

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



A PATRIARCH OF THE PUNJAB.

March 1933



IT is rumoured that the new 1933 Ford will be a six-cylinder car, but, as usual, no authoritative information will be available until the car appears.

A RECENT British invention consists of the using of a washing soap which moth-proofs the fabric each time it is washed. It consists of 90 parts soap, 10 parts tri-phenylidichlorobenzyl-phosphonium chloride.

A TRANSPARENT revolving gun turret is the latest addition to some of England's military planes. The machine gun is fired through the single open section of the turret which protects the gunner from the wind and enables more careful shooting.

A TELESCOPIC mooring mast has been constructed at the United States naval station at Sunnyvale, California. The normal height of the mast is 75 feet but is extended for use to a height of 160 feet. When the airship has been made fast, the mast is lowered and by electrical equipment in the mooring mast is towed into the hangar.

IN Germany during the last fourteen years it is estimated that over 40,000 glider pilots have been trained and there are over 10,000 licensed glider pilots actively practising this sport, but in that time only three fatal accidents have occurred during training and only two fatal accidents in soaring contests. The skilled glider pilot Schemp recently attained an altitude of 8,000 feet.

"THREE hundred trillion stars are already within the range of the largest telescope," says Professor Harlow Shapley of Harvard University. In only a portion of the sky seventy-six thousand galaxies, of which our Milky Way is a typical example, have been charted. Professor Shapley thinks that eventually at least three hundred thousand galaxies will be mapped with an estimate of about a billion stars, of which our sun is an average example, in each galaxy.

THE new \$132,000,000 bridge across San Francisco Bay connecting San Francisco and Oakland is to be the largest in the world. It will be  $4\frac{1}{2}$  miles long, will have two decks, one with six lanes for fast moving traffic, the other with three lanes for slower moving traffic. In addition, there will be two tracks for tram lines. It will require 170,000 tons of structural steel and wire, 1,000,000 barrels of cement, 1,000,000 cubic yards of rock and gravel, and 40,000,000 running feet of timber, and 200,000 gallons of paint; while 12,000 men will be employed in its construction. The central span will be 4,500 feet long.

REMAINS of Roman iron helmets, Samian ware, and other interesting discoveries, have been made at Colchester, England, on the site of the Celtic or pre-Roman city of Camulodunum. The excavations last year revealed the camping ground of the Roman expeditionary force, and the site is now being examined with a view to finding the gateway to the camp, and the continuation of the ditch and rampart which were discovered last year. The present work of excavation has also led to the finding of the sites of camp fires of Cromwellian troops at the siege of Colchester in 1648, musket-balls, horse-bits, shoes, and other objects.

GREATER TOKIO now becomes the third largest city in the world. It has recently absorbed eighty-two villages and towns, bringing the population from two to five millions. London and New York only are larger.

BEXLEY, England, has a butterfly farm. Hundreds of caterpillars are there fed with their favourite food until they reach the chrysalis stage. Then they are taken into a green house and put into cages and soon burst forth into beautiful many-coloured butterflies.

IT is now possible for anyone in Britain to telephone to anyone in the Empire and to ninety-five per cent of the telephone users of the world. The record long distance call was when an American film star telephoned from Australia through London to Los Angeles.

THE newest thing in night lamps is one that is clamped to the bed frame under the bed so as to shield its direct rays from the occupant but casting a soft glow over the entire floor space, thus making it possible for one person to move about the room without disturbing the one in bed. It would be useful in the care of children and of the sick.

RECENTLY some seeds of barley, wheat and various weeds which had been buried several feet under ground in pots for thirty years were dug up by the United States Department of Agriculture and planted in test boxes. The seeds sprouted and grew in the ordinary time, thus demonstrating that it is useless to try and kill weed seeds by ploughing them under.

PLATINUM knives and forks and platinum handles on automobile doors are expected to be in use soon. A new process of plating makes this possible and thus avoids the trouble from tarnishing and the cost of continually polishing. For parts subject to rough usage the cost is about Rs.10 a square foot, but for articles not handled much the cost can be brought down to a third of that.

A HEN that lays thirty-three eggs in a week would seem to be a very profitable kind to possess, but this is the claim put forward by an inn keeper near Genoa, Italy. He claims that this remarkable hen laid two eggs on Monday, two on Tuesday, four on Wednesday, six on Thursday, eight on Friday, five on Saturday, and three on Sunday, and three again on Monday, the eighth day. It is said the eggs were well formed and only slightly smaller than usual.

CHEMICAL timber can be made from waste farm products such as corn stalks, corn cobs, straw, bagnasse, etc., according to a report from the Ohio State College. This artificial wood can be made in imitation of almost any wood and the hardest variety resembles teak in many ways, but has a cross breaking strength nearly twice that of teak and almost that of ordinary steel. The cost is nearly Rs.1,000 a ton, but since it can be made in the desired shape the cost is really less. For instance, a window frame pressed out complete in the required dimensions could be constructed at a cost of about Rs.1-8, or less than the cost of a wooden frame. The largest size board that has ever been cut from a tree was four feet wide and 250 feet long, but by this chemical process boards of twelve feet width or wider and of unlimited length can be made.

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

VOLUME 9, No. 3

POONA

March, 1933

## MANCHUKUO

*Is the New Government Established in Manchuria by Japan.  
Its Importance in International Politics is Explained  
by One Who is Familiar with the Far East*

By Alfonso N. Anderson

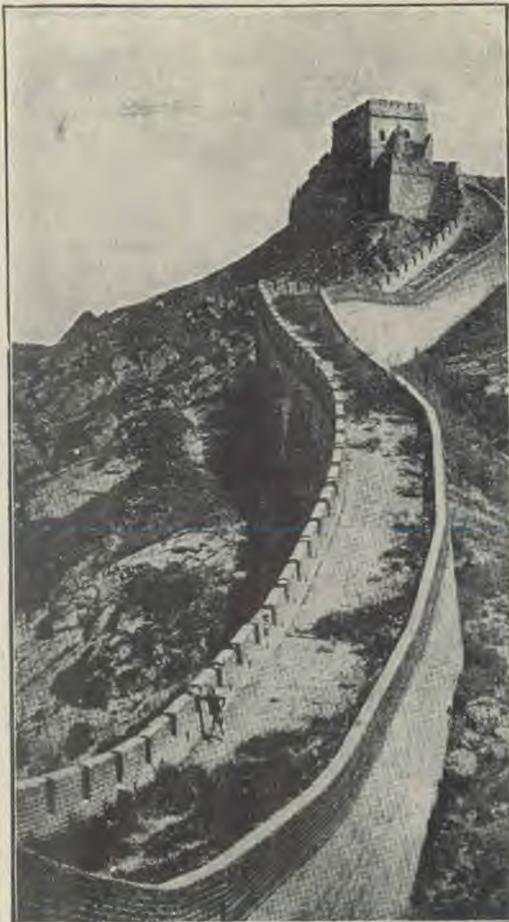
*(Our Special Correspondent in Tokyo, Japan)*

**W**HAT will become of Manchuria? In that extremely dangerous section of our danger-fraught world the interests of Japan and China continue to clash.

The main question at issue now is what will be the result of Japan's recognizing the new-formed Manchukuo Government. Japan has expressed her determination to carry the matter through. She asserts her freedom of action in the matter, and maintains that the new government is a *fait accompli*.

On the other hand, the League of Nations Commission of Inquiry, under Lord Lytton, after having made the most thorough and painstaking investigations throughout the Far East, definitely requested the Japanese Government not to recognize the new state until the commission should have made its report and the League had time to make its decision. (And the report of the Commission was extremely unfavourable.) The Commission, of course, is attempting to pour oil on troubled waters, and to do everything possible to bring about a reconciliation between the dis-

cordant elements. But the conversation between Count Uchida, Foreign Minister, and Lord Lytton brought no compromise, and indeed the Commission was forced to leave Japan without coming to any kind of agreement.



The British investigation maintains that Japan, in aiding and abetting the formation of the Manchukuo, has violated the Nine Power Treaty. Japan, on the contrary, claims that the movement in Manchuria was natural and spontaneous on the part of a people fed up on Chinese misgovernment. Lord Lytton also maintains that the signatories of the Nine Power Treaty have pledged themselves to maintain the sovereignty and territorial integrity of China, which pledge has been violated by Japan. The latter counters with the statement that China is so disorganized and the new state is already so firmly planted that the treaty does not apply in this case. Lord Lytton further maintains that recognition by Japan would infringe on the spirit of the Covenant of the League of Nations, which has the right to settle the question at issue. But (*Turn to page 27*)



# PEACE TALK:

**T**HE word of prophecy points out many significant conditions existing in the world just prior to the coming of the Lord. Among these the extensive preparations being made for warfare stand out most prominently.

A prominent statesman, on the occasion of the eleventh anniversary of Armistice Day, Nov. 11, 1929, called attention to these conditions. He seeks to throw into the limelight those influences which are making for peace, and steps which may

By F. M. Wilcox

be taken to stabilize the peace of the world. We would naturally expect that he would sound, as far as possible, this optimistic note, and yet, after speaking of the comparatively peaceful conditions in the world, the following observation is made.

### Thirty Million Men Under Arms

"Yet after all it is an armed peace. The men under arms, including active reserves in the world, are almost 30,000,000 in number, or nearly 10,000,000 more than before the Great War. Aircraft and other instruments of destruction are far more potent than they were even in the Great War. There are fears, distrusts, and smouldering injuries among nations which are the tinder of war. Nor does a single quarter of a century during all the ages of human experience warrant the assumption that war will not occur again."

That aircraft will play a very important part in coming warfare, is recognized today more than ever before by the nations of men. Indeed, there is an apparent willingness to scrap some of the great battleships at the present time, but we hear very little agitation toward the limitation of destructive aircraft.

### Destructive, Death-dealing Gases

In the laboratories of the nations secret experimentation is being carried on today in the hope of developing destructive agencies for use in warfare—agencies that will prove more potent than any ever used before. The part destructive gases

know whereof he affirms. The following paragraphs are indeed striking, and constitute an authoritative commentary upon the preparations which are now going forward for future conflict among the nations:

"We have witnessed the abominations of 1914-1918. . . .

"Our offspring, should a new upheaval shake humanity, would behold—nay, would actually participate in—an infernal outbreak of horrors and torments.

"In fact, we must dispel all illusions. The last war was a war of heavy artillery, machine guns, submarines. The next war, were humanity foolish enough to permit it, would be a war of chemistry, a *war of gases*. In 1914-18 the combatants fell by the million. In the year X, which I sincerely hope will not find a place in the calendar, the civil population would be annihilated, and there would be no place for their preservation.

"I understand that there are military experts eager to declare that gases are not so horrible as is reported, that they are the least dangerous arm of modern warfare, and they justify this assertion by quoting statistics. They maintain that the proportion of soldiers killed among those that were gassed is small, etc. . . .

"Will this strange mania of forecasting the future by the past persist continually? Less than twenty years ago, when I was at the head of the government, at the time of Agadir, I collected the opinions of military experts on the subject of aviation. They were all of the opinion that it could play no part in war. Had war broken out then, events would have immediately falsified their views. But what remained of their prophecy in the autumn of 1914, three years later?

"What was left, long before 1914, of the positive assertion—the echo of which I heard in my infancy—as to the harmlessness of artillery? 'Artillery merely makes a noise,' they used to say. 'The infantry is the queen of battles. The only weapon that counts is the rifle,' they added in 1869.

"Belated gentlemen, please read what I am



# WAR PREPARATION

about to write and what follows. Then be good enough to reflect.

Guided by the past, you speak only of two or three gases: chlorine, phosgene, mustard gas. Do you quite understand what considerable progress—you know the meaning I attach here to the word 'progress'—has been made since the end of the World War? It is impossible at present to give the number of gases which would be employed should there be a new outbreak. A well-informed journal admits that more than a thousand usable gases would have to be reckoned with. What is certain, in any case, is that of late years gases have been discovered which are fifty and even a hundred times more effective than those known in 1918.

"Also more deadly! We now have gases—I spare my readers their scientific designation—which penetrate the skin without making any wound and without the person's being able to notice it. Their effect later is to bring about violent convulsions followed by 'chronic and incurable' mental disorders. All should be able to understand the significance of these words.

## Not Alone for Soldiers, but for Civilians

"What is really diabolical is that these tortures are intended not merely for the soldiers, but for those behind the armies, the civil population in particular.

"The German officer Endres says in his book, 'The War of Gases': 'The terrible and hideous part of the new system of warfare is not simply the employment of gases as a new weapon, but the change made in the objects of war. . . .

"Wholesale slaughter of the civil population as a system and object of war; the fact that the one who kills the greatest number and not the individual of the greatest genius, will win the final victory, this is the affrightening prospect that beggars the imagination

"The modern soldier *must* knowingly cut down and murder women, children, and the sick; he must, in making a cowardly attack upon them in their sleep, annihilate human beings unaware of their fate.'

"And how is all this to be done? . . . Oh! in the simplest way. I will quote the English

specialist, Major Nye: 'A thousand bombs,' he says, 'would be enough in favourable circumstances to gas a city like London. The ordinary bomb,' he adds, 'weighs about five pounds; it is, therefore, not a case of the enormous bombs of former times. Consequently a modern commercial airplane can carry six hundred of these bombs. Thus we see that any commercial airplane whatever can now be used for war purposes, and that *only two of these planes would be needed to gas an area as great as that of London and suburbs.*'

## What a Few Airplanes Could Accomplish

"The Inspector General of German aviation, Lieutenant Colonel Siegert, says, for his part, in the *Berliner Illustrierte Zeitung*: 'It is a fact which cannot henceforward be overlooked: a *handful of airplanes is capable of reducing to ashes the metropolis of a great power.*'

"And now we have all these assertions confirmed in a report, prudently worded, no doubt, but sufficiently explicit, presented by Professor Meyer at the League of Nations.

"There is, we read, 'a very important aspect of chemical war, viz., the possibility of utilizing poisonous gases against large cities and the centers of life of the belligerents. . . . However reprehensible such conduct may be, there would be no technical difficulty in having bombs filled with poisonous gases dropped onto places essential to the political or economical life of enemy countries.'

"What more do we want? Who will dare to deny the immensity of the danger the masses would be exposed to in the case of a new clash of peoples?"

