



The ORIENTAL WATCHMAN
HEALTH
AND HERALD OF

A MAGAZINE THAT BUILDS BODY, MIND & SPIRIT

JANUARY, 1935



IN THIS ISSUE . .

WONDER WATERWAYS

CAPITALISM and RICH MEN, ARE

WE THROUGH WITH THEM? . . .

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W-3823	Indian	W. S. Bhat	6-41384	KTDA-305	J. S. J. S.	23.4
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The ORIENTAL WATCHMAN **HEALTH** AND HERALD OF A MAGAZINE THAT BUILDS BODY, MIND & SPIRIT

VOLUME 11, No. 1

POONA

JANUARY 1935

Wishing you **GOOD HEALTH**

and a **Happy New Year**

WE extend to every reader of the ORIENTAL WATCHMAN AND HERALD OF HEALTH our sincere wish for a prosperous new year of health and happiness. The line at the bottom of this page expresses a fundamental truth, "Health makes life worth living."

But health is no accident. It does not come by chance. Those who have the listening ear and the seeing eye, whose very being is in tune with the universe about them, must recognize that a mysterious and intelligent healing power pervades all nature. Health, not disease, is the natural order. There is an all-pervading life energy that is at work everywhere providing all things necessary for a happy physical, mental, and spiritual existence. Ease and not dis-ease is the will of the beneficent Creator for all His creatures.

But these beneficent forces work according to inexorable laws. When men either wilfully or ignorantly transgress these laws they must suffer. These laws are not arbitrary, but are the out-working of fundamental principles inherent in the very nature of human existence. Another has said, "From God all life proceeds. Only in harmony with Him can be found its true sphere of action. For all the objects of His creation the condition is the same,—a life sustained by receiving the life of God, a life exercised in harmony with the Creator's will. To transgress His law, physical, mental or moral is to place one's self out of harmony with the universe, to introduce discord, anarchy, ruin."

In spite of this ideal of God for mankind, the sad fact is only too apparent on every hand that this happy harmony with the life that throbs through the universe has been rudely broken. The result is physical, mental and spiritual discord.

Yet it is a matter for profound gratitude that this distressful situation is not hopeless. "God's healing power runs all through nature. If a tree is cut, if a human being is wounded or breaks a bone, nature begins at once to repair the injury. Even before the need exists, the healing agencies are in readiness; and as soon as a part is wounded, every energy is bent to the work of restoration."

Our readers have noted that we place great emphasis on diet and do everything in our power to make simple and plain the principles underlying the science of nutrition. The ignorance and oftentimes indifference of the majority to this question is a matter for deep concern. We believe that the fence at the danger point in the mountain is more important than the ambulance at the foot of the precipice in the valley. One writer has humorously said, "One half of what I eat takes care of me; the other half takes care of the doctor." When we meditate on the widespread pain and suffering, and even death, that are due to dietetic errors this becomes grim humour indeed. Special attention will continue to be given in our pages to the science of nutrition. Helpful articles will appear during the year on the common diseases prevailing in Southern Asia and their treatment. We will also keep our readers in touch with the conditions prevailing in a troubled world and interpret their meaning. The souls of men will continue to find the same healing ministry in the section of our magazine devoted to religion. So we not only wish you a prosperous new year of health and happiness, but we dedicate our pages during 1935 to the work of helping you to achieve this buoyant health in "body, mind and spirit."

HEALTH MAKES LIFE WORTH LIVING



CAPITALISM

and

RICH MEN

Are We Through With Them?

An Interesting Article by an American Contributor

"Rockefeller Centre," one of the tallest buildings in "Big City," New York City. John D. Rockefeller Sr., whose name stands for fabulous wealth, is seen in the inset. This group of buildings, and others such as the Empire Building shown on the front page of our cover, are symbolic of the enormous growth of capitalism during the past one hundred years, and are among the outstanding "signs of the times."

LET business alone, and we will recover," we are told. How shortsighted some men are! The let-business-alone policy nearly brought us to chaos.⁷ Who can recall the bank crisis of February and March, 1933, without a shudder! Now that things have been straightened around somewhat, we are being urged by many to return to the days of "rugged individualism," "back to liberty," as they put it.

How much trust can we put in the leadership of "rugged individualism"? Jay Franklin, in *Liberty*, puts it this way: "For generations Big Business had run the United States. Our most intelligent and energetic men went into business, and we were taught to admire our captains of industry and to study the principles by which they had achieved success. When the depression came, we turned to them for leadership back to recovery. Did they supply it? Ask Hoover! He asked them to.

"Instead, the number of our unemployed reached the staggering total of 13,500,000 in March, 1933, and Big Business had no solution but to pass around the hat, cut wages, employ child labour, and in a few cases spread the work or keep regular employees on part time. This was altogether aside from the monopoly controls, the tariff privileges, and the financial inside tracks which enable our Big Business men to maintain high prices, profits, and dividends in the face of vast human misery.

"Under the Old Deal one third of our banks folded up in the ten years which followed 1920. Under the Old Deal the Chase National Bank could grant its retiring and enormously wealthy president a life pension of \$100,000 a year when it was not paying any dividends to its stockholders. Under the Old Deal Sam Insull and Ivar Kreuger could ruin hundreds of thousands of swindled investors and be rated as great men by press and pulpit. A New York investment firm could pay \$450,000 to the son of the president of Peru in connection with a loan to the government of Peru which has since been defaulted with total loss to the American investors. Our private bankers could take millions in commissions without a cent of liability and our Stock Exchange could wipe out billions of savings of millions of Americans."

All that was "rugged individualism." We called it freedom and liberty. We built big

By L. ERVIN WRIGHT

factories and many have even paid our help something like a living wage, but while the returns from industry increased 72 per cent in the decade preceding 1930, wages increased only 13 per cent. Dividends and profits meant more to us than the human beings who made these dividends and profits possible. When the depression came and we could no longer make big money, we cut wages, employed child labour, and turned loose millions of men and women upon public and private charity. These millions were good enough to exploit, good enough to make our billions, good enough to make what we have called our surpluses of goods, but they were not good enough to be taken care of when they were no longer a *profit* to us. Let charity, the Red Cross, the Salvation Army, or the Government take care of the unemployed, we said.

Since we have turned the (Turn to page 45)

NATURE, God's Physician

Scene in
Switzerland

By MRS. E. G. WHITE

THE things of nature are God's blessings, provided to give health to body, mind, and soul. They are given to the well to keep them well, and to the sick to make them well. Connected with water treatment, they are more effective in restoring health than all the drug medication in the world.

In the country the sick find many things to call their attention away from themselves and their sufferings. Everywhere they can look upon and enjoy the beautiful things of nature,—the flowers, the fields, the fruit trees laden with their rich treasure, the forest trees casting their grateful shade, and the hills and valleys with their varied verdure and many forms of life.

And not only are they entertained by these surroundings, but at the same time they learn most precious spiritual lessons. Surrounded by the wonderful works of God, their minds are lifted from the things that are seen to the things that are unseen. The beauty of nature leads them to think of the matchless charms of the earth made new, where there will be nothing to mar the loveliness, nothing to taint or destroy, nothing to cause disease or death.

Nature is God's physician. The pure air, the glad sunshine, the beautiful flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are health giving,—the elixir of life. Outdoor life is the only medicine that many invalids need. Its influence is powerful to heal sickness caused by fashionable life, a life that weakens and destroys the physical, mental, and spiritual powers.

How grateful to weary invalids accustomed to city life, the glare of many lights, and the noise of the streets, are the quiet and freedom of the country! How eagerly do they turn to the

scenes of nature! How glad would they be for the advantages of a sanitarium in the country, where they could sit in the open air, rejoice in the sunshine, and breathe the fragrance of tree and flower! There are life-giving properties in the balsam of the pine, in the fragrance of the cedar and the fir. And there are other trees that are health promoting. Let no such trees be ruthlessly cut down. Cherish them where they are abundant, and plant more where there are but few.

For the chronic invalid nothing so tends to restore health and happiness as living amid attractive country surroundings. Here the most helpless ones can be left sitting or lying in the sunshine or in the shade of the trees. They have only to lift their eyes and they see above them the beautiful foliage. They wonder that they have never before noticed how gracefully the boughs bend, forming a living canopy over them, giving them just the shade they need. A sweet sense of restfulness and refreshing comes over them as they listen to the murmuring breezes. The drooping spirits revive. The waning strength is recruited. Unconsciously the mind becomes peaceful, the fevered pulse more calm and regular. As the sick grow stronger, they will venture to take a few steps to gather some of the lovely flowers,—precious messengers of God's love to His afflicted family here below.

Encourage the patients to be much in the open air. Devise plans to keep them out of doors, where, through nature, (*Turn to page 8*)



THE HEALTH VALUE OF

A HAPPY HEART

By CECIL K. MEYERS

LONG ago the wise man Solomon declared, "A merry heart doeth good like a medicine." This is a divine contribution to the long search after the things that build up a sound mind in a sound body. It predates all the methods of applied medicine that are the foundation of the modern approach to health and hygiene. As a rule of health it has been more and more emphasized by every advance step of medical science.

Vendors of fake medicines and cures for human ailments have approached their victims on this basis. They have recognized how much the mind and general attitude of the individual affects the health. In their advertisements they have pictured the rueful consequences of the disregard of symptoms, thereby creating a favourable mental attitude and reaction to their claims to cure. The receipt and use of medicine, which in most cases is useless and in many positively harmful, results in the patient's imagining a recovery or cure.

But there is an alliance between mind and matter,—a sort of spiritual phase of the treatment and cure of disease, which if rightly employed may be a very helpful adjunct to all that medical science has made available to help the sufferer in these days. Doctors everywhere acknowledge this, and much importance is attached to the mental co-operation of the patient in all that is done either to remove or to alleviate disease.

Freedom of the mind from care and anxious stress wards off a great deal of nervous reaction to ill health. We are all human and born to suffer at some period of our lives the ills that befall the race. In childhood there is the mumps, or measles, or chicken pox, or other maladies common to the earlier years of life. Most of us, through neglect or ignorance, pass the threshold of manhood and womanhood with the foundation laid for the troubles of middle life. Continued excesses and transgression of the inexorable laws of nature bring a great many sooner or later to

the surgical table for such patching up as is necessary. By the aid of the surgeon's knife and stitches, years are added to the life of the present generation, which would otherwise be disastrously short, for there never has been a generation that physically and mentally has been more incapacitated. But the mind cannot be operated on. It is that inner self that dominates the physical in every one of us, and this dominance continues in health and in sickness.

Doctors and nurses who attend constantly at the bedside of the sick realize how valuable it is as an aid to the recovery of patients to have their mind at ease concerning their symptoms. A doctor's diagnosis is always presented in the most hopeful setting to the patient. Hope for the better is readily seized upon by everybody except the most despairing. That hope is a buoyant and sustaining element in the struggle. As long as it is retained, it greatly adds to the fighting spirit and maintains courage in adversity and suffering.

One of the most common ailments in middle and later life is nervous breakdown. This, in extreme cases, may induce a gloomy and melancholy outlook on life in general. With hope faded and courage gone from the soul, body resistance is greatly lowered.

I am not a medical man, but I have learned from experience. Being an everyday, ordinary type of mortal, I have had my share of sickness. Because of exposure in out-of-the-way places in far countries that lack in sanitation and hygiene, I have suffered with maladies both general and rare. I too have needed more than the average mortal's share of surgical attention. Twice I have been at death's door, with everything against me. Yet I am here to pen this sketch of my sufferings, and do it when I am past middle life and enjoying more than the average man's share of health. Perhaps a rugged constitution has helped, but above all I attribute my surviving to a hopeful outlook and courageous will to live.

(Turn to page 43)

By ROGER W. BARNES, M.D.

The magic filters that are our kidneys

MANY years ago the Romans built aqueducts which were some of the wonders of the world, but little did they realize that within each of themselves was a water system more wonderful and much more complex than any they had ever dreamed of building. These old Romans did not know that if the small tubules of one human kidney were straightened out and fastened together, they would reach a distance of more than twenty thousand feet, making a waterway approximately four miles long, which not only carried liquid, but also had the ability to select the kind and the concentration of the ingredients of this liquid.

A few years ago I visited a large coal mine. After the coal was mined and broken into the proper size, it slid down chutes into the large shipping bins. Seated along each side of these chutes were old men and boys who picked out the slate and other impurities as the coal passed by. As I watched, I thought how wonderful it would be if these chutes could be so constructed that the impurities would automatically be sent out on the dump pile.

This is just what happens in the tubes of the kidney. A dye which would colour water so that any amount of filtering would not remove it, may be injected into a vein in the arm, and within three minutes it will show in the urine, and after a few hours not a trace of the dye can be found in the blood; the selective action of the tubes of the kidney has eliminated it. The composition of the blood is kept quite constant by this action, for not only are abnormal constituents eliminated, but also an excess of normal elements is removed. If there is too much sugar in the blood, the kidneys will remove some of it; if uric acid or salt

The Urologist

The urologist (specialist in diseases of urinary organs) is actually one of the most accurate of specialists as a result of the wonderful scientific aids which have been developed. The cystoscope, a delicate electrically lighted instrument, with its system of small lenses and reflecting mirror, functions similar to a periscope in a submarine. When introduced into the bladder through the urethra it enables the specialist to see the whole interior of the bladder. Then with a delicate guide he can pass a very fine catheter up through the little tubes which conduct the urine from the bladder to the kidneys and collect and test the urine from each kidney separately. Another test of kidney function: a red dye is injected into a vein—within four minutes it begins to appear in the kidney, and is collected from each kidney separately. By measuring the secretion it can be determined accurately how each kidney is functioning, and whether an operation is possible. It is also possible to wash out the kidney or dislodge stones in the ureter between the kidney and bladder.—C. E. Nelson, F.R.C.S.

or phosphorus is too plentiful, the tubes of the kidneys will reduce the amount. This selective ability is so complex that it cannot be explained by any known chemical or physical laws.

Some years ago a certain gold mine that I visited was a beehive of activity. The tat-tat-tat of compressed air drills could be heard above the roar of the rock crushers in the large mill at the mine's mouth. Water was washing the finely powdered ore over the schlich board, and the gold dust was being caught by the ridges in the board.

Everything was running smoothly because of the care the owners were taking of the property. Machinery and buildings were in good repair, and the project was a very profitable one.

A number of years later I again visited the place. What a change had occurred: The machinery of the mill was rusty; the buildings were dilapidated, and rodents scurried across the broken schlich board and through the weeds growing from the accumulation of dirt on the floor and in the bins. It was neglect which had brought about this change; and, instead of a productive enterprise, one saw only ruins.

Considering the far greater complexity and fineness of structure of the waterways of the human kidney, is it any wonder that neglect and improper care lead to trouble? An insufficient amount of water and a poorly balanced diet predispose to infections and to stone formation. Neglect of periodical urine examinations, or an unheeded warning of blood, pus, or albumin in the urine may allow an easily curable condition to progress until the kidney, or possibly even its owner, will go on the shelf as a "has-been."

A short time ago I was again at the gold mine. Another change had taken place. This

time the mill was running to capacity, and even at times was pushed beyond capacity. The buildings were patched, and the machinery, which was old and worn by rust and by work, was repaired in a temporary fashion. Things were not running as smoothly as before, for the owners were clogging the works with too much ore, and the machinery was not standing the strain. Frequent stops for repairs were necessary, and the entire venture was being run at a loss.

