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The Oriental WATCHMAN and Herald of Health

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THE Emperor of Japan uses neither tobacco nor alcohol.

THE population of China including Manchuria is estimated at 474,006,000.

CHINESE and Japanese papers made about 600 years ago were found to be perfectly good, when examined recently by the United States Bureau of Standards. Three were made of mulberry, two of mitsumata, and one of bamboo.

LONDON to Bombay in 17 days 1 hour and 42 minutes was the record recently established by the P. & O. "Viceroy of India," in spite of being held up for two hours by fog at the entrance of the Channel.

RUBBERIZED paper is the newest thing of interest to printers. It is claimed that the tendency to curl, shrink, or expand is largely overcome. The Lexene-coated sheets use less ink and the ink "lays" better, and dries more rapidly. The folding strength is increased.

SIAM has favourite colours for certain days of the week so the native dress or "panung" is chosen to match the colour for the day. The newspapers also endeavour to carry out the colour scheme, and on Sunday they are on pink paper, Monday yellow, Thursday green, and the other days white.

CANADA'S, and incidentally the world's, sweet tooth has been sweetened by the product of the 3,000,000 maple trees of the Dominion's maple orchards. Returns show that the 1932 crop totaled 7,217,300 pounds of sugar (very much like the jaggery made from the toddy palm, only of finer grain, and flavour), and 1,744,479 gallons of syrup. Enough syrup to cover two flapjacks, or pancakes, for every man, woman and child in India.

THE "Akron," largest and newest air ship of the United States Government, by a special device is able to release or receive an airplane, while in flight. A lattice work structure with a pivoted bar on the end is lowered. An engaging hook with an automatic locking device is fixed to the upper wing of the airplane, which comes from astern in a steep climb at a slightly greater speed. In smooth air the operation is simple. When it is desired to release the plane the pilot trips the hook, idles the motor and falls clear of the ship in a dive.

PASTEURIZING milk does not effect its nutritive value for children is the conclusion reached by Leslie C. Frank of the United States Public Health Service, who made an investigation in 41 different cities covering over 3,000 children of average middle class American families, aged from two to six years. Those who had been given raw milk were found no taller but averaged three tenths of a pound less weight than those who had been given pasteurised milk. Those given the raw milk were found to have had more diphtheria, scarlet fever, intestinal disturbances, and rickets. The investigation is to be continued the coming year and will include children under two years.

THE London *Morning Post* recently published its 50,000th issue, which constitutes a record for the English language.

LOOPING the loop 14 times on a glider of his own design was a feat accomplished by the gliding pilot Kronfield at the Freutenau race course. The last loop was less than 500 feet from the ground.

TRINIDAD is reported to have a supply of helium gas, but it is not known just how large the supply is. It is non-inflammable and of great value for use in airships. The oil fields of Texas have been the chief source of supply heretofore.

A TURNAU engineer named Stock has interested the Czechoslovak military officials in a new plane with a body and wings like a flying bird, which is said to be operated without a motor.

SWITZERLAND has its first skyscraper in a 20 story building at Lausanne. It is 219 feet high above the ground. The unusual feature about it is the fact that the structural steel is joined by welding instead of riveted.

WHEN Church and State were united in Spain, parents were restricted to the lists of names of the saints in the church calendar in naming their children. Under the republic the ban has been lifted and a greater variety of names will be heard in Spain from now on.

SELOC is the name of a glass blackboard that has been developed by the New York Silicate Book Slate Company. It gives a deep black velvety surface free from imperfections, and will not fade. Tests equal to 100 year's wear left the sample as good as new. The cost is a little more than ordinary slate.

THE Redwood trees of California are without doubt the largest in the world and also the oldest living things on earth. Scientific measurements recently made of the "Grizzly Giant" in the Yosemite National Park show it to be 209 feet high, and rank fifth in height. It would produce 363,600 running feet of timber, or enough to make a hangar large enough to house the largest dirigible afloat. It is considered to be more than 3,800 years old. (Our cover picture shows a neighbour of the "Grizzly Giant," the "Wawona," through which runs a motor car road with plenty of room on each side.)

WOMAN'S nationality must unconditionally follow that of her husband, according to the recommendation of the Juridical Committee of the League of Nations. This in spite of the report of the Committee representing women's organizations appointed by the League, which was that the woman should be allowed to choose if she would keep her own or follow her husband's nationality on marriage. The main reason advanced by the Juridical Committee was the importance of maintaining the unity of the family; and as the husband is usually the main economic support of the family, the wife's nationality should give place to that of her husband.

The **O**RIENTAL **W**ATCHMAN AND HERALD OF HEALTH

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The AMERICAN ELECTION

By R. A. Beckner

THE Democrats have won the election by securing a majority of 10 to 7 in the popular vote. While they have carried 38 states as opposed to six states by the Republicans. This will give Mr. Roosevelt 434 votes in the electoral college, while Mr. Hoover has only 70.

Franklin D. Roosevelt was born on Jan. 30, 1882, of a wealthy New York family of old Dutch descent. Educated at Harvard and Columbia Law School, he has been in political life since 1910, mainly in New York State, but for eight years he was Assistant Secretary of the Navy under President Wilson. From 1921 to 1928 he was making an almost losing fight to regain his health after an attack of infantile paralysis, and for years had to use crutches.

Though he is a fifth cousin of the famous president Theodore Roosevelt, he married the daughter of Elliot, Theodore's brother. Friends who know him well declare that there are many similarities between the president-elect and his famous relative who preceded him in the same great office.

The composition of the House of Representa-



Copyright by Harris & Ewing
President-elect Franklin D. Roosevelt

tives is, according to the latest figures, Democrats 306, Republicans 110, Farmer Labour 3 and 13 doubtful.

Four years ago Mr. Hoover was elected to office by a very large majority. But at that time America and the world were on the crest of a wave of prosperity; and seemingly there was nothing to prevent the continuation of that pleasant state of affairs. The depression set in, increasing millions were thrown out of work, Government expenditures continued to increase, with the consequent increase of taxes. When times are bad there is always a tendency to blame it on the party in power. Things are at such a state that many feel that any change must be for the better, at least they cannot be

any worse. Thus the stage was all set for the Democratic Party to win the election and take charge of the affairs of state.

Just what influence the prohibition issue had on the elections is not clear from the cables that have come to hand. The Republican party platform did "not favour a submission limited to the issue of retention or repeal" of the Prohibition amendment of the Constitution; (*Turn to page 31*)

Will

Civilization Muddle Through?

By Gentry G. Lowry

NOT long since, Mr. Hayden Church, in an interview with George Bernard Shaw, the famous English dramatist and author, asked this question: "How do you view the economic future of England? Will things get steadily worse, or will the old country muddle through as usual?"

"It is rather late in the day," he replied, "to talk about England or any other two-penny-half-penny nationality muddling through. The question today is, Will civilization itself muddle through?" If the big ship goes down, England will go down with it. And don't forget that these big ships always have gone down, so far. Mesopotamia was once more highly civilized than either Old or New England, but it went under completely, and so have many more since that time."

Mr. Shaw touched on a vital point when he said that the big question today was whether civilization itself would muddle through or not. Many of the leading statesmen and other influential men of the world today fear that it may not. And they have good reasons for such fear. One has only to glance over the headlines of the newspapers and magazines of today to see that the world, from almost every angle, is in a deplorable condition, and no one seems to be able to tell what the trouble is, or what steps to take in trying to remedy it.

Neither a prophet, nor the son of a prophet, is needed to predict, that unless drastic changes take place soon, our whole economic, social and political fabric, right round the world, will completely break down, and civilization, as we know it today, will go on the rocks. A writer in the *London Daily Telegraph*, of May 1932, in speaking of the increase of crime in England says:

"We had since the war, congratulated ourselves that the worst offense short of murder, personal violence, was declining.

"But in 1930, there were many more cases. The greater part of the increase in criminal activity was, as usual, devoted to larceny, 'breakings-in,' and robbery of various kinds.

"But indictable offenses as a whole have increased from 2,700 per million of population in 1921 to 3,700 in 1931.

"Burglaries, breakings-in, in the London area had risen from 3,900 in 1921 to 8,000 in 1931. The 'smash and grab' robberies averaged eleven a month in 1925, but numbered thirty-one in March last year.

And quoting further the writer says, "By far the larger number of crimes are committed by young people. Two thirds of all those found guilty are under thirty, two fifths under twenty-one. A middle-age criminal is rare, an old one the exception.



The Houses of Parliament from the Thames

"The official deduction is that the growth of crimes is to be ascribed to two causes—first, the lawless and adventurous character of many of the generation who were without parental control in the war; and second, the industrial depression, the severity of which has tempted many very young people to the less serious forms of robbery."

England is by no means the only country in which an increase of crime is seen. America and other countries are full of it. In speaking of conditions in America one writer says:

"Make no mistake about it, the unorganized decent citizens of the country are absolutely at the mercy of organized bands of guerillas, armed and ruthless. No man, woman, or child is safe in his own house unless he is rich enough to maintain a private army to guard it, as a large number of men who can afford it are doing today. It is just good luck if they or their children are not singled out to be captured or killed by the kidnapper, or by the gangster, and his gunmen."

Financial Stress

The economical phase of the world has never been so serious within the living memory of man. Unless a turn is made for the better millions of people of the leading nations of the world who are now facing bankruptcy and starvation will rush headlong into anarchy, and the nations will witness such general distress as history has never known. Already 8,000,000 Americans are without work. Men who two years ago were earning good wages, able to support their families, own a home, and enjoy at least some of the comforts of life, are today walking the streets, selling apples, matches, sweets, etc., trying to earn a few pennies with which to buy the barest necessities of life. They pay no taxes, no rent, and all have debts; they have sold their homes, their cars and their furniture, and now are dependent upon charity.

Germany is as badly off with 6,000,000 men walking the streets without work, and England a much smaller country, has nearly 3,000,000 unemployed. With the exception of Russia, the same thing is relatively the case in every civilized nation.

What are the Reasons?

Many reasons are given for conditions that have brought about this state of affairs. Some say that it is because our manufacturers have made too much machinery, and these machines are now taking the place of men. Others say that we are simply paying for the Great War of 1914-18. Others say it is due to tariff barriers which strangle foreign trade. While still others say it is all due to the mismanagement of governmental officials, and general passion and greed of the few wealthy men and corporations that control the finances of the world.

War debts and reparations, excessive expenditures on armaments, the maintenance of national prestige that is dependent upon a show of power,



Chancellor of the Exchequer, The Right Hon. Neville Chamberlain entering the House of Commons

greed and avarice on the part of capitalists, discontent and resentment on the part of labourers, personal extravagance in living, the mad efforts of wage-earners to reach and maintain a standard of living that can be enjoyed only by the rich,—all have contributed to the chaotic state that is now seen in the earth. Whatever the real underlying reasons may be for the present economic conditions all must agree without reserve that the world is in a bad way indeed. It is seriously ill, and unless a remedy is found, the forecast of George Bernard Shaw will certainly be fulfilled, and the civilization of today will go on the rocks just as did that of Babylon, Medo-Persia, Greece and the Roman Empire.

Business men and government officials probably do not recognise it, but the fact is that nearly 2,000 years ago these conditions were foretold by the Bible. One writer in speaking of the coming conflict between capital and labour, says:

"Go to now, ye rich men, weep and howl for your miseries that shall come upon you. Your riches are corrupted, and your garments are moth-eaten. Your gold and silver is cankered; and the rust of them shall be a witness against you, and shall eat your flesh as it were fire. Ye have heaped treasure together for the last days. Behold, the hire of the labourers who have reaped down your fields, which is of you kept back by fraud, crieth; and the cries of them which have reaped are entered into the ears of the Lord of saboath. Ye have lived (*Turn to page 27*)

Do You Have an ACID

THE very common condition of hyperacidity is really a symptom rather than a disease. Some persons have an inborn tendency to acidity of the stomach. Others contract it from faulty food habits, especially from the common practice of subsisting on refined and demineralized and devitaminated foods,—which, in plain language, is simply a species of mineral and vitamin starvation.

There are other causes that lead to this trouble: namely, overstimulating foods; condiments (vinegar, pepper, mustard, pungent spices); eating between meals; eating of foods too hot or too cold; sweetened starchy foods; spreading of honey or jelly or treacle or syrup or marmalade on ordinary baker's bread in sandwiches or on corn bread or on other starchy food, thus forming a combination that interferes with the action of ptyalin on the starches eaten, causing fermentation in the stomach and intestinal tube; overeating of other sweet foods; poorly baked bread, soft drinks, etc.

Dietary Factors. Fruits in general should be avoided during the acute stage. If taken, they should be confined to a select few, such as baked banana, baked pears, stewed pears, baked apple with rich cream, or stewed prune pulp, mellowed by the addition of a little rich cream. Fats should be increased, as they are very soothing to the stomach, and serve to inhibit or hold back the flow of acids. Fats also retard the emptying of the stomach and hold the food for more thorough digestion and absorption; they also tend to neutralize the acid condition of the stomach.

The object of the dietary outline is to assist in selecting such articles as will combine most readily with the excess of acid, and to restrict

temporarily such foods as would cause distress. Of course, in the meantime the dietary essentials must be supplied in some form. Such protein foods as milk (boiled milk is often more useful in this case than raw milk, for the reason that when milk has been scalded, it is broken up into fine thread-like curds in the stomach, whereas raw milk has a tendency to form in larger curds in the presence of the excess of acid), eggs, and sweet cottage cheese in moderate amounts seem to be particularly helpful,—especially the milk. On the other hand, foods that abound in starch, such as baker's bread, potatoes, sweet cakes, honey or jelly, should be avoided in the acute stage, since free

By Hans S. Anderson, Dietitian

acid appears in the stomach soon after eating, and interferes with the normal digestion of starch under the influence of saliva. In such cases, at the beginning of treatment and until the unfavourable symptoms subside, starches are better taken in the form of dry toast or corn flakes, etc. In this condition the gastric juice is very concentrated, and the drinking of a little water at mealtime assists in diluting it.

