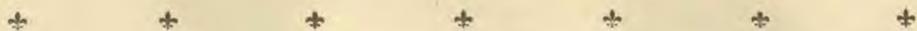


THE
ORIENTAL
WATCHMAN
 AND HERALD OF HEALTH



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THE COLLEGE AT BARODA

If you are overweight, do not fail to read—

WAR ON OBESITY



The first section, amounting to about fifty thousand acres, of the submerged land that Holland is to reclaim from the Zuider Zee, has now been inclosed. Several years will be needed for the building of the main dyke.

During the World War the town of Arras, France, and surrounding country was bombarded by heavy artillery. Five thousand men and women are now engaged in collecting these shells for the market. In one section a million pounds of metal were found and the supply is not nearly exhausted.

Fourteen months' work and material valued at £26,000 were lost in a few moments at Matanzas, Cuba, when a pipe line a mile and a half long, destined to harness the power of the Gulf Stream, was swept away by the waves. Carelessness on the part of a pipe layer was said to have caused the disaster. The work was under the charge of Dr. Georges Claude, a French scientist. He believes he can tap enough of the energy of the stream to provide electric power for Cuba, and he announces that the experiments will be resumed.

Chemists of the Standard Oil Company of New Jersey have discovered a process by which crude oil, as it comes out of the ground, can be converted into petrol. This is considered the greatest and most valuable discovery that scientific industry has seen for many years. The process used before this was that of adding hydrogen to the oil, causing part of the oil to turn to spirit. But the production of petrol by this method meant a great waste of the remainder of the oil, which was simply destroyed. The new process changes almost all the crude oil, as it comes out of the oil wells, into petrol for use in motor cars, with next to no waste.

Two hundred and fifty tons of linotype composition metal—half a million pounds—were used in the latest edition—the fourteenth—of the Encyclopedia Britannica, produced by E. R. Donnelly & Sons Company, at the Lakeside Press, Chicago. Composition began in January, 1928, but press-work was not started until January, 1929. Bound sets were available in both America and England on September 1. Each of the 24 volumes consists of more than 1,000 pages, with a total of 7,000 text cuts, more than 1,400 black-and-white full page plates, and 136 full page plates in colour. The text exclusive of the index, contains about 33,000,000 words. It required more than 100 carloads of paper to print the 23,000,000 press impressions. The skins of more than 20,000 goats were needed for the leather binding.

Why does not the doctor write his prescription in English instead of Latin? In the first place, Latin is a more exact and concise language than English, and being a dead language, does not change as do all living languages. Then, again, since a very large part of all drugs in use are botanical, they have in the pharmacopœia the same names that they have in botany—the scientific names. Two-thirds of such drugs have no English names, and so could not be written in English. Supposing a doctor did write a prescription in English for an uneducated person. The person reads it, thinks he remembers it, and so tries to get it filled from memory the second time. Suppose, for instance, it called

for iodide of potassium, and he got it confused with cyanide of potassium. He could safely take ten grains of the first, but one grain of the second would mean death. That is an extreme case, but it will serve as an illustration. The Latin is therefore a protection and a safeguard to patients. Prescriptions in Latin he cannot read, and consequently does not try to remember. Now, for a final reason. Latin is a language that is used by scientific men the world over, and no other language is. You can get a Latin prescription filled in any country on the face of the globe where there is a chemist shop.

One of the most radical changes ever made in the calendar has been decreed by the Soviet government. Henceforth the Russian year will consist of 73 weeks of five days each. The universal day of rest is abolished. Each worker is entitled to one day of rest in five, but the employment is so arranged that only one-fifth of the people take their day of rest at the same time. Thus it may happen that even members of the same family do not have their day of rest on the same day. All religious holidays have been abolished, only three holidays being observed—May 1 and November 7, both anniversaries of events of the revolution, and January 23, a day of mourning for Nicolai Lenin. The working day will be a half hour longer, in order to make up for the increase in the number of rest days. Nothing that has occurred since the revolution has affected the daily lives of the ordinary Russians so much as this change in the calendar, and many of the peasants deeply resent the abolition of their holidays and the conversion of the whole nation into a vast factory. Soviet engineers and economists, however, predict that the change will result in greater production and improvement of the general morale among workers.

Not nearly as much applause is given to the deserving scientists who are conquering the problems of the earth as to other less important people. Some almost unbelievable inventions have recently been exhibited at Olympia. There is an electric searchlight ray used on ships, which, unlike any human look-out, never goes to sleep. The moment any object crosses the path of this ray of light, whether a steamer, or merely a bank of fog, a bell is set ringing and the ship is warned. Similarly, there is a machine which picks up S. O. S. calls even when the wireless operator is away from his cabin. It rings a bell, which gives the alarm. This will eliminate the possibility of ships sinking when close to others in the night because their S. O. S. cries for help are not recorded. Another invention is that of a telephone which excludes all noise except that of the speaker's voice. This will be invaluable in noisy factories or in the engine-rooms of ships. There is also an amazing invention which shows the captain of a ship, the moment a fire breaks out on board, the exact location of the blaze. By pressing a button, that area of the ship is flooded by a gas, which extinguishes the fire. Another gas has been exhibited which, if inhaled for five minutes, is a guaranteed cure for sea-sickness. This will be welcomed as a boon by millions of travellers. Not least, however, in the inventions is a preparation which makes wood absolutely fire-proof. Tests showed that wood treated with it was not harmed a particle when put into a flame of a temperature of 6,000 degrees centigrade. What a saving of life and valuable property will be made possible by this wonderful preparation.

War on OBESITY

By M. S. King, M.D.



HE question of obesity is one which is of more than passing interest to both the medical profession and the laity, and is worthy of the most careful consideration. It is probably of special interest to women, both because they are usually more concerned about their personal appearance and because they have a tendency to put on flesh more readily than men. Many of us, when we get to the middle age of life—that "fair, fat, and forty," stage—find that we show a decided tendency to put on extra weight, and that the waistline gets a little bigger year by year. The middle age of life has been described as that stage when we stop growing at both ends, and start growing in the middle. One authority has classified the four stages of obesity as follows: the

enviable, the majestic, the comical, and the pitiful.

What we usually speak of as "fat" is known histologically as adipose tissue. Adipose tissue is rather peculiarly constructed, and appears under the microscope as a network of reticular tissue which contains a great many droplets of fat, this fat at body temperature being in a liquid or semi-liquid form. This adipose tissue is distributed in considerable quantities over the body, not evenly, but more in certain portions, such as the abdomen, the axilla, the cheeks, and the thighs. Even the most slender or emaciated person has a considerable amount of fat deposited in his body, women having a great deal more than men. A very slender woman has more adipose tissue than a stoutly built man. This, perhaps, helps to explain the fact that women make such good channel swim-



BOYS CUTTING THE GROUND READY FOR GARDENING AT VINCENT HILL SCHOOL, MUSSOORIE

This is one way of keeping down superfluous fat. Why should not the elders try something of this kind?

mers, and why girls can go about the streets in our cities in cold winter weather in costumes that are more fitted for summer on the Riviera.

This fat deposited over the body acts as a reserve supply of food and energy. This is, perhaps, better illustrated in animals. In times of plenty they store up a reserve supply of nourishment to carry them over a time of want. With man it is nearly always a time of plenty, so that there is not such a variation of the fat deposits. The hump on a camel's back that enables him to go many days without food or water is the best illustration of this. Adipose tissue being a poor conductor of heat, also acts as an insulation, and helps to keep the body warm. Polar bears and animals that live in the icy waters of the Arctic regions have a heavy deposit of fat, or blubber, that helps to keep their bodies warm. It also acts as a padding, and, in proper distribution, gives the body a rotundity and a symmetry that help to make it beautiful.

When the fatty deposit becomes too heavy, however, it is prone to cause discomfort of mind and body, and becomes a burden to the individual and oftentimes a distinct menace to the health. Sometimes the deposit of fat is so extensive that it encroaches upon the tissues of the normal organs of the body; for instance, replacing the muscular tissue of the heart, causing a condition known as fatty heart, with a subsequent weakening of the myocardium. The fats and carbohydrates which are taken into the body as foods and which are not converted into energy or stored in the liver as glycogen are mostly deposited in the body in the form of fat.

Extreme obesity is a most distressing condition. There is more truth than poetry in the expression, "Nobody loves a fat man." A person carrying around an excessive amount of adipose tissue is under a distinct handicap. This type of person, however, has an advantage, in that he usually takes life at an even tenor, worries very little, gets a lot of enjoyment out of life, and is good-natured. As one rather corpulent gentleman said to me when I remarked that fat people were always good-natured, "A fat man can neither fight nor run, so he has to be good-natured."

In taking up the treatment of obesity, it is first necessary to consider the causes of it. Heredity and family characteristics have an important part to play in the cause of obesity. It is natural for some people to put on weight, and next to impossible for others to do so. Different individuals differ greatly in the way in which they digest, absorb, and assimilate various kinds of food. A greyhound is built long and slender, and all the feeding you can do won't make a short, fat pug dog out of him, neither can you, by exercise and diet, convert a pug into a greyhound. Each has certain tendencies as to his physical development. A life of indolence and ease tends to obesity; although, because a person is fat, does not necessarily mean that he is lazy. A man doing hard, physical labour or athletic work is not likely to put on much weight.

Disturbances of the internal glands of the body which regulate the metabolism are frequently the cause of overweight, especially of certain types of obesity. The thyroid and the pituitary bodies are the glands which are usually not functioning properly. The fat boy who waddles along the street, fairly bursting from his clothes, and the mountains of flesh to be seen in the side shows of the circuses and carnivals are usually of this type. Glandular irregularities are generally accompanied by other irregularities and symptoms as well. A careful study of a case is necessary in order to determine just how much the endocrine glands are involved.

The diet, of course, is a great factor in the cause of obesity. The fats and carbohydrates that are not oxidized in the body are stored up in it as adipose tissue. Oftentimes a person is eating too heavily of this type of food, and the body is overloaded with stored-up fat. The drinking of water does not cause the formation of fat, although it may, to some extent, cause the retention of fluid in the tissues, and keep up a person's weight.

Perhaps the most important phase of the question of fat, especially for those who are inclined that way, is the treatment. The proper treatment of the more pronounced cases requires a carefully worked out programme, the proper supervision of that programme, and a rigid adherence to it; and that means a lot of patience. Results cannot be obtained in a short time. Most people who start out on a regime of this kind do not have the proper programme to begin with, and usually want results too quickly. It is not a good thing to lose weight rapidly, as the treatment in that case is too severe, and the other tissues of the body suffer. From two to three pounds a week is as rapidly as a person should lose weight. The idea of a weight-reducing regime is to get rid of the superfluous adipose tissue slowly without depleting the normal tissues of the body.

The most important thing in the treatment of obesity, whatever the cause, is the diet. Most people realize this, but, as a rule, they do not have a very clear-cut idea of how to diet properly. Some will cut out a meal a day, and then eat enough at the other meals to make up for it. Others will go on a fast or an orange-juice diet for several days, only to eat heartily again at the close of their fast. By such a fast they are unable to keep up their strength, and they lose weight at the expense of other tissues as well as the fat. The ideal diet is one which will furnish enough strength and energy for the body and yet minimize the fat-producing elements. The idea is to diminish the caloric value of the diet, as far as is consistent with the maintenance of nutrition and strength. The character of the foods should be such that they are of low caloric value, the diet being voluminous rather than concentrated. It is highly important that the diet should contain enough nitrogen; in other words, $3\frac{1}{2}$ oz. of protein a day are necessary to prevent breaking down of tissue.

If the amount of fat to be lost is more than 8-10 pounds, 6-8 pounds a (*Turn to page 29*)

The GOLDEN AGE

The Harmonies of the Universe Temporarily Marred by Sin, to be Finally Restored

By L. Ervin Wright

WHEN God gave men the Bible He used the language of earth to convey to men the thoughts of heaven, for men would have been unable to understand the language of angels. The illustrations, the figures, the symbols of the Bible are not borrowed from the things in heaven, but from the things on earth. God used the things of nature and the facts known to man to convey to man the message from heaven.

Thus when God gave Nebuchadnezzar, the king of the Babylonian monarchy, the image-dream in the night, He used ideas that this Oriental monarch was acquainted with in order to impress his mind with eternal truths.

Although well acquainted with many of the facts presented in the image-dream, Nebuchadnezzar was troubled about the setting of the particulars and was unable to recall the dream vividly to mind. When none of his wise men could tell him the dream and its interpretation, Daniel, a Hebrew captive, gained audience with the monarch and told him the dream and its interpretation. This dream as told by Daniel was:

"Thou, O king, sawest, and behold a great image, whose brightness was excellent, stood before thee; and the form thereof was terrible. This image's head was of fine gold; his breast and his arms of silver, his belly and his thighs of brass, his legs of iron, his feet part of iron and part of clay. Thou sawest till that a stone was cut out without hands (margin, which was not in hands), which smote the image upon his feet that were of iron and clay, and brake them to pieces. Then was the iron, the clay, the brass, the silver, and the gold, broken to pieces together, and became like the chaff of the summer threshing floors; and the wind carried them away, that no place was found for them: and the stone that smote the image became a great mountain, and filled the whole earth." Daniel 2: 31-35.

In Daniel's interpretation of the image-dream, he told the monarch of Babylon: "Thou art this head of gold." Dan. 2: 38. Being king, Nebuchadnezzar represented the Babylonian empire.

The period of the Babylonian empire, 625 B.C. to 538 B.C., was a golden age. Babylon was, to use Biblical language, "the lady of the kingdoms," "the glory of kingdoms, the beauty of the Chaldees' excellency." But this golden age was like tinsel beside the golden age of Adam when life was long, when the earth yielded her increase, when life was comparatively free from the evils, labours, and diseases of Nebuchadnezzar's day. In spite of the first impressions of Daniel's interpretation, the king was so engrossed with himself that he soon after set up on the plain of Dura a great image and plated the whole thing over with gold. But one lesson in the image-dream for the proud monarch was that this kingdom of gold, built on the might and prowess and intrigues of man, was not to endure forever; for said Daniel: "After thee shall arise another kingdom inferior to thee." Verse 39.

The metals of the image decrease in value from head to foot, but increase in specific gravity and strength. However, when we come to the toes of the image the strength of the image is gone.

Medo-Persia, the silver kingdom, overthrew Babylon in 538 B.C., and for 207 years, or until 331 B.C., held world sway.



Nebuchadnezzar's Dream

"And another third kingdom of brass shall arise, which shall bear rule over all the earth," said the Hebrew prophet. Verse 39. The kingdom that succeeded Medo-Persia and overthrew that kingdom was Greece. This kingdom of brass continued from 331 B.C. to 168 B.C.

"And the fourth kingdom shall be strong as iron," continued the prophet. Verse 40. And Gibbon, the infidel, who certainly was not writing an exposition of Daniel two, nor was inclined in any way to vindicate the Bible, in his monumental work, "The Decline and Fall of the Roman Empire," says:

"The arms of the republic, sometimes vanquished in battle, always victorious in war, advanced with rapid steps to the Euphrates, the Danube, the Rhine, and the ocean; and the images of gold, or silver, or brass, that might serve to represent the nations and their kings, were successively broken by the iron monarchy of Rome."—Chapter 38.

