapter 18: 4.

No more comprehensive statement of the principles of true Protestantism has ever been penned. It is surely a message for this hour. Every lover of Protestant principles must become rooted and grounded in these fundamentals of the faith enunciated by the apostle John. Protestant weakness and failure are directly traceable to departure from them. If Protestantism is to renew its strength in this hour of crisis, then there must be a return to these essential Biblical principles. There must come a discarding of doubt and an increase of faith. The discussion of criticisms must give place to the preaching of the everlasting Gospel. From the modern antinomianism there must be a resolute reversion to the commandments of God in their entirety. Above all, Christ must be exalted as the Creator, Upholder and Redeemer of the world. Only by building upon such foundations can an invincible Protestantism be erected.

(To be continued)

I Remembered

By H. L. HASTINGS



O man is safe without God. Not for an hour can we dispense with His protecting care. Troubles and trials, dangers and calamities, temptations and snares, lie in wait for us on every hand. Disease smites us unawares. The pestilence walketh in darkness, and the arrow flieth at noonday. Death

poisons the very air we breathe; and all the elements of life may become to us the instruments of desolation.

At every step there are byways that lead to death; at every moment there are dangers that may sweep us to the tomb; at every turn there are snares that would entrap our feet. A single mistake may ruin every earthly hope. An hour's neglect may fill a life with grief. Every act we do may tell for weal or woe; for not a day goes by without witnessing the wreck of joy, the blighting of hope, the breaking of hearts, and the quenching of mortal life.

Begin each day with God. He is our refuge and strength, a very present help in time of trouble. His throne of grace is accessible to all. He is nigh to all them that call upon Him, and no trusting soul shall ever seek His face in vain.

Though dangers lurk on every side,

To lead our souls astray.

Strengthened by prayer; our staff and guide,

We walk with God all day.

We have heard how Cranmer, when doomed to die, thrust forth his right hand, with which in a moment of fear he had signed his recantation and denied his faith, exclaiming as it scorched amid the flames, "That unworthy hand!" But it is also related that on that fatal day in which the unhappy man abjured his faith, he neglected his usual morning prayer. Had he prayed, "Lead us not into temptation, but deliver us from evil," he might have escaped many a bitter pang of shame and pain.

"Watch ye and pray, lest ye enter into temptation," was our Saviour's solemn charge. But the flesh was weak, and the admonition was unheeded. Alas for the result. He who could not watch with Christ one hour in His midnight agony, before the cock crowed twice had denied his Saviour thrice.

Bunyan's pilgrims found it a short road from the place where they had slumbered on forbidden ground to the dungeons of the grim giant Despair; and in our own experiences of danger, and sorrow, and sin, we have found that prayerlessness is the parent of manifold afflictions, and have learned enough to teach us to beware lest we are found slumbering and unarmed, and so are led captive by our enemies at their will, or brought into trials and chastisements which cause bitter sorrow and affliction.

The Rev. R. W. Vanderkiste, of Sydney, in a note published in "The Revival," relates the following fact:

"I found a young man in our infirmary, a fresh patient, with three fingers of one hand clean severed. He appeared very healthy, and the wounds healed beautifully. The occurrence resulted from want of sufficient care in using a feed-cutting machine. He was very attentive indeed to religious instruction, and always acquiesced very heartily when I urged the purposes of grace which lay hidden in this visitation.

"One day he waited for me in the hall, and said, 'I wish to speak to you alone. I always used to say my prayers night and morning, but for

THE AMATEUR PHOTOGRAPHER

Bromide Printing



BROMIDE paper has earned a deserved popularity among amateur photographers, not so much perhaps for contact work but particularly in enlarging. It is undoubtedly the best paper to use for this class of work. There are on the market many kinds of Bromide paper, some fast, some of intermediate speeds. Of surfaces and grades there are a great number and the prospective purchaser of Bromide paper is often at doubt as to what grade to select. Briefly these grades come under three headings:—Matte, Semi Matte and Glossy, while there is a rough grained paper for special work when big enlargements are required. This is usually obtainable on a white or cream base and is very effective when a suitable picture is enlarged on it and sepia toned. The manipulation of Bromide paper does not call for any very special comment. It must, however, be handled in the dark room usually under a yellow or bright red light. The faster varieties particularly require a red light.

Many Bromide pictures are spoilt through being over exposed. A bromide print cannot be controlled in development. It must receive correct exposure and then be developed until further development appears impossible, usually a period of $1\frac{1}{2}$ to $2\frac{1}{2}$ minutes. This is practically the secret of successful manipulation, and if this rule is adhered to, prints will be found to be brighter and to have much better colour and tone values. Almost any non-staining developer suitable for plates and films can be used for the development of Bromide paper, but whenever possible, the maker's formula or a developer recommended by the maker should be used. Their instructions should be carefully read over and carried out, as there are small points which are usually overlooked.

Fixing should be done in an acid fixing bath in exactly the same manner that gaslight prints are fixed, and washing must be equally thorough.

Sometimes Bromide paper is found to blister and crack. This may be due to a difference in temperatures of the working solutions and the washing water, or the surface of the paper may not be sufficiently hard for tropical use. Most varieties available in this country are prepared for the tropics and will be found to give quite satisfactory results. Working at high temperature is liable to cause fog and of course all paper must be opened in the dark room for the same reason.

One charge against Bromide paper is that it possesses a short scale of gradation, and if we compare a print on P. O. P. from a negative containing many delicate tones with a print of the same negative on Bromide paper, we shall find that some of these tones are missing. In spite of this,

however, there is much to be said in its favour and when used in conjunction with the Enlarger very little is left out.

The type of negative required for contact printing must be more vigorous than that which will give a suitable print on gaslight paper. It should not be hard but full of detail and a little on the thin side. Such a negative will also yield a good enlargement and it is surprising what excellent results can be obtained on Bromide paper from a somewhat thin negative when the enlargement is made in an Auto Focus or such similar Enlarger.

Providing the manipulation of the Bromide positive has been thorough there can be no question of the permanency of the final image, while sepia toning merely enhances this permanency. When pictures are made with a view to sepia toning they should receive a little longer exposure and development because the toning effect cuts down the scale of tones and this must be allowed for. A trial will soon settle the amount of extra exposure and development to be given. Instructions for sepia toning are to be found in the maker's instructions which accompany each packet of paper and they should be strictly carried out. In order to save undue waste of paper test strips should invariably be made in order to ascertain the correct exposure. The method of making these has been described previously and there is no need to repeat it again.

The amateur who is tired of daylight and gaslight printing will do well to give Bromide paper a trial and will find it quick and easy to manipulate. It gives results which in many cases cannot be equalled by any other printing process, while for enlargements it is second to none.

There are on the market certain numbers of Collodio Chloride papers, the best known of which is probably Kodura which is made by Kodak Limited. These papers possess a longer scale of gradation than Bromide paper and they require very similar handling. For portraiture, particularly studio work they yield even better results than Bromide paper. While they were originally produced for the professional photographer they are finding increasing favour among the amateur and may be used for a great variety of subjects. There are usually two grades of this type of paper: Fast and Slow. The latter is suitable for contact printing, while the former is to be preferred for enlarging work. The development is similar to that of Bromide paper but in the majority of cases a special developer is required and unless this is used the results may be disappointing.