Surely we see fulfilling before our very eyes today the prophecy of Joel 3:9-16, which foretells the awakening of all nations to war.

We cannot say, of course, that the next war will be the last great conflict. No man on earth can predict with any assurance the events of the future; but we see today the gathering forces, the extensive preparations. The many millions of dollars expended in the support of standing armies and naval armaments and for the purpose of increasing the efficiency of these destructive forces. What intelligent man can doubt (*Turn to page 21*)

# Is CANCER

## a Meat Eater's Disease?

By D. H. Kress, M.D.

CANCER is today one of the most fatal of all maladies. Next to heart disease it is responsible for more deaths than any other disease. In the United States no fewer than 200,000 people are afflicted with the disease at all times, and over 100,000 of these die each year. In civilized countries the death rate from cancer has increased very rapidly during the last half century. In England it has doubled. It has increased more than 50 per cent in Scotland. In America the showing is no better. If this increase continues, the mortality from this disease will soon exceed that of any other.

Science has not yet determined whether the disease is due to a germ, or whether it is a wild growth of normal tissue cells. It has been demonstrated however, that it is possible to transplant cancer tissue from one animal into the tissues of another, and thus produce the disease. Favourable conditions within the tissues must exist in order to make successful transplantation possible. In other words, the soil has to be favourable to make possible the growth of cancer.

There are two causes of the disease: first we have the predisposing cause, and second, the exciting cause. It may be a comfort for some to learn that the disease is not hereditary, and yet it may run in families. In all probability if a mature person has cancer whose father and mother had it, both parents and offspring lived in such a way as to induce it. Like causes, acting on like organisms, tend to produce like diseases.

### Eminent Physicians Testify

Dr. W. A. Jamieson, former physician for diseases of the skin at the Edinburgh Royal Infirmary, Scotland, in discussing the causes of cancer, expressed the belief that the increase in the consumption of meat, and especially the extensive use of beef, was one of the leading causes of the greater prevalence of cancer in modern times. There are other authorities who hold the same view.

Dr. Burney Yeo, another authority, affirmed. "Among other evils attending an animal dietary, one is that it favours the tendency, where it exists, to development of cancer."

The report of the mortality from cancer among the workers in Packingtown, Chicago, who live largely on inferior meats, seems to confirm this supposition. In this report Dr. Guilford shows that there exists an enormous prevalence of cancer among these workers. In the statistics

furnished he shows that foreigners of the so-called flesh-eating nations reveal the highest death rate.

In returns collected in England of 194 cancer patients, Dr. Roger Williams reveals that "there was not a single strict vegetarian among them."

It has also been observed that orthodox Jews, who adhere closely to the laws of Moses, and abstain from the use of pork, rarely, if ever, suffer from the disease.

Hon. R. Russell, in his work on "Strength and Diet," prints an elaborate table, showing how the prevalence of cancer stands related to the use of meats in the various countries:

#### In England

The cancer rate is high,  
The flesh eaten is much.

#### In Ireland (South)

The cancer rate is low,  
The flesh eaten is little.

#### In Italy

The cancer rate is moderate,  
The flesh eaten is moderate.

#### In Saxony

The cancer rate is very high,  
The flesh eaten is much.

#### In Hungary

The cancer rate is very low,  
The flesh eaten is little.

In Sardinia, where the death rate is less than two to 10,000, and in Bombay, where in 1875 the deaths registered from this disease were at the rate of only one in 10,000 the use of meat is almost unknown. In other countries where meat is not a staple article of food, cancer is seldom found. In Persia the disease is seldom met with; and in Egypt, Tunis, and Algeria there exists a decided immunity.

On the other hand, in England, out of 10,000 deaths, 280 are due to cancer.

Cancer is 140 times as prevalent in beef-eating England as it is in Sardinia. In Canada, the United States, and Australia the death rate ranges anywhere from 280 to 470 out of every 10,000 deaths, or the disease is anywhere from 300 to 400 times as prevalent as in Bombay, Sardinia and Algeria, where meat is seldom if ever used.

It is significant, too, that the increase of cancer in the European and American communities has not merely followed the increase of the consumption of flesh, but that native races who

come to these countries are practically immune until after the adoption of the dietetic habits of people of these countries.

Among the natives of New Zealand, cancer was unknown 150 years ago, when Captain Cook discovered the island. Now the disease is very common there. The same I have found to be true of the Hawaiian and other races of the Pacific that I have visited.

Dr. Robert McCarrison, who spent nine years in a remote part of India, tells us that during his entire residence among the people there, although he performed more than 4,000 major surgical operations, he never had one case of cancer. These people, he tells us, are abstainers from meats of all kinds.

From these and other similar facts we are forced to conclude that cancer is practically confined to flesh-eating countries, and chiefly to flesh eaters in those countries.

In Australia more meat is consumed by the inhabitants of rural districts than by those of the city. In other civilized countries the reverse is true. It is not strange to find that cancer is more common in the rural districts of Australia than it is in the cities, while in Europe and America it prevails more in cities than in rural districts.

#### Chief Predisposing Cause

The chief predisposing cause of cancer is undoubtedly a vitiated blood stream, resulting from the absorption of toxic impurities found in meats, or from the products and putrefaction of meats or other easily decomposable foods in the alimentary canal. These products act as a predisposing cause by preparing the tissue soil for the cancer cell.

Meat broths form the best medium in which to cultivate germs of disease. This is generally recognized in laboratories. The use of beer, tea, coffee, the excessive use of salt, or the breathing of impure air may all act as contributing causes of the disease. Overeating, the free use of animal fats, and the liberal use of butter or sugar favour fermentation and the development of products which, when absorbed, irritate and lower the vitality of the tissues. Cancer does not, as a rule, affect the weakling or the ill fed. Its victims are found among the high livers, the overfed and the well nourished—those who have an abundance of tissue and appear to be robust in health.

Cancerous growths usually make their appearance in those in whom there exists this predisposition, and at a point that has been subjected to

irritation or to some injury. Cancer of the lip, mouth, or throat is for this reason almost wholly confined to men, due to the local irritation produced by the pipe or cigar or cigarette. Cancer of the breast, on the other hand, is chiefly confined to women. Nursing or a slight injury may act as an exciting cause.

Cancer of the stomach and liver may be caused by the irritation from the free use of pepper, mustard, and pickles. The free use of sugar, jellies, and greasy foods, which favour fermentation and the formation of irritating products, may also act as exciting causes. We find cancer of the stomach and liver about equally distributed among both men and women, since these dietetic errors are common to both.

#### Cancer and Heredity

When cancer runs in families, it is due to bad family habits. Children may inherit from parents an inferior organism or a predisposition to cancer, but the difficulty is that they also, as a rule, eat the same kind of food as did the parents; and naturally they are stricken down with the same disease.

Cancer is frequently found in the lower animals. Often in cutting up meat the butchers encounter internal cancerous tumours. These they remove, but the remainder of the carcass is never thrown away. It is sold to an unsuspecting public. The entire carcass of such an animal is diseased. By the use of such infected meat, the seeds of the disease may be directly

communicated to man, and those whose tissues are laden with impurities through previous improper habits of eating, naturally fall victims to it.

Cancer is common in fish. Microscopic examinations have revealed that tumours in fish are not infrequently of a cancerous nature. They are similar to the cancerous tumours found in man.

#### Treatment

Surgery is usually resorted to in the removal of cancer. Superficial cancers may be removed with escharotics. The final results from surgery or escharotics are not very promising, unless changes are made in the dietetic habits. In a brief period the cancer is apt to become generalized and cause death. Sir James Paget, a distinguished surgeon, some years ago said, in speaking of operations as a cure for cancer, "I am not aware of a single case of recovery; and as to the (*Turn to page 21*)



Multiple Black Cancer

# The TOMBS of Jericho SPEAK

And bear witness to the historical truth of the Scriptural record. A  
vindication of the story of the Exodus.

By L. Ervin Wright

FOR more than a century the archaeological world has been split into two camps over the question of the identity of the Pharaohs of the Hebrew Oppression and of the Exodus. Since the Bible does not give the names of either of these Egyptian monarchs, nor even the name of the daughter of Pharaoh, who rescued Moses from the Nile, students of the question have attempted to identify these Pharaohs and Pharaoh's daughter by comparing Egyptian history and chronology with Biblical history and chronology.

On the one hand, Thotmose III has vied with Ramses the Great for the dubious honour of being one of the leading Pharaohs of the Oppression, while Amen Hotep II, a son of Thotmose III, has vied with Menepthah, a son of Ramses, for the still more dubious honour of being the Pharaoh of the Exodus.

From ancient authorities and monumental evidence it has been fairly well established that Ramses and Menepthah reigned around 1300 B.C. The Bible chronology (that found in the Septuagint Version) places the Exodus at about 1451 B.C. Those who hold that Menepthah was the Pharaoh of the Exodus have never been able to reconcile Bible chronology with their theory; for if the Bible chronology is correct, the Exodus occurred one hundred and fifty years before Menepthah was a Pharaoh. The proponents of the Menepthah theory have therefore been obliged to juggle either Bible chronology or secular chronology to make their theory fit. The juggling has been mostly with the Bible dates. As a result, the Bible chronology has been greatly discredited; for, to make Menepthah the Pharaoh of the Exodus, the Bible date for the Exodus had to be lowered by about a century and a half!

## Bible Chronology

Even the eminent Fundamentalist archaeologist, Dr. Melvin Grove Kyle, in his book, "The Deciding Voice of the Monuments in Biblical Criticism," while with one breath telling us that Biblical chronology is trustworthy, also tells us that we cannot work out a reasonable chronology from the Bible because we do not understand how the Jews worked out their scheme of computation. Just how we can know with assurance that the Bible chronology is trustworthy if at the same time it is enshrouded in weird and mysterious techni-

calities and is devoid of mathematical precision, he does not say. It is quite needless to remark that Dr. Kyle holds to the Menepthah theory. All who have held the Menepthah theory have had to explain away Bible chronology.

With some exceptions, "we have all been hypnotized by the Menepthah theory," comments Prof. H. R. Hall of the Department of Egyptian and Assyrian Antiquities at the British Museum, in his book, "The Ancient History of the Near East," page 408, footnote. This "hypnotic state" is owing largely to the hasty deductions and generalizations founded upon incomplete archaeological evidence.

In 1883, the great Egyptologist from Geneva, Edouard Naville, unearthed the Biblical Pithom, one of the cities built by the oppressed Hebrews. The ancient name for this city was Pi-Tum, "the abode of the god Tum." Tum was the name given to the setting sun. Some inscriptions of Ramses II and one of his statues found there led Naville to believe that Ramses II was the founder of the city, and therefore the oppressor of the Hebrews.

But the late Albert T. Clay, eminent American archaeologist and philologist, in his book, "Light on the Old Testament from Babel," tells us, while Ramses II may have been one of the later builders of Pithom, the evidence is not complete that he was its founder.

We know, too, that Ramses II was one of the greatest plagiarists in history. "It is a known fact that excavators find in almost every quarter in Egypt, however remote and obscure, that Ramses II has restored and built upon the work of his predecessors, *even usurping their work and making it appear as his own*. He is even charged with having credited himself with most of the achievements of the great Thotmose III in enumerating places he conquered, from which it is practically certain he did not even receive tribute."—*Clay, Op. cit., page 270.*

Of the modern city Tanis, identified as the Biblical Zoan (Psalm 78: 12) or, as it is named in Exodus 1: 11, Raamses, Professor Clay states: "But while the city was built by Ramses, who is called its 'second founder' by Naville, *it had been in existence for more than a thousand years prior to his time.*"—*Id., page 271.*

In the light of these facts, it is very pre-

carious to insist that Ramses II was the oppressor of the Hebrews because he happened to carry on a public works programme at Pithom and Raamses.

#### Egyptian Mention of Israel

A monumental discovery some years ago brought distress and consternation into the camp of the advocates of the Menepthah theory. This discovery was the finding of the mention of Israel upon an Egyptian stele, or slab. The consternation to the Menepthah-theory advocates came not merely because Israel was mentioned upon an Egyptian tablet, but because the tablet told where Israel was located during Menepthah's reign. If their theory was right, the Israelites during Menepthah's reign should have been in Egypt or in the Arabian wilderness; but this Egyptian monument showed to the world that during Menepthah's reign the Israelites were located in Palestine!

Pharaoh Menepthah, it seems, had made an aggressive expedition into Palestine in his fifth year. Upon his return to Egypt, he had inscribed upon a huge granite stele a "hymn of triumph," in which he tells of the people he had met in battle. The stele in part states: "Israel is not, his crop is not; Palestine has become a widow for Egypt."

All sorts of ingenious theories have been invented to kill the force of this evidence, and to save the Menepthah theory. But even E. A. Wallis Budge, keeper of the Egyptian and Assyrian antiquities in the British Museum and author of a large number of books on ancient Egypt, makes the following admission: "Judging from this passage, it would seem that Menepthah had conducted some campaign in Palestine or southern Syria, and that as a result the whole of the country had been laid waste, and several districts of Palestine reduced to want and misery."

In commenting upon this inscription, Professor Clay writes: "This inscription shows that the Israelites were in Canaan in the early part of his reign, which makes it impossible to consider him the Pharaoh of the Exodus, and his predecessor, Ramses II, the Pharaoh of the Oppression, unless the forty years in the wilderness be considered a myth, inasmuch as this stele was set up in Menepthah's fifth year."—*Op. cit.*, page 277.

But in spite of a precarious theory, every one can see that this stele proves that the Israelites were already an established people in Palestine in the early part of Menepthah's reign. Although this punitive expedition is unmentioned in the Bible, it took place during the more or less chaotic condition of the times of the judges, and apparently affected only the crops and the Israelites of the valley regions of Palestine.

Another Egyptian monument shows that more than a hundred years before this, when Seti I and Ramses II made an expedition into Palestine they found the tribe of Asher "already located in western Galilee."—*Clay, Op. cit.*, page 271. This shows that the Exodus had taken place years before Ramses II and Menepthah reigned.

Now out of the tombs of the kings of ancient Jericho comes evidence that should settle the



*Ancient Burial Place*

controversy of the Pharaohs of the Oppression and of the Exodus. For several years Sir Charles Marston of England has been sponsoring an archaeological expedition at ancient Jericho. The Marston Expedition, under the able direction of Professor John Garstang, eminent English archaeologist, unearthed last year the tombs of the ancient kings of Jericho which fix the date of Jericho's destruction. The date of this destruction is more than a century before Menepthah's reign!