The Best Foods. Take a tablespoonful of olive oil before each meal three times daily. Use creamed bran broth twice daily, and creamed vegetable broth or creamed (warmed) carrot juice at the noon meal to assist in enriching the blood in real blood-building elements until whole foods can be tolerated by the stomach. Cream, butter, eggs, cream soups, creamed noodles, egg macaroni, and almonds, pecans, and walnuts *ground fine* are beneficial at this stage of treatment. Later on,



How food is prepared is as important as what food is prepared

TOMACH?

serve spinach pulp with hard-boiled egg yolk, and finally baked mealy potato, and gradually revert to the normal diet.

Contraindications are fish, meats, and meat broths, as they stimulate an excessive secretion of acid and burden the liver and kidneys with an excess of waste. Mustard, pepper, vinegar, and spices must be discarded, also sweet and complicated dishes.

Gastric Ulcer

This is an erosion of the lining of the stomach or of the duodenal mucosa. The condition is more common than is generally thought, and the patient often fails to recognize it as such and to apply for relief. It is most commonly found in persons suffering of gastritis, which is often associated with the hyperacidity just described. Common symptoms of this trouble are the cases of water brash, burning in the stomach, heartburn, extreme nervousness, and inability to sleep.

The ulcer (commonly called ulcer of the stomach) seems to be produced by the gastric juice digesting away a small part of mucous membrane. In severe cases, the ulcer may erode so deeply as to eat into a small blood vessel, causing a slight hemorrhage.

Ulcerated stomach is a serious condition and should have the immediate attention of the best physician available. In the majority of cases, particularly in individuals under the age of forty-five years, uncomplicated ulcers heal quite readily under favourable medical and dietetic treatment. Next to a thorough examination, and diagnosis and treatment by a competent physician, the dietary is of chief importance.

Symptoms: There is pain in the stomach with tenderness very definitely marked, and a burning sensation. Pain in the stomach is relieved temporarily by the taking of food, especially of fat and oily foods. The pain returns, however, as soon as the height of digestion is reached, or by the time the stomach is again empty, because at this time the secretions are very concentrated, and because when the food is gone, there is nothing to take up the digestive juice, which is then free to irritate the ulcer.

Since the digestive juice is the irritant that keeps the ulcer active, the first important step is to administer such foods as will prevent, so far as possible, the secretion of acids, and yet will supply in some form the necessary elements of diet,—organic minerals and vitamins, a lack of which is usually the causative factor in the disease. Care must also be taken to remove from the diet the coarse or bulky materials, that would irritate the ulcer by their roughness.



The Dietary. The outline given above for feeding in hyperacidity, is to be taken only as a general guide, and must be controlled by the ability of the patient to assimilate foodstuffs. For this reason it is of vital importance to secure diagnosis by a competent physician; and when it is possible, the patient should enter a sanitarium where the feeding schedule may be directly supervised and observed by the physician, or by the dietitian in charge.

In severe cases of ulcerated stomach, where starch digestion is well-nigh impossible, and where vomiting is persistent, good results have followed the use of the following foodstuffs: Hot malted milk, made with cow's milk; creamed bran broth creamed vegetable broth with white crackers; creamed and warmed carrot juice; plain custard, slightly sweetened with honey; very soft scrambled eggs, served with zwieback toast dipped in hot thin cream; cream of peas well strained; agar fruit jelly, served with rich cream. Rest in bed, with quietness and plenty of fresh air and sunlight, will facilitate a speedy cure.

Mineral Elements Lacking

A removal of the cause is the most important factor in healing an ulcer of the stomach. Note the following quotation from a well-known physician: Dr. Seale Harris, a diet specialist of Birmingham, Alabama, in addressing the members of the American Medical Association at Minneapolis on the cause and cure of duodenal ulcer, said: "A diet lacking in the necessary amount of mineral elements and vitamins lowers the resistance to infection." This authority inferred that certain Asiatic tribes seldom develop gastric ulcer, although their habits of living are most unsanitary. This is due to the fact that they live upon foods that have not been deprived of their minerals and vitamins through the modern processes of milling and refining. Their diet consists of milk, eggs, whole-grain products, fruits, and leafy vegetables. It is felt, therefore, that foods of low vitamin value predispose to ulcer of the stomach.

Dr. Harris stated further: "Experiment was made on thirty-six monkeys. One group of twelve were fed milk, grains, eggs, (Turn to page 28)

A Perplexed World

Fighting *the* Battles of Life

By E. Hilliard

NOT in the history of the present generation has there been a time when the population of the entire world, rich and poor, have had such a mighty struggle to make the machinery of life function. The world is in a precarious condition financially, politically, and religiously. The poor are starving while sufficient grain is stored up to bountifully feed twice the world's population. Nearly every country is burdened with its unemployed millions dependent upon their respective governments to supply their needs.

In these times of financial disorder not a few are becoming disheartened, and it is not strange that many in their fight for physical existence, who have never accepted the divine aid offered in the unfailing plan of salvation, should seek the easy way, to them, of self-destruction. Not only the poor take this route to end their troubles; but those of immense wealth seem to apprehend coming disaster and lack courage to face the situation.

All the disheartening circumstances have entered our world through the avenue of sin. Sin is a terrible thing. It is responsible for all the sorrow, misery, and distress that flesh is heir to. It eats like a cancer at the vitals of the soul, destroys true happiness, the mental powers, and reduces the physical man to dust. Every heart knows its own grief, but would to God that it knew its source of relief. Suicide is only a temporary relief. All who resort to this means will face the righteous Judge at last and answer for all their evil deeds.

A long practice of sinful habits holds the sinner in abject slavery.

Of his own efforts it is impossible to break away. Resolutions made at the beginning of the New Year are like ropes of sand. The wisest of men has said, "His own iniquities shall take the wicked himself, and he shall be holden with the cords of his sins." Prov. 5:22. It is only through the blood of Calvary's cross and the impartation of divine grace that sinful habits can be abandoned and the penitent sinner be kept from repeating his evil deeds.

The world is under the curse of sin and both saints and sinners will meet with trouble and perplexity. Christ has told His followers, "In the world ye shall have tribulation: but be of good cheer; I have overcome the world." John 16:33. The trustful person has the assistance of the world's conqueror while the faithless one trusts in himself to conquer circumstances, serves the world, and has nothing but a cold, selfish world to comfort him when meeting with trouble and sore distress.

God is no respecter of persons. He is just as willing to comfort, bless, and save one as another. All heaven is intensely interested in the salvation of every soul. Our Lord is longsuffering to the careless impenitent sinner, not willing that any should perish, but that all should come to repentance. See 2 Peter 3:9. He who in the deepest agony gave His life for the sinner's redemption from sin and death takes no pleasure in the sufferings of His creatures.

It is true, as already stated, that the righteous suffer as well as the unrighteous; but only sufficiently to keep them in the pathway of obedience, while the wicked suffer with (Turn to page 29)



War-time slaughter of men, harsh peace Treaties, increase of standing armies from two to five millions, the agitation in India and the revolutions in China and Russia are responsible for the world trade depression, according to President Hoover.

Do You

WALK GRACEFULLY

By Alice Latham

IF you would like an amusing lesson in observation, stand at some busy street corner and notice the various kinds of standing and walking postures of the people around you.

You will see turned-out feet padding along, smart high heels tapping and mincing their way. There will be the slouching gait, drooping head, and sagging shoulders; and the stationary ones standing with their weight shifted to one side and abdomen protruding.

Too bad, isn't it, they won't take the trouble to walk gracefully?

Then comes along a radiant being, whose easy, beautiful walking and bearing is a delight to watch! How simple it seems, and how different. Well, it is simple if you know the secret.

How to Attain Correct Posture

Stand with your back to the wall. Stretch your arms over your head, and breathe in deeply. Your heels, the base of the spine, the shoulders, and the back of the head must all touch the wall. Now lower your arms and realize the position of your body. Don't you feel entirely different?

At one stroke you have achieved correct posture. What now?

Hold it—walk away from the wall retaining that lovely uplifted feeling. Gone are the defects in your bearing. Feel how straight is your spine. Your head is held erect, your shoulders are back and down, your abdomen flat, and your feet pointing straight forward.

Correct Walking

The next thing is to practise correct walking.

Get a friend to join you in this. Face each other, placing your hands on each other's shoulders. Walk forwards eight steps, your friend, of course, walking backward. Repeat the movement back to place with long rhythmic strides, letting the whole leg-movement come smoothly from the hips. The weight of the body should be carried forward on the foremost foot so that the ear, the shoulder, and the hip bone are in direct alignment with the ankle bone, which is the central point of the arch of the foot.

The object of this exercise is to gain smoothness and grace in walking. Keep the shoulders steady; do not sway from side to side.

Another good exercise is to walk in single file, holding one hand behind the head and the other extended as if carrying a bowl. Hold the head high. Keep your correct posture.

The position of the arms helps to accentuate the "floating feeling" as you walk. If you have a gramophone or wireless, practise these steps to

music. The exercise will be so much more enjoyable and the lilt you gain in your walk will be noticeable.

To strengthen your legs try these.

Stand with your feet together. Raise the right leg forward as high as possible, then swing back without touching the ground, rising on the left foot as you do so. Repeat eight times to march rhythm taking two beats for each swing. This exercise may be repeated at double speed, raising alternate legs forward only, then backwards as high as possible, keeping the knees straight.

Deep knee bending flexes the knees, cultivates a good balance, strengthens the ankles and the leg muscles. Stand with the feet together, place the hands on the hips, rise on the toes, and bend the knees outwards. Lower the body very slowly, until nearly sitting on the heels, but not quite. Then slowly rise to an upright position, maintaining an even, steady balance. Repeat eight times, first slowly, then do the same movement at twice the speed to induce dexterity.

A rather difficult variation of this exercise is to do the knee bend on one leg, stretching the other out forwards, with the knee kept straight, not touching the ground or in any way assisting the balance. At first you may need support whilst attempting the exercise, but after a little practise it will become easier.

Try this. Stand with the feet together, raise the right leg waist level, and bend in the foot towards the body with a quick flick. Repeat this movement in rapid succession, hopping lightly on the other foot as you do so. The bend must come from the knee, and after each flick the leg must be at waist level with the knee straight.

Evils of Wrong Posture

The evils of wrong posture are more far-reaching in their effects than at first sight is apparent. If the body is not properly poised, with the chest raised giving sufficient opportunity for respiratory movement, the lungs are cramped, and cannot properly be inflated. Again, in the various careless attitudes adopted, there is an ugly protruding of the abdomen which tends to become habitual. This means that the supporting walls of the abdomen are sagging, and failing to give muscular support to the organs within. They become displaced and cannot do their work properly. Also the pelvic organs are crowded downwards and cannot function normally.

Remember these things when you are tempted to "let yourself go," and once more "get your back against the wall."

The

Psychology of Salvation

By Lionel Turner

THERE is a story recorded in the Book of a curious mistake that a blind man made because he trusted in his sense of touch. It is one of childhood's own. It tells of an aged stockman who had lived all his life in the silent grass lands of the plateaux, where his herds fattened and multiplied, and his family grew up around him to love the life that he loved. His senses had grown keen through the years—his eyes to interpret in the dusty blurs on the horizon the approach of strangers, and to estimate the strength of their following; his ears to detect the warning in the foreign sounds that sometimes mingled with the soft hissing of the wind in the grass, and his hands to know the value of wool and leather. But long since now, his eyes had begun to fail, and more and more he was forced to depend on those hands for their shadowy, uncertain percepts of the outside world.

And now the time had come to discern in a matter more familiar than anything else in life: to know which of his sons was Esau and which was Jacob. Isaac felt confident enough about it. He reasoned that since Esau was a hairy man and Jacob was smooth, therefore that one of his sons who presented the hairy arms would be Esau. And his reasoning was sound enough. But Isaac was blind. It was not hard to deceive him.

There is another story, even more familiar, of a mistake infinitely more terrible that a whole nation made because it depended on its own powers of perception. Paul refers to it this way: "But we speak the wisdom of God in a mystery . . . which none of the princes of this world knew: for had they known it, they would not have crucified the Lord of glory."

The Jews reasoned that Christ, when He came, would be their king; but this man, Jesus of Nazareth, had refused a crown; and, moreover, made what they thought were blasphemous claims to be one with God. But their powers of perception were woefully inadequate. They were blind, born blind every one of them, and they didn't know it.

The fact is we are all blind when it comes to perceiving the things of God. "But the natural man receiveth not the things of God: neither can



he know them, because they are spiritually discerned." Man has, through sin, long since lost this spiritual discernment, and he is groping around seeking to find with his intellect things that the intellect was never made to discern. Like Isaac, his reasoning may be sound, but he is blind. Jacob did not have much difficulty in deceiving Isaac; and Satan, the arch-deceiver, leads men into all sorts of conclusions when he presents the things of God to the imperfect perceptions of the human intellect. "For the Lord knoweth the thoughts of the wise that they are futile [orig.]. For the wisdom of the world is foolishness with God."

Blindness in Things Divine

It is a remarkable thing that scientific discoveries and scientific reasoning are wonderfully sound, in most cases, till they touch the well-springs of life and the things of God. Then, unless men are guided by the Spirit of God and the Word of God, they make fools of themselves. Such is particularly the case with the interesting and valuable science of psychology.