"There are thousands to tell you it cannot be done.
There are thousands to prophecy failure;
There are thousands to point out to you one by one,
The danger that waits to assail you;
But just buckle in with a bit of a grin,
Take off your coat and go to it;
Just start in to sing as you tackle the thing
That cannot be done,
And you'll do it!"

BACKACHE

G. Henry Hale



HERE are so many causes for backache that it is useless to attempt a cure without first determining the cause. For this purpose, it may be necessary to examine the urine for evidence of kidney trouble; to inspect carefully the back and abdomen for tender spots, evidence of tumour, or prolapsed organs, and the pelvic organs for misplacements; to make X-ray examination for the presence of stone in the kidney, and for joint or spinal trouble. It is also necessary to determine by taking the temperature, whether the backache is a symptom of some infectious disease.

Backache Due to Infection

In case of suddenly on-coming backache, it is important to determine whether there is fever, as it may be a symptom of grave infectious trouble, such as smallpox, influenza, or infantile paralysis. If the backache is due to one of the infectious diseases, it is self-limiting, and requires only symptomatic treatment—something to give the patient temporary ease. Tuberculous infection of the spine—Pott's disease—causes pain, but only after the vertebrae have begun to give way, causing pressure on the nerves. Treatment in this case is a plaster cast, to keep the spine at rest in the proper position, together with sunlight, fresh air, and nourishing food. Tuberculous spine requires immediate treatment, else there will be deformity.

Muscular Backache

This, the most common form of backache, is caused by some lack of muscular balance, the result of faulty positions, usually but not always in persons who have underdeveloped muscles. Bending, stooping, and other straining positions caused by the nature of the occupation, or assumed because of uncorrected foot strain ("flatfoot," or weak foot) may bring about this condition. While temporary relief may come from fomentations, massage, and the like, the most permanent results will come from correcting the false positions, which means avoiding occupational stoops, and if necessary wearing corrective shoes, together with progressive physical exercise to increase the general tone of the body. The diet should also be made completely balanced and nourishing as regards vitamins and mineral salts, through the free use of fruits and vegetables, and in general the life should be made to conform to a hygienic regime.

Backache from Hip Trouble

Backache may develop suddenly because of a relaxation of the sacroiliac joint, which joins the



sacrum, or because of disease of the bones forming this joint. Such a condition may develop suddenly, as in "spinning" the crank on a motor car, or in lifting a heavy weight; or it may occur as the result of lying in a sagging bed—this, especially, in a patient who has lain so long that the ligaments have become relaxed. Sometimes patients suffer from this trouble after an operation in which the joint has been placed in a position of great strain. For this reason, patients who must lie for long periods should be turned at intervals in order to avoid this complication.

"Railway Spine"

When, for any cause, there has been a constant backache for a considerable time, the nervously disposed patient finally gets what may be called a "backache habit." From constant spinal trouble, he comes to think of backache as a matter of course, and the "backache" continues after all evidence of any cause has gone. Particularly is a "railway spine," with very distressing conditions, liable to develop in a person who has been injured in an accident, and who has not received what he (or oftener *she*) regards adequate compensation, or in which the compensation is paid as a weekly benefit. It is a notorious fact that many of these cases heal spontaneously after they have been given a liberal reward. This is not to say that all such patients are intentional deceivers. Many of them are honest, and are the victims of self-deception, and suffer as much as if their trouble were real. Of course no amount of fomentation or other physical treatment will do these cases any permanent good; and any one who in the goodness of his heart is trying to cure such a case, has a man's job on his hands.

I am here reminded of a remark made by Prof. Joseph O. Hirschfelder to his students, after a poor woman with nervous disorder, had related all her troubles. "The only prescription that would do this poor woman any good," said the professor, "would be a check for a thousand pounds. Her disease is in her domestic circumstances, and until these are remedied, all that we could do would not benefit her."

Backache Due to Pelvic Troubles

Backache in women is often associated with menstrual troubles, and malposition of the organs, and with adhesions, lacerations, and inflammations. For this reason, no attempt should be made to treat backache in a woman without first making a thorough pelvic examination. Still, it would be unwise to promise the patient that (*Turn to page ?*)

Some Guesses of "Science"

C. P. BOLLMAN



SCIENCE is defined as "knowledge gained and verified by exact observations and correct thinking; also, the sum of universal knowledge."

But much that is to-day called science, instead of being *knowledge* is only guesswork. In his "Outline of History," Mr. H. G. Wells says:

"Astronomers and geologists and those who study physics have been able to tell us something of the origin and history of the earth. They consider that, vast ages ago, the sun was a spinning, flaring mass of matter, not yet concentrated into a compact center of heat and light, considerably larger than it is now, and spinning very much faster, and that as it whirled, a series of fragments detached themselves from it, which became the planets. Our earth is one of these planets. The flaring mass that was the material of the earth broke into two masses as it spun; a larger the earth itself, and a smaller, which is now the dead, still moon.

"Astronomers give us convincing reasons for supposing that sun and earth and moon and all that system were then whirling about at a speed much greater than the speed at which they are moving to-day, and that at first our earth was a flaming thing upon which no life could live. The way in which they have reached these conclusions is by a very beautiful and interesting series of observations and reasoning, too long and elaborate for us to deal with here. But they oblige us to believe that the sun, incandescent though it is, is now much cooler than it was, and that it spins more slowly now than it did, and that it continues to cool and slow down. And they also show that the rate at which the earth spins is diminishing and continues to diminish—that is to say, that our day is growing longer and longer, and that the heat at the center of the earth wastes slowly. There was a time when the day was not a half and not a third of what it is to-day; when a blazing hot sun, much greater than it is now, must have moved visibly—had there been an eye to mark it—from its rise to its setting across the skies. There will be a time when the day will be as long as a year is now, and the cooling sun, shorn of its beams, will hang motionless in the heavens."—Pages 3, 4.

All this is very interesting, *if true*. It may be, however, that Mr. Wells' *penchant* for writing fiction has betrayed him into taking rather too seriously some of the more hare-brained theories of "science falsely so called." Indeed, it actually transpires that some at least of the recognized authorities on astronomical questions dissent *in toto* from some of the so-called facts of science so readily accepted by Mr. Wells as history. In answer to a question, the *Scientific American Supplement* says in its April number:

"We note your statement regarding the change in the rotation of the earth and the length of day, and we should challenge the statement that the day is becoming longer by a second in 800 years. Todd, in his 'New Astronomy,' page 128, says that 'a change of the earth's rotation as great as a thousandth of a second in a thousand years could not escape detection,' and no such change has been detected. Moulton's textbook of astronomy, the latest we have, discuss the matter on pages 77-89, and concludes that the tides could not increase the length of the day more than a second in 500,000 years. And later he says that all the causes would have an inappreciable effect in 100,000 years. The uniformity of the earth's rotation on its axis, which causes the day, may be taken as settled for the present epoch."

And yet it is such stuff as Mr. Wells gives us as "science" and "history" that is taught in almost all schools of today, the foundation being

laid for it even in the grammar grades; and upon this, instead of upon the Bible, people are expected to build for the future.

