

10

*The Oriental*  
**WATCHMAN**  
*& Herald of Health*



---

---

*In This Issue*

**The Greatest Event in History**

• • •

**The Astronomy of the Flood**

• • •

**Anaemia**

• • •

**A Physician's Appeal to Women  
Who Smoke**

• • •

**Bathing for Health**

---

---

*An Unusual View of the Taj Mahal*  
*Photo by H. R. Fenber*



SERBIA claims to have the oldest married couple, in the village of Nisch. They recently celebrated their 100th anniversary, the husband being 117 and the wife 115 years old.

NADAUN, in the Kangar District, has come into fame because of the young Hindu widow, who following the death of her husband stood in the open field for two months till she fell down from loss of sleep and food. At latest reports she was being worshipped.

A FIVE ton tank that at fifty miles an hour can by means of a spring arrangement jump 35 feet through the air, after only 200 yards run, is the production of J. Walter Christie of New Jersey. On the highway the tank can develop 120 miles an hour.

FOR the first time in military manoeuvres, Switzerland last year encouraged the soldiers to drink milk on long mountain marches. Reports are that the plan met with remarkable success. Thousands of glasses of fresh pasteurised milk were sold to the battalions, and the men who drank it did not fall out of the ranks in spite of the worst weather ever experienced. The contrary happened when lemonade, beer, or water was drunk.

STAINLESS steel coins is the newest proposal. Instead of copper for the lower value coins, the chromium steel alloy, if used, would be cheaper, would not corrode no matter how long it was hoarded in a child's bank or handled with perspiring hands. It would wear longer, and would leave no disagreeable odour on the hands. To avoid confusion with silver or nickel coins they could be made in various shapes or with a hole in the centre.

THREE Ontario boys, Canada, ranging in age from fifteen to nineteen years, have been sentenced to terms of imprisonment in the reformatory, with lashes, as punishment for a series of robberies which they have committed. They are but boys, and come from good families in the city of Hamilton. The parents are heartbroken. These youth got their inspiration to commit such crimes from trashy, lurid, sensational literature, and the movies. In passing sentence the magistrate pointed out that "the sooner the authorities suppress the movies which depict criminal heroes the better, or we shall see more of these cases."

TRAVELLING at 8,000 miles an hour, on August 31, the shadow of the moon as it came between the earth and the sun, passed from a point in the Arctic north of Siberia across the Arctic wastes near the North Pole, then over the North-west Territories of Canada, across Quebec, the states of Vermont, New Hampshire, Maine and a small part of Massachusetts, finally to leave the earth in mid-Atlantic. At the excessable places in Quebec and New England, thousands of astronomers as well as many lay observers who came from all parts of the world to be there in the path of the total eclipse for the 100 seconds it lasted, were disappointed because of the dark clouds which obscured the coveted view during the precious minute and a half. New York city saw it through a cloudless sky, but there it was only a 95 per cent eclipse.

OIL from the soy bean, by a new process that uses alcohol instead of benzine, is the proposal of the South Manchurian Railway. The new process permits the resulting cake to be used for making yeast and as poultry feed.

A POSTAGE stamp is a small thing, but it takes 2,000 persons working overtime to supply the 100,000,000 adhesives, and the 15,000,000 stamped envelopes required by the letter writing public of the United States, every day.

HENRY FORD is the largest buyer of diamonds in the world. The diamonds are used in bores, drills and other tools which do the cutting and piercing work in the making of motor cars. Industry is said to be using about 60 per cent of the output of diamonds produced at present.

IF you have otosclerosis, a type of deafness, and are the father of a family, your daughters are much more likely to have the same defect. If a mother your sons are the ones who will be deaf most likely. This type of deafness is caused by the hardening of the membrane around the small chain of bones in the ear, causing a closing up of the oval window leading into the vestibule of the inner ear. It is usually first noticed at adolescence.

DR. WILLIAM MAYO, eminent surgeon, when entertaining a company of surgeons from all parts of America and Europe at his home in Rochester, Minnesota, at the close of the dinner remarked: "It is customary, as we all know, to pass around cigars after dinner; but I shall not do it. I do not smoke, and I do not approve of smoking. If you will notice," he said, "you will see that the practice is going out among the ablest surgeons, the men at the top. No surgeon can afford to smoke."

OUR common, everyday vegetables may seem most unromantic to us. Yet their history is packed with interest. For instance, when we are served spinach, it is amusing to think that the Medes and Persians ate it even as we do now. It has been under cultivation for many, many centuries, but was not brought to Europe from the East until the fifteenth century. Its name was not changed much, when it was first imported. In Arabic it is called *isfinaj*, and we have changed the pronunciation only a little. And where did our beets come from? Well, they still grow wild along the Mediterranean, and as early as the fourth century B.C. they were considered a table delicacy by the Greeks and Romans. The navy bean and Lima bean are natives of South America, and were introduced into Europe after the conquest, but others, such as the broad bean, have been in cultivation in Asia for so long that no one knows their history. The cabbage is said to be the oldest of all vegetables, for it has been cultivated for several thousand years. The Greeks and Romans had lettuce and endive salads, just as we do now, and they used onions, too. Out in Syria the Crusaders found the natives cultivating an especially delicate small onion. When it was imported into England, it was called the "Ascalon onion," after the famous Eastern city. This name has been gradually altered to the familiar "scallion" or "shallot." We all know that the potato was unknown in Europe until after the discovery of the New World. But the Peruvians had been cultivating it for a long time. It is the same with the tomato, which is a native of Mexico. We even use the old Aztec name when we speak of it, for it was called *tomatl* when Cortez first saw it.

# Peace Dove HATCHES VULTURES

## *World Hopes Dashed*

By A. S. Maxwell

**T**HE Dove of Peace has hatched her disarmament brood at last. She has been sitting on the eggs for over five months, after taking five years to lay them. But the result is not flattering. Some were china eggs, and others only shells. Out of the rest have come young birds uncommonly like unfledged vultures.

A supreme opportunity has been lost. The great World Disarmament Conference that was to have saved mankind from all fear of future war; that was to have lifted the burden of armaments from the weary backs of the nations, has ended in complete and utter failure.

After weeks of seemingly interminable discussion, after the splitting of a million hairs about quantitative and qualitative methods of approaching the subject, after the circulation of reams upon reams of reports of committees and sub-committees, the great conference hall is empty and silent at last. The delegates of sixty nations have scattered to their homes in all parts of the world. Experts and secretaries have dispersed for well-earned vacations. The conference stands adjourned for at least six months. Perhaps for ever.

It is one of the greatest tragedies of all time. So much was expected of it. Hope ran high in millions of hearts that some great, courageous act of mutual confidence and self-sacrifice would surely eventuate. Such a conference as this, called for such a noble purpose and representative of all nations on the face of the earth, was some-



*The Tragedy of Geneva*

thing so unprecedented, so full of rare promise, that it seemed the one star shining in the blackness of world depression.

### Great Anticipations

Immense preparations were made to ensure its success. For five years a Preparatory Disarmament Commission put forth herculean efforts in order to lay a solid foundation on which this crowning edifice of peace might be safely erected. Exhaustive inquiries were made and no expense spared. Even the League of Nations building was extensively enlarged for the occasion. And when the conference opened, what a sounding of trumpets there was, what a beating of drums, what a puffing of the pipes of peace, as the five hundred newspaper correspondents from all nations described the stirring scenes of that inaugural meeting.

All that is forgotten now. The headlines have changed. In fact the newspapers hardly

find space for the Conference at all. As it was said of the murdered Cæsar, "there is none so poor to do him reverence." From all quarters there have come expressions of profound disappointment. Even the *Times*, referring to the final resolution, admitted that it was "disappointing in substance." "No single firm decision is taken for the reduction now of armaments or effectives," it went on. "There cannot fail to be disappointment that five months of discussion in the Disarmament Conference, following five years' work by the Preparatory Commission, should have ended in a programme." Mr. J. L. Garvin has written also in the *Observer* of the "disappointing result" and the "meagre achievement."

#### Trifling Results

The mountain has indeed brought forth a mouse. After all the labour, all the expense, all the huge publicity, the conference could not produce one unanimous decision. Even the final resolution was only approved by 41 nations, two voting against and eight countries abstaining. Yet the terms of this concluding action which summarised the work of the conference, were of the mildest and most innocuous nature.

Briefly they embodied the following provisions:

(a) Abolition of all bombardment from the air, "subject to agreement with regard to measures

to be adopted for the purpose of rendering effective the observance of this rule."

(b) Limitation of the calibre of land artillery with varying maxima (not yet agreed) for coastal, fortress, and mobile guns.

(c) Limitation of the unit tonnage of tanks, size not stated.

(d) Prohibition of chemical, bacteriological and incendiary warfare.

(e) Establishment of a Permanent Disarmament Commission to see that the above provisions are carried out.

(f) Provision for the continuation of the study of the problem of disarmament by various committees.

(g) An invitation to the naval powers to meet again to discuss the possibilities of further reductions.

(h) A recommendation to the various Governments to renew for a period of four months from November 1st, 1932, the arms truce agreed upon in September, 1931.

#### No Unanimity

This list of proposals is sufficient evidence of the great gulf that exists between anticipation and realisation. Even the reductions suggested are not outlined in detail and may easily come to mean nothing at all when the experts have worked their will upon them. Prohibition of air bombardment is subject to further agreements.

And the task of seeing that these meagre reforms are carried out is to be entrusted to a "Permanent Disarmament Commission" which may or may not acquire the complete confidence of all parties.

Perhaps, as Mr. Garvin suggests, some satisfaction can be found in the fact that forty-two nations were brought into agreement with such proposals as these, scanty and unsensational though they be. But when two Great Powers such as Germany and Russia refuse their assent, of what real value is the majority vote? Germany opposed as a protest against the omission from the resolution of any recognition of the principle of equality of rights between nations, and Russia ostensibly because the principle of a one-third all round reduction had not been accepted. And what of the eight others who abstained from voting altogether?

#### No Reduction

Meanwhile Europe remains an armed camp. No nation has given up a single defensive or offensive weapon or reduced its armaments by a single round of ammunition. There has been no scrapping of any (*Turn to page 28*)



Wool & the Angel of Peace

# Marvels of the BRAIN and NERVOUS SYSTEM

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

**T**HE nervous system is the most delicate and intricate part of the human body. It will help us in our study if we think of it as being composed of several parts, or minor systems. Thus we have the brain, the spinal cord, nerve cells, nerve fibres, and the sympathetic system of nerves.

The brain is the mass of nerve tissue occupying the cranial cavity. It is the largest collection of nerve matter in the body and weighs in man about forty-nine or fifty ounces, and in woman about forty-four ounces. It is enclosed in membranes and well supplied with blood-vessels.

The brain is composed of two parts—the chief portion, the major brain or *cerebrum*, and the *cerebellum* or little brain. Although this division is well marked, it is by no means complete, the two portions and the spinal cord being really one continuous structure.

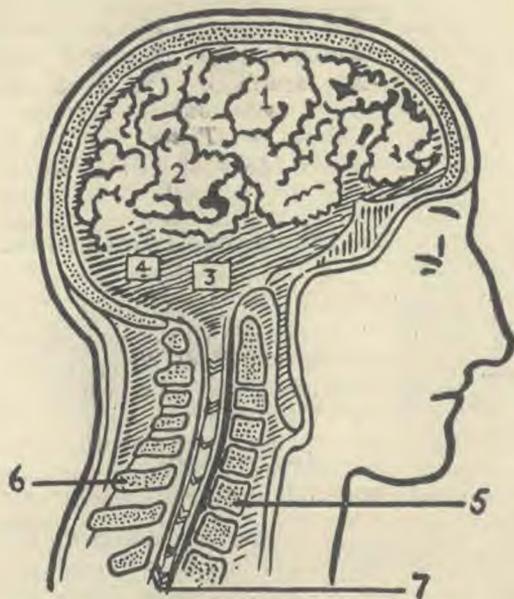
## Structure of the Brain

When the membranes are removed, the outer surface of the brain is seen to be grey in colour. This grey matter, however, does not extend far into the substance of the brain, the central portion being white. Examined microscopically the substance of the brain is found to consist of nerve cells and fibres. The grey portion comprises the cells, while the white matter is made up of fibres. Collections of nerve cells, or grey matter, are termed *ganglia*.

The brain terminates in an elongated body, the *medulla oblongata*, at a large opening, the *foramen magnum*, in the skull. It is continued into the body as the spinal cord.

## Functions of the Brain

The brain is the great controller of the human mechanism. Its chief function is to co-ordinate all the organs and tissues of the body. It is the most complicated and highly developed organ and is the seat of the mind. During health it produces harmony, by means of the nerves, between all parts of the body. It controls and governs the heart, lungs, stomach, kidneys, and all actions such as walking and talking, actions which in time become almost automatic. The cerebellum, or lesser brain, has something to do with this, and is especially concerned with preserving equilibrium. The typical, staggering gait of a drunken man is largely due to paralysis of the cerebellum by alcohol.



1. and 2. Cerebrum; 3. Medulla Oblongata; 4. Cerebellum;  
5. and 6. Vertebrae; 7. Spinal Cord

The study of the brain is an absorbing one. It is wonderful to realize that our thoughts, our character, and all our actions in life originate in the tiny brain cells.

These wonderful cells are of various forms. Some have the appearance of stars or small pyramids. Others are spindle-shaped, while some are pear-shaped with numerous branches.

Ganglia, or groups of brain cells, are arranged in what are termed centres. These are collections of highly specialized cells, being responsible for definite functions of the body. For instance there are centres for speech, vision, hearing, smell, and taste and for the movements of the legs, arms, face, head, etc. Should the cells in any of these centres be injured, the functions for which they are responsible are naturally impaired.

Like all other organs, the brain requires oxygen, or in other words blood, in order to function. Thus if there is a call for a large amount of blood in another part of the body, as during the digestion of a large meal, the brain circulation is depleted and we become drowsy. When there is not sufficient blood for the brain to function, unconsciousness supervenes, as during a fainting attack. In such a case, laying a person down causes blood to flow to the head and consciousness is restored.