On the hill above the mine, one of the owners, a man above middle life, was lying in bed gazing through the window at what he knew was a losing game. He was also thinking of the all-but-lost game of chance he had played with his life. He had lived hard and fast; he had worked too much; he had eaten anything, everything, and nothing; he had ignored repeated warnings, and his body had been saturated with alcohol and nicotine. The load was too much for the delicate mechanism of the magic filters within him, and the heart was not standing the strain. Now as he caught the reflection of his face in a mirror, there was a marked puffiness under his eyes, his lips were blue, and his chest heaved with the effort of breathing. And as he rubbed his ankles and feet to relieve the itching and burning, he felt them to be twice as large as they used to be, and remembered their dropsical condition. He also remembered the warning he had received a few years before when he was told there were danger signs in the urine,—a little albumin and a few casts; and now he wished he had heeded that warning, eased up on his work, and led a healthier, more regular life. It was too late now,—his work, as well as that of the old mill, was about done.

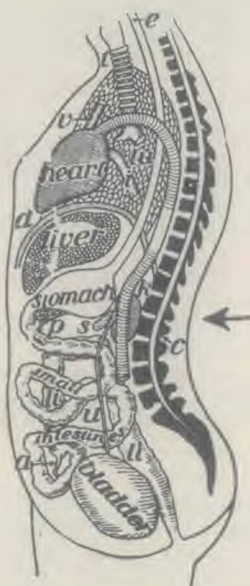
It is fortunate, indeed, that there are two kidneys in the body, for many diseases occur in one kidney only. It is still more fortunate that when one kidney becomes diseased and its function impaired, its partner will take up the work and do as much as both, if the other has become completely disabled. This occurs when there is damage done by stones, tumours, infections, or obstruction to the urinary outflow of one kidney. It is not so fortunate, however, that both kidneys are nearly always affected by the various forms of Bright's disease; for this reason it is very important to follow the diet and rest programme the physician prescribes for these cases.

"My kidneys have been aching badly," a patient complained as he passed his hand over the lower part of his back. "I took some kidney pills which I saw advertised, and they helped for a while; but now they don't seem to do very much good." When an examination was made, it was found that the low back pain was due to other trouble, and that his kidneys were quite normal. He was surprised to learn that a hundred different conditions might have caused his back pain, and that the kidneys were situated high up under the lower ribs rather than in the lower part of the back! Less than 5 per cent of back pain is caused by kidney trouble; and then the distress is

almost always limited to one side. Very frequently one or both kidneys are found severely damaged by disease without the patient's having had any back pain. When, however, the tube (ureter) which connects the kidney to the bladder becomes obstructed by a small stone or kink, there is pain, usually sharp in character, radiating from the back on that side to the groin. Inasmuch as this tube is approximately twelve inches long, it may take some time for a stone to pass into the bladder, and frequently it is necessary to aid its passage by manipulation through an instrument introduced into the bladder.

Many pathological conditions may occur in the kidneys; but most of them can be treated successfully if attention is given them soon enough. It is a good idea to have a urine test once a year; and if any danger sign is found, do not postpone seeking the advice of a reputable physician.

A little attention and care will conserve the "magic filters" of the waterways within us, and our end will not be like that of the gold miner and his mill.



Many persons attribute a pain in the lower part of the back to kidney trouble, but the kidneys are not down there. The arrow shows their location up under the lower ribs.

Nature, God's Physician

(Concluded from page 8)

they can commune with God. . . . In the cultivation of the soil patients can have opportunity for healthful outdoor exercise. Such exercise, combined with hygienic treatment, will work miracles in restoring and invigorating the diseased body, and refreshing the worn and weary mind.

“PULL the

“To obtain correct posture only
one order is necessary”

ABDOMEN IN”

Condensed from Collier's, "The National Weekly"

By MARIE BEYNON RAY

I MET a middle-aged acquaintance the other day whom I hadn't seen for two years, and I almost passed her by because she'd grown, not so much older, but so much younger. Face-lifting, gland treatment, falling in love? None of these. It wasn't the face that was younger—but it isn't the face that grows old first. It's the body, which slumps and sags and develops the middle-aged spread and the housekeeper's droop. . . .

“What I've been doing,” my friend admitted, “is going to a gym. I happened to glance in a full-length mirror when I had less on than a bathing suit—and I was revolted. I resolved to take steps, and I did.”

Only the day before I had talked on this same subject with Dr. Kristian Hansson, Director of Physical Therapy at the Hospital for the Ruptured and Crippled in New York. Speaking of the deformities such as sway back, round shoulders, flat chest, protruding abdomen, which creep upon us in middle age, he said:

“In youth the body is wide at the chest and narrow at the abdomen, but with advancing age it becomes narrow at the chest and wide at the abdomen. If we manage to prevent this, and we can by exercise, our bodies retain their youthful lines into old age. The abdomen has mighty muscles, four layers of them, running horizontally, and obliquely. What a corset! Women who keep this one strong and supple as in youth need no other. But when these muscles become flabby the whole body sags. At almost any age we can correct these abnormalities.”

I glanced now at the man I had come to see, Joseph Pilates, the living proof of the truth of these statements. Standing there in his trunks, he appeared to be in his twenties. He assured me he was 54. I couldn't believe it. Pilates originated a system of exercises still used by the Hamburg police; has been painted and sculptured by innumerable famous artists, and can do more

with one hand than many a champion can do with his whole body.

“Sports are wonderful for the constitution generally,” he said, “but they are of little value for correcting what's wrong with you—and there's something wrong with almost everyone. ‘Corrective exercise’ is the only way to build a beautiful, strong, youthful body. The doctors back us up in this.”

For our common deformities, according to the doctors, there is usually one cause and one cure. Our bodies usually become misshapen through bad posture. And to obtain correct posture only one order (we have the authority of Pilates for this) is necessary: “Pull the abdomen in.”

Here is a portrait of the average man or woman: Head forward—two or three inches out of alignment with the spine; shoulders rounded, chest hollowed, spine curved noticeably forward at the waistline, abdomen protruding. Practically every fault of the figure comes down in the last analysis to the matter of a straight spine such as normal children have. And to straighten the spine what we chiefly have to do is to “pull in the abdomen.”

Sounds simple, doesn't it? But it has to be done in a special way. The hips must be thrown forward; the lower abdomen held in thus forcing the chest high and the head up without lifting the shoulders—and that position must be held as long as possible. A few other remedial exercises must be gone through daily, if you care two pins about having a 20-year-old figure at the age of 50. Here is one that Pilates recommends: Lie down and try to make the whole length of the spine touch the floor, likewise the shoulders and arms, stretched above the head. You can't do it, but trying is what counts. With the arms stretched above the head, raise the torso s-l-o-w-l-y, keeping the legs on the floor (*Turn to page 42*)

Waist Lines and

LIFE LINES

By HAROLD M. WALTON, M.D.

How can fat people reduce safely and scientifically?

THE style in lines for the human body changes from time to time; and, regardless of the fashion, there are many who earnestly strive to bring themselves into size and shape so as to fit the latest style in clothes.

The fashion dictators have, in recent years, made the feminine public weight conscious, and have caused women generally greatly to desire a slender, "boyish" figure. For this reason, weight reduction has become a fad. Reducing dietaries have been very popular, and in great demand.

Overweight in degrees worthy of comment has been generally regarded by physicians as a menace to health. Statistics reveal the fact that after the age of puberty normal weight or slightly under normal for the height and age gives one a greater life expectancy. In other words,

overweight shortens life, and some one has aptly said, "Adding to the waist line shortens the life line."

Carefully conducted researches in recent years have proved that by far the greater number of cases of overweight are to be classed as *preventable*. These cases acquire excess fat because of faulty habits of living,—namely, habitual overeating and lack of exercise. In a smaller group of cases there are predisposing factors in the background that render the prevention of overweight more difficult than in the above group, such as heredity, age, sex, and various definite disturbances in the functions of the endocrine glands. Such cases are characterized by the location of the fat and by structural and functional alterations. By these characteristics such cases are recognized by the physician, and are to be given special attention and treatment independent of the diet. Early diagnosis and skilful management are essential for satisfactory results in these special endocrine cases.

When people generally realize that an undue gain in weight is a significant sign, and seek competent medical advice, then much more obesity will be prevented than at present. Since overweight is largely a result of habitual overeating, it is at once perfectly obvious what the treatment is to be. In these cases as in many others, the old adage holds true that "an ounce of prevention is worth a pound of cure." However, for this particular group a slight revision might be in order so as to say, An ounce of self-control is worth a pound of dieting.

The rate of weight reduction by dietary measures depends on how much the food intake is reduced below the patient's actual expenditure of energy. Since reducing has become so popular, many have reduced unwisely and have impaired their health and have lowered their resistance to disease. Many bizarre diets and methods have been employed which are wholly



"Overweight shortens life."
"An ounce of self-control is worth a pound of dieting." Which swimmer would you rather be?

unsound and irrational. One thousand and one sure cures—guaranteed—that require no restriction in diet or change in living habits have been widely advertised, all of which are misleading. Many of these are nostrums or patent remedies that are worthless and ineffective, while some are actually injurious to health.

The internal secretion elaborated by the thyroid gland is an important agent in regulating the metabolic activity,—i.e., the rate with which food is turned into energy,—and when present in amounts above normal it accelerates the expenditure of energy and the rate of its outflow. For this reason thyroid substance has been used extensively as a remedy for excess weight, and forms the essential ingredient in many of the patent preparations. The indiscriminate use of thyroid is to be condemned, however, for it is a potent substance, and its use for this purpose is not without its dangers. In fact, its use in the management of the obese is generally contraindicated. Drs. Strang and Evans several years ago studied the metabolic rates—i.e., the rate of the expenditure of energy—in a large number of obese cases, and determined that the basal metabolic rates, when figured on the basis of the active body tissue as represented by ideal weight, were 20-50 per cent higher than for normal persons. Therefore, the administration of thyroid to raise the activity of the active protoplasmic tissue to still higher levels is contraindicated, and, when taken in excess, as is often done in self-administration, may work havoc.

More recently there have been reports of a new preparation to effect rapid and extensive weight reduction without changing the habits of living or restricting the dietary. This new compound (Dinitrophenol) has been shown to promptly and markedly increase the metabolic rate when administered by mouth. Effective doses increase the oxygen consumption, and cause an increased heat production. The use of this formula is still in the experimental stage. Apparently the product must be used with great

care and exactness, otherwise toxic and unfavourable symptoms ensue. Its use may be perfected; however, we postulate that there is no substitute for obedience to the laws of nature. To stuff one's self and overindulge in even good food, and to take this formula as a panacea, is poor judgment; and the person so doing will eventually not escape the toll and ill effects of violating physiological laws.

The technique of treating obesity with low-calorie diets is relatively simple. The average adult individual doing ordinary work requires between 2,200-2,800 calories of food per day. The purpose of the treatment is to lower the dietary to a point still compatible with good health and yet sufficiently below the daily caloric requirement so as to utilize or burn body fat for the rest of the energy required.

There are many fads and fancies regarding the matter of dieting, and many extreme measures have been advocated. There is no virtue in any special article of food or in any combination of foodstuffs. During recent years it has been proved by Evans and Strang and other investigators that the total calorie intake can be lowered to a point below what we formerly thought to be possible without in any way impairing the health, provided certain essential food ingredients are incorporated in the prescribed diet. Depending upon the degree and rate of weight loss desired, the dietary in this treatment programme is planned to include from 400 to 1,000 calories. This diet is to be maintained until an

optimal weight is reached. Then the dietary is to be increased so as to maintain that ideal weight at a constant level.

Since it is often necessary to continue these diets over a considerable period of time, it is important that the essential ingredients for the maintenance of good health be incorporated. The first consideration is an adequate intake of protein. There must be provided daily in the dietary sufficient protein or nitrogen-bearing food to balance the daily nitrogen output. The protein requirement for the adult is deter- (Turn to page 40)

SUGGESTIVE REDUCING MENUS

Breakfast:

$\frac{1}{2}$ grapefruit, 1 egg, or glass of milk.

Luncheon:

Clear vegetable broth, egg and lettuce salad—lemon juice dressing, bran bread, buttermilk, dhali.

Dinner:

Clear vegetable soup, cottage cheese, string beans, stewed carrots, cabbage salad, sponge cake, bread—slice entire-wheat.

MENU No. 2

Breakfast:

Stewed prunes, puffed wheat with whole milk, egg omelet, bread—one thin slice entire-wheat toast, coffee substitute.

Luncheon:

Fruit relish, tomato and celery salad, buttermilk, apple snow pudding, or other fruit dish.

Dinner:

Vegetable broth, baked macaroni and cottage cheese, fresh peas, lettuce salad, fruit ice, bread— $\frac{1}{2}$ slice entire-wheat.

NICOTINE . . .

a Man Killer

By LESLIE D. TROTT, M.D.

BEGINNING in 1559, when Jean Nicot urged its use for the cure of cancer, tobacco has been tried for every ailment under the sun, even as a protection from the Black Plague. However, tobacco has now become obsolete in medicine.

Nicotine is the active agent of tobacco, and is listed as one of the most fatal and rapid of poisons. The smoke of tobacco contains 50 per cent of the total nicotine content, and of this 66.7 per cent is absorbed when "puffed" through the mucous membranes of the nose and throat, while over 88 per cent is absorbed by "inhaling" very rapidly from the lungs. An average cigarette would deliver to the blood stream from the smoke about $1/25$ to $1/20$ grain of nicotine, and a cigar or a pipe an increasing amount. (Baumberger claims that 0.573 per

chimney flue instead of a ventilation duct.

Fisk, in his statistical studies of large groups of persons taking health examinations, found among excessive tobacco users an excess of 15 per cent with decayed teeth, 13 per cent showing recession of gums, and 27 per cent showing pyorrhœa; all of which supports the recent clinical testimony denying any antiseptic effect whatever of tobacco smoke on the mouth cavity.

The same amount of nicotine present in the smoke of two cigarettes ($1/10$ gr.) when given by mouth is without symptoms other than local irritation.

Evidently the nicotine absorbed from the stomach and intestines, which must go into the blood stream through the liver first before reaching the general circulation is made harmless by that organ.

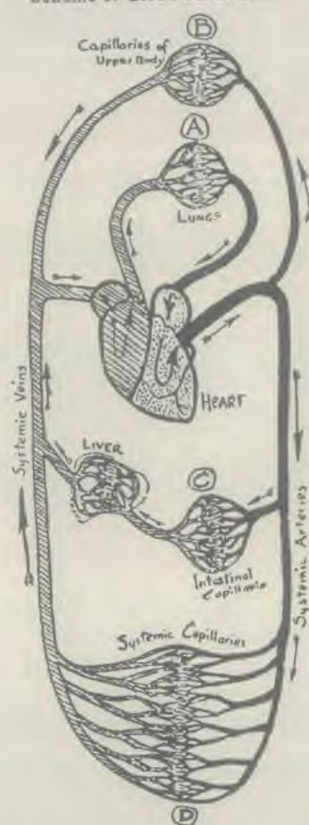
Diagram No. 1 shows the direct route travelled from the lungs (A) to the heart out into the big arteries into every part of the body. When one "inhales" the tobacco smoke, the blood picks up the nicotine from the membranes of the lungs. If the cigarette is "puffed," the smoke contacts the membranes only of the nose or throat, and is picked up by the blood

-
- (A) Nicotine absorbed from lungs when "inhaling." Goes direct to heart.
 - (B) Entrance into circulation from nose and mouth when "puffing."
 - (C) Absorption from stomach and intestines when taken by mouth. Detoxicated by liver.
 - (D) Nicotine enters through skin and is absorbed by capillaries.
-

cent of the weight of the tobacco appears as nicotine in the smoke.) The fatal dose is considered about one grain.