And the prophet had said, "Forasmuch as iron breaketh in pieces and subdueth all things; and as iron that breaketh all these, so shall it break in pieces and bruise." Verse 40.

This iron monarchy ruled from 168 B.C. to A.D. 476. But in a sense the iron monarchy still exists, for the "toes of the feet were part of iron, and part of clay," and therefore the latter end of the "kingdom shall be partly strong, and partly brittle." Verse 42, margin. The prophet says that this curious intermingling of potter's clay and iron meant that the fourth kingdom would finally be divided. (Verse 41.)

The last stage of the iron monarchy is in existence to-day in the divided states of Europe. This stage is that of earth and iron.

Still Briefer

From the days of Charlemagne, more than a thousand years ago, it has been the ambition of various monarchs to weld the iron monarchy back together. Napoleon tried and failed. And the last great attempt was that of Germany in the Great War.

Intermarriage of the royal houses of Europe, as indicated by Daniel's words: "and whereas thou sawest iron mixed with miry clay, they shall mingle themselves with the seed of men; but they shall not cleave one to another, as iron is not mixed with clay," was participated in particularly before the Great War, in order to bind the interests of the various nations into one family circle. But for real hatred and jealousies there is nothing that can beat a "family row." The World War is a testimony to that, and shows that world peace and a world monarchy and a new golden age can never be realized while the elements of the iron and the clay exist. The iron and clay cannot be made into gold; they must be *cleared away* before another golden age can exist on earth.

But there is a golden age and a golden kingdom coming. And unlike the golden ages and the golden kingdoms of the past, it shall never be followed by a silver age and a silver kingdom. When

this new golden age and golden kingdom come the cycle will have been run. There is one more deluge to come. This time it will be a deluge of fire. The Apostle Peter says of this event: "The heavens and the earth, which are now, by the same word (of God) are kept in store, reserved unto fire against the day of judgment and perdition of ungodly men." "The heavens shall pass away with a great noise, and the elements shall melt with fervent heat, the earth also and the works that are therein shall be burned up." "We, according to His promise, look for new heavens and a new earth, wherein dwelleth righteousness." 2 Peter 3: 7, 10, 13. Of sin God "will make an utter end: affliction shall not rise up the second time." Nahum 1: 9.

And Daniel said: "In the days of these kings shall the God of heaven set up a kingdom, which shall never be destroyed: and the kingdom shall not be left to other people, but it shall break in pieces and consume all these kingdoms, and it shall stand forever." Daniel 2: 44.

The kingdom of Jesus Christ, the next great event on the world stage, will not be ushered in by political reforms or by civic righteousness, whatever that may be, for there will be no place found for existing kingdoms. They will go down in the wreck of the world at the coming of Jesus Christ. Scores of prophecies as they are being fulfilled to-day say in no uncertain tones that something great and decisive is about to take place. That something is the everlasting kingdom of God on earth.

Citizenship papers may be made out now. Tomorrow may be too late. The necessary credentials may be secured to-day. These essentials are forgiveness of sins through the blood of Jesus Christ, and allegiance to God. The passport is; "Blessed are they that do His commandments, that they may have right to the tree of life, and may enter in through the gates into the city." Rev. 22: 14.

In this golden kingdom in the coming golden age, gold will not be merely symbolical of the best things, but the street of the capitol of that kingdom will be paved with pure gold. (Rev. 21: 12.) A square foot of this kingdom is worth more than all the wealth of Nebuchadnezzar's golden kingdom and the other kingdoms combined. Friend, will you have a part in this coming world kingdom?

A HOLY life is a life lived in union and communion with Jesus Christ as Lord. That is the simplest and most comprehensive definition of a holy life with which I am acquainted,—a life in which Jesus is Master, in which all things are referred to Him, in which He shares our thoughts and shapes our ideals, in which every realm and sphere is controlled by Him, the government being upon His shoulders, the reins in His pierced hands, and His will our chiefest delight.—*J. Stuart Holden.*

SAVING THE CHILDREN

What Local Authorities and Parents can do to Lessen the Incidence and Dangers of Infectious Diseases Among Young Children

By R. H. Jolly, M.D., D.P.H.

NEARLY all children between the ages of six months and five years are susceptible to the ordinary infectious diseases. For a short time after birth they possess a certain degree of protection which has been transmitted from the mother, but this is only transitory and rapidly disappears.

After they start to attend school most children become less and less susceptible to infection; not only are they more unlikely to catch a disease when exposed to it, but they rarely suffer so severely if the disease does develop. Although there are several diseases classified as infectious the important ones for consideration are measles, whooping cough, diphtheria, scarlet fever, and smallpox.

From the standpoint of the individual the most valuable thing to do is to try to postpone catching any of the above list of diseases for as long a time as possible. If a child is kept free from measles until he attains his sixth year he stands quite a good chance of never contracting the disease at all and an even better chance of only suffering from it in a mild form if caught in the waves of an epidemic.

No child should be allowed to mix with sufferers from the ordinary infectious diseases under

the mistaken idea that whooping cough, measles, and the rest are inevitable occurrences in all children, and that the sooner they get over them the better. A child who has been exposed to whooping cough may be protected against the disease by prophylactic inoculations, provided that this is done within a day or two. The effects, however, are transient and will not convey any permanent immunity.

The advantages of vaccination against smallpox should be too well known to need mention here. Protection is now available against diphtheria and scarlet fever and the method employed consists in the subcutaneous injection of two or

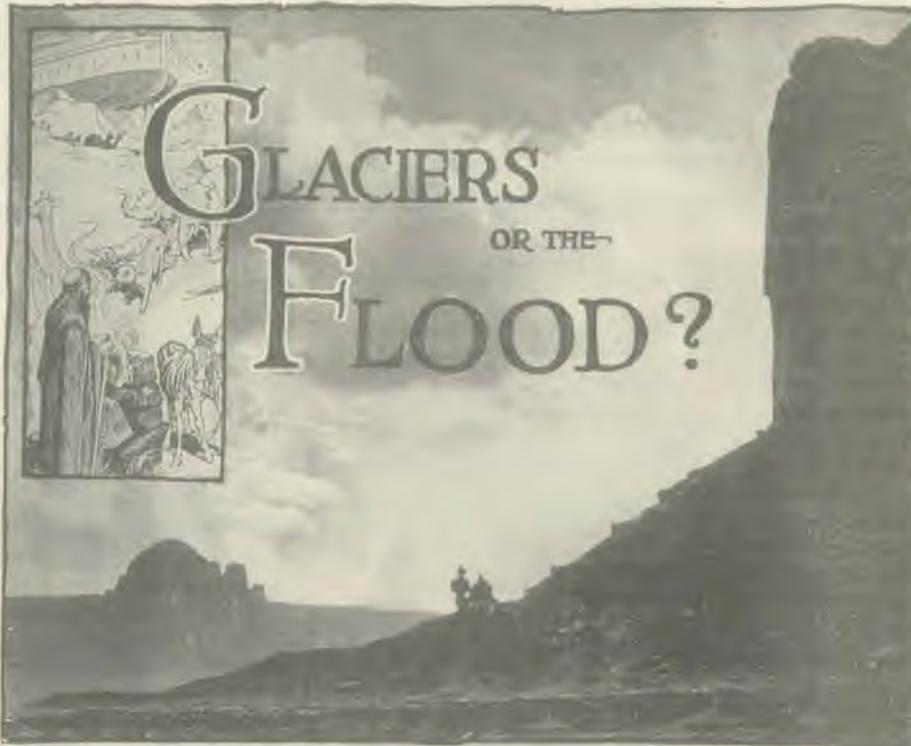
three doses of the toxin of the disease mixed with a suitable amount of anti-toxin.

Progressive local authorities throughout America are now setting up clinics where children can be given protective inoculation against diphtheria free of charge. It is a simple and harmless procedure which confers a permanent immunity in over ninety per cent of cases. (The investigations into inoculation against scarlet fever are not quite as complete as is the case for diphtheria, but it is confidently anticipated that this also will soon be practicable on a large scale.)

(Turn to p. 23)



Childhood



GLACIERS OR THE FLOOD?

WE hear a lot about the movement of glaciers over the surface of the earth during "the ice age." The truth is that all this was done during the Noachian Deluge.

Ben F. Allen,
A. B., LL. B.

IT is taught that the long scratches on the rocks in many places in the northern part of America and in Europe and Asia indicate that glaciers, or huge ice sheets hundreds or thousands of feet thick, caused them. It is said that the pile of gravel, clay, and rocks left around on top of the ground, in ways that can not be accounted for by water alone, mean the same thing,—that they were pushed or carried along by the slowly moving ice as it gradually slid down mountain gulches or was moved along by some unknown force.

Too Level

These areas, however, are not mountainous as a rule, but are broad level or rolling plains, and so situated that no glaciers could have slid down upon them from any mountains. Glaciers move by gravity only.

These gravel piles, etc., are odd dumps of mixed kinds of broken and water-worn rocks, with some clay and some ocean sediment. Sometimes they are somewhat roughly in layers, with ocean sediment between, but often not in layers at all. If these dumps are large enough, they are called drumlins, or moraines.

The "Titanic" Iceberg

The scratches on the rocks that are in place are nearly all on rocks that existed before the Flood, that is, on rocks that have never been reduced to soil and laid down in water and then re-hardened into rock. These scratches point more northward than southward. ("Ice or Water," Sir Henry Howorth, Vol. 2, page 2.) They could have been made, and the evidences all seem to

justify it, by the force of the waters pushing rocks across the yet soft soil or rock not fully hardened, or by the waters pushing rock-filled ice across the land. Some of this ice may have come from glaciers, just as icebergs of to-day do, and could have been floated by the water then as now. The "Titanic," remember, was destroyed by an iceberg little if any farther north than these scratches. The Flood, as you will see when we reach a study of its power and speed, could have dashed a hole through New York City with such an iceberg as that which sank the "Titanic."

In many places huge boulders of solid rock of from two thousand to eight thousand tons or more have been found stranded in high places a mile or several miles from where they started. Sometimes the place from which they came has been covered up or cannot be found. Some say these were pushed by glaciers, but, except in a few cases, no real trace of glaciers can be found near them. A more reasonable way to explain them seems to be that they were pushed or rolled along little by little, or carried frozen in ice or frozen soil, by the mighty onrush of the tidal waves of the Flood. They may have been pushed by the water behind huge rafts of timber or jams of ice, or both together. Finally, as the water declined in depth and force, they were left where we now see them.

As for the dumps of rocks, gravel, clay, and ocean-bottom material, a more reasonable accounting seems to be that they were left by floating ice. All the evidence indicates that the intense cold that suddenly chilled the world during the later part of the Flood period froze all the lakes in these areas. Great blocks of ice perhaps

hundreds of feet thick or even huge blocks of frozen earth, or rocks, earth, and ice mixed and frozen, might have been grabbed up by the angry tidal waters, and dashed to pieces in the mad rush over the land. Of course, where they dragged on the bottom, they scratched the then soft, rock-forming material or even the hardened rock.

Floated by Water

This frozen, floating, or partly floating material may have been and probably was carried or driven hundreds of miles over the land. In all these ways the earthy material would have been dropped in driblets all along, often in large amounts, especially wherever the blocks of it stranded or melted. (Dr. Geo. G. MacCurdy, "Human Origins," Vol. I, pages 62-64; Sir Henry Howorth, "Ice or Water," Vol. 2, also "The Glacial Nightmare and the Flood;" Prof. Geo. M. Price, "New Geology," pages 123-164; *Review and Herald*, Aug. 13, 1925; "The Case Against Evolution," Dr. Geo. B. O'Toole, page 111.)

Ocean sediment is often found mixed with and between rough masses or layers of this drift material. This indicates that the drift either floated in ocean water often and fell to the bottom in it or that the intervals between these times and when it floated in fresh water were long enough for some ocean sediment to settle on it or in it as it fell to the bottom or before the next lot came along.

But the strongest evidence of all is the fact that none of these things are confined to the surface of the ground, or anywhere near the surface. All of these things are found in coal mines, where they are found not only on or near the surface, but even as deep into the earth as 1,800 feet. It appears that all kinds of rocks and boulders are deposited in the midst of all others. Huge rocks are so deposited in the Alps, for instance, the source of which has not been found anywhere in the Alps. ("Ice Work, Past and Present," Professor Bonney, pages 267, 268; "Ice or Water," Sir Henry Howorth, Vol. 1, pages 188-192.) These men unknowingly or unwittingly draw just the picture we need.

However, as we near the surface, these old deposits increase in amount generally. Therefore, if there were an ice age, it had to be continuous, or practically so, and increasing from the first. But of course the abundance of tropical plants found in all the rocks everywhere, even among these so-called signs of ice ages, makes the ice ages impossible and absurd.

Increased with the Flood

Another proof that in itself alone would seem sufficient is that in the arctic regions, where, of all places on earth, marks of glaciers and glacial drift would seem certain to be found, they are not found at all. (Sir Henry Howorth, "The Glacial Nightmare and the Flood," pages 453-455; "Ice or Water," Vol. 1, pages 178-179, 182-192.)

It is evident that the amount of ice and the work it did increased as the Flood progressed and while it was subsiding, though it seems probable that the cold may have been extreme from the

first. This would result from the fact that all the water in the oceans, seas, lakes, and rivers was practically as warm as it is in the tropics to-day when the cold suddenly swept down upon it. It took more time to cool the ocean water than it did the water in the lakes and rivers. As the Flood receded, the lakes, inland seas, and rivers would be still more at the mercy of the cold than the larger and deeper body of the ocean as they would be already in the grip of the cold. This may explain why as we approach the surface of the ground the amount of ice evidence increases.

The fact that there are large sections within the general drift areas without any drift at all on the surface indicates that, at the time the surface drift was laid down, these vacant areas were above water. They also serve to disprove the general ice-sheet theory for these areas are not high enough to have avoided being ice-covered also. There is no reason why they should not have been covered, if the popular ice-age theory were true. The abundance of surface drift where found simply indicates the place of the final interruption of the process in driblets as the ice drifted here and there.

There is ample evidence that this cold continued after the Flood for a time, for every glacier in the world to-day was once much larger and extended much lower down on the mountains than it does to-day. Many mountains had glaciers then that have none now at all. (Sir Henry Howorth, "Ice or Water," Vol. 1, pages 177-196, all of Volume 2.)

These lower glaciers also indicate a much wetter climate then than now, as well as gradual drying of the climate, rapid at first, but gradually slowing to the present. To-day, it is well known that the wetness of the climate has much to do with how low, or near, perpetual snows and glaciers approach the oceans. ("Textbook of Geology," Pirsson and Schuchert, pages 111, 115.) Dry climate is a poor feeder for the needed ice and snow, and dry air rapidly evaporates it.

"The heavens declare the glory of God; and the firmament showeth His handiwork." Oh, glorious privilege to look for His finger prints!