## The Spinal Cord

The spinal cord is really a prolongation of the brain into the body through the column formed by the vertebrae. Like the brain it is covered by membranes and is divided partially into two lateral halves. All along its course the cord sends off symmetrical pairs of nerves to supply the body.

The brain is, therefore, directly or indirectly in communication with every part of the body, however remote, through a network of nerves, both large and small. (Turn to page 29)

# The Genesis Record

## The Astronomy of the Flood—No. II

By John Lowell Butler

**I**N the former article it was made plain by a careful study of Isaiah's statements that our moon was self-luminous, giving us about as much light and heat as we now receive from the sun, and that the sun was once seven times brighter, and that these conditions will again prevail after God has made this planet of ours over again into a beautiful and sinless New Earth.

The Flood is not mentioned directly by name by Isaiah in the statements that he made concerning our moon and sun, but expressions are used that show plainly that he had the Flood in mind when he referred to their sudden dimming. It seemed that he did this purposely, on the declared principle of "here a little, and there a little." (Isa. 28:9-13.) In another place, speaking of the distress and trouble of God's people, he said: "For this is as the waters of Noah unto Me: for as I have sworn that the waters of Noah should no more go over the earth; so have I sworn that I would not be wroth with thee, nor rebuke thee. For the mountains shall depart, and the hills shall be removed; but My kindness shall not depart from thee, neither shall the covenant of My peace be removed, saith the Lord that hath mercy on thee." Isa. 54:9, 10.

### Inevitable Results

Likewise, in the Book of Genesis the sun and the moon are not mentioned by name in connec-

tion with the story of the Flood that occurred in Noah's time; but expressions are used that show plainly that they had something to do with it, as tools in the hands of the great Creator. By putting these two stories together we find that they fit perfectly; and what one omits the other supplies in clear detail.

But just before quoting the statements in the book of Genesis that refer to astronomy, we may properly examine a number of statements that declare that the Flood was a world-wide event of very destructive power. But even before considering these texts of circumstantial evidence, we should pause a moment and do some individual thinking for ourselves. Think for yourself, *What must the inevitable results have been on our planet when it was rapidly chilled everywhere by the sudden withdrawing of all our moon's solar heat and light and also six-sevenths of the sun's radiation?*

Geology abounds with plant and animal fossil evidence that shows that our entire planet once enjoyed a moist atmosphere that was about sub-tropically warm everywhere. Our modern zonal climates of hot tropical and warm temperate and frigid polar temperatures were unknown anciently. They are strictly modern. Common sense demands the conclusion that there was a world-wide flood of drenching rain and blinding snow and howling winds at the time of the change of the ancient moist and warm world-wide climate to our modern climates *if the transition was a rapid change!* The more rapid the change, the more severe the storms, and the more devastation wrought by them. A planet that is enveloped by a warm, moist atmosphere cannot be chilled rapidly everywhere without producing great atmospheric changes everywhere on that planet, such as severe electrical storms, torrential downpours of rain, violent winds, and smothering snow storms. Especially would snow fall in great quantities in the polar countries, while rain would be the chief precipitation near the equator.

### World-Wide Devastation

In the face of this common-sense logic it is interesting to notice that the Genesis record of the Flood that occurred in Noah's time is a record of rain and wind that were world-wide: at least



Photo of heat prominences during an eclipse of the sun

the rain was world-wide for a time. And since rain and wind are both controlled primarily by changes of temperature, we may conclude from this circumstantial evidence that, because they were world-wide in Noah's time, the atmosphere of the entire earth must have been rapidly chilled at that time. Only some astronomical event could have produced a world-wide chilling of our planet's atmosphere; and what would be a more logical cause of that chilling than the sudden freezing of our lunar satellite and the rapid dimming of the sun's brilliancy?

Now let us consider the circumstantial evidence of this very probable cause, as presented in the Genesis record. Notice that the Flood is repeatedly stated to be a world-wide catastrophe. Quoting here a little and there a little without doing any violence to the meaning, we read:

"And the Lord said, I will destroy man whom I have created from the face of the earth; both man, and beast, and the creeping thing, and the fowls of the air." Gen. 6:7.

"The earth also was corrupt before God, and the earth was filled with violence. And God looked upon the earth and, behold, it was corrupt; for all flesh had corrupted his way upon the earth. And God said unto Noah, the end of all flesh is come before Me; for the earth is filled with violence through them; and, behold, I will destroy them with (margin, from) the earth." Gen. 6:11-13.

"And, behold, I, even I, do bring a flood of waters upon the earth, to destroy all flesh, wherein is the breath of life, from under heaven; and everything that is in the earth shall die. But with thee will I establish my covenant; and thou shalt come into the ark, thou, and thy sons, and thy wife, and thy sons' wives and thee." Gen. 6:17, 18, and onward.

"For yet seven days, and I will cause it to rain upon the earth forty days and forty nights; and every living substance that I have made will I destroy from off the face of the earth." Gen. 7:4.

"And the waters prevailed exceedingly upon the earth; and all the high hills, that were under the whole heaven, were covered. Fifteen cubits upward did the waters prevail; and the mountains were covered. And all flesh died that moved upon the earth, both of fowl, and of cattle, and of beast, and of every creeping thing that creepeth upon the



*Pre-delugian animals and plants were of large size*

earth, and every man: all in whose nostrils was the breath of life, of all that was in the dry land, died. And every living substance was destroyed which was upon the face of the ground, both man, and cattle, and the creeping things, and the fowl of the heaven; and they were destroyed from the earth and Noah only remained alive, and they that were with him in the ark." Gen. 7: 19-23.

"And the Lord said in His heart, I will not again curse the ground any more for man's sake; for the imagination of man's heart is evil from his youth; neither will I again smite any more everything living, as I have done." Gen. 8:21.

"And God spake unto Noah, and to his sons with him saying, . . . I will establish my covenant with you; neither shall all flesh be cut off any more by the waters of the flood; neither shall there any more be a flood to destroy the earth. . . . The waters shall no more become a flood to destroy all flesh." Gen. 9:8-15. (Turn to page 26)

# ANAEMIA

## To Die or to Diet

*This article is one in the series on prevalent diseases and their relation to diet*

By Hans S. Anderson, Dietitian

**T**HIS is a condition in which the blood as a whole may be reduced in amount; or one or more of its constituents such as the red blood corpuscles, the white blood corpuscles, or the red colouring matter,—the hæmoglobin may be altered in quality or quantity. In other words, this condition is often a result of lack of organic iron in the daily food and consequently in the blood, with resultant lack of red blood cells.

*Symptoms:* The usual symptoms of this condition are the colourless lips and pale finger nails with pale gums and a complexion of a sort of "green tint." There is often a puffiness of the eyelids, face, and ankles. Dyspepsia is very common, with a capricious appetite for acids, pickles, etc. There is a manifest feeling of great weakness and breathlessness and palpitation of the heart, and often a tendency to fainting. An increase in the acidity of the gastric juice is often present, also constipation, with headache and neuralgia.

*The Dietary.* The question of a proper diet in anæmia is of the utmost importance. The foods as received from the hand of nature contain the different elements; for example, iron, in the right amount. This is more or less true of all green vegetables, but notably of spinach, which contains the highest content of iron of any of the vegetables. The yolk of egg contains iron and this is in a form that is very readily made over into hæmoglobin of the blood. The dark colouring matter of fruits also contains iron, such as is found in the strawberry, prune, raisin, red apple, etc.

On the other hand, the anæmic person should not forget that it is equally important to use only those cereal products that are made from the whole grain. All of the organic minerals originally contained in foods, as well as iron, are essential to recovery from anæmia. It is also very necessary that the diet contain a liberal supply of vitamins. These are abundantly supplied in fresh vegetables, whole-meal cereals, fruits, and milk. The diet in anæmia must be especially rich in iron, calcium, bulk, and complete proteins.

*The Best Foods.* Serve a small one-third individual fruit dish of raw bran moistened with cream, or with fruit, or with both, with the breakfast and supper meals, until the bowels function normally. Also a cup of nicely steeped *bran broth*,\* seasoned

\**Bran Broth Recipe:* Put 2 cups of raw bran into a saucepan and add 4 or 5 cups of cold water, set on stove and heat nearly to boiling point, then let it stand on the edge of the stove to draw for 20 to 30 minutes. Reheat and strain, but do not press any pulp through. Dissolve a level teaspoonful of Marmite, Savita or Vegex in the broth, add a pinch of salt, and a little cream or canned milk to make it palatable; reheat and serve. This should be made before breakfast, and the rest can be reheated at the evening meal.

with cream and Marmite, Savita or Vegex, morning and evening, as this assists in building up a reserve of mineral in the blood. For the breakfast meal serve one half grapefruit or an orange, and a cooked fruit, such as a baked banana,—baked in the skin until a dark colour, and barely tender,—or any palatable cooked fruit; a soft-cooked egg; steamed brown rice or oatmeal, and cream; and whole-wheat or corn bread and butter or butter substitute. Milk is added if desired.

For the dinner meal serve a rich vegetable broth, varying this with tomato or other tasty soup, or raw carrot juice (flavoured with cream and served as soup, but not boiled, as that will cause it to curdle). Grated raw carrot and raw cabbage with mayonnaise or cream mayonnaise make an excellent salad, also lettuce and hard-boiled yolk of egg. Serve plenty of mealy potatoes cooked in the skins, and a nice variety of cooked fresh vegetables, including young spinach (which should be cooked under cover only about eight minutes, with no additional water, except that remaining on the leaves after washing). Serve a large glass of milk or buttermilk, and a good portion of entire-wheat or corn bread, with butter or butter substitute. Let the supper meal consist largely of milk or cream toast, with a dish of cream, honey, orange, melon, dates, or raisins, and a cooked fruit.

It should be remembered that fattening foods are important in this condition, as there is usually a loss of weight, and these are best supplied by the use of dried fruits for breakfast and supper, together with cereals and cream, etc.; and for the noon meal, nicely seasoned noodles and macaroni, and leguminous foods served in a variety of ways will answer the purpose. Honey is a fattening food, but should be used only with dextrinized starches, such as zwieback or corn flakes, for if spread on soluble starches such as baker's bread or corn bread, it hinders the flow of the ptyalin of the saliva, and so causes fermentation in the stomach.

### Pernicious Anæmia

The symptoms in this affliction in many respects resemble those of anæmia. The diet is similar to that given for anæmia, except fats must be largely restricted, and an abundance of citrus and other tasty fresh fruits provided, and for the noon meal let the fresh vegetable salads be tastily and attractively served. Tastily cooked fresh vegetables, and small portions of whole-meal breads or crisps, and plenty of buttermilk and small servings of cottage cheese are good. (*Turn to page 29*)

# ABOVE *the* CLOUDS

By

Ashley

G. Emmer



**A**T last, after what has seemed to be ages of mist and rain, the sunlight has begun to break through the clouds for a few minutes now and then. These occasions are glad tokens of the brightness that follows the monsoons, and help to relieve the depression and gloom of the wetness that envelops us on the Himalayas during the rains.

So it is also in the spiritual sense, that :

"Life is not a cloudless journey,  
Clouds and darkness oft oppress.  
But the Father's changeless mercy,  
Comes to cheer the heart's distress.  
Heavy clouds may darkly hover,  
Hiding all faith's view above;  
But across the thickest darkness  
Shines the rainbow of His love."

In seasons of stress, shut off from light and life by doubt and anxiety, His providence gives us bright gleams of Him. These little breaks, which should grow in frequency and duration, tell us that the day of His full appearing is not so far distant. Then all the clouds and mists of life will be forever gone. There will be perpetual sunshine. We shall bask in His presence.

But we can have *now* a permanent consciousness of His glory, as well as in the seasons of special joy when we see Him through the mists of tears, His face unexpectedly shining through to illuminate some darkening experience that has enveloped us for days, or even years. Occasional glimpses of the Sun of Righteousness are not sufficient. They do not completely dry the falling tears. They do not satisfy. The storm clouds gather after a time and we are submerged again.

"Sin (and sorrow) shall not have *dominion* over you."

By faith, we can spread our wings, so to speak, and like the eagle, rise above the storm clouds to circle in the warmth of His glory. In fact, this is His will for us. It is not unattainable. He has said, "In this world ye shall have tribulation; but

be of good cheer. I have *overcome* the world." With Him, we also may live above the world, the flesh, and the devil.

In a dense fog at sea, by climbing the topmast, if it is high enough, the looker-out can reach a post above the surrounding fog, and discover his relative position to the port of his destination by consulting the heavens. So it is on the ocean of life.

We can remain on old Mother Earth and yet always be above the fear, gossip, and uncertainty of the future that would smother our spirits. The faith of Christians is centred on the Lamb of God hanging between earth and heaven on Calvary's tree for the atonement of the sins of the world. But this is not quite enough; for many Christians, believing this, yet wear a worried and anxious look. Our faith must be the locus of a point starting at Calvary and moving so as to circumscribe every detail of our daily experience. We must believe that not only did Christ die so that we might obtain forgiveness of our sins; but also that His power controls and permits every phase of our daily existence. He could prevent even the smallest annoyances; but that He sees there is some blessing and some upbuilding influence in them for us. "All things work together for good to those that love God and are called according to His purpose." (And we are all called, though few respond.)

It is this complete aspect of a belief in a crucified and living Saviour who rules in our life, that gives peace. "Therefore 'being acquitted as the result of' (Weymouth) faith, we have PEACE with God through our Lord Jesus Christ." It is this belief moment by moment that gives victory. "This is the VICTORY that *overcometh* the world, even our faith." You and I may rise above the clouds of daily trial and remain above them.

Sometimes we find our belief in this fact of the soul's security in the hollow of God's hand, ballooning down to earth, and we enveloped again in the chilling mists of despon- (Turn to page 31)



Warehouses Overflow with Food

# Too Much

ye

The most puzzling economic situation the world has ever seen. The cause and cure

By Mable A. Hinkhouse

**S**WAMPED with prosperity! That is what is the matter with the world today," states M. B. Morton, feature writer, in the Nashville (Tennessee) *Banner*.