#### Pottery in Tombs

It is true that the tombs at Jericho bore no dates as such, yet they contained numerous quantities of Egyptian vases, pottery, and other objects which were easily dated. The city-state of Jericho, in common with most of the other city-states of Canaan, was under the vassalage of protection of Egypt. The Pharaohs of Egypt, as the overlords of Jericho, had from time to time sent to their underlords, the kings of Jericho, various gifts from Egypt. These gifts to the various kings of Jericho were found in the tombs of Jericho, and they enabled the scientists to ascertain what kings in Egypt were contemporaneous with the kings of Jericho.

Thus it was proved that the last king of Jericho lived contemporaneously with Amen Hotep III. But Amen Hotep III reigned in Egypt more than a century before Menepthah came to the Egyptian throne! This shows that the conquest of Canaan had been accomplished more than a century before the late date set by the Menepthah theory; that a century and a half before Menepthah the Exodus had taken place; and that nearly two centuries before Menepthah reigned Moses was born and lived in Egypt.

The date fixed by archaeologists for the destruction of Jericho is about 1410 B.C. Bible chronology (LXX) fixes the destruction of Jericho at about 1411 B.C. As Egyptian chronology is still incomplete and can only be approximated, it is believed that the Bible date for the destruction of Jericho is safest. Those who juggled the Bible chronology to make it fit the Menepthah theory will now be obliged to repudiate their stand. How much wiser would it have been to take the Bible chronology at face value, and thus be spared the humiliation of attempting to wreck the Bible chronology in order to save a pet theory!

# Vegetables

## *Their Selection and Preparation*

By E. M. Geraghty

No. 2

**C**ONTINUING the study of vegetables, on investigation of other "family" groups one finds many which have so many members and offer such a number of excellent items that one can easily make selections which will appeal to a wide diversity of tastes.

A recently issued book comments on the fact that there is so much unnecessary repetition of vegetables on the average menu and so little adventuring in the interesting paths of preparing and serving the less well known vegetables.

With a recollection of the items discussed in the former article and with the material immediately following this introduction, one finds new worlds to explore. Try these lesser known vegetables and make meal planning a grand adventure.

### Corn—the Great American Vegetable

Corn is truly an American vegetable. It grows in any temperate climate but is best

there is much resistance to the expansion under heat, with a resultant "explosion" turning the kernels into fluffy white ones.

Basilla is a variety of greens found in the tropics.

Borage is a garden herb of English nativity. The leaves are cooked or used raw in salads.

Chervil resembles parsley in appearance. It grows in the southern part of the United States and in other temperate areas. It is used in seasoning soups, as a garnish, in salads and in sauces. Parsnip chervil or turnip rooted chervil is raised in southern Europe for its root, which makes an excellent cooked vegetable.

### Chicory Serves Many Purposes

Chicory belongs to the same family as the endive and the dandelion. There are a number of varieties, and the variety names are loosely used. The leaves are used for salads. The root is roasted

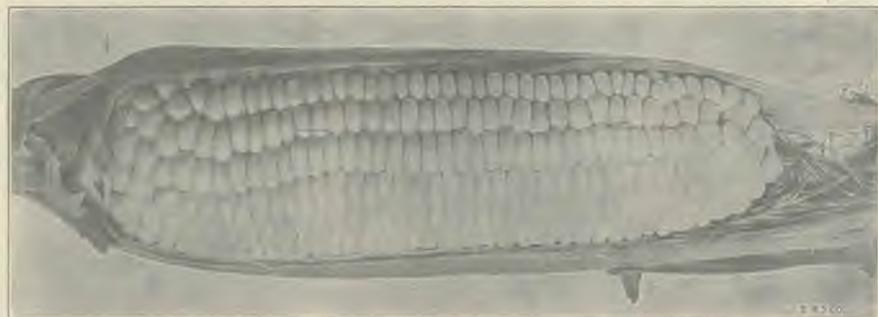
and used as an adulterant or substitute for coffee. Chicory grows wild all over the eastern part of the United States. It is a persistent weed with a "leggy" stalk and a beautiful blue flower. A rank, weedy field of Queen Anne's lace and wild chicory is one of the loveliest sights along railway roadbeds.

The broad-leaved salad plant sometimes miscalled French endive is really chicory. It should be served crisp if eaten raw. It is excellent when cooked and served like Swiss chard.

Chinese mustard is grown for the root leaves, which make excellent greens. It is well known in Chinese markets but is also found in American home gardens. The tuberous rooted variety belongs to another family and resembles white turnips.

Chives are used as a salad ingredient. The flavour is akin to that of the onion, but the greatest asset of this plant is the unusual appearance and the smartness of colouring of the green spikes, which look like hollow tubular grasses. They may be grown in pots like parsley and cut freely. The leaves are used in soups, stews and salads.

Corn-salad is a salad plant with leaves growing into rosettes or heads. The leaves are too



*Courtesy of P. P. Pocha & Sons*

known in United States of America. Ireland and Italy are the only other centres using much of it. It ranks next to wheat as a cereal product and is one of the leading vegetables. There are a large variety of names, but I shall discuss only field corn, sweet corn and pop-corn. The main divisions of sweet corn are yellow and white. The yellow is credited with a greater amount of vitamin A than is found in the white. Sweet corn should be cooked as soon as possible after it is picked, if the best flavour is desired. Field corn yields corn-meal, both yellow and white, corn-starch and corn oil. There are various names applied to corn-meal cooked with water and other ingredients; it is known as stirabout, polenta, mush, johnny cake, hoe cake, spoon bread, corn pone, tortilla and scrapple. Pop-corn contains a great deal of moisture, but the outer shell should be dry, so that

bitter to be acceptable alone but make a snappy addition to lettuce or other vegetable combinations. Italian corn-salad has leaves which are lighter in colour than the other variety.

Cress is a term applied to a number of plants used raw for salads, garnishes or in sauces. The best known and most widely used kinds are garden cress, peppergrass and watercress. Garden cress is usually notched and indented along the leaf margin. All varieties have a sharp, somewhat bitter flavour. Watercress has a rather round leaf. It grows wild in running water and when grown for market is produced best in ditches well supplied with moving water. While it is best known raw, it is good cooked as greens and accompanying roasts.

Dandelions are certainly well known and little liked by those of us who try to have lawns. It will be difficult for me to say a good word for them unless I praise their longevity and the length and diameter of their roots. However, I shall attempt to proceed with a purely academic interest in the matter. The young leaves make excellent greens when cooked. Some growers blanch the leaves and sell them as choice salad leaves. The Italian dandelion is one of the larger leaved cultivated varieties.

Endive has been referred to in the discussion on chicory. All types of endive belong to the dandelion family. Endive has been cultivated in Japan and China from early days, and today it is found wild in all countries surrounding the Mediterranean. As noted under chicory, the variety names are loosely used and are often incorrectly applied. Curly endive is often erroneously called chicory or curly chicory. Batavian endive or broad-leaved endive is another term for the same plant.

Escarole belongs also to the dandelion family. The leaves of this plant have thick white mid-ribs with broad leaves. Escarole resembles Swiss chard and may be served in the same way.

Fennel is grown largely for the leaves, which are valuable for salads and as a garnish. It is also cooked in soups. The best known varieties are garden fennel and sweet fennel. The seeds are used to make fennel oil or to season sauces. Florence fennel is grown for the bulbous root, which is eaten raw or cooked.

Lettuce is the best known salad vegetable. It is also a delicate and excellent menu item when cooked like Swiss chard and served dressed lightly with butter. It came originally from India or Central Asia. The varieties known best are head lettuce, cos lettuce and leaf lettuce. Since one uses lettuce mainly to add attractiveness, variety and bulk to the diet, one usually chooses the kind with greatest eye appeal; this, of course, is head lettuce. But with the present-day interest

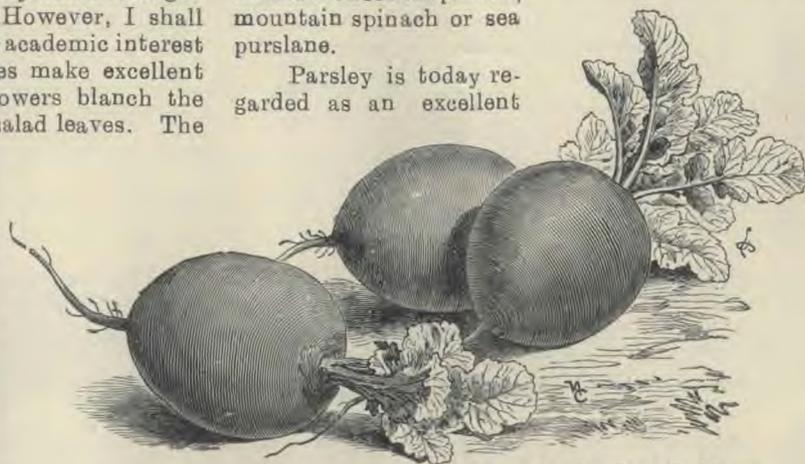
in vitamin content of vegetables, one needs to consider favourably the leaf lettuce, since this is credited with more vitamins than are found in head lettuce. Cos lettuce has long leaves while leaf lettuce has wide leaves of rather coarse texture. Romaine is another term for cos lettuce.

Mint includes peppermint, spearmint and pennyroyal. The mint grown in gardens for garnishing, sauces and beverages is spearmint.

Mustard greens are grown extensively in the southern part of U. S. A. The leaves of white mustard are more delicate than those of black mustard. Pot-herb mustard is used chiefly as a cooked vegetable, although the leaves may be eaten raw in a salad.

Orach is grown as a plant for greens in France and England. There are three varieties, "white," with pale green leaves; "red," with dark red leaves, and "green" with dark green leaves. Other names are French spinach, mountain spinach or sea purslane.

Parsley is today regarded as an excellent



Courtesy of P. P. Pocha & Sons.

source of iron. It is used mainly as a garnish and an ingredient of sauces.

Purslane belongs to the portulaca family and is a garden pest. The leaves are round and small much like watercress. The plants may be used as a garnish for salad or cooked as greens.

Radishes are best used raw or in salad. The plant is a native of India. There are long radishes and round radishes. The colour range is white, yellow, red, purple and black. Radishes are at their best when young and freshly pulled.

Rampion is similar in appearance to the radish. The roots may be used raw in salad or as radishes are used, or they may be cooked as turnips are cooked. The leaves are acceptable for greens.

Spinach is the best known of the greens. The finest varieties are raised in California. Fresh spinach needs much washing to remove the sand which lodges in the tiny crevices of the leaves. The varieties grown in eastern and middle western parts of the United States often have a minute worm inside the leaf between the layers of cellulose. It is impossible to detect this when cleaning the spinach. Spinach is best known (*Turn to page 29*)

The

# Psychology of Salvation

No. 4

By Lionel H. Turner

**Y**EARS ago, just south of the lake of Galilee, in the desolate region that rises out of the precipitous defiles of Jordan, there dwelt a wild man who was a constant source of terror to the little nearby town. The man had lost control of his mind. He was at the mercy of a legion of devils that seemed to take control in turn, and drive him on from one caprice of madness to another. Sometimes quaint, half-sane desires of his own struggled with pathetic impotence for expression; but the devils ruled with implacable violence.

One day a strange, new impulse led him to the shores of that beautiful lake where the Nazarene loved to walk; and there he came face to face with One, who but a little before, by a quiet word of command, had changed a raging tempestuous sea to a great calm. The devils that controlled the poor man's mind would have driven him away, because they hated above all things the purity and peace of that Presence; but, by the same quiet word of command, the Nazarene banished them all from the helpless sufferer's mind. A little later, the man was found "sitting at the feet of Jesus, clothed, and in his right mind."

This is a wonderful object lesson. For there is no miracle recorded of Him that is not doctrine. That man represents every son of Adam. We have all lost control of our minds. We are all under the control of a legion of evil impulses—mental and physical lusts that drive us on to all the madness of self-indulgence. Instead of the society of God and the heavenly angels, which is our birthright, there is no home for us but the tomb of this sin-cursed world.

But thank God that that Nazarene Psychologist, who alone understands the psychology of insanity, is still here! If we can but come to Him (and it is strange how this legion of evil impulses would drive us from Him), He will banish them all; and some day we will be found "clothed and in our right minds,

sitting at the feet of Jesus." Then, let us go to Him.

## The Way is Open

But, you say, I cannot come; I do not understand. Neither do I. But let us go to the Text-book.

It is a strange thing that the Bible doesn't seem to recognise degrees in the strength of human intellect. Indeed, it largely discounts the idea. Certainly, Solomon says much about "wisdom," but most people misunderstand him. They fail to take



at its face value the definition: "The fear of the Lord is the beginning of wisdom." All this is the more remarkable when we reflect that human standards make this business of relative mental strength one of the most outstanding of distinguishing factors.

In God's eyes there are only two types of mind: the carnal mind and the spiritual mind; and that is exactly the same distinction that Solomon makes throughout his book. By the carnal mind God means the human mind in its natural condition. It is the mind as the ravages of sin have left it; a mind in which the three powers have been overturned and nothing left of a spiritual nature but a conscience. It is a condition that is not only hostile to divine things; it is incapable of understanding them. In his profound treatise on spiritual wisdom, Paul devotes two chapters to this theme.

"For ye see your calling, brethren," he says, "how that not many wise men *after the flesh*, not many mighty, not many noble are called." And it is true. Christianity is made up to a great extent of "the common people" who "heard Him gladly." That is the stumbling-block to men of the world who place intellect first among the noble things. But sometimes the most intellectual men become lunatics, and they are just as mad as any other lunatic. Remember that in God's sight we are all mad, for we have all lost control of our minds. The carnal mind is upset. It is all wrong. The most feeble mind that has that spiritual control is infinitely wiser than the most brilliant intellect that dwells in a carnal heart.

"Let no man deceive himself. If any man seem to be *wise in this world*, let him become a fool, that he may be wise. For the wisdom of this world is foolishness with God." 1 Cor. 3 : 18, 19. To Him that dwelleth in the heavens, the wisest thoughts that the carnal heart can think are nonsense. "The Lord knoweth the thoughts of the wise, that they are vain ('futile,' original)." 1 Cor. 3 : 20. The wisdom of the world resulted in the most terrible blunder ever made in the whole universe in all eternity—the crucifixion of "the Lord of glory." Mere intellectual brilliance fails to impress God. It is no better than what men think of as dullness, when both are carnal.