"HERE is a world throbbing with life. How did it get here? I have just read a guess: 'It is a definite combination of heterogeneous changes, both simultaneous and successive, taken into conjunction with external coexistences and sequences.' Thank you—but I prefer to live in a world created by Christ and superintended by His personal and tender oversight. I prefer to think of it as a part of my Father's house rather than an accidental atom in an orphan universe. This world is a manufactured article, and its glories make it look like just the kind of world Christ would have made it; and He said He did. I prefer His assertion to the asinine assembly of syllables in the above-quoted sentence. Between a blind guess and God's Word it does not take long to decide. If Christ made it, He will manage it. 'Without Him was not anything made that was made.'"

IS GOD Particular?

Incidents in Old-time Biblical History Throw Light on a Burning Question of To-day

By Carlyle B. Haynes

IN the first book of Kings there is a story which bears upon this important matter. Here a prophet was not careful to obey the exact words of God's command to him. At this time ten tribes had rebelled against King Rehoboam, the son of Solomon, and had set up an independent government under King Jeroboam. Jeroboam had caused them to commit idolatry by setting up two golden calves, one at Bethel and the other at Dan, and offering incense to them. Jeroboam himself took the priesthood and stood before the altar of the golden calf at Bethel to burn incense. Just as he was about to enter into this idolatrous service, "Behold there came a man of God out of Judah by the word of the Lord unto Bethel: . . . And he cried against the altar in the word of the Lord, and said, O altar, altar, thus saith the Lord; Behold, a child shall be born unto the house of David, Josiah by name; and upon thee shall he offer the priests of the high places that burn incense upon thee, and men's bones shall be burnt upon thee." 1 Kings 13: 1, 2.

This bold prediction of the man of God angered King Jeroboam, for it appeared to be a direct insult to him. He stretched forth his hand toward the man of God crying, "Lay hold on him. And his hand, which he put forth against him, dried up, so that he could not pull it in again to him." 1 Kings 13:4.

Being thus paralysed, the king found his anger leaving him, to be replaced with a feeling of real concern for his own physical well-being. He asked the man of God to pray for him that his hand might be healed. This the man of God did, and the king was healed. "And the king said unto the man of God, Come home with me and refresh thyself, and I will give thee a reward. And the man of God said unto the king, If thou wilt give me half thine house, I will not go in with thee, neither will I eat bread nor drink water in this place; for so was it charged me by the word of the Lord, saying, Eat no bread, nor drink water, nor turn again by the same way that thou camest. So he went another way, and returned not by the way that he came to Bethel." Verses 7-10.

The Prophet Who Lied

So far the man of God was obeying implicitly. There was at Bethel another old prophet. His sons, who had seen the incident of the king's hand, came and told him all that the man of God had done, and how he had gone away from Bethel by another road. After inquiring which way the man of God had gone, the old prophet went to overtake him.

When he found him, he urged him to come home with him and refresh himself with food and water. The man of God from Judah returned the same answer that he had given the king, that he was forbidden to eat or drink in Bethel. The old prophet from Bethel said, "I am a prophet also as thou art; and an angel spake unto me by the word of the Lord, saying, Bring him back with thee into thine house, that he may eat bread and drink water. But he lied unto him." Verse 18.

So the man of God from Judah went back with him and ate bread in his house, and drank water, failing to see that if God really wanted him to do this He could have told him as well as telling the old prophet from Bethel.

Did it make any difference? Did God really care whether he ate and drank in Bethel or not? "And it came to pass, as they sat at the table, that the word of the Lord came unto the prophet that brought him back; and he cried unto the man of God from Judah, saying, Thus saith the Lord, Forasmuch as thou hast disobeyed the mouth of the Lord, and hast not kept the commandment which the Lord thy God commanded thee, but camest back, and hast eaten bread and drunk water in the place, of the which the Lord did say unto thee, Eat no bread, and drink no water; thy carcass shall not come unto the sepulchre of thy fathers. . . . And when he was gone, a lion met him by the way, and slew him; and his carcass was cast in the way, and the ass stood by it, and the lion also stood by the carcass." Verses 20-24.

Thus a servant of God lost his life by trifling with the plain words of God.

The Death of Uzzah

In Numbers 4:15 there is a command that the holy things of the tabernacle shall not be touched, and the warning is plainly given that touching them will result in death. On one occasion, however, the ark of God was being carried from "the house of Abinadab that was in Gibeah" to Jerusalem. It was placed on a new cart, and the two sons of Abinadab, Uzzah and Ahio, drove the cart.

Coming to a rough place in the road, the oxen stumbled, evidently imperilling the ark, which shook and appeared as if it might topple off the cart into the road. Uzzah, who was walking by the side of the cart, quickly put forth his hand to steady the ark and save it from falling. He took hold of the ark. He failed to discern that God was well able to take care of His own. In touching the ark he disobeyed God, for God had said it

should never be touched, and that he who touched it should die.

Under such extraordinary circumstances as these will God visit the penalty of death upon the offender? Did God really mean what He said? Did He mean it to be obeyed under any and all circumstances? Would not disobedience under some circumstances be accepted for obedience? "And the anger of the Lord was kindled against Uzzah; and God smote him there for his error; and there he died by the ark of God." 2 Sam. 6:7.

Thus another servant of God lost his life by failing to heed the exact letter of the command of God.

Fifty Thousand Slain for Disobedience

On another occasion there is the record that the ark was captured by the Philistines, in whose land it caused so much trouble that they decided to send it back to its own land. The Philistines built a new cart, harnessed two milch cows to it, and sent it away. "The king took the straight way to the way of Beth-shemesh, and went along the highway, lowing as they went. . . . And they of Beth-shemesh were reaping their wheat harvest in the valley: and they lifted up their eyes, and saw the ark, and rejoiced to see it." 1 Sam. 6:12, 13.

They were so rejoiced to see it that they forgot the command of God not to touch it, so they lifted the mercy seat and looked into the ark. "And He smote the men of Beth-shemesh, because they had looked into the ark of the Lord, even He smote of the people fifty thousand and threescore and ten men: and the people lamented, because the Lord had smitten many of the people with a great slaughter." Verse 19.

Thus 50,070 more of the servants of God lost their lives by failing to remember and neglecting just what God said.

Offering Strange Fire

In Leviticus 16:12 God instructs the priests that when they offer incense they should fill their censers "full of burning coals of fire from off the altar before the Lord."

This instruction did not seem to be of great importance to two priests, Nadab and Abihu, the sons of Aaron. They "took either of them his censer, and put fire therein, and put incense thereon, and offered strange fire before the Lord, which He commanded them not." Lev. 10:1.

Presumably Nadab and Abihu reasoned as some people reason to-day. They could see no difference between fires. Fire was fire. All fire would burn incense. There was no difference between this fire and that fire. Why should they use the fire which God had commanded when other fire would do just as well?

So people reason with regard to the Sabbath. It is true that God has said the seventh day is the Sabbath, but it is so inconvenient to keep the seventh, and most of our friends are keeping the first, and so we will just do the easier way. So people reason; and, so trifling with the plain words of God, they lose their souls.

Was there any difference between the two fires? Probably not so far as the fire itself was concerned. The thing which made the difference was the command of God. God had said this fire, not that. That God meant what He said, and held all men accountable for obeying it, the two priests who held God's command so lightly soon discovered, for we read, "And there went out fire from the Lord, and devoured them, and they died before the Lord." Lev. 10:2.

God's Command Makes the Difference

It is always safe to do just what the Lord says. God had said they should use a particular fire, and while there may not have been much difference between the fires, yet there was a difference, and that difference was made by the command of God. God had commanded a certain fire. That command made it different from all other fire, and no other fire would answer, as these disobedient priests discovered.

There are those to-day who reason that if they offer one day to the Lord, though it may not be that day which He has commanded them to observe, it will make no difference. It makes just the difference between what God has commanded and what He has not commanded. If He declares one day to be the Sabbath, as He does in the fourth commandment, then that day is the only day it is safe to offer Him.

The Plea of Moses

There is reason, then, in the admonition of Moses to the children of Israel just before they entered into the promised land, and just as Moses was about to be removed from them by death. He pleaded with them to remember the exact words of God's commandments, and heed them. "Now therefore hearken, O Israel, unto the statutes and unto the judgments, which I teach you, for to do them, *that ye may live*, and go in and possess the land which the Lord God of your fathers giveth you. *Ye shall not add unto the word which I have commanded you, neither shall ye diminish ought from it, that ye may keep the commandments of the Lord your God which I command you.* . . . Keep therefore and do them; *for this is your wisdom and your understanding in the sight of the nations*, which shall hear all these statutes, and say, Surely this great nation is a wise and understanding people. . . . Only take heed to thyself, and keep thy soul diligently, lest thou forget the things which thine eyes have seen, and lest they depart from thine heart all the days of thy life; but teach them thy sons; and thy son's son." Deut. 4:12, 6, 9.

These Things for Our Learning

This admonition comes to Christian people with striking force to-day in the words of the Apostle Paul when he urges us to consider the dealings of God with His ancient people as warnings, especially to those who live in the time of the end. "Now all these things happened unto them for ensamples; and they are written for our admonition, upon whom the ends of the world are come." 1 Cor. 10:11.

(Turn to page 30)

PROTEIN *and the European Diet*

By H. C. Menkel M.D. (of Simla)

THE objective of nature regarding the protein factor of our diet is to provide for construction and repair. This is the major function of protein in the biological process. The opportunity to utilize constructional material of the protein type is limited to an almost fixed amount by the constant rate of daily tissue change, which in the adult, varies only slightly with changes in nature of work done.

The protein requirement of the average adult for a period of twenty-four hours, is represented by four to six ounces of a complete protein food like meat, or eggs, or curd of milk. If the protein factor is to be provided from a less concentrated food source, then the quantity of such food will need to be increased to provide the equivalent of four to six ounces concentrated protein.

The four to six ounces as maximum requirement is a very important health factor, and it is right here that we are confronted with the protein problem as presented in the European diet.

Flesh food constitutes the source of complete protein for the average European in India, not once daily but three times daily, not six ounces only but several times six ounces are partaken of. According to the best authorities on nutrition, this is now recognized as a very serious mistake resulting in functional and structural changes associated with chronic degenerative diseases. Such findings call for decided changes in dietary practice.

Nature has made no provision for storing up excess protein intake. All such excess must be eliminated. If this were only a matter of being discharged from the body as so much excess material, representing at its worst, financial extravagance, the mistake would not be so serious.

The detrimental effect of excess protein is largely due to the acid ash residue left after digestion. Acidity means death to body tissue, and relative acidity means disturbed tissue functioning. Therefore, in an attempt to avoid this disaster nature calls forth from cell and tissue her alkaline reserve. Whenever this store of alkaline tissue



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LOADING BOATS WITH GROUND NUTS, PONDICHERRY

Ground Nuts are an Important Element in the Diet of Many Vegetarians

salts is overdrawn upon, in an effort to neutralize excess acid protein ash, the essential alkaline environment is disturbed. This depleted alkaline reserve becomes manifest as pains, discomforts, lowered working efficiency, tired feeling and other phases of ill health, and physical and mental handicaps.

While the names of disease conditions produced by excess protein are many, the cause is largely one.

This brief consideration suggests one important and effective method of preventing a group of chronic degenerative disorders which are decidedly

on the increase among adults past forty years of age.

Reduce protein intake to near the minimum daily requirement of four ounces. In addition to this restriction provide an ample daily supply of alkaline ash-forming foods, so as to protect the tissue alkaline reserve against undue drain.

Science says that the heavy meals of meat, potatoes and bread of our ancestors are acid producing and must give place to a larger amount of green leafy vegetables. Some of these greens must be eaten raw to insure ample vitamin content. But more on this phase later.

How to be Helpful to the Hard of Hearing

By Sidney A. Saunders

THE handicap of deafness is so little understood by persons generally that it may be said not to be understood at all. In this respect deafness is unlike blindness, which makes an instant appeal. Every one is considerate of the blind, and every one is anxious to be pleasant to them. Having evoked a pleased response, acquaintances comment on the brave cheerfulness of the afflicted one.

But the deaf are unable to respond, and their unapproachableness is regarded as a forgivable condition but not interesting. If the deafness is but partial, conversation is held only with a difficulty so constraining to both parties that interest is quickly lost. When the affliction is hidden by a brave effort, misapropos replies cause the sufferer to be adjudged stupid or impolite.

In a world in which so many people are kind, it is strange to find that deafness is considered so much less tragic than blindness. Yet a playwright recently stated that one of his characters, supposed to be deaf, was addressed by another in a rather long speech, a pathetic effect being intended, yet the audience went into shrieks of laughter; and in "Captain Jinks" one of the comic characters is so only because deafness makes her misfit the situations.

Not only misunderstood by those who are not well acquainted with them, the deaf are often misunderstood by those who should know them well, because the character of the difficulty is not apprehended. For this reason little children so afflicted often suffer keenly because of unjust treatment by those who have the kindest intentions.

The partially deaf continually say, "What?" Certainly they heard when spoken to, but what did they hear? They heard not all of what was said, perhaps only enough to apprise them of the fact that they had been spoken to. The deafened do not catch every sound, but only the prominent ones. For instance, in the sentence, "I shall go home to-morrow," the syllables "I, o, ho, mor" are most easily heard. Perhaps the hearer is helped in interpreting these fragments by the context of other sentences, knowledge of related facts or to

some extent by lip-reading, so that though hearing only part he builds up the rest of the sentence. This is difficult and extremely fatiguing. To listen to an address or a sermon, straining to hear, to read the lips and to construct the uncaught syllables from those received, all under pressing haste while further words are being spoken, may be so exhausting that occasional rest is necessary.

All this building together of fragments is done with more or less unconsciousness of the processes, just as a pianist does not continually think of the connection between notes and fingers, and ability is acquired unconsciously by practice from the earliest stages of partial deafness. Deafened children are incapable of analysing this process, and so cannot explain what they are doing. Hence it follows that their question, "What?" is sometimes rebuked as merely habitual, and the little one is required to repeat what he heard. Often to his dismay he can repeat the sentence; and this is because, given a little time, his mind can construct the whole sentence from the syllables he has heard. He can not understand how it happens, and the elders perhaps are confirmed in their belief that the little one is not so deaf as he thinks he is. They may think that the child pretends deafness from laziness or some other motive, or even that he is mentally defective. A kinder theory is that he is merely inattentive, and he is admonished to be alert.

Now the deaf are, of necessity, absorbed more or less in their own thoughts or occupations and are inattentive to what goes on about them and what is more or less meaningless to them. No one who has been under the strain of constant watching for something to happen, he knows not what, can fail to see that the command to be alert is almost impossible to obey, and long-continued effort at alertness is exhausting. The defect in hearing varies, too, with circumstances of health, spirits or even weather, so that when the same person is sometimes more deaf than at other times, wilful caprice appears to be proved.

To a deaf or partially deaf person, others appear much as do silent figures on a moving picture screen, without, however, (*Turn to page 23*)

EDITORIAL



A Regrettable Incident in Egypt's Archaeological Story

IT is unfortunate for lovers of archaeological romance that the fine Temples of Philae, dating from the Ptolemaic Age, have been victimized by Egypt's need of increased irrigation. When the great Assuan Dam was constructed, the holding in check of the huge volumes of water which flow down the river basin during the flood season of the year resulted in a partial submergence of these much-prized remains of a former Egypt. High-water level is reached early in the year. The reservoir formed by the dam is full from January to May and it is then that the major portion of the temples disappear.