Swamped with prosperity? How can that be, when we are facing a world-wide depression—a universal crisis? Is not the world in a condition of general bankruptcy? Listen to further comments by this writer and see what others have to say.

"The world is producing more food than its inhabitants can eat; more clothes than they can wear; more implements and conveniences than they can use," Mr. Morton continues. "We have so much machinery that it is not necessary for more than half of the population to work, for the other half do it all in about half time."

No other country better illustrates than the United States of America the strange paradox that obtains in the world today. The United States is the richest country in the world. It is the world's leading producer, the great creditor nation, possessing almost unlimited resources. It has half the gold of the world, half the machinery, and all the skyscrapers. Yet this industrial giant has been passing through a time of unemployment and depression such as has never before been known.

A writer in the *World's Work* speaks of this country being "in the throes of a calamity as paradoxical as it is tragic. We have virtually limitless raw materials, agricultural and mineral; our warehouses and granaries are glutted with them. We have an industrial plant capable of turning out at least twice what the nation requires. . . . Yet farms and mines are unable to sell their product at a normal profit, factories are largely idle, and untold millions of our citizens, handworkers and brainworkers, are living on their slender savings or are absolutely destitute.—*March, 1931.*

"Amazement at our national wealth for the time being replaces editorial reflections on the persistence of business depression," says the *Liter-*

*ary Digest* for April 4. The total national wealth of the country, according to the latest figures available, amounts to \$361,800,000,000. Figured roughly, this is not far from the combined national wealth of Great Britain, France, Germany, Italy, Soviet Russia, and Japan.

### Still Plenty of Money

When the United States recently offered \$800,000,000 worth of bonds at only three and one-eighth per cent interest, there was an oversubscription that final reports show to have been nearly eight times the amount of the issue. Money came tumbling out of retirement and proved conclusively that there is plenty of buying power available if it can be persuaded to operate.

According to the weekly news magazine *Time*, "more life insurance has been written since the break in the stock market than during the boom; and savings deposits, which were shrinking when so many were taking chances on stocks, began to increase at once when the stock market grew thin."—*December 8, 1930.* There are approximately thirty billion dollars in the savings accounts of the banks of the United States.

"Here is a fact for the lamenters to chew upon," says Colonel Leonard P. Ayres. "Almost all the instalment accounts that were due when the decline first started have now been paid off. . . . The collapse of the so-called instalment bubble failed to materialize." He goes on to say that while there is no use making light of the fact that several million men are out of work, at the same time there are still left about forty million people at work, on the whole at about the same wages they were receiving the year before. Moreover their purchasing power has been much increased by the decline in prices. Thus these people are actually better off.

### Extravagance and Folly

Despite the fact that an unfortunate minority have been placed in straitened circumstances, many of them dependent upon the charity of

# FOOD PRODUCED

## THOUSANDS are STARVING

others, the fact remains that the great majority of people still have money enough not only to buy their daily bread but their daily gasoline as well. The streets and roads are full of cars, and many of them are being driven for pleasure as well as for business.

According to the United States Treasury reports, over five billion dollars are spent each year on such unnecessary things as tobacco, candy, jewelry, perfumes, soft drinks, theatre and movie tickets, etc. Mere luxuries, some of them harmful to body and soul. Chewing gum may seem to be a small item, but for that alone ninety million dollars a year was spent.

One commentator puts it: "Yes, we have unemployment, the Prohibition question, gangsters, bandits, automobile accidents, boll weevil, corn borers, etc., but a nation which can turn out crowds of fifty thousand and more, at a fairly high admission price (several dollars apiece), to see a football game, and can form lines two or three city blocks long to await admission to a movie palace when a favourite star is advertised, is not one hundred per cent in need of sympathy."

Much money is lavishly spent for things that destroy, while meagre amounts are grudgingly given for things that save. For the support of his church the average church member spends as much as the cost of a package of chewing gum a day, or a shoeshine every other day, or a cheap ticket to the movies once a week. There is plenty for pleasure, luxury, and speculation, but little for the Lord. Americans spend six hundred dollars for luxuries to one dollar for foreign missions. Gold for the theatre, copper for the church. Millions squandered in gratification of worldly lust, while the Lord's treasury suffers.

### Spiritual Poverty

The gospel of good times has largely replaced the gospel of Jesus Christ. Many worship the goddess

of comfort instead of the God of heaven. Amusement parks, sport stadiums, pleasure parties, popular magazines, motion pictures, road houses, prize-fight rings, radios, and the universal automobile, all militate against the influence and activities of the church. The places of sport and amusement are crowded with pleasure-mad multitudes while the churches are left (*Turn to page 29*)



*The Unemployed are Starving*

# Nerves, Nerves, Nerves!

By Louis A. Hansen

*What can we do for our nerves in this rushing, seething, troubled age?*

**N**ERVOUSNESS is not listed among the diseases that kill; but we know that indirectly a shattered nervous system is the potent cause of many a physical breakdown and consequent fatality.

Nerve troubles are greatly on the increase. It is said that we are living in a nervous age. This may refer particularly to the rush and hurry of our day, but it may also be applied to the physical condition of the people of today. "Americanitis is almost synonymous with the hurry and bustle of the American people, and it suggests a disease, a nervous state. It is not limited to America, either, for all the Occidental world, with its industrialization and mechanization, is afflicted likewise.

Ours is an age of hurry, of rush, and of feverish excitement. Almost everything runs at high gear, at a speed limit. The effort to keep up with the day's pace puts everybody under heavy pressure. People are keyed up to a breaking point. Intensity is seen on every hand, gripping men's minds and forcing them on with the surging, seething rush of all things.

## Speed-Limit Living

This strain of modern living is telling on nerves, for nerves have a limit. They can't constantly be stretched to a breaking point without weakening, and sometimes snapping. So, with this age of hurry, worry, anxiety and nervous fretfulness, there comes an increase of disordered nerves. Speed-limit living inevitably results in smashups.

An individual with a "case of nerves" is often



regarded as fussy, fidgety, or eccentric. Little sympathy is accorded him. He is not regarded as an invalid, or as suffering with an actual physical ailment. Indeed, nervousness is not always thought of as a disease. But a man who takes his "case of nerves" to a nerve specialist, soon finds out that there is a great deal the matter. He is told that nervousness is not to be made light of. And if you happen to be the man, you know it.

Like all forms of disease, nervousness comes not without a cause; and, as with all other diseases, a cure is impossible while the cause exists. While there is a cause, there is an effect, and in view of what is so generally recognized as our nervous age, it should not be difficult to associate, in a measure, cause and effect.

## Too Much is Too Much

Just as long as we work too hard, run too fast, play too much, and do too much of this, that, and the other, so long we may know that our nerves will suffer. A schedule of too much of anything is not for our good.

It may sound old-fashioned to talk about simple living; certainly such talk belongs to former days. Perhaps we need not expect anyone to get back to old-time simplicity. We have to step lively to get anywhere and to keep up with the crowd. We have to be on the alert even to keep from being run down by the onrush of others. Crossing a street nowadays means to "move quickly."

Conditions today call for a crowded programme. Every field of activity seems to demand hard and close attention. The scale of production is set high. We have to work our hardest during work time to give a full day's service; and after the day's work is done, there often follows almost the equivalent of another day of entertainment or excitement.

Actual production on such a scale falls short in quantity and in quality. We cannot stand up under the forced schedule. We either break under it or come near to breaking. A man who is sick cannot do full work or good work. Everyone loses in the end by trying to do too much.

What is to be done about it? First, cut down on the number of things we try to do,—a lot of our trouble comes from trying to do too much. Certain things must be done, some things can be left undone, and some better not be done at all. If we would only believe it, we could trim our programme considerably, and not hurt it one bit.

### First Things First

The better programme of living will give first consideration to the things that stand first in importance. Among these will be provision for the maintenance of health. It will change or entirely eliminate the things that interfere with health.

A certain amount of relaxation or recreation is needed in the properly regulated day. But entertainments or amusements that encroach upon the hours needed for rest do not belong in the health programme. Yes, we need rest and relaxation, but several hours of keyed-up night enjoyment added to the end of the day's work will do almost anything else but rest us. Nothing provided by any entertainment committee can take the place of sleep. The rest cure for tired and worn out nerves calls for real rest, not only for the body, but for the mind.

Nervousness is a matter of mental as well as physical effect. A marked manifestation of nervousness is the worry and fretting that usually go with it. While it is true that the mind is greatly influenced by the body, it is also true that the mind affects the body. Varying mental attitudes affect the whole being,—the respiration, digestion, circulation, and practically all the body functions.

In considering the things that help to make us nervous we must take into account our mental attitude, for our thinking has much to do with our physical condition. Despondency is depressing, not only to the spirits, but to the health. Worry makes little things look big, especially the things that may be trying or taxing; in fact, worry magnifies trials and troubles out of all proportion to their real nature or magnitude. It causes anxiety over things that do not even exist or will never happen. Fretting only makes matters worse for ourselves and for others. It grows on us and gets worse as it grows, becoming more difficult to overcome.

So it is that this whole matter of over-work, worry, fretting, and being nervous is just one vicious circle of evil. The over-work and under-rest we can usually correct if we will, but the matter of worry in itself is not so easily handled. People are told to stop worrying by just *stopping*. It is easy to say it; but to put an effective end to nervous worry needs more than good advice.

#### Cheerfulness Cures

The antidote for worry and fretting is cheerfulness. Good cheer is a medicine, a real remedy for any ills and evils. Cheerfulness is actually curative, a healthy restorer. It works just the opposite of worry and fretfulness. It makes big tasks smaller, lightens the heavy load, and enables us to do our work more easily and more efficiently. The more we have to do the more we need of joy and cheer with which to do it.

But cheer is not easily made; it is not a prod-



An Ase of Speed

uct of the will alone. Joy cannot be forced; it is a thing of the soul, a fruit of the Spirit. Real rest comes not by wishing or wanting or mere thinking. It is not evolved by any mental process.

The true rest and peace that are needed to calm troubled spirits and soothe the fretting soul do not come by any artifice of man. True, we may do much toward clearing away things that annoy and worry us. We can adjust our schedule of living to a more normal and simple scale, and in that way help a great deal.

We can do considerable toward bringing our mental faculties into better accord with wholesome and uplifting thought. Our habits of living have much to do with our habits of thought. What we read, what we listen to, and what we look at influence our thought. We may live mentally in an unreal world of vivid or sentimental imagination; in day dreaming or in building air castles; in a grouchy spirit of dissatisfaction with ourselves and everybody else; in a bitter resentment of the way life is treating us,—all of which in turn may make real life all the worse for us.

Thinking happy, uplifting thoughts will help. Looking on the brighter side of life will help. Talking cheer and courage will help. If we cannot do these, just refusing to think gloom or to talk discouragement will benefit. Giving expression to our feelings, it is known, strengthens them, either for good or ill. Counting our blessings is one way of seeing them increase. Telling how bad we feel, how poorly we slept last night, how long we have been sick, and how much longer we fear it will be before we are much better, only makes things worse.

But after we have said and done all we can say and do, there still remains the fact that real, abiding rest and peace must come from a source outside of man's ability to do or to think. There is no cure for the unrest of the world but the cure that Jesus Christ offers. Contentment will not be found in the things of this life; (*Turn to page 15*)

# Serious Business

By G. G. Lowry

LIFE has always been a serious business for most people. But there never was a time in the history of the world when it was so serious as it is now. In business as in everything else there are many chances to lose and very few to gain. Many dangers threaten life and limb on every side. The spirit of fear is abroad in the land. Individuals, families, communities and nations are fearful for the future. Not long ago the Governor of Oklahoma, one of the western states of the United States of America, is reputed to have said in a public address that some stupendous crash was soon to take place in that country. He feared that the whole social, financial and governmental fabric would go to pieces. He stated that he hoped he would be out of the governor's office when the crash came, for most public officials would likely be slain.

Men everywhere recognizing the insecurity of life and the utter emptiness of man-made schemes to give assurance and certainty in such times as these, reach out continually for something solid and substantial to which they can hold.

## Jesus Calls

There is nothing in this world so satisfying to the human heart in such times as these, as the religion of Jesus Christ. When wealth, worldly fame, travel, and various forms of social pleasures indulged in by most people, fail to satisfy the human soul, distressed by conditions which exist today, the invitation of Jesus is heard above the tumult saying, "Christian, follow Me." Our hope and faith must go out to Him who is over and above all the sordid things of this life and world. In Him is the only hope of the world. To the one who places his confidence wholly in Him and is willing to listen to His voice, and follow His instructions, there comes a peace that passeth all understanding. The tumults and upheavals which are stirring the old earth to its very foundations have no effect on him. This world is not his home, his is another country; and the hope of seeing that place, ever sustains him and bears him up.

"How cheering is the Christian hope  
While toiling here below;  
It bouys us up while passing through  
This wilderness of woe.

"It points us to the land of rest,  
Where saints with Christ will reign,  
Where we shall meet the loved of earth  
And never part again."

## A Grip on the Future

It is the one that has no faith in God and His word, or who has allowed worldly things to fill his mind and heart, who is worried about the future. It looks dark and uncertain to him. He cannot see beyond the present, and is unable to interpret or understand the meaning of things about him. Not having faith to help him, he is left to grope in darkness and uncertainty.

This, however, is not the case of the follower of Christ who studies and believes the word of God. For in these very conditions he sees one of the signs of the times; a reminder to him of the fact that Jesus is coming again. In enumerating some of the signs of His advent, Jesus says:

"And upon the earth distress of nations, with perplexity; the sea and the waves roaring; men's hearts failing them for fear, and for looking after those things which are coming upon the earth." Luke 21: 25, 26.

Reading and understanding what the Bible has to say regarding the distressing conditions in the world, the man of faith looks beyond "this vale of tears;" to him the curtain is lifted and he gets a vision of what God has promised to his children for the future. He is not left in uncertainty; he does not have to speculate or guess the import or meaning of things happening around him. He has been told before what is to come. He has been looking for it, and expecting just these things, and is therefore, not surprised. His faith takes hold upon the promises of God and he is lifted above the sordid material things of earth.