It seems that psychology and Christianity have a good deal in common. A recognised authority has declared that, "The aim of psychology is to render our knowledge of human nature more exact and more systematic, that we may control ourselves more wisely and influence our fellow-men more effectively." The Bible defines the purpose of the gospel, which is the very essence of Christianity, "That ye may be saved from your sins." In the last analysis these aims are almost identical.

A great many psychologists have felt, and expressed, too, that their chosen science is altogether inadequate for the task. They put it down to the fact that psychology, in its modern tendencies, is comparatively an infant science. On the other hand Christianity is declared by its Author, and everywhere echoed by exultant Christians, to be the "power of God unto salvation." Christianity, then, has achieved the goal sought by psychology; for certainly the result achieved by Christianity must be conceded to be "better self-control."

Perhaps it has never occurred to scientists that these things are so because Christianity is true psychology; and that Christians have found by their sense of sight what psychologists have been groping after blindly with their sense of touch. It is remarkable how often one can feel round an object in the dark without touching it. It is wonderful too, how clear everything becomes when the light is switched on. Strange how seldom science makes use of the light! Yet it is there always within reach. "Thy Word is a lamp unto my feet, and a light unto my path."

It is not that Christians would in any way belittle the work of psychologists. No one can deny that their findings, for the most part, are valuable in their sphere. It is not that Christians are better psychologists either. Indeed, it is not that they are psychologists at all. After all, there is only One who is competent to study the human mind by any other means than the somewhat dubious and confessedly inadequate methods of "introspection" and "behaviourism." That One is God. He might be called the Christians' Psychologist; for He it is who has perfected a plan for the complete restoration of the human mind to that condition of "better self-control."

Christianity Superior

Before considering the ways of this Divine Psychologist, and the wonders of His plan, however, it will be profitable in concluding this introductory article, to discover how the psychology that is in the great gift of God diverges from the psychology that is the science of men; and, in that discovery, to certify to ourselves that this human science can never achieve the result reached by Christianity, or, in its truest sense, that which it announces to be its own aim.

In the first place, it is quite patent that a world of difference exists between the methods adopted by men and that recommended by God as the method of Christianity.

Psychologists would probe into the functioning of the human mind, discover something of its awakening in stimuli affecting the senses, something of the forces that are the well-springs of thought and action, something of the complexes which make up the idiosyncrasies of the individual; and, thus learning where man is strong and where he is weak, seek from this knowledge to re-order his life, to strengthen the weak places in his personality, to alter perhaps, his outlook on life, and finally to "better influence his fellow-men." Christi-

anity, too, constantly reiterates invitations to introspection, but its efficacy, its claims, are in quite another study: "And this is life eternal, that they might know Thee the only true God, and Jesus Christ, whom Thou hast sent."

The Crux of the Problem

But here is the great fallacy—the great fundamental difference between human and divine psychology. Scientists generally assume that they are studying a mind that has developed as man evolved. So they peer into the misty past for the first dawning of intelligence and trace its development, as they think, to the processes of thought as we know them today. They find a great deal that conforms so much to principle that they are able to enunciate laws. There is much, too, that is puzzling, much that is provokingly irreconcilable. But the sophistry of the whole business is in that it leads to the belief that the mind is capable of better and increasingly better things, greater and more efficient control if only the right training can be secured.

The fundamental principle of Christianity is to be found in the assertion implied in the story right in the beginning of the divine Textbook, that the human mind is a fallen mind, a mind whose powers have been overthrown by sin; for sin is a disease of the mind. Now whatever be the fervent hopes of worldly science, and whatever be its commendable achievements, it cannot hope to reconstruct the mind. Yet, if the basal assumption of Christianity be true, such a result is necessary; and indeed the achievement of this result is the very essence of Christianity. It is the climax of Paul's masterly treatise on the gospel. "Present your bodies a living sacrifice. . . . Be ye transformed by the *renewing of your mind.*" And from individual observation of genuine cases, the most sceptical observer must allow that that is just the transformation Christianity makes—a transformation by the renewing of the mind.

Thanks be to God that, in His infinite wisdom and might, He can heal and restore where human physicians can only look solemnly important and shake their heads! Thanks be to Him who can find an entrance to the very citadel of the mind; and, while human science falters helplessly on the threshold, and human wisdom peers in sightless uncertainty, lay His healing hand on the malady so completely to restore, that one can say, "We have the mind of Christ."



O. S. Parrett, M.D.

Staff Physician of the Washington Sanitarium Hospital

Answers the Question Is Tobacco a Narcotic?

THE World War was on. I sat across the table from a young man twirling the butt of a lighted cigar in his fingers. He had just been rejected by the draft board as physically unfit for a soldier. He remarked to me, "I would like to go, but they will not let me."

I replied, "Perhaps it is that thing in your fingers that kept you from going."

"Yes," he replied, "tobacco heart."

He was one of the 36 per cent rejected as physically unfit among America's youth, ranging in age from twenty-one to thirty-one. The year the war broke out, 1914, Americans smoked 14,000,000,000 cigarettes. Last year this had jumped to the total of 126,000,000,000 or nine times as many as in 1914. It is no wonder that 2,000,000 adults and 500,000 children in America go about with diseased hearts, while heart disease today stands as the greatest cause of death in the United States.

During the last Dempsey-Tunney prize fight, lasting only for a few minutes, twelve persons dropped dead at their radios in the United States from heart failure. Charles Mayo talked at a recent great medical meeting about the "drop deaders." In one day recently two Congressmen dropped dead. When this occurs, we doctors, being called upon to write the cause of death, wishing to be both kind and scientific, write as the cause of death "Chronic degenerative myocarditis."

A leading doctor of Washington, D.C., having attended in the homes where more than 17,000 babies were born, has refused any longer to attend mothers who smoke cigarettes. His reason, as stated to a physician friend, was that so many such babies were born dead, or died within the first two weeks of life.

Recently two young parents were saddened by the death at birth of their first-born. The attending doctor, learning of this Washington doctor's statement as to the effect of cigarette smoking on women, on going to the hospital, inquired of the young mother, and she told him frankly that she was a heavy cigarette smoker, who had tried in vain to quit the habit. This was an

"unlucky strike," the stroke of death. Perhaps to safeguard and warn young girls growing to womanhood, it would be well to erect a large monument to this little martyr of the coffin nail, and say, "Killed by my mother, who couldn't give up her cigarettes."

In the *New York Times* of September 24, 1927, a doctor of Lansing, Michigan, stated that "60 per cent of all babies born to cigarette-smoking mothers die before they are two years of age."

Heretofore most of our cigarettes were smoked by boys and men, but now since girls and women are taking up this senseless and offensive habit, the race will pay a larger price in physical degeneracy.

The United States Surgeon-General, Hugh S. Cumming, says "The habit harms a woman more than it does a man."

The word "offensive" reminds me of a prominent Baptist preacher recently attending a convention of a church in San Diego, California. Some member rose and asked him the question, "Is it a sin to smoke?" "Well," he replied, "I am not going to say whether it is a sin or not, but I do think that a Christian ought to smell like one." This might not agree with the idea of the Pope of Rome, who, according to the recent newspapers, will get his tobacco duty free along with the cardinals. The tax is nevertheless paid by their friends who have to smell their breath.

Once while I was employed at one of the building trades, my employer, a man who drank and smoked heavily, but argued that it never hurt him, pointed to his son George, saying, "Why, I am a better man any day than my George."

"Yes," I replied, "that is easily seen, because George got away to a poor start on account of his father's bad habits."

He was somewhat like the young man sitting at a banquet with the late Sir William Osler, the great physician. Osler, observing the young man across the table, who seemed to have a very keen mind, but a very inferior physique, remarked to his friend at his elbow, "What a pity that young fellow could not have selected his parents."

Last summer in



Boston I spent several days at the Lahey Clinic, watching Dr. Lahey, famous surgeon of Boston, operate. One morning while riding with him in his car from one hospital to another where many patients were waiting the touch of his skilful hand, I asked him if he used tobacco. He replied, "No, I cannot afford to smoke." He was not speaking of money, for we had just passed a large hospital to which he pointed, saying he had just bought that hospital recently for his overflow patients. He added, "You see I am fifty years' old, and I work very hard from early in the morning until afternoon, often without stopping to eat. I cannot give my patients my best service and smoke tobacco; so I refrain from the habit." Charles Mayo refers to him as "the best goitre surgeon in the United States." My admiration of his skill was augmented by respect of his fine character, which considered his patients' interest in his personal habits. It is hard to get to the top and stay there, and smoke tobacco. Dr. Will Mayo, the eminent surgeon, was entertaining at one time a company of surgeons in his home. At the close of the banquet he 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, you will see that the practice is going out among the ablest surgeons and men at the top. No surgeon can afford to smoke."

It is stated that an examination of the class records of Harvard University shows that for fifty years not one tobacco user has stood at the head of his class, and this notwithstanding the fact that five out of six students are smokers.

The medical director of a great life insurance company recently stated that living under the same conditions, every time 100 nonsmokers die, 110 smokers would pass away. We look in vain to the 160,000 doctors in America to set an example in hygiene, while at the same time it is a well-known fact that a large per cent of

nurses in American training schools are addicts of the cigarette. So true is this fact that it constitutes a sign of the times, and it is a sad commentary on the failure of mankind to regenerate itself with its scientific knowledge apart from God.

Medical students are found to smoke more

cigarettes, eat more sweets, live and sleep in more poorly ventilated rooms, eat more between meals, neglect needed sleep, and otherwise abuse their health than students of law, theology, or teaching. Dr. Scherf, leading heart specialist of Vienna, states that more than half the doctors of that city die of heart trouble. He gives tobacco as a principal cause, and in his own personal habits refrains from its use. In that great city also it has been found that cancer of the lungs is increasing out of all proportion to cancer in other parts of the body. In looking about for a cause, some have thought it might be due to certain atmospheric conditions. The best of atmosphere, however, when drawn through weed smoke is likely to be pretty hard on the lungs, but this has not yet occurred to those looking for something to blame for this great increase in lung cancer.

Clear thinking was never so much needed as in our present world, which is threatened with combined financial, military, social, physical, and spiritual disaster. To have at such a time 700,000,000 of the world's inhabitants submerging their minds in the twenty or more poisons of tobacco smoke, offers little help toward the solving of its problems, and makes

more necessary the return of the world's King.

No boy living would commence the use of cigarettes if he knew what a useless, soulless, worthless thing they would make of him.—*Burbank.*

HIGH school teachers say that cigarette smokers stand at least 10 per cent lower than their nonsmoking classmates, and that they are untruthful, and untrustworthy.—*Selected.*

Effects of Smoking

THE harmfulness of tobacco is seen in the prominent and common effects on the circulatory system, the alimentary tract, the respiratory tract, the eyes, and the nervous system.

Among the effects of tobacco on the circulatory system, are an increase in pulse rate, a rise in blood pressure that is particularly noticed in periods of strain, palpitation and disturbance of heart rhythm, heart pains, arteriosclerosis, or hardening of the arteries. Heavy smoking may lead to sudden death during middle life through severe heart irregularities.

As to the alimentary tract, the most common symptoms noticed are loss of appetite, chronic intestinal catarrh, increase of acidity in gastric secretions, duodenal ulcer, and inhibition of appetite.

Smoking affects the respiratory tract, causing chronic irritation of the throat and larynx, cough and hoarseness, chronic bronchitis, tonsillitis, and sore tongue. Those with tendency to tuberculosis are cautioned against smoking because of its irritating effect.

That tobacco does not have anti-septic value in the mouth is indicated by the fact that tooth decay and pyorrhoea may go on in the presence of heavy smoking.

Dimness of vision, derangement of accommodation and a dilated pupil, due to optic neuritis, are found in heavy smokers. Unless nerve degeneration has set in, these disturbances are corrected on discontinuing the use of tobacco.

For these and other reasons, the tobacco habit is well worth mastering.—*Selected.*

TWO WAYS

By A. E. Rawson

IN the stillness of a fresh invigorating Spring morn at the city of Worms on the Rhine, the 7th of April, 1521, there convened one of earth's greatest meetings. Amid a great concourse of ecclesiastical authorities, princes and dukes, with Emperor Charles V of the Holy Roman Empire as Chairman, Martin Luther, the blazing star of the Reformation, appeared before the Diet of Worms. It was a notable meeting. The issues were vital and far reaching for they had met to discuss the great religious controversy, and to settle the religious dogmas and briefs of the Christian Church.

But 1,500 years before, 2,000 years ago, there was another great meeting. The parties had not met to discuss political problems—though there were many; they had not met to condemn as heretics the religious leaders of the day; nor had they met to settle religious dogmas. The minutes of this meeting are clearly recorded by the secretary, Matthew by name, in the fifth, sixth and seventh chapters of his gospel.

These minutes are pregnant in thought and they contain the most wonderful sermon ever recorded for humanity. Christ's Sermon on the Mount is His inaugural address presenting the qualifications of citizenship in His eternal kingdom. The Sermon on the Mount is comprehensive, it embraces man's whole duty in associating one with another. It is inexhaustible for in it lies the secret and mystery of Christian living. It gives rest to the weary and peace to the troubled. It reveals to man his duty, his task, his privilege, in fact, it teaches what man must do, and be, and the way in which he must walk to be a true probationer worthy of his Father's approval.

After giving the golden rule, in Matthew 7:13, Christ said, "Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be that go in thereat."

There are many supposed ways of following God; people think that they all lead to the same destination, or one ultimate goal is reached no matter which way you go. There is the Hindu way, the Buddhist way, the Muslim way. There is the Parsee way, the Jewish way and the Christian way, and so on *ad infinitum*. Do these, as claimed, all lead to the one destination? Does every one of them bring us to God, the acknowledged Life-giver? Do they all bring us salvation from this present evil world?

In the above scripture Christ was speaking to those who acknowledged the true God, to those who professed to be His worshippers.