The irritation from the smoke and tobacco juice should not be confused with the effect of nicotine or other products of combustion when absorbed. Constant irritation around the tip of the tongue and lips of hot tobacco smoke, pipe, etc., make for the development of cancer in those parts. Pharyngitis and laryngitis are nature's rebuke for using the throat as a

DIAGRAM NO. 1
Scheme of Blood Circulation



at B. This is then carried by the veins toward the heart, being diluted as it mixes with the blood from the liver and lower part of the body. Before it reaches general circulation, it must travel through the capillaries of the lungs from the right side of the heart. It has a lessened effect because not so much poison reaches the nerve cells, which alone are susceptible. If nicotine is taken by mouth, it would be absorbed at C in the diagram; if brought in contact with the skin, it would

reach the blood from the point D. This last is quite possible. Only recently a gardener spilled some spraying fluid containing nicotine on his overalls without noticing it. In a half hour he was rushed to the hospital for emergency treatment. A few days later, after putting on the same overalls which were still damp, he had another very sick spell. Then it was discovered that his absorption of the nicotine had brought on these severe attacks of vomiting and weakness.

Drs. Maddock and Collier of Ann Arbor wished to determine, if possible, whether tobacco had any action which would be likely to cause a disease called thromboangiitis obliterans (intermittent lameness). They selected about twenty-four persons and arranged some definite tests under controlled conditions to observe the effect of tobacco smoking upon the contraction of the blood vessels of the extremities; for this disease causes the obliteration of the vessels of the legs, even so severely that amputations are often necessary. The temperature of the finger tips and ends of toes were taken as an index to the change in the flow of blood. If the blood vessels contracted, then there would be less blood in the fingers, and so the skin would become cooler and the special thermometer used would register a lower temperature. The blood pressure and the heart rate were also taken at five-minute intervals during the tests. After resting one hour, each person was allowed to smoke his favourite tobacco at his usual rate. In every case after smoking there was an increase of blood pressure, the heart would beat faster, and there would be a drop in temperature at the finger tips of as much as seven degrees Fahrenheit. The magnitude of change was greater with the rapid smokers and in those who inhaled rather than puffed. Even in a man accustomed to smoking thirty-five to forty cigarettes daily, two cigarettes caused a marked contraction of the blood vessels as shown by the drop in temperature.

After cessation of smoking, the return of the former blood pressure and heart rate required about fifteen minutes on an average, while it was seventeen minutes before the tips of the fingers returned to the previous temperature. At the end of this time the toes were still very much colder, showing that the blood vessels in the legs were more seriously affected. Similar responses were received after the next smoke.

Some persons who were suffering from this disease, intermittent lameness, were

also tested. Smoking brought about similar changes with them except that the toes became much colder and a longer time was required to return to the previous temperature. It was even forty-five minutes before the finger temperature returned to normal.

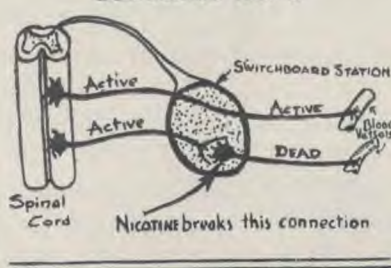
After compiling all their data, these doctors conclude: "We unhesitatingly counsel against tobacco smoking by patients with this disease." Dr. Barker of Mayo Clinic, reporting 350 cases, found 87 per cent were excessive smokers (a high majority of these being users of cigarettes), and that the heaviest users were most seriously affected. Dr. Silbert, reviewing 289 cases, is convinced that "smoking is the most important contributing factor, and that cessation of smoking is an essential curative measure." He says that 50 per cent of those who required amputation continued to smoke in spite of warning, and that recurrence of symptoms after the person had been restored to good condition was almost invariably traceable to resumption of smoking. Dr. Samuels insists that the first point in treatment is "absolute prohibition of tobacco."

What poison in tobacco caused such extensive changes in the blood vessels, blood pressure, and heart rate? What was the mechanism through which this poison worked? These were the questions that the doctors solved in their experiments. They determined that nicotine was the active poison.

But how did the nicotine bring about this change? By many different methods they proved that it was through a poisoning of the nervous system, and that the nicotine blocked impulses at certain connections, or switchboard stations. Let me state it thus: I am listening to my friend talking over the telephone. Suddenly his voice stops. I say, "Hello." There is no answer. I shake the receiver arm, and the central asks, "Number, please." You know what has happened. The plug was pulled out by mistake, and the message from my friend was interrupted; he was dead so far as I knew. Nicotine does just this very thing over the many nerve paths in the human body.

A very intricate scheme of fine nerves and switchboard stations make up the nervous system which automatically governs the various activities of the organs and blood vessels of our body. Many of these connections, or brushlike endings, where the end of one nerve connects with another, are located in a double chain along the front side of

DIAGRAM NO. 2



(Turn to page 41)

SCIENCE and HEALTH

ARTIFICIAL LUNGS

RECENTLY the *Journal of the American Medical Association* published the account of a case in which a man had been kept alive for two years by artificial respiration. A doctor named Kerridge had a patient aged 63, who gradually lost control of various groups of muscles until he was unable to breathe. His first attack was in a motor car, where friends enabled him to keep on breathing by pressing rhythmically on his chest. For some time artificial respiration was administered in the same way by nurses and others. Finally Sir William Bragg, a noted physicist, suggested bandaging a football bladder to the patient's chest, connecting it through a rubber tube to another bladder fixed between two hinged boards so it could be moved rhythmically by the foot or by a lever. But the bladders soon wore out. Finally a small hydraulic machine was constructed which was operated off the main water supply, alternately compressing and expanding the bellows. This apparatus has kept the patient alive since October 1933. The patient is mentally active, though paralyzed, and carries on normal intellectual pursuits.

FOOT-TWISTING, NO SHORT-CUT TO HEALTH

NEWSPAPERS have been lauding a new method claiming to cure arthritis (rheumatism) and various types of crippling by merely twisting the bones of the feet as practised by one Mahlon Locke of Williamsburg, Ontario, Canada. It is true that long lines of men and women are trekking to this new "cure" and trustingly putting their feet in the doctor's lap, filling his pockets with gold at the rate of one dollar a twist, paid strictly in advance. No doubt some go away mentally convinced that they are benefited, which is worth something. But can the real root of arthritis be reached and cured by a mere twist of the foot? Dr. Morris Fishbein, editor of *Hygeia*, makes the following comment (November, 1934, p. 969):

"Enough has been learned about the mechanism of the bones and joints, the nerves and the blood vessels, to make it quite certain that no twisting of the foot will adequately control any type of arthritis involving the joints and bringing about permanent disability. It is a well established fact that patients with chronic rheumatic disorders are constantly seeking quick cures, and that the natural remission in the disease make them particularly liable to become victims of all sorts of queer methods. The few who seem to be

benefited at the time they take the treatment are loud in their praise of the method that has been used. Those who fail limp wearily home reflecting on the money they have wasted, saving their face by keeping quiet as to results. Thus Mahlon Locke and his technique are not new in the history of charlatanism. Such apostles of healing come and go. They leave behind them a trail of devastated humanity which has given them money that might have been used in securing such relief as competent physical therapy and scientific medicine have to offer."

CURATIVE VALUE OF FRUIT JUICES

DR. J. H. KELLOGG says: "Fruit juices contain vitamins and food minerals, especially lime and iron, which are indispensable in many body processes and which need to be given in great abundance under the conditions present in disease. When the body is struggling under conditions which cripple its functions, such as over-worked liver or kidneys especially, a large intake of vitamins in the form of grape juice, or other fruit juices will reinvigorate the curative forces of the body and produce effects which are unapproachable by even the most powerful drugs."

An interesting case is reported in the *British Medical Journal* of Sept. 8, which shows the great value of pineapple juice as one of the most active and valuable of all fruit juices.

The patient, a woman, was suffering from a serious disease of the heart and kidneys and as a result had oedema, or dropsical swelling, affecting especially the chest. The upper part of the body to the waist was greatly swollen and there was fluid in both sides of the chest, and the back and legs were much swollen with the oedema. Various drugs were given, including digitalis, but without benefit, which is often the case. Pineapple juice was suggested and the patient was given daily the juice found in an ordinary tin of canned pineapple. Symptoms of improvement soon appeared and in three weeks the oedematous swelling of back, limbs and chest was gone, the fluid had disappeared from the chest, and the patient was discharged from the hospital. Several months later she was still free from the swelling and was taking regularly small quantities of the juice of the canned pineapple, at least one tin a week.

Pineapple juice is an old-fashioned domestic remedy for quinsy and ordinary throat affections of an acute nature.

WHAT IS NEW IN SCIENCE

BREAD BAKED BY SUNLIGHT

LODGED amid the crags on Mt. Wilson above Pasadena, Southern California, Dr. Charles Abbot of the Smithsonian Institution has installed an oven heated entirely by the sun's rays. Mrs. Abbot showed Ransome Sutton, science writer for the *Los Angeles Times*, a loaf of bread beautifully baked by a patch of sunlight no larger than a table spread. No wood to carry, no coal or ashes to shovel—really something new under the sun. Even after the sun goes down Dr. Abbot declared that “the temperature inside the oven will drop slowly during the night, but there is still ample heat in the morning to bake biscuits.”

The sunlight falls on a trough-shaped furnace made of glass which is kept constantly facing the direct rays of the sun by a clock-like mechanism. The curvature of the glass trough focusses the light along a copper tube running lengthwise of the furnace. This copper tube is surrounded by a large tube of pyrex glass, thermos bottle-like, the space between the two tubes being a perfect vacuum. The inner copper tube is filled with heavy machine oil which does not boil at ordinary furnace heat. When heated by the focussed rays of the sun the oil rises and circulates around three sides of the oven, which has the appearance of a small circular water tank. Leaving from 300 to 400 degrees of heat in the oven, the cooled oil gravitates back into the furnace to be re-heated, thus maintaining a lazy circulation of about sixty gallons of oil, working automatically. Unlike other furnaces no fuel is consumed. Unless there is a leak the same oil can be used indefinitely. This is no freak but one of the experiments of a group of scientists connected with the California Institute of Technology located at Pasadena, California, of which the late Dr. Millikan was a member.

The amount of energy poured constantly over our earth by radiation is beyond comprehension. Physicist Burt Richardson says that the amount of energy actually reaching the earth every minute would run all the machinery in the world for three years could it be utilized. Speaking of this sun-energy Prof. S. P. Langley, in his “New Astronomy” says, “Practical men are turning their attention to this source of power . . . and there is reason to believe that some of the greatest changes which civilization has to bring about may come from

such investigations.” Here is something worthy of experimenting with in India. Some genius in Sindh or even here on this broad expanse we call the Deccan, will some day find a way to utilize this sun-energy.

DE-SALTING SEA WATER

THE same group of scientists that are working at the California Institute of Technology is working on the problem of extracting the salt from sea-water by the same sun-energy. Dr. John A. Anderson of the Institute says, “Science already knows how to utilize the sun's energy for distilling sea water. The main thing which keeps us from turning this wonderful knowledge to practical account is the economic theory that such enterprises must yield a financial return. If we regarded water works as we do highways, schools, parks or public buildings, which do not have to pay dividends to stockholders, governments could establish plants which would irrigate all regions adjacent to seas without waiting for the sun in its own way and time to draw up water in the clouds and empty them haphazard over the lands. Due to our laws and our economic theories we forbid ourselves from making good use of the knowledge already in our possession.”

In Oakland, California, there is a plant already extracting the salt from the ocean brine and running the water back into the Pacific. If the process were reversed and the water saved, Dr. Anderson's dream of irrigating the west coast of the Americas, South Africa, Australia and Arabia would come true. Could the governments of the world only be persuaded to spend a fraction of the money now wasted on war preparations on such projects, the face of the earth would be changed. But this they will not do.

LATEX-LINED FUR COATS

IN most parts of India it is difficult to imagine that the northern countries are now locked in the embrace of cold and snow and ice. In those countries where the cold is severe overcoats are a necessity. It is reported in *Rubber Age* that latex, the milky sap of the rubber tree, is being used in connection with the inner lining of fur coats. The latex is applied to the skins and the silk lining placed over it. It is claimed that this process not only increases the warmth of the coat but also strengthens the seams where the skins are sewed together.



THE MARCH OF TIME

BROADCASTING

THE year 1934 closed with two broadcasting events that demonstrated the tremendous strides made in this branch of human endeavour. The first of these was on November 29 when the Duke of Kent was married to Princess Marina of Greece. The other was the "Empire Exchange" programme on Christmas day which was closed by the personal message of King George V to his far-flung Empire.

WILL AMERICA TRY THE INDIAN ROPE TRICK?

THE silver bloc in the United States seems nearer than ever before to the capture of the resources of Government in an effort to try out their currency theories. It was about forty years ago that Wm. J. Bryan coined the undying phrase that the people of the world "were being crucified on a cross of gold." But he was never able to put his theories into practice. With the advent of President Roosevelt the new monetary era was really ushered in.

But whether it is to be inflation or deflation, managed currency or the so-called "sound money," no one seems to know. President Roosevelt failed to be caught in the net spread for him at the London Economic Conference in 1933, where other nations invited him to permit the stabilization of the dollar at the bottom of its extreme deflation. There followed a period of uncertainty trying to the economic world, which has been divided into two opposing and hostile camps.

In October last the Economists National Committee on Monetary Policy, representing the bankers, issued this warning: "There are developing today (in the U. S. A.) conditions and movements which point definitely toward dangerous inflation and to the further mutilation of our currency system in the near future." On the other hand there are the optimists who claim such experts as Prof. J. M. Keynes of England on their side who in his "Means To Prosperity" articles in the London *Times* said, "do not forget that you need cheap money." The ordinary mortal is left in dire perplexity and wonders whether the American Government proposes an attempt to repeat the Indian rope trick with silver or not.

The volume of enthusiasm with which Princess Marina was greeted, and the extraordinary extent of London's orderly enjoyment of the pageant and the festivities has never before been equalled in English history, not even when Queen Alexandra came from Denmark to become the Princess of Wales. No other bride's "I will" was ever before heard by so many people. Here in Poona we heard it even more clearly than some of those in the Abbey itself. The words of the Archbishop of Canterbury came through remarkably clear, as he conducted the simple but solemn ceremony and spoke of the whole nation—nay the whole Empire, the great audience in the Abbey, the throngs outside, and the millions of listeners in the world around, "as being the wedding guests, nay more than wedding guests, members of the family."

King George V for the third time broadcast a Christmas message to his Empire. But never before had such an elaborate programme been attempted. Beginning with the bells of Bethlehem, the Christmas message was caught up in New Zealand, echoed from a native kraal in Africa, repeated by a lone whaler on an isolated island in the South Polar Seas, passed on to India, Australia, and Canada to be responded to by representatives in Old England herself. The 45-minute programme was closed by the King's own personal greetings which reached more millions than had ever before listened to the voice of one man. In these wonders of our age we again see another of the striking "signs of the times."

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DIAMONDS

GRANT ROAD, BOMBAY

THE EUROPEAN SITUATION

WE present the accompanying map to our readers that they may at a glance understand the present situation in Europe. The assassination of the Dictator-King of Jugo Slavia and the Foreign Minister of France, M. Barthou, in October rocked political Europe to its foundations, but fortunately the conflagration was avoided that followed the assassination of Archduke Franz Ferdinand in 1914. It will be seen that France has encircled Germany, Austria and Hungary with a group of nations (in black) intended to keep them from expanding. The Little Entente (Jugo-Slavia, Roumania, Czecho-Slovakia) and Poland have been bound to France by treaties, but signs have indicated that Poland may be wavering. Russia's entrance into the League of Nations has aligned her with France. But Jugo-Slavia stands in the way of Italian expansion across the Adriatic and hinders her penetration into the Balkans. Italy is therefore showing a friendly attitude towards Austria. We must face the fact that the Wilson ideals have failed and that Europe has drifted back into the pre-war system of alliances and counter-alliances. One prominent editor has said, "This is only one more chapter in the disintegration of the world." The outlook for Europe during 1935 is very disturbing.