## Will Get Worse, Not Better

Men of the world are trying to buoy up the spirits of the people by telling them that we have now struck the bottom; that times could not possibly be worse than they are, and that shortly we will begin to climb back up the hill to prosperity again. Business, they say, will pick up, the unemployed will find work, and things will return to their normal state. But from what we are told in the Scriptures we may expect that before Christ comes conditions will become even worse than they are, "for there shall be a time of trouble such as there never was." True, there may come a time of comparative peace and prosperity following the present world depression. But it will not be permanent. We must not be deceived, and led to believe that in the present order of things there is yet a "golden age" to come, in which hard times and perplexity will be unknown. This condition of things will be seen in the earth made new.



*The World Today is Sick*

### The Need of the World

The world today is sick, and its condition is serious. The greatest and best informed men in every nation are grappling with the situation, seeking first to discover the cause of the trouble, and second,—a panacea for it. Thus far they have failed to find the real cause, and of course are unable to prescribe a remedy. The Chancellor of Germany, in his speech that was broadcasted over the world on the third of August 1931, said that there was but one thing that would bring Germany out of trouble, and that was for the German people to have "an unbounded faith in themselves." It is right and proper for individuals and nations to have faith and confidence in themselves, but it takes more than "faith in self" to save a drowning man. The difficulty is that men leave God out of their reckoning. He who holds all things in His hands, guides and controls the worlds, Him they forget.

It is the plan of God that this world should come to an end just as every thing does. As a man who reaches sixty-five or seventy years of age, shows signs of advancing years, becomes feeble and trembles as he walks, so the earth is showing signs of slowing down. Evidences of this are seen in the general breaking up of the social and political fabrics of the world. Even the physical properties of the earth's surface show signs of restlessness, which is evidenced by the great increase of earthquakes and eruptions taking place in different parts of the earth.

These things are but the fulfilment of prophecy given in the Bible, and if men would search this book as they study the symptoms of the earth, they would know the meaning of all these things.

Knowing therefore, that God's hand is over all, that nothing takes place in the world but that is allowed by Him; and further, that it is a part of His plan for the world in its present state, to eventually come to an end, why should men become perplexed and alarmed when they see happening around them the things that indicate His purpose for the earth is about to be fulfilled? There is no reason for perplexity, and fear, except to fear that we are not relating ourselves to God as we should.

What we need, and what the world needs, is an abiding faith in God. We must continue to be

conscious of the fact, that whether we can see and understand it or not, God's "divine hand is on the wheel," and will guide those who trust and obey Him safely through the darkness and uncertainty of this world to a place of safety on the other shore.

### *Nerves, Nerves, Nerves!*

*(Continued from page 13)*

and the more strenuous our seeking after it, the more discontent we shall find.

#### The Jesus Christ Cure

A large part of our nervous life comes from our seeking satisfaction we never find. Desire for wealth is never satisfied. Gratification of appetite is never full. Fame and honour are never enough. "A man's life consisteth not in the abundance of things which he possesseth," the Saviour said.

This conflict with dissatisfaction, annoyance, and worry is a real one, and it takes something real to fortify the mind to meet it. Abiding peace does not come by denying the existence of sickness and suffering, sorrow and distress. Mental narcotics do not do away with sin and disease. Artificial thinking is not a remedy for real evils. The wonderful powers of the mind were not given to fight phantoms; not only imaginary enemies but formidable foes are to be conquered. The Bible bids, "Gird up the lions of your mind." 1 Peter 1:13.

A strong, contented mind, health for the body, tone for the nerves, are in good part attainable through proper mental grasp of life's real needs, purposes, and privileges. Facing life with praise, gratitude, and joy, rather than in melancholy, gloom, and complaining, will mean much toward overcoming its trials, difficulties, and handicaps. No one needs to know this more than the one who is under the strain of high tension, nervousness, and unrest.

No element of unrest can be more powerful in its influence on body, mind, and nerve than the consciousness of wrong doing. No phase of rest is more helpful than the peace that comes from knowing we are right with God and man. The joy of joys belongs to the soul that has been forgiven its sin. Nothing else then matters much.

We are safe in saying that fundamental to the cure of nervousness, fretfulness, and all unrest, is the promise of Jesus, "Come unto Me, . . . and I will give you rest."

### *A Physician's Appeal to Women Who Smoke*

*(Continued from page 17)*

attractiveness; zealously to preserve her exalted position in exerting the dominating, helpful influence in guiding the destinies of the race; and to forever resist any desecration of her body temple, which is the gift of God.

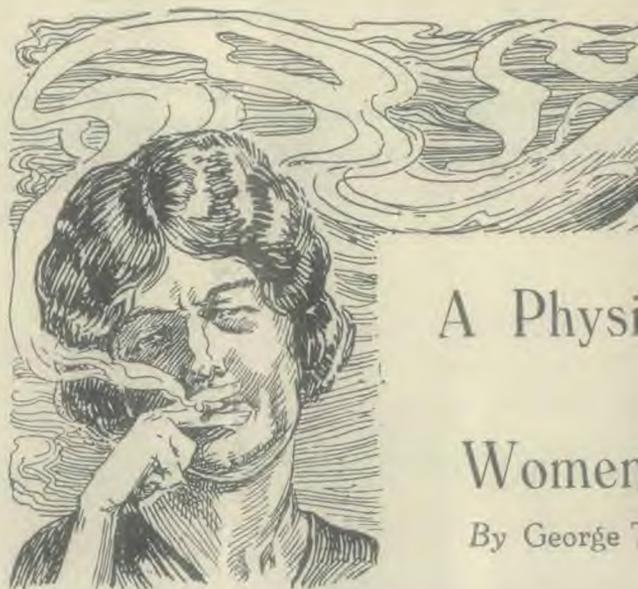
FROM the first introduction of the tobacco habit into the human family, it has been an ever increasing menace to the physical, mental, and moral stability of the human race. The physical effects of tobacco, with its usage confined to men, were very serious; but now that smoking is becoming so terribly prevalent among women, the results are, and will be, utterly appalling. The results of decimating wars, devastating plagues, floods, fires, tornadoes, earthquakes, and other convulsive forces of nature are as nothing compared with the besom of destruction involved in the tobacco habit. This may seem like stating the matter in too emphatic a way; but it is far from it. Human language cannot adequately describe it. Most plagues and disasters are usually quite local in character, though it is true that the Great War was an international calamity. But here is a habit well-nigh universally practiced, now numbering among its devotees, not only men, but myriads of those of tender years; in fact, it includes the great majority of the human family. It cannot be any exaggeration to state that today tobacco represents the greatest single menace to the mental, physical, and moral integrity of the human family.

Hitherto it has been quite generally acknowledged that in reference to poison habits, with their potential hereditary influences, woman has stood as a helpful and protective barrier between the habit and the child. But with the smoking habit gaining so rapidly among women, this barrier is fast being broken down.

A nation's greatest asset is its children. It is the inalienable right of every child to be well-born. No parent has the right to practice any habit which prejudices the possibility of the best physical hereditary preferment. Speaking of the heredity effects of alcohol on the child when both parents were addicts, some years ago Prof. Forbes Winslow, a universally recognized authority among medical men, stated: "When the mother as well as the father is a drunkard, the children are sure to be either drunkards, criminals, or insane," showing that the hazard is greater to the child when both parents are involved than when only one parent drinks.

The late Dr. B. W. Richardson, one of the best informed of modern medical men, said: "I do not hesitate to say that if a community of both sexes, whose progenitors were finely formed and powerful, were to be trained to the early practice of smoking, and if marriage were confined to the smokers, an apparently new and *physically inferior* race of men and women would be bred."

The New York *Medical Journal*, speaking of the Maoris, formerly one of the finest races of men



A Physi

Women

By George T

of modern times, says: "When the Europeans first visited New Zealand, they found the natives the most finely developed and powerful men among the islanders of the Pacific. Since the introduction of tobacco, for which these men developed a passionate liking, they have, from this source alone, become decimated in numbers and so reduced in stature and physical well-being as to be an altogether inferior type of man."

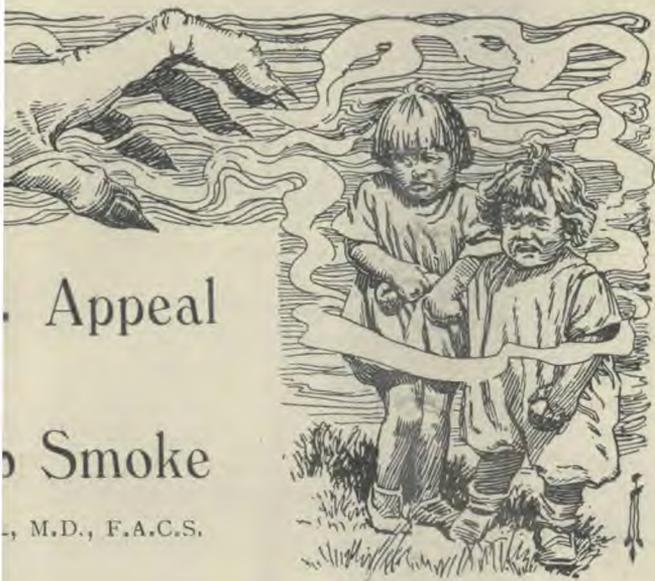
President Hoover, in addressing the first meeting of the planning committee of the Child Welfare Conference held in Washington a few months ago, said: "I need not urge upon you the fundamental importance of this undertaking. The greatest asset of a race is its children, that their bodily strength and development should prepare them to receive a heritage which each generation must bequeath to the next. These questions have the widest of social importance, that reaches to the roots of democracy itself. By the safeguard of health and protection of children, we further contribute to that equality of opportunity which is the unique basis of American civilization."

There can be no adequate safeguarding of health and protection of childhood that does not include the most serious consideration of the great tobacco problem, as to both its hereditary effects and the practice of the habit by the children themselves. It will of necessity also take into account the nefarious propaganda so blatantly carried on by the venders in their flaming billboard posters, radio pronouncements, and magazine and newspaper advertisements.

That President Hoover's efforts are of the utmost importance is emphatically demonstrated by the ever-increasing multitude of mentally and physically defective children, hundreds of thousands of whom are being admitted to and confined in institutions for this class of unfortunates in this and other countries.

Extensive studies and observations have been made on the effects of tobacco on the sex glands.





Appeal

Smoke

, M.D., F.A.C.S.

Petit gave tobacco to guinea pigs, fowls, dogs, rabbits, both male and female. Tobacco was given in the form of smoke or mixed with their food. The results showed a rapid sclerosis, or hardening, of the ovaries and testicles, with loss of function.

In experiments made by Dr. Gy, it was found that the young of guinea pigs and rabbits subjected to tobacco were generally either born dead or died soon after birth. This was found true in the case of all animals experimented upon.

The study of the question of still births and premature children, shows a much higher percentage born to the wives of smokers than to the wives of nonsmokers. As statistics become available in the case of smoking by both parents, the results will undoubtedly be very disheartening.

A striking illustration of the destructive effects of nicotine upon the progeny of tobacco-using parents, is afforded by the observations of Dr. Kostrál, physician to the royal tobacco factory of Iglan, near Vienna. Dr. Kostrál noted that the infants of women working in the factory were short-lived. One third of the infants born died within the first year. One fifth of all the children showed evidence of poisoning of the brain and nerves, and died in convulsions. The doctor observed that the milk of these saturated mothers smelled of nicotine, and evidently these unfortunate infants suffered from chronic nicotine poisoning.

Prof. D. T. McDougal, before the American Association for the Advancement of Science at its annual meeting some years ago, said: "That the qualities and forms of living things are the final and net results of the action of environic conditions upon ancestral protoplasm, is almost universally agreed upon."

Dr. Lichty, an eminent medical practitioner, commenting on this statement, says:

"This biologic fact is an added and forceful argument that the nicotine saturated and poisoned protoplasm tissue cannot beget a standard healthy

progeny. With this basic recognition, it is the doctor's duty to consider carefully the influence of tobacco using upon the coming race: he should not remain either ignorant or silent upon the subject; if he does, he is a derelict."

The latest appeal to induce women to smoke is the ridiculous slogan, "Reach for a cigarette instead of a sweet," to preserve the slender figure. No doubt this is a telling appeal, and will bring the results so earnestly sought by the tobacco merchants. But at what a terrible cost to the women! Grant that by smoking a woman may obtain or preserve a slender figure; tobacco does dry up the digestive secretions, it does hinder digestion and absorption, it does destroy the appetite for food, and this may result in the loss of pounds of flesh. But the effects of tobacco do not stop there. The tobacco-using woman not only gets a slender figure, but a miserable, shriveled figure; her natural ruddy complexion is gone, for tobacco gives her a sallow, dingy, pasty-appearing skin, which no "drug store complexion" can successfully obliterate. Such efforts will still leave the disappointed woman's face but a "painted desert," and her pathetic appeals for the recognition of her artificial womanly charms will fall upon unresponsive hearts.

Professor Lorand, of Carlsbad, whose expert medical advice is sought from all over the world, in one of his recent books, speaking of the effects of tobacco on women, states how amazed he has been to find the number of women coming to him once famously beautiful, who have in a few short years become prematurely old, wizened, and most unattractive in appearance.

No young girl can smoke cigarettes and maintain her youth and beauty. She certainly will sacrifice all her womanly charms; she will later on abandon all hope of successful motherhood, or at least desirable motherhood, for at best she will confer a tainted heredity upon her miserable offspring.

It is reported from Paris, where smoking has been practiced by women probably for a longer period and to a greater extent than in any other civilized place, that strong evidence has appeared that the effect of cigarette smoking is to unsex young women by producing premature degeneration of the sex glands. One evidence of this is the development of the feminine moustache, which is becoming noticeably more frequent among young women smokers of Paris.