Just as the wisdom of man is babbling nonsense to God, so do the things of God seem to the carnal mind. Paul says here, "The natural man receiveth not the things of the Spirit of God: for they are foolishness unto him." 1 Cor. 2 : 14. The reason is psychological. It will be quite patent to any psychologist who will admit that the human mind has become overthrown and devoid of that very real element of spirituality. The Bible reason given for it is quite in accordance with the findings of science. It is generally accepted amongst psychologists, indeed, it is an unassailable fact, that man's mind cannot soar into realms that are beyond his senses. He cannot reason, apprehend, or imagine amongst facts that have not at some time been presented to his mind by one or

another of his senses. "The eloquence of a Demosthenes could convey to a man born blind no comprehension of the visual appearance of lighting, since the man has not gained through his sense of sight, the element from which the picture must be constructed."

Now notice the reason given in the Bible for the failure of man to understand the things of the spiritual world. "But we speak the wisdom of God in a mystery, even the *hidden wisdom*. . . which none of the princes of this world knew. . . But as it is written, *Eye hath not seen, nor ear heard, neither have entered into the heart [mind] of man*, the things which God hath prepared for them that love Him. But God hath revealed them unto us by His Spirit." 1 Cor. 2:7-10. Just as there are things of which the mind can become cognisant only through the eye or ear, so there are things of which the mind can become cognisant only through the spiritual senses that appertain to the spiritual nature. They are things of which the eye and the ear and the other senses know nothing. How then can a mind devoid of this spirituality know of spiritual things?

Up to this point then, we have seen that the testimony of divine psychology and the testimony of human findings concur in this important fundamental: that the ordinary mind cannot hope to understand spiritual things. "They are foolishness to him," fanatical gibberish. It remains now to add that the Bible is consistent on this point. It demands no research into spiritual things in order that one might discover how one might "renew the mind." It tells a simple story, and then adds the simple formula: "Believe on the Lord Jesus Christ, and thou shalt be saved."

#### A Strange Solution

But there is divine psychology in believing. Our ability to believe leads to a strange link between the imagination and the perception. When things are perceived through the senses, definite impressions which may become the basis of future reasoning or imagination are left on the mind. In other words, they are impressions that have become permanently part of the mental content. They are impressions that can be built upon. When, on the other hand, impressions come to the mind indirectly—by report, for instance, the imagination has the power to build up the situation for the mind to examine. If we do not believe—if the mind does not accept the image conjured up by the imagination, it does not become permanent, but falls into oblivion as soon as the imagination ceases to focus upon it. It is an impression that leads to nothing. The mind can never build truth upon it.

If, however, the mind is satisfied with the truth of the facts, these constructed images become as real and as permanent to the mind as if they had been put there by the senses. They are real. They are permanent integers of mental content. The mind can use (*Turn to page 28*)

# Man's Substitutes for

# God's Commands

By E. Hilliard

THE sacrificial offerings which God had ordained for the salvation of man was understood by the entire family of Adam. Cain and Abel erected their altars alike and each brought an offering. Abel brought an offering according to the Lord's directions—a lamb from the flock, "And the Lord had respect unto Abel and to his offering." Gen. 4:4. Fire flashed from heaven and consumed the sacrifice. It was through the blood of this sacrificial offering that he looked forward to the blood of Christ to be shed on Calvary's cross. He saw himself a sinner, and trusting in the atonement that there was to be made he had the witness that his sins were pardoned.

Not so with Cain. He ignored the Lord's command to bring a firstling of the flock, and he brought an offering of his own choosing,—the products of the soil in which there was nothing to typify the blood of the atonement. He substituted his own choice in the place of God's plain command. His offering was rejected. He be-

came angry and rebellious and slew his brother. There is an important lesson in the conduct of Cain for all who undertake to set aside divine requirements and follow their own way. For instance, God has ordained the seventh day of the week as the Sabbath, sanctified it, rested upon it, made it holy, and commanded all men to keep it holy. But we frequently hear it said, "It makes no difference which it is, if we only keep holy one day in seven."

This might do if a man could bless a day and make it holy. But he can no more make a day holy than Cain could put blood in the fruit of the soil to typify the blood of the cross. If one selects a secular day of the week as his sabbath, he substitutes in the place of God's command, obeys himself, and declares that God is just as well pleased as he himself. Such obedience is no better than that of Cain's. "Behold, to obey is better than sacrifice, and to hearken than the fats of rams." 1 Sam. 15:22.

## How to Develop Shapely Arms

By Alice Latham

IT must be admitted that one often sees an otherwise perfectly developed figure marred by a pair of arms which are distinctly not beautiful. A glance around any swimming pool will suffice to bear out the truth of this observation. A well-developed, graceful arm is an asset to any woman who would be well-groomed, and for a man to be content with flabby, under-developed arms, or weedy "pipe-stems" is inconceivable.

The most noticeable faults are lack of proportion. Perhaps the upper arm is too fat, and the lower arm in consequence appears to be undeveloped. The wrists may be too plump. Other defects are roughness and redness.

The natural tendency is to shrug one's shoulders, and say, "Well, I can't help it—my arms are as Nature made them," and resign one's self to the inevitable. Another excuse is that one's daily work provides all the exercise necessary to give them strength and grace.

That, of course, depends on the kind of movements used in the daily tasks. Housework provides many useful, strengthening activities, but the stooping position of the body, which is

generally called into action, is definitely harmful. The chest is narrowed, the lungs are cramped, and the respiration is impeded thereby.

Men employed in sedentary or routine occupations calling for little or no muscular effort, generally solve the problem of "all-round" development in a most enjoyable and effective manner by outdoor sports. Swimming, rowing, tennis, golf, or gardening are all excellent for the purpose, and if indulged in regularly and not to harmful excess, make for the attainment of virile, physical strength.

Yet there are those to whom such activities are denied, and who would be grateful to find some simple, easy method of gaining strength and suppleness. The following exercises are suitable for both men and women, and may be practised daily.

1. Raise both arms out sideways with the palms facing upwards. Now bend the arms at the elbows, clenching the fists. Rotate the upper arms backwards. Repeat in the opposite direction. This exercise not only strengthens the upper arms, but also fills in "salt cellars."  
(Turn to page 28)

# Why I

# Do Not SMOKE

By Elva Zachrison

I DO not smoke because I think it looks so silly for an adult, a full-blooded citizen of this wonderful country of ours, supposedly in his right mind, to be puffing away at a miniature firebrand, and enjoying it.

I do not smoke because it is a bad habit, and does not benefit body, mind, or spirit. Why waste time with anything so profitless? Besides being profitless, it is absolutely injurious. It dulls the mind, weakens the body, blunts the spirit, and unsteadies the nerve. Ask any physician who understands his business, who talks more about how to keep people from getting sick than how to get them well when they are sick, and he will tell you this, and much more that is still more uncomplimentary. No, from the health standpoint, smoking is never recommended as a favourite indoor sport, nor an outdoor one either.

I do not smoke because it is an expensive habit, burning up money that might be used to benefit and uplift humanity. I want to invest my surplus in something that builds, not in something that burns.

I do not smoke because it is a filthy habit, indorsed by neither science nor the Bible. I read in the latter, the infallible guide from an all-wise Counsellor, "Be ye clean," and tobacco certainly is *not* clean.

I do not smoke because, belonging to the potential motherhood of America, I want to do my part in keeping that motherhood strong, healthy, and unenslaved. I want to do my part in giving a future generation the inalienable right and priceless heritage of being well-born.

Should I smoke today, and it would be the first time, I would not enjoy it. In fact, the whole process would be positively repulsive. The inhaling of the smoke would poison me, and I would be real sick from the experiment. Should I continue the experiment till I were immune, the smoke and the nicotine would be no less a poison a year from now than they are today. But due to nature's law of accommodation, I would not feel sick. I would feel like I wanted another smoke. And I might feel sick if I did not get the smoke. This is the law of slow poisoning, insidious and certain, that makes it cheap for the big companies to give away cigarettes—to the uninitiated only.

"They satisfy." That is the trouble with cigarettes, they satisfy too soon. When the body calls for nourishment, they satisfy with poison. When the body cells want food, they so drug

and stupefy the hungry cells that soon they want nothing but more cigarette smoke. This is what one famous (or shall we say infamous?) brand of cigarettes advertises. It is a satisfied user speaking:

"Working late at night, for example, I can smoke through a whole pack of \_\_\_\_\_, and still go to bed with my mouth moist-cool and clean and comfortable. Ask any smoker what that means!" This infers that smoking *usually* leaves the mouth dry-hot and uncomfortable. In plainer language, smoking irritates, a fact admitted by even the heavy smokers. I do not need to smoke a certain brand of cigarette to have a moist-cool, clean, and comfortable mouth. I have it anyway.

I would not smoke even if I were the only nonsmoker left in town. For the majority are not always right, neither are the elite. I never intend to smoke, no matter who indorses it. I have my life to live, and I want to live as long as possible. I have my health to preserve, and I want to keep it the best. I have my appreciation of life to cultivate, and I want to keep it untainted, beautiful, and capable of expansion and growth. Therefore, I do not smoke.

Life is measured by the wealth of its appreciation. In learning to smoke, would I be increasing my happiness, and my appreciation of life? "It is a pleasure to smoke," say the smokers. But there are pleasures and pleasures. Smoking is purely a creature pleasure, not even enjoyed by the uninitiated. I am persuaded that the pleasure in smoking varies inversely with the enjoyment of other more worth-while values; for smoking takes the edge off the appreciation of the finer things of life. The taste is changed, the appetite is changed, everything is changed. The changes that smoking would effect in my body, especially in my nerves, in my attitudes, and in my outlook, would be for the worse, always for the worse. I know, because I have observed others. I dare not take the risk myself, for I have only one lifetime to live. Therefore I do not smoke.

There is nothing uplifting about smoking. The only thing that lifts is the smoke. And it usually takes some essence of manhood or womanhood with it as it dissolves into thin atmosphere overhead. Looking out across the homes of the city, I see smoke ascending from them. "Something is burning," I conclude. Looking out on the street, I see smoke ascending from men and women. Something is burning, is being consumed. "It is the cigarette," (*Turn to page 31*)



Entrance Narsapur Hospital

# A SMALL Doing a GREAT

God is not dead, Christianity is  
gospel is still effective, fore-  
ful, as long as this flo-  
is sweeping

By Lyndon L

**M**R. W. K. KELLOGG, famous corn-flake king, about two years ago presented the Seventh-day Adventist College of Medical Evangelists with an endowment of two million dollars for the erection and operation of a special clinic, to be known as "The W. K. Kellogg Foundation for Cancer Research." For some time Mr. Kellogg has been intensely interested in the progress that is being made by medical science in its effort to obliterate forever the terrible scourge of cancer. Mr. Kellogg does not belong to the Seventh-day Adventist Church. But for many years he has been intimately associated with a number of men and women of that faith. It is peculiarly significant that when he came to choose the group of men whom he desired to carry out his wishes in connection with the Cancer Foundation, he chose these men of another religious faith and asked them to conduct this study through the regular organized channels of their denominational medical work.

Among others who have made notable gifts to the medical and mission work of Seventh-day Adventists is Mr. Porter, retired wealthy Denver business man, who presented them with a gift of over £76,000 which made possible the new Porter Sanitarium and Hospital, which is now in full



PAGE SIXTEEN

operation in Denver. Before the institution was completed, Mr. Porter added to his generous gift another £9,000 for the erection of nurses' home. The institution is owned and operated by the denomination through its medical department in accordance with its special principles of healthful living. The gift was made without any stipulations on the part of the donor except that it should bear his name.

The principles of healthful living, for which Seventh-day Adventists have stood for the eighty-odd years of their existence, have been a rich blessing to humanity the world over. No other religious sect places the emphasis upon healthful living that they do. They take literally the Bible injunction that the "body is the temple of the Holy Ghost." 1 Cor. 6:19. They religiously believe that intemperance in any form is sin. They do not draw the line of intemperance with the consumption of liquor, but extend it to any form of dissipation that impairs the body.

The remarkable work that is being accomplished by these people in relieving the physical



Performing Opera  
Right: Hospital  
Left:

# ple WORK

ital, the old-fashioned  
sions are success-  
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Shanghai  
S.D.A.  
Sanitarium



suffering of the world, as they seek to relieve the spiritual suffering of mankind, is attracting the attention of some of the world's greatest leaders.

Within a single week the Shanghai Sanitarium, a Seventh-day Adventist institution, entertained as patients the vice-president of China, General Tan; also the minister of Communications and the Minister of Foreign Affairs, both of whom have the name of Wang. Other prominent patients of this institution are several leading bankers, and the Minister of Industry, Labour, and Commerce, Dr. H. H. Kong, and his wife, who is a direct descendant of Confucius. Mrs. Kong is the sister of the Minister of Finance, and the wife of the one who was then the president of

China. Her older sister is the widow of Sun Yat-sen, whom the Chinese call the "George Washington" of China.

#### Substantial Aid

In 1929 the business men of Shanghai made up a subscription of £30,200 for the erection of a six-

story medical dispensary to be operated by this people. Mrs. Chiang, the wife of the president of China, made a visit to Dr. H. W. Miller, director of Seventh-day Adventist medical missions in China, to tell him that they are ready to put up a sanitarium in Nanking, whenever Dr. Miller will say the word. They will finance it, if the Seventh-day Adventists will run it. Mrs. Kong, wife of Dr. H. H. Kong, mentioned in the previous paragraph, has offered to make the initial subscription of £2,000 for this Nanking medical institution. While many other mission societies are finding it necessary to withdraw their missionaries from China because of the political conditions there, Seventh-day Adventists are going forward opening new stations and dispensaries.

At Nuzvid, South India, Sree Rajah Sobhanadir Apparow, Zemindar of Telaprole, a wealthy land holder, made a gift to Seventh-day Adventists of 10,000 rupees and later of 5,000 rupees more, to establish a hospital at the town named. The donor watched the work done by the hospital with the keenest interest and is a confirmed believer in the methods of treatment administered by the hospital. Since completing the hospital, he has built homes for eleven families of medical missionary workers connected with the institution. Another hospital in India, the Bobbili Hospital, was largely built with money given by the Rajah of Bobbili. (Turn to page 26)



off, Nuzvid Hospital.  
Mission Hospital,  
Nuzvid.