BRITISH RAILWAY RECORDS

THE remarkable records recently made by the Flying Hamburger, Germany's crack Deisel-electric train, brought a reply from the British Railways in a record by a "mystery train" run on the London and North Eastern Railway from King's Cross to London and back. The run of 186 miles from London to Leeds was made in 2 hours, 32 min., at an average speed of 73.5 miles an hour, which is 45 minutes less than the fastest schedule in operation in Britain. This steam train attained a maximum speed of 97.5 miles an hour and exceeded the record of the Flying Hamburger over the same distance by 13 minutes. The run in England was over a more difficult roadbed. The old-style steam train does not propose to yield the palm of victory to the new-style trains without a struggle. However no statement has been made of the comparative cost in operation of the two efforts. Here is a sphere in which the steam train must apparently face inevitable defeat.

REPUDIATION OF THE WASHINGTON NAVAL TREATY

THE breakdown of the "naval talks" in London between England, Japan and the United States, and the formal repudiation of the Washington Treaty by Japan, seems to mean that the day of predominating foreign influence in the Far East is definitely over. Japan has taken over control. If the Western nations do not like it, the only recourse seems to be war, which is not likely.



Countries in alliance with France in black, showing how Germany, Austria and Hungary are encircled

The oil monopoly in Manchukuo was announced as soon as it was apparent that the naval talks would fail. Oil and water do not mix. When protested to, Japan cleverly referred the powers to the Government of Manchukuo, which is diplomatically non-existent so far as they are concerned, or in case they would not do this, let them consult China to whom they insist that Manchuria belongs. "We are a foreign nation like you, why trouble us?" was the logic of the Japanese reply. America's threat to build five new warships to Japan's three has set the clock of disarmament back indefinitely. The future is darkened with the threats of a new naval armament race. The Bible prophecy of our day is that the nations "will beat their ploughshares into swords."

"WONDERS of OUR AGE"

BY GEORGE FRANCIS ENOCH,

Editor of the "Oriental Watchman & Herald of Health"

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Trouble in

PARADISE

How Sin Began

By CLIFFORD R. ANDERSON

THERE is something decidedly out of joint in this world of ours. No one with even inferior reasoning powers can escape the conclusion. The harsh jangling of myriads of varying interests fills earth with discord, heaven with shame, and both with sorrow. Every living organism in the sea, from the tiny invisible amoeba to the giant whale, has its enemy. Upon the land and in the air the story is the same. The exultant voice of the conqueror mingles with the terrified cry of the oppressed. Man is certainly no exception. The rich enslave the poor, and the unoffending fall a prey to the vicious.

The greatest achievements of the ancient world—pyramids, cities, tombs—fill us with wonder today. Yet they were invariably accomplished with villainous injustice; and the last dregs of sorrow and anguish were wrung from enslaved races by the whip of the cruel task-master. Have we outgrown this today? Let the thunders of the Great War recall us to our senses. Man is still brutal, sinister, selfish. Over our heads, day after day, soar the giant mechanical birds in flotillas, ready on the shortest notice to slaughter the despairing millions in the hour of mass destruction. Well may we ask

"What Was the Cause of All This Evil?"

Away back in the unfathomable past a universe was born, wherein all was peace, progress, and prosperity. Rebellion was unheard of in that paradise of the Eternal. Undimmed glory filled the limitless heavens and glittered on a thousand worlds. Not a note of discord was to be heard. Myriads of celestial beings comprised the angelic hosts of God, "angels that excel in strength, . . . hearkening unto the voice of His Word." Ps. 103:20. And yet each of these holy beings had been created with an individual will. The Eternal required obedience, but it was to be born of love. His law of life is the law of love, the very principle of unselfishness. Yet in heaven itself this law was first broken.

Selfishness Corrupts Satan

Sin originated in self-seeking; for Lucifer, the covering cherub, desired to be first in heaven. He had been created perfect (Ezek. 28:12, 15), but pride compassed his fall. *He was not created as a devil.* He degenerated through selfishness. Go to our hospitals, prisons, infirmaries, and you will witness the outworking of selfishness in the life-story of multitudes who, starting life in innocence, have ended in miserable remorse. In trying to exalt self at the expense of his fellows, Lucifer introduced hatred and villainy among the angels of heaven. Not content, he must needs contaminate the first parents of the human race with his infamy. Satan was "a murderer from the beginning" said Jesus (John 8:44) and "the father of lies." Many of his celestial fellows joined him. War ensued, and finally the shining host was expelled to this earth. (Rev. 12:7-9).

Salvation No Afterthought

But this unhappy world was not to bear the stigma forever. God had formulated a plan for its recovery from the very beginning. (Rev. 13:8; 1 John 3:8.) The plan for our redemption was no afterthought. The mystery of redeeming love "hath been kept in silence through times eternal." Rom. 16:25, R.V. Just as the great God shrouded His glory in a humble bush that Moses might look upon it and live, so again His majesty was to be veiled that He might mingle among men. He was to set up His tent in our human camp. (John 1:10) "Lo, I come," He cries, "to do Thy will, O God." Heb. 10:5, 7, 9. The Son of God chose the line of David, an ancestry full of glaring human frailties, through which to come. (Gal. 4:4) "Sacrifice and offering thou wouldest not, but a *body* hast thou prepared Me," He said as He came into the world.

The Conquest of Passion

The Son of God in human flesh stands before us the omnipotent Conqueror of human passions. We see Him weak and hungry (*Turn to page 44*)

Runaway

STARS

By A. L. KING

IN the book of Job, chapter 38, verses 31, 32, the beautiful words occur in the Lord's wonderful address to Job: "Canst thou bind the sweet influences of the Pleiades, or loose the bands of Orion? Canst thou bring forth Mazzaroth in his season? or canst thou guide Arcturus with his sons?"

Commenting on the words, "Canst thou guide Arcturus with his sons?" (verse 32), a writer in the *Sunday School Times* remarks:

"It is very wonderful, and one of the many evidences of the inspiration of the Bible, that Job records this question asked of him by the Lord at a time when it was doubtless generally believed by men that the stars were fixed, or that they moved all together as if set in a great crystal ceiling.

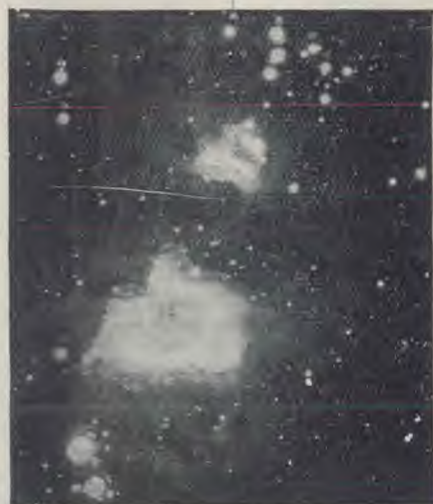
"And it adds to the wonder that the star named should have been one of those that the astronomers call runaway stars. Job could not indeed guide Arcturus, nor could any man. For Arcturus shoots through the heavens at the rate of about eighty miles a second.

"It is one of many such stars to which the description 'runaway' has been given. Some of these are moving through space so fast that they will probably some time escape from our galaxy.

"Many stars are swifter than Arcturus; one moves at least five times as fast. Even these high speeds sink into insignificance in comparison with those of the other galaxies, or 'spiral nebulae'; these move at thousands of miles a second; one of fairly recent discovery, the astronomers tell us, moves at 15,000 miles a second.

"Yet God guides them all."

It is certainly remarkable that the writer of the book of Job should have known of "runaway" stars, and it is one of the many evidences of the inspiration of the Bible. How otherwise than by revelation from God could men have known of such stars when modern scientists have only found out about them through the aid of marvellous instruments? The facts could never have been found out by the naked or unaided eye.



The stars speak to us of God. They tell us of His might, and even of His love. What a wonderful sight we can enjoy every clear, starry night—the sublime procession of the constellations overhead. Tennyson beautifully sang in *Locksley Hall*:

"Many a night I saw the Pleiads,
Rising through the mellow shade,
Glitter like a swarm of fireflies
Tangled in a silver braid."

The American poet, William Cullen Bryant, has in his *Hymn to the North Star*, sung of the majesty of the starry night:

"The sad and solemn night
Hath yet her multitude of cheerful fires;
The glorious host of light
Walk the dark hemisphere till she retires;
All through her silent watches, gliding slow
Her constellations come, and climb the
heavens, and go."

God challenges man to look up and behold in the starry hosts of the skies the evidence of His incomparable and infinite greatness and might. Through the prophet Isaiah He says:

"To whom then will ye liken Me, or shall I be equal? saith the Holy One.

"Lift up your eyes on high, and behold who hath created these things, that bringeth out their host by number: He calleth them all by name by the greatness of His might, for that He is strong in power; not one faileth." Isa. 40: 25, 26.

The great God who has a name for every star, who guides the planets in their majestic courses, and even guides the "runaway" stars in their tremendous orbits through boundless space, can surely guide our lives aright. He has made us, knows all about us, and knows the niche in life in which we can best serve and glorify Him. A glance at the mighty and wonderful heavens should lead us to trust Him more, and seek wisdom and strength from Him daily. His Word guides us aright.

Out of

A selection from the life-story of Henry F. Milans

the DEPTHS

By ENSIGN CLARENCE W. HALL

The First Drink

TWO great passions, destined in affinity to rule his life, came early to Henry Milans. He found them both in a printing shop . . . type and alcohol. The love for type first showed itself when he was a newsboy. Old printers, seeing Henry going to the "hell-box" and gathering up cast-off type to take home, and set into words, would shake their heads and sigh in that pessimistic gesture that printers use upon seeing a likely-looking youngster showing any proclivity for the trade which they never recommend, but always love. They read in his interest in type the certain destiny of a journeyman.

Now there are men who are born printers. Type, to some, may be dead, cold, uninspiring. To others, however, it is mystery, romance, adventure, life. These others gravitate to type as naturally as the farmer goes to his soil. They thrill to its touch with the same eagerness as that which is felt by the artist when he handles his brushes, the surgeon when he fingers his instruments, the lawyer when he turns over his books. Born to love the smell of printers' ink, born to hear as music the clatter and rumble of presses—these are the geniuses of their craft.

To the roster of such men we append the name of Henry Milans.

From the time his fingers first touched type, he knew his vocation. Printing was his first love, a love to which he was to be wedded for fifty-five years, a love from which he was never able to divorce his interest.

So, as he sold and delivered his papers, he watched for a chance to launch out on the career that was beckoning to his innermost being. His

opportunity came, as opportunities do when looked for.

It was during vacation time. Mother Milans had suffered a temporary breakdown and was away for a few weeks to recuperate. Henry heard of an opening for an apprentice in a printing shop. Here was his escape from the boredom of school-room monotony! Here was a chance to enter into the life of that most blessed of men, the printer! He took the job.

Henry thrilled to his new environment. Although he was at first only a handy boy about the shop, and for months got no wages, he found occasion to feed his appetite for the trade. He would stand by the make-up "stone," watch the type being placed in the forms, and ask questions. In a short

time he had become the life of the shop. He enjoyed his work, and he showed it. The printers liked him for the contagion of his bubbling good nature. He could "kid" with them, swap banter for "wise-crack," and enter into their jokes and pranks.

It was these same printers who aroused in him the greatest force of adolescence—hero-worship. They savoured of boldness, masculinity. They impressed him as being men who possessed a sly, juicy knowledge of life that, though frowned upon by the orthodox, was interesting to the extreme.

He listened to their talk of the exhilarating effects of liquor. He watched them as they paused every hour or so to toss down a draught of the whisky which they so often brought with them to work. He felt an urge to give the elixir a trial. He could see that, in their philosophy, to be able to "carry his liquor" was the badge and bond of the good mechanic.

"Out Of The Depths," Published by Fleming H. Revell Co., of Chicago, is one of the most heart-gripping stories from real life that we have read. More interesting than any fiction, it tells of the greatest tragedy that could ever overtake a human soul, dragging it to the lowest possible depths of degradation, but, which is more important, it also tells of the grace of God which reached down and rescued the lost soul of Henry F. Milans, ruined completely in body, mind and spirit, and restored him to a life of triumph through the redemptive power that there is in Christ Jesus. We plan to reproduce three chapters only from this book to give our readers the vivid picture, setting forth the "pathos of failure, the tragedy of sin, and the triumph of God's grace." We commend the entire story to our readers. May the recounting of this drama from real life be used to the glory of God and to the rescue of souls similarly lost in degradation and sin.

His curiosity was aroused. And curiosity has been the parent of many a subtle temptation.

One day the printers invited him to accompany them to lunch. They made their way to a certain notorious saloon. Here they drank with evident enjoyment as they ate their lunch—the boy watching them. They did not offer him any of the liquor, he it said to their credit. But with the diligent attention of a social climber watching her hostess for the correct use of the plurality of forks, he noted their manner at the bar.

A short while later, when business was slack, he slipped out of the shop and ran back to the saloon. A negro was in attendance at the bar. He had seen Henry with the printers. So when the boy, with a nonchalant air, tossed a coin on the counter and called for a glass of whisky, the negro gave it to him.

In imitation of the men, Henry brought it up to his lips with a sweeping gesture. He hesitated a moment, wondering what would be the effect. Then impulsively, he tilted the glass. The whisky fumes almost choked him. The first swallow burned a path of liquid fire to his stomach. But with it came a feeling of experience, sophistication. He was now one of the fellows! And as he walked away from the saloon, he straightened himself in his new sense of manhood.

With the lever of curiosity he had pried open the flood-gates which were to admit years of more liquid sorrow, more liquid remorse, more liquid hell than he knew the world possessed. At first he loved whisky for the swaggering manhood he thought it gave him; later he was to love it simply for itself.

Years afterwards he reeled around to that saloon, located the negro, and soundly cursed him for giving him that first drink.

After that first drink other dissipations followed, and in rapid succession. Soon Henry was bold enough to call for his drinks with the crowd. The printers laughed in good-natured surprise. They saw no calamity; he was "developing." They thought it was a credit to the shop for their "kid" to put away the hard liquor like an old-timer. They received him now as a full-fledged member of the Fraternity of Good Fellows—privileged not only to drink with them, but also to companion with them in seeking diversion at cheap theatres. His evenings took on a roseate hue. He began staying out late, pursuing entertainment until far into the night.

At home the heart of Mother Milans was troubled. She began to suspicion that all was not

as it should be, and she wondered about those long evenings when he was away from home. She did not know of his dissipations, but she did know that the old companionship between her and her son was gone. No longer did he rush into the house to take her in his arms and draw her to a chair while he talked of his day at the shop. No longer did he discuss with her his plans, his ambitions. He was evasive when she asked him about his evenings. Night after night she would remain up until long past midnight to bid him good-night before going to her room to toss in sleepless anxiety. . . .

Mother Milans was to feel the thrust of the most cruel sword that can pierce the mother-heart. Her anxious uncertainty was to give way to poignant, heart-breaking certainty.

One night at the theatre, which Henry was attending with some of the men from the shop, drinks were passed freely between acts. And Henry got thoroughly and helplessly drunk. His companions took him home. Carrying him up the steps they propped him against the door, rang the bell and ran off.

Mother was up, awaiting the return of her boy. Perhaps this evening he would be his old self; maybe they would have one of their old, beautiful times together before retiring. Hearing the loud peal of the doorbell, she ran in eager expectation to the door. With a glad little cry, she threw it open. But the cry died in her throat as the idol of her life, helplessly drunk, toppled into her arms. His weight fell heavily against her body, but it was as nothing compared with the force of the blow that struck her soul. Her heart chilled with a horror such as only one thing could bring, the vision of her boy's ruin. In a panic she half carried him to his room, saw him safely to bed, summoned a doctor, and then fell to her knees—seeking the only Rock she knew amidst her crumbling world.