The flood waters have had a disastrous effect upon the original blue, green and yellow colouring on the wonderful reliefs adorning the monuments. Below the water line this colouring has disappeared. But it is curious that the intruding waters should have served a kindly purpose even for the visitor bent on exploration, for he is now able, from a small boat, to come at very close quarters with those coloured reliefs and inscriptions which are yet unreachd by the floods.

Built on a small rocky island just above Assuan, the fate of the Temples of Philae must have been regarded as inevitable by those who launched the Assuan Dam scheme. But the needs of the fellaheen had to be considered, for Egypt owes her fertility to the Nile. Without it she would be like the Sahara—mainly a stretch of sandy desert. In fact, the Nile was worshipped by many of the ancient Egyptians. A cruel rite was practised in connection with this worship. A Cairo correspondent of *The Times* writes about it as follows: "In early Egyptian times, . . . a virgin, the most beautiful to be found in the land, clothed in gorgeous garments and wearing most valuable jewels, was annually cast into the Khalig, as a thank-offering to the Nile god if the flood was good, or as a propitiation of the deity if in his displeasure he had decreed a low flood."—Reprint in *The Madras Mail*, October 14, 1922, under title "Nile Worship." But modern engineers are not disposed to believe that the Nile can punish its people at pleasure, for by the construction of the Assuan Dam, which is about one and a quarter miles in length, they have compelled it to yield a much larger supply of its waters to the cultivators. The dam was erected by the British Government with the object of making tillable some five hundred thousand acres or so of land that had been unused for want of proper water supply. It is proposed to increase the height of it, and if the proposal is

carried out the effect will be to *totally* submerge the Temple of Philae when the river is in spate, rather than to leave their upper portions protruding above the waters as now.

There is consolation, however, in the fact that these remains are only a small part of Egypt's archaeological wealth. Then, too, we are assured that there is much more to be brought to light by the spade of the Egyptologist.

Egypt's early story has been partly read from her strange hieroglyphic writing on the face of stone. The story of how the hieroglyphs came to be deciphered is interesting. At the time of Napoleon Bonaparte's campaign in Egypt, a French engineer, Boussard by name, made the discovery of a stone with a trilingual inscription, while discharging certain duties at Fort St. Julien, close to Rosetta in the Delta of the Nile. This piece of black granite was named the Rosetta Stone, and has been inspected by many visitors to the British Museum where it was lodged after changing hands from the French to the English. The top inscription was in hieroglyphic Egyptian; the second in hieratic Egyptian, while the lowest was in the better understood characters of the Greek. Although a portion of the top of the stone was missing, there were still remaining the greater part of fourteen lines of hieroglyphs.

The inscription in Greek was soon translated. Did the upper inscription tell the same story? If such were the case, the stone was certain to be of priceless value to Egyptologists.

The momentous discovery was made in 1799. "A facsimile of the inscription on the stone was made by the Society of Antiquaries in 1802, and distributed among scholars; and for the first time a scientific attempt was made to translate Egyptian."—"*The Dwellers on the Nile*," by E. A. Wallis Budge, page 21.

But results were long in coming. Various attempts at decipherment were made by scientists who had opportunity of studying the facsimiles. When success came it was not the result of a number of scientists in collaboration.

In 1818, a young French scholar, Jean Francois Champollion, who had a knowledge of the Coptic language, began to study Egyptian, and gave much attention to that on the Rosetta Stone. "By patient . . . and close comparison of the characters in the two unknown registers, with the equivalents in the known Greek tongue below, he eventually succeeded in finding the long-lost combination that opened the creaking old door to the civilization of the Nile Valley. In 1822 he published his

discovery to the world. A new era of ancient history was immediately made available. For the last hundred years the treasures of Egyptian literature and history have been continuously brought forth and translated by skilled Egyptologists."—*The Monuments and the Old Testament*, by I. M. Price, pages 16, 17.

In view of what has been said on the subject of the Temples of Philae, it may be interesting to note that Champollion derived much help in his research work from the inscriptions on a small obelisk discovered at Philae by Belzoni. It had a Greek inscription on its base, and one in the hieroglyphic script on its shaft. Both contained the same matter.

All this translation work has been very welcome to a large number of Biblical students, not only because the life and customs of Egypt are better understood, but also because the Egyptian story, coming down through the ages from those far-away times, supports the historical testimony of Holy Scripture.

Scholars have translated the inscriptions of the great Pharaoh Rameses II, famous as one of

the oppressors of the Israelites, and also for the great length of his reign, which was about sixty-seven years. They have read, in the inscriptions, accounts of his great building operations, and we learn from the Book of Exodus that the Hebrews were engaged on those works under cruel taskmasters. Pithom, a store city, has been uncovered by the spade. In the building of this city the enslaved Jews were deprived of straw at a certain stage in the work, and were reduced to the necessity of using stubble. The author of the oppressive ordinance forbidding them the use of straw was probably his son and successor, Merneptah. Recent excavations at Pithom show the effect of the ordinance. Upper layers of bricks are devoid of straw—a striking confirmation of the accuracy of Biblical history.

The uncovered remains of Egypt's past glory may be perishing more quickly in places, because robbed of their protecting sands; flood waters may be spoiling the monuments of Philae; but their testimony to the truthfulness of Biblical narratives is enduring. This cannot be erased.—P. C. P.

Will the Jews Return to Palestine?

By E. E. Craven

ONE of the most deceptive theories propounded by men to-day is that the Jews will return to Palestine, become the people of God, and that then Christ will come. I am very interested in this subject as I live in the city of Leeds, England where there are 40,000 Jews. They live mostly on the north side of the city. North Street is full of shops which are mostly owned by the Jewish people. I naturally ask the question, "Will North Street ever become, 'To Let'?"

Not for one moment do I believe that the American Jew will return to Palestine. He certainly will never give up his American naturalization papers. And up to the present I find that very few of my local Jewish brethren have any desire to leave this northern city which has given them such a welcome.

Many religionists believe that the Bible supports this teaching of the "return of the Jews." They quote Ezekiel 37: 21. But if you will peruse this chapter very carefully you will come to the conclusion that the key sentence is found in verse 27: "My tabernacle also shall be with them." When will this happen? In Rev. 21: 3 I read, "Behold, the tabernacle of God is with men, and He will dwell with them." This will take place at the end of the millennium, or at the third advent of Christ.

It will perhaps be fitting at this juncture to ask why the Jewish people are so scattered. Nehemiah tells us in his first chapter that God scattered them because of disloyalty to His holy law. Neh. 1: 9.

The gathering of God's ancient people depends upon whether they will return and be loyal to Him.

They must first of all be loyal to Him in Leeds, in New York City, or wherever they are. Is there, then, any sign of their return to God? Emphatically no. As a people they have practically forgotten Him. Their synagogues are almost empty on the Sabbath day. A leading rabbi delivered the following New Year's speech a few years ago:

"What are the Jews doing? How is the Jew justifying his existence. We elect to be a separate people. In every land we segregate ourselves—for what? Is the Jew to go on year by year in the same meaningless, chaotic existence—just living, just existing, without a purpose?"

Did you ever hear of the Jews putting forth any effort to win a single convert to their faith? The Jewish people have failed to be a light to lighten the Gentiles. They are no longer God's special people. In the margin of the book of Daniel, between chapters nine and ten, you can read these words, "and [the Jews] they shall be no more His people." When they crucified the Messiah and stoned that godly man Stephen they cut themselves off from their special privileges. The Apostle Paul made it clear that the only special people of God are those who are Jews inwardly. Circumcision is not of the flesh but of the heart. A true Israelite, or child of God, is one in whom there is no guile. All overcomers are Israelites and they will be the people of God who will sing the songs of Zion and inhabit the earth made new. And this will happen after the millennium when the whole world shall have been cleansed from all traces of sin and sorrow.

God never offered a tiny patch of land called Palestine to Abraham. In (*Turn to page 30*)

JESUS Must Soon Come to END *this* REIGN of VICE and CRIME

Gwynne Dalrymple

THAT mankind is growing better and better is an accepted dictum of modern thought. Scientists assure us that the evolutionary process that once made baboons and chimpanzees into men will yet, if given sufficient time, make men into supermen and demigods. Diplomats, before hurrying off to order the next batch of bombing planes, assure us that plans for universal peace are prospering. Theologians assure us that all is well with the world.

Such teachings, we must admit, are so pleasing that "hope would fain subscribe, and tempts belief." Yet nowhere in the Word of God do we find any prediction that mankind, by a gradual operation of the forces of nature, will ever arrive at a better state. The Scriptures indeed tell us of a perfect world, "wherein dwelleth righteousness;" yet they tell us this perfect world comes about not by the improvement of a sinful world, but by its removal. God will not by slow natural means bring in a better state, but by abrupt supernatural means will bring in a perfect order at the second coming of our Lord. And the times that just precede His coming, we are told, are not times of great moral perfection. They are not times of sinlessness and peace and regeneration.

Perilous Times Predicted

"This know also," says the Apostle Paul, "that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection, truce-breakers, false accusers, incontinent, fierce, despisers of those that are good, traitors, heady, high-minded, lovers of pleasures more than lovers of God; having a form of godliness, but denying the power thereof: from such turn away." 2 Timothy 3:1-5.

Now men have always been lovers of their own aggrandizement since Nimrod, on the plains of Shinar, built the first monarchy. Men have always been heady and selfish, and strong-minded in seeking their own ways since the first child of human parents slew his brother. But by these verses we understand that in the last days—in the days that immediately precede our Saviour's coming—men will be extraordinarily selfish. They will be extraordinarily indifferent to the ties of natural affection. They will be extraordinarily averse to true religion, although extraordinarily well provided with formal religion.

We propose in this article to survey briefly certain conditions in the world to-day,—briefly, yet carefully, lest on the one hand we should drift into an unhealthy pessimism or, on the other, into a foolish optimism.

Let us consider one of the Scriptural predictions. Men will be, says the apostle, "without natural affection." What is natural affection? We understand that it is the affection that proceeds from ties of nature and of blood. It is the affection that subsists between husband and wife. It is the affection that makes the mother willing to perish that her child may live. It is the affection that makes the father willing to toil that he may provide for those whom he has begotten. It is the affection that inspires in sons and daughters feelings of reverence and respect for the persons and wishes of their parents. And, without any exaggeration, it may be said that more than all armies and all conquerors, more than all treaties and all diplomats, more than all books and all learning, more than all culture and all science, it is the power of natural affection that has bound men together into civilized society. But, in the latter days, says the Apostle Paul, natural affection will diminish and expire.

Has it done so in our own day? Is it doing so at present? To take a single instance of declension in natural affection, let us consider the divorce statistics. A recent issue of the World Almanac shows an increase of divorces from 0.28 per cent per thousand population to 1.52,—or an increase of five times as many. Another authority has said that in a recent year there were in the United States 165,139 divorces; that is, of every seven marriages, one ends in the courts.

By these divorces how many children have been left without homes? Or with but one parent? Or with neither parent? And how many persons, having availed themselves of divorce privileges, have again married in contradiction of the plain directions of the Saviour?—"But I say unto you, That whosoever shall put away his wife, saving for the cause of fornication, causeth her to commit adultery: and whosoever shall marry her that is divorced committeth adultery." Matthew 5:32.

"But as the days of Noe were, so shall also the coming of the Son of man be. For as in the days that were before the Flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, and knew not until the Flood came, and



"As it was in the Days of Noah"

took them all away; so shall also the coming of the Son of man be. Then shall two be in the field; the one shall be taken, and the other left." Matthew 24 : 37-40.

Now it is right to eat and to drink, for God would not have us starve ourselves. Yet here the scripture clearly means that in the last days eating and drinking would be done to excess. "Whether therefore ye eat, or drink, or whatsoever ye do," advises the Apostle Paul, "do all to the glory of God." 1 Corinthians 10 : 31. But in the latter days, therefore, men will be engrossed in eating and drinking with no thought of God's glory or even of proper restraint upon gluttony. Again, it is not wrong for a man to marry or for a woman to be given in marriage. "Marriage is honourable in all." Hebrews 13 : 4. But we take it that in the last days men will be marrying and giving in marriage with no thought of the requirement's of God's law or even of the simplest dictates of decency.

A Byword

And is it not true that such a condition prevails in the world to-day? The breaking down of the home has become a byword and a proverb among us, the stock in trade of every motion-picture producer, the butt of every comic-section writer! Yet this wickedness is not condemned; it is scarcely lamented. Sociologists inform us that it is merely a step in the racial evolution. Judges—men sworn to uphold the law, to maintain these conventions upon which all society rests—explain to us that "companionate marriage," once we get used to its peculiarities, is a pleasant and wise form of union. And ministers of the gospel,

"*dulce ridentem, dulce loquentem,*"—"sweetly smiling, sweetly prattling,"—assure us that Mosaic standards are outgrown, that the Ten Commandments should be altered and adapted to the changed conditions of modern life.

The changed conditions of modern life! As though men had not always been given to lusts and passions; and as though it were not still, as it always has been, the duty of the church of Christ to recall them from the error of their ways, to rebuke the rude violence of the lascivious, to remind the careless of a heaven to be gained and of a hell to be shunned! As though conditions have changed since John the Baptist condemned Herod for his adultery with Herodias, and paid for his boldness with his head! There are not many Johns to-day.

Crimes of Violence

Crimes of violence, the Scriptures tell us, in the last days will flood the earth. The Apostle Paul describes these latter times as "perilous,"—full of peril, dangerous. And the times will be perilous because men, as the apostle also tells us, will be "truce-breakers, false accusers, incontinent, fierce, despisers of those that are good, traitors, heady, high-minded." 2 Timothy 3 : 3, 4. Indeed, our Saviour Himself tells us that as the thoughtful look out upon the weary agitation of these troublous years, their hearts will fail them for fear, "and for looking after those things which are coming on the earth." Luke 21 : 26.

We inquire, then, whether there is at present in civilized lands a marked increase in the number of crimes of violence. Upon such a topic we do not feel that we can speak by our own authority;

and we shall therefore quote from those whose information is beyond question.

In an address delivered before the American Bar Association Mr. Charles E. Hughes, the president of that organization, has noted that "we have a shocking prevalence of crime, and of crimes of violence, infractions of the plainest requirements of civilized society, about which there is no debate. Our capacity to protect life itself is in question."

The Law Enforcement Committee of the same association warns us that from "all the data and opinions of experts which your committee has been able to gather, we beg leave to report that,—particularly since 1890,—there has been, and continues, a widening, deepening tide of lawlessness in this country, sometimes momentarily receding, to swell again into greater depth and intensity. At intervals this tide billows into waves that rise and break, but only for a time attracting public attention."

Quite similar are the words of the National Crime Commission, when it declares that "the suppression of crime and lawlessness in the United States appears to be an emergency requirement."