We make solicitous appeal for woman to seek to maintain her beauty, charm, and (*Turn to page 15*)



# From BENCH to THRONE

## *The Greatest Event In History*

By W. W. Prescott

**A**BOUT nineteen hundred years ago a man appeared in Palestine whose unusual claims and remarkable works created a real stir among the people. He was generally known as Jesus of Nazareth, because that town was the home of his parents, but as a matter of fact He was born in Bethlehem, often called the city of David. Because Joseph, who was supposed to be His father, was a carpenter by trade, the boy Jesus, as He grew to manhood, was usually designated as the carpenter's son.

One experience of His boyhood is worthy of being mentioned. When He was twelve years of age, He accompanied His parents to Jerusalem, where they went, according to the custom of their time, to celebrate the Passover. When the time came to return to Nazareth, the lad remained behind, but was not missed until the close of the first day's journey. There were no daily papers in Jerusalem at that time in which notice could be given concerning the lost child, with His picture printed for ready identification, neither could announcement be made from some local broadcasting station, which would lead to immediate discovery of the young lad, and so His parents searched, with increasing anxiety and sorrow.

On the third day they found Him. But where?—Not in a reserved seat watching a professional ball game; not at a moving picture

theatre, following with bated breath the development of some criminal plot, as the vivid scenes passed before Him, or listening to the latest talkie. No, indeed! Brought up in a religious home, and taught from the Scriptures at His mother's knee, the thoughts of this lad turned to the centre of religious worship among His people, and "they found him in the temple, sitting in the midst of the teachers, both hearing them, and asking them questions."

What a testimony to the real character of the boy Jesus! What an example for the youth of all time! His interest was in the house of God. He was occupied with things of eternal value. With true modesty He listened to the appointed

---

*This is the first article of a series by Doctor Prescott. In which is presented a fascinating pen picture of the most unique personality in history. We believe they will be followed with interest by all our friends.—Editor.*

---

teachers, and then asked some questions. But even so, they were "amazed at His understanding." Of His sorrowing parents He asked this significant question! "Knew ye not that I must be about my Father's business?" Then He returned with them to Nazareth, and "was subject to them." The record of a period of years is thus briefly summarized: "Jesus advanced in wisdom and stature, and favour with God and men." A wonderful estimate of a beautiful life!

I affirm that this Jesus of Nazareth is the most interesting character in all history; that no other man can rank with Him in the influence exerted over the human family; that He has commanded the undying love and the unshaken confidence of the greatest number; and that there is no other person with whom the destiny of so many is so closely connected.

"His character has passed the test of the malicious assaults of two thousand years, and stands today before the world as faultless in every part. It comprises all paradoxes; more tender and gentle than that of a woman, and yet as rugged as a mountain. Stern as an avenger, and inflexible as fate, He was gentle but not weak, and always



*He Was Not at the Ball Game or Cinema*



At the Temple

strong and grand; He made no clamour, but moved among the people like a gentle current; yet wherever He went He stirred and agitated human society to its depths; He dealt in symbols of eternal judgment, but they came from His lips so tenderly as to move His hearers to tears; He was gently terrible; He was a revelation of grand and rugged manhood, and something nobler and deeper, something higher and grander, than the world. His name stands as the synonym of God on earth.

While He was open and frank in His dealings with others, yet He was in Himself the greatest of all mysteries. There was in Him that unique combination of the human and the divine which no human wisdom was able to explain. He mingled freely among the people of His time, especially among the common people, evidently just as dependent as any of them upon food and rest in order to do His work. His language was the simple language of His associates, while at the time He gave utterance to truths of infinite depths. He was truly a man among men, and yet plainly more than a man.

It may be of interest to note briefly the world conditions when Jesus of Nazareth began His public life. The kingdom of Rome ruled the world. That world was pagan. Any form of religion was tolerated, provided it did not in any way discredit the state religion by which the emperor was deified. The Pantheon at Rome welcomed the gods of all cults so long as there was no open conflict with the deities recognized by the imperial government. Forms and ceremonies were rigorously maintained, while the moral standards of the people, high and low, were terribly debased. Paganism exercised

no restraint upon immorality. Then, as now, the makers of the laws voted dry and lived wet, and lawlessness was the order of the day.

In Palestine there was a condition of political unrest. Under the leadership of Pompey the Roman army had conquered the country by 65 B.C. after about a century of at least a semblance of independence on the part of the Jews under the rule of the Maccabees. There were, however, repeated revolts in various places as the result of the fixed conviction that the throne of David at Jerusalem had been assigned to the Jews by divine authority through the oracles of the prophets, and that it was their sacred duty as the chosen people to resist their conquerors and to re-establish the Hebrew nation. At the same time the minds of this same chosen people had become blinded to the real meaning of those Sacred Writings whose form they guarded with such jealous care, and they had seriously misinterpreted the promises and predictions of the prophets—spokesmen for God. By merely human authority many burdensome requirements had been added to the divinely given ritual, a false religion of merit had been substituted for the true religion of grace, and a cold formalism had chilled the hearts of the majority of the people.

In spite, however, of this general spirit of apostasy there were a faithful few who lived in close touch with God, who studied the Scriptures with a teachable heart, and steadfastly cherished the hope of a new revelation of the divine purpose of salvation. Among these "there was a man in Jerusalem, whose name was Simeon; and this man was righteous and devout, (*Turn to page 30*)

### The Task

A BOOK the Teacher gave me,  
Of pages clean and white;  
And all that I learned on life's journey  
He bade me carefully write.  
But in spite of my care there were errors,  
And each page by a blot was marred.  
Was it enough that I tried my best,  
Enough that I found it hard?  
He gave it His sweet compassion  
When before Him for pity I sued.—  
The mistakes He corrected with mercy,  
And the blots He understood.

—Marion Conway

### The Story of a Pitcher

By Agnes Lewis Caviness

SOMEbody gave me a little silver pitcher once upon a time. It was a lovely little thing,—smooth, gleaming satiny,—by far the daintiest piece on my humble board. I kept maple syrup in it, that being the day of waffles and griddle cakes; and the little silver pitcher was a great joy to us.

Time passed, and the breakfast habits of the household changed. Gradually the little silver pitcher moved up from its prominent place on the kitchen dresser to one shelf after another, until it reached the topmost shelf,—where we keep all sorts of things we no longer use and yet cannot bring ourselves to part with! In our house such things are taken down and cleaned twice a year,—the few pieces of cut glass that are too fragile for use in a home of rollicking children, the "baby cups" those children once used but which no mortal power could bring them to use now, all such treasures.

And there the little silver pitcher rested on the top shelf for many days. As time went on, it became so tarnished that the biannual cleaning made no impression on it. A black spot on one side grew larger and larger. I grew to value the pitcher less and less. After a while I told myself that it was not worth much any more. And still later I said it never had been worth much,—probably an inferior piece of alloy, after all.

And the little silver pitcher never tried to justify itself.

Then one day in a hurried moment I broke my cream pitcher. A few days later I broke the other! And suddenly the little silver pitcher was needed again. Down it came from the little-used top shelf, back to the kitchen dresser again.

Twice a day it was used on the table. Twice a day it went into hot soapsuds. Its smooth sides began to gleam again,—ever so faintly. I imagined the black spot grew smaller. I found myself using it with increasing pleasure. I had a new respect for the little silver pitcher, and I have an idea it had a new respect for itself.

One day when I was polishing the silver, I had a sudden notion to put the little pitcher through the process. The way it responded was unbelievable! The black spot faded and almost disappeared entirely. The smooth sides shone again from the corner of the kitchen dresser.

Yesterday, as the afternoon sun streamed in across the kitchen, my neighbour came in to chat for a moment.

We had hardly greeted one another when she said "What a lovely little pitcher! Isn't that new? I don't remember having seen it before!"

I told her: "No, it isn't new; but I've not used it for a long time, and I had forgotten it was beautiful until I needed it the other day."

I've been thinking since then that probably we have a number of possessions tucked away under the dust and rust of disuse that may be found to be beautiful if we would only use again.

Perhaps, under the pressure of times like these, when things we have depended on are breaking down one after another, these possessions may be brought out to the level of daily use, serve us again, and even be found to be worthy metal,—beautiful because they are needed.



The  
Scientific  
Food—  
Cocomalt  
in Powdered  
form

Hot or Cold  
A

Delicious  
Beverage

**Cocomalt**

Ask Your Dealer For It

# Talks About Fevers

## Taking the Temperature

**G**OOD morning, Aunt May, I am so glad to see you again. We have just received word that we are to be transferred to a very feverish post and I don't know anything about fever. Do tell me some of the things I should know.

"Yes, gladly, but let us first get a fever thermometer and learn to read it, then you will know how to tell whether anyone has fever or not. Ah, yes, here it is. Open the case and take it out. Hold it in your right hand and turn it until the line of little cross-marks and figures is in plain sight and the column of mercury looks a little broader than the black of a lead-pencil. Here, hold this white paper behind it. It will help you to read the thermometer easier. You notice this thermometer only registers from 95 degrees to 115 degrees, and there are five little marks across the mercury between the degrees so each little mark counts two-tenths of a degree."

"This is a registering thermometer, which means that the mercury does not sink down of itself but must be shaken down. Hold it carefully so as not to drop it nor strike it on anything, and shake until the mercury goes down to 95 degrees, or a little below. Now dip the mercury end into this cup of disinfectant that has a piece of cotton wool in the bottom, rinse well with drinking water or wipe with a clean piece of cotton. Put it under the patient's tongue, warning him not to bite it, but to close the lips. He should not have had food nor water in his mouth for a half hour previous to this. Leave the thermometer in place one minute or longer, then remove it and read the temperature. You can readily see that young or unruly children, delirious, unconscious, or insane patients, could not have their temperature taken thus, but must be dealt with differently. The normal temperature by mouth is 98.4 degrees. A person whose temperature is habitually one degree more or less than this should get medical advice. Any temperature above 100 degrees is called "fever," and above 103 degrees, "high fever."

### Taking Pulse and Respiration

"It is a good plan to get the habit of taking the pulse and respiration at the same time that the patient holds the thermometer in his mouth. It saves time and occupies both patient and nurse profitably. To find the patient's pulse, lay his hand comfortably on the bed or chair with his palm down, and very lightly press the tips of your fingers along the side of the wrist on the thumb side. You should feel the steady throb, throb of the blood.

This is the pulse. It may be felt in the neck just below the angle of the jaw, and wherever the arteries lie near the surface of the body. The normal pulse beat is about 72 beats per minute for a grown person but is higher in children, and will be higher in any one after exertion or excitement. Some people are in good health with a pulse of only 56 beats per minute.

"It is better to take the respiration when the patient does not notice that you are doing so. To do this we simply do not drop the wrist when we

---

By Mary G. Denoyer

---

finish counting the pulse but go on and count the number of times the person breathes in a minute. It is usually about eighteen times.

### Keep a Record

"In all cases of fever it is a good plan to keep a written record of the temperature, pulse, and respiration taken at least morning and evening. If the patient is very ill we keep a record taken every four hours. This may be a great help to the doctor if you have one.

### A Few Causes and Symptoms of Fever

"Fever is often caused by some germ or its poison getting into some part of the body or into the blood, as malaria, enteric, small-pox or measles. The high temperature is Nature's way of burning up the poisons and killing the germs that are causing the trouble; so our treatment should have some other aim than merely to lower the temperature. There are drugs which will bring the temperature down for a time, but when the effect of the drug is worn off the temperature often goes higher than it was before. In fever the secretions and excretions of the body are usually diminished, so we find the skin hot and dry, the tongue dry and coated or even furred, the lips parched, the bowels constipated, and the urine usually scanty and high coloured. Often there is great thirst and unless there is nausea or vomiting it is usually safe to give freely of cool boiled water.

"Pain in the part most affected as well as the head, back and limbs is often present. Usually the patient feels weak and has little appetite, which suggests to us that he is better kept in bed and given very light diet.

"I cannot go into any more details today but will come again and tell you more about special treatments and care in the different fevers."

"Thanks, so much, Aunt May."

## Janey's Lesson

THERE was once a little girl named Janey who wanted to go about with a dirty face! When Mother called her in from play to clean up, she whimpered and whined and said she didn't want to.

One day Mother called her to come in and practise her music lesson.

"I just hate to practise my music lesson," wailed Janey. "And I hate to have my face washed and my hair brushed every day, too. I wish I were a wild animal living out in the woods, then I could get as dirty as I pleased."

Mother wondered just what to do to teach Janey a lesson in cleanliness and patience. Suddenly Janey's face brightened with what seemed to her a wonderful idea. She turned to her mother with a smile on her face.

"Mother, if I promise to practise every day, and wash my face and brush my hair without being told will you let me do something that I want to do, when we go to the country this summer? Will you, please?" Mother smiled. "Well, that depends on what you want," she replied. "What is it?"

"Well, Mother, when we get to the country I want you to let me go one whole week without washing my face or brushing my hair. Will you let me, please?"

Mother didn't say anything for about a minute. Then she said in a very decisive manner, "All right, Janey, you may have your wish."

For the next two weeks there were no more complaints.

Then she went to the country with Mother. They arrived at the farm early in the evening. Mother prepared supper while Janey played under the pine trees. Then Mother called her when supper was ready. Janey came dancing in, and sat down to the table just as she was, face and hands soiled, and her hair standing upon end.

After supper Janey played with Shep and Tabby, both of whom they had brought in the car with them. When the stars began to peep through the curtains of night, she went to bed, for she was tired, but she did not wash her face.

The next morning she was up early and played under the trees until breakfast was ready, then came in and sat down at the table just as she was.

About ten o'clock it started to rain. After it was over, Janey took off her shoes and socks and waded in the stream near by. That was a lot of fun. She got mud on her face and dress too, but she did not care.

Finally, old Mr. Sun made the earth nice and warm with his rays. Janey grew tired of playing in the mud, so sat down on the edge of the porch, letting her feet hang over. Old Shep jumped up beside her, and began biting mud from between his toes. He acted as though he did not enjoy being dirty. Then Janey noticed Tabby on a chair near by, washing her face daintily with her paw. Just then two robins flew down to a pool that the rain had made, and started splashing about, twittering happily as they did so.