From that time Mother Milans seemed to age perceptibly. Seldom smiling, she became silent, brooding, more prayerful.

Hope she did. Pray she did. But she knew with the bitter knowledge of a broken heart that her boy had got away from her. . . . Henry Milans himself tells us that the underlying cause of his downfall was *an irresistible desire—reckless and heedless of consequences—to try out things that were new to him, to taste of the forbidden thing*. It seems that in him was a double portion of the same spirit so evident among ultra-modern youth today. To thrill and be thrilled! In that he was ahead of his time.

(To be continued)

WONDERS of OUR AGE

Is the World Getting Better?

AFTER rehearsing in recent numbers the marvellous story of the wonders of our age, there is a very important question to which we should address ourselves. Are the people of this marvellous age of invention and discovery, of increase of knowledge, any better morally than those of other ages?

It is sad to record that in gaining the mastery of nature mankind is losing the mastery of its own soul. The moral fabric of society is disintegrating. Her foundations are crumbling. One of the main reasons for this is that men feel that they are too wise and too enlightened to continue to hold the simple faith that their fathers held. Men with a veneer of learning sit in the seat of wisdom and rule God out of His universe.

The Bible, the one unerring guide, in its prophecy of the moral conditions that are to be prevalent in these days of "increase of knowledge" says that "evil men and seducers shall wax worse and worse, deceiving and being deceived." Jesus Christ, the greatest prophet ever known, looked down across the ages to these our days and predicted that moral conditions should be as they were in the days before the flood, and as they were in the days of Sodom and Gomorrah. World conditions before the flood were compressed into one pithy sentence, "And the earth was filled with violence." Genesis 6:11. The description of the immorality prevailing in Sodom before that corrupt city was destroyed by fire from heaven has been preserved to our day in that abhorred word, "sodomy."

Everyone at all familiar with the state of affairs in the world today knows that these predictions are accurate descriptions of the conditions now prevailing. The mounting murder rate in every country, the rising tide of suicides the world around, the rapidly increasing divorce rate, the cases of shocking immorality that are constantly coming to light, the crumbling of home ideals, the kidnappings, robberies, riots, frauds, corruptions, graft—what a sad, melancholy tale to recount in the record of this story of the marvels of our age!

Perhaps one of the most striking demonstrations ever set before the world of the contrast between the marvels of this "machine and power age," with the corresponding deterioration of the moral fibre of its peoples, was set forth in the Chicago Century of Progress Exposition in 1933. Mr. Robert Morris Lovett, Professor of English in the University of Chicago, wrote in *Current History*, January, 1934, of the profound impression made on his mind by the skilful arrangement of the marvels of our age, but he also vividly described the disappointment which engulfed him and other thoughtful men when they studied in contrast the human factor as revealed in the actions of millions who thronged the Exposition.

The proud boast was officially expressed that the Exposition was to exhibit "the achievements of science and their application through industry to the creation of a *larger life* for mankind." Prof. Lovett says, "The achievements of science were there in abundance, and their applications, but where, one was moved to ask, was the evidence of the '*larger life*' for mankind, or even the promise of it." He then asks us to follow the crowds and study their reactions. The most popular

exhibit was that illustrating the human reproductive process.

By far the most popular spot, says Prof. Lovett, was the "Streets of Paris," a reproduction of the underworld section of that gay and wicked city. That one "amusement" took in more than \$1,250,000 in cash, equivalent to more than thirty-seven and one-half lakhs of rupees. Concerning this part of the Exposition, Prof. Lovett says, "A conspicuous lapse from progress appeared in the amusements offered to a public which must address itself in the future to the problem of the use of leisure. Nothing more pitifully banal could be imagined than the sideshows of the Midway. . . . The chief source of entertainment was the female form." For the sake of decency we must draw the curtain over Prof. Lovett's description of the conduct of "audiences of perfectly respectable people" as they crowded such shows as the "fan dance" where two fans were the only clothing of the dancer.

Speaking of the "crass vulgarity" of the Exposition's recreations, he adds, "It may be doubted whether the triumph (of the Century of Progress) was worth celebrating." Prof. Lovett concludes that the thoughtful heart was "stirred by certain nostalgia which found expression in the often heard comment that modern improvements seem to have attenuated rather than enriched the values of living."

How true the statement of Jesus, "Likewise as it was in the days of Lot" . . . even thus shall it be when the Son of man is revealed. It is therefore well to emphasize that all this material progress as witnessed by the wonders of our age has come about through Divine Providence for the accomplishment of a definite work, and not because men today are inherently wiser or better than those of past centuries.

The English poet Pope, back in the eighteenth century before any of these wonderful inventions had been thought of, expressed the common tendency of mankind in these words,

"We think our fathers fools, so wise we grow
No doubt our wiser sons will think us so."

President Angell of Yale University has remarked, "So far as we can judge by the evidence in historic times, there is no reason whatsoever to suppose that the native intellectual abilities of our average citizens are in any way superior to those of Egypt four thousand years before Christ, or to the Homeric Greeks, or to others of the Mediterranean basin, records of whose civilization have come more or less completely to our knowledge."

Why then should there be such a marvellous increase of knowledge and so complete a mastery over the secrets of nature at the present time? The answer is simple: The hour has struck on the clock of time to bring the controversy between the forces of good and evil to a close. This is made clear from the Bible teaching concerning the origin of evil and the record there found of the progress of the great conflict from its inception up to the present hour. There are hosts of evil spirits behind the curtain that shuts from our view the invisible world. At the predestined time when a Divine Providence is unsealing hitherto unknown springs of knowledge, these evil spirits are redoubling their efforts to destroy the souls of men, taking advantage of the great advancement in material knowledge to drive mankind into all kinds of excess.

—E.



☐ "He knows but little, and knows it fluently."

☐ "Dictatorship is like a great beech tree—nice to look at, but nothing grows under it," says Mr. Stanley Baldwin.

☐ Detachments of the regular army and more than a million workers marched in an almost endless line through the Red Square in Moskva in celebration of the 17th anniversary of the founding of the Soviet State.

☐ Speaking at the Lord Mayor's banquet, Mr. Ramsay MacDonald, Britain's pacifist Prime Minister, was forced to confess that disarmament is impractical unless accomplished through international agreement. There seems no prospect for any such agreement.

☐ A midget motor car has appeared in London so small that it can run under a horse or average size. This "baby" car, equipped with a one-horse-power motor and carrying one passenger only will soon be placed on the market. The price is not stated.

☐ There are now 5,300 manufacturers scattered all over the United States making the parts that go into his motor cars, reports Henry Ford himself, in the *American Magazine*. Ford, the world's richest man, has an ambition like Mahatma Gandhi, the world's poorest man, to see the people throughout the villages set to useful work in the off seasons.

☐ A film representing Renate Miller which is showing in Berlin, has been made visible to German post-office television experimenters in their laboratory on the Brocken Mountain in the Harz, 125 miles away. The *Volkische Beobachter* claims that this feat "puts Germany far in advance of Britain and America in the race to perfect the new medium."

☐ Dr. Jean Laigret, an enterprising French scientist, has developed a very effective yellow fever vaccine by inoculating the brains of mice with the deadly virus. If this vaccine proves as successful in regular practice with humans as in the experiments, it will be possible by its use to protect whole populations from this dread scourge by vaccination instead of by the very costly process of exterminating mosquitoes. The coming of the aeroplane has made the danger of the spread of yellow fever very real.

☐ The Mandates Commission in Geneva has made a beginning in tackling the thorny question of Japan and the "mandated" islands held by Japan under the authority of the League of Nations. Japan was closely questioned about the charge that she is strongly fortifying the islands, which she stoutly denied, but she could not deny that no foreign ships or visitors are allowed to come near the islands. The suggestion that Japan must return the islands to the League when her withdrawal becomes a fact was met with grim silence.

☐ The Soviet Union is training its young people in fearlessness by encouraging them to take up parachute jumping. Many Russian young men and women have already become quite proficient in this art, and by the end of 1934 the Government planned to have 1,000,000 youth trained in this line. Clubs are being organized, and recruiting officers are working enthusiastically to interest others in the sport. India is doing a little along this line, but Russia is so far outstripping her that the future of Asia it seems quite certain will slip into the hands of the Soviet, for the place of future conquest is in the air.

☐ "This man was hit by a motor car and speaks very broken English," reported an emergency inspector.

☐ Senator Marconi has announced that in a few months he expects to send and receive images by television between Italy and America that will be clearly seen.

☐ Selections from the Bible are now broadcasted one half hour weekly over the wireless from one of Shanghai's leading broadcasting stations.

☐ The British Government is endeavouring to halt the publication of embarrassing memoirs by demanding from all Cabinet members since 1919 the surrender of any official papers in their possession.

☐ The Russians are reported to be not only "air-minded" but "air crazy." They are supposed to have many more aeroplanes than the rest of the world knows anything about, especially big bombers.

☐ It is reported that strong pressure is being brought to bear on King George V to appoint the Duke of Kent as the next Governor General of Canada.

☐ The Government of Italy is strongly urging that all letters must henceforth be closed with "Viva Il Duce," instead of what they call the "pale salutation, Yours Sincerely," or any other salutation.

☐ A giant tower more than one mile in height is to be built in Paris for the 1937 Exposition. It will be used later as a part of the defense of the city against aerial attacks. Thus every new thing must make its contribution to the preparation for war.

☐ The Post Office Department of the United States is negotiating with Dr. Eckener for an experimental transatlantic mail service, beginning next July. It is said that if present plans carry through, Dr. Eckener will use for this purpose the huge new Zeppelin LZ 129, now nearing completion, the world's largest dirigible. The Atlantic crossing will be made within two days.

☐ Whiskers are coming off in Italy. "You are getting old," said Benito Mussolini, aged 51, the other day to bewhiskered General Attilio Teruzzi, also aged 51. "Your whiskers are getting gray, you had better have them off." So quickly did the whiskers come off that it is said the sentries of his own regiment failed to recognize him and he had difficulty in getting past them. There has followed quite a rush to the barber's chair, but Air Marshal Italo Balbo, the only man who ever talked back to Il Duce, remains bearded.

☐ The very small cost of the famous run of the three-car, streamlined, stainless steel train of the Burlington Railway, U.S.A. from Denver to Chicago, a distance of 1,015 miles, is attracting universal attention. The actual cost of the fuel oil used in this longest non-stop run in history was about the same as it would be for an ordinary passenger motor car, \$16 or about 40 rupees; coal for the ordinary steam train over the same distance would be \$250 or about 720 rupees, and the light train carried almost the same number of passengers. It is reported that Africa has ordered a number of these trains. Ceylon also has ordered three trains as a sample to be used in her suburban traffic.



THE advertisement writer for a certain tooth paste company was given the task of preparing an advertisement for their dentifrice. Not being versed in dental facts or terms, he read several books by dental authorities concerning a certain theory in particular. He afterward confessed it was very dry reading, but one day he came upon a statement which gave him *one* word. From that one word, and his ready imagination and fluent vocabulary, were built many advertisements, striking and convincing in language, to be published in the "better" magazines. These were, of course, accompanied by interesting pictures to illustrate the point to a most exaggerated degree. While these flashing advertisements stressed the importance of removing the film from the teeth, they did not state that the tooth paste contained a coarse abrasive

By NINA M. MUNSON, R.N.

which in time would remove the enamel. This advertisement writer was not concerned with the portions of the books telling of the dangers of these abrasives; he sought captivating words to influence his readers, and he found *one* that served.

This particular advertisement is singled out, not to indict some one dental preparation in contrast to others, but to indicate something of the distortion that occurs at times in this field of advertising.

We have all been more or less impressed with pictures of the "great" scientists appearing in magazines declaring to us the advisability of using Blank's Flawless. Is it not interesting to know that the scientist, or physician, so called, with a foreign-sounding name, a beard, and white coat, peering intently into a microscope, may simply be an ordinary employee of the firm and the microscope borrowed for the occasion?

Note that such pictures are always of foreign scientists or foreign doctors. They appear in the advertisements, but why have not men of such "prominence" written papers or books to put in a more permanent form their marvellous discoveries? It hardly need be remarked that truly great men of science do not indulge in such practices.

In some instances in which evil practices have been brought to light and warnings have been issued to the manufacturers that their business is in danger because of the claims they are making, the companies have simply changed their tactics. The advertising goes on, but the names of diseases for which the substance is claimed to be a cure are omitted. Symptoms are substituted for diseases. This "gets over" their meaning, and it is hardly less appealing, for who does not have symptoms?

The advertising material makes glamorous promises, and the very fact that the labels are dignified appearing and modest makes the product seem more reliable and scientific. The possibly accurate label cannot counteract in the minds

BEWA

"SU

WE are much concerned in this matter of "health" advertisements that building products the success they deserve. Indian readers face a real peril either to most dangerous drugs. These are fine medication and take none of these medicines. Laws should be introduced into our leg



RE of those E CURES"

using patent medicines containing alcohol and powerful drugs. There is a legitimate line of medicine to the general public, such as are advertised in our pages. We wish all such health-advertisers are rendering a valuable public service. But in the matter of "sure-cures," whether to physical health or to their purses, from the glowing descriptions of medicines containing opium to the columns of Indian periodicals in ever increasing numbers. Beware of self-prescribing dangerous and powerful drugs except under the guidance of a skilled physician. The protection of the public in this matter.

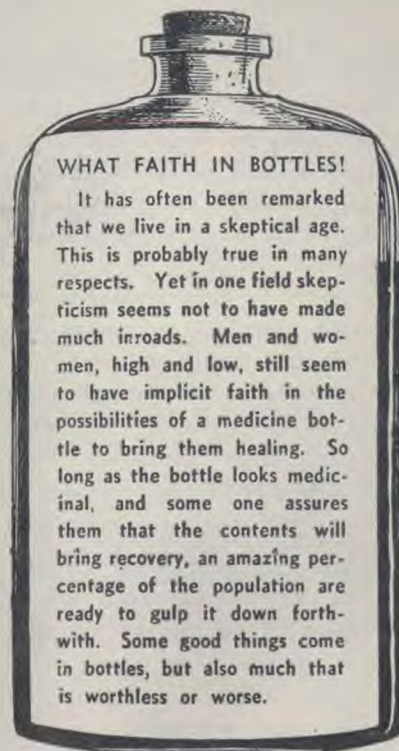
of the ordinary prospective buyer the overwhelming promises made by the advertising copy writers.

A feature which is particularly distressing is the fact that though articles may be advertised for our health, the manufacturers or the advertisers in many instances do not seem to place any value on human life. This fact is made outstandingly clear when a useless or harmful article is declared a specific for several diseases, the causes and scientific treatment of which widely

differ, for instance, pulmonary tuberculosis, diabetes, and snake bite.

So much for the artful side of advertising. Now a glance at some of the cures or treatments offered the sick, the near sick, and the depressed. It would take volumes to list all of them, so one or two have been selected as typically representative. If it were not for the fact that many times the person can ill afford to spend money for such contraptions, it would indeed be humorous in the extreme to know that people in this enlightened twentieth century put confidence in some worthless article which an unscrupulous, uneducated, and very clever vender declares contains some inherent magic which will perform several miracles. Can we smile at the simple-minded barbarian whose treatment of the sick looks so absurd to us, while we have among us those who believe in equally useless articles and methods, though to perhaps a less general degree? And we live in a country offering the best to be had in the scientific diagnosis and treatment of disease!

Take, for example, some of the devices for the "cure" of human ills, which have brought their promoters much gain. One of the devices consisted of two varnished sticks, capped with a bit of rubber, that looked "like a couple of slightly used lollipops. This rubber, so the sales talk goes, has wonderful properties. For failing eyesight, the eyes may be gently tapped with the sticks, and right away no more trouble. Headache and falling arches may be treated the same way."