For the present at least, it would seem to be wisdom to stick to the old Book with its beautiful story of creation, and the assurance that we are in the hands of an all wise, benevolent, eternal Being, who loves us and who is able to save with an everlasting salvation all who put their trust in Him. Thank God for divine revelation!

The Last Dance

DURING the occupancy of the city of Moscow by the French, a party of officers and soldiers determined to have a military levee, and for this purpose chose the deserted place of a nobleman. As the sun went down, they began to assemble. The gayest and noblest of the army were there, and merriment reigned over the crowd.

That night the city was set on fire. At last, the fire communicating to their own building caused them to prepare for flight, when a foolhardy young officer, named Carnot, waved his jewelled hand above his head, and exclaimed, "One dance more, and defiance to the flames!"

All caught the enthusiasm of the moment, and "one dance more, and defiance to the flames!" burst from the lips of all. The dance continued; louder and louder grew the music, and faster and faster fell the pattering footsteps of the dancing men and women, when suddenly they heard a cry: "The fire has reached the magazine; fly for your lives!" One moment they stood transfixed with terror; they did not know the magazine was there, and ere they recovered from their stupor the vault exploded; the building was shattered to pieces, and the dancers were hurried to their death.

Thus it is now and will be in the final day. Men will be as careless as those ill-fated revellers; yes, there are thousands as careless. We speak to them of death, the grave, judgment, and eternity. They pause a moment, but soon dash into the world as before.

God's hand is laid on them in sickness, but no sooner are they restored than they forget it all and hurry on. Death enters their homes, and the cry is heard, "Prepare to meet thy God!" But soon, like Carnot, they say, "One dance more, and defiance to the flames!" and hurry on. The spirit of the living God speaks powerfully home to their hearts, and they shake, tremble, and are amazed. But earth casts its spell around them, and sings to them its songs, and with the cry, "Time enough," "By and by," they speed on, stifling the voice, till at last, ere days and months have passed, the bolt has sped, the sword has descended, the Judge has come, and the soul is lost forever.—*Selected.*

My shortest days end, my lengthening days begin,
What matters more or less sun in the sky,
When all is sun within?

—Christian G. Rossetti.



The World's Greatest Business —Mothering

HERE are all sorts of businesses in the world, for people must sow and reap, grind and weave, dig and bake and build, and must needs have doctors to physic them, teachers to instruct them, merchants to supply their food and clothes, and workers to build their houses; but the business of businesses, the greatest and most essential business of all, is mothering.

Children need housing, schooling, dressing, feeding, and possibly spanking,—at least folks used to think so; but what they need most of all is—mothering.

When the mother takes her baby up in her arms, and cuddles him close, and loves him hard, it is not a mere gesture nor an empty impulse; it is something far profounder; for she is pouring from the fountain of her spirit a stream of wonderful power into his little soul. She is charging his subconscious life with the magnetism of the greatest known force on earth—love.

If the child is ever one of the real conquerors, it will be because of what the mother inbreathed.

What children need most is what we all need—love. They need it cradled and sung into them before the dawn of thought. They need it, as if it were the great, heavy foundation sills to their career.

A child who can look back and see his earliest recollections steeped in mother-love has a decided advantage over the child who has no such memories. For he knows, in spite of all the disillusionings and betrayals and bitterness of later years, that there is such a thing as absolutely pure and unselfish affection.

Cynics may sneer and pessimists may poo-poo, but he has his little secret; and when he is tempted to say all men are liars and all women deceive and there is no one to be trusted, he finds he can not say it, for there is one who, he knows, would have given her life for him, one who did give him the opulence of her unfailing service. The man who has had a good mother can never wholly lose faith.

He can never be utterly bad and hard, for the memory of his mother's face and voice is forever a live spot of tenderness.

A man may play the fool for years, and make ducks and drakes of the Ten Commandments; but if he has been well mothered, he has a towline that will pull him back some time to decency. A good mother is better than all the policemen in the state.

When a boy is at a crisis, and the fires of manhood begin to flame, and the complicated torments of adventure and shyness drive to strange

and awkward offense, there is no refuge like mother's arms, no cure like mother's understanding.

The most desolate of words is—MOTHERLESS. For only those who have never known a mother, or who have known and lost, can appreciate what it means.

Newfangled scientists may tell us that mothers do not know how to train children, and that it would be better to put the little ones into the hands of experts. But the time will never come when any educator, nurse, or governess; any institution, school, or scheme, can take the place of the child's own mother, of the whisperings at twilight and the laughter at dawn that are a child's best heritage.

For there are more things to be learned in this world than manners and arithmetic; the very deepest and most underlying truths of existence are those a mother only can give.

There's a little crypt under the altar in every man's heart, where only mother enters, for she alone has the key.

There are all sorts of wants in the "want ad" column of the newspapers,—cooks wanted, chauffeurs wanted, clerks wanted, agents wanted, and teachers wanted; but the commonest and most crying want of all never gets into print, the WANT of the myriad of little children—"I-want-my-mother."—From a leaflet issued by "Bus Lines," New York City.

"Just For Fun"

SO said a gay young lady who in company with pleasant friends was walking one summer day near the railway in a Canadian city. The train was coming. Nearer and nearer it thundered along its way toward the depot. The thoughtless girl proposed crossing the track in front of it "just for fun." With quick ejaculations of alarm her friends plead with her to desist from so dangerous an adventure, but paying no heed to their entreaties, in a mere spirit of frolic she sprang upon the track, her dress caught in the ponderous engine, and in another moment the fair and beloved form lay a mangled, crushed, and lifeless mass under the relentless iron wheel. These gay words were her last;—she never spoke again.

We have seen the young man leave his country home, and all the hallowed associations of parents and sisters, whose affections were twined about him, to seek employment in the crowded city. A good situation was secured,—his prospects were fair. But evil comrades came around, and, lured by their flatteries, he went with them to the haunts of vice. Its mad pleasures were

described in smooth words; "I'll keep myself," he boastingly said. "I will go once, just for the fun of the thing." He passed on to the chambers that take hold on death and hell, and that night the angels mourned over one who despite a pious mother's entreaties and warnings began a downward career of ruin from which he has never recovered.

And so men and women are every day stepping into the path of destruction, "just for fun." Multitudes of people, young, gay, and proud, are doing evil, or putting themselves in harm's way, not because they are so desperately wicked or vicious, but because they are careless of consequences, and heedless of their ways, not stopping to seriously consider the end of putting one's self in the track of temptations.

In the case of such we cry with affection and alarm,—*"Take care!"* The fun which begins in lightness and vanity ends in death and destruction. Beware of the dangerous path. Shun the approaches to it. There is a safe way; walk ye therein. It is a dreadful thing to perish through the indulgence of a little, brief fun, when the gate to happiness and life unending stands open wide. Oh, will you to-day commence to think upon these things, and be wise, for—

"Time will end our story,
But no time, if we live well
Will end our glory."

The Christian, March, 1871, Page 20.

Why Parents Should be Christians

A MAN and his daughter were going on a path on the mountain side, when his child called out: "Take care, papa; take a safe path, for I am coming after you."