# From BENCH to THRONE—VI

## "An Empty Tomb"

By W. W. Prescott

IN response to the persistent demand of His own people who had rejected Him, Jesus of Nazareth was nailed to the cross and "yielded up His spirit." Then His friends took His body down and laid it in "a new tomb wherein was never man yet laid." With Him His followers laid away their hope that He was the Messiah whom they were expecting, who should take the throne of David and give them places of honour in His kingdom. In spite, however, of this bitter disappointment and this utter wrecking of their cherished hope "on the Sabbath they rested according to the commandment," and then came with "spices and ointments" to anoint the body of their former associate. But what did they find? "They found the stone rolled away from the tomb" and upon entering they "found not the body of the Lord Jesus." What had happened? They were told in plain words: "He is not here, but is risen."

The tomb was empty. There was no mistake about that. Some of the graveclothes were lying there in plain sight, proving that they were in the very place where the body of Jesus had been laid, but the body was gone. And so they went away to tell their friends the news which to them was both surprising and startling. For "as yet they knew not the scripture, that He must rise again from the dead." Strange, indeed, since He had told them repeatedly that He must "be killed, and the third day be raised up." So it seems, but the same thing is happening today. The plain words of Jesus concerning His return to this world are either not believed or not regarded now. "The god of this world hath blinded the minds of the unbelieving." Are our minds quick to discern and to accept the truth?

What convincing proof have we of the resurrection of Jesus? Well, there was the empty tomb. Yes, but some say that His disciples stole His body and carried it away. If so, they certainly told a lot of lies afterward, for over and over again they declared publicly that God raised Him from the dead. So Peter affirmed on the day of Pentecost when speaking to the Jews, and again in the house of Cornelius when speaking to the Gentiles. But might he not have been mistaken? Some of the wise critics suggest that Jesus might have fainted on the cross, and being revived by the coolness of the rock tomb, He might have lived long enough to appear to His friends, and then have died and been buried. But this imposes a

greater strain upon our credulity than to believe the simple record of the fact. It leaves too many things unexplained. It ignores the greatest fact in human history—Christianity. It does not account for Pentecost and what followed. On that occasion, at "the third hour of the day," there were "about a hundred and twenty" living proofs of the resurrection of Jesus. Some said that they were "filled with new wine," but Peter gave the true explanation of their new experience: "This Jesus did God raise up, whereof we all are witnesses. Being therefore at the right hand of God exalted, and having received of the Father the promise of the Holy Spirit, He hath poured forth this, which ye see and hear."

The risen Jesus was the explanation of Pentecost. Just before He went to the cross He foretold the coming of the third person of the Godhead, the Comforter, the Holy Spirit, who would take His place, and would make effectual *in* believers the work which He had done *for* them. "The Pentecostal outpouring was Heaven's communication that the Redeemer's inauguration was accomplished. According to His promise, He had sent the Holy Spirit from heaven to His followers, as a token that He had, as priest and king, received all authority in heaven and on earth, and was the Anointed One over His people." Only the Living One could do this.

But let us think a little further. By the close of the day of Pentecost there were "about three thousand" more witnesses to the resurrection, and a little later "the number of the men came to be about five thousand," and during the centuries since that day the number has grown to millions, upon millions, and it is still growing. The Jesus of history, the Man of Nazareth, who lay that Sabbath in Joseph's new tomb, is now the risen and ascended Christ who lives in every believer through the indwelling of the Holy Spirit, and thus becomes the life of his life, as the apostle Paul testified: "It is no longer I that live, but Christ liveth in me." In this way every Christian, whose sins have been forgiven, is the living proof of the resurrection, for "if Christ hath not been raised, your faith is vain; ye are yet in your sins."

The death and resurrection of Christ are simply two phases of the same event. While they may be studied separately, yet in experience they must never be separated. In my last article I sought to show what it means to be united with

Christ in His death by accepting His death as our death and so dying to sin; now I must add that "if we have become united with Him in the likeness of His death, we shall be also in the likeness of His resurrection," and as the result of the experience we shall "walk in newness of life." This is the gospel of experience.

The gospel is good news, rather than merely good advice. It brings to us the good tidings of a Saviour who was born in Bethlehem, who was crucified on Calvary, who was raised from the dead, who ascended to heaven, and who "ever liveth to make intercession" for us. Sin separates us from God, and prevents that fellowship with Him for which we were originally created. "When Christ took human nature upon Him, He bound humanity to himself by a tie of love that can never be broken by any power save the choice of man himself." When we accept Him as our crucified, risen, and ascended Saviour, the way is open for the restoration of fellowship with God by our union with Christ in His death and resurrection, but we must understand clearly just what is meant by such a union. There is a certain natural union between all men and Him whose life is imparted to all living beings, for "in Him we live, and move, and have our being," and for this natural union we are indebted to the work of Christ; but there is a further union of a kind different "from all unions of mere association or sympathy, moral likeness, or moral influence,—a union of life," a union of spirit with spirit, by virtue of which the human spirit is possessed by the Spirit of Christ. Such a union with Christ "is not union with a system of doctrine, nor with external religious influences, nor with an organized church, nor with an ideal man, but rather with a personal, risen, living, omnipresent Lord. This is the central truth of all theology and of all religion."

The provision for this intimate union with the risen Christ is found in the sending of the Holy Spirit. Pentecost is the proof of this as an historical fact. Thus a new era of gospel experience was introduced—an era of such fellowship between the believer and his crucified and risen Lord as was not enjoyed while Jesus of Nazareth was here in the flesh. He Himself had declared to His disciples, "It is expedient for you that I go away; for if I go not away, the Comforter will not come unto you; but if I go, I will send Him unto you." The coming of the Comforter would mark the beginning of a new and better time for Christians than had been previously known. What is the explanation of this blessed fact? It has been clearly given in these words:

"Cumbered with humanity, Christ could not be in every place personally. Therefore it was for their interest that He should go to the Father, and send the Spirit to be His successor on earth. No one could then have any advantage because of his location or his personal contact with Christ. By the Spirit the Saviour would be accessible to all. In this sense He would be nearer to them than if He had not ascended on high."

Here we face one of the deepest mysteries of our religion, the mystery of "Christ in you, the hope of glory," but I sincerely hope that no one of my readers will allow his full enjoyment of this experience to be conditioned upon his ability to explain this wondrous mystery. The faith which brings this blessing is the faith which takes God at His word without asking for an explanation of the methods of His grace. His gifts can be received without being explained.

There is a practical meaning of the resurrection of Christ which we must not overlook. It will do us good to put our minds to the stretch in the effort to lay hold of the revealed truth of the gospel. Nothing else is so worthy of such an effort. In the resurrection of Christ we have the positive assurance, conveyed to us in a historical fact, of forgiveness and justification. This has been well stated in language which can be understood by the thoughtful reader: "By His (Christ's) death, we know that He suffered for sin; by His resurrection we are assured that the sins for which He suffered were not His own: had no man been a sinner, He had not died; had He been a sinner, He had not risen again; but dying for those sins which we committed, He rose from the dead to show that He had made full satisfaction for them, that we believing on Him might obtain remission of our sins, and justification of our persons." The act by which God acquitted Christ and declared Him righteous was His raising Him from the dead on the third day." When we accept the crucified and risen Christ by identifying ourselves with Him in His experience of the cross and resurrection, we are acquitted and declared righteous in Him. This is the blessed fact. Let each one be sure that he enters into this experience.

How plain and easily remembered are the great historical facts which furnish the foundation of our faith and hope. The Son of God was born of a woman and assumed our human nature. This is defined theologically as the incarnation. Thus the Son of God became the Son of man, the last Adam, the new head of the human family, the representative of the race. As our representative He gave "His life a ransom for many" on the cross of Calvary, and by His atoning death paid the penalty for our sins. And so it can be declared that in Him "we have our redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace." Here we find the doctrine of the atonement. Death could not hold the Son of man, because He laid down His life voluntarily as a sacrifice for the sins of others, and was not deprived of life as the result of His own sins; and His resurrection was the positive declaration that He was the Son of God, and that His atoning death was accepted as maintaining the justice of God on granting forgiveness. Here we have the central idea of the atonement. On this basis, God can "Himself be just, and the justifier of him that hath faith in Jesus."

While there is a depth of truth in these simple facts which the human mind (*Turn to page 21*)

## Teaching Your Child to Talk

By A. W. Spalding



FOR a child to learn to understand language and to speak it, we may say is a miracle. It is a power belonging only to the human race. No animal, even the highest in intelligence, can approach it. A horse may learn the meaning of a few sounds of human speech, a dog may learn more, but all the words they

come to know must be concrete and related to things which they can see, or which they have to do. The highest animal cannot learn the meaning of a sentence at all complex.

Like the animal, however, the child is at first confined to learn the meanings of words which relate to subjects in his experience. He has during his first year been practising on vowel sounds for months before he speaks his first intelligent word. The baby after the first few weeks babbles a great deal, but he is not forming words, he is practising sounds. The vowel sounds, especially "oo," "as," and "ee," are the easiest to make. And the baby plays with them as he plays with things he can handle. It is good and necessary practice; for he can never learn to speak words until he masters the sounds that make them.

The first consonant sounds he is likely to make come from compression and release of the lips—m, b, and p. It is natural for him to learn these first, for in eating, and in other operations, he is constantly opening and closing his lips, and with the expulsion of his breath at the same time, the sounds come.

### His First Words

As soon as the baby has started on his word-making, he progresses quite rapidly. He masters more sounds, and makes more combinations. By the time he is ten months old, he begins to acquire a stock of key words which he relates to the objects to which they belong. This knowledge of the meaning of words he gets from associating the objects with the words spoken by his parents. And naturally he first learns words for those things in which he is most vitally interested. If he is fed from a bottle, and his mother at his dinner-time brings in his bottle, holds it up in his sight, and says, "bottle," his earnest attention is caught by the sounds, and he connects them with the much-desired bottle. So with his earliest playthings, and other beloved objects. In the same way he learns his first

action words. He becomes accustomed to his daily outdoor ride; with it he quickly learns to connect his wraps and his carriage, so when his mother brings in his things and says, "Go? Baby go?" he laughs and crows and wriggles, and the word "go" he connects with his outing. He probably does not catch the exact meaning of the word, but he relates it to the whole experience of his ride. And gradually, as the months go by and he learns other words, he more and more restricts the meaning of the word "go" to its own limits.

Probably every one of us remembers words concerning which we as children, or at least our children, received and long kept erroneous meanings. My little girl, when about six years old, learned and loved to sing.

"Shine little glow-worm,"

and not until I noticed that she was singing it

"Shine, little glorum,"

did I discover the meaning she attached to it. She was indignant at the thought that it was a *worm*, and declared with all the energy of her small body, that it was a star, something with *glory* in it.

It is a great temptation to the parent to imitate the child's mutilated speech when talking to him, because "it sounds so cute." Often it does sound sweet, though sometimes more so to Mother than to friends. It must be remembered, however, that what sounds cunning at two years of age will not be cunning at ten. It takes time for the child to master the language, and he must do so from what he hears. Therefore, the parent who has regard to the good of the child will not hamper him above his fellows by talking baby talk to him.

### Distinctness

The very common defect in speech (as much with the adult as with the child) of changing the "ng" sound into "n" sound at the end of words, should be carefully corrected. Never say "pudin'" or "feelin'" or "goin'" or "shoutin'." Practise on the correct sound, and have your children practise it alone, "ing." And so with all other defects in the giving of sounds.

The difficulties of English grammar lie chiefly in the verb. Our grammar is so irregular in its inflection that it makes it very hard for many of us, and most of all for the child. The regular verb forms its past-tense by adding "ed." For instance, "Today I talk to you," "Yesterday I talked to you." The child comes to know that when he is speaking of a past action, he adds this "ed." Now, if all the verbs formed their past tense in the same way, as of course we may say they ought to do, it would be easy to follow the one rule, and speak them so. This in fact is what the child does. He not only says, "I talked to you, but "I gived it to you," "I see'ed it fall," "You teached me to do it," "I runned away," "I drinked some water," etc.

He has a good deal of trouble, also, with our few pronouns. He early learns that "me" means himself. If it is right to say, "Give me," when he is the recipient, why is it not right to say, "Me give," when he is the giver? Why should "I," "me," "my," "mine," and "myself" all mean, so far as he can see, just one thing? And when shall he use one, and when the other?

When the child gives a wrong form of speech, either in the word or in the formation of a sentence, correct him not by giving him a grammatical reason, but by giving him the correct form, and having him say it over. If he asks "Why?" all you can answer is, "That is the way people say it. No, my dear, I know it doesn't sound right, but it will when you get used to it."

Parents must learn to be patient with their children in correcting their mistakes. Children may forget—so do you and I. And they hear so much incorrect language outside even if not in the home, that it is difficult to remember what is correct and moreover to remember always to say it in the right way. But line upon line, word upon word, the children should be taught to enunciate clearly, to pronounce correctly, and to speak grammatically. Example is of even greater value than precept.

### *Is Cancer a Meat Eater's Disease?*

*(Continued from page 7)*

influence of an operation in prolonging life, I believe the removal of the local disease makes no material difference in the average duration of life."

Dr. Mayo, one of America's chief surgeons, in his outline of pathology, wrote: "After amputation of a cancerous breast under the most favourable circumstances, I believe that in 99 cases out of 100 the disease returns."

Dr. Mcfarlin, professor of medicine in the university of Glasgow, wrote: "The operation never arrests, but uniformly accelerates the progress of the disease."

For the surgery to be effective, the cancerous tumour should be removed as soon as it is discovered. If this is done, and the needed reforms in eating, drinking, etc., are made, there is justifiable hope for permanent relief in nearly all these cases. By a removal of the predisposing causes of the disease, there is no reason why a complete recovery may not be expected in many cases.