Janey sat there swinging her feet and thinking. It was a great surprise to her to learn that the birds and animals did clean up. Then she glanced at her own feet and hands, and then at her dress. My, what a sight she was! Mud splashed all over her. She rushed into the bathroom and filled the wash-basin with water. Then she scrubbed until her cheeks looked like rosy apples, and her hair brushed until each hair was in place. Then she looked into the mirror.

Half an hour later, when Mother called Janey for lunch, she walked into the dining-room. Mother gasped, then smiled. There stood Janey as clean as soap and water could make her, dressed in a clean linen dress and clean shoes and socks, with her hair neatly brushed. Mother didn't ask how it happened, but Janey said, "It wasn't so much fun to go dirty after all."

—Josephine Johnson.



# MEATLESS RECIPES

## How to Prepare Delicious Salads

By Nurse E. Crooks

(Demonstrator to the Good Health League)

**S**ALADS are the most attractive, tasty, wholesome, and economical dishes for the season. They contain valuable mineral salts so necessary for building the bones, teeth, nails, and hair.

They supply an abundance of vitamins which provide the vital spark essential to the vigorous functioning of the body.

And they are rich in alkaline salts which neutralize the waste acid substances produced by the breaking down of proteid building materials, and so keep at bay rheumatic affections, skin troubles, etc., caused by the accumulation of acid by-products in the system.

To keep well, therefore, to maintain the blood in a healthy alkaline condition, and to keep the tissues sound no better advice could be given than, "Eat More Salad."

Here are some attractive salad combinations:

### PINK SALAD

*Ingredients*—One medium-sized boiled beet, 3 medium-sized boiled potatoes, 1 medium-sized Spanish onion, 1 lemon, salt to taste, 1 tablespoonful thick cream or olive oil.

*Method*—Finely cube the beet and potatoes, mix, and place in a bowl. Very finely slice and chop the onion, add to the beet and potatoes, sprinkle with salt. Extract the juice from a lemon, strain, and add slowly to the cream, beating all the time, or if oil is used add the oil to the lemon juice a few drops at a time, continuously beating. Mix into the salad. Place in a salad bowl and garnish with lettuce or cress.

### VEGETABLE SALAD

*Ingredients*—One pound firm, fresh tomatoes, 1 large or 2 small lettuces,  $\frac{1}{2}$  cucumber, 2 hard-boiled eggs.

*Method*—Well wash and dry lettuce by gently patting it between a clean tea towel. Arrange around sides of a bowl. Peel and slice cucumber, placing it next to lettuce in bottom of bowl. Drop tomatoes quickly in and out of boiling water, skin, and cut in quarters. Place these on top of the cucumber, then shell the eggs, cut into quarters, and garnish the salad. Serve with strained lemon juice.

### CABBAGE SALAD

*Ingredients*—One small firm cabbage, 1 lemon, salt to taste, 1 tablespoonful cream.

*Method*—Cut off outside leaves and stalk of cabbage, then cut in half and soak for fifteen minutes in a bowl of water into which has been thrown a good handful of common salt. Well rinse and drain in a colander. Place on a board and finely shred with a sharp knife. Shake well and put into a salad bowl, pouring over the lemon and cream made into a dressing as directed in the recipe for "Pink Salad."

### LETTUCE AND ASPARAGUS SALAD

*Ingredients*—One lettuce head, 1 bundle or tin of asparagus, mayonnaise dressing.

*Method*—Wash and dry the lettuce, cut the cooked cold asparagus heads into pieces about three inches long, place on the crisp lettuce leaves and pour on to the tip of the asparagus the mayonnaise.

### MAYONNAISE DRESSING

*Ingredients*—Two raw eggs, 1 teaspoonful celery salt,  $\frac{1}{2}$  teaspoonful common salt,  $\frac{1}{2}$  cupful lemon juice.

*Method*—Well beat the eggs adding the salts and lemon juice. Beat all thoroughly and pour into a double boiler over fire or gas. Stir frequently until thickened, remove and cool off by standing in a pan of cold water, and beat until cold.

### COLUMBIA SALAD

Grind fine through a food chopper raw carrot, radish and onion. Add celery and pecan, or brazil, nut meats cut fine, and cooked mushrooms, if desired. Mix with mayonnaise and serve on a bed of lettuce.

### TOMATOES STUFFED WITH CHEESE

Scald and peel firm tomatoes. Lay a tomato, stem end down, on a plate. Cut two slits from the top of the tomato down toward the stem end, in such a way as to remove a wedge-shaped piece. Then cut out similar wedge-shaped pieces from the sides of the tomato midway between the bottom of the tomato and the opening made in the top of the tomato. Fill these openings in the tomato with wedge-shaped sections of cottage cheese. Place on lettuce and surround with dots of mayonnaise.



The

# DOCTOR SAYS



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

**Indigestion.** *Ques.*—"I have had indigestion for a number of years and great weakness. When I was about sixty years of age the doctor said I had heart trouble. Three or four doctors have stated that the pronounced flatulence caused the heart trouble."

*Ans.*—Sometimes when the heart is weak, flatulence results, due to the circulation in the walls of the stomach being poor. If the circulation is defective, the secretion will also be defective.

The teeth should be kept in good order and, if necessary, artificial teeth should be fitted. With poor teeth food is not properly masticated, or soft, mushy food is taken. Sloppy food causes indigestion as it is not properly mixed with the saliva.

Saliva is the natural tonic to the gastric juice. Food that is well masticated and made soft with salivary juice is the best of all stomach tonics.

Foods cooked with or in fat or butter lessen the gastric juice and produce catarrh of the duodenum (the first part of the small intestine.) Such foods must be avoided. It should also be remembered that such greasy foods cause the production of irritating fatty acids.

Sugar and sweets should be avoided, also tea, coffee, and cocoa. Very little fluid should be taken at meal-time. No food whatever should be taken between meals. The stomach often benefits considerably by the omission of the evening meal.

As our correspondent is over sixty years of age, a medical examination is essential for satisfactory treatment; there are so many conditions of the system that have to be reckoned with in old age.

**Worms.** *Ques.*—"Will you please advise regarding treatment for worms. The child is very restless at night, has a cough and is always rubbing its nose."

*Ans.*—The stools should be watched carefully. Threadworms appear like little tiny bits of cotton in the motions. Round worms are very similar in appearance to earthworms and can readily be detected. These are the two forms of worms that children mostly suffer from. The tapeworm appears in sections like pieces of tape.

The threadworms should be treated by injections into the bowel at bedtime of a dessertspoonful of common salt in half a pint of warm water; the injection should be retained as long as possible. If this is done every night for about a week, the trouble will disappear. If roundworms are seen, give two grains of santolin to a child of ten years or one grain to a child of five years at night time, and a dose of castor oil in the morning. The evening meal in this treatment should be very light—a little fruit would be sufficient. The tapeworm should be referred to a doctor.

**Aspirin Tablets.** *Ques.*—"Can a person using aspirin tablets acquire a habit? Many persons here use them for backache, headache, or any other pain."

*Ans.*—You are entirely right about the use of aspirin tablets. Headache or other pain is an indication that something is wrong in the body, and the proper way is to find out just what is wrong, and take care of it. Taking the aspirin simply deadens the warning, and the person goes on feeling that everything is all right when something is wrong. You are certainly right in opposing this very general use of aspirin. I can understand that there might be an emergency when a person could use something of this kind; but the constant

resort to aspirin or some similar material by those who have headaches, is, I think, a dangerous practice.

**Use of Tobacco.** *Ques.*—"Is the use of tobacco in moderation, smoking, chewing, or snuff, injurious to health? Which is the more injurious to health, smoking or chewing tobacco?"

*Ans.*—In my opinion the use of tobacco in any quantity or in any form is harmful. Some persons get so they can use enormous quantities of morphine, arsenic, or other poisons; but the fact that the body in defense develops a partial immunity against such poisons is no indication that the poison is harmless. I do not know that there is much difference between chewing and smoking; that is, I do not know that one is much more harmful than the other, except that inhaling the smoke must be much worse than taking tobacco in any other form.

**Evaporated Milk.** *Ques.*—"Is evaporated milk of as much food value as Pasteurized milk for children three years' old, who prefer it to cow's milk?"

*Ans.*—It will be all right for you to use evaporated milk instead of Pasteurized milk. Dilute it so it is the proper strength, and use tomato juice or orange juice, about one-half cupful a day to furnish the vitamins that are destroyed in the milk by heating.

**Starch and Meat.** *Ques.*—"Is starch and meat, that is, bread or cereals and lean beef, a bad combination for the same meal?"

*Ans.*—Why meat? Why not use milk which is a better supplement to the cereals than meat is and does not contain the broken-down tissues of animals?

**Damaged Kidney.** *Ques.*—"Doctors operating found a sick kidney. What should I eat?"

*Ans.*—Avoid meat, tea, coffee and any foods which you know have a tendency to cause stomach or bowel trouble, because anything of that kind will be hard on your kidneys. Eat slowly and carefully, and never eat too much. Aside from that you can make a choice of any foods which you know to be good.

**Foul Breath.** *Ques.*—"What can be done for foul breath?"

*Ans.*—The foul breath may be due to constipation. So far as it is connected with the mouth, you can cure this by using a proper mouth wash. You may try one of the advertised washes, or you may get peroxide of hydrogen and dilute it with about four parts of water. With any such preparations you will have to do thorough work, reaching every part of the mouth, and perhaps use a toothbrush.

**Dropsy.** *Ques.*—"Would you kindly send me a well-balanced diet for a person who has dropsy? My husband has that disease and is at present in the hospital to be tapped to drain off the fluid that has gathered. Our doctor says to let him eat just anything except eggs and meat."

*Ans.*—Dropsy is not a disease, but a symptom of several diseases, just as rapid pulse or high temperature or cold feet are symptoms. I suspect your husband has some liver trouble, and the dropsy is caused by the damming up through the liver because of congestion. I think your doctor is right; don't give him meat or eggs nor animal protein except milk. I would say, give him aside from these whatever food he enjoys, unless you know it is a food that disagrees with him. In any case, the disease as he has it is incurable.

# Bathing for HEALTH

By Ronald Leisk

(Associate of the London School of Natural Therapeutics)



**M**OST people bathe solely to cleanse the body and, of course, they are right up to a certain point. There are, however, many other possibilities in bathing that are not generally realized, but which become

obvious when we reflect on the functions of the skin and the way in which it reacts to temperature. Also, the added bodily heat caused by the improved blood supply stimulates the functional activity of adjacent tissue cells. For this reason cold water treatments are valuable in improving the circulation, stimulating the nerves, breaking down local congestion, and awakening cell and functional activity. Hot water may be used to reduce inflammation.

obvious when we reflect on the functions of the skin and the way in which it reacts to temperature. If we are to obtain the maximum benefit from a bath, it is necessary to look farther than for mere cleanliness.

The ideal routine in respect of bathing is to have a bath once daily for cleanliness, and during the week to have one or two of the health baths such as will be described in this article.

## Functions of the Skin

### Ordinary Bathing

The skin has many functions, both secretory and excretory, but in connection with bathing we need only mention those of *heat regulation and excretion of physical impurities*. By "heat regulation" we mean that, within reasonable limits, the skin adjusts itself to the surrounding temperature in such a way that the body temperature remains fairly constant between 98 deg. and 99 deg. Fahr. Thus when the outside medium is below a certain degree of coldness, the blood-vessels of the skin contract, and prevent much blood from circulating through the skin and being thereby unduly cooled. Heat, on the other hand, causes the blood-vessels to dilate and secrete perspiration, which produces a cooling effect as it evaporates from the surface.

Under normal conditions of climate, health, and occupation, it is not necessary to bathe more than once daily for cleanliness.

The function of excretion is very important because by this means nitrogenous waste and impurities are eliminated from the system. The glands normally get rid of a great deal of this waste matter, and this process of elimination may be beneficially increased by suitable baths.

Baths that are too hot or too cold should never be taken, especially when there is any skin trouble or heart disease. The common mistake of having excessively hot baths should be discouraged, as they are very debilitating. The habit may be broken by very gradually reducing the temperature of the water each time you bathe, and by having a brisk rub down with a towel after the body is dry.

## Bathing for Health

### Cold Towel Rub

The main action of water is as a vehicle for heat, and baths act largely by extracting heat from, or adding it to, the body. By operating on the blood-vessels of the skin we can powerfully influence the whole circulation, and that is why baths are considered of great importance to health. Bathing also exerts a pronounced effect on the nervous system, which may be either stimulating or soothing, according to the temperature of the water or the manner in which it is applied.

The best time for having a bath is just before retiring for the night.

It is important to remember that although the blood vessels of the surface contract when cold water is applied to the skin, resulting in a temporary anæmic condition of the tissues, there is a reaction after the application is removed. The draining away is followed by an increased

blood supply to the part in question, and this results in an increase of nerve force. Also, the added bodily heat caused by the improved blood supply stimulates the functional activity of adjacent tissue cells. For this reason cold water treatments are valuable in improving the circulation, stimulating the nerves, breaking down local congestion, and awakening cell and functional activity. Hot water may be used to reduce inflammation.

### Friction Bath

The friction bath is taken by rubbing the body with a rough towel, a brush, friction gloves, or with the bare hands. The whole of the body should be covered in this way for say ten minutes twice weekly, or preferably daily. Care should be taken not to be too "violent." Regulate the pressure according to the texture of the skin. The advantage of this form of bath is that it has the twofold effect of combining natural exercises with the aiding of elimination.

### Epsom Salts Bath

This very useful eliminative bath is taken by dissolving from one to two pounds of Epsom salts in a bath of hot water. Remain in the bath for about ten minutes, during which time rub the

whole of the body with the hands. After emerging from the bath, allow the water to dry on the skin, and then follow with a cold or tepid sluice. If the bath has been taken sufficiently strong it may be noticed that there is a layer of crystals on the skin. Such a bath should not be taken more than once weekly. In the case of rheumatic pains it is not necessary to have a complete bath, but merely to immerse the limb involved. Epsom salts for bathing may be obtained very cheaply from any chemist.