Then there was the device for making short men at least two inches taller, described by the *Washington Post* in March, 1932: "All the tiny fellows need do, he said, was to 'suspend their body by the neck with the apparatus, thereby loosening up the spinal cord,' and straightway the inches would be added to the patient's height. "But for some mysterious reason this scheme failed to work. As a matter of fact, many purchasers raised such a lively commotion that government authorities saw to it the inventor stepped clear out of his ambitious manoeuvres. Imagine their surprise when they discovered that this saviour of short men himself was only a trifle over five feet tall!"

Most of the devices which are supposed (?) to perform wondrous things in the treatment of the ills of mankind are made of the very cheapest of materials, and prices ranging up to Rs. 1,000 are charged for them. The rich and the poor alike have been caught in the snares of the crafty vender.

Many have been the cap devices sold with the promise that they will grow hair on a bald head. No amount of treatment will restore hair that has fallen with a resulting loss of the root, nor may the elderly hope to have their hair restored. But new hair may grow in the scalp of the young through improvement of general nutrition and a proper diagnosis and treatment of the condition of the scalp. Brushing and massage are beneficial, since this improves the circulation in the scalp and aids the "muscle grip" by which the hairs are held in the scalp.

A little incident will show the loyalty of some of the victims who faithfully use the devices which they have been convinced will perform for them the impossible. A certain man who had had both eyes removed and was wearing glass eyes, was brought to court to witness concerning the cure for blindness he was using. Though this man had to be led to the witness stand, he declared he could feel new eyes growing in place of his glass eyes.

But here is a story without the tinge of tragedy, which will further prove the power of suggestion and the alacrity with which some believe in the impossible. It was back in the gay nineties. A neighbour woman came upon a fashionable-minded young man in the act of applying a mesh moustache "trainer." This innocent little device was made in a shape and size to fit over the upper lip to hold the moustache in the desired mould and at the desired angle, being held in place by elastic bands which looped around each ear, and of course was supposed to be worn in private. However, being

caught unawares, Andy was equal to the occasion. Asked with sympathetic solicitude concerning his upper lip, Andy groaned effectively and exclaimed regarding an imaginary toothache.

"Oh my poor John has been up all night long with a terrible toothache, and I would like to get one for him," very wistfully exclaimed the neighbour.

Andy, being in possession of two of the moustache trainers, with no small appreciation of the success of his little joke, very obligingly lent one to his neighbour. Imagine his surprise when several hours later the neighbour lady returned, jubilantly exclaiming that her John's toothache had been cured. She was profuse in expressing her gratitude to Andy for acquainting her with this wonderful cure, and enthusiastically declared she was going to recommend it to all her toothaching friends!

What a field the quack has in which to operate! It is not our health that these unscrupulous designers are interested in, but our money. In the treatment of aches and pains it is much safer to consult a local physician whose skill and probity are known, than to try to doctor yourself by mail. In India at the present time a trusting and poorly-informed public is being flagrantly exploited in a matter of such vital concern as cathartics. Beware of any cathartic containing "phen" in its name, for it means that it contains that most dangerous drug, phenolphthalein. Dr. Newman of Detroit names eighteen different skin lesions besides four serious internal conditions caused by this drug. This is especially dangerous when put up in the form of sweets or chewing gum for children, who are sure to take an overdose.

Test Your Knowledge

(For answers see page 46)

1. Are "synthetic rubber" motor tires on the market?
2. Is "solid alcohol" a reality?
3. What is asbestos?
4. What minerals are used in weaving cloth?
5. Which can run faster, a man or the swiftest snake?
6. Other things being equal, how much farther will the new 200-inch telescope now being finished in the U.S.A. "see" than the 100-inch telescope that is the largest now in existence?
7. The 200-inch telescope will take how much more volume than the 100-inch?
8. What rule enables one to answer questions 6 and 7?

THE TRUTH

About Automobile Registrations

Claims made by various automobile manufacturers concerning the number of cars they sold have left the public bewildered by the apparent discrepancies in these statements.

We believe the fairest way to compare passenger car registrations is to compare sales covering a five-year period, and then separately to show the immediate trend by comparing total registrations for the current year.

A five-year period is selected because many owners during this period have reached the point where they

wish to buy a new car. If the first car gave complete satisfaction the owner will probably buy another car of the same make. Comparing a period of less than five years does not reflect the true value of the automobiles but simply indicates the passing fancy of the motoring public.

Readers should analyze the following figures intelligently. Obviously the cars selling at more than \$1000 will not reach the volume of sales attained by cars selling at less than \$1000. Therefore, compare the car only in their own legitimate price class.

FIVE-YEAR PERIOD—1929 TO 1933 INCLUSIVE

The following table shows the authentic new car registration figures for the entire United States as compiled from statistics furnished by the various state vehicle departments:

Ford	3,463,865
Chevrolet	2,779,213
Plymouth	604,642
Pontiac	499,488 (inc. Oakland)
Buick	479,290 (inc. Marquette)
Terraplane	361,772 (inc. Essex)
Dodge	347,082
Willys-Ov.	294,358 (inc. Whippet)
Chrysler	252,797
Oldsmobile	246,257

1934 PERIOD—JANUARY TO JULY INCLUSIVE

The following table shows the authentic new car registration figures for the entire United States as compiled from statistics furnished by the various state vehicle departments:

Ford	358,240
Chevrolet	335,606
Plymouth	197,159
Dodge	59,425
Pontiac	50,313
Oldsmobile	43,517
Buick	38,914
Studebaker	27,630
Terraplane	26,867
Chrysler	16,308

HEALTH SERVICE

MATERNAL MORTALITY

It is not in India only that health authorities are concerned about the high rate of maternal mortality. In the United States last year there was considerable public agitation on the subject. In England also the abnormal number of deaths of mothers in childbirth is receiving attention. The London *Lancet* of November 17, 1934, gives editorial notice to the subject. It is said "that of the women (in Britain) who die between the ages of 30 and 35 at least one in eight die in childbirth." When Mr. Neville Chamberlain was Minister of Health a committee was appointed which reported "that at least half of the 5000 deaths in childbirth reported to them could have been prevented had due forethought been exercised." Prof. Munro Kerr "in a series of maternal deaths in Glasgow had found 75 per cent preventable." Sir George Newman had made a similar statement the year before.

The reason we call attention to this is the emphasis placed by these authorities on the importance of the nutrition of the mother during pregnancy, and particularly her diet. This is given as one of the leading reasons for the abnormal mortality. Lady Barrett is reported to have stated at a meeting of the Maternal Mortality Committee that her experience had convinced her that when a woman died in childbirth with no outstanding cause being present, there is invariably a condition of malnutrition. The *Lancet* concludes, "This meeting of women was moved by the iniquity of a state of malnutrition in young married women to such a degree that the stress of child-bearing, apart from any of its major complications, was sufficient to carry them off."

For this reason the article on page 36 of this issue written by an eminent lady doctor should be of more than ordinary interest to our readers.

SUNSHINE CURES BOILS

A PHYSICIAN who had for months suffered greatly from successive crops of boils, cured himself by taking his daily luncheon in a solarium, with the whole skin surface exposed to the sunlight. The boils soon disappeared and never reappeared.

Boils are most likely to appear at the back of the neck, on the buttocks, in the arm pits and in or near the nostrils. They are caused by penetration of the skin due to lowered vital resistance by germs which are always present on the skin, "Tanning" the skin by exposure to the sun increases resistance.

Ordinarily, boils should not be opened but allowed to "come to a head," and open spontaneously. Squeezing a boil is the worst possible treatment. The best home treatment is the application of heat by frequently renewed hot cloths. The old-fashioned linseed poultice is an excellent remedy if renewed often enough to keep it very hot.

BANANAS AND MILK AS REDUCING DIET

BANANAS and skimmed milk furnish a simple and effective method for weight reduction. This observation was made by

Dr. G. A. Harrop of Johns Hopkins University when treating patients for diabetes, and is reported in the *Journal of the American Medical Association* (June 16, 1934).

The banana and milk diet is recommended on the grounds of "simplicity, low cost, ready availability, palatability, high satiety value, low salt content, and demonstrated effectiveness in securing the desired aim."

The daily diet is restricted under this regimen to six bananas and four ordinary glasses of skimmed milk, or butter-milk made from skimmed milk if preferred, for a period of ten days to two weeks. This period is followed by one of less restricted diet in which one or two eggs daily may be substituted for one or two bananas, and from one to four average servings of green vegetables may be added. The quantity of green vegetables is practically unrestricted, but not more than one square of butter may be added to them. Uncooked green vegetables should be taken occasionally. Small quantities of other foods high in protein value and low in fat or carbohydrate content may be included in the diet during this period. After two weeks of this less restricted diet, the strict diet is again resumed for two weeks, and so on until the desired loss is made.

It is suggested that the limit to which reduction may be safely undertaken is placed at one to two pounds per week or from five to ten pounds per month. This, however, is an individual problem, as rapid weight reduction is well tolerated by some while others must reduce more slowly. The state of well-being, mental and physical, must be regarded as the most important guide.

INFERIORITY OF OFFSPRING MAY RESULT FROM USE OF ALCOHOL OR TOBACCO

THE role played by alcohol and nicotine, among other factors, in the degeneration of offspring is stressed by Bonne in a German medical journal (*Munch. Med. Wochenschrift*, March 16, 1934). He realized the importance of these factors through a long medical practice and also in studies on approximately one thousand criminals. He gives the histories of families in which inferiors of various types—epileptics, deaf-mutes, problem children and criminals—appeared, and in which he was able to trace the degeneration to alcohol and nicotine, or to the fact that the child was conceived when one or both parents were under the influence of alcohol. An asocial disposition and inclination to criminality are, in his opinion, frequently the result of chronic abuse of tobacco. The economic crisis is believed to have had a good effect in this respect, in that by reducing addiction to alcohol and tobacco the incidence of idiocy and other inferiorities has noticeably decreased. The importance of directing the attention of the people to the injurious effects that alcohol and tobacco may have on the offspring is emphasized.—*Good Health*, U. S. A.

K. WADIA, DIRECT IMPORTER OF FIRST QUALITY

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Bombay and Madras.



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The

DOCTOR SAYS

This medical service by competent physicians is free to our subscribers. Questions pertaining to birth control and sex not answered in this department.

Please enclose a stamped, self-addressed envelope if a personal reply is desired.

INDIGESTION, LOW HYDROCHLORIC ACID ANALYSIS: *Ques.*—"For many years I have been subject to neurasthenia and indigestion; feel heavy and sleepy after meals; a gastro analysis shows deficiency in hydrochloric acid; am subject to vertigo and headache."

Ans.—As you are low in essential hydrochloric acid you will not be able to digest concentrated proteins to advantage. This means meat, fish, fowl and eggs. You should not exceed two and a half ounces of this type of food for the entire day, and less than this amount would probably be better.

Also you should avoid excessive use of the concentrated starches such as bread, oats, and rice. These foods used in excess will cause heaviness of the stomach with fermentation followed by a stupor or sleepy sensation.

Never at the same meal combine starch containing foods like the above with any type of acid food such as vinegar, pickles, chatni, tomatoes or acid fruits. Such combination prevents starch digestion and will result in considerable digestive disturbances.

Milk and fruit only for one meal would be an excellent combination. For another meal use vegetables, especially the green leafy vegetables, combined with some form of protein food. At such a meal do not use bread or other starchy food.

Omit the night meal. Two meals during the earlier part of the day, leaving plenty of time between for digestion, will be the best plan for one with low digestive powers as you have described. There should be no afternoon tea in this plan.

Fomentations applied over the stomach and abdomen are very useful to aid the digestive work.

SKIN INFECTION ON FACE: *Ques.*—"For six months have suffered constantly from spots on the face which start as a raised, red pimple, exuding a colourless liquid mixed with blood, sometimes with pus; there is no itching or tenderness. I used to eat meat but have adopted a milk, fruit and vegetable diet with slight improvement. One doctor mentioned "auto-vaccine" but there are no facilities here. Can you recommend any other injection for this complaint?"

Ans.—There are usually two factors operative in this type of skin infection. These are the favourable tissue soil and the infective organism. The tissues are rendered favourable to harbouring infection as a result of certain poisons being absorbed from a constipated bowel, and by a diet which is excessively acid ash forming.

We suggest that you study very carefully the articles on acid alkali balance which have appeared in recent numbers of *ORIENTAL WATCHMAN*. Also the articles on food combinations, and constipation. Following the advice contained in these

articles will certainly correct the tissue susceptibility to infection.

As you are unable to arrange for auto-vaccine we suggest the use of a preparation like Edwenil for injection. This preparation will take the place of the auto-vaccine and will quite probably aid in quickly overcoming the infection.

PAIN IN THE BACK, RHEUMATISM: *Ques.*—"For two years I am having pains in the small of back which have increased until I walk like an old man bent with age; when sitting for a long time feel as if my spinal column shrinks; my age is 20."

Ans.—The first essential is to find the cause or combination of causes producing the pain. Several possibilities are suggested by your letter. There may be delayed bowel evacuation setting up an inflammation in the colon with prolapse of this organ, and possible distention of one or more sectors. This could be ascertained by a barium meal X-ray study.

There may be an arthritis of the spinal vertebra. This also would require X-ray study to ascertain.

There should be a careful search for focal infection. Is your diet correctly balanced as to acid alkali ratio of one to four? Does your food provide fully for the five classes of vitamins and the full assortment of mineral salts? Are you having two or three bowel movements daily?

Somewhere among the above suggestions or a combination thereof the cause will most probably be found. The cure will then be largely a matter of removing the cause.

UNDERWEIGHT: *Ques.*—"My wife is very thin and underweight, but otherwise is of good health and does not suffer from anything excepting irregularities in monthly periods; she is 32 years old."

Ans.—The question of underweight and how to correct this involves a careful study of the individual patient to ascertain the existing causes for this underweight. In the July 1934 *ORIENTAL WATCHMAN*, page 11, you will find an article dealing with this subject. This article attempts to show the background operative in these underweight individuals.

From your description it would appear that the causes operative in your wife's condition will be found under groups 4 and 5 as listed in that article. It would be worthwhile to definitely ascertain the functioning capacity of her endocrine organs and also the digestive organs. The plan of aiding digestion by means of certain enzymes has proved definitely helpful in some of these cases.

ANEMIA: *Ques.*—"My wife is anemic and unable to leave home. Perhaps she needs psycho-analytic treatment; can you recommend a nursing home?"

Ans.—We have no information of any institution in India undertaking psycho-analysis.

Digestive disturbances are usually due primarily to errors in diet. It is possible that a careful study of food practices and habits would be of real benefit to your wife. Such study and consequent recommendation can be arranged in India, and quite possible that real benefit may be derived by following a carefully outlined regime even without the need of leaving home.

CHILDREN USE SO MUCH ENERGY-



they need extra
strength for
healthy growth

HORLICK'S maintains
energy, builds sturdy
bone and muscle, too!

AT school, at play, using brains and bodies all day long, children are apt to tire themselves out—unless special care is taken with their nourishment. For besides the energy they use up so fast, their food has to supply the body-building elements needed for the strenuous business of growing.

Doctors know that if children's nourishment does not supply both needs—they are bound to suffer in growth or strength or both together. Strength must keep pace with growth.

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Don't take risks. Make sure of a sound foundation for your children's health in after years by giving them Horlick's once or twice a day.

This addition to their diet gives exactly what they need—replaces the energy spent every day and provides a reserve of body-building nourishment for growing. And a special point about Horlick's is that *all* its goodness is used—it is so easily and completely assimilated that doctors regularly prescribe it for building up strength after illness when the weakened system cannot take anything difficult to digest.