This text is very comprehensive and a close scrutiny will reveal that there are TWO

SUPPOSED TRUE WAYS OF FOLLOWING GOD. There is the broad way and the narrow way. There are two gates through which to enter. There is the wide gate and there is the close gate. The broad way leads through a wide gate. The narrow way takes us through a close gate.

Only Two Ways for Travellers

1. These two ways represent God's way and man's way. One way illuminated by the rays of sunshine from the throne of God; the other darkened from celestial brightness by man-made dogmas and substitutions.

David, the sweet singer of Israel, said, "The meek will He guide in judgment, and the meek will He teach HIS WAY." Ps. 25:9. Then again Job in the midst of fiery trials exclaimed, "My foot hath held His steps, HIS WAY have I kept and not declined." HIS WAY IS GOD'S WAY. In contrast with this God has portrayed to us through the sacred writings a panoramic view of the world from creation to recreation, carrying us over 6,000 years of sin, chaos, and degradation; and as we turn from scene to scene, picture to picture, God reveals to us the cause for all the misery and woe that shock our senses. Speaking through the prophet He said, "We all like sheep have gone astray, we have turned EVERY ONE TO HIS OWN WAY." Isa. 53:6. Man's way brought death and misery into the world; but God's way brings life eternally.

Is God's Way Broad or Narrow?

Matthew unhesitatingly continues by quoting, "Because strait is the gate, and narrow is the way which leadeth unto life, and few there be that find it." Matt. 7:14. God's way is narrow but deep and in the depth of His way there flows a refreshing life giving stream from the source of all life. Man's way is broad; it takes us amidst the jostlings of speculation and human philosophy; it builds doctrines upon imaginary and illusory hypothesis; it takes us into a land of uncertainties and into a dream of contentment. God's way is a loving way, founded on love, born in love, conquered and victorious in love, and based on loving obedience.

Man's Way

The story of Cain and Abel vividly portrays to us man's own way. These brothers knew the "system of offering which God had ordained. They knew that in these offerings they were to express faith in the Saviour whom the offerings typified, and at the same time to acknowledge their total dependence on Him for pardon." They knew that without the shedding of blood there could be no remission of sin.

"The two brothers erected altars alike, and each brought an offering. Abel presented a sacrifice from the flock, IN ACCORDANCE WITH THE LORD'S DIRECTIONS." In respect to Abel's offering fire flashed from heaven and consumed his offering. But Cain, disregarding the Lord's direct and explicit command, presented only an offering of fruit which was not accepted of God.

Abel was following God—God's way,—but Cain to his own ruin and loss followed God (HIS OWN WAY) man's way.

Paul, the great apostle of the Gentiles, the Christologian, before his conversion went forth in faith, in earnestness, in zeal and in sincerity persecuting the church of the risen Saviour. He bitterly, and unmercifully persecuted those who ardently followed Christ, even sanctioning their death. He thought—yes, earnestly thought—he was doing God's will, but on his way to Damascus, "when the whole mistake of his past, darkened with all its horror, was realised, the agonised Saul could only bow in humbled penitence before his crucified, risen, persecuted Master, and cry, 'Lord, what wilt thou have me to do?' The crisis was over. The old was done. The new man arose." He was a new creation in Christ. Christ became his strength, his comfort, his hope, his eloquence, his gospel and his life.

Paul, before his conversion was following God (HIS WAY) man's way—but later, the transformed, converted man followed God—God's way.

During the Upanishad period of India, there arose a new type of asceticism—Sanyasis (renouncers) who went to the forests, endured pain, exposure, gave up all pleasure, lived on woodland fare and by indescribable self-torture endeavoured to gain spiritual ends. It was purely a religious movement. To them the world was false. Man, the world and things therein were not created—everything was but an illusion. Illusory objects in an illusory world. There was but one real and that was Brahma. To be released from re-birth and to be absorbed in the absolute or union with Brahma was the sole thought of all religious men. "Truth, peace, life—let us find these in their essence," and our storm-tossed boat will be anchored at last in the tranquil haven. The travel-stained traveller, weary of re-birth and repeated incarnation, will then be at home. "Oh, that we might find him!" "Oh, that we might find God!" was their continual, unceasing cry. But their faith, their sincerity, their zeal prevailed not. They found Him not—for the very foundation of their movement found its origin in the Upanishads—a treatise full of speculation about God, man and the world. A man-made philosophy; full of human speculation, founded upon illusory and imaginary hypothesis. It was man's own way—not God's way.

Faith, Sincerity, Zeal

FAITH ALONE IS NOT ENOUGH—IN FAITH Cain built an altar to offer his sacrifice to God. IN FAITH Saul "made havoc of the church, entering into every house, and haling men and women committed them to prison." IN

FAITH, the Hindu Sanyasis went to the forests in search for God.

SINCERITY ALONE IS NO GUIDE. Cain in offering the products of his own hands was undoubtedly sincere. Saul, beyond doubt, was sincere. Yes, profoundly so when he got credentials to persecute the followers of Christ. And no one is blind to the sincerity of the Hindu Sanyasi, who sacrificed his home, his wife, his children, his friends, and comforts in search for union with God.

ZEAL IS NO DETERMINING FACTOR for right; for our enemy, the devil, is passionately zealous in destroying God-likeness in man.

There are hundreds, yes, thousands, in the world today like Saul, Cain, like the Hindu Sanyasi and many others, who think, yes, ardently think they are following God. They think they are working in behalf of him on earth. They think that their labours, their faith, their sincerity, and their zeal will be accepted of Him. "Many will say to Me in that day," said Christ, "Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name have done many wonderful works?" To their disappointment, dismay and surprise, the heart-rending answer comes, "I never knew you: depart from Me, ye that work iniquity." Matt. 7:22, 23.

Remember, dear reader, man's way is not God's way.

God's Way

Christ, the incarnated Son, the very essence of perfection, the God-man came to lead men to the path of righteousness. He said, "I am come that they might have life, and that they might have it more abundantly." John 10:10. The apostle John says, "In Him was life and the life was the light of men." John 1:4. Again in the stillness of the night, Nicodemus came to Jesus and said, "We know that Thou art a teacher sent from God." John 3:2. Taking for granted the above quotations to be true, Christ, the heaven sent Teacher, the Life-giver, and the Light of the world truly is the one to whom we must go to enquire about God's way to life eternal.

One day a rich ruler came to Jesus and said, "Good Master, what good thing shall I do that I may have eternal life." God's way,—the true way,—the only way to everlasting life was the topic of this casual meeting. Did Christ leave him to grope in darkness? Did the Life-giver leave him in doubt? "Unanswered yet" was not the cry, for Christ lovingly turned and said, "If thou wilt enter into life keep the commandments." Matt. 19:16-19.

God's way was audibly made known to the human family amidst thunderings and lightnings on Mount Sinai. The Ten Commandments, inscribed by the finger of God on two tables of stone (Deut. 4:12-13), were given to man for his perpetual keeping. Loyalty to God is determined by one's willingness to keep those ten (immemorial) precepts. Furthermore, obedience to these brings one to the acme of spiritual and social living. Solomon says, "Fear God and (*Turn to page 26*)

IN addition to giving us an accurate and reliable outline of the astronomy of the Flood, the Bible also gives us a fascinating outline of the events that will cluster around the future falling of the reserved remnant of the earth's former protecting vapour shell, which remnant is now in the form of millions of large transparent hailstones that are revolving about the earth somewhat like the mysterious rings of the planet Saturn.

If we had space for printing comments in detail on the many historical events that will happen just before and during the time when the "reserved" hail of the seventh plague will fall, the interest of the reader would be diverted almost altogether away from the scientific nature of the hail that is mentioned over and over again in connection with those events. In the present article we must confine ourselves more strictly to remarks about the hail itself, and mention only briefly the associated historical events. If this brevity does not make clear to the reader what is said about the historical events of the future, he is advised to go to the Bible itself and read the full references. So many related subjects are associated with this study that the best that can be done is to summarize some of them and give a number of references where more is said.

Since the Bible mentions both the ordinary hail that is formed in the clouds and also the special "reserved" hail that is high above the clouds and the air itself, we must find out how to tell one from the other. There are certain very definite ways of knowing when the Bible is referring to the "reserved" hail. A careful study of the Bible's statements about it shows that it may be identified by one or more of the following characteristics and accompanying events:—

1. First of all, this "reserved" hail *can be seen today* if we know where and when to look for it.
2. Second, it must of necessity be transparent in its physical nature.
3. Third, these "reserved" hailstones are very large as compared with ordinary hailstones, averaging *over sixty pounds each*.
4. Fourth, they will fall to the surface of the earth during a time of special trouble for the entire world, when the world will be visited with many plagues—the seven last plagues.
5. Fifth, when they fall there will be a great war in progress in the country of Palestine, in which Russia will be a leading belligerent.
6. Sixth, the falling of these great "reserved" hailstones will be accompanied by a great earthquake that is world-wide and extremely destructive in its violence. Even the heavens themselves will shake.
7. Seventh, *then* (and not before that), the Creator himself will be present and will be seen by many nations—this is the second advent of Jesus Christ in great power and glory.

The RESE

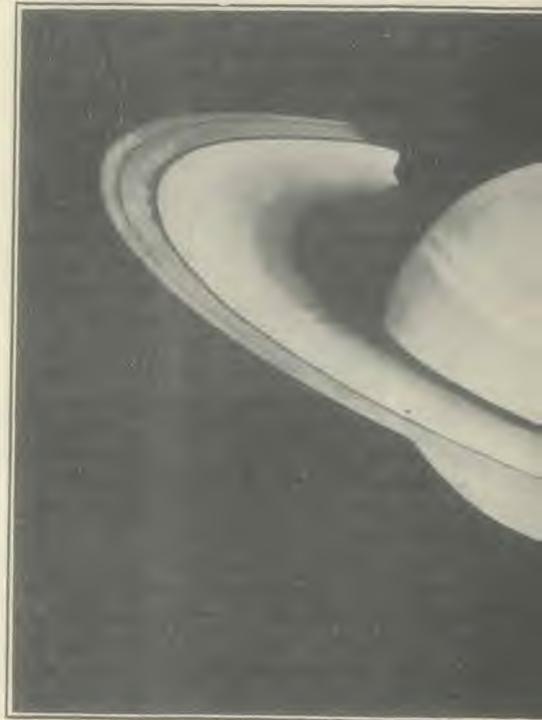
The Text of the Last Scene

(Last in a series of articles)

By John

Stranger than Fiction

Such news as this is startling, to say the least. It sounds almost like fiction; yet it is more than fiction, for fiction cannot successfully step so far out of the common way of thinking. Truth is



A photograph of the planet Saturn, taken at the Lick Observatory.

International
Newsreel

not thus bound by creeds and customs. Discovery knows no race or age discriminations. We all live and learn.

The above outline of distinguishing characteristics of the "reserved" hail has been gleaned from the Scripture texts and their contexts that are given in the remainder of this article.

For the sake of brevity and clearness let us proceed in our study to examine the texts and portions of texts that pertain to each of the foregoing seven distinguishing features of the "reserved" hail. *It is sometimes better to study the Bible topically than just to read it through from cover to cover.*

(1) In the book of Job, in that wonderful chapter on astronomy, we read the following words of the Creator himself: "Then the Lord answered Job out of the whirlwind, and said, . . .

VED HAIL

e Drama of World History

(Chronology of the Flood.)

Butler

Hast thou entered into the treasures of the snow?
Or hast thou seen the treasures of the hail, which
I have reserved against the time of trouble, against
the day of battle and war?" Job 38:1, 22, 23.

The expression "reserved" means held back



nia, showing the rings appearing like wings around the planet

or kept in store. And since the question is asked, "Hast thou seen?" the suggestion is here made that it can be seen. In other words, by putting the entire story together, it seems evident here that the Creator is referring to a reserved remnant of the earth's former protecting vapour shell, which remnants did not fall to the surface of the earth at the time of the Flood.

This reserved hail, is therefore, above the atmosphere of the earth. And one way that it can be kept there, that is "reserved," is by its centrifugal power, provided that power is great enough to balance the downward pull of the earth's gravity, just as the moon's centrifugal power keeps it from being drawn to the surface of the earth. The reserving of this hail seems to have been the result of a special act of the Creator,

for He said, "which I have reserved." This would imply that at the time of the Flood the rotation of the earth's protecting vapour shell was speeded up. The equatorial region of such a large shell would travel the fastest through space and have the greatest centrifugal or outward pull. Therefore it stands to reason that only the equatorial portion of that former vapour shell remained in the skies. The gravity of the earth pulled the rest of it down. Thus it would seem that there was left a great ring of millions of hailstones whirling around our little world. But the Creator speaks of "treasures" of this reserved hail, which are more than just one treasure of reserved hail. Therefore we may conclude that there are at least two such rings of reserved hailstones encircling our planet.

This conclusion, that there are at least two rings of reserved hailstones whirling rapidly around the earth, is confirmed by another text of Scripture where the reserved hail is referred to in cartoon language. The historical events mentioned in Rev. 14:14-20 show clearly that the work done by the "two sharp sickles" is the work that is finally done by the falling of the "reserved" hailstones. Therefore, since two sharp sickles are mentioned, it is evident that there are two rings, or circles, of reserved hailstones around the earth at present. And why are they called "sharp" sickles? Evidently it is because they do a quick and effective work during the harvest time of the world. This of itself would seem to indicate that the reserved hail is travelling very rapidly around the earth. Rapidly moving objects do more work than slowly moving objects. Possibly one reason why the reserved hail is so hard to see is because it is moving through the skies so rapidly, like fast-moving spokes of a wheel or like the blades of an airplane propeller.