Record of Murders

We shall pass from this topic by reminding our readers that in a recent decade there have been murdered 85,000 human beings in the United States of America alone. That is more than

America lost in the late European carnage. Certainly such a figure is no sign of social improvement, of the dawning of that day when all men shall dwell in safety, or of the inauguration of that peace when "the wolf also shall dwell with the lamb." Isaiah 11: 6. Certainly such conditions seem a fulfillment of those prophecies of God's Word that declare that evil and wickedness shall wax greater before our Lord's return; and that, indeed, the terrible state of evil and wickedness in the earth will be one reason for His return.

What winds produce these waves of crime? And why are men turning away from God? And why do they yield themselves to the power of depraved tastes, to the possession of evil passions? It is not that God has so ordained. It is not that He wills that men should turn from Him. He, as a father, ever waits for us to come to Him. But many have rejected God. They will not turn to Him. And can we doubt that in the waves and floods of lawlessness that dishearten the thinking and alarm even the careless we are seeing the results of that teaching, now no longer novel, which tells us that by steps of blood and rapine we have risen from the lower animals to the civilization we now enjoy, and hints that by steps of blood and rapine we may progress even further? Can we doubt that men have subtly yet strongly been influenced by a teaching that has denied the authenticity of God's Word and repudiated the obligations of His law?

Do Your Children Eat Too Much?

By Nurse Chappell, L.O.S., C.M.B.

ANOTHER important contributing cause to constipation in children is over-feeding. The bowels are so packed with the residue from food that the bowel muscles cannot contract and retract as they otherwise would, and so refuse remains in the bowels from the food eaten days before and in some cases much longer. Unless the refuse is quickly evacuated from the bowels, poisons are absorbed from it into the blood stream. They are then carried all over the body, attacking any weak spot with which they may come in contact, and, if continually reinforced, causing that which was merely weak to develop into a diseased condition. When the bowels are kept active by natural methods—I mean by a right diet—the weak spots have a chance to become strong again.

The following are some of the causes of children overfeeding:

1. Because the usual foods supplied to children do not contain the elements which the cells of the body need for building purposes. This causes an unsatisfied feeling in the children, and they endeavour to satisfy it by eating more and still more, but all in vain. Some parents tell with

pride what hungry children they have, always eating, yet always hungry.

I would advise those parents to investigate and see if their food contains the right elements. It is an abnormal condition for children to be hungry after they have had a proper meal.

2. Indigestion often causes a false feeling of hunger. The remedy is to abstain from food and give the stomach a rest for a meal or two, but take sufficient liquid to drink, either water, or fruit juice, or a tea made by boiling raisins or sultanas in water. The latter is a splendid drink for children at all times. It is nourishing, easy to digest, and pleasant to take. If considered too sweet, a little lemon juice added is a great improvement. This is a very good drink for invalids.

3. Another reason why some children overeat is because there is such a diversity of dishes placed on the table at each meal, and naturally they wish to sample them all. Even adults are not always superior to the same temptation. Reduce the number of dishes to, say, two or three at the outside. In all probability the children would not, then, eat more than they require.

I remember my amazement some years ago when a mother in New Zealand showed me a dish

she had made for herself, her husband, and three children for dinner. I could scarcely believe I had understood her rightly when she said that there would be no second dish to follow. Yet her children were rosy, fat, and strong. I am glad to say I have learned a few more things about diet since those days.

4. Eating between meals is often a cause of overfeeding. This should not be allowed except in exceptional cases where only a small portion can be taken at a time, as in sickness. Oh, the muddles I have seen in homes through laxity on the mother's part in this respect. In my experience, such children are always cross and disagreeable and rude to the mother who slaves to please them. The children are to be pitied because they feel so wretched in themselves, and there will be bitter tears shed by many parents in the years to come because they have not trained the children to discipline their appetites. It is a seed now, but it may be an oak in adult life, with branches in many directions. When children say they are hungry between meals, tell them to go and get a drink of water. Often that stays the hungry feeling for the time being. Divert their thoughts from the subject, and you will find the hunger was mental, not physical.

If any of my readers are conscious that they have failed on this point, and mean to reform, let me give you a valuable bit of advice. In fairness to your children, have the meals ready on time. It is not just to expect them to wait indefinitely for their meals. *The food should be ready to put before your children as soon as they come from school, for they really are very hungry then as a rule.* Much bad temper is caused in children (and husbands) by their having to wait indefinitely for their meals.

There is a physical as well as a mental reason for this. As they hasten home they are thinking of the dinner or tea waiting for them. A message is sent from the brain to the stomach to get enough digestive fluids ready for work at a certain time when the meal is to be taken. So they hurry up and pour the digestive fluids into the stomach to start work on time, but, lo, there is no work for them to do. They wait patiently for a little while, and then something happens, and the individual does not feel at all happy. Cross words fly between husband and wife, and the children are cross and unhappy, too.

5. Children, usually, are not trained to chew their food sufficiently. It is not easy, but it is valuable training. The tiredness which results from proper chewing prevents children eating more than they need, and they get more nourishment out of what they do eat than out of a large amount which is bolted. A few lines by Sir Walter Raleigh have helped to impress slow eating upon some children. They are as follows:

"Eat slowly.

Only men in rags and gluttons old in sin,

Mistake themselves for carpet bags.

And tumble victuals in."

You will never get proper mastication in your children while they are allowed to drink with their

meals. I know it is very difficult to get the requisite amount of liquid drunk by children attending school unless it is taken with the meals, but it is the wisest plan to let the children have their drink before the meal is commenced. The objection to drinking with meals is that it so dilutes the digestive fluids that they are too weak to deal with the food, also that it does away with the necessity of chewing until the food becomes thoroughly mixed with the saliva, because it is already moist with the drink. There is one disadvantage, too, in drinking before meals—the digestive fluids collecting there are washed away—but this evil seems to be the lesser of the two. More juices are poured out during the process of chewing, which makes up for the loss to some extent. The ideal way is to drink all you want an hour before meals.

When I say no drinking with meals, I am not referring to milk. That is a food and can well be sipped with the meals unless the meal consists of things which would quarrel with it. You would be wise, mothers, to give each child a cup of milk with its breakfast, then you are sure they have had some building elements every day. Do I hear you say your children cannot take milk? I think if that is so, it is because they have not sipped it, but have drunk it like water; or perhaps the stomach is out of order. If they have a sour stomach from undigested food, it will not stand milk. If you put milk in a sour jug, your milk will soon be sour, too. Clean the child's stomach by feeding very lightly, or giving it a rest entirely. See, also, that the bowels are clean. A child with dirty, inactive bowels and a dirty stomach is a candidate for all the disease germs going.

6. Another reason for overfeeding is a sort of competition that nearly always exists between children to see who can get through first to secure some cake or other coveted dish. This leads to greediness and must be stopped in some way or other. I do not think a frontal attack is the wisest or the most successful. The individual character needs to be studied to know the best way to go about it. I think there should be an unwritten law, but none the less rigid, that the child cannot help itself to dainties without the parent's consent and permission. There should also be an understanding that the child can have one or two helpings of that type of food, but *no more*. Then the child will be satisfied to eat properly of the other food if it knows that it is not going to be cheated out of its portion at the end. Otherwise the greedier child bolts the other child's portion and there is naturally great heart-burning and anger at the injustice. Also make sure when visitors come that they do not unconsciously eat up the children's portion of special things. This can be guarded against by putting the children's portions on a separate plate by them, where they can keep their eyes on it, and be happy while they take their other food.

It is well to remember that an overfed child is not likely to be brilliant any more than an underfed child. Overfeeding clouds the brain of the child as well as of the adult.

PYORRHEA ALVEOLARIS

By D. S. Teters, D.D.S.

[What the writer of this article calls "Nature's Toothbrush" is no rival to the common bristle brush used for cleaning the teeth. Neither can be well discarded. As regards the former, try the doctor's suggestions. There is a point which we ourselves would like to add,—You will not have to go to the chemist's shop for it. As to cheapness, it seems to be within reach of the poorest.—As. Ed.]

PYORRHEA one of the most dreaded and talked-about diseases of the mouth, is found in a large percentage of the mouths in the civilized world.

The word "pyorrhea" means "pus running." Alveolus is the tooth socket. So pyorrhea alveolaris is the name of the disease characterized by pus running from the gums around the tooth. Any irritation at the neck of the tooth at the gums may be pyorrhea, or may develop into it if left alone.

Pyorrhea comes mainly from neglect of the gums and teeth, and also from improper diet. Nature's toothbrush is the coarse food—coarse vegetables, raw fruits, and hard grains; but our modern methods of cooking have made these natural cleansers soft and mushy, so the teeth do not get the necessary massage to stimulate and toughen the surrounding tissues. Sometimes systemic diseases also react on the gums.

Whatever may be the cause, there is one way to treat this condition. First, have the dentist remove all the tartar (lime) deposits from around the teeth. This may take one treatment or several. Then the dentist generally uses astringent medicaments to shrink the gums back to the teeth. Some dentists use surgical methods in place of astringents. Whatever the dental procedure, there must be a course of home follow-up treatment by the patient.

The home treatment is all-important, and should be followed faithfully, and be continued as long as the patient wishes to be free from the disease. The dentist will have to direct in this.

Patients complain of the gums bleeding when brushed. This should not cause any worry. A

medium stiff brush should be used. The more the teeth bleed at the start of the treatment, the sooner good results will be obtained. The membrane that holds the teeth in place, is the seat of the disease. Pyorrhea will not cure itself, neither will the much-advertised treatments cure without the dentist's assistance in removing the lime deposits.

Neglect results not only in the loss of teeth, but the pus enters the system and causes general systemic infection. The pink toothbrush is the first danger signal that the gums need attention.

Pyorrhea, pus running from the gums, black hard deposits on the teeth, inflamed gums, make a picture of mouth conditions to be avoided, and to be cured as soon as possible.

The stages of the advance of pyorrhea are:

First stage: Pink toothbrush. Entirely curable in a few weeks with proper brushing.

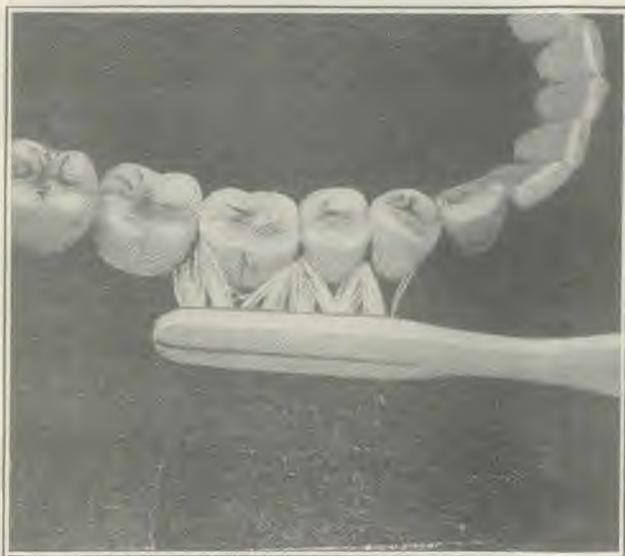
Second stage: Curable after several dental pyorrhea treatments and continued home treatment.

Third stage: Patient is able to retain the teeth for a few years by continual care by the dentist, and persistently following his advice on home treatment.

Fourth stage: When this stage is reached, the teeth should be extracted, as the patient is endangering his general health by retaining them.

If you have pyorrhea or any irritation of the gums, or if the teeth bleed when brushed, see your dentist at once. If you do not have pyorrhea, take care of your mouth so you will escape it.

Beware of fake advertisements claiming to cure pyorrhea without dental attention. You will endanger your teeth and general health if you follow their advice.



Well-Tended Teeth

OUR HOMES

Home

THE road to laughter beckons me,
The road to all that's best;
The home road where I nightly see
The castle of my rest;
The path where all is fine and fair,
And little children run.
For love and joy are waiting there
As soon as day is done.
There is no rich reward of fame
That can compare with this:
At home I wear an honest name,
My lips are fit to kiss.
At home I'm always brave and strong,
And with the setting sun
They find no trace of shame or wrong
In anything I've done.
There shine the eyes that only see
The good I've tried to do;
They think me what I'd like to be;
They know that I am true.
And whether I have lost my fight
Or whether I have won,
I find a faith that I've been right
As soon as day is done.

—Edgar A. Guest.

Children Need a Lot of Loving

"WHY don't you go up to bed with me?" objected the nine-year-old boy. "You go up with Kenneth every night."

"But he is younger and goes to bed earlier," the mother explained; "you are a big boy now."

"That doesn't make any difference," urged the oldest boy; "I like to be tucked in just the same."

After that, the mother saw to it that the biggest boy got a bedtime hug and a few minutes' quiet talk with her, and was more particular to show him affection.

From the little toddler to the overgrown, awkward school child, most children are hungry for affection. Our children know that we love them but they like to hear us say so. They know we think more of them than of anything else in the world; but they want us to show it. Few children want a sentimental, gushing sort of love; but they need and appreciate constant, unobtrusive evidences of our affection.

Love can often cure an irritable temper, and soothe delicate nerves. One mother had this experience, and said, "When my little girl's face grew flushed and her voice rose high and sharp, I stopped my work, put my arm around her, and talked in a low, tender tone about her games and dolls. I could feel the little form relax and see the tense,

vivid face grow calm and happy as she felt my love flowing out to her."

"I like to visit her," laughed one friend to another as she entered the cheery home, "because someone is always loving someone else."

We are so busy and try so hard to be efficient and successful that sometimes we forget that—

"Folks need a lot of loving every minute,
The sympathy of others and their smile.
Till life's end from the moment they begin it,
Folks need a lot of loving all the while."

A rosy-cheeked, curly-haired little girl came dancing into the room where her mother was working and, throwing her arms around her mother said "Oh, muvver, I love you so much I don't know what to do!"

The mother returned the caresses and smiled. "That is just the way I feel about you too, dear. What happy times we shall always have together!"

The mother was laying a foundation for the confidences and trust of future years when she would wish to keep ever near her daughter's heart and guide her life.

Children grow up so quickly. Plump little legs run away in long trousers; little pink feet fit happily into wedding slippers; and then we wish we had taken more time for just loving. As they grow older, a reserve comes to children as their armour against the careless world; but this will gladly be laid aside when alone with the mother who has done a lot of loving.

—Mrs. L. L. Roberts.



Blizzard

BLIZZARD we named her; not because that rough, unpleasant name particularly well suited the demure little damsel in dusty brown who came to visit us, but for the reason that she came in with a blizzard that tossed and tumbled, and half buried New York, claiming our hospitalities against the inhospitable world of wind and snow outside. How she got into the house is still a mystery, but however it came about, there she was, bright and pert as a sparrow can be, and plainly delighted to get out of the storm. She rebelled at being caught, and even bit savagely at her captor, but in spite of that she was taken upstairs to a warm room, where we thought she would be safe, for she was not the only guest.

There was, first, Elizabeth, the cat, who liked nothing better than tender young sparrow for breakfast, and knew well how to get it, too; and Napoleon, the dog, who made it his particular duty to guard the household from all four-footed and feathered enemies; and worse,—for those two could be shut out of the room,—there was Laura.