Another father was on his way down town, and his son was following him. The ground was covered with freshly fallen snow, in which the man's footprints showed plainly. Turning his head, he saw the little fellow taking immense strides, and putting his feet into the prints his father had made. The father had not lived carefully till then, but what he saw that winter morning caused him to remark: "If my boy is going to follow in my footprints, I must be careful how I walk."

Fathers and mothers, if you desire that later on your children shall rise up and bless your memory, live Christian lives! Surround your children in their homes with a pure, Christian atmosphere. Consecrate yourselves to the service of the Lord, and as true priests of His, let the smoke of your intercessional prayers arise daily from the family altar. These are things your children will never forget. You can leave them no better heritage than such memories of home.—*The Expositor.*

DOING good is the only certainly happy action of a man's life.—*Sir Philip Sidney.*

Page Twenty

The Babes in the Wood

A GREAT many years ago three little girls lived in an old-fashioned house in the East. They had a very lovely home, and a kind father and mother, who tried to make them happy. All through the summer they used to roam over the hills and fields, catching butterflies, watching the birds and bees at work, and studying the flowers and trees in the beautiful meadows and woods. Then when winter came, and the days grew cold, they went to school; and in the evening, when the fire was burning brightly, they read and studied in books about all they had seen in the summer.

Besides all these lovely things, and perhaps best of all, they had a very large yard to play in, so large that it took up a whole block, and seemed like a little farm in the middle of the town. There was a lovely lawn and flower beds; a vegetable garden, barnyard and stable; and an orchard where all kinds of fruit trees grew, apple, peach, pear, and many others. A cow lived down in the meadows of clover, and old Bob, the horse, was sometimes turned out to pasture there. But nicest of all, there was the wood yard. You must remember that every winter, when these girls lived, the snow fell, and lay so deep on the roads that no one could bring in wood from the forest, and without it all the people would have frozen in their cold homes.

So every September the gates were thrown wide open, and into the yard load after load of wood was drawn and piled up under the shed. Then, when it was too cold to play out on the hills, the little girls used to have a fine time in the yard, piling up the wood, making beds, tables, chairs, and stoves of the sticks that had once been the waving branches and strong, sturdy trunks of trees.

Toward spring they often found a strange yellow powder on the ground under the wood. At first they played with it, calling it flour, and made pies and cakes out of it. But at last they began to wonder where the flour came from, and after watching and studying a long time this is what they found out.

But first I must tell you that all the time the three little girls were happy and busy in this beautiful place, they were not the only family there. There were the robins' children, whose mamas were trying to make them good and happy too. There were the beetles' children, the ants' children, and families of toads, butterflies, and while the three little girls were playing with the sticks of wood, there lay tucked snugly away inside of them, many families of children, warm and safe in their wooden home.

Now I want the smallest of you little children to hold up her hand. How small it is compared with your body! Now let us see the little finger on that hand,—it is smaller still; and now look at the nail on that finger: the brothers and sisters of one of these families were altogether about as large as that tiny nail. Their mamma was a fly, with light, ganzy wings and a delicate body with a long sting on the end of it, about the length of a needle. With this little sting or saw, as it really was, she had bored many holes in the wood when it was still a green tree, and at the bottom of each hole she had laid a tiny egg. There it lay for a long time, all white and still, until one day it cracked open, and out came a funny little white worm, with six short white feet, and black jaws very strong and large for such a tiny worm. This little creature had never had anything to eat, and as it was very hungry indeed, it fell to eating—what do you think? Wood!—its own house! You wouldn't like a stick of wood for your breakfast, I know, but the fly-mamma knew what her little worm-children would want, so she put them in just the right place; for they couldn't have eaten anything else. And the hungry little worms ate, and ate, and threw away the part they didn't want, just as you throw away the core of an apple or the stone of a peach. And the yellow powder that the children found was the part they did not like.

And so, while the little girls were playing away in the sunshine the little worms were eating away in the wood, until at last, one day, they all grew tired, and one after

another went to sleep. There they lay in their dark homes, fast asleep, through long weeks, while the snow was melting and the grass coming up, and the birds and bees beginning their summer work again; until one day these lazy little creatures, that had never done anything in their lives but eat and sleep, woke up and began to stretch themselves. But what had happened to them? Instead of the soft white bodies they had gone to sleep with, they now had black ones and two gauzy wings; while four slender legs had taken the place of the six short ones. There were no longer any strong black jaws to eat wood with, but delicate mouths and slender trunks, for their food was now to be the honey from flowers. In fact, they looked and were just like their mamma, the gauzy fly. One after another they crept to the end of the passage that led from their dark homes to the bright world without. They stood one minute at the little dark hole, and then, spreading their wings, flitted out into the beautiful world of sunshine and flowers.

Ruby Throat and Mr. Frog

PRETTY Miss Ruby Throat flitted here and there among the flowers, daintily sipping nectar in the early morning hour. In her quest among the sedges and lilies of the lake she came upon Mr. Frog.

"Good morning, Mr. Frog," said Miss Ruby. Greenback rubbed his sleepy eyes, and before he came to himself enough to return the courteous greeting, his early guest had flown to new sweets.

"For the life of me," croaked Mr. Frog, "I can't see why Miss Ruby should be in such haste. The sun is but peering over the hill."

Again Miss Ruby winged past her wondering neighbour. Mr. Frog bade her tarry, but she heeded him not. Greenback was irritated, so he blurted out to his mate: "Humming birds do no good in the world. They are all show. They can't even tell the people spring is coming. The turtle can do that much."

"And pray," said Mrs. Frog, who was in a bad humour that morning, "how much good do you do? you can croak, but how much more?"

"Madam, I am the world's champion swimmer. All take lessons of me. I add to the world's food supply. I am the scientist's servant. My body has led to the discovery of great electrical truths. My vocal concerts are prized by all nature lovers; and through my off-spring children are amused and instructed. Madam, is not all this worthy service?"

Madam Frog had heard her husband croak so frequently of his great doings that, forgetting to be courteous, she turned and called to Miss Ruby Throat, whom she spied upon a near-by honeysuckle: "Ruby, what do you do all the day?"

"Oh, I gather sweets."

"But do you not do something worth while?"

"I may, and I may not. When the angel sent me forth to the world, He said, 'Go little friend; though you cannot sing His praise you can win praise for our God by your beauty and skill, for he alone could put so great splendour in so small a thing, or give such exquisite skill to so frail a being. But remember that your beauty and skill last only as long as you feed upon the sweets of life.' So, Madam Frog, being not doing, is my motto."

Mrs. Frog later confided to her husband that she had great respect for Miss Ruby's quiet industry, and she thought some folks she knew would be more companionable and she hoped handsomer if they should adopt the same rule,—to feed only upon the sweet and pleasant, remembering that—

"The glory of our life below
Comes not from what we do, or what we know,
But dwells forevermore in what we are."

"To add to thy joy of another,
To subtract a thorn from his path,
Will multiply blessings around you
And divide your burdens by half."