The Sword of the Lord

In Ezek. 21:8-17 the reserved hail is likened to a glittering sword that "is sharpened to make a sore slaughter" and also "wrapped up for the slaughter." And in Isa. 34:1-7 the reserved hail is again likened to a sword that "shall be bathed in heaven" and "come down upon Idumea and Bozrah" in the land of Palestine. The expression "shall be bathed in heaven" seems to indicate that it is reserved above the atmospheric heavens, but will some day descend through our heaven of air and in doing so slay great hosts of airmen that are fighting over Palestine. (Compare Isa. 24:18-21.) All this goes to show that the reserved hail is now visible somewhere.

In Isa. 28:16-22 we read, abbreviating: "And the hail shall sweep away the refuge of lies, and the waters shall overflow the hiding place. . . . When the overflowing scourge shall pass through, then ye shall be trodden down by it. From the time that it goeth forth it shall take you: for morning by morning shall it pass over, by day and by night: and it shall be a vexation only to understand the report. . . . For the Lord shall rise up as in mount Perazim. He shall (Turn to page 30)

From BENCH to THRONE—III

The Cross Means—What?

By W. W. Prescott

IT would be a source of great satisfaction to me if I could present Jesus of Nazareth, the Saviour from sin, in such a clear and real way that some who have not known Him as a deliverer might be drawn to Him. I have tried to show that, while He is truly a man, He is just as truly more than a man, and that He lived in heaven before He was born of a woman. I have now to show what His assuming human nature meant to Him, and what it may mean to us.

The writers of the New Testament deal in the most simple and straightforward—I had almost said in a matter-of-fact—way with some of the most significant events in human history. I maintain that the birth of Jesus of the virgin Mary and the plain consequences thereof, are the most significant events in the annals of the human family. The exploits of Alexander, of Columbus, or of Napoleon, although they are of great interest, are not to be compared with the entrance of Jesus into human history. And yet how brief and how simple is the record. How little attention was paid to His birth. It was probably never mentioned in Rome, the capital of the world. Herod the king paid no attention whatever to it until some straggling travellers from the East came to Jerusalem and asked, "Where is He that is born King of the Jews?"

Ah, King of the Jews! The words suggest a rival, and so Herod is interested. To the inquirers he said, "Go and search out exactly concerning the young child," not because he recognized Him as a visitor from heaven, but merely for political reasons. And then under divine guidance the child was taken to Egypt in order to escape the bloody massacre of the children of Bethlehem, who were cruelly sacrificed in order that another king might not live in Judea. And yet Jesus of Nazareth was the King of kings, the Lord of lords, the Lord of glory, who had come from heaven on a mission of mercy. And so the coming of Him whose work was to give life, was made an occasion for the murder in cold blood of scores of innocent victims of unfounded jealousy. What a plain case of satanic plotting against the Deliverer of the slaves of the god of this world!

And so Jesus was born, and the Son of God became the Son of man. But just what did it mean to Him? He was by divine right joint ruler of the universe. Angels adored and served

Him. Through Him all things were created, and through Him all things were upheld. There was no being who could say unto Him, What doest Thou? No one who could claim precedence over Him. He was Lord of all.

But what a change do we see! He voluntarily left His throne to become one with us. His character remained the same, but His position was totally different. The commander of angels became Himself the object of their care. The rightful owner of the universe became the homeless wanderer upon this little planet, declaring Himself that He had "not where to lay His head." Though He was rich, yet for our sakes He became poor. Does this appeal to us as being an actual fact? We talk about self-sacrifice when we give a few rupees which we might spend on ourselves, although we retain enough to live in comfort. Who of us has gone hungry in order that some others might be fed? Who of us has voluntarily suffered with the cold in order that some others might have warm clothing? Who of us has forfeited an inheritance too great to be valued, in order that some others might have an abundance? But such comparisons may seem odious, and so I will not pursue them further.

But there is another phase of the mission of Jesus which I must not forget. He came to a world in which sinful men and women lived, in order that He might relieve them from the consequences of their sins by assuming these consequences Himself. He came that He might save His people from their sins. He came that He "might deliver all them who through fear of death were all their lifetime subject to bondage." Are you afraid of death? You need not be. Jesus came to save us from any such fear. Are you the slave of sin? Listen to His own words: "Ye shall know the truth, and the truth shall make you free." Jesus has wrought out the greatest emancipation proclamation ever known. It is world-wide. It is everlasting. Have we accepted it?

A prophet of the olden time has described in a most touching way the experience of Jesus and its meaning to us: "*He* was wounded for *our* transgressions, *He* was bruised for *our* iniquities; the chastisement of *our* peace was upon *Him*; and with *His* stripes *we* are healed. All we like sheep have gone astray; we have turned every one to

his own way; and Jehovah hath laid on *Him* the iniquity of us all. He was oppressed, yet when He was afflicted He opened not His mouth; as a lamb that is led to the slaughter, and as a sheep that before its shearers is dumb, so He opened not His mouth."

The sacrifice of a lamb every morning and every evening in the typical service of the tabernacle was the visible representation of this same teaching, and John the Baptist interpreted both the words of the prophet and the offering of the priests as being fulfilled when he pointed out Jesus of Nazareth among the people and said, "Behold, the Lamb of God, that beareth the sin of the world!" He who had committed no sin took our place and was treated as if He had committed all the sins which we have committed, in order that we might be treated as if we had not committed any sin. This is the good news which is expressed in the four simple words, He bore our sins.

When we look at Jesus of Nazareth on the cross, we see the holiness of God. He could not ignore sin and maintain His character as a holy God. We see the love of God in giving His own Son to die a cruel death in our place. We see how mercy and truth met together. We see how God could remain righteous, and at the same time account righteous every one who accepts Jesus as his Saviour. Some of the things which angels desire to look into are revealed to us through the cross of Christ. God loved. Christ died. We who believe are forgiven.

"O Love that will not let me go,
I rest my weary soul in Thee;
I give Thee back the life I owe,
That in Thine ocean depths its flow
May richer, fuller be!"

But there is more which we ought to think of. What is the meaning of the death of Christ as it is interpreted to us in the Scriptures? What does He Himself say was the real purpose of His coming from heaven to earth? Here are His own words: "The Son of man came not to be ministered unto, but to minister, and to give His life a ransom for many." His death was not a surprise to Him. He came to die. Before He left His place on the throne with His Father, He consented to this. He willingly offered to endure the cross. But note how He Himself defines His death. His life was given as a ransom. Just what thought did



He Was Born of a Woman

the word "ransom" convey to the people of His time?

"When anybody heard the Greek word *lutron*, 'ransom,' in the first century, it was natural for him to think of the purchase money for manumitting slaves. . . . St. Paul, in expanding and adapting to the Greek world the Master's old saying about ransom, was admirably meeting the requirements and the intellectual capacity of the lower classes. For the poor saints of Corinth, among whom there were certainly some slaves, he could not have found a more popular illustration of the past and present work of the Lord. A Christian slave of Corinth going up the path to the Acro-Corinthus about Eastertide, when St Paul's letter arrived, would see toward the northwest the snowy peak of Parnassus rising clearer and clearer before him, and every one knew

that within the circuit of that commanding summit lay the shrines at which Apollo or Serapis or Asclepius the healer *bought slaves for a price, for freedom*. Then in the evening assembly was read the letter lately received from Ephesus, and straightway the new Healer was present in spirit with His worshippers, giving them freedom from another slavery, *redeeming with a price* the bondmen of sin and the law—and that price no pious fiction, first received by Him out of the hard-earned denarii of the slave, but paid by Himself with the redemption money of His daily new self-sacrifice, rousing up *for freedom* those who languished in slavery."

The price which was paid for our redemption from the slavery of sin is emphasized by the New Testament writers. "Knowing that ye were redeemed, not with corruptible things, with silver or gold, from your vain manner of life handed down from your fathers; but with precious blood, as of a lamb without blemish and without spot, even the blood of Christ." Precious indeed was that blood! All the silver and gold in the world would not be sufficient to pay for one drop of it. Its value is beyond estimate. It was the blood of the Son of God, His beloved Son. "The value of Christ's sacrifice was equal to His divine dignity, multiplied by His perfect obedience, multiplied by His infinite love, multiplied by His suffering in body and soul carried to the uttermost limit of what a sinless being could experience."

Furthermore, the definite purpose in view in paying the price of our (*Turn to page 29*)

Mother's Influence in the Home

By Daniel H. Kress, M.D.

ONCE read of a minister whose wife had died at the birth of their little one, leaving her entirely in her father's care. One Sunday this minister selected for the topic of his sermon, "The Mother." As he spoke very feelingly on the influence of a godly mother in the home, with his little four-year-old sitting just in front of him, looking admiringly up into his face and listening intently, he asked with tears in his eyes and a trembling voice: "What is home without a mother?" Forgetful of her surroundings, the little one answered aloud: "Papa will do just as well!"

Never having had a mother, she knew no better; but a father can never fully take the place of the mother in the home. It is the mother that shapes the home, and maintains the spirit of its inmates. Upon the mother chiefly rests the burden of shaping the lives of the children, and I might say even the husband's success in life depends largely upon what the homemaker is. This reminds me of a little incident in my own experience. In my front office several women patients were seated, and, as is frequently the case, they were talking of the virtues of their physician. My son-in-law, who chanced to overhear the remarks, ventured to say, "Do you know Dr. Lauretta, Dr. Kress' wife?"

They said, "No."

He then said, "Well, Dr. Kress' wife has made him what he is."

One of the patients, who had had an unfortunate marriage and was separated from her husband, spoke up and said, "If she *did*, she had good material to work with."

Credit to My Mother

While I am willing to admit that my wife had very much to do with the shaping of my life, I cannot give all the credit to her. I had a godly mother—a mother who when I did wrong would talk to me in a calm manner and then, kneeling by my side, ask God to forgive her boy and to keep him from repeating this wrong. I never knew my mother to cuff my ear, or to punish me in any way, in an angry spirit. With my mother, as far back as I can remember, I went to prayer meeting every week and to church and Sunday school each Sunday. Whatever good I may have accomplished I have to attribute *first of all* to the life of my godly mother and her influence in the home, and then I am ready to acknowledge the part my wife has had in it; for had I unfortunately been attached to a different life companion, my career would probably have been altogether different.

An ancient proverb says: "As is the mother, so is the daughter." There are, of course, exceptions to this rule, but it is safe to say that nine

times out of ten we find it to be true. I do not mean that nine times out of ten the daughter lives what the mother has taught her out of books, or even what she has taught her out of the Book of books; what I do mean is, nine times out of ten the daughter lives what the mother has taught her by example. In other words, the life of the mother is reproduced in the life of the daughter.

No Self-made Men

I have just read an obituary that illustrates my meaning. It reads: "Mrs. Peterson was born in Sweden, sixty-five years ago, and died in Portland, Oregon, Dec. 19, 1931. She was the mother of John Peterson of Japan (a missionary), Paul and Philip Peterson now in medical college, preparing for medical missionary work, Grace Peterson-Brown who with her husband, Dr. Brown, is a missionary in Africa, and Alice Peterson, a teacher in a religious school. Her faithful husband and devoted children remain, and her works live on." This dear mother, being dead, still lives. In the lives of her devoted children, she still speaks.

There are no self-made men. Men who have in the past exerted the greatest influence for good in the world, as a rule had godly mothers. The mother of George Washington, the man whose principles we glory in today, made a practice each morning of spending an hour in prayer, devotion, and Bible study, before attempting to conduct morning worship with her family. Family worship in her home was not a mere form.

The life of Abraham Lincoln, it is well known, was shaped by his godly mother. When Lincoln was less than ten years of age, he promised his mother as he stood beside her deathbed that he would never use alcohol or tobacco. She had observed the influence of these narcotics upon others. That promise was never broken. Had it not been for the life of Lincoln's mother, the world would probably never have heard of the man whom it reverences today.

The lives of John and Charles Wesley stand forth as monuments of a mother's influence. Although the mother of eighteen children, she found time for daily secret prayer and Bible study. She was the teacher of her children. Speaking of John Wesley, the "Encyclopedia Britannica" says: "He was the fifteenth child. *His mother's training laid the foundation of his character, and under her instruction the children made remarkable progress.*" The great work accomplished by this man of God is too well known to need any further comment. The mother's life was reproduced in the son. Charles, his brother, who was the eighteenth child, wrote, it is said, no less than 6,500 hymns. What a testimonial this is to the influence of a godly mother! The fact is that whenever God had need of a man in the past, He had first to search out a woman; for heredity and early environment, as a rule, determine the future of children.

In his letter to Timothy, Paul gives the secret of the success of that young man in the gospel ministry. He said: "I call to remembrance the *unfeigned faith that is in thee, which dwelt first in*

thy grandmother Lois, and thy mother Eunice; and I am persuaded that in thee also." This unfeigned faith was transmitted through heredity and early training from grandmother to mother and from mother to son.

John Baptist's Mother

The life to which the Bible bears the greatest testimonial aside from the life of Christ is that of His forerunner, John the Baptist. He is spoken of as "the voice of one crying in the wilderness, Prepare ye the way of the Lord, make His paths straight." John came preaching "and saying, Repent ye: for the kingdom of heaven is at hand." and, "Bring forth therefore fruits meet for repentance." Of this man, Jesus could say: "Among them that are born of women there hath not risen a greater than John the Baptist."

What a marvellous testimonial to this man—the great teacher of reforms! Naturally we are led to inquire something about this man's mother. In the life of his mother we have the explanation of the source of his power and mighty influence. We read: "There was in the days of Herod, the king of Judea, a certain priest named Zacharias, of the course of Abia: and his wife was of the daughters of Aaron, and her name was Elisabeth, and they were both righteous before God, walking in all the commandments and ordinances of the Lord blameless." Luke 1:5, 6.