#### Curative Baths

Various baths which are easily available in the home are valuable as an aid in restoring health. The object of these baths is to assist the skin in eliminating toxic products, and sometimes through perspiration to encourage the expulsion of certain harmful acids which play such a large part in many diseases.

It is beyond the scope of this article to explain the many curative baths, but we give a few hints as to how water may be used to relieve pain or to overcome certain very common troubles.

#### How to Relieve Pain

There are two excellent methods, either of which may be adopted according to individual requirements. One is to apply to the local part cloths that have been wrung out in hot water, renewing these frequently as they cool. Here we should give a word of warning that, as this treatment makes the skin tender and hyper-sensitive to temperature, care should be taken not to expose the part to cold. The other method is to take a hot bath and remain in it until the pain has ceased. The temperature of the water should be kept at about 103 deg., by adding hot water from a kettle or geyser. Only the local part of the body need be so bathed. If there is any feeling of faintness, wring a towel out of cold water and apply it to the head.

#### Headache

Headache is a symptom of so many troubles that it is always advisable to find the cause rather than to attack the headache itself. That type of discomfort known as nervous headache may, however, be relieved by applying water to the forehead and wrists. In anæmia the water should be cold, and in plethora (excessive fullness of blood) it should be hot.

#### Fatigue and Insomnia

In regard to ascertaining the cause of the trouble, the same remarks as for headaches apply here. The sufferer may obtain much comfort and relief by sponging the feet and legs with cold water about half an hour before retiring for the night. The alternate hot and cold foot-bath is also of value as a means of encouraging sleep.

## The Genesis Record

(Continued from page 7)

### Day and Night Involved

Thus it is plain that the Genesis record of the Flood does repeatedly state that *the entire earth* was drenched by a great deluge of water that was very destructive of both plant and animal life. *The world-wide nature of the catastrophe is mentioned at least eight times!* Certainly the writer of this account intended to emphasize this point. And it is a good thing he did, for, as we shall see astronomically, he had a right to emphasize this point and might have said more about it. The astronomical causes of the Flood made it world-wide and even more severely destructive than the Genesis record portrays.

While it is true that neither the sun nor the moon are mentioned in the story of the Flood, as recorded in the book of Genesis, yet *that over which they ruled, the "day" and the "night," are mentioned in a very significant way!* In Gen. 8: 18-22 we read as follows:

"And Noah went forth, and his sons, and his wife, and his sons' wives with him: every beast, every creeping thing, and every fowl, and whatsoever creepeth upon the earth, after their kinds (or families), went forth out of the ark.

"And Noah builded an altar unto the Lord; and took of every clean beast, and of every clean fowl, and offered burnt offerings on the altar.

"And the Lord smelled a sweet savour; and the Lord said in His heart, *I will not again curse the ground any more for man's sake; for the imagination of man's heart is evil from his youth; neither will I again smite any more every thing living, as I have done.* While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease." Gen. 8:18-22.

The inference of this part of the story is plainly this: As Noah came out of the large house-boat in which he and the others in it had been saved, he noticed that *everything was so greatly changed that he wondered if, under the new conditions, he would be able to plant and reap a harvest.* Evidently he also noticed the *extremes of cold and heat* and wondered if everything would grow cold, never to warm up again. But God assured him that these would *all* continue: both "day and night," "summer and winter," and "seedtime and harvest."

But *why* was it stated that "day and night" would *not* cease? The inference is plainly this, that *the brilliancy of both day and night had been altered also!* And Noah, fearing that all might grow dark, was assured by the Creator himself that both "day and night" would continue as long as the earth itself remained.

Back in the record of the week of creation it is stated: "And God made *two great lights*; the greater light to *rule the day*, and the lesser light to *rule the night.*" Gen. 1:16. When the moon

was shining as brightly as the sun is today it was a "great" light that "gave light" (not reflected light) upon the earth, (Genesis 1:15); and when the sun was shining seven times brighter it was "the greater light." Therefore it is very plain that when both "day and night" were altered in their brilliancy it was *because* the "greater light" (the sun) and the "lesser light" (the moon) were turned down in their brilliancies, just as other texts of Scripture imply.

Furthermore, the story in the book of Genesis makes it plain that the Creator was the real and first cause of the dimming of the sun's brightness and complete extinguishing of all the moon's solar activities. These astronomical events were not natural evolutionary events, and neither were they a slow process. And what He did He did quickly, as any master intelligence is capable of doing. Did you notice the statements? "And, behold, I, even I, do bring a flood of waters upon the earth, to destroy all flesh, wherein is the breath of life, from under heaven; and everything that is in the earth shall die." "I will not again curse the ground any more for man's sake." And, "Neither will I again smite any more everything living, as I have done." (That is, by this method). Five times the pronoun "I" is used. This shows clearly that the Bible makes it plain that God, the Creator, was the prime cause back of astronomy that started a chain of events that brought a world-wide and very destructive flood to our planet.

The word "smite" expresses the same idea as that contained in the word "stroke," which word was used by Isaiah. (Isa. 30:26). *Both are expressions of sudden act.* Therefore, we may conclude that the word "stroke" in Isaiah refers to the Flood that God sent in Noah's time. Therefore "the stroke" was not Adam's sin. *It was a stroke which God himself inflicted by using astronomical tools—by using our moon and sun.* This, therefore, proves that the cause of the sudden fossilization of our moon was not a natural cause. It was the result of a special act of intervention by the Almighty Creator. *It was one of the greatest miracles ever performed by the Creator of the starry heavens, which has been recorded astronomically and Biblically and confirmed by the circumstantial evidence of geology!*

#### The Earth Itself Wounded

It is interesting to observe that "the ground" was cursed at the time of the Flood. As was shown in a former article, *the waters of the Flood washed out much of the plant food from the soil*, so that after the Flood the plants were stunted in their growth. Because of a diminished supply of plant minerals and because of a weakened solar light, the plants did not contain as much vital food for man and beast after the Flood as they had contained before. Therefore, since plants are the food of both man and animals, it matters not whether man ate a vegetarian diet or whether he ate freely of meat, he *could not* obtain in his diet as many food minerals and vitamins, etc., as he had obtained before the Flood. As a natural

result, the human race was crippled in its stature, and in its average longevity. People are now smaller of stature, and they live only a short time, like sick or wounded people. According to the Genesis record, the average length of man's life before the Flood was 907 years (not counting Enoch who was translated, or Noah who lived on both sides of the Flood); and the average length of man's life for eight generations after the Flood was only 299 years (not counting Shem who lived both sides of the Flood).

Thus we see that the Genesis record of the Flood justifies us in saying that "the wound" mentioned in the book of Isaiah (Isa. 30:26) was caused by the Flood, which was caused by the sudden dimming of the light of the moon and the sun, which was caused by a special act of the great almighty Creator of the starry heavens. "The wound" of the human race can be healed only when the former living conditions are restored—when the earth is made over again and restored to its former Edenic condition—and when the sun and the moon are made to shine brighter and give us a world-wide supply of more ultra-violet light and more heat, distributed back and forth between the poles oftener than just once a year.

Thus it is plainly seen that in several very definite ways the Bible connects with the Flood in Noah's time with God's rapid diminishing of the brilliancies of the sun and the moon. (1) The rapid diminishing of the brilliancies of the sun and moon would naturally produce severe astronomical disturbances all over our planet: the Genesis record emphasizes the world-wide nature and severity of the Flood, and specifies that it contained long-continued rain and severe wind. (Gen. 7:12; 8:1.) And Isaiah fully agrees with the Genesis record. (Isa. 54:9) (2) The expression, "Neither will I again smite any more everything, as I have done" (Gen. 8:21), agrees nicely with the expression, "in the day that the Lord . . . healeth *the stroke* of their wound" (Isa. 30:26). (3) The expressions "any more" (Gen. 8:21; 9:11.) and "no more" (Gen. 9:15; Isa. 60:20) tell us one and the same story; the expressions "cold and heat" and "day and night shall not cease" (Gen. 8:22) are other ways of saying, as Isaiah intimated, that the sources of the earth's heat and light were once weakened; in other words, that the brilliancies of our moon and sun, which ruled the night and the day, were reduced (Isa. 60:20; 30:26.)

#### The Earth Convulsed

We may, therefore, conclude that the Creator produced the world-wide Flood by using astronomical tools—by suddenly extinguishing all our moon's solar activities and by rapidly reducing the sun's radiation to one seventh of its former power. These two great astronomical miracles may have produced severe earthquake in our planet, thus breaking up its internal circulatory system—"the fountains of the great deep" (Gen. 7:11)—or the severe convulsions of the earth at that time may have been a third great, direct astronomical

miracle. The geological evidence shows that the severity of the earth's convulsions at that time was so great that mountains were made to sink beneath the waters, and new ranges were pushed up to dizzy heights during the latter part of that world-wide cataclysm.

The next article in this series on the Bible's story of the astronomy of the Flood will present the Biblical statements that show why our planet was not scorched by the blazing brilliance of our sun when it shone seven times brighter than it does now and by the heat of our moon when it shone as brightly as the sun does today.

## Peace Dove Hatches Vultures

(Continued from page 4)

implement of warfare. There are just as many soldiers under arms as before the Conference began, just as many tanks, aeroplanes, battleships and bombs.

It has all ended in tragic fiasco. No one, perhaps, is to be specially blamed. Certainly not the chairman, who was a conciliatory influence from first to last. Many delegations, too, were ready for drastic action, and some did not hesitate to bring forward practical suggestions for immediate reductions, the Hoover plan creating the greatest sensation. Yet other nations felt they could not take the risks involved. France in particular seemed haunted by many fears and insisted upon guarantees of security as the price of her disarmament. It was all very difficult, very confusing, and immeasurably complicated by national suspicions and racial antipathies.

### Prophecies Recalled

And as we contemplate the sad picture of failure and disappointment there comes back to us the memory of those terrifying predictions made by the leading statesmen of the world at the early sessions of the conference. Even now we can see the solemn look on the face of Mr. Arthur Henderson as he uttered these words in his opening address:

"If we fail, no one can foretell the evil consequences that might ensue. But of this we may be certain: the world would again be in danger of falling back into the vain and perilous competition of rapidly expanding armaments. That is the inexorable alternative to success."

Sir John Simon was even more outspoken in his warning of the inevitable penalty of defeat. We can hear him speaking now:

"Many of these conferences have failed before this," he said, "and the consequences of their failure are written in letters of blood in the history of the world. But failure now means nothing more than unmeasured and immeasurable calamity. We have to proceed in our task through many weeks and months conscious of the doom which is in store for mankind if some practical results are not achieved."

Ominous as these words were when they were uttered, they take on added solemnity now. The many weeks and months have passed. No practical

results have been achieved. Can it be that the Nemesis foretold by Sir John now threatens the world?

### Nearing the End

Undoubtedly events are moving rapidly toward some supreme crisis. Dark clouds over many nations give warning of the gathering storm. Mutterings of war are rolling nearer like distant thunder. There is trouble ahead. Europe is littered with injustices waiting to be avenged. The Far East quivers with expectation of coming strife. The great Disarmament Conference was the world's last hope of saving itself. This departed, nothing can avert the foreshadowed doom.

What a time in which to live! How full of terrifying possibilities. What need of faith and quiet confidence in God! For only a divine visitation can save us now—only the return of Jesus, so long delayed, but promised for this very hour. It is time that we turned to Him. And He is calling us. Even now as we listen the words ring down from the starry heights: "Fear God, and give glory to Him; for the hour of His judgment is come." Rev. 14:7.

## Anaemia

(Continued from page 8)

### The "Liver Fad"

The following are notes taken from a lecture given by a prominent physician, and deserve careful thought and consideration: "Liver is the poison factory of the body. The poisons excreted by the kidneys are formed in the liver. It is the largest gland in the body, and contains one fourth of the blood of the body, all the time.

"A claim is made that a liver diet helps a patient suffering of pernicious anaemia. Suppose that a few do seem to be benefited for a time. If it is true, and it surely is true, that a liver diet predisposes to Bright's disease, which would be better, to die in from three to four years from anaemia, or in six months from Bright's disease? Authorities on diet have always warned against the use of liver, which is a common cause of acute Bright's disease. Experiments years ago showed that the use of liver as food was likely to produce bad results.

"Dr. Newberg of the University of Michigan, at Ann Arbor, has been experimenting for years to show the relation between the high-meat diet and Bright's disease. Bright's disease has increased 131 per cent in this country in three decades. Dr. Newberg's extended experiments on animals resulted in showing that liver is a highly poisonous substance. As much as a 20-per-cent liver diet produced Bright's disease in a few months. When two thirds of the animal's diet was liver, Bright's disease developed in ten days."

*Treatment.* Of first importance is rest in bed, abundance of fresh air, sunlight, abundant food, with special care for the mouth and the teeth, and possibly the giving of dilute hydrochloric acid (only under the physician's order or direction) for digestion. Hydrotherapy is often used to advantage, but it must be adapted to the patient's condition.

## Marvels of the Brain and Nervous System

(Continued from page 5)

When we speak of a nerve we really include two separate parts, the nerve fibre and the nerve cell. Impulses or messages originate in the cells and are conveyed along the fibres just as telegraphic messages are conveyed by wires.

There are two kinds of nerves, the *sensory* nerves and the *motor* nerves. Sensory nerves send messages to the brain. Motor nerves convey impulses from the brain and are concerned with action. For instance, if one touches a hot object with the finger, a message of pain is at once sent to the brain via the sensory nerves, the seat of the injury being indicated at the same time. An impulse is then sent out from the brain to the muscles of the affected part, causing them to contract, and the finger is withdrawn. This all happens with such rapidity that we hardly realize it, but the time is definite and can be measured by special apparatus.

### What is Pain?

Pain is Nature's danger signal. It is her warning that something is wrong with that particular part of the body. It is always well to seek the cause of pain and attempt to remove the cause. If we remove the pain only, it is like cutting the telegraph wire and preventing further signals coming through. This fact should bring home to every one the folly of the indiscriminate use of drugs to overcome pain.