What HORLICK'S is

HORLICK'S contains all the goodness of rich, full-cream cow's milk with the nutritive extracts of malted barley and wheat. It contains no starch. Besides a due proportion of body-building protein, it is rich in maltose and dextrin—pure energy-foods in the most easily assimilated form. Horlick's is 100 per cent nourishment—no waste matter. Children love it, and it is always perfectly safe. Completely soluble, it is easily prepared, hot or cold: it is particularly nice when made with the Horlick's Mixer, obtainable at stores or from P. O. Box 2229, Calcutta, for As. 14 in stamps.



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ORIGINAL
MALTED
MILK

—100 PER CENT ENERGY-GIVING NOURISHMENT



Be a Cork

A SUGGESTIVE MOTTO FOR THE NEW YEAR

*A little cork fell in the path of a whale
Who lashed it down with its angry tail;
But in spite of his blows, it quickly arose
And floated serenely before his nose.
Said the cork, "You may flop and sputter and
rap,
But you never can keep me down,
For I am made of the stuff that is buoyant
enough
To float instead of to drown."*

Good For Evil

UNCLE PHIL was generally ready with a good story and Rob and Archie were always ready to hear one.

"What shall it be about?" said Uncle Phil one evening when the two little boys climbed upon his knees and begged for a story.

"Oh, about something that happened to you," said Rob. "Something when you were a little boy," added Archie.

"Once when I was a little boy," said Uncle Phil, "I asked my mother to let Roy and myself go and play by the river. My mother said yes, so we went, and had a good deal of sport. After a while we took a piece of wood for a boat and sailed it along the bank. At last it began to get into deep water, where I couldn't reach it with a stick. Then I told Roy to go and bring it to me. He almost always did as I told him, but this time he did not. I began scolding him, and he ran toward home. Then I was very angry. I picked up a stone, and threw it at him as hard as I could."

"O Uncle Phil!" said Archie.

"Just then Roy turned his head, and it struck him over his eyes."

"O Uncle Phil!" cried Rob.

"Yes, it made him stagger. He gave a little cry, and lay on the ground. I did not go to him, but waded into the water for my boat. But, it was deeper than I thought. Before I knew it I was in a strong current. I screamed as it carried me down stream, but no man was near to help me. But as I went down under the deep water, something took hold of me, and dragged me toward the shore. And when I was safe on the bank, I saw it was Roy who had saved my life."

"Good fellow! Was he your cousin?" asked Rob.

"No," replied Uncle Phil.

"What did you say to him?" asked Archie.

"I put my arms around the dear fellow's neck, and begged him to forgive me."

"What did he say?"

"He said, 'Bow-wow-wow!'"

"Why, who was Roy, anyway?" asked Archie in great astonishment.

"He was my dog," said Uncle Phil, "the best dog I ever saw. I have never been unkind to a dog or any other animal since, and I hope you never will be."—*Selected.*



AN EXERCISE FOR CHILDREN AT BEDTIME

Have a wand about three feet long. Sit on the floor, with legs straight out in front, the body held erect, and the hands grasping the wand.

Raise the wand forward and upward, stretching well. Bend the elbows and bring the wand back of the shoulder blades. Return to first position.

Do not make the mistake of sitting with the knees bent and the shoulders drooped or dropping the head forward as the wand is carried backward.





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*grow up strong
and healthy...*



TO HELP your children grow up strong and healthy, there is nothing better than a daily diet of

Quaker Oats. Quaker Oats supplies practically all the elements required for the proper development of the body. It enriches the blood, forms strong bones, builds sinewy muscles. It lays a foundation for lasting health. Adults, too, will benefit by a daily diet of Quaker Oats. Its delicious nut-like flavour will appeal to all.

LOOK FOR THE QUAKER FIGURE FOR GENUINE

Quaker Oats

Untouched by Human Hands

D-31



TESTED RECIPES FOR HEALTHFUL DISHES

Rice Dishes

By MRS. H. C. MENKEL

SELECT the brown or natural rice, otherwise termed unpolished rice. The husk has been removed from this rice but it retains the brown, gluten coat found just under the husk which contains the essential vitamins and mineral salts. Polished rice is a devitalised food, robbed of its life elements. Natural rice is an excellent food, and when combined with vegetables, curries, stews, fresh green salads, nuts, cheese or milk makes a most nourishing dish and may serve as the large part of a meal.

Rice seems more palatable when prepared so that each grain is flaky and tender, yet whole and separate. This is not always possible specially in preparing it with milk or as a pudding. When preparing a plain rice with milk, cook it in a steam boiler to prevent burning, and if it needs stirring do so by lifting the rice gently with a fork, not stirring or mixing with a spoon.

Browned Rice

Clean, wash and dry with a clean cloth any quantity of natural rice desired. After it is thoroughly dry, put it in a pan and place in the oven, or over a slow fire, until each grain is an even, light golden brown. Stir at times to prevent burning. Cool, then put away in a covered tin ready for use.

To two cups of boiling, salted water add one cup of browned rice. Cook slowly until liquid is reduced down to one-third. Move to a very slow fire and steam for fifteen minutes, or better still is to cook the rice in a steam boiler. Be careful not to mash the flaky grains, but should it need stirring, lift the grains with a fork.

Plain Rice

Try boiling rice that has not been browned, by the above method, and fifteen minutes before it is ready to be served, add one cup of hot whole milk, steam and serve as ordinary rice.

Plain Rice Pudding

- | | |
|-------------|-----------------------------|
| 1 Cup rice | 3 Teaspoons sugar |
| 8 Cups milk | $\frac{3}{4}$ Teaspoon salt |

Clean and wash rice in several waters. Fresh whole milk from which the cream has not been removed is the best. Pour the milk into a deep baking dish or a *deachi*, add the rice and seasonings and place in a slow oven to bake fully two hours. Do not stir but allow each grain to be whole yet creamy. If you do not have an oven put the rice and milk in the top part of a steam boiler and bring to a boil. Then set this into the lower boiler in which is boiling water, cover, put over a hot fire, and steam until all milk is absorbed and rice is soft and creamy. Brown the top and serve either hot or cold. A flavour such as cardamom or cinnamon may be added. This pudding is delicious served cold with prune fluff or stewed fruits.

Coconut Rice Pudding

- | | |
|-----------------|-----------------------------|
| 1 Cup rice | 1 Teaspoon sugar |
| 1 Large coconut | $\frac{1}{2}$ Teaspoon salt |

Scrape the coconut, add one cup of the warm water and allow it to stand for three minutes. Press out all the milk possible and strain. Stand this coconut milk aside and add four cups of warm water to the same coconut shreds, allowing it to stand twenty minutes. Press out this milk and strain.

Pick over the rice and wash thoroughly, add the last four cups of coconut milk, the sugar and salt and bring to a boil. Cook for ten minutes, cover and set it over a very slow fire to steam until each grain is tender, yet whole and quite dry. Add

the first cup of coconut milk, steam five minutes longer and serve. This pudding is delicious served, either hot or cold, with stewed fruits such as prunes, guavas or sultanas.

School Boys' Rice Dish

- | | |
|----------------------------------|-----------------------------|
| 3 Cups milk | 1 Teaspoon sugar |
| $\frac{1}{2}$ Cup rice | $\frac{1}{2}$ Teaspoon salt |
| $\frac{1}{2}$ Cup water | 1 Cup sultanas |
| $\frac{1}{2}$ Teaspoon cornflour | |

Wash the rice thoroughly. Put it into the top part of the boiler, add the water and salt and bring to a boil, cooking for ten minutes. Add the milk and sugar, bring to a boil, then set this into the lower part of the steam boiler over a hot fire and steam for an hour, until rice is beautifully flaky and milk absorbed.

While the rice is cooking wash the sultanas and put on to cook in one cup of warm water. Cook slowly for fifteen minutes, add one teaspoonful sugar. Blend the cornflour in a very little water, stir this into the sultanas, also a tiny sprinkle of cinnamon, and cook slowly for fifteen minutes.

When rice is cooked turn into a dish to cool. Pour around the rice the stewed sultanas, cool, sprinkle the top generously with crushed nuts and serve. Allow a spoonful of cream over each serving. A generous helping of this rice with two or three sandwiches made from home-made entire wheat bread, peanut butter and fresh lettuce, also a glass of milk, is an excellent lunch for a growing school child.

Rice Apple Dish

- | | |
|-----------------------------|-------------------------|
| 4 Tablespoons rice | 4 Apples |
| 2 Cups milk | $\frac{1}{2}$ Cup sugar |
| $\frac{1}{2}$ Teaspoon salt | $\frac{1}{2}$ Cup water |

Cook the rice until tender in a double boiler with the milk. Salt. Peel and core the apples and cut in halves crosswise. Cook until tender, but not in pieces, in the syrup made by boiling the sugar and water together for two minutes. Put rice and apples alternately in a serving dish, having the apples on the top. Pour the syrup that is left over the apples and fill cavities of the apples with guava jelly. Sprinkle sliced Brazil nut meats over the top. Serve with cream or with almond nut cream. This is an appetising dish for lunch. Peaches, guavas or pears are delicious in place of the apples.

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His Majesty
the Baby

What the EXPECTANT MOTHER Should **EAT**

By BELLE WOOD-COMSTOCK, M.D.

IF mother has been eating correctly, the fact that baby is on his way may not need to make a great deal of difference in her diet, except that as development goes on she will need to eat more than if she were living a physical life only for herself. She must now live for two instead of for one, and building material for the new baby's body must be supplied as well as that needed to keep the mother's tissues in repair. The trouble is, there are so very, very many who do not understand the principles of correct eating that the chances are there will need to be some very definite attention paid to this question at this important time, else baby will suffer in his growth and development.

It is a matter of common note that during pregnancy the teeth tend to soften and deteriorate. "A tooth for every child," they say. What more obvious reason could there be for this? than that, the lime intake in the food being low, the demand for the child's needs is so great that the mother's lime-containing tissues are drawn upon to supply the needed material for the child?

It seems that at this time, when a new life is being formed, the importance of prenatal supply and complete development is such that nature will sacrifice the mother's tissues and strength for the child. The need of the child at this time, it seems, transcends all others. We cannot, however, bank on this in thinking of the child. Even at the best, and with the greatest drawing upon a mother's tissues for the upbuilding of the new life, if there is a lack in the supply, there cannot help being a shortage that will nearly always manifest itself somewhere in the child as the months and years go by.

Poor teeth, lack of stability in the nervous system, lack of resistance to disease, and other untoward conditions that so often manifest themselves in later years are undoubtedly due many times to failure in the prenatal nurture of the developing child. And a poor chance has baby if

he finds at birth a mother who is already bankrupt physically because of his demands.

There are four classes of foods that are especially essential for the mother at this time. 1. *Fruits* in abundance, for their vitamins, their alkalizing salts, the tonic effect of their acids, and the bulk of their cellulose. 2. *Vegetables*, for their lime and iron and other salts, for the valuable proteins of their leaves, for their vitamins and cellulose. 3. *Milk*, the important building food, supplying both protein for soft tissue and lime for teeth and bone. 4. *Whole grains*, for energy food in easily appropriated form, most commonly and most satisfactorily used in the form of breadstuffs, cereals and "breakfast foods." In the proper proportion, the above quartet of foods will supply the dietary needs. Extra calories of energy food and variety may be supplied by the use of such *accessory foods* as nuts, olives, avocados, honey, dates, raisins, cream, butter, jellies, jams and desserts. The best accessories are those that come in a natural form. For example, honey is better than too much in the way of jams and jellies, and cream is better than much butter. The amount of accessories or "trimmings" depends largely upon mother's need to gain or lose in weight, and should rarely displace the members of the important quartet of foods given above. A suggestive daily menu follows:

Breakfast should consist of fruit, some raw when possible, but also stewed and dried as freely as desired; milk, raw or boiled, cooked in foods, malted milk, or some equivalent; breadstuffs and cereal foods, as toast, muffins, rolls, porridges, unpolished rice, and dextrinized cereals. Fruit and milk are the foods often neglected, and they are the most important, for they supply the building material, vitamins, and alkalizing salts so important at this time. When "morning sickness" or digestive disturbances common to this period cause lack of appetite, the breakfast may well be simplified, for a time at least, to fruit (perhaps as

There's a reason for his peevishness . . .

DOCTORS KNOW IT AND PRESCRIBE THIS SIMPLE TREATMENT FOR THE "DIFFICULT" CHILD

DON'T scold him if he's peevish, contradictory, "difficult". There's a reason for this condition, and usually it's not hard to find.

Doctors will tell you that for healthy growth children require an adequate supply of Vitamins A and D, calcium and phosphorus — that if this supply is insufficient for their individual needs they cannot build sturdy body and bone and healthy nerves, but instead are liable to exhaust their strength, become "weakly", irritable and nervous.

Prescribed by Doctors for 60 Years

The remedy is to make up the deficiency in the best possible way—that is why Doctors have been recommending SCOTT'S Emulsion for sixty years. SCOTT'S Emulsion is made from the finest cod liver oil, rich natural source of Vitamin A, without which growth and life itself are impossible, and Vitamin D, which enables the body to use calcium to form sound bones and teeth. And to ensure the maximum benefit SCOTT'S Emulsion also contains the essential salts of calcium and phosphorus, making it *three times more effective than plain cod liver oil!*

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Emulsion is that, unlike plain cod liver oil, it has a pleasant taste and is easily digested — children love it and take it readily.

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Because of its wonderful building and tonic properties SCOTT'S Emulsion is a reliable remedy for coughs, colds and all lung troubles. Taken after fevers and other debilitating illnesses it is a powerful strengthener and all-round tonic.

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SCOTT'S Emulsion

- is 3 times more effective than plain cod liver oil
- is 80 times as good a bone-builder as butter
- is 8 times more effective than butter for growth

A dessertspoonful of SCOTT'S Emulsion has the bone-building value of 2 pints of fresh milk or the yolks of 2 eggs, and has the growth-giving value of 2 lbs. of bananas



SCOTT'S Emulsion

What SCOTT'S Emulsion does

- Builds sturdy flesh and bone
- Strengthens the nerves
- Guards the lungs against infection
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fruit juice one half hour before breakfast), crisp toast, and hot boiled milk; but as the appetite improves, the fuller menu should be allowed.

Lunch or supper may be much as breakfast, with a free amount of fruit or raw vegetable salad, or tomatoes raw or cooked, or any two of these; milk in some form (cottage cheese or buttermilk or dhal are healthful variations, or perhaps a milk soup); such cereal foods and bread-stuffs as the appetite seems to call for, taking care that the fruit and milk are not crowded out; nuts, olives, dates, raisins, and honey are the simple, natural knick-knacks that help to make the meal attractive and add essential calories.

Dinner is a vegetable meal rather than a fruit meal, and the important vegetable adds again the alkalizing salts, vitamins, and complete proteins so necessary. It is well to have vegetables raw as well as cooked, and vegetable soups are always good. But to the vegetable part of the meal, a more definitely protein food must be added, as milk in some of its forms—cottage cheese, buttermilk, dhal, milk soups, raw milk, boiled milk.

Legumes (dhal, grams, lentils etc.) and nuts are very good partial substitutes for milk, and may be used. Legumes are palatable and often digested with more ease by the expectant mother if served in the form of soups and purees. The nuts that

give the best protein value are almonds and peanuts. Almonds are not improved by blanching, as is usually supposed, but are better eaten in their natural form. Peanuts, because of their concentration, should always be used moderately. In the form of peanut butter, the concentration may be decreased somewhat by stirring it into a cream with water. The water is added gradually, and the stirring continued until a creamy mass, about the consistency of whipped cream, is formed. This is also more digestible, and may be used in various ways. It is well, however, to add a drink of milk for good protein measure. One advantage of milk over other protein food is that it may be relieved of its concentration by skimming and at the same time retain its valuable proteins, so that the extra fat may be used or not, depending upon mother's tendency to gain or to lose in weight. The protein at this meal may be supplied in the form of eggs, which we may think of as a milk equivalent. Meat, if used, may be served as a milk equivalent. But the protein of milk is a better form of protein for the expectant mother and her developing child than that of meat.