#### **Diet for Cancer Patient**

In order to avoid recurrence of cancer, it is necessary to abandon animal flesh as an article of food. Cheese, butter, sugar, and other foods which readily decay or ferment in the alimentary tract, and produce irritants which, when absorbed, tend to give rise to inflammatory processes, should be used moderately. Well-baked breads, corn flakes, puffed rice, zwieback, shredded wheat biscuit, and unfermented bread, well baked and thoroughly masticated, may be used moderately. Fresh fruits, as pineapples, grapefruit, oranges, apples, grapes, etc., should be freely used. Cooked vegetables

which readily ferment and usually have considerable salt added, should not be used freely. Raw vegetables, as celery, lettuce, cabbage, cauliflower, and carrots, may be used freely, since they aid in keeping the alimentary canal clean, and prevent the formation of irritants. In addition they supply valuable salts and the vitamins so essential to healthy tissue.

Ripe olives and nuts may be substituted for meats, butter, and other animal fats. Figs, dates, and raisins may take the place of sugar, if sweets are desired. Salt, of course, should be used sparingly. Irritating foods, as pepper, mustard, and spices, should be given up entirely. Super-cooked vegetables ferment readily, and to be relished must have added to them salt, and are not the most suitable. Such foods are frequently deficient in minerals and vitamins. Raw leafy vegetables are preferable.

If the patient has an abundance of flesh, a complete fast for a week may be found beneficial. During this time a half glassful of pure distilled or soft water should be taken at intervals of one-half hour. At the end of the fast, grapefruit juice, orange juice, and subacid fruits may form the exclusive diet for another week, and then the well-baked cereals, fruits in their natural state, nuts, and ripe olives may be added. The purpose of the fast is not to starve the patient, but to cleanse the tissues, and afford a starvation diet for the cancer.

Careful adherence to a sensible vegetarian dietary tends to prevent cancer. I know of a number of cases where such a dietary was adopted by patients after surgery, and the cancer in such cases did not return. Some of these patients who had such an operation twenty and thirty years ago, are still alive.

Owing to the prejudice against the fast and a meatless diet, it is often difficult to find patients who are willing to follow out this treatment. I am convinced, however, that it affords about the only hope we can hold out to cancer subjects of a permanent cure.

### *Peace Talk: War Preparation*

*(Continued from page 5)*

for a single moment the application of Joel's prophecy to this day? We are indeed living in the days of the coming of the Son of man. The lesson for us is found in Christ's admonition, "Be ye also ready: for in such an hour as ye think not the Son of man cometh."

### *From Bench to Throne*

*(Continued from page 19)*

is utterly unable to comprehend or to explain, yet the sincere faith of the most unlearned can appropriate the full benefit of this wondrous provision for our salvation, and then in an eternity to come have the unlimited opportunity to explore the whole field of the science of redemption. Let us beware lest our "minds should be corrupted from the simplicity and the purity that is toward Christ." "Christ is Christianity."



### "Evening Lullaby"

REST now my child, the day is o'er  
Now speed away to slumber shore  
Where angels wait to hold watch-care  
And peace and love shall brood thee there.

I'll send thy lark across the sea  
But hasten with the morn to me,  
I'll say good-night but not goodbye  
For while you sleep I will be nigh.

And while you dream of loved ones dear  
Perhaps a whisper you may hear,  
A word of love, a kiss or two,  
Perhaps I will say "I love you."

—Thomas E. Hirst.

### Marie's New Year Diary

By Brenda Barlow

ALL the excitement and thrill of Christmas had died away. Kindly aunts and uncles with smiling, jolly faces (and mysterious bundles tied with coloured ribbons) had ceased to pay visits and wish Christmas greetings. Small wonder, then, that Marie blinked very hard when she saw a neat little brown parcel perched on the edge of her breakfast plate.

"I wonder what it is," she murmured to herself as she kept turning it over in her hand.

"Well, open it and see," exclaimed Mother, who had a bright twinkle in her eye.

Marie went on handling the parcel. She enjoyed this thrill of speculating what was actually inside it before she opened it. At last she tore off the ribbon, and there was revealed to her astonished gaze a little square book.

Marie's face fell immediately. "Oh—oh," she exclaimed disappointedly, "it's only a dry old book from Uncle Tom."

Most of Marie's aunt's and uncles had given her a book this year because they had all wanted to give her something "different" and "useful"!

Marie turned over the front page of the book. "This is a health diary," she read, and then underneath she saw the following verse:

"If good health you wish to reap,  
Read these rules and this diary keep.  
Then after a few weeks of healthful pleasure,  
You'll be given an unexpected treasure!"

Marie's eyes rounded. "Oh, I wonder what it can be," she pondered. Then she tried to turn over the pages of the diary, but found that they were all fastened with small pieces of sticking paper.

At the bottom of the first page she saw a little note which said, "When you have carried out

these health rules, you may break the seal and go on to the next day."

Marie's curiosity was so great that she followed out all the rules in the book. She went to bed early, didn't stay in bed too late in the morning, rose from the table before her tummy was feeling full, and ate plenty of lovely fruit. And as she did each thing that the book told her to, she placed a little tick against the rule in the book, and turned over to another day in the diary.

After she had been doing this for about ten days everybody was saying how well and fit she looked.

Then on the eleventh day, Marie broke the seal of the diary and discovered this little note.

"Dear Marie, I'm sorry if you were disappointed by this gift, but I wanted you to grow up a healthy girl with nice rosy cheeks. When you get this note you'll have been keeping the health rules, and you must ask Daddy to come and fetch a bicycle I've bought for you. Much love, Uncle Tom."

Marie jumped for joy. "Why, that's what Uncle meant by an *unexpected treasure*—how wonderful!" she said.

Marie is very pleased with her two-wheeled treasure, and she still keeps the rules in her health diary. You see, she's a wise little girl and she realizes that the treasure of good health and rosy cheeks is just as valuable as her bicycle!



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# MEATLESS RECIPES

## Tasty Dishes

### With Macaroni and Spaghetti

By "Chef"

**M**ACARONI is one of a group of wheat preparations originally peculiar to Italy, where it is one of the staple articles of diet, but now popular in many other countries. The wheat is first converted into a granular form, known commercially as semolina. This is then made into a smooth paste and pressed through openings of the required size and shape to produce fine threads known as *vermicelli*, thin sticks, known as *spaghetti*, and pipes, known as *macaroni*. These are cut into pieces of the required length and dried.

The wheat used for macaroni and its allied forms is the hard variety of southern Europe which is richer in protein than the soft wheats of northern Europe, so that they are particularly nutritious and healthful foods, as well as being very adaptable in the kitchen. The following are a few useful recipes:

#### BAKED MACARONI WITH EGGS

*Ingredients*—Macaroni, eggs, cream sauce, zwieback crumbs.

*Method*—Put the boiled and drained macaroni in alternate layers with slices of hard-boiled eggs and cream sauce in a small baking dish. Sprinkle the top with zwieback crumbs, and bake till it begins to boil up through.

#### MACARONI AU GRATIN

*Ingredients*—Three-quarters cupful macaroni, 1 cupful sour cream,  $\frac{1}{2}$  teaspoonful salt, 1 egg,  $\frac{1}{4}$  clove of garlic, cut very fine.

*Method*—Beat together the egg, sour cream, salt, and garlic, and mix with the macaroni after it has been boiled and drained. Put into a small baking dish. Sprinkle with zwieback crumbs and bake till set.

#### MACARONI AU GRATIN WITH COTTAGE CHEESE

*Ingredients*—Three-quarters cupful macaroni, 1 tablespoonful butter substitute,  $\frac{1}{2}$  cupful creamy cottage cheese,  $\frac{3}{4}$  cupful milk, 1 egg,  $1\frac{1}{2}$  teaspoonfuls salt,  $\frac{1}{4}$  clove of garlic.

*Method*—Beat together the milk, egg, salt, melted butter substitute, cottage cheese, and garlic. Then mix this with the boiled and drained macaroni. Pour it into a baking dish, sprinkle with crumbs, and bake till set.

#### MACARONI WITH TOMATO SAUCE

*Ingredients*—One cupful macaroni,  $2\frac{1}{2}$  level tablespoonfuls flour, 1 pint tinned or stewed tomatoes, 1

small onion sliced thin, 1 small carrot sliced thin, 2 tablespoonfuls butter substitute, 1 level teaspoonful salt,  $\frac{1}{2}$  level teaspoonful thyme,  $\frac{1}{2}$  clove of garlic,  $\frac{1}{2}$  bay leaf.

*Method*—Cook the onion and carrot in the fat till slightly browned. Add the remaining ingredients, except the flour and salt, and simmer twenty minutes. Then thicken with the flour which has been stirred smooth with a little cold water. Rub through a colander. Add the salt. Then stir into this sauce the macaroni which has been boiled and drained.

#### SPAGHETTI WITH MUSHROOMS

*Ingredients*—Half package spaghetti,  $\frac{3}{4}$  cupful mushrooms, cut fine,  $\frac{1}{2}$  small onion chopped, 1 tablespoonful butter substitute,  $\frac{1}{2}$  tin green peas, 1 pint broth from vegetable soup, 2 level tablespoonfuls flour.

*Method*—Cook the mushrooms and onion in the fat for ten minutes. Stir in the flour, then stir in the hot vegetable broth, and cook till thickened. Add the peas and the spaghetti which has been boiled in salted water and drained.

#### MACARONI CHEESE SAVOURY

*Ingredients*—8 long sticks macaroni, 2 cups fresh milk, 3 hard boiled eggs, 3 tablespoonfuls grated cheese, 1 tablespoonful butter, grated nut-meg.

*Method*—Break macaroni in inch lengths, and cook in the milk in a double boiler. When cooked add the cheese, allowing it to melt, and salt to taste. Butter a baking dish and spread over the bottom half of the cooked macaroni and cheese. Cut the eggs in slices and place on the macaroni, add the remainder of the macaroni and grate over all a wee bit of nut-meg, placing small bits of butter on the top. Brown in a quick oven and serve hot.

#### MACARONI BAKED WITH OLIVES

*Ingredients*—Three-quarters cupful macaroni,  $1\frac{1}{2}$  cups water,  $\frac{1}{2}$  cup tomatoes, 1 tablespoon oil, or butter substitute, 1 bay leaf,  $\frac{1}{4}$  teaspoon thyme, 1 small onion, cut fine, 1 teaspoon browned flour, 1 teaspoon salt, 2 tablespoons white flour,  $\frac{1}{2}$  cup sliced olives.

*Method*—Cook the macaroni according to directions. Cook together the water, tomato, oil, bay leaf, onion, and browned flour for fifteen minutes. Then stir the white flour smooth with two tablespoons of cold water, and stir it into the sauce. Let it cook five minutes. Then rub the sauce through a strainer fine enough to remove the tomato seeds. Add the salt, thyme, and olives. When the macaroni is cooked and drained, stir it into this sauce. Put all in a baking pan, sprinkle with crumbs, and bake till well heated through.



The

# DOCTOR SAYS



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

**Laukoderma:** *Ques.*—"A lady friend of mine has got white leprosy and has tried many medicines but to no avail, hence this request to let me know any of your treatment, for which I shall be very thankful. Also please let me know whether it can be cured altogether?"

*Ans.*—You inquire regarding the treatment of "white leprosy." I believe you mean the condition known as lau-ko-derma, which is a disturbance of the normal skin pigmentation resulting in white patches. This is not a skin disease but is the result of certain internal disturbances in glandular functioning such as liver, thyroid and ovaries in particular.

This disturbance of function cannot be corrected through applications to the skin but must be treated by correcting the internal functional disturbance. It will be necessary to have an examination determining which of the glandular organs are involved. Upon this finding a suitable treatment for restoring balance of function can be instituted.

**Rupture:** *Ques.*—1. "To what is rupture due? Give the causes. 2. Is a truss absolutely necessary? 3. Or is there any ointment, mixture, etc., that can put this trouble right 4. Which is the best doctor for this trouble in Bombay. 5. Is ordinary exercise (walking and physical jerks) harmful to rupture or does it do good?"

*Ans.*—You have not stated the type of rupture from which you are suffering. There are several kinds of rupture. This condition is due to a failure of muscle tone at certain points allowing internal organs to protrude into pouches formed as a result of pressure on the weakened muscular walls.

In some instances a support in the form of a correctly fitted truss serves the purpose. The only real cure is by means of a surgical operation to repair the damaged muscular wall. This should be undertaken by an experienced surgeon, and the results are then usually satisfactory.

**Action of Fruits:** *Ques.*—"What action do the various fruits have?"

*Ans.*—The following is a comprehensive list defining the action of various fruits on the health of the average person:—

*Laxative.*—Oranges, unpeeled pears, dates, plums, apples, mulberries, prunes, figs, nectarines.

*Astringents.*—(Opposite of the laxatives).—Raspberries, blackberries, peeled pears, quinces.

*To Stimulate the Kidneys.*—Peaches, grapes, strawberries, prickly pears, black currants.

*To Cool the Blood.*—Melons, gooseberries, white currants, red currants, pumpkins.

*Sedative to the Stomach in Nausea.*—Lemons, limes, apples.

**Diet in Anaemia:** *Ques.*—"What diet is best for one who has anaemia?"

*Ans.*—An anemic person should eat a great deal of fresh vegetables, especially green things like lettuce and cumberbs or those things containing a great deal of iron. He does not need to eat meat. Indeed, meat is the very last thing such a person should eat. This condition in many cases is due to poisoning by colon germs, which are derived from meat. According to Sherman and other authorities, the iron of vegetables is much more easily assimilated than the iron of blood and meat.

**Tea:** *Ques.*—"Is tea poisonous?"

*Ans.*—In answer I would quote: "In taking tea, man is taking pure poison and no nourishment whatever; and with the introduction and diffusion of tea and coffee throughout the land, there has come about a very great increase of all uric-acid diseases"—*Dr. Alex. Haig in "Uric Acid in the Causation of Disease," page 804.*

**Milk Versus Meat:** *Ques.*—"How does milk compare with meat?"

*Ans.*—Both eggs and milk are definitely prepared by nature for food, one for the growing chick and the other for the growing calf. Into their composition nature puts no waste products. Egg yolk is rich in iron, from which the chicken's blood is built.

Milk is rich in calcium, to supply bone for the calf, which develops so rapidly that in six weeks its weight is doubled.

Meat, on the other hand, is full of waste products, called purins, among them uric acid, of which there are sixteen grains to the pound of beef steak. These waste products greatly increase the labour of the kidneys and other eliminative organs.

Not so with milk and eggs, which are excellent foods, free from these waste products.