Laura was a parrot of high degree and beautiful manners, dressed in several shades of green, with a gay yellow cap, and a dash of rose colour on her wing. She did not at all know what to think of this vagabond of the street, whose vulgar antics she was accustomed to watch only through the windows. She turned her aristocratic head on one side, fixed one large red eye on the intruder, and plainly did not altogether approve of her for a companion.

But Blizzard had no scruples; she was not in the least afraid of her high-mightiness; in fact, she never saw the bird she was afraid of, and she assumed the aggressive herself.

For some moments the two stared at each other, head feathers erected and all bristled up for war; then suddenly, with a keen appreciation of the advantage of taking the initiative, the sparrow made a dash at Laura, and passed just over her head without pausing.

The insulted bird started, and gave a violent snap of her big beak, just too late to touch her lively enemy. Again and again was this performance repeated, the saucy street ruffian swooping down as if to annihilate the stately parrot, and that bird every time surprised out of her dignity, startled, snapping her bill, trying to seize her tormentor.

At length Blizzard tired of this amusement, and proceeded to show contempt of her roommate in a new way, by alighting on the perch beside her. The perch was three or four feet long, and the size of a broomstick. Laura, sitting calm and composed at one end, was suddenly shocked by the sparrow dropping down upon it about four inches from her seat. In a moment, after one look of horror and disgust, down went Laura's head, and off she started, hand over hand, as parrots walk, beak wide open, to seize her disreputable foe. The graceless upstart simply hopped back a step or two. Laura followed, snapped again, and again the sparrow retreated. Thus they passed down the length of the perch, and when they reached the end Blizzard hopped over the back of her clumsy pursuer, came down on the other side, and led her back in the same impertinent way.

An eating place was set up for the storm refugee on the window sash, and bread and water provided for her comfort. The water she accepted with thanks, but she soon discovered that Laura's now vacant cage contained a dainty morsel to her taste—a large, square cracker. This she pecked at eagerly, first standing outside and putting her head between the wires; but finding this inconvenient, after looking about on every side, and scorning the open door as a probable trap, she slipped between the wires and helped herself freely, hammering the cracker to bits and scattering crumbs all over the floor, while the owner of the cage observed with displeasure the disorderly manners of her small neighbour.

After enduring the sparrow's performances awhile, Laura went home, and the door was shut. We were sure she could guard her food, for she was a bird of spirit herself, and not used to being imposed upon.

Blizzard did not approve of the new arrangement, but cracker she was bound to have; and after a few cautious advances, holding herself ready for instant flight, she grew careless, and plainly made up her mind that Laura was far too slow to catch so very wide awake a personage as herself. So once more she slipped through the wires, and busied herself on the floor of the cage within six inches of her big neighbour, even getting so bold as to snatch at Laura's tail when it hung in her way.

For some time the parrot looked on, with wise head turned over one side, and Blizzard became perfectly indifferent, when at last the long-suffering householder leaned over and snatched up the intruding scapegrace by the back. Had it been the head, this would have been the end of the poor sparrow's story, but the feathers are thick on the back. Blizzard screamed at the top of her voice, the family ran into the room, and the bird escaped, leaving a mouthful of feathers with Laura. Somewhat subdued for a while, she retired to the top of the window casing to recover from her fright and investigate the damage to her draperies, while Laura sat in her cage, crying "Cr-r-r—cr-r-r" in a low but evidently crowing tone, as if to say, "There, miss! how do you like that! Perhaps you'll keep out of my house!"

As it began to grow dark, Blizzard ate an enormous supper, and then composed herself on top of the window frame. Nothing was heard from her till morning, but alas, we forgot the early-rising habits of the sparrow's family. Laura, used to the life of the house, never stirred a feather till other people got up, but this little street vagrant began with the first streak of light to fly around the room, to ask for breakfast, to stir up Laura, and to disturb things generally. In fact, she made herself so disagreeable that it was resolved to turn her out to care for herself.

Meanwhile the snow and wind had been having their way out of doors. Great drifts were piled up against the windows, the sidewalks were lost, and even the streets looked like mountain chains on a small scale. No one went out, horses stood in their stables, and not a sparrow showed a feather outside, so we could not set our guest adrift just yet.

The last of her tricks, which almost had a sad ending for herself and us, was to set the house on fire. Actually, with engines snowed into their houses, streets filled with mountains of loose, dry snow, and hydrants all out of sight under them, that incorrigible rascal picked a match from the safe, carried it off under the bed, and probably pounded the end to see if the little brown knob was good to eat.

That settled Miss Blizzard's fate, and as soon as the sun came out, a window was opened, and away she went out into the white world to join the army of feathered tramps to which she belonged.—Adapted from "True Bird Stories," by Olive Thorne Miller.

MEATLESS RECIPES

GREEN PEA SOUP

Soak one pint of green split peas overnight. Drain and simmer in water with one onion until tender. Put through a colander to remove all skins. Add a little salt and a teaspoonful of dried mint, tied in a muslin bag. Pour on to this enough water to bring to the desired consistency. The addition of a little boiled milk and less water improves the flavour of this soup.

STUFFED BAKED POTATOES

Prepare and bake potatoes. When done cut one end, carefully take out the inside so as not to break the skin. Mash, add salt, a lump of butter, and a little hot cream or milk to moisten. Whip until light, then fill the skins, put in the oven a few minutes, and serve hot.

RICE ROLLS WITH TOMATO SAUCE

Two cups of cold boiled rice, yolk of one egg, four tablespoonfuls of chopped nuts, and celery salt to taste.

Heat the rice with a little thick white sauce, made from hot milk thickened with white flour; add the beaten yolk of egg and nuts, also salt and celery salt. Cool, and shape into small rolls. Roll in crumbs, and bake until brown—about one-half hour. Serve with tomato sauce. Two cups of strained stewed tomato thickened with a little brown flour, salt to taste. Serve very hot.

CREAMED ONIONS AND CARROTS

1 qt. small white onions 2 tbsp. flour
2 bunches carrots Butter size of walnut
1 pt. milk $\frac{1}{2}$ tsp. salt

Peel onions, boil until tender. Scrape and wash carrots, cut in inch lengths and boil until tender. Drain onions and carrots, put together, add butter and milk. Let come to a boil and thicken slightly.

POTAGE ALBERT

1 cup dried lima beans 1 potato
4 cups water 1 tomato
1 cup string beans 1 tablespoon salad oil
1 cup carrots $\frac{1}{2}$ teaspoon salt

Milk

Put dried lima beans and water in saucepan, bring slowly to boiling point, add string beans and carrots, shredded, and potato, and cook until potato is soft. Put in tomato, fresh or canned, leave 2 minutes, remove both potato and tomato and mash to a smooth paste with salad oil. Let the beans cook until soft, add the potato mixture, salt to taste.

WATER-LILY SALAD

6 hard boiled eggs 1 tablespoonful butter
1 tbsp. lemon juice $\frac{1}{2}$ teaspoonful salt

Cut eggs in halves lengthwise. Remove the yolks. Mash, and add butter, salt, and lemon juice. Cut each of the halves of the whites into three sections lengthwise. Place these sections on a lettuce leaf around the central portion to represent the petals of a lily. In the centre place a spoonful of the yolk mixture, formed into a ball to represent the centre of each lily.

MAYONNAISE DRESSING

$\frac{1}{2}$ cupful cream $\frac{1}{2}$ teaspoonful salt,
2 egg yolks 2 tbsps. lemon juice
1 cupful olive oil

Add the salt to the egg yolk and beat with an egg beater until very thick, then add lemon juice, a few drops at a time, beating constantly. Add oil, a teaspoonful at a time, beating constantly, and adding more at the last until all is used. If it curdles take another egg yolk, beat it until well blended and gradually add the curdled dressing to it. Just before serving add the cream.

CORNMEAL SPOON BREAD

2 cups milk Salt
1 tbsp. butter 2 eggs
1 cup cornmeal 2 tsp. baking powder

Scald 1 cup of milk, add butter and cornmeal to it; then add the cold milk, salt, and well-beaten eggs. Add baking powder last. Stir well and bake in quick oven. Serves about 6 people.

LADY BETTY

Cream thoroughly $\frac{2}{3}$ of a cup of butter; add $1\frac{1}{2}$ cups sugar, beating continually. Add yolks of 4 eggs; beat well. Sift together $2\frac{1}{2}$ cups of flour, $\frac{1}{2}$ teaspoon salt and 3 teaspoons Royal Baking Powder, and add 1 cup chopped walnuts. Add this flour mixture and 1 cup milk alternately a little at a time to first mixture, mixing thoroughly. Just before adding last of flour, add 3 squares unsweetened chocolate (melted). Fold in the beaten whites of 4 eggs. Bake in a well-greased and floured 9-inch tube pan in a moderate oven at 325° F. for about one hour and three-quarters. Turn out and cool. Cover the top and sides with chocolate icing.

How to be Helpful to the Hard of Hearing

(Continued from page 13)

the explanatory captions. He is apart from them, and the barrier between is never completely surmounted. He feels imprisoned and that the imprisonment will be lifelong. His aloofness gives him the sense of being unlike others; he seems to himself unreal. He cannot go where others go and cannot do what they do. He is solitary. When this situation, by the kindness of others, is mitigated he feels himself an object of sympathy; and pity, which it would be churlish to resent, nevertheless cloy and is unwelcome. He craves normal social intercourse with his fellow human beings, which he can never have.

His life, too, is not enriched by sharing in some of the perceptions of other persons. Books he may enjoy, but they are but substitutes for real persons. Teachers in institutions for the handicapped agree that the instruction of the blind is far easier than that of the deaf, and that the cheerfulness usually characteristic in the blind is lacking in the hard of hearing.

A help to the partially deaf is for friends before beginning speech to attract attention, then to speak distinctly, rather than loudly. The hard of hearing should be addressed slowly so that there is time for each syllable to reach the ear and be assimilated with the others that have been heard and correlated with the circumstances. Shouting is jarring on the sensibilities of the person addressed, who is always under nervous strain, and perception of meaning comes in many subtle ways, which shouting obscures; facial expression is one, and all deafened persons are more or less lip-readers, so that normal speech is most intelligible

to them. For this reason it is helpful if the speaker's face is not in a shadow.

Those who are partially deaf should wear an instrument if it will help the hearing, no matter how conspicuous or ugly it may be. Such a device quickly becomes a matter of relative unconcern when one is accustomed to it. The instrument not only enlarges the life of the deafened person but it makes intercourse easier for good-hearted friends; which is a duty to them, for they are no more to blame for the affliction than is the sufferer himself.

At first not too much must be expected of the instrument. It should be remembered that the normal ear selects from many sounds those that are wanted. For instance, when an orchestra is playing, one can follow a particular instrument. But this selecting ability the partially deaf lose from want of practice, and only by practice can it be regained or acquired. Used a few moments at a time the earphone is wonderfully helpful, but listening to a long speech may be extremely difficult and an exhausting nervous strain, even after several years of using. Persons who are not deaf should be delicate enough to pay no more attention to an earphone than to a pair of spectacles.

These lines are written by one who is very deaf and who is convinced that nearly all persons are so kindly disposed toward the handicapped that they will be glad to understand the condition of the hard of hearing, in order that they may meet it more helpfully. Especially is it hoped that parents of partially deaf children may find these hints of use in dealing with their little ones.

Saving the Children

(Continued from page 7)

It should be noted that the immunity thus conferred is rather slow in developing and may not be fully established for five or six months. Where there is an Immunization Clinic in existence parents should get their children immunized as soon as possible and preferably before they are one year old, as diphtheria appears to be most fatal between one and three years of age. Many local authorities now admit cases of measles and whooping cough to their fever hospitals, particularly where the home conditions are unsatisfactory for proper nursing. In similar cases some local authorities have made arrangements for nursing facilities to be provided at the child's own home.

Until all parents have fully realized the serious and often fatal nature of measles, whooping cough, and diphtheria, local authorities must continue their efforts at propaganda on these lines, and they should also give the widest publicity to the newer methods of immunization against diphtheria and scarlet fever. It is one thing to invent an article of commercial utility, but it is quite another thing to create a sale for it. It is one thing to have at hand the means of preventing certain diseases, but it is a far more difficult problem to persuade people to avail themselves of them.



The DOCTOR SAYS



Ques.—“Is borax solution good for inflamed eyes?”

Ans.—No. Borax is often used as a skin lotion, but should not be used for the eyes. Boracic acid is highly useful, as has been long known, but in borax the acid is combined with an irritating alkali, and so borax should not be used in applications to so delicate a surface as the mucous membrane of the eye. A saturated solution of boracic acid dropped into the eye several times a day is highly useful for inflamed eyelids.

Ques.—“Is it possible for a person to live without the stomach?”

Ans.—The human stomach has been successfully removed in a few instances, and the patient has survived in two cases for several years. In numerous cases so large a part of the stomach has been removed that the small remainder was wholly inactive as a digestive organ, so it is known that life can be maintained without the stomach. It is important, however, to know that persons whose stomachs have been removed or whose stomachs are crippled by disease so that they no longer secrete hydrochloric acid can continue in health only by careful regulation of the dietary.

Ques.—“Is flax seed a good laxative?”

Ans.—Flax seed used in its ordinary form is highly indigestible, and, hence, may act as a stimulant to the intestine. It has no specific laxative properties.

Ques.—“At what rate may the body safely gain weight?”

Ans.—A very rapid gain in weight is not always desirable. The gain observed may be due to increase of water, fat, or muscle. Fat is increased by an excess of food of any sort, but especially by excess of carbohydrates and fats. Fats are deposited directly, substantially as eaten. For every ounce of carbohydrate retained in the body, three ounces of water are also retained. For every ounce of salt, one hundred to one hundred and twenty ounces of water will be retained. Evidently the disuse of salt is important for persons who desire to lose weight.

Ques.—“Why does one suffer from morning headaches?”

Ans.—One of the most common and perhaps the most pernicious of all causes of morning headaches is constipation or intestinal stasis.

That constipation produces headaches is a fact which must be known from personal experience by almost every civilized human being, for there are probably few adult persons who do not suffer more or less from the consequences of this form of intoxication.

The remedy is to be found in the free use of bran, paraffin oil, and such bulky foodstuffs as greens, fresh vegetables and fruits, and, in addition, the complete, mechanical emptying of the colon by enema every night before going to bed. The temperature of the water should be from 80° to 90° F., and the quantity one to two pints. The water should be slowly introduced, and should be retained five or ten minutes so as to give it time to reach the head of the colon. If the water is not readily expelled, it should be managed somewhat differently. The first pint administered should have a temperature of 102° to 104° F.; this to be followed by a second pint at a temperature of 80° to 90° F. The warmer water will relax the contraction of the lower colon very commonly present in cases of this sort, and so encourage evacuation. Such an enema taken at night will not interfere with the morning bowel movement but will rather have the opposite effect. This measure used on retiring will, in the

majority of cases, not only eliminate any morning headache, but will also create an appetite and dissipate the depression, confusion, and other distressing symptoms. As soon as the correct diet has established normal bowel movements the enemas should not be taken. The flora should be changed.