This godly pair prayed that God would present them with a son. God heard that prayer and an angel was sent with the message: "Fear not, Zacharias: for thy prayer is heard: and thy wife Elisabeth shall bear thee a son, and thou shalt call his name John. And thou shalt have joy and gladness; and many shall rejoice at his birth. For he shall be great in the sight of the Lord, and shall drink neither wine nor strong drink, and he shall be filled with the Holy Ghost, even from his mother's womb." Luke 1:13-15.

Of John's mother we read even before his birth, "And Elisabeth was filled with the Holy Ghost." Verse 41. It was not surprising that from his birth this child, too, was "filled with the Holy Ghost." This forever refutes the teaching that there is nothing in heredity and that early training alone is responsible in the training of children. What a child will be may frequently be determined by what the mother is before its birth. We should never forget that the training of children begins before they are born. Failure in after years may have a partial explanation here.

To the wife of Manoah, at the time when Israel needed a deliverer, God gave the promise of a son, with the admonition: "Now therefore beware, I pray thee, and drink not wine nor strong drink, and eat not any unclean thing." Here again we are taught that the training of the child in right habits of eating and drinking begins before its birth. What the child will be after its birth may frequently be determined by what the mother's habits are before its birth. Self-control begins with the mother, and if ever there is a time when self-control should be practiced by a woman, it is

when a little one is expected. "And the woman bare a son, and called his name Samson; and the child grew, and the Lord began to move him at times." Marriage to the wrong kind of woman marred his future, but through this man, although he was side-tracked for a time, God wrought for Israel. There is a lesson in this for young men whose parents have done their duty in rearing them. The life may be wrecked through heedlessness in the selection of a wife.

When the children of Israel were in bondage in Egypt and the time had come for their deliverance, God raised up a deliverer. Before it was possible to have such a deliverer, God must first find a woman to whom He could trust the training of that deliverer.

For the early years of his life, the mother of Moses had him as her pupil. After this he became the son of Pharaoh's daughter and the prospective heir to the throne of Egypt. "When he was full forty years old," after having received the training to fit him for his future position, "it came into his heart to visit his brethren the children of Israel." (Acts 7:23.) We see from this that his mother's training was never effaced. "Moses, when he was come to years, refused to be called the son of Pharaoh's daughter; choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of Christ greater riches than the treasures in Egypt." Heb. 11:24-27.

What an encouragement this should be to mothers to be faithful in the training of their children! If more godly mothers would carry the burden of educating their children up to the age of ten or twelve years there would no doubt be more men like Moses. The trouble is that their training is committed to others too early in life.

Daniel Honoured His Mother

Nothing is said of the mother of Daniel, but undoubtedly to his mother could be attributed chiefly the virtues possessed by Daniel. At the age of about eighteen years, when as a captive in Babylon he was commanded to eat at the king's table laden with delicacies, meats, and wine, "Daniel purposed in his heart that he would not defile himself with the king's meat, nor with the wine which he drank," but said, "Let them give us pulse to eat, and water to drink." He requested that he might have the food his mother had taught him to eat in early childhood as the food most conducive to health and to the development of a spiritual life. Had it not been for the character of Daniel's mother, there would have been no character like Daniel.

In the prophet Samuel we have another example of a mother's life and influence. Hannah was childless, and she earnestly prayed for a son. God heard her earnest, heartfelt prayer, and gave her the son. She on her part promised to dedicate him to the service of God forever. This promise she kept. During the early years of Samuel's life his mother taught him with this in view, and then at a tender age she presented (Turn to page 29)



Wanted!

A BOY who will always say, "I'll try,"
And stick to a job and never shirk,
With head erect and ideals high,
Is needed for all kinds of work.

One who is just and brave and true,
Who'll go by the right in every case,
Does what he knows is right to do,
He is the one who wins the race.

A boy who can say, "Will you forgive?"
When some wrong he wishes to right,
A boy who can for his fellows live,
That boy always conquers the fight.

The one not afraid to stand by the weak,
And help as they toil along,
Who is not a coward and not a sneak,
He faces hardships with a song.

—Manuel Silva.
(Age 16)

Two Boys and Two Apple Trees

I HAVE been looking at these two trees, boys," said Mr. Moore, one bright morning; "and as there seems to be about the same number of apples on each one, I have decided that if you want to gather and market them for yourselves, you may do so."

"And have the money for ourselves?" they asked eagerly.

"Yes; and you may also take old Billy and the light waggon to cart them to town this afternoon."

Before he had ceased speaking, John, the elder boy, had begun to climb one of the trees; and Mr. Moore walked away.

The other boy also walked away, but in a different direction.

John meanwhile, having secured a good foothold in the centre of the tree, was giving it a vigorous shaking, which sent the apples to the ground in showers.

Presently the brother returned, carrying a ladder and a basket.

"Oh!" cried John, "you don't mean to say that you intend to pick those apples off the tree? This is the way to do it," and he shook his tree violently. "Why, don't you know," he went on, "if you stop to pick those apples off, it will take you all day long?"

"Can't help it," was the answer; "that is the way they are coming off, and the only way."

"But you'll not be ready to go with them to town this afternoon!"

"Then I'll go some other afternoon."

John laughed at his brother's carefulness, but the brother stuck to his way of doing his

work. It was nearly sundown, and John had been gone several hours, when the brother took the last apple from the tree.

When John returned from town soon after, he jingled his coins in his hands merrily, and asked with a laugh, "Don't you wish you had some?"

How much did you get a case for your apples?" asked his brother.

"Six shillings," said John.

A few moments later, when they entered the barn together, where the brother's apples were carefully packed in baskets, John exclaimed: "What in the world did you do to those apples? They look as if they have been polished."

"Oh, just a cloth and a little rubbing did the job," was the answer. "Who would believe that the two trees that bore these apples were alike?" remarked Mr. Moore, who had come into the barn at this moment.

John looked disappointed. "But what's the use of all that trouble? They are not worth it," he said scornfully.

"Wait and see," said the brother.

The next evening, when the younger brother returned from the market, he counted out his money. He had received just double the amount that John had been given for his apples.

"I did not know," said John, "that taking a little trouble would make so great a difference in selling a couple of cases of apples."—*The Children's Hour.*



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MEATLESS RECIPES

How to Make Bread in India

By Mrs. Beckner

THE YEAST

Ingredients—1 pint sliced potatoes, 2 pints water, 1 teaspoon salt, $1\frac{1}{2}$ tablespoons sugar, $\frac{1}{2}$ pint sour toddy.

Method—Peel and slice or dice the potatoes. Boil them in the water until they can be mashed easily. When done, drain off and save the water. Mash thoroughly and add the water, salt, and sugar. When cold, add the $\frac{1}{2}$ pint of sour toddy. This gives you the starter. After 24 hours, repeat the process, adding the starter instead of the toddy, which will give enough to save for a starter and the making of three or four large loaves of bread. During April and May in the plains it is best to renew the yeast daily; other times, about three times a week.

To make bread in the morning, make the yeast and mix with the starter the night before, having room in the vessel for it to work, as it may rise two or three inches.

POINTS TO BE CAREFUL ABOUT

Mix cold. Be absolutely certain that no grease gets into it. Do not use too much salt, as excess salt will kill the yeast. Use plenty of sugar as sugar gives it life and power. Keep the yeast saved for the starter in a glass bottle if possible.

THE BREAD

Ingredients— $4\frac{1}{2}$ pints (level) loose flour, $\frac{1}{2}$ pint sugar, 1 teaspoon salt, 3 tablespoons oil, yeast.

Method—Sift flour into mixing bowl or basin, add sugar and salt, mix well with the hands, then add the oil. Into a hole in this mixture, pour the yeast, a little at a time, mixing with the hand as you pour. When the lump is well formed, put on a mixing board and knead for at least 20 minutes or longer, always folding it, keeping the fold on top.

Place in an oiled basin with folded side up so it can rise to three times its size. In the hot season put to rise in a cool place; in the cool season, it may need to be put in the sun or a warm place. When it has risen, knead down to original size, divide into equal parts for the loaves, shape into loaves, and place in an oiled bread tin with the folded side down. Brush the top of the loaf with an oiled rag to keep from drying. The lump should not be too stiff and should fill the bread tin not over half full. Let rise till the top of the loaf is a little above the edge of the tin. The oven should be heated beforehand so that at this stage it is hot. (If the loaf is allowed to

rise too high, it will fall when placed in the oven.) Place the loaves in the hot oven with at least four inches between the loaf and the top of the oven as the loaf will rise in the oven. Bake for one hour. When done, turn out and rub the top of the loaf with an oiled rag. Allow to cool in the open.

The time required from the mixing of the yeast with flour till the loaves are baked is about five hours, but takes slightly longer in the cool season.

2. Buns may be made from this dough instead of loaves. If sweet buns are desired, add about twice as much sugar and oil before the yeast is added. A quarter of the yeast may be left out; and in its place an equal amount of evaporated, unsweetened milk or fresh cream used to make a richer bun.

Raisins may be added to loaf or buns if desired.

CINNAMON ROLLS

Make bread dough as before, adding extra sugar and oil as for sweet buns. Let rise first time (will take longer to come up than ordinary bread). Work down as for bread, roll out to one-half or three-fourths of an inch in thickness on the mixing board; spread the surface well with butter or substitute, sprinkle first with sugar, and then with cinnamon. Roll up into a long tight roll. Cut with a sharp knife into inch slices. Lay on an oiled tin. Oil the top and sprinkle with sugar and cinnamon. Let rise to two or three times their size. Bake in a hot oven for 30 minutes.

WHOLE WHEAT BREAD

The above is for white bread. It is strongly recommended from a health standpoint, that at least a part of the bread be whole wheat. To make whole wheat bread use the whole wheat flour. It can be had from any mill that grinds wheat but is not usually sold in the Indian bazaar. In some places it is called *goka atta* and can be had in several degrees of coarseness. For ordinary use the medium grade, a little finer than table salt is best. Until experience is gained, use one cup of the whole wheat to two cups of white, which makes a "whole wheat" bread that can be eaten by anyone. If one is subject to constipation, increase the whole wheat flour to two cups, to one cup of white. Bread can be made with the whole wheat alone, but is more difficult. The two flours should be well mixed before the liquids are added.



The

DOCTOR SAYS



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Using Aluminium. *Ques.*—"Are aluminium saucepans and kettles, injurious to health?"

Ans.—The writer is sufficiently convinced that the cooking and keeping of foods in aluminium vessels is detrimental to health and responsible in part at least for certain chronic ailments, he therefore discourages their use among his patients.

Ear Trouble. *Ques.*—"Is there any harm in the practice of washing (syringing) the ear?"

Ans.—If a perforation of the drum exists there is a possibility of conveying infection from the outer to the inner ear by the practice of syringing. Such treatment of the ear should be done only under instruction of a medical advisor.

Grey Hair. *Ques.*—"Can you suggest treatment for grey hair?"

Ans.—It is normal for hair to become grey with advancing age and no external applications can alter this process of nature.

If hairs turn grey prematurely it is due to altered functioning of certain endocrine glandular structures. Treatment for such a condition requires the aid of a skilled physician who can recognise the defect of function and prescribe suitable corrective measures. External applications are of no value.

Excessive Thirst; Pyorrhoea. *Ques.*—"Between 6 and 9 p.m. I drink nearly 4 or 5 glasses of water, whereas in the course of the whole day I drink about 2 or 3 glasses. Can you suggest any cause of this."

"I suffer from pyorrhoea, so much so that when I get up from bed in the morning I have my lips stuck to my teeth. Can you suggest any simple medicine for the cure of pyorrhoea."

Ans.—Your question about the reason for excessive thirst in the evening could only be answered by knowing more of your habits and practices, the kind of food taken, the amount of salt and spices, how the food is prepared and combinations taken during a meal. These are all factors having a bearing on your problem. Also you should have a urine analysis done to ascertain if there is any sugar being eliminated as the thirst may indicate an excessive blood sugar content.

Your second question regarding pyorrhoea would indicate that you have a lowered resistance to infection and disease. There is evidently something wrong in your manner of life including diet which needs correcting. The probability is that you are taking an excessive acid ash forming diet and also that you are not consuming a sufficient amount of raw uncooked foods daily.

There is no such thing as a simple medicine for the cure of pyorrhoea. This condition indicates serious basic disturbances which must be corrected before the pyorrhoea can be relieved.

Black Spots. *Ques.*—"I have got a fair number of black spots on my face. What are they due to and what should I do to remove them?"

Ans.—I am taking for granted that the black spots referred to are such as are commonly called blackheads. This condition of the skin is usually an outward manifestation of a very unclean internal aspect of the body and indicates a lowering of resistance against infection.

Bowel movements three times daily is essential. The diet must be strictly limited to fresh fruit, milk, vegetables both

raw and cooked, but the cooking must be with water only and not fat. Plenty of water should be taken between meals.

If the patient is a young woman it is possible that there are certain menstrual disturbances and this would need correcting in addition to the diet.

White Spots. *Ques.*—"Please advise me what treatment I have to take to stop Leucoderma, white spots, spreading on my face and body."

Ans.—Leucoderma is not a disease but an altered manifestation of certain changes taking place within the glandular structure which control skin nutrition and pigmentation. There is a group of such glands comprehending the thyroid, adrenals, liver and sex gland. The remedy lies in restoring the normal balanced functioning of the involved glands. Also it necessitates ascertaining the cause back of this disturbance and the removal of that cause. It will be obvious from this that a treatment for your condition requires a careful investigation of your practices, habits and physical condition. Advice regarding such basic matter cannot be attempted on the basis of distant treatment by correspondence. You need the investigation by a competent physician. The treatment and results will take time and patience in following instructions over a considerable period.