How to Gain Weight

(Continued from page 9)

fruits may be chopped and added to cereals, breads, puddings and salads or they may be eaten as confections. At the soda fountain one should order fruit beverages, malted milk, sundaes or ice cream and not sherbets or ices. Lactose may be used to sweeten beverages. It is not so sweet to the taste as cane sugar, but is as high in calories. Sweets and nuts help a person to put on pounds.

Value of Milk in Gaining Weight

Conversely to this, one should reduce the amount of bulky, watery foods. Possibly the emphasis in the popular literature that has been placed on the importance of fruits and vegetables in the diet during the past few years has resulted in too large a proportion of these in the diet of those who are underweight. They are valuable foods but will "crowd the house" and give little calorific value in return. They are depended on for much of the mineral and vitamine content of the diet, so if they are reduced in quantity there is more need for certain other foods to be used.

If a pint of milk is used each day, one may forget the calcium and vitamine A that fruits and vegetables supply. This quantity of milk also supplies a goodly amount of vitamine B, perhaps some C, and about one third of the phosphorus for the day. If one eats some dried fruits, such as prunes, and some treacle, he has excellent sources of iron from these more concentrated foods. Fresh fruits and vegetables should not be omitted entirely, lest one miss vitamine C, and the diet be so lacking in cellulose as to interfere with proper bowel action.

The real value of milk in the diet is not generally understood. It is a food, not a beverage in the sense that tea is a beverage. It is valuable for many essentials of an adequate diet, for its calcium, its phosphorus, its protein and its vitamines. Its proteins are especially valuable, supplying all the amino-acids necessary for the body. It has a small proportion of iron, but what it has is well utilized by the body. Its bland flavour permits its use continually and in many ways.

Milk Alone Is Not Enough

But milk is not a sure panacea for "skinniness." It often happens that one can take the needed extra calories by adding milk alone to the diet, but unless it replaces something of less value, or is an addition to the full diet, it will not increase the weight. Many who are missing something very important out of their diet continue to do so because they think that milk makes fat. A person is better off if he uses milk, but he may use milk and remain as thin as a shadow if the total calorific value of the diet is not right.

The important thing in gaining weight as in reducing is for one to set his mind to the problem, decide on a good course and stay with it. He will have every reason to expect success.



The DOCTOR SAYS

"Is the boiling of drinking water a real necessity, or mostly a fad? I notice in cities in India where pipe water is supplied, most people drink water direct from the tap."

The boiling of drinking water is dependent primarily upon the purity or otherwise of the water. If you have reason to believe that the water which you drink is impure, it should be boiled. In Calcutta and the other large cities, where efficient filtration plants are in use, there is not the same necessity to boil the water as there is where such purification methods are not in use. It is a safe rule to boil your drinking water whenever in doubt as to its purity. I do not regard the boiling of drinking water as a fad—it is the using of good common sense in a practical way. I have an excellent well in my yard, which supplies good drinking water, but the water is boiled thoroughly before we use it.

"I seem to have rheumatic pains that shift about in my body, first in the joints and then the muscles. There is no swelling or inflammation on the surface. Where should I look for the cause, and how cure?"

I am unable to answer your question with the meagre information which you have supplied. Shifting pains in the body may be due to various causes. Please write in more detail.

"Is there any cure for a genuine case of cataract? What brings on the disease in the first place?"

If you mean any medical cure for "a genuine case of cataract," I cannot say that there is any cure. The proper treatment for cataract is to have the crystalline lens removed by an operation when the cataract is mature or "ripe" as it is often spoken of. After the cataract is removed, you will have to wear a strong artificial lens to compensate for the natural lens which have been removed. Cataracts are caused by various conditions. Old age is probably the commonest condition which causes cataracts. Diabetes also is associated in some way with the development of some cataracts. Cataracts frequently occur in glass-blowers and others exposed to great heat.

"Our baby girl is having difficulty in cutting her teeth. Her stomach rejects food, and she cries almost constantly. We have been advised to get her a necklace of 'Job's tears' to bite on. Do you know anything about this remedy, and where I can get it?"

I regret that I have never seen any "Job's tears" which you refer to. I presume, however, that it is some device which the baby can chew upon. If the teeth are just beneath the mucous membrane, and only require the breaking of the same to permit them to erupt, this can sometimes be accomplished by wrapping a clean piece of gauze around the finger and rubbing the overlying membrane. At times it may be necessary for the gums to be lanced before the baby will get relief. This should only be done by a physician.

"What are the 'vitamines' so often referred to as essential elements in food, and how can they be obtained?"

Vitamines are substances of uncertain chemical composition which are essential to the growth and development of all young animals, whether human or animal. They occur widely distributed in nature, especially in the leafy vegetables, in milk products, fruits, eggs, fish, meats, etc. Our knowledge of the vitamins is still far from being complete. We know, however, that at least 4 different vitamins exist; being termed "A", "B", "C" and "D" respectively. Of the last-named, we know but little.

Vitamine "A" is found particularly in milk, whether fresh, condensed, dried, or evaporated. It is also found in

cream, butter, eggs, cheese, fresh or tinned spinach, tomato, cabbage, string beans, carrots, lettuce, peas, sweet potato, apples, whole wheat bread made with milk, and in pineapples and peaches.

Vitamine "B" is found particularly in tomato, either raw or tinned, in navy or kidney beans, raw cabbage, fresh spinach, wheat bran or kernel. It is also found in the various nuts, such as walnuts, peanuts, coconuts, etc. It is present in milk to a moderate degree.

Vitamine "C" is found particularly in raw or tinned tomato, in raw cabbage, fresh peas, spinach, either fresh or tinned, turnips, lemon and orange juice, also pineapples, raspberries, and peaches.

Vitamine "D" is found sparingly in lettuce, fresh pears, dandelion greens, in butter, eggs, and coconut, and particularly in fresh milk.

It will be noticed therefore that the tomato is rich in all three of the chief vitamins, as is also fresh spinach and raw cabbage. The leafy vegetables are an excellent source of the vitamins. Meats are not as valuable as the fresh vegetables, as the latter can be eaten raw in some instances, as for example, raw cabbage, raw carrots, tomato, lettuce, celery, etc.

"What remedy can you suggest for gas in the stomach and bowels?"

Gas in the stomach and bowels may be due to a number of causes. You may be suffering from delayed digestion, or delayed elimination. In either case, gases are formed as a result of the delay in the natural processes. The production of gases in the intestines, however, is not dependent upon delay in either digestion or elimination. Gas-forming bacteria may produce gases from the food which is ingested. The food itself in the process of being broken down may give rise to gases. We know that carbohydrate foods such as rice, potatoes, etc., are liable to give rise to gases, owing to their chemical composition. I would suggest that you limit yourself for a time, and take a minimum of starchy foods. Drink plenty of water, which aids in the prevention of constipation. Keep the bowels open, and cultivate regular habits as regards daily elimination through the bowels.

"Please tell me the cause of 'prickly heat' and how it can be cured? My friends tell me I should not eat the fruit raised in this country."

Dermatologists are not agreed as to the cause of "prickly heat." In the July Issue of The Indian Medical Gazette, Major Acton puts forward his belief in the infectious origin of the disease. By him, prickly heat is regarded as being due to infection of the mouths of the sweat glands by some of the common pus-producing bacteria.