There are many remarkable things about both milk and eggs. The sugar of milk combats intestinal putrefaction. Cow's milk contains about 7 per cent—mother's milk contains more sugar. Babies fed on mother's milk are very much less prone to have bowel trouble than those fed on cow's milk. Milk sugar is so protective against putrefaction that it is often used, following surgical operations, to protect fresh moist wounds from infection.

Meat, on the other hand, is loaded with putrefactive bacteria, which thrive on it and quickly cause decay.

"Whole milk contains everything necessary for growth and maintenance—protein, fat, milk sugar, salts, water, and the unknown but invaluable accessory substances. It is of such prime importance that each family should have this admirable food that I have suggested, that no family of five should ever buy meat until they have bought three quarts of milk."—*Dr. Graham Lusk, in "Food in War Time," page 13.*

**Heavy Mouth Breathing; Adenoids:** *Ques.*—"My little girl aged eleven years breathes very heavily, mostly through the mouth. She has had two gatherings in her ears which make her deaf."

*Ans.*—Probably post-nasal growths (adenoids) exist. These should be removed without delay, so that the hearing may not be damaged permanently.

## NOTICE

The report that Dr. Dexter Davison of Lansdowne House, Apollo Bunder, Bombay, has retired, or is about to retire, is entirely unfounded. Dr. Davison is working, as usual, in his Bombay office, and expects to do so for many years to come.—*Adv.*

Some

# HEADACHES

By George H. Heald, M.D.

**H**HEADACHE is not, strictly speaking, a disease, but a symptom which may occur in connection with any one of many diseases or conditions. It is one of nature's signals that all is not well with the patient, that something in the surroundings or in the manner of life is not working for the best interests of the body. In some instances, a headache is one of a number of symptoms to usher in an acute infectious disease, such as smallpox. In other cases it accompanies certain bodily "upsets," such as the menstrual period; or it may be related to an occasional "bilious attack;" or it may be that all-too-common visitor to some patients, migraine, though here again, the headache is only one symptom of a general body disturbance. In some cases the headache follows some dietary indiscretion or other excess, or perhaps it is the result of eyestrain or nasal disturbance. Again, it may follow the taking of one of the coal-tar drugs, used perhaps to relieve a headache, so that the remedy may really become worse than the condition it was intended to cure. But this article is intended to deal with some very common and very persistent headaches.

## Fatigue (or Neurasthenic) Headache

This is a common affliction of the tired. In some persons of fair health it is brought on by long hours, taxing work and strain, and may be a comparatively rare occurrence. But in other cases of a neurasthenic habit, persons sometimes spoken of as being "born tired," it is a more common occurrence. One is known as a fatigue headache, the other a neurasthenic headache. The latter may occur quite early in childhood. The victims are those whose work and even play is too burdensome for them. A little extra work, a little excitement, a little mental disturbance, or loss of sleep may disturb the body balance, or some intense sense disturbance, such as a bright light, a loud noise, a strong odour, or even rough riding or the hunger sensations accompanying a delayed meal, will be the signal for a distressing headache. Such headaches, being brought on by the irritations of the day, usually come in the afternoon, but when caused (as they sometimes are) by bad dreams, the patient wakes with a headache.

Though sometimes called fatigue headaches, they are more likely, in some cases, to be caused by worry than by work. It is not those who take life philosophically as it is, but those whose every molehill is a mountain, that suffer most from this distressing condition. If in some way they can

get a new philosophy of life, especially such a philosophy as is generated by a genuine Christian experience, that sees some good in all the trials and pin pricks of life—a mental shield from the host of worries that come to one who has the habit of seeing the dark rather than the bright side of life—they will find many of their headaches disappear with this change in mental viewpoint.

For this type of headache, whether caused by tire or by discontented worrying, the best mechanical treatment is an application of cold to the forehead or to the entire dome of the head. It is also a relief for those who cannot assume the attitude mentioned in the previous paragraph, to get into some occupation not related to the accustomed worry-laden task, such as gardening or some light game. Many are best relieved by lying down. A night's sleep usually gives complete relief.

## Tense-Muscle Headache

Another type of headache is common among those who live a highly keyed-up existence. They have much energy, but little poise. Many of them do not know what it is to relax, and all their muscles are on a strain, even when they are trying to rest. When they think they are resting, an immense amount of nervous force is being wasted through the tenseness of the muscular groups all over the body.

The pain in this case (a dull ache, located at the back of the head and radiating down the neck, with a stiffness of the neck muscles) is more likely to occur during a period of intense emotional upset, as may be recognized by observing the tensed jaw muscles and the furrowed brow. This emotional crisis resembles a phase of the neurasthenic headache, but it occurs in a different type of patient. Patients of this type need, above all, to learn the art of relaxation. They should read "Power Through Repose," by Anna Payson Call; or "The Story of Man's Mind" by George Humphrey, pages 241-252. One of these books should be obtainable in any good public library. The intervals between headaches are, as a rule, longer than those of the neurasthenic headache, the attacks coming on at one of the more intense periods of muscular tension. The dull pain at the base of the skull is accompanied (and perhaps caused) by increased stiffness of the neck muscles. There is no nausea or vomiting, as in some other headaches. Anything that relaxes the muscles gives some relief. Sometimes, allowing the neck gently to bend well back will ease matters. The greatest relief comes after taking a horizontal position on a couch, with a hot water bottle under the neck.

## A Small People Doing a Great Work

(Continued from page 17)

### The Lepers Cleansed

The British Government in South Africa subsidises the work of Seventh-day Adventists in carrying on their leper colonies, and is very active in making their medical work effective.

The *La Region*, outstanding daily newspaper of Iquitos, Peru, principal city of the whole upper Amazon territory, under the date of May 15, 1929, printed an editorial article on the front page about the work of Seventh-day Adventists among the Inca Indians of the region. Following are a few sentences from this editorial:—

"Take, for example, Plateria and Puno, where Pastor Stahl took the Indians from their degenerated life, full of vices, given to idleness, and educated them to be a part of an industrious town, without vices, and moreover speaking English, which is an honour in Peru. History is the best proof of the work of these religious congregations. . . . We have seen savages in the company of evangelists in this city, completely civilised, equal to any other citizen; and this proves that the contact with these pastors is immensely beneficial, and that we ought to give them the entire control in this work of incorporating the Indian into the national life."

Thus we might cite the records of the work of this people in every part of the world. In Abyssinia, His Majesty Negus Taffari Makonnen helped most generously in building a beautifully situated and well-equipped hospital at Dassie, and later gave to these same people a well-equipped hospital, valued at over £20,000. He is still a royal and loyal supporter of the work of the institution. A wealthy man in Manila recently made a gift of £1,000 (gold). The Chinese consul in Penang was the first subscriber to the Penang Sanitarium with a gift of £600, and later made another substantial gift of more than £600 for equipment for the X-ray department.

In the United States of America, the public annually contributes approximately £200,000 to the support of the far-flung, world-wide activities of this church with a faith that is strange and new to the world in general, and yet which in a most remarkable sense is coming to command the respect and support of men and women of every religious belief.

One cannot help asking, "What is it about this people that makes men and women outside of their faith do so much to help them in carrying on their work?" It isn't so long since we seldom, if ever, heard of Seventh-day Adventists. They were regarded as an obscure sect with very peculiar religious ideas that led most people to class them as a group of fanatics. But today we hear of Seventh-day Adventists frequently. There are stories in the newspapers about their work. We hear sermons and health talks by their pastors over the radio. Most of us know a family of them who live in our neighbourhood—a thrifty, well-behaved, intelligent family everyone would be

glad to know and acknowledge as his friends. In addition to their churches, which are found in many places, most important cities have Seventh-day Adventist health centres, and a few miles away in the country will be found Seventh-day Adventist schools and colleges or sanitariums.

There is nothing remarkable about Seventh-day Adventists to cause millionaires to endow their institutions and the general public to contribute over £200,000 a year to their work. They are just plain, intelligent, whole-hearted Christian men and women, just like many thousands of others the world over. It is something bigger than the men and women who compose the movement that is bringing such universal recognition to the work of this people.

### They Have a Message

Seventh-day Adventists have a message to bear to the world. It is a special message for this special time. When God was going to destroy the world by a Flood He sent a special message to the people of the world through the voice of Noah, asking them to prepare to be saved. When he wished to bring the children of Israel out of Egypt, He sent a special message through His representative Moses. Later Daniel, Isaiah, John the Baptist, and others carried to the world a special message of present truth. The special "present truth" for our day is that message found in Rev. 14:6-12, sounding the call to come out of the world, to return to a faithful observance of the Ten Commandments and a preparation for the second coming of Jesus. It is this message that this people bears that causes the world to pour its wealth into their treasury to carry on their work, just as the Egyptians were impressed by the Spirit of God to give their wealth to the Israelites when God brought them up out of Egypt.

And so the work of Seventh-day Adventists is growing with leaps and bounds. Their membership has doubled every ten years since they came into existence. In the past four years there have been 100,000 baptisms in their ranks.

They are now working in 450 languages. From the publication of a little eight-page periodical called *Present Truth*, in 1849, to publish which its editor, James White, mowed a field at seventy-five cents a day, the publishing interests of this organization have grown until they operate fifty-eight publishing houses in all the world with an annual sale of almost a million pound's worth of Christian literature.

Believing that true education consists in a harmonious development of the mind, the hand, and the heart, this people has set itself to the task of establishing and maintaining schools and colleges for the education of its youth. Practically £200,000 is spent each year in just maintaining the primary schools for the education of the boys and girls. An investment of nearly a million and a half pounds is held in the buildings and equipment of schools for higher education.

## Consecration and Sacrifice

One outstanding characteristic that wins admiration from others is the fact that these people do not ask others to do things they are unwilling to do themselves. They do not ask the public to contribute to their mission and medical work, because they themselves are unwilling to give. Seventh-day Adventists give more per capita to the support of their church work than does the membership of any other Protestant denomination. But the message they have to give to the whole world is such a vital message and it is going so rapidly that it is impossible for the church to begin to keep up with the appeals that are coming from all parts of the world to advance the work of mercy they are carrying on. And so they do ask the public in general to help them to answer the calls that come for medical and spiritual help, not only at home, but abroad.

The Bible injunction as a test of faith is that "by their fruits ye shall know them." Truly the best proof that God is behind this great last-day movement is the wonderful fruitage in the lives of men and women regenerated through contact with the life-giving power of the message carried to the world by Seventh-day Adventists.

At home, just the same as in the depths of heathenism, there are thousands of men and women groping through the darkness of sin, and prejudice, and superstition, and who are longing for the warmth and light that comes from a clear understanding of the Word of God and of His message for this time. Possibly many who are reading these lines are longing for something better, for a deeper spiritual experience, to know more of the saving power of Jesus Christ.

If this is your experience, permit us to urge you to make a thorough study of this journal and the message that it brings to you. Study more about the beliefs of Seventh-day Adventists. They have a positive message of hope and courage and cheer for this age of doubt and spiritual drought. Other churches are doing a good work in the world. Many help men and women to live better lives, but Seventh-day Adventists have a special, vital message that every man and woman in the world who hears it should accept. What will your decision be?

## Manchukuo

*(Continued from page 3)*

Japan states that the birth of the new nation has automatically ended the strife between herself and Manchuria; hence there is no more need of the League's interference. The above statements form the gist of the discussion. They have been issued in carefully worded, though very plain diplomatic language by the parties to the dispute.

The important question now is: How can the dispute be settled in order to avoid further

bloodshed and perilous disruption in the Far East, with the menace of a world conflict? There are so many conflicting interests involved that a fundamental solution is extremely difficult.

## Can War be Avoided?

Sympathizers with China and those who would uphold the letter of the treaties would give the territory back to China, and even force Japan to her knees by an economic boycott. This they would do in the interests of peace. But such a measure would be tantamount to war, and would actually result in blood hostilities. Others would have the League administer the government of Manchuria. But this will never suit Japan, who already has vested interests there. In fact, with a state having neither army or navy, and with Japan's four administrative organs near by and functioning so well, there must be dependence upon the leading power of the East. Japan's four organs are Kuantung Government, centering at Dairen; the South Manchurian Railway; the Kaunaung army; and the consulates. And we doubt if that multicellular organism, so loosely thrown together, known as the League of Nations, can ever carry on so well.

Almost daily we read of rebels and bandits marauding in Manchuria, wrecking trains, and killing many people. Such occurrences are so common that they scarcely retain any news value. There are those who consider Japan the only nation capable of holding these organized desperadoes in check. But who can hold back Russia, with her torch of "Red" revolution? China, already largely Bolshevized and rapidly turning communistic, has no power of resistance against the menace of the north. Many look to Japan as the only bulwark against the Soviet.

## Japan's Aims

Grave fears are felt that Japan's so-called "special interests" in Manchuria, based upon political and economic necessity, as well as upon the fact that much of her sacred blood, as we are often told, has been spilt over there, will grow until they swallow up everything and make their bid for world empire. China plays up this menace before the world.

But Japan absolutely denies all territorial ambitions, and pledges her solemn word to do nothing to obstruct the door of open opportunity for all nations in Manchuria. We believe she is sincere in seeking to uphold a safe and well-ordered state. Her purpose is to exploit the vast resources in order to help relieve the tremendous economic pressure on her impoverished, rapidly increasing population, among whom sinister voices of discontent are frequently heard, giving utterance to "dangerous thoughts" and threats of violence. Both in peace and in war, Japan needs the resources of just such a country as Manchuria, to supplement her own limited facilities and supply much-needed raw materials. This, rather than extended emigration to such a cold climate where also a much lower standard of living is maintained, is the feasible plan.

To attain this object, Japan, backed up by the splendid morale of her intensely nationalistic masses, in spite of the "dangerous thoughts," has set her face like a flint. The League of Nations may disagree with her. Secretary Stimson may continue to write reams and reams of notes in protest. But Japan, far stronger now than when the fruits of her victory over China were denied her by the western powers, keeps the even tenor of her way, striking the discordant notes of machine guns and bursting bombs when she deems her special interests require direct action.

#### What of the Future?

Who has the prescience to outline the outcome of all these complicated issues? Lookers for the roseate dawn are wont optimistically to predict solutions in line with their rainbow hopes. There are many misreadings of the signs of the times, many discoveries of things that are no signs of the ushering in of a temporal millennium. What if Miss Croydon of England should have been able to mobilize her peace army and proceed to Shanghai? How could she possibly succeed in throwing her defenceless forces between the opposing armies? She would have been stopped by tear gas, and taken prisoner. Granted she could have succeeded in her undertaking. Would this have brought the millennium and a warless state in the world? Not any more than Henry Ford's well meant "Peace Ship," which, so far from getting the boys out of the trenches before Christmas, became only the world's laughingstock.