Ques.—“What precautions are necessary in taking a cold bath?”

Ans.—Four points are especially to be borne in mind in taking the cold bath:

1. The body must be warm all over before any kind of cold bath. For this reason the best time for taking the bath is immediately upon rising, while the body is warm. If not warm the body should be warmed by taking a *very short* hot bath before the cold one. A cold bath to a cold body is dangerous.

2. The room in which the cold bath is taken must be warm.

3. The body must be warm all over at the conclusion of the bath.

4. A cold bath must be of short duration—the colder the water the shorter the bath. Prompt and thorough reaction after a cold bath must always be the rule.

Ques.—“What is the best diet to be followed during pregnancy?”

Ans.—The diet of an expectant mother should not differ essentially from that of any other person in ordinary health, except that special pains should be taken to keep the bowels moving at least three times a day and to so regulate the diet that the stools will not have a putrid odour. Neglect of this precaution has caused serious and even fatal complications.

Meat should be avoided. Milk should be used freely, also fruits and fresh vegetables. Greens should be used daily, together with wheat bran or agar at each meal. Paraffin oil should be taken in sufficient quantity to secure three bowel movements daily.

Ques.—“What foods have a tendency to produce inactivity of the bowels?”

Ans.—Liquid foods which contain little indigestible residue are anti-laxative, or constipating. Rice, fine wheat flour in bread and similar preparations, cornstarch, Iceland moss, gelatin, white of egg, boiled milk, are constipating. The same is also true of oatmeal porridge when long cooked. Gruels and similar preparations are highly constipating in character.

Ques.—“(a) Which is the more easily digestible, roasted or raw peanuts?”

“(b) Why is it necessary to cook peanuts to prepare them for digestion?”

Ans.—To be easily digested, peanuts should not be eaten raw nor should they be eaten roasted.

If the nuts are slightly baked, they will be more easily digested than raw, but if they are roasted until they are brown and bitter, fried in their own fat as it were, they are quite indigestible.

Peanuts are more closely allied to beans than to nuts. Botanically, they are not nuts at all; they are legumes. They contain a small amount of starch but a considerable amount of woody matter which needs to be softened by cooking so as to render the albumin and fat accessible to the digestive fluids.

Why Spoil Your Holidays with Headaches?

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

A HEADACHE is very often one of the legacies of holidays. This is because over-indulgence and intemperance are two of the many causes of headaches. In fact there are so many things which may give rise to this complaint that we shall only be able to mention the more important ones here, and outline some general forms of treatment. But first a few words about the seat of the trouble, the brain.

The head is the part which controls the body. It contains the brain or governor of the whole system. This wonderful, delicate, and complex organ is connected by means of nerves to every other organ of the body, and is in close sympathy with them. The brain is enclosed in a hard, unyielding structure, the skull, and is a hard-working organ. Little wonder then that at times this machinery becomes congested and creaks or works erratically. In considering the question of headaches, we should always bear in mind the nature and amount of the work the particular brain under consideration is called upon to perform.

Headaches and Disease

Occasionally headaches may be connected with actual disease of the brain as in rheumatism, syphilis, and tumours. These, however, lie outside the scope of ordinary home treatment and need not be further considered here.

A more important group of causes is the one which includes diseases of other, and sometimes distant organs, such as the ears, eyes, nose, teeth, tonsils, and accessory sinuses. In such cases the headaches are due to *irritation* of the brain owing to its nervous connection with the diseased structure.

Eyestrain is a very common and potent source of headaches and should never be overlooked when searching for the cause. It is not enough to be able to see well. The eyes should be tested by an eye specialist, as astigmatism and errors of refraction may be present without the patient's being aware of the fact.

The same applies to the teeth. It is not always a tooth that aches or appears diseased to the naked eye which is dangerous, but buried roots and abnormal conditions under the gums.

Diseases of the ear frequently cause headaches, as also do adenoids and inflammatory conditions in any of the sinuses or hollow spaces which exist in the bones of the face.

Sometimes irritation of the brain may be caused by the wearing of heavy or tight-fitting hats by men or an unusually large amount of hair in the case of women. The latter condition is gladly seized upon to-day as a most valid reason for having the hair bobbed or shingled, whereas a few years ago the idea would never have been entertained however severe the pain.

Another cause under this heading is the presence of *pediculi capitis*, especially among the poor. These should never be overlooked, as in some cases these parasites give rise to distressing headaches. In searching for the cause of a severe and persistent headache, every possible source of irritation should be examined carefully. This is often a long and difficult process, but it is time well spent.

Headaches and the Circulation

Lastly, we come to the group which contains the more common causes of headaches. In this class we find chiefly those things which interfere with the circulation and functions of the blood, such as indigestion, over-eating, anæmia, high blood pressure, etc.

Disorders of the stomach are the commonest cause of the ordinary, functional pain in the head. Such bad habits as over-eating, eating between meals, late suppers, the eating of bad combinations of food, the use of tea, coffee, alcohol, tobacco, and over-indulgence in sugar and rich foods must be absolutely mastered if we wish to keep free from headaches.

The tea headache is one which comes on as the time for the next cup approaches, and which is apparently quickly relieved by the draught. The actual result is a numbing of the nerves by the deadly poison *thein* in tea while the patient fancies she is being cured. The condition is progressive and dangerous in that it so frequently passes into a state of chronic pain in the head. The action of tea and most stimulants is deceptive. It really gives rise to headaches while appearing to cure them. Many headaches are due to cold feet, in other words, a poor, sluggish circulation. This condition is usually brought about by sedentary habits and lack of out-door exercise.

General Treatment

Before we can directly treat a headache, we must try to find out its cause. This may be difficult, but in cases of persistent pain, it is certainly worth while. In order to keep free from the malady as far as possible, it is best to avoid all the known causes, and to have any diseases treated which may have been neglected, even in remote parts of the body. Pay strict attention to the stomach and the laws of digestion. Avoid stagnation of food in the stomach and constipation. Drink nothing but pure water between meals but plenty of it, and avoid all stimulants and poisons as tea, coffee, alcohol, tobacco, and flesh foods. Animal matter favours decomposition and helps to poison the system. Many cases of vague pains in the head have been cured by cutting out all forms of flesh from the diet and taking a liberal supply of fruits, grains, and nuts. In such cases, a cure cannot be expected in the course of a few days. The wrong habits of years cannot be undone in a moment.

Headaches caused by over-eating and indigestion are often relieved by a smart purge in addition to the local measures mentioned later. Daily exercise out of doors will do much to improve the tone of the circulation and prevent congestion of the brain, especially if much mental work is being done. Mental excitement and strain, together with worry in all its forms, are some of the many other things which need to be avoided.

Local Applications

Cold in the form of wet flannels or the ice bag is the most useful measure locally. It should be used in all cases where the head is hot and there is much throbbing. The flannel should be large enough to cover the whole of the forehead and should be brought down over the eyes. Whenever possible the hot foot bath should be employed in conjunction with this method to equalize the circulation. Keeping the feet warm day and night and taking frequent footbaths will do much to prevent the onset of pains in the head. In the less common cases where there is shivering and the head is cold, the application of heat to the head will be found beneficial.

There are many applications used to relieve headaches, such as opium or belladonna liniment. Owing to the sensation of cold which it produces, menthol is largely used as in the following prescrip-

tion: Oil of cloves and oil of cinnamon, 20 drops of each; menthol, one drachm; and alcohol, one ounce. Apply a little of this mixture to the head when the pain comes on.

Electricity is useful in relieving some cases of headache, but this is rather beyond the scope of ordinary home treatment.

Drugs

It is very common for sufferers to fly from one drug to another for the relief of all forms of pain, and headaches in particular. This is very bad. Asperin and all similar drugs only mask the symptoms and should certainly never be used indiscriminately, especially when the pain is chronic in nature. A headache, especially when it comes on frequently, is nature's warning that something is wrong with the body, and an endeavour should be made to locate the cause of the trouble.

With a sensible and well regulated daily life there is little reason why anyone should suffer from headaches. Should we be unfortunate enough to do so, let us get down to the cause, correct our faulty habits—paying particular attention to the diet—and in time all will be well. Temperance and self-control will repay us well, while a daily obedience to the laws of health will carry vigour and happiness unto the last days of old age.

Goitre and Its Prevention

By A. L. King

WHILE there are more causes than one of simple goitre, the cause in most kinds of simple goitre is a lack of iodine in the food supply. Sea water and sea salt, and hence sea spray and sea air are rich in iodine. Iodine-laden dust from the sea shore can be carried inland, and enrich inland soil. Regions that are far removed from the sea, or are shut off from the sea by high intervening mountains, may contain in their water and in their soil too little iodine to meet the needs of normal nutrition. Well known endemic goitre regions, to mention only a few, are the Alpine mountain region of Southern Europe, including Switzerland; the Himalayan mountain region of Eastern and Southern Asia; and in North America the entire basin of the great lakes, and the basin of the St. Lawrence, and also that portion of the United States and Canada known as the Pacific Northwest, including British Columbia. Goitre is of frequent occurrence also in New Zealand.

In goiterous regions, goitre begins to develop in childhood. Hence in their efforts to prevent goitre, Marine and Kimball at Akron, Ohio, up near Lake Erie, made their famous experiment with public-school children. Volunteers were secured among children of ages known to be most susceptible to goitre, and these volunteers were given small doses of sodium iodide dissolved in drinking water twice every week for a period of a month. This was repeated twice yearly. Among

2,000 school children so treated, only 5 showed any enlargement of the thyroid gland. Of 2,600 other children of the same age, however, who did not take the iodide, about 500 showed enlargement at the same time. Marine and Kimball published reports of their work in 1917 and subsequently, and as a result attention was drawn, both in the United States and elsewhere, to the relationship between goitre and iodine deficiency.

Other Causes of Goitre

Not all cases or kinds of goitre, however, are caused by iodine deficiency. A contaminated or faulty water supply is sometimes the cause. The noted investigator McCarrison found, for instance, that in an Indian school where for seventy years half the school children had suffered from goitre, the disease was eradicated by the substitution of a pure water supply for the contaminated one, although the pure water contained less iodine than did the contaminated supply.

In England goitre is common in the dales of Yorkshire and Derbyshire, and is known as "Derbyshire neck." In 1927 Dr. Turton published his observations on goitre in Derbyshire: he reported that there were three times as many cases of the disease among children drinking water from a limestone soil, as among those who drank water from a millstone grit soil, although the latter soil contains less iodine and less lime.

Relating these facts, a noted English dietetic authority R. H. A. Plimmer, D.Sc. (Lond.), Professor of Chemistry in the University of London at St. Thomas's Hospital Medical School, states:

"Both McCarrison and Turton consider that this type of goitre is caused by an excess of lime salts. If the iodine salts are increased proportionately to the lime salts, goitre is prevented."—*"Food, Health, Vitamins," page 104.*

Ways of Taking Iodine

In regions where the soil is deficient in iodine so that food grown upon it does not contain sufficient iodine for normal nutrition, it has been suggested that the iodine deficiency may be made up in various ways as follows:

1. By adding sodium iodide to table salt. The strength of the iodine in this "iodised" salt is .02 per cent, or in other words one-fiftieth of one per cent, or 1 part of iodine to every 5,000 parts of table salt. Such a salt was put on the Michigan market on May 1, 1924.

2. By using a natural or unrefined salt, instead of the common refined salt.

3. By adding some sea plant to the diet, such as kelp, or seaweed.

4. By manuring the soil with kelp, or seaweed, or other substance rich in iodine, as Chile saltpetre.

Suggestion No. 1 does not commend itself to all, and is indeed strongly opposed by some, who think it far better to use iodine in some more natural form. Some think that iodine in too free a form, although a goitre preventive, may possibly injure the body in other ways. No attempt will be made to settle the controversy here. It is sufficient only to observe that "There are more ways of killing a dog than by hanging him," and more ways than one of getting a sufficiency of iodine.

Turrentine, of the United States Department of Agriculture, favours the eating of kelp as a means of securing sufficient iodine in the diet. Thus a very noted American authority on dietetics, Henry C. Sherman, Ph.D., Sc.D., Mitchell Professor of Chemistry in Columbia University, the largest university in the United States, tells us:

"Turrentine of the United States Department of Agriculture has recently emphasized the possibility that it may prove more advantageous to give iodine in a form less readily soluble and less rapidly absorbed into the circulation than is a simple iodide solution, and has advocated the use of kelp and particularly preparations of the species *Macrocystis pyifera* which he finds to be particularly rich in iodine."—*"Chemistry of Food and Nutrition" (1928), page 260.*

Professor Plimmer of London, already quoted, favours the use of a well-balanced diet, rich in mineral salts and vitamins, plus the use of a natural salt (suggestion No. 2), as the best preventive of goitre. He remarks:

"Within the last few years a number of iodized salts and other patent medicines containing iodine have been put on the market. Iodine in excess is in itself a danger and promiscuous dosing with

iodine or thyroid extract, unless under medical supervision, should never be done.

"A well-balanced 'Square Meal' is likely to provide sufficient iodine. It is advisable to use a natural salt for table use and not a refined salt from which iodine and other essential mineral salts may have been removed."—*"Food, Health, Vitamins," page 105.*

Improving Soil Deficient in Iodine

Soil that is deficient in iodine may certainly be enriched by being manured with seaweed or other sea plants or products, or failing this, by the use of Chili saltpetre, which is exceedingly rich in iodine. How rich Chili saltpetre is in iodine may be gathered from the findings of Fellenberg, quoted by Sherman. In general Fellenberg finds that grains and legume seeds contain from 8 to 64 parts of iodine per 1,000,000,000; fruits contain 6 to 120; nuts up to 200; vegetable oils, 30 to 95; cod liver oil, 5,000 parts per 1,000,000,000. A fresh sample of Chili saltpetre, however, was found to contain 192,000 parts of iodine per 1,000,000,000, while an old sample contained no less than 44,000 parts. Obviously the addition of Chili saltpetre to the soil would quickly obliterate any iodine deficiency.

A Well-Balanced Diet Essential

It is quite possible that were a well-balanced diet, rich in mineral salts, used by all, sufficient iodine would be obtained as a general thing, and goitre cease to be. White bread contains only 25 per cent of the mineral salts that are present in the whole-meal. With the use of white-flour products so general, and erroneous ways of cooking vegetables, it is no wonder that deficiency diseases of various kinds are prevalent. When mineral salts and vitamins are deficient in the dietary, the body cannot function properly and must inevitably suffer.

In this connection, Professor Plimmer makes in "Food, Health, Vitamins" (page 104) the following observation:

"In his summary of 1927 McCarrison refers to goitre as a disease which results from lack of balance in the various components of food, each component in itself good. One type may be caused by an excess of butter, another type by an excess of lime. In addition he has shown that the deficiency of vitamins A, B, and C, in the modern diet, and particularly of vitamin B, can give rise to a new type of goitre not previously described. He concludes from the experimental evidence that 'it is probable that in Western countries this new type of goitre will be encountered in its progressive stage in children and young women whose food contains much vitamin-poor carbohydrate, little suitable protein, and less green vegetables and fruit. In this type of goitre iodine will neither prevent nor cure the disease, but a well-balanced diet rich in vitamins will.' Dr. Steiner who has studied the disease in Switzerland has arrived at very similar conclusions to those of McCarrison and Turton."