Prickly heat is seen in the presence of a high atmospheric temperature and a high humidity. There is no evidence to show that it is caused by eating any particular fruit. People in England and the United States of America suffer from prickly heat, but it has nothing to do with the eating of fruits in those countries. It can be helped by the application of the following dusting-powder, which has been suggested by Major Acton in the article mentioned above.

Sulphur,	1 part.
Camphor,	1 part.
Zinc Oxide,	2 parts.
Starch,	3 parts.
Boric Acid,	1 part.

The powder should be lightly dusted on with a powder puff after the morning bath. All affected areas should be dusted. Owing to the fact that some skins are sensitive to sulphur, it is advisable to use the powder sparingly.

HEALTH NEWS AND VIEWS

From "Hygeia"

Outlines Rules for Person who Stutters

In an article on "How to Treat Stuttering or Stammering," in *Hygeia*; Dr. Meyer Solomon, authority on the correction of speech defects, outlines the following list and suggests that the person who stutters learn the facts involved.

Be a good listener. Don't talk too much. Wait your turn. Calm yourself before commencing to speak. Don't speak unless you have something to say. Take your time. Don't get rattled. With dogged persistence and determination, avoid self-consciousness and fear. Live in what you wish to say.

Don't try to think out the exact words before you speak; have the thought or thoughts you wish to express definitely in mind. Confused thinking leads to confused speaking and stuttering; with definite thoughts in mind, speak them in simple language, fearlessly, calmly, slowly.

When you find yourself talking too fast, check yourself, slow down. Don't try to say too much in too short a time. Don't expect or demand from yourself the impossible.

Backbone, courage and morale must be strengthened if one is to be the victor in the battle against stuttering.

Periods of Rest Relieve Eyestrain

The structures of the eye are so delicate and so easily damaged that any injury or inflammation should receive immediate and skilled attention. An eye containing a foreign body, such as dust, soot, metal scrap or glass that cannot easily be removed, or an eye that has been cut or scratched, should be closed and tied up immediately with a bandage or a clean handkerchief until a physician can be consulted.

Dr. Cassius D. Wescott discusses eyestrain in *Hygeia*. He tells us that the eye is the most sensitive and highly specialized organ of the body, and that only about 10 per cent of all eyes conform so closely to type that they may be called normal. At least 60 per cent are so defective as to cause ill health and reduced efficiency.

Eyestrain and its effects cause more pain and disability than all other eye troubles put together. It probably is responsible for more headache than all other things, to say nothing of eye pain and fatigue, facial spasm, nervous dyspepsia, nausea, vertigo, general fatigue and nervousness, lack of power of concentration, sleeplessness and many other ills.

Eyestrain can be relieved by proper glasses, proper use of the eyes and proper periods of rest.

Specialist Tells Method of Taking Cinder from Eye

Don't rub your eye when you get a cinder in it, advises *Hygeia*. It may feel better if it is rubbed, but the cinder is apt to be worked deeper into the tissues of the eyes, and it will be much more difficult to get it out.

The cinder may lodge on the conjunctiva, the delicate membrane lining the inside of the lids, or it may stick to the tissue covering the front of the eyeball called the cornea. In the latter case, its removal is difficult and should not be attempted by any one except a physician. There is great danger of infection entering through the hole made on the cornea by the cinder, which may result in impaired vision or even loss of the eye. Therefore the only thing to do is to see a physician immediately, if the cinder is on the cornea.

If the cinder is on the conjunctiva, there are a number of things which may be tried. First of all, wink the eye. This will start a flow of tears that will probably flush out the cinder. If this is not successful, grasp the lashes of the upper lid between thumb and finger and pull the lid out and downward as far as possible, then let go. The lashes of the lower lid sweeping across the upper lid may brush out the cinder.

It may be necessary to put a drop of heavy oil, such as mineral or castor oil, into the eye. The heavy oil may be more successful in washing out the cinder than the tears were. As a last resort, one may turn the upper lid and remove the cinder with a bit of very clean cotton or linen.

Water Not Fattening, Says Hygeia. Drink All You Want

Diet is by long odds the most important factor in reducing, says *Hygeia*.

The most fattening foods are fats, carbohydrates (starches and sugars), and alcohol. The least fattening kind of food is protein—lean meat, fish, fowl, eggs, cheese, gelatine. Protein is also the most necessary food, and the most strengthening when the total diet must be low. Green vegetables and the lighter kinds of fruit supply bulk, vitamins and laxative qualities with relatively low food value.

The average person who is slightly overweight can reduce by moderately restricting the fats (butter, oil, fat meat), starches (bread, cereals, potatoes, macaroni), and sugars (cane sugar, syrup, honey, desserts, sweets) in his diet. Almost any obese person can reduce by following a diet of eggs and other proteins, green vegetables, and such fruits as are not too high in starch and sugar. Exceptional cases, in which the obesity is too stubborn to be reduced by these simple measures, require direct supervision by a physician or specialist.

Water is not fattening, neither does it influence digestion or other bodily processes so as to govern obesity. Prohibition of water is effective only as an indirect means of making a person eat less food. Many people are surprised to learn that the current ideas about water are a mere superstition and that they may drink all the water they please while reducing.

Fear of Snakes Usually Instilled in Children by Ignorant Adults

Snakes never swallow their young to protect them. Hundreds of people have seen and reported the act, but no reputable scientific man has ever been present either to see them go in the snake's mouth or crawl out. Such a universal notion probably arises from the fact that many of our snakes lay no eggs but are viviparous, producing their young alive, and when such a prospective mother is killed and cut open, active living young may appear and wiggle away.

People who foster phobias against snakes have had them instilled in childhood, often through such absurd stories as Conan Doyle's notorious detective tales and such world-wide myths as that of the hoop snake. This snake is said to grip its tail in its teeth and turn into a wheel and roll over hill and dale, chasing equally imaginary people. The thing to do, declares your interlocutor, when one gets after you is to run for dear life and to jump quickly behind a tree; the snake strikes the poisonous spine in his tail into the bole and sticks fast. The hunted at once turns hunter and with a club dispatches his dreaded foe. The tree, it is added, shrivels and dies from the poison.

A myth widely circulated from generation to generation among children is that do what you will to annihilate a snake, it cannot die until sundown. Naturalists do not believe that snakes charm birds and squirrels, and this in spite of the thrilling picture of a poor little squirrel with all his hairs on end sitting on a rail fence waiting for a hideous big rattler to devour him. Such an impression has probably arisen from the common observation of a bird almost venturing into a snake's jaws to defend her eggs or nestlings.

Should Remove Moles Only When Source of Irritation

Moles should not be removed unless there is a good reason for doing so, such as location in a spot where there is constant irritation by clothing or comb, advises *Hygeia*.

The cause of the growth of moles is not known. There is no ointment that will safely remove them. If it is necessary to have them removed, it should be done by a physician. Then the danger of cancer starting as a result of the removal will be greatly lessened.

Meatless Recipes

By MRS E. M. MELEEN

MOCK CHICKEN CROQUETTES

Corn, 1 tin
Walnuts chopped, $\frac{1}{2}$ cup
Eggs, 2
Breadcrumbs to make proper
Lime Juice, 2 Tablespoonsful consistency to shape
Cream, $\frac{1}{2}$ cup
Salt to taste
Bake or Fry.