The recognition of the Manchukuo can never bring peace in the Far East, nor any other solution of any specific problem. The roots of war are too deeply imbedded to be thus easily extracted. "From whence come wars and fightings among you? Come they not hence, even of your lusts that war in your members?" James 4:1. Treating the mere symptoms of any disease can never effect a cure. In order to bring lasting peace in the Far East and in the world, all mankind must be individually converted, and stay converted. But this is impossible because of man's perverted will. The wicked are too much like the troubled sea which no human power can ever prevent casting up its flotsam and jetsam, its tangled weeds, its mire and sand.

There is no promise in the word of God of a warless world this side of Christ's second coming in power and great glory. The so-called temporal millennium will never be. All who pin their hopes on this false idea, who claim to discern signs that are no signs, are doomed to disappointment. The real millennium will come after Christ, the King, again visits this earth.

All who keep this hope burning brightly in their hearts will be sanctified and given strength to withstand every evil power. They will be marvellously protected and preserved through the tidal waves of crime, pestilence, famine, and warfare.

"Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these

things that shall come to pass, and to stand before the Son of man." Luke 21:36. God is today calling upon men and women to prepare themselves for that glorious day when Jesus shall return to claim His own.

## How to Develop Shapely Arms

(Continued from page 14)

2. Hold the arms out in front, with the fists clenched. Turn the hands until the backs of the hands face inwards. Repeat the twist in the opposite direction as far as possible. This exercise helps to fill out very thin arms.

3. Raise the arms sideways and rotate the clenched fists from the wrists only. This develops the muscles of the forearm and rounds out the contours.

4. Stand erect. Raise the hands across the chest. Fling out wide to sides. Repeat flinging movement with the arms above the head, then bring them in a circular sweep to the knees.

5. Place the hands on a low table, leaning the weight of the whole body on the arms. Gradually lower your weight until the chin is touching the table, then raise the body until the arms are rigid.

6. Place two chairs back to back, and stand between them with the hands resting on the backs. Now raise the body as high as possible with the full weight supported by the arms. Lower the body, and repeat.

## The Psychology of Salvation

(Continued from page 13)

their material for building anything that is possible to the human mind.

In this way it is possible for us to receive real impressions of the Lord Jesus Christ—impressions that are as real and as permanent as if "our eyes had seen Him, or our hands had handled Him." It is possible for those impressions to grow till all our thought, nay, all our life is built upon them, and it is in very truth, "Christ in you the hope of glory." Certainly, we have never seen Him at any time. But He was a man of like passions as we are, and there is a wonderful story of Him in the Book. It is a matter quite within the range of our mental world to visualise Him; nay, to know Him. And then, knowing Him, our minds can pass, by imperceptible gradations, into the realm of spiritual things; for He that is human and easily accessible to our mind is divine, too. Our minds begin with the "Word that was made flesh," and advance till they are focused on eternity itself.

### Belief Bridges the Gulf

Thus has God thrown across the otherwise impassable gulf that lies between the carnal world and the spiritual world the wonderful divine bridge of BELIEF. Thus is Jesus "of God made unto us wisdom"—that divine discernment that comes from spiritual senses implanted by Him—

a discernment that grows with the passing of time, till everything swings round into its true perspective, with the things of sense fading into the background, and the things of eternity, things all unseen by the world, looming large; and then, when all the mistiness that comes from the carnal eyes has cleared, and we see "a city . . . whose Builder and Maker is God," nothing remains but a great longing to know the realisation of that divine benediction, "Blessed are the pure in heart: for they shall see God." Matt. 5:8.

## Vegetables

*(Continued from page 11)*

when cooked as greens but is also good as an occasional base for salads. New Zealand spinach is another family of greens but is used in the same way as spinach.

Udo is a perennial Japanese plant most acceptable to the palate when it is sliced thin, thoroughly chilled and served with French dressing. It resembles celery in crispness but has a spicier flavour. If parboiled and cooked in a second water, this vegetable may be served like asparagus.

Cucumbers belong to the gourd family. They are most popularly known as salad ingredients or pickled, but they are delicate when cooked and served as a separate vegetable. They provide bulk and are valuable for their crispness and snap. The English cucumber is sometimes 3 feet in length, is greener than the American cucumber and has little seed. The term gherkin is often applied to immature cucumbers, but it should be used only for the species native to tropical America. The true gherkin is from 1 to 3 inches in length and is spiny. It is also called West Indian gherkin, Jamaica cucumber or burr cucumber.

Pumpkin is a member of the gourd family, ranging in size from the small "pie" pumpkin to the large field pumpkin. It is generally used for pie although occasionally cooked and served like squash.

Squash also belongs to the gourd family. The two main varieties are summer squash and winter squash. The summer varieties include (1) symling, known also as patty-pan, scalloped or bush, both white and yellow; (2) summer or crookneck, both white and yellow, and (3) vegetable marrow of which there are two varieties: English, which is about 9 inches in length and 4 inches in diameter and has a green or yellow shell and buff flesh with a sweet delicate flavour; and Italian, which is sometimes 20 inches long, spotted, and has a dark green shell and orange flesh. The practice in Italy is to gather the marrow when it is about finger length, for then the flavour is delicate.

Most summer squash is boiled and mashed, baked or fried. Seeds are not excluded.

The winter variety has a much harder shell. The seeds are taken out. The flesh is boiled and

mashed or baked and served with butter. Squash pie is a close companion to pumpkin pie. The winter squashes are (1) Canada or winter crookneck; (2) hubbard, which has a dark green shell and orange flesh, and is best baked; (3) marrow, and (4) turban.

Zucchini is the Italian name for one variety of squash.

Chayote resembles squash in flavour and use. It grows in Mexico and Central America, southern California and the Gulf States, especially Florida and Louisiana. It is much the shape of a pear; it is from 3 to 8 inches long and ranges in colour from green to cream.

Cibol is a plant similar to onion in flavour but without the bulbous formation of the onion. The leaves resemble chives in that they are used to flavour salads, soups and stews. Cibol is also called scallion, rock onion and Welsh onion.

Garlic belongs to the onion family but differs from it in shape. Instead of one bulb, the garlic has ten or twelve sections known as cloves. It is



*Courtesy of P. P. Pocha & Sons*

used mainly as a flavouring in soups, salads, meats and pickles.

Leek belongs to the onion family. The parts used are the stems and the roots. The stems may be served much like asparagus. Salads, soups and stews are the items for which leeks are used most.

The onion belongs to the lily family. Its greatest value lies in its flavour, cooked or raw. Spanish onions are large and are mild in flavour.

Rocambole resembles garlic except that the cloves are smaller and milder. It is also called sand leek.

Eggplant comes from India but grows prolifically in the West Indies, southern Europe and all through the southern part of the United States. The fruit is shaped like an egg and is a lovely purple colour. It is best served fried or broiled or with a tomato sauce. Aubergine is another name for eggplant.

Peas are called the aristocrat among vegetables. Green peas, dried peas, split peas and canned peas are the kinds best known. If green

# The Oriental WATCHMAN and Herald of Health

MARCH, 1933  
POONA.

Volume 9,  
No. 3.

Published Monthly by  
THE ORIENTAL WATCHMAN PUBLISHING HOUSE.  
Post Box 35, Poona, India.  
G. F. ENOCH, Editor.  
R. A. BECKNER, Acting Editor.  
Single Copy, 8 Annas.

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

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

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

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

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Published and Printed by J. C. Craven,  
at and for the Oriental Watchman Publishing House,  
Salisbury Park, Poona. 1713-33

peas are not cooked shortly after being picked, they lose their delicacy of flavour.

### Potatoes Did Not Originate in Ireland

Potatoes are of two main varieties, white and sweet. The two, however, do not belong to the same family. The white potato is a native of Chili, Peru and Mexico, but it is now grown in England, Ireland, Scotland and northern Europe. The United States and Canada both raise a large acreage of potatoes. Potatoes retain most of their nutritive value when cooked in the skin.

Sweet potatoes are native to tropical America, but they are grown extensively in the southern part of the United States, the East Indies, the Philippines and southern Europe. Sweet potatoes are of two types, mealy and moist. Sweet potatoes may not be kept at the same temperature used for other vegetables; the proper temperature for them is between 55 and 65 F. The name

potato is often misapplied. "Canada potato," "Chinese potato," "Indian potato," and "Spanish potato" are, respectively, Jerusalem artichoke, yam, tuber of the sunflower and sweet potato.

Mushrooms have little nutritive value but are an excellent menu item because of their fine flavour when well cooked. Because of the ease with which they are produced and the readiness with which they are accepted on the market, they are assuming a much greater place in commerce than formerly. They are at their best when broiled and dressed lightly with butter.

Rutabagas resemble turnips in form and flavour. There are both yellow and white varieties. Swedish turnip is applied especially to the white variety. Turnip rooted cabbage is another term applied to rutabagas.

Turnips are one of the old vegetables. They range in size from that of a large potato to larger than a pumpkin. The white turnip has the most delicate flavour. Like the carrot, small, fresh crisp turnips are good cut in strips and eaten raw. They are usually boiled and mashed or cut in cubes, boiled and served with a dressing of butter. Turnips provide bulk and minerals in the diet. Turnip tops are well known as greens.

### Tomatoes are Rich in Vitamin C

The tomato probably came from Mexico or Peru. It was formerly called love-apple and was considered poisonous. It belongs to the nightshade family as do the capsicum and the potato. It does not grow well in England but may be produced throughout the United States. Its greatest value to us is as a source of vitamin C. It contains free acid as follows: malic, 0.48; citric, 0.09; oxalic, 0.01. There are many varieties of the little used or fancy species, such as currant, which grows in long clusters; cherry or grape, which is borne in branches, and pear, which is shaped like that fruit. These are used mainly for salads and in pickles.

The tree tomato comes from the West Indies and South America. It is about 2 inches long, oval, striped and purplish red. It is used much as are other tomatoes.

Basil is an Indian sweet herb with a flavour similar to that of cloves.

Savory is a small aromatic annual herb used fresh and dried as a flavouring for soups and sauces. Summer savory is another term. Winter or mountain savory is a low-growing perennial used for the same purposes.

Capsicums are bush plants bearing large pods with few seeds. There are two main varieties, small, hot flavoured capsicums, known as chillies, and large milder ones, known as peppers. Chillies are used whole in pickles and are ground into cayenne pepper. Peppers are used as a vegetable or ground into red pepper and paprika. Capsicum extract is used in some grades of ginger ale. Pimentos are a Spanish variety of capsicum.

Bamboo shoots have become familiar. The flavour suggests the artichoke. They may be served much as one serves asparagus or like

French fried potatoes. They are used most often in chicken stews.

The dasheen is a tuber somewhat like the Hawaiian taro. The dasheen resembles the potato in general appearance but is more like the chestnut in flavour. It is valuable in areas in which potatoes will not grow. A single dasheen may weigh from 1 to 6 pounds. Dasheens may be baked or boiled, but owing to the texture of the flesh they are unsatisfactory mashed.

Indian breadroot is the root of a plant native to the prairie regions of the Central West and was at one time a food of importance to the Indians. The average size is about that of an egg and the skin is tough and dark brown. The meat resembles chestnuts in flavour and appearance. Indian breadroot may be eaten raw or cooked like potatoes. It is also called *pomme blanche* and prairie turnip.

Okra is also called gumbo and lady finger. It is raised extensively in the southern part of the United States and other warm climates. The edible portion is the long narrow pod. The pods are slightly gummy and slimy but are good in soups and stews or served with tomatoes as a vegetable.

Pejibave is borne on a palm tree in South America. It is oval and is 1 or 2 inches in length. It is generally boiled. The flavour resembles that of the chestnut. Pejibave is used often as an ingredient for poultry stuffing. The peach palm is a similar product.

Rhubarb belongs to the buckwheat family. It is commonly called pie plant. The tender pink stalks are used for pie filling or sauce.

Truffles grow underground from spores or seeds. The method of reproduction is so unusual that cultivation is not successful. The most highly valued species is the perigord, which has a regular appearance and a delicate aroma and is blackish gray. The size ranges from that of a walnut to that of a potato. The white truffle comes from England and Germany. The Italian truffle is brownish and has a garlic-like odour. The best grade is "peeled" and the next is "brushed." As with mushrooms it is not possible to obtain as great delicacy of flavour in the canned goods as one may secure from the fresh product. Truffles are used chiefly for garnishes.

Yams resemble sweet potatoes and are often confused with them. Some weigh as much as 100 pounds and have a length of 8 feet. The smaller yams are the more desirable, however. They are best when baked or boiled.

Yautia is similar to the Hawaiian taro. Both leaves and bulbs are edible. The flesh is similar to that of the potato in texture. The colour ranges from cream, through pink to purple. The yautia may be prepared the same as the potato.  
—*Hygeia.*

## Why I Do Not Smoke

(Continued from page 15)

you say. That is secondary. It is manhood and womanhood. This is primary, vital, tragic.

Smoking ages. It also challenges my right to live my full quota of years. It has been known to short-change others; it might do the same for me. I cannot, will not take a chance on so treacherous a game. It costs too much. Neither do I wish to grow old prematurely. Therefore, I do not smoke.

I do not smoke because I want to fill a lifetime of years and more with triumphant living. Should I smoke, I would take a big chance on my allotted quota of years. And I would take even a bigger chance on the triumphant part. For smoking, besides being a bad habit, is an enslaving habit. And no one can live triumphantly in the grip of an enslaving habit.

Why should I train myself to enjoy smoke, when I might enjoy a flame, the flame of a bright, warm, smokeless life? I want my life, like a warm hearth glow, to be radiant and beautiful, characterized by its broad sympathy and understanding love. And I don't want any smoke in it. Smoke beclouds the horizon, smoke obscures the vision (sometimes it makes the eyes smart,) smoke eclipses the sun. I want to see the horizon, I want to keep my vision, I want to see the sun. Therefore I do not smoke.

I want to give my best in service to humanity — a strong physique, a courageous spirit, steady nerves, and an unclouded mind. Therefore I cannot smoke.

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