If potato is served at this meal, or other starchy food like macaroni or rice, very little if any bread is necessary. Desserts or "trimmings" and accessories as previously mentioned may be added in moderation, depending on the mother's need, as evidenced by weight, strength, and appetite.

For a mother who has a poor digestion during this prenatal period, a very simple diet may be required, but it must be one that will fulfil nutritional requirements. The diet may be as simple for a time as the following: *Breakfast*: Fruit, toast, hot milk, with or without an egg. *Lunch*: Cooked or raw vegetable, including baked potato if desired, milk or cottage cheese or buttermilk, or cream puree of bean or pea or dhal or lentil soup, with toast. *Dinner*: Fruit, cereal gruel or toast or both, milk, and, perhaps, honey or dates for extra sweet. An extra drink of milk at bedtime and a glass or two of fruit juice or vegetable broth during the day may make this simple diet plan all-sufficient. An eccentric, fickle appetite may be due partly to a poorly poised sympathetic nervous system, but also to a lack of certain essentials in the food supply. By attention to these few simple principles of proper feeding, this lack may be avoided.

WE call special attention to the great harm that will overtake all who try to reduce by taking medicines advertised for this purpose which require no restriction in diet or change in living habits. These are either worthless or actually injurious.

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Waist Lines and Life Lines (Concluded from page 11)

mined by the amount of active tissue of the body represented by the ideal weight. This requirement has been found to be one gram of protein per kilogram of ideal weight (15 grains or 1/30 ounce per 2.2 pounds). By this reckoning, a man 35 years old whose height is 5 feet, 8 inches, having an ideal weight of about 154 pounds (70 kilos) would require 70 grams of protein a day.

Not all nitrogenous foods have the same biologic value to the body. For example: The protein of milk is one of the most complete and valuable proteins for human consumption. It is capable of meeting all the body's nitrogen needs. On the other hand, the protein of wheat, while it is a valuable source of nitrogen, is not a complete protein, and therefore not capable of meeting all the body's needs. Therefore, in planning a dietary, it is necessary to combine these nitrogenous foods in such a way as to insure to the body a complete and adequate protein supply.

Vitamins and mineral salts are also of great importance in this dietary. Fortunately these are quite abundantly supplied in vegetables, fruits, grains, and dairy products, all of which are included in the low-calorie diet.

Other ingredients in the normal dietary are carbohydrate foods (starches and sugars) and fats. It is necessary to restrict fats in this programme, and little more than that amount which is inseparable from the protein foods is provided, which ordinarily ranges from 10-25 grams a day. In the normal ration carbohydrates form the major part of the energy, usually about six-tenths of the calories. The starches and sugars are essential in the reducing regimen, yet they are materially reduced in amount. The dietary should be planned to include from 30-100 grams. It is seen, then, that the food for the reducing dietary consists of 60-70 grams of protein (240-280 calories); 10-25 grams of fat (90-225 calories), and 30-100 grams of carbohydrate (120-400 calories). This makes a total range of 450-905 calories. It may, on first thought, appear that such a programme is too strict and severe. In actual practice it is highly satisfactory both to the patient and to the physician, and has not proved too rigorous or in any way to impair the health or strength. On the other hand, the patients who have faithfully adhered to the regimen have repeatedly voiced their praise of the plan, and have in many cases been greatly improved in health and efficiency. For those who are only slightly or moderately overweight, or who for any reason need to lose only a very limited amount, the above total calorie allowance can be doubled or modified so as to meet each particular need.

It should be emphasized that the success of this diet regimen depends upon the adequate protein intake and the inclusion of a liberal allowance of mineral salts and vitamins. Such a dietary maintains the body in nitrogen balance; such a ration maintains the strength and muscular tone and turgor of the skin. It is then apparent that starvation, an orange-juice diet, alternating periods of starvation and stuffing, and other bizarre methods are unsafe and unsound, because they do not supply the body with essential nutritional requirements.

Individuals who have tried reducing by the low-food-intake plan have often become discouraged, and have been led to abandon the effort because after a few days of fairly satisfactory weight loss their weight has appeared to become quite stationary regardless of their continued low-food intake. In fact, the phenomenon is not uncommon that, in spite of the rigorous under-feeding, the patient may even gain slightly in weight for a few days. This temporary failure to lose in weight after an initial drop has been shown to be a matter of water balance, and for those who will persist on the low-calorie diet over a sufficient period of time the actual loss in weight will be gratifying.

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Nicotine a Man Killer (Concluded from page 13)

the backbone in the chest and abdominal cavity. It is here that the nicotine poison breaks the circuit, thus permitting the contraction of the blood vessels which was recorded in the experiments with the smokers. The blood laden with nicotine, absorbed from the lungs, is immediately carried to this chain of tissue along the backbone, from the large vessels leaving the heart; thus the nerve endings are quickly poisoned. The messages over these nerves that should automatically regulate the blood supply do not reach their destination, and so the blood vessels carry on their work independently of the rest of the body.

Some of these nerve-fiber connections are more exposed to poisoning than others because they extend out into the tissues, and are quickly bathed in the blood containing the nicotine, whereas others may be so covered up under a capsule that the blood reaching them has been filtered and freed of the nicotine. This may explain why one person is more susceptible to poisoning than another because of the variable absorption of poisons.

Dr. Schrupf-Pierron makes this startling statement after speaking about the disease, intermittent lameness, "It must therefore be accepted that in the cause of the above disease, especially in young persons, tobacco is one of the most

important agents. For all other forms of blood vessel disease the same conclusion holds true."

His opinion of the effects of nicotine upon the blood vessels throughout the body is upheld by the clinical experience of others, and especially as affecting the delicate lining of the stomach and intestines. Listen to Sir Berkeley Moynihan: "An attack of duodenal ulcer often follows an orgy of smoking, and many attacks are checked by abstinence from it."

Dr. Tyrell Gray reports that 96 per cent of his cases were smokers; that 90 per cent of those who quit were cured; whereas, only 47 per cent were cured of those who did not quit smoking.

If this sort of thing occurs in the coarser structures of our body, what shall we find with the more delicately balanced organs, such as the eye and the heart, which depend so thoroughly upon the nervous system for their proper working?

MEN and women will always find excuse for indulging in harmful narcotics that injure the delicate physical mechanism. To such the testimony of scientific research means little. All should view with grave concern the rapid increase in the use of tobacco the world around, which can but hasten the degeneracy of the race. We commend the above carefully reasoned article to the earnest consideration of all our readers.

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"Pull Your Abdomen In"

(Concluded from page 9)

and the knees unbending. As you rise, the arms come slowly at right angles to the torso, the toes are pointed forward, the chin comes down on the chest. Now, sitting up, still with the legs stiff, try to touch the toes with the fingers. Keep on trying. Eventually you should be able to touch the wrists to the toes and the forehead to the knees. Now go slowly backward, chin down, arms rising. The whole thing is a slow rolling movement—and it will not only correct sway-back but will reduce the abdomen and poise the head correctly.

Pilates warns that no exercises should be taken except upon the advice of a physician. Heart trouble, hernia, etc., might make some inadvisable. In any case, much as corrective exercises can do for you, your little daily habits of walking, breathing, sitting, standing can do even more. "Say you're at the movies, or at your desk—or your typewriter or the dining table—all you have to do is to sit as far back as possible, spine upright, feet flat on the floor, knees bent at right angles, and ever so often say to yourself, 'Pull your abdomen in,' and do it, and hold it as long as you can. Or you're walking along the street. Glance in the shop windows, not to lower your sales resistance, but to observe your posture. In most cases the posture won't be right from one window to the next. But correct it every time by pulling in the abdomen and holding it in as long as you can. Time yourself. It will be only a few seconds to begin with, but hold it a few counts longer each time until you work up to a hundred. With each effort the muscles will become stronger and 'standing up tall' will become a habit.

"How much can be accomplished by daily habit is shown by those people of the East who habitually sit cross-legged on the ground (the best of all sitting postures). They have straight backs and beautiful carriages. At the beach is an excellent place to practice such corrective postures. Sit cross-legged in the sand, back straight, and try raising from this position dozens of times without touching the ground with the hands but holding them out straight in front of you. In the free-and-easy environment of the beach even more eccentric behaviour than this passes without comment; but you can do it in the privacy of your room if you prefer.

"Up to 80 years, everyone should be able to touch the floor with both palms without bending the knees. And in order that they may be able to do that, I advise them to start in right now, whether they are six months or 60 years, running around the room on all fours, like an animal,

palms flat on the floor, knees unbending."

But Pilates' chief, reiterated order is: "Pull your abdomen in." Say it to yourself dozens, hundreds of times a day, till pulling it in becomes a habit and sinks down into the subconscious where your breathing is taken care of. Every time you do it, you're a little nearer to healthful, youthful posture and a regal carriage.

The Health Value of a Happy Heart (Concluded from page 6)

Life, in spite of all hardships, is a sweet draught to most. Its possession is cherished above everything else. Even the aged are willing to suffer on for years, thankful for each added day of life. The rich spend fortunes in living as long as they possibly can. But a cheery, happy outlook on life lifts it to the highest levels of enjoyment and service. Contentment can possess souls devoid of almost everything else. Bodily infirmity and even deformity can be made accessories rather than hindrances by those who quickly discover the silver lining to dark clouds.

There is a hygiene of the mind. In speaking of man, Solomon said, "As he thinketh in his heart, so is he." That determines health as well as character.

It is the mind that makes the most helpful contribution in almost every phase of human endeavour. Science and religion have advanced far by the employment of the minds of men in research and discovery. Before the mind engaged itself in these pursuits, men toiled and spun in the crudest possible fashion. Each day was alike, with a horizon that never widened and a life that never broadened beyond the hunt for food and the wherewithal for existence. The will to do new things finally brought about the way to do them. So man expanded to that fuller expression of himself that made life so much more comprehensive.

Along with the will to do is the will to be. It is the mind that determines the habits of life. The drunkard lacks the will to be sober. This lack of control of the body by the mind is especially true in these days. Tendencies and desires that are harmful to our physical well-being are indulged in until the use of harmful things becomes a habit. Overindulgence in good things, such as exercise, causes early and serious breakdown. Neglect of rest brings on nervousness. Mental apathy in the contemplation of things that are worth while breeds mental degeneracy, which in large measure contributes to the increase of insanity.

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We are forced to the conclusion that to live right we must think right. Here is where religion makes the most helpful contribution to right living. Religion brings peace of mind and tranquillity of soul. It supplies the needed power to regulate good habits and eliminate bad ones. It gives courage in adversity and a hopefulness even in the face of death that removes the sting from this most dreaded enemy of man. No advocacy of healthful living goes far enough that leaves out this aspect of the question. If there were more faith in God, men would live longer and more happily, and with far less physical suffering.

Trouble in Paradise

(Concluded from page 18)

after a forty days' fast. Something whispers to Him that, if the words of His Father at His baptism were true, he might use this power to satisfy his hunger. Having defeated this temptation, it was next suggested He might perform some great personal feat and thus demonstrate His connection with heaven. Again, the tempter offers an easy way to the throne of the world, by submission to evil instead of its defeat. In these temptations *Jesus conquered the lust to conquer*, and demonstrated forever that the eternal law of God can be kept by humanity. The Son of God broke none of the ten commandments. He requires His followers to be obedient to the laws of heaven even as He was. (John 15:10.)

Jesus is our surety of deliverance from sin. He endured every trial to which we are subject, and finally defeated the enemy on the hill of Golgotha. He was treated as we deserve, that we might be treated as He deserves. He was condemned for sins He never committed, that we might partake of righteousness in which we have no right to share. He suffered our death, that we might receive His life. (Heb. 10:10-14.)

The purging of the universe from iniquity commenced at Calvary. It will finish at the great judgment day when Satan, sinners, and sin shall be no more. (Ezek. 28:16-19) Affliction shall not arise a second time. (Nahum 1:5-9). But the ransomed of the Lord shall come to Zion, and sorrow and sighing shall flee away. (Isa. 33:9, 10.)

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Capitalism and Rich Men

(Concluded from page 4)

unemployment problem over to the Government because it had got out of our hands, the only logical thing for the Government to do was to formulate a policy to save the nation from utter chaos. Now if capitalism finds some of its "individualism" curtailed, it has no one but itself to blame.

Let it be remembered that this recovery programme is not the destruction of the old economic system. It is a plan to cure, if possible, the abuses of the system, without cutting out the appendix which many feel is largely the cause of these abuses; namely, *profit*. It is *managed capitalism*, as Dr. Barclay of Stanford University points out.

President Roosevelt in his address to American business men, March 6, 1934, stated: "No one is opposed to sensible and reasonable profits, but the morality of the case is that a great segment of our people are in actual distress and that as between profits first and humanity afterwards and humanity first and profits afterwards we have no room for hesitation."

In this period of flux what is to be the attitude of religion? The trouble with business is that we have divorced it from religion. "Christianity and business, rightly understood, are not two separate things; they are one," says a leading religious writer. "Human and divine agencies are to combine in temporal as well as spiritual achievements. They are to be united in all human pursuits, in mechanical and agricultural labours, in mercantile and scientific enterprises."

Today genuine religion has the greatest opportunity it has ever been afforded to lead the world since Reformation days if not since Apostolic time. Apostolic Christianity *levelled* everything. Early Christianity would not admit of a religion that placed some at ease and others in distress. The abundance of many became the supply of those who lacked, "that there may be equality." (2 Corinthians 8:14. See also Acts 2:44, 45.) Since then the world has gone far astray from these Christian principles.

Pure Christianity is pure democracy, and involves abolition of rank and privilege, recognition of the dignity and *universal* duty of productive labour, and cultivation of a spirit of mutual helpfulness, service and good will in all the relations of men in the social groups.

Let it be forever remembered that only by the adoption of the principles of apostolic Christianity can we ever see permanent recovery from our economic debacle.

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Answers

(For questions see page 26)

1. They can be bought, but are much more expensive than ordinary rubber tires. DuPrene is the name of the "synthetic rubber" from which they are made in the DuPont Laboratories, Delaware, U.S.A.

2. "Solid alcohol" has been produced and the process is patented. It is made by combining ethyl alcohol and gun cotton.

3. Asbestos is a fibrous mineral found in certain rocks. A common form is known as hornblende.

4. Gold for making cloth of gold; asbestos for fireproof curtains.

5. A man can walk almost as fast as the fleetest snake can run; there is no danger of a snake catching you if you use your legs. The "swiftness" of a snake is more apparent than real.

6. Twice as far.

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8. The distance increases directly with the diameter; the volume increases with the cube of the diameter.

Q. With this issue we present to our readers the "bigger and better" ORIENTAL WATCHMAN AND HERALD OF HEALTH. This eleventh volume of our magazine marks the beginning of a new era in our ministry to body, mind and spirit in India, Burma and Ceylon. We rejoice that we are able to render this service to thousands of all communities and are happy that we are now able to bring the mechanical appearance of our magazine into line with the latest developments in the publishing world. Each issue

during 1935 will be filled with articles of interest and helpfulness. "Health makes life worth living."

Q. We have enlarged our Home Department with this issue. You will find something of interest to the children, a page of "Tested Recipes," and a very helpful article for expectant mothers written by a famous lady doctor. These pages in each issue will be devoted to making happier and healthier homes in India.

Q. "Wonder Waterways," page 7, is the first of the articles on the kidneys contributed by Roger W. Barnes M.D., a well known Urologist of Los Angeles, California. The other articles from this same pen will be read with great interest and profit.

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