MOCK CHICKEN

Potatoes Mashed, $\frac{1}{2}$ cup
Breadcrumbs, $\frac{2}{3}$ cup
Egg hardboiled, chopped fine, 1
Onion Browned in butter, $\frac{3}{4}$ cup
Sage, 1 teaspoonful
Walnuts chopped, $\frac{1}{2}$ cup
Egg beaten, 1
Rice boiled, 1 cup
Salt to taste

Mix together and form into chicken legs, with a bit of macaroni for bone, protruding. Roll in bread crumbs and egg and bake or fry.

BEAN CROQUETTES

Beans, 2 cups, cooked and strained
Butter, 1 tablespoonful
Egg beaten, 1
Breadcrumbs, Salt
Mix with enough breadcrumbs to shape. Dip in egg and crumbs and fry or bake.

NUT AND POTATO ROAST

Raw potato, 1 large
Walnut meats, 1 cup
Breadcrumbs, $1\frac{1}{2}$ cups
Eggs, 2, Salt
Butter, 1 tablespoonful
Onion, 1
Hot water, 1 cup
Tomatoes strained, 1 cup

Grind walnut meats, onion, raw potatoes, through vegetable mill. Mix with the hot water, breadcrumbs, beaten eggs, butter, and salt. Add hot tomato, beat well, put in oiled pan and bake for one hour. Serve with tomato sauce.

The Undernourished Child

SPECIAL provision may be necessary to encourage the malnourished child to eat. Forced feeding is not advisable. Milk may be supplied with various other foods. Daintily served food is more attractive to a child. Using food as a carrier for medicine creates a dislike which may never be overcome. The emotions control digestion and assimilation. Fear, anger, and worry should be avoided, especially at mealtime. No correction should be given then, and no punishment should be threatened. Encourage cheerfulness at mealtime. The undernourished child is particularly unable to carry on heavy school work, endure long hours, or engage in hard study. Treat the malnourished child as a patient. Use good sense and judgment, good care, and good food.

L. A. HANSEN.

Christ Lives

(Continued from page 9)

But just a glance at the account of the crucifixion would show those who hold it how preposterous such a theory is. It is altogether contrary to that account. It is true that the legs of Jesus were not broken as were those of the two thieves who were crucified with Him, for He was already dead. But one of the soldiers thrust a spear into His side, and such a blow would have killed, had not death already come. And Pilate took the precaution before he set the guard at the tomb to obtain from the Jewish rulers assurance that Jesus was truly dead.

And if Jesus only swooned, how could He have escaped from the tomb? Who helped Him roll away the stone? How could He, wounded and weak from loss of blood, needing to be nursed back to life, have convinced His disciples that He was the Son of God, and that He had been miraculously raised from the dead? Only those who want to believe anything but the truth will be influenced by such an explanation of the empty tomb.

The Empty Tomb

The only remaining theory to account for the belief of the disciples in the resurrection of Christ is that they were self-deceived, they were under the influence of an hallucination, they merely thought they saw Him after His death. Their desire to see Him alive deceived them into believing He was alive.

But where, then, is the body of our Lord? How long would their hallucination have lasted when they penetrated into the tomb and found His dead body there?

When the disciples began to preach their hallucination and claim that Jesus was raised, all the priests needed to have done would be to produce His dead body and put them to silence. This theory, too, must go down before the truth.

Baffling every theory and overthrowing every hypothesis is an empty tomb outside of Jerusalem. The only explanation that can be given for that empty tomb, the only explanation that truly explains it, is the explanation that is given in the New Testament, and that is that Jesus was raised from the dead by the power of God, and is now the living Christ.

Proof for that I have already set forth. But there is other proof, and I cannot rest content until I tell it. And this proof is the highest of all proof, and the most satisfying. I know Jesus was raised from the dead because I have evidence He is now alive. He, Himself, in His own blessed person has brought forgiveness of sins to me. He has accepted me as His own, His life is in my heart. No one can have more satisfying, convincing evidence of His resurrection than that. And that evidence He will bring to the inner consciousness of every soul ready to receive it.

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THE year which has just closed has left a record of crime, storm, accidents by sea and land, political and industrial unrest, earthquakes and tidal waves, and a general feeling of apprehension and unrest on the part of the nations seldom chronicled in the happenings of one year. What does it all mean? Do we have a true answer?

WE begin in this issue the first of six articles on the signs of Christ's second coming, by Pastor P. C. Poley. These articles will be illustrated, and will treat this important subject in its relation to the natural, political, religious, social, scientific, and spiritual world. He in Whose hands lies the destinies of men and nations, will not permit the greatest event in the history of the human race to take place without giving warning of its near approach. He has displayed His signs in many ways before the world, that all might see and understand.

WE wish every member of the ORIENTAL WATCHMAN family, and all who may read its message from time to time, a new year full of every blessing our God can bestow out of His abundant storehouse. With many, every new year begins with new resolutions, noble aspirations, high aims, and new determinations. It is right that they should. We have made our resolves, and set our standards higher with the coming of each new year. We rejoice in the realization of many of them, and mourn wherein we have failed. For 1927, we join in the spirit of the apostle Paul as expressed in his letter to the Philippians: "This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus." Phil. 3:13-14.

Pardon at the Gallow's Foot

(Continued from page 4)

Several criminals were to suffer, and they were already collected together in awful preparation. To avoid needlessly agitating the other unfortunate creatures towards whom no mercy was to be extended, it was judged better to suffer the preparation to go on as usual, and to withhold from C—any intimation of his deliverance, until the moment had arrived when the intelligence would not reach his unhappy companions. When they were led forth, it was arranged that C— should be the last. At the moment when he had reached the ladder, and was about to ascend it, Dr. —first made his appearance, gently drew him back, after a moment's pause put into his hand the pardon of his sovereign, and, in a very short time brought him to his parents, as alive from the dead!

The power to pardon is one of the most priceless privileges of royalty. And herein shines forth the greatness of our God, who "forgiveth iniquity, transgression and sin." Many now rejoice to tell that he has pardoned them; and pardon is still brought nigh and proffered freely to the guilty and perishing.

How strange it would have seemed had this poor criminal, after others had suffered before his eyes, refused and rejected the proffered mercy. And yet there are those who stand among the dying and the dead, with wrath before them, and the day of doom at hand, who yet reject the proffered gift of God, and perish in their sins. May God preserve us from neglecting so great salvation.

—The Christian, 1867. September.

Two Pairs of Fetters



EIGHTY years ago a fierce war raged in India between the English and Tipoo Sahib. On one occasion several English officers were taken prisoner; among them was one named Baird. One day a native officer brought in fetters to be put on each of the prisoners, the wounded not excepted. Baird had been severely wounded and was suffering from pain and weakness.

The gray haired officer said to the native official, "You do not think of putting chains upon that wounded man?"

"There are just as many pairs of fetters as there are captives," was the answer, "and every pair must be worn."