The Sword of Damocles

By Merwin R. Thurber

FIVE young women are condemned to death. No, they have not committed any crime. They are victims of radium poisoning.

But you remember the story. Back during the war, when illuminated watch dials came in to popularity, girls were employed to paint the numerals on the watch faces. They used paint that contained radium salts—only an infinitesimal quantity of radium, it is true, for that valuable mineral is far too expensive to be used in large quantities on cheap watches. The girls were paid by the piece, and how they did work! And then some of the more ambitious workers made a discovery. They found that if they would "point" the tiny brushes on the tongue they could work to better advantage. Of course that might be dangerous, but who cared while the money was rolling in.

The years passed on, and then suddenly a mysterious danger seemed to surround radium workers. There came the news from Paris that Dementroux, a chemist who worked with the Curies, had died of a strange and lingering affection caused by his long-continued experiments with radium. Then Dr. Edward Lehman, chief chemist of the Radium Corporation, died of "pernicious anæmia," as the doctors called his trouble.

Early in 1928 the world was startled by the disclosures brought about when five young women sued the Radium Corporation for £50,000 apiece. There they were—victims of radium poisoning. The doctors had given them one year to live, and the hearts of millions of people went out in sympathy to these victims of a mysterious affliction.

The horror of the situation caused even the bravest of men to shudder a bit. Just think of it! five young women in the prime of life face to face with a sure and agonizing death. True, wealth has fallen to them to alleviate the terrors of the waiting time, for the court awarded them £2,000 apiece. But no amount of money can repay those women for the precious possession of life. And it is safe to say that every one of them would gladly give every penny to find some hope of staying the hand of death.

And yet, have you ever stopped to think that every human being is in exactly the same terrible situation as were these five young women? Our bodies are tainted with the mysterious, deadly "radium poisoning" of sin. Death is the inevitable fate of every individual unless—but let us turn to the Bible and allow the inspired writers to depict the fate of mankind and prescribe the remedy.

Perhaps the most widely accepted fact is that all men are sinners. And we stand self-condemned, for even the best man on earth would not claim to be absolutely perfect. The Apostle Paul in Romans 3:23 says: "All have sinned, and come short of the glory of God;" and again in Romans

3:10: "There is none righteous, no, not one."

Compare any man's character with the law of God, for it is by the law that he must be judged, seeing that "sin is the transgression of the law" (1 John 3:4), and he must stand condemned before any tribunal that pretends to mete out justice. Even those men who attained to heights of goodness were all sinners; and to those who believe themselves free from the malady that afflicts the world, The Apostle John says: "If we say we have no sin, we deceive ourselves, and the truth is not in us." 1 John 1:8.

And so we stand condemned, each and every one; and with the condemnation of sin goes the sentence of death. The Apostle Paul tells us that "the wages of sin is death" (Romans 6:23), and Jesus says, "Sin, when it is finished, bringeth forth death." James 1:15. The Apostle Paul again points out that "the end of those things is death." Romans 6:21.

Perhaps if the bodily death of the present world were the only death it might not be so bad. Many men face death bravely. In fact, after a long life of struggle and toil, death often brings a welcome release from the difficulties of the world. At its best it is simply a dropping off to sleep, and at its worst its tortures must have an end. But the apostle did not refer primarily to this death. In Revelation 2:11 we hear rumours of another death: "He that overcometh shall not be hurt of the second death;" and, "Blessed and holy is he that hath part in the first resurrection: on such the second death hath no power." Rev. 20:6.

Jesus Himself referred to this second death when He said: "Fear not them which kill the body, but are not able to kill the soul: but rather fear Him which is able to destroy both soul and body in hell." Matt. 10:28. Yes, there is a death to be feared above the bodily death of this world, and that is the death that results in final and eternal separation from God. That is the death that is the wages of sin, that destroys both soul and body.

Yes, the whole world is condemned to die, but there is a way of escape. Listen to this:

"For God so loved the world, that He gave His only begotten Son that whosoever believeth in Him should not perish, but have everlasting life." John. 3:16. And again, "The gift of God is eternal life through Jesus Christ our Lord." Romans 6:23.

No wonder the angels sang at His birth: "Glory to God in the highest, and on earth peace, good will toward men." Luke 2:14. The messenger said: "Behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour which is Christ the Lord." Luke 2:10, 11.

Jesus Christ came into this world and paid the death penalty that is pronounced against

every human being, in order that everyone who should accept Him might be freed from the condemnation of sin. And so to-day there is hope, a way of escape is provided. "Believe on the Lord Jesus Christ, and thou shalt be saved." Acts 16:31. To the heart of humanity, suffering under the burden of sin, comes the glorious news of salvation.

Bodily death is still the common lot of man. But those who accept salvation through Jesus Christ are not subject to the second and final death, when all that is contrary to the just government of God shall have its part "in the lake which burneth with fire and brimstone which is the second death." Rev. 21:8.

Then after the incorrigibly wicked have been destroyed, death itself is ended. "And death and hell were cast into the lake of fire." Rev. 20:14. Death will be swallowed up in victory, and the redeemed who have accepted the victory through our Lord Jesus Christ shall sing: "O death, where is thy sting? O grave, where is thy victory?" And in the sinless new earth they shall dwell in peace and joy and happiness throughout the endless ages of eternity.

War on Obesity

(Continued from page 4)

month is about as fast as a person should lose, and with the very obese not more than 40-50 pounds a year. It, of course, makes a lot of difference how heavy the person is, and how much exercise he is taking. For the average person about a 1,200-1,500 caloric diet, mostly protein, is the ideal one.

The patient who is slightly overweight can be reduced by confining his meals to vegetables, fruits, and eggs—in general, he may take any of the green vegetables; all fruits except bananas (eaten without cream or sugar); eggs in any form; thin soups; and such drinks as buttermilk and lemonade. The foods to be avoided are the starches and sugars, fat meats, oily or fatty foods, rich desserts, pastries, and thick soups. The urine of a patient on a reducing diet should be examined from time to time—the presence of acetone meaning that the dietary programme is too severe, and that body tissues are being broken down.

Exercise is another important item in a reducing programme. Many of these over-fleshy persons are unable to stand vigorous exercise, and their exercise should be carefully outlined and increased gradually as they are able to stand it. Hydrotherapy and mechanical exercise are a valuable part of such a programme. Eliminative treatment, such as the Russian bath, the electric-light bath, and the Turkish bath help to oxidize the excessive adipose tissue; and for those who are unable to take vigorous exercise, massage and mechanical exercising machines are of great value.

If the obesity is due to a glandular disturbance, of course the proper therapy, especially the use of thyroid extract, is indicated; but nothing of

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this nature should ever be attempted except under the supervision of a physician.

The proper treatment of obesity is really a serious problem, and is attended by many dangers if not properly supervised. Above all things, a person should keep away from quacks and anti-fat medicines of any kind. Practically all anti-fat medicines contain thyroid extract as their principal ingredient; and it is dangerous to administer thyroid extract except under a physician's instruction.

It is not a problem of days or weeks, but of months and, sometimes, years of patient staying by a proper programme. But patience and perseverance, even in the most obstinate cases, will practically always bring about the desired results.

"Living Food"

THE first step in a return to health must be a return to living food. A diet of fresh fruit, salads, vegetables, nuts, whole cereals, and fresh dairy produce is the most healthful diet for man. By its means not only can most diseases be prevented, but conditions such as constipation, dyspepsia, chronic appendicitis, bronchitis, catarrh, headaches, asthma, rheumatism, to mention only a few complaints, can frequently be permanently got rid of.—*Dr. Bertrand Allinson.*

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Will the Jews Return to Palestine

(Continued from page 15)

Romans 4:13 the Apostle Paul says that the promise was that he should be "the heir of the world."

Some time ago the Central Conference of American Rabbis, the rabbinate of reformed Judaism of America, at their annual convention in Rochester, New York, stated that "Israel is not a nation but a religious community; that Palestine is not the homeland for the Jewish people, but that the whole world ought to be its home."

Surely this is much nearer the truth than that propounded by some. Many will take up their abode in Palestine, especially people from the persecuted areas of Europe, but they will be doomed to disappointment.

The Bible plainly teaches that the door into the church is through Jesus Christ. Our Hebrew brethren can return to God and accept the Messiah here in Leeds or elsewhere and be gathered with God's people on that great gathering day of "Israelites indeed" when Jesus comes again. They do not need to go back to Palestine to be saved. Let us hope and pray that our Jewish brethren may be led to accept the teachings of Christ their true Messiah.

Is God Particular?

(Continued from page 11)

God declares the seventh day to be the Sabbath. There is no command in the Bible for the observance of Sunday. The Bible does not give the slightest hint of a Sunday institution. Christ never observed Sunday. The apostles never once kept Sunday. The Bible contains no prophecy that Sunday would ever take the place of the Sabbath, and no record that it ever has. Neither God, Christ, angels, nor inspired men ever uttered one word in favour of Sunday as a holy day.

On the other hand, God has placed His blessing on the seventh day, and sanctified it. He commanded it to be kept holy in the only commandment in the Bible for a weekly day of rest. He has placed in the Bible great and precious promises for those who will observe the seventh day. Everything can be produced in favour of the seventh day, nothing in favour of the first—no sanctity, no commandment, no penalty, no blessing.

What Will You Do?

Shall we obey God in this matter of Sabbath keeping and observe the day He has commanded us to observe? Or shall we disobey Him, and observe a day which He has never once commanded us to keep? Which will you choose to do?

Remember in this connection, that according to James 2:8-12, it is this very law which contains the Sabbath commandment which will be the standard of the judgment when your case comes up in review before God. Our lives are to be measured by the law of Ten Commandments. When we finally stand before the judgment bar of God, and the law is applied to our lives, what shall we say if we have deliberately rejected His Sabbath? Shall we look up into the face of God and tell Him that we had been under the impression that it did not make any difference whether we did as He told us to do or not? Shall we tell Him that, while the Sabbath question had been made very plain to us, yet we thought He would be just as well pleased if we kept Sunday, the day He never commanded, as He would if we kept the true Sabbath which He had commanded? Shall we add that it was much more convenient to keep Sunday, as all our neighbours were doing it, and it meant a greater cross than we could think of bearing to observe the true Sabbath? Will you say this to God? If you do, what do you think will be the result? Will God consider that you have obeyed Him or disobeyed Him?

As God pronounces upon the disobedient the just sentence of death for their violation of His righteous law, there will come to their minds His loving plea in a time long ago, "O that thou hadst hearkened to My commandments! then had thy peace been as a river, and thy righteousness as the waves of the sea." Isa. 48:18.

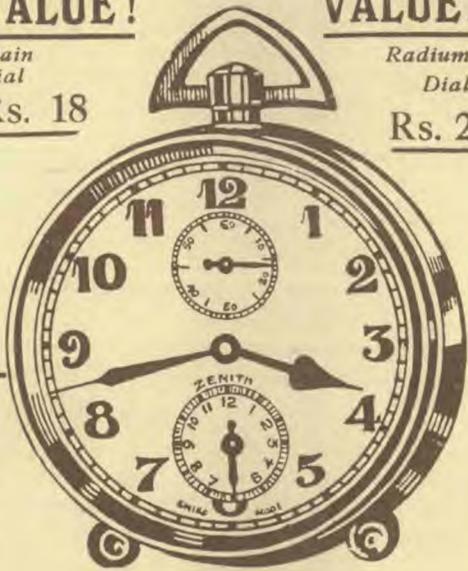
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THINKING MEN

Are Asking—

These are eventful times, changes take place rapidly in the history of nations, all the world is astir. The East is demanding recognition. Backward peoples are becoming civilized. The West is talking of Peace and preparing for war. Industrial conditions and labour unrest add their contribution to the "distress of nations with perplexity."

Invention follows invention. Progress that formerly was made in a millennium is now made in a few years.

What do these things mean? What is to come next in human history? *The Answer is found in*

OUR DAY IN THE LIGHT of PROPHECY

By W. A. Spicer

WHEN PROFIT IS LOSS

By CHARLES L. PADDOCK

THE most of us have seen times when the waters of happiness in our little river of life were almost dried up, and in these times of discouragement we have perhaps sat and dreamed how these river banks might be filled to overflowing if we only had more of this world's goods.

We may have dreamed how different our life would be if we only had a million pounds. We would have a wonderful home, good clothes, a bountifully spread table, all life's necessities, and many of its luxuries.

And while we sit and dream, our little river overflows its banks, watering much of the surrounding territory. What before has been drought and desolation, in our dream becomes a garden of flowers. We feed and clothe the poor, make homes for the orphans, and help the widow. Our little stream is becoming a flood of blessing, and we wake up. We don't like to be awakened in the midst of a pleasant dream; but listen!

I have before me a clipping from the public press which says that during the past twelve months seventy-nine millionaires have committed suicide. Perhaps they had one day dreamed this same dream. But where they had expected blessings, they found trouble and pain.

One of these men on his death-bed told his friends that his money had brought him only anxious days and sleepless nights. He looked back on an empty, anxious life.

A million pounds is a good thing. If properly used, it may do good to others and bring real satisfaction to the owner. But the millionaire who is seeking only his own pleasure never finds what he is looking for.

In Luke we read of the rich man whose ground "brought forth plentifully." And he thought to himself, "What shall I do, because I have no room where to bestow my fruits? And he said, This will I do; I will pull down my barns and build greater; and there will I bestow all my fruits and my goods. And I will say to my soul, Soul, thou hast

much goods laid up for many years; take thine ease, eat, drink, and be merry.

"But God said unto him, Thou fool, this night thy soul shall be required of thee."

So the Saviour puts the question to us squarely: "For what is a man profited, if he shall gain the whole world, and lose his own soul?"

Suppose we had only this life to live, what would it profit you and me to pile up treasure if it brings only anxious days and sleepless nights? Would we covet the cares and burdens that would lead us to end our own lives, as these seventy-nine millionaires did?

What shall it profit you and me if we gain houses and lands, and if we control the markets of the world? What will it profit us if our bank account is written with seven figures, if when we come to the end of life's journey, we find we have made a failure of life; made no provision for the future; been willing to sacrifice an eternity for only a moment of time here; been laying up treasures where the thieves break through and steal and where moth and rust corrupt? That would be a sad condition.

To come to the end of our journey and look back to days spent in riotous living, to a life of wantonness and selfishness, and into a future that holds no hope of eternal life, would bring afresh to our troubled minds the question, "What shall it profit?"

Seventy-nine millionaires last year had become so weary of life, of their houses and lands, of their accumulated riches and burdens, that they were willing to have them all behind, and, in taking their lives, jump, as it were, into the future which was to most of them darkness, a blackness, with no hope.

If the Lord has blessed us with this world's goods, shall we not use them in blessing mankind? And if He has not given us houses and lands, we can be rich at heart, rich in blessing, and rich in prospect of eternal life.



"The most of us have seen times when the waters of happiness in our little river of life were almost dried up."