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Talks about Malaria

How We Get It

By Mrs. A. J. Denoyer

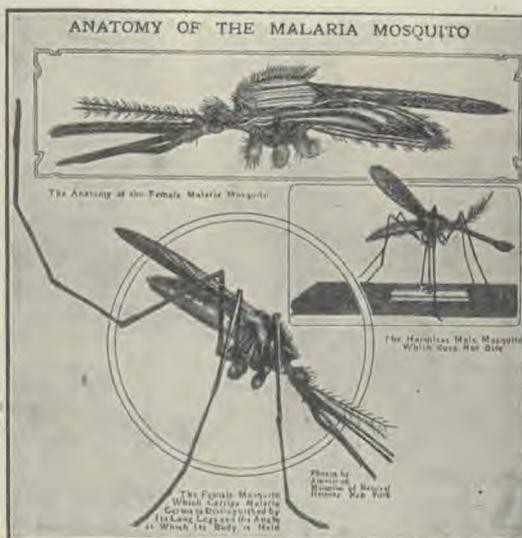
SINCE malaria is so wide-spread throughout the world it is well for everyone to know how to treat it but better still to know how to avoid it. Scientists and doctors have proved that malaria is caused by the bite of the anopheles mosquito. The anopheles mosquito is not so large as some other varieties. It makes very little noise and when it lights it seems to stand on its head with its hind legs up in the air.

First the anopheles mosquito bites some one suffering from malaria and sucks some of the infected blood up into her stomach. (It is said that only the female mosquitos bite or suck blood.) The malaria parasites go through another phase of development in the mosquito's body and after eight days the bite of this mosquito will likely carry with it the malaria parasite. Once in the blood stream these parasites grow and multiply, but most of the time they keep themselves hidden inside the red blood corpuscles.

Symptoms

At regular intervals these parasites come out of the red blood corpuscles into the blood stream. When there are enough of them the person harbouring them begins to feel uneasy at these times. He probably yawns, has aches and pains in his limbs, back, and head; he has no appetite and soon feels chilly although the day may be warm. Extra clothes or blankets fail to warm him and sometimes he is so cold that his teeth chatter and he even shakes the bed with his shivering. If we take his temperature with a thermometer we will find it above normal even while the patient "feels cold." After the "cold stage" the patient feels warmer and is soon burning with fever. This stage is usually accompanied by great thirst. Give him plenty of cool water (not cold or ice water) and

soon he begins to sweat. When the sweating stage begins the temperature usually drops rather quickly to normal. The patient feels relieved and usually drops off into a natural sleep, when he awakens he will feel almost normal except more or less weak.



In many cases he will be able to go about his ordinary occupation the next day. He may get another attack on the second, third or fourth day, according to the particular kind of parasite he has got into his blood. Fever every day usually means a mixed infection, or parasites of more than one variety. There are many cases where the symptoms are very severe from the start and many cases where the symptoms may be partly hidden by some other condition, so if one is within reach of a qualified doctor it is always

best to get his advice.

Precautions

Now by far the best way to treat malaria is to keep from getting it. The anopheles mosquito is most active soon after sundown, a little before sunrise, and on dark, cloudy days. She delights to hide in closets, behind curtains or purdahs, and in clothing hung on the wall. So we should protect ourselves at these times by mosquito-curtains, free from rents, put down and tucked in before sundown. Also we should avoid hanging clothing or other articles about for mosquitoes to hide in. People who live in malarious districts should provide themselves with mosquito-proof rooms where they can stay in the evenings free from these pests. Even then it is well to burn mosquito-coils or incense sticks near the door to keep the pests from coming into the room. Any that do get in should be hunted down and killed at once.

All patients suffering from malaria should be

carefully protected from mosquitoes to keep the infection from spreading.

Mosquitoes breed in stagnant water anywhere, in ponds, tanks, or stagnant pools in creeks, in old tins, coconut shells, drinking water jollas, in the cups that keep the ants out of the meat-safe, in the water jolla in the bathroom, in fact anywhere and in anything that will hold stagnant water. So all breeding places of mosquitoes should be hunted down and either drained, covered tightly, or treated to a thin film of oil on top.

Did you know that the "wrigglers" or "wriggle-tails" we so often see in water develop into mosquitoes? If you don't believe it dip some out into a glass and cover it with a thin cloth tightly. In a day or two you will find the shells of the "wrigglers" floating on the water and the mosquitoes hanging to the under side of the cloth cover trying to get out.

If you watch "wrigglers" quietly you can see them come to the top of the water to breathe air. They cannot breathe through oil so soon die. Make it a rule to treat all meat-safe cups with kerosene once a week and have all water jollas emptied, washed, and sunned frequently. Swamps and unused tanks may be sprayed with crude oil. In used tanks a good supply of fish and pollywogs will help to keep the mosquito nuisance under control.

Some parts of the world that were very bad for malaria at one time are practically free from it now almost entirely from a compulsory clean-up programme carried out thoroughly on a large scale.

Treatment

As before mentioned if you are in reach of a qualified doctor by all means get his advice and do not try to treat yourself for malaria.

Quinine is generally recognized as necessary in this disease. It is usually most effective given in a mixture with some acid. Many chemists sell "Fever Mixtures" that are very efficacious when taken according to directions. If you must depend on tablets the uncoated ones are best and they should be broken up to hasten absorption. It is well to drink a cup of hot water with some lime juice squeezed into it along with the quinine. When a person has the fever, or better still, beginning four to six hours before an attack, is the best time to take quinine. It will then be in the blood when the parasites come out of the red blood cells and will kill many of them.

Quinine has a bad effect on the blood cells too, so should not be taken regularly. Also the parasites develop an immunity to it if small doses are taken often so that they are harder to kill than if the person had taken no quinine.

If a person knows when an attack is likely to occur he may sometimes make it much lighter or even ward it off by remaining very quiet several hours before the attack would begin. About one hour before the expected attack he should take a good hot foot-bath being well wrapped with blankets, keeping the head cool, and should lie down without cooling off. Keep hot bottles around him until after the time has passed for the attack. Let him remain quiet the rest of the day.

This treatment will at least lessen the severity of the attack.

Any one who knows himself to be subject to malaria should avoid exposure to the hot sun, to chilling rains, and over fatigue from any cause. If he has a serious accident of any kind or suffers exposure he should take from five to ten grains of quinine as soon as possible and rest.

Two Ways

(Continued from page 15)

keep His commandments for this is the whole duty of man." Eccl. 10:5; Thess. 12:13. These ten precepts, illumined by the light of heaven, have been sending forth their stabilizing power for light from the creation of this world; and will continue to determine right and wrong until the end of time. These were given for man's guidance to enable him to walk in God's way. Christ confirmed this by saying, "Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil. Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law till all be fulfilled." Matt. 5:17-18.

"Let not your heart be troubled," said Christ. A man who follows God in obedience, in submission and contrition of heart, has no need to fear—he need not be troubled. God has promised to be with him. "If a man love Me, he will keep My words; and My Father will love him, and we will come unto him, and make our abode with him." John 14:32.

"A man was one day going to church reading the New Testament, when a friend who met him said, 'Good morning, Mr. Price.' 'Good morning,' replied he, 'I am reading my Father's will as I walk along.' 'Well, what has He left you?' asked the friend. 'Why, He hath bequeathed me a hundred fold more in this life, and in the world to come life everlasting.' This beautiful reply was the means of comforting his Christian friend, who was at the time in sorrowful circumstances." Dear reader, God has bequeathed to you and to me everlasting life through His Son Jesus Christ. It is ours for the asking. It is ours for living His life. It is ours if we keep His will. Christ's last will and testament given to His sorrowing disciples and signed by His own blood on Calvary was never to be erased, eradicated or changed but to remain forever. It is found in John 14:15. "If ye love Me, keep My commandments."

May we take God's law, commandment by commandment, and let it shine into our hearts as a searchlight of God's standard of judgment and as this X-ray is applied may we submit to the Great Physician and His healing balm. Future life depends upon it. Confirmation to the commandments of God acts as a passport into God's presence. John the Revelator calls commandment keepers blessed. He says, "Blessed are they that do His commandments, that they may have right to the tree of life, and may enter in through the gates into the city." Rev. 22:14.

Will Civilization Muddle Through?

(Continued from page 5)

in pleasure on the earth, and been wanted; . . . ye have condemned and killed the just; and he doth not resist you." James 5:1-6.

The Struggle Now On

It is inferred in these verses that these conditions will exist in the last days, but we do not need to look to the future for the fulfilment of this prophecy. The struggle between the rich, who control the finances of the world, and the labouring and poor classes who are now suffering for the necessities of life, is now on. The poor have borne the oppression as long as they feel they can. The struggle appears to be wholly unequal, with the poor man, as usual, at the bottom. The general effect of the unequal struggle is taking the heart out of men, and leaving them bewildered and confounded. Many are overwhelmed by discouragement and driven to desperation—often to the point of stealing, murder and suicide. They are losing self-confidence and developing a sense of inferiority. Bitterness and disrespect for law and religion; resentment, antagonism and rebellion against society, against the government, and against things in general seems to be taking possession of them.

How long this struggle can last without coming to open war and bloodshed is a question. There are millions of men who are so desperate that they would be willing to follow the leadership of almost any one who would promise relief.

Another War Coming

There are men who freely say that there is but one way in which the world can be straightened out, and that is by having another war similar to the World War of 1914-18. It hardly seems possible that any sane man who knows anything about the terrible carnage that took place in that war, with its resultant suffering, and sorrow, should think of recommending that way out. But men's hearts are perplexed, and in their desperation to find a way out, the war spirit is moved.

Nations as well as individuals apparently feel the same way about it, for no sooner had the smoke of the last war cleared away, and men had time to think a bit, than they began to make preparations for another great war. Every nation, small and great, seemed to feel that its only safety for the future lay in the fact that it was prepared for war.

The amount of preparations that have been made is astounding. At the same time, the League of Nations and other responsible bodies are talking of disarmaments. But the fact is, each nation distrusts the other, and it is afraid to make a start in that direction.

It has been said that the next war will be more terrible than the one before. Fighting will largely be done from the air. Various kinds of poisonous gases will be used that will wipe out whole towns. The civil population of the countries afflicted will suffer perhaps worse than

the soldiers. A German writer in the *Review of Reviews*, of April 1932, says:

"Another point characteristic of the development of armies since the war is the accumulation of war material in peace time. A special part is played by the increases in the number of military aircraft; by 1932 they already had 13,410 at their disposal. This rapid increase is explained by the fact that in all free countries it is intended, as soon as war breaks out, to employ bombing squadrons to shower gas, incendiary, and explosive missiles on the towns of decisive political and economic importance in the enemy's country. This method of waging war is being carefully prepared everywhere. In the preparation international agreements are internationally disregarded for the employment of arms against noncombatants is just as much forbidden as the use of chemical warfare. Countries like Germany which have neither military, aircraft nor sufficient other means of defense at their disposal are naturally particularly menaced and find themselves in a state of alarming insecurity."

Where is the Dove of Peace?

After the close of the Great War everybody hoped for general disarmament. The carrying out of this great task was entrusted to the League of Nations as its most important task. The League has met many times, speeches have been made, resolutions have been passed, but nations remain armed just the same. Armaments have not been reduced, nor has the League of Nations achieved any advance in this direction. Look at the following list of figures:

The peace strength of the French army amounts to 655,700 men, not including troops stationed in her colonies. This force can be augmented to 4,500,000 combatants by calling up the existing reserves. The Russian Soviet have approximately 1,500,000 men in the Red army, with reserves enough to bring it up to 6,000,000. England can put 2,000,000 men in the field exclusive of her colonial strength. Italy has 3,500,000; Poland 2,500,000; Czecho-Slovakia 1,250,000; Jugo-Slavia 2,000,000; Roumania 1,000,000; making a grand total for Europe of approximately 20,000,000 men, trained reserves, not raw recruits. This does not take into consideration the colonial strength of these nations, nor the military strength of China, America, and Japan. What will it mean to this old world when all these men, with all the modern implements of warfare that we now have, are turned loose on each other.

This may appear to be a pessimistic way of looking at things, but we face realities, not theories. The dove of peace cannot find a place to light in the world. We are living in the time referred to in the Scriptures as the "last days." Affairs of this world are shaping themselves for the final scenes, and men looking on are perplexed and bewildered. Verily our day is a most serious and solemn time, and is fulfilling the Biblical prophecies that foretell the approaching end.

Do You Have an Acid Stomach?

(Continued from page 7)

fruits, and leafy vegetables. These twelve remained free from ulcers and all gastro-intestinal disorders. The other group of twenty-four monkeys were fed a diet of sterilized carbohydrate, such as cooked rice, white-flour products, and other similar foods, with the result that nearly all of them developed ulcer of the digestive tract. The carbohydrate of the twenty-four monkeys was lacking in vitamins B and C. This goes to prove that in order to keep free from ulcer, the food eaten should be rich in these vitamins. Denatured foods also predispose to diarrhoea, dysentery, dyspepsia, gastric dilatation, ulcer of the stomach, colitis, and constipation."

Hypochlorhydria is diminished flow of, or absence of, hydrochloric acid in the stomach. Perhaps the most common cause of this condition is long-standing catarrh of the stomach or former hyperacidity that has exhausted the glands that secrete the acid.

The role that the hydrochloric acid plays in the process of digestion is so important that the loss of this element of the gastric juice is accompanied by more or less grave consequences. Possibly one of the worst is the tendency to infection of the stomach and the intestines through the loss of this disinfecting function of the gastric acid. The result is that a bacterial examination of the stools often reveals vast numbers of pernicious bacteria.