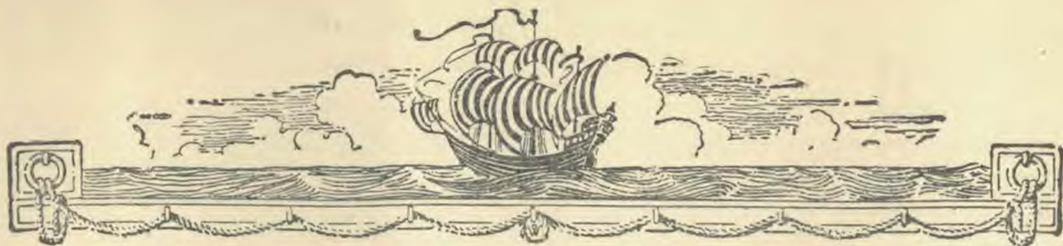
"Then," said the noble officer, "put two pairs on me; I will wear his as well as my own."

This was done. Strange to say, Baird lived to regain his freedom, lived to take that city, but his noble friend died in prison.

Up to his death he wore two pairs of fetters! But what if he had worn the fetters of all in the prison. What if instead of being a captive himself he had quitted a glorious palace to live in their loathsome dungeon, to wear their chains, to bear their stripes, to suffer and die for them that they might go free, and free forever!

Friend, such a thing has been done. "There is one God and one mediator between God and man, the man Christ Jesus;" who gave Himself a ransom for all; "Christ died for our sins according to the Scriptures" "our Saviour Jesus Christ," Who gave Himself for us that He might redeem us from our iniquities.

—The Christian, December, 1870, page 91.



Around the World

PARENTS and teachers are agitated over the question of whether English shall replace French as the first of the required foreign languages taught in Berlin high schools. The administrative council recently ordered that English be switched into first place. The high school board challenged the authority of the council to order a change and was upheld by the Prussian ministry of education.

It is argued that while English is more widely spoken in the world than French, English grammar is "too easy" to provide the mental stimulation which leads to proficiency in learning other languages.

If the altitude record made recently by the French aviator Callizo stands, it will mean a jump of over 2235 feet from his own record made early in the year, a surprising gain in view of the astonishing altitude already reached. His new flight falls only a little short of eight miles, which makes the tallest of mountains seem small.

Passengers who are nervous about aeroplanes may be attracted by the 24-passenger hydroplanes which a German concern is building for Mediterranean cruises, including trips up the Nile. In case of a forced landing water has the advantage over unknown ground. These new touring machines will be luxurious and will be provided with Pullman berths.

How commercial aviation is growing is shown by the flight recently of 25 aeroplanes from London to the continent. How big the passenger planes are getting to be is illustrated in the fact that they carried over 400 people, an average load of over 16 passengers. These are real omnibuses of the air, but much bigger ones are projected.

Rubber growing takes a lot of land. The present land laws of the Philippines limit the holdings of one individual or corporation to 2500 acres, but Harvey S. Firestone, Jr., says that if American companies undertake the production of rubber they each will want a concession of 500,000 acres for 75 years. That would mean a tract more than 25 miles square. The Firestone concern has a tract of a million acres in Liberia, but 5000 workmen have so far cleared but 10,000 acres of it.

Much is expected of the new metal called electrolytic beryllium, which is being exhibited in London as the latest triumph of British science. It is made from beryl, which is abundant in Canada, and looks and hefts much like aluminium, while it is said to be nearly as hard as iron. Its production is looked for at a cost which will make it useful in engineering; at any rate, it should be valuable in the construction of air craft.

Women of England have organized an intensive campaign for the right to vote at twenty-one years of age, like the men. At present they acquire the right to vote at thirty. Many political leaders are aiding them in the movement, including Lord Balfour and Viscount Cecil. It is estimated that 5,000,000 women between twenty-one and thirty are now excluded from the ballot. It has been sug-

gested that the voting age be made twenty-five for both men and women, to which the women would agree, as they merely object to the discrimination.

A ban has been placed on dancing and "other profane manifestations," by Cardinal Tosi, archbishop of Milan. In a letter he also attacked the immodest dresses of women, and ordered that those too modern and brief must cause their wearers to be stopped at the doors of the Catholic churches.

Because of the shortage of men due to the war, the "want columns" of the newspaper in Germany are being gradually filled with advertisements for husbands. It is common to see from fifty to sixty "husbands wanted" advertisements in a single issue. Many papers have sprung up as matrimonial agencies.

Scientists are now able to measure exactly how fast the blood flows through the body. This achievement will be a valuable aid in determining abnormal conditions, particularly heart disease. Radium is injected in the left arm of the patient. Carried in the blood stream through heart and lungs, its arrival in the right arm is detected by an electroscope. For the normal person the average speed of the blood over this course is from fifteen to twenty-two seconds, the doctors report; for a diseased person it is as slow as forty-five to sixty seconds.

King Albert of Belgium rides a motor cycle. Recently he was stopped by the police for speeding on the Avenue de Louise. "You did right to stop me," he said, in response to profound apologies, as he let in the royal clutch. "I must hurry. I am late for work." Belgian editors, lauding this new evidence of royal democracy, point out that His Majesty's three motor cars have stood without aspiring to so much as a drop of petrol, since the king, as dictator, recently demanded national economy to save the Belgian franc.

Aviators in Europe have to be careful nowadays where they come down. Capt Arrachard, a French airman, who was recently forced to descend, found himself in Hungary and was at once put under arrest and punished with confiscation of his plane for failing to notify the authorities in advance. It might pay an aviator to apply for permission to land in all the countries along his route in case anything should happen to his engine.

Mrs. E. B. DeCoster, of Buckfield, Maine, is said to have one of the oddest vocations in the world. In the coconeries on her 300 acre farm she breeds and raises moths and butterflies for sale. During the twenty-five years she has been engaged in this odd work, she has bred and sold thousands of moths, butterflies, and cocoons to naturalists, teachers, students, and collectors. The income from this business helped to educate her three daughters and keep the farm going during the years her husband was ill. Because of her strange vocation Mrs. DeCoster has become known as the "butterfly woman."

Recipe for a Happy New Year.

TAKE twelve fine, full-grown months, see that they are thoroughly free from all old memories of bitterness, rumour, hate, and jealousy; cleanse them completely from every clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past—have them as fresh and clean as when they first came from the great storehouse of Time.

Cut each month into thirty or thirty-one equal parts. This batch will keep for just one year. Do not attempt to make up the whole at one time (so many persons spoil the entire lot in this way), but prepare one day at a time as follows:

Into each day put twelve parts of faith, eleven of patience, ten of courage, nine of work (some people omit this ingredient, and so spoil the flavour of the rest), eight of hope, seven of fidelity, six of liberality, five of kindness, four of rest (leaving this out is like leaving the oil out of the salad—don't do it), three of prayer, two of meditation, and one of well-selected resolutions. If you have no conscientious scruples, put in about a teaspoonful of good spirits, a dash of fun, a sprinkling of play, and a heaping cupful of good humour.

Pour into the whole, love *ad libitum*, and mix with a vim. Cook thoroughly in fervent heat; garnish with a few smiles and a spring of joy; then serve with quietness, unselfishness, and cheerfulness, and a Happy New Year is a certainty.—H. M. S.