### Care of the Nerves

By careful attention to the laws of health it is not a difficult matter to avoid nerve troubles. It is certainly much easier to avoid than to cure them.

Rest is absolutely essential to keep the nerves healthy. The moment we encroach upon the natural periods of rest and sleep we begin to sap nerve force and pave the way for trouble. Sleep alone even may not be sufficient. We must have relaxation and change. Keeping the brain, and through it the whole system in a state of constant tension expands too much energy and runs the human battery down. Worry entails the greatest expenditure of energy of all forms of mental activity. We need periods of rest and peace to manufacture and store up new energy.

Lack of self-control is another most important point. Once the brain is allowed to lose control, co-ordination and harmony are lost and chaos reigns in the body. This soon brings disease. Thousands of people are today suffering from complaints which could be cured by nothing more than a firm exercise of will power. The simple fact of having hope and something to live for has saved many a soul not only from disease, but from despair and an early grave. In this respect religion offers something which nothing else can supply.

Then there is also the question of injurious substances. The nervous system is very susceptible to poisons. The regular taking of alcohol tea, coffee, tobacco, and even the toxins in flesh-foods weakens and irritates the nerve fibres and cells. In many cases, deposits and inflammatory changes occur in the sheaths of the fibres, producing neuritis. In other cases the cells become partly paralysed or destroyed. All the above-named poisons, therefore, should be avoided.

Poisons from septic foci, such as diseased teeth, gums, tonsils, and chronic constipation, are very deadly to the delicate nerve tissue, and should receive prompt attention.

Other factors which react indirectly upon the nerves are diet, exercise, fresh air, and in fact all the things which help to build up sound healthy bodies.

Attention to the above factors in the hygiene of the nervous system will keep the nerves in good trim. In cases where these are already at fault, attention to the same points will prove the quickest, and in fact the only way, whereby health and happiness may once more be regained.

## Too Much Food Produced yet Thousands are Starving

(Continued from page 11)

almost deserted. The prayer meeting and the family altar have become relics of a departed age.

The nation has reached the highest standard of living in the history of the world—speaking of living conditions, not morals. In general, Americans are not an economical people. People in Europe are amazed at our extravagance and luxury. It has been said that Europe could live on what America wastes.

Yet in this land of plenty, there is poverty. In this land of the idle rich, we find the hopeless poor. Luxurious living on one hand, while poverty stalks the streets. Riches and rags within a stone's throw of each other. Warm houses filled with well-fed people, while hungry people shiver and suffer. Poor people living in hovels of hopelessness; rich people wallowing in wealth and waste. The rich becoming vain, while the poor struggle in vain.

"What justification?" we ask. What price prosperity? Are those who have money any better because of their money? We fear not. Scrambling for wealth, their lives have become poverty stricken. They have accumulated expensive cars, magnificent mansions, precious jewels—everything that money can buy. But they still lack some things money cannot buy—faith, peace, righteousness, eternal life. They are sadly lacking in the true, inner riches of character—the only riches that will endure. They have failed to become "rich in good works."

In his epistle to Timothy, Paul clearly presents the situation and gives the remedy. He

Published Monthly by  
THE ORIENTAL WATCHMAN PUBLISHING HOUSE.

Post Box 35, Poona, India.

P. C. POLEY, *Editor*

R. A. BECKNER, *Acting Editor.*

Single Copy, 8 Annas.

**Subscription Rates:** Three years Rs.13-8, two years Rs.9-8, one year Rs.5, in advance. Subscriptions will not be accepted for despatch by V.P.P. unless accompanied by a deposit of not less than Rs.1-8, except in the case of renewal subscriptions sent direct to the Publishing House by subscribers. There is an extra charge of Ans. 3 on all V.P.P. orders sent out.

**Change of Address:** Please give both old and new addresses.

**Expiration:** Unless renewed in advance, the magazine stops at the expiration date given on the wrapper.

No magazines are sent except on paid subscriptions, so persons receiving the WATCHMAN without having subscribed may feel perfectly free to accept it.

**Notice:** We sometimes receive notice from subscribers that their copy of the WATCHMAN has failed to arrive. If you do not receive your magazine regularly make inquiries at your local post office and also notify us. We acknowledge all subscriptions, keep a careful check on our mailing list and try in every way possible to avoid mistakes. We solicit your inquiries.

Published and Printed by J. C. Craven,  
at and for the Oriental Watchman Publishing House,  
Salisbury Park, Poona. 1456-32

says: "For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows. *But thou, O man of God, flee these things;* and follow after righteousness, godliness, faith, love, patience, meekness." 1 Tim. 6: 10, 11.

The conditions described in this article may seem puzzling and cause for concern to some. But students of the Scripture discern in these things definite signs of the return of Christ to this earth. The Bible has plainly predicted that in the last days men would be covetous, and lovers of pleasures more than lovers of God. Read 2 Timothy 3:1-5 for signs that will be seen in the world as the end draws near. And along with the signs seen in the social world may be placed the struggle between capital and labour as a sign of the end. According to James the last days are to witness a great hoarding of wealth on the part of the rich, with corresponding distress on the part of the poor. (James 5:1-9.)

Many have heaped together treasures for their last days, only to find that they were heaping them together for the world's last days. But when they come face to face with eternity, they will find themselves paupers. In their efforts to grasp and hold the material things of this life, they will in the end lose all and possess nothing.

"But thou, O man of God, flee these things." Put not your trust in the fleeting things of this life. The prosperity of today may turn to poverty tomorrow. "Set your affection on things above, not on things on the earth." Col. 3:2. Lay up treasure in heaven instead of on the earth. Become rich toward God. Even the poorest may invest in heavenly treasure, which costs not money, but time, love, prayers. Those who engage in the most fascinating of all occupations—that of winning souls—are promised a glory that will shine as the stars. In this way you may become the possessor of precious wealth far exceeding in value any gems on earth.

## From Bench to Throne

(Continued from page 19)

looking for the consolation of Israel: and the Holy Spirit was upon him. . . . And he came in the Spirit into the temple: and when the parents brought in the child Jesus, that they might do concerning Him after the custom of the law, then he received Him into his arms, and blessed God, and said, Now lettest Thou Thy servant depart, Lord, according to Thy word, in peace; for mine eyes have seen Thy salvation, which Thou hast prepared before the face of all peoples; a light for revelation to the Gentiles, and the glory of Thy people Israel." Another earnest waiting soul was Anna, a prophetess, who, coming up at that very hour, "gave thanks unto God, and spake of Him to all them that were looking for the redemption of Jerusalem." But these expectant ones were comparatively few in number without any widespread influence.

It is true that there was a somewhat general feeling of expectation that the period so definitely stated by the prophet Daniel as reaching to the time of the Messiah, was approaching its close, but a modernistic interpretation of the words of the prophets had in many minds obscured the idea of the actual appearance of a personal Messiah, and especially of a suffering Messiah, and the leaders of the public sentiment rather cultivated the feeling that a time of national prosperity was foretold in these prophecies, involving a restoration of kingly power and authority to a certain class, but not necessarily to the house of David. In fact, political ambitions had set aside the plainest predictions concerning the time, the place, and the circumstances of the birth of the Coming One, just as equally plain predictions concerning the personal second advent are now wrongly applied or are altogether ignored, and a millennium of peace and happiness is declared to be about to begin. And yet, in spite of all this substitution of human reasoning for the plain word of God, "when the fullness of the time came, God sent forth His Son, born of a woman," just at the time, in the very place, and under the exact conditions specified by the prophets of the olden time. So it has always been. The counsel of God stands, as against any effort of men or of devils to defeat it. "We have

the word of prophecy made more sure."

It was into this pagan world, this world of unrest and uncertainty, this world of formalism and insincerity, that Jesus of Nazareth was born, and in which He undertook His mission. For about four hundred years no prophet had arisen with a message from the throne of God. The hope of the promise made unto the fathers had died out in many weary hearts. The house of David, concerning which such wondrous things had been spoken, had fallen into obscurity, and a corrupt priesthood was largely under the control of the political leaders. From a human viewpoint the promises which had sustained the faith of many generations, were farther than ever from being fulfilled, and a disappointed people were chafing under the yoke of the despised foreigner. The darkest hour had come, and next was the dawn. The Sun of Righteousness was just about to rise with healing in His wings, and God Himself, in the person of His Son, was preparing to enter into human history in fulfilment of the ancient promise. I declare unqualifiedly that this is the central event in world history, that the record of this event and of what grew out of it is of unequalled interest to both old and young, and that it should command the most serious attention. To a consideration of these things in their relation to human life and conduct I invite the best of our thinking.

## Above the Clouds

(Continued from page 9)

dency. It is our privilege then to get down on our knees and to remain there until our faith soars above the clouds carrying us with it.

In the experience of every life, somewhere, God's goodness bursts through to lighten up the wraiths of sorrow or disappointment. At such times, His promises and providences warm and gladden us like the rays of the sun. These manifestations are tokens of a pure atmosphere of warmth and joy to which God invites us even in this life. These visions of glory that pierce through the gloom of some crisis, invite us to spread our wings, and like the eagle, soar above the clouds and move in a purer altitude by faith, until all the clouds are forever driven away at the breaking of the resurrection morning.

Amid the thickened clouds of political commotion, when the air is charged with the electricity of fear and suspicion on every hand, when evil would envelop us in gloom and dampen our hope, Jesus will shine through the gloom. He will point us to the skies. Heaven's morning breaks. Earth's vain shadows flee. Let us pray, then, "In life, in death, O Lord, abide with me."

## THOS. COOK & SON, Ltd.

(Incorporated in England)

In co-operation with

WAGONS-LITS CO.

Head Office: Berkeley St., Piccadilly, London W. 1

300 Branches throughout the World

Tours of all descriptions arranged. Itineraries planned. Train reservations and hotel reservations made. Rail and Steamer tickets issued to all parts. Inclusive Independent Tours arranged. European Tour Managers engaged to accompany Tourists. Steamer passages engaged to all parts of the world. Baggage received, stored and forwarded. Insurance effected. "INDIA" pamphlet free on application.

### Thos. Cook & Son, (Bankers) Ltd.

(Incorporated in England)

Letters of Credit and Travellers' cheques cashed and issued. Drafts issued and payment effected by mail or telegram at all principal towns in the world.

Current Accounts opened and Banking Business of every description undertaken.

LOCAL OFFICE: { BOMBAY, CALCUTTA, DELHI, SIMLA  
RANGOON, MADRAS, COLOMBO,  
BAGHDAD, SINGAPORE, ETC.



FOR MUSIC AND  
MUSICAL INSTRUMENTS

S. ROSE & Co., Ltd., FORT BOMBAY

OFFER QUALITY AND MODERATE PRICES

We invite inquiries concerning any musical item of interest to you.

NEW TROPICAL PIANOS from Rs. 1050

USED PIANOS guaranteed sound and servicable from Rs. 450

ORGANS Rs. 145 to Rs. 6500

VIOLINS from Rs. 12-5 MANDOLINS from Rs. 10

GUITARS from Rs. 30 BANJOS from Rs. 40

FLUTES, CORNETS, CLARIONETS,  
ACCORDIONS, MOUTH ORGANS,  
WHISTLES

Every Kind of Musical Instrument

Lists POST FREE

S. ROSE & CO., Ltd.,

FORT. BOMBAY.

Another Wonderful Set of Books

# THE FAMILY and CHILDREN'S LIBRARY

Beautifully coloured covers and hundreds of illustrations

**THE COMING CONFLICT :** *by John L. Shuler*

THE world has fallen upon the most intense, complex, and portentous times in its long, checkered career. Tremendous issues are before us, yes, are already upon us. The marked intensity that is taking possession of every earthly element indicates that something great and decisive is about to take place. Thoughtful men recognize that the world today is approaching a stupendous crisis.

**THE WAY OF LIFE :** *by Edwin Keck Slade*

It is not the glory and honour of earthly monarchs that is mentioned here. Their pomp and pageantry would not be suited to that paradise home. They would add neither glory nor honour to that place. It is only for those who have been restored to the image of Him who created them.

**THE STORY OF A LOST DAY :** *by Francis D. Nichol*

THE author of this treatise deals with a "live issue" and with certain basic principles in a most interesting and fascinating style. The proposed universal calendar, which vitally affects the habits, customs, and religious beliefs of the people in every part of the world, is perhaps less understood by the great majority than any other public issue now pending before legislative assemblies. The author, through his simple and lucid style, his incontrovertible logic and clear statements of facts on both sides of the present calendar controversy, has succeeded in making the subject understandable and heart-gripping as to the issues and consequences involved.

**EPIDEMICS : How to Meet Them**

THE publishers of this little book desire to join their fellow men in the fight against the enemies of mankind. It is not published for profit, but to give as many as possible some practical help in time of need. Men and women of all communities, therefore, are invited to join in the effort to place this useful book in every home in the land; for it is confidently believed that an intelligent knowledge of how to meet epidemics will save for future usefulness the lives of many, beside preventing much needless suffering and sorrow.

**A JOURNEY TO HAPPY HEALTHLAND :**  
*by Belle Wood-Comstock, M.D.*

THROUGH stories the author develops for the children a complete system of health habits that are in full harmony with the latest finding of medical science. These stories, though teaching technical principles, are very interesting, so much so in fact, that the tendency will be for the child to want to read or hear for himself the entire book in one evening. There are, however, fifteen chapters, each of which could profitably form the basis for a bed time story.

The colourful cover graphically depicts an imaginary voyage arranged to avoid sickness and land the boy or girl safe in "health harbour."

**ALL THE WORLD UNDER ONE FLAG :** *by Alonzo L. Baker*

TOMORROW baffles us. With all the vaunted advancement and knowledge of this marvellous twentieth century, we are no nearer fathoming the future than the ancients. It remains mysterious, recondite, inscrutable.

**THIS SPLENDID SET OF  
SIX BOOKS FOR ONLY  
Rs. 4/8**

ORIENTAL WATCHMAN PUBLISHING HOUSE,  
Salisbury Park, P.O. Box 35, Poona

Please send me per V.P.P. one set of the Family  
and Children's Library.

Name.....  
Address.....