Get the Germs Out

The elimination of germs from the alimentary tract is one of the most important things to be accomplished in dealing with causes of organic disease. Normally, the stomach keeps itself clean and aseptic by its acid secretion, hydrochloric acid. When the acid-forming glands lose their function, as in this case, the stomach becomes a more or less dangerous breeding place for bacteria, which rapidly spread to the intestine and infect connecting organs.

Function of Hydrochloric Acid. The hydrochloric acid of the gastric juice not only aids in the digestion of protein foods, and disinfects the stomach and the intestines, but it closes the upper, or cardiac, orifice of the stomach; it opens the pylorus and closes it, and stimulates the bile and the pancreatic juice. Therefore, persons suffering of hypochlorhydria should avoid large meals, because in this condition the stomach empties quickly, due to the fact that the pylorus is not closed by the presence of hydrochloric acid in the duodenum, as is the case with the normal stomach. The meals, therefore, should be small rather than large, and, if it is necessary, taken more frequently.

Mastication. The thorough chewing of food is of great importance in this condition, because thorough chewing and tasting of food stimulates the acid-forming glands to activity. In hypochlorhydria, the stomach is able to retain the food but

a short time, since it has lost to a large extent its power of breaking up the particles of food and reducing them to a liquid. Because of this inability on the part of the stomach, the thorough maceration, or chewing of food before swallowing, is of great importance.

Treatment. The treatment of this disease has two phases. First, the encouragement of the secreting glands by the use of foods that are crisp, tasty, and highly flavoured, such as citrous fruits, tomatoes, fresh vegetables raw and cooked, vegetable broths, bran broth, etc., which create a highly acid appetite juices by stimulating the gustatory nerves; and the avoidance, so far as possible, of such foods as would favour the development of bacterial growths in the intestinal canal. Secondly, there must be the restoration of a balance of mineral to the blood, by the use of foods that are very rich in the essential organic salts and vitamins. It is this lack of mineral balance in the blood that is in large measure responsible for this unfortunate condition.

Dietary. The diet in this condition is less restricted than in almost any other condition, except that of perfect health. The citrous fruits and ripe tomatoes, either fresh or canned, should be used freely, as they are to some extent substitutes for gastric juice, and so aid digestion. The intake of fats must be light, as fats inhibit the secretion of acids in the glands of the stomach.

A low protein diet is indicated. Free use may be made of properly cooked cereals and vegetables, except such vegetables as require a long period of digestion—boiled cabbage, boiled turnips, boiled cauliflower, etc. Milk and milk products are good, especially buttermilk, yogurt, cottage cheese, etc. Clear vegetable broths are good for the reason that they stimulate the flow of acids. Fruit juices for this reason are of special value, and in some conditions are served a half hour before meals. The use of dilute hydrochloric acid is sometimes helpful, but it should be given only under the physician's order.

Raw vegetables and raw vegetable salads are very helpful in this condition. Use a small dish of raw bran moistened with thin cream or stewed fruit, or with both, or with sliced stoned dates or seeded raisins over the top, until the bowels function normally. A cupful of nicely seasoned bran broth should be taken morning and evening to assist in restoring the essential mineral to the blood. Serve milk or thin cream on toast with the supper meal, or plain zwieback, or corn flakes and cream, and a good variety of fruits, raw and cooked, and melons, in season. For the breakfast meal, steamed rice and cream, or Shredded Wheat and cream, baked banana, a soft-cooked egg, breads, and a variety of fruits raw and cooked are excellent. It is the organic (life-giving) properties in natural, normal foods that build new red blood cells, and renew the health and vigour. We must "feed in health and starve out the disease," for disease and disease germs have nothing in common with clean, pure blood.

A Perplexed World Fighting the Battles of Life

(Continued from page 8)

no pitying Saviour to cheer and strengthen, because His assistance is refused. Even Christ learned to keep in the way of righteousness by the things He suffered. We read, "Though he were a Son, yet learned He obedience by the things which He suffered; and being made perfect, He became the author of eternal salvation unto all them that obey Him." Heb. 5:8, 9.

Release from trouble and financial distress does not depend upon self-destruction. There is a far better way. If the one weighted down with sorrow and deep trouble would sincerely repent, faithfully confess his sins to God, and make matters right with his fellowmen, as far as possible, how quickly his perplexing circumstances would change. Then sufficient trouble to keep such in the pathway of obedience would be gladly welcomed and cheerfully borne. The battle against our selfishness is the hardest battle ever fought. Sometimes the contest is fierce and strong; but unyielding faith and soul-hungering prayer will defeat the powers of darkness in the fiercest conflicts.

All true followers of Christ have their fiery trials and their personal conflicts with evil. How careful we should be to treat with the utmost kindness our fellow-travellers along the journey of life lest the weak and the lame be turned out of the way. This may be done by harsh, sarcastic words, by an overbearing manner, or by contempt and ridicule. No burdens are lightened by this manner of treatment. It is the meek who cheer those in trouble. They fulfil the Scripture, "Bear ye one another's burdens, and so fulfil the law of Christ." Gal. 6:2.

Mother's Influence in the Home

(Continued from page 21)

him to the Lord. In Eli's household dwelt his wicked sons, who were "sons of Belial." Samuel was uninfluenced by the course pursued by these young men, and grew to become a man with whom God could communicate early in life. Later he became one of the most devout men of God. When God needed Samuel, He had first to find a woman of prayer, a Hannah.

Of Christ we read, "When the fullness of the time was come, God sent forth His Son, *made of a woman*, made under the law, to redeem them that were under the law that we may receive the adoption of sons." Gal. 4:4, 5. To make possible this Deliverer, God had first to go in search of a Mary. To this godly young woman were the words addressed by the angel: "Fear not, Mary: for thou hast found favour with God. And, behold, thou shalt conceive in thy womb, and bring forth a son, and thou shalt call His name JESUS. . . . And Mary said, Behold the handmaid of the Lord, be it unto me according to thy word." Later

when she had gone to visit Elisabeth, under the inspiration of the Holy Spirit Elisabeth said: "Blessed is she that believed: for there shall be a performance of those things which were told her from the Lord. And Mary said, My soul doth magnify the Lord. And my spirit hath rejoiced in God my Saviour." Luke 1:30-47. To this woman Christ was born, and to this woman was entrusted His early training. Without such a woman there could have been no Son of God born to be the Saviour of men.

Mothers Made Kings

Among the kings of Judah, it frequently happened that although the king himself was a worshipper of idols and wrought wickedness, the son of the king, who later ascended the throne, led a righteous life and was a worshipper of the God of Israel. In such a case it will be found by searching that he had a godly mother, under whose influence this righteous character was developed.

There is a saying, "The hand that rocks the cradle is the hand that rules the world." The power of woman in shaping the destinies of men and of nations has always been greater than that of men. We have always expected women to live purer and better lives than men. So long as women are what they should be, even if men go wrong, there is hope of the future; but when women go wrong there is nothing to hope for.

The Cross Means—What?

(Continued from page 19)

redemption is clearly stated. Christ "gave Himself for us, that He might redeem us from all iniquity, and purify unto Himself a people for His own possession, zealous of good works." The heart of God longed after those who were the slaves of the enemy of all righteousness. The Good Shepherd had compassion upon the sheep who had strayed away and been captured. He came "to seek and to save that which was lost." He "gave Himself a ransom for all," that they might become "His own possession." We are not our own, for we have been bought with a price. This is a most practical truth which should govern our whole experience. Our whole-hearted service, covering every phase of our daily experience, is due to Him who gave Himself for us, who purchased us with His own lifeblood.

What does all this mean to us? Is it mere theological theory, a subject to talk about and nothing further? I hope not. True Christian experience means more than a mere assent to truth. It means the full acknowledgment of Christ as our Lord and Master, and the surrender of all we have and are to Him, as the genuine recognition of the fact that He has redeemed us with His own blood. Think upon this seriously. Act upon it sincerely.

"Redeemed! how I love to proclaim it!
Redeemed by the blood of the Lamb;
Redeemed through His infinite mercy,
His child, and forever, I am."

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Take Care of Your Eyes

By Ronald Leisk, A.L.S.N.T.

MANY people do not concern themselves about their health until sickness supervenes. This is very unwise, especially with the eyes. The eyes are such important and delicate organs that particular care with them is justified, the reward for our labour being amply repaid, especially in later years when eye troubles might otherwise develop. A few minutes each day and reasonable attention to our daily habits will help to ensure that our eyes are not unduly strained or harmed.

The most common causes of eye-weakness are: (1) overstrain in doing close work, such as reading small print, sewing, etc., (2) impure air in badly ventilated rooms, cinemas, and smoky atmos-

phere; (3) insufficient outdoor exercise; (4) overstrain due to exposure to bright lights, sun, etc. (5) an unhealthy diet.

Effect of Diet on Eyes

The eye is composed of many minute blood-vessels, and these fine capillaries rely upon a proper supply of pure blood. A diet consisting of excesses of flesh-foods, starchy and sugary foods, tea, tobacco, and alcohol, results in a clogged condition of the bloodstream. The small blood-vessels in the eye then become choked with minute atoms of waste matter which, instead of being carried away, accumulate and impair the vision. It is therefore obvious that the state of our general health determines the efficiency of our eyes. In regard to diet, it is advisable to avoid, or to cut down, all acid-forming and stimulating foods such as those mentioned above, and in addition partake very sparingly of salt which causes cataract of the eye.

Avoid Overstrain

It is very harmful to continue work once you feel that your eyes are tired. If circumstances permit, you should relax and rest the eyes by practising one of the exercises that will be described later in this article. When reading or writing see that the light falls over your shoulder on to your work, that is, do not sit facing the light. Reading in a train, tram, or bus is extremely injurious owing to the strain caused by vibration. Continued exposure to heat (as from a fire) may scorch, and even severely harm, the eyes.

A stooping attitude is considered harmful because the eyes are then surcharged with blood by force of gravitation, and this induces, or at least aggravates, inflammation and congestion. When reading or writing keep the eyes as far from the work as possible.

Strengthening Treatment

A very useful treatment for strengthening the eyes is to stroke them very gently with the fingertips over the closed eyelids. This eye-massage should always be commenced from the outer corner of the eye and continued over to the inner corner, never in the reverse direction.

Another good strengthening treatment is the eye bath. Take a deep breath and immerse your face in a basin of cold water. Open and close the eyes two or three times while under the water. Rise to an erect position again, take another breath and repeat.

Eye Exercises

Relaxation of the eyes is extremely important, and is best done by practising one or both of the following exercises. Several times during the day place the palms of your hands lightly over the closed eyes so that the fingers cross each other in an upward slanting direction on the forehead. Exert no pressure. Now try to see an intense black. Keep like this about ten seconds and then quickly remove the hands. You will notice that there is a flash of greatly improved vision immediately the eyes are opened.

Passing on to the question of muscular exercise, we must say that very little good results from home treatment unless special apparatus is employed. One exercise which may prove helpful, especially when the person is under sixteen years of age, is as follows. Close one eye. With the open eye look at the centre of a wall of a room. Now roll the eyeball round the extremities of the room, describing as nearly as possible a perfect circle. This exercises the six ocular muscles which control the movement of each eyeball. Repeat with the other eye.

Headache and Eye-Strain

Remember that headaches are frequently due to eye trouble, in which case pain is felt usually immediately below or level with the eyebrow, immediately behind and level with the eye either side, or at the back of the head level with the ear. Pain is not necessarily present, however, and its absence does not indicate organic or functional soundness of the eye.

People approaching maturity often notice that it is becoming increasingly difficult for them to concentrate, and wrongly ascribe this to age. Actually this is commonly due to eye-strain. They may see perfectly out of doors, or even when doing close work indoors, and this leads them to suppose that their eyes are in order. When prolonged concentration is difficult, especially when reading or sewing, and you become quickly tired, it is wise to suspect eye-strain and to seek professional advice without delay.

It should be borne in mind, however, that natural healthy living, and a little attention to the eyes while they are in good condition, will do much to avoid trouble in later years.

American Election

(Continued from page 3)

but favoured the giving of an opportunity to the people to pass on a proposed substitute for that amendment that would maintain the gains already made, but leave the matter more to the individual states. On the other hand the Democratic party platform says:—

"We favour the repeal of the Eighteenth Amendment.

"To effect such repeal, we demand that the Congress immediately propose a constitutional amendment to truly representative conventions in the States called to act solely on that proposal.

"We urge the enactment of such measures by the several States as will actually promote temperance, effectively prevent the return of the saloon and bring the liquor traffic into the open under complete supervision and control by the States.

"We demand that the Federal Government effectively exercise its power to enable the States to protect themselves against importation of intoxicating liquors in violation of their laws.

"Pending repeal, we favour immediate modification of the Volstead Act to legalize the manufacture and sale of beer and other beverages

of such alcoholic content as is permissible under the Constitution and to provide therefrom a proper and needed revenue."

The Party that is to come into power next March is committed to an attempt to repeat the amendment that prohibits the sale of intoxicating liquor, but it should be remembered that not all of that party are "wet," and it takes a lot of time and a big majority to change the Federal Constitution, in fact it takes three fourths of the state conventions voting in favour of any change. It took more than four years to write the amendment into the Constitution and it is very doubtful if it can be taken out in four years, which is the time of a presidential term of office.

The prospects are that an attempt will be made to change the Volstead Act, which defines "intoxicating liquor" so as to permit the sale of beer and wine of light alcoholic content. It may be that such an event will be just what the "drys" need to arouse them in defence of the cause of Temperance. It may also be that a little experience of the effect that light wines and beer will have on the drivers of the 26,000,000 motor cars driven at the high speeds that are common on the roads of America, will be the very thing that the voters of America need to tell them how to vote when the question of the repeal of the Eighteenth Amendment does come before them. It makes one shudder to think what the highways of America would be like if "the good old days" do return.



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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.

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