



The **ORIENTAL WATCHMAN**
HEALTH
AND HERALD OF
A MAGAZINE THAT BUILDS BODY, MIND & SPIRIT

JANUARY 1936



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LUXURIANT
CEYLON



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The ORIENTAL WATCHMAN
HEALTH
AND HERALD OF
A MAGAZINE THAT BUILDS BODY, MIND & SPIRIT

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POONA

JANUARY 1936

“ANXIETIES . . .
SURROUND US”

WITH his usual facility of apt expression, King George V in his Christmas message used the expression “Anxieties surround us.” It is impossible to better sum up the situation as we enter 1936. Looking back over 1935 we find little that brings courage to our souls as we face the future—the unjust war in East Africa in spite of the most strenuous combined efforts of the world’s best statesmanship and the League of Nations; more than once universal war was on the verge of breaking over the world, unpreparedness being the only apparent reason; racial hatreds and antipathies deepening; dictators in many lands seizing the reins of power and suppressing liberty and freedom of thought—but why continue the melancholy tale?

As we turn our faces to the future our anxieties deepen. Social and industrial revolution threatens to bathe the world in blood; the complete failure of the disarmament section of the League of Nations has inaugurated another race for war preparations that will cause 1936 to spend more money on land and sea and in the air than ever before dreamed of. No better summary of these conditions has ever been written than the Bible description of these times as when men “beat their ploughshares into swords and their pruning hooks into spears.” The revenues that should be used for developing the resources of the nations are being consumed in the unproductive business of destructive war.

Holding the Winds of War

Is there then no hope for the future? Must

universal heart failure end the story of human history? We answer, No. That book that has never erred casts its light on this generation of earth and lights the horizon of the immediate future with a halo of glory that dazzles the eyes. Our Lord Jesus, looking down the stream of time to this very twentieth century, “when men’s hearts should be failing them for fear and for looking after those things that are coming upon the earth,” bids us, “Look up and lift up your heads for your redemption draweth nigh.” Luke 21:25-28. There is a Paramount Power that holds the destinies of men and nations in His own powerful hand. He gives the nations certain latitude, but as to old ocean, He says, “Hitherto shalt thou come and no further—and here shall thy proud waves be stayed.” God still rules. He has not abandoned the world. In his own good time He will usher in “the times of restitution of all things which He has spoken by the mouths of all the holy prophets since the world began.” Acts 3:19-22. Paradise will be restored. All the religions of India—Mohammedanism, Zoroastrianism, Hinduism, Buddhism, as well as Christianity—speak of this glorious day. It comes after the world has sunken into unparal-
elled wickedness and corruption. The Bible tells us that the bright and sinless day is about to dawn. The darkest hour is on now, but it is the hour before the dawn. Happy those who make the preparation to meet that day in peace. To the proclamation of this message of preparation we dedicate our pages during 1936.

"LIVING IN

"It's a Mad World, My Masters,
a Mad World Indeed."

A MADHOUSE"

Says Stanley Baldwin

EXAMPLES of the swift and sudden destruction of human liberties on a vast scale are placed before us almost daily in our newspapers. We are living in a time of rapid change, when the laborious and careful building of long years of struggle and costly expenditure of blood and life is ruthlessly destroyed overnight.

A national crisis develops—confusion and turmoil follow—a spectacular leader appears as by magic, and through impossible promises gains followers by millions—they place him in power—they consolidate his position—they support him in cancelling and removing all obstacles against the use of dictatorial power—they make loyalty to him a fetish—they make disloyalty to him treason—and they shout with satisfaction when he proceeds to put down all opposition, and to destroy all the safeguards of constitutional and well-ordered civilized society.

By CARLYLE B. HAYNES

It is an almost unbelievable picture. After centuries of heartbreaking struggle and sacrifice, civilization was, in the twentieth century, emerging into a condition of stability. The liberties men had fought for during long years of hardship were being consolidated and clarified. Liberty of speech, and of assembly, and of conscience was coming to be everywhere recognized and established.

And now, almost overnight, we see these things tumbling as a house of cards. The gain of centuries is being lost. It is almost as if some superhuman despot, angered to the point of fury by the enlightenment and progress human beings had made, had issued the order to bring it all to nothing,—and lesser human despots leap to carry out his orders.

And these destructive movements occur with a swiftness that takes one's breath. Never before in human history have such world-shaking developments taken place so rapidly.

A decree—and great parties of opposition,

representing millions of votes, are suppressed or driven out of existence. An order—and a million citizens whose only misdemeanor is to be of a hated race, are disfranchised. A pronouncement—and the autonomy of universities, the liberty of the press, the right of free speech and debate, and freedom of assembly, are wiped out. An executive ukase—and millions of youth and children are militarized and placed under army training. An ordinance—and business and industry and commerce are regimented and brought under unconstitutional codes. An edict—and every activity of the state is brought under automatic control. A law—and the churches and religions are regimented as aids and servants of the state.

More and more the sense of balance has been lost. Everything moves with desperate haste. Stupendous projects, involving not millions of money, but billions, are rushed through without thought or plan. Turmoil reigns everywhere. The world is drunk or mad, or both.

Drunken Madness

Nothing so fitly describes the days we live in as the words of an old, old prophecy, dealing with this very time. Looking forward to the nations of today, and declaring God would send among them the cup of war and of His wrath, an ancient prophet wrote, "And they shall drink, and reel to and fro, and be mad." Jeremiah 25:16, A.R.V.

Drunk and mad! Yes, that is an accurate description. Nothing else will explain the situation. Commotions rock the world. Turmoil reigns everywhere. Black clouds of evil presage hang on all earth's political horizons.

Mutual hatred embitters the relations of nations. Self-destructive infatuation pervades the councils of the mighty. Feverish restlessness permeates the whole world. Men's fairest schemes result in failure. There certainly is distress of nations with perplexity. Men's hearts are failing them for fear and for looking after those things that are coming on the earth. The nations are heaving in a (*Please turn to page 48*)

HEALTH HINTS

for Travellers

By CLAUDE LILLINGSTON M.D.

(Courtesy of Hygeia)

MR. GLADSTONE, according to his biographer, Lord Morley, used to say that more horses fell down dead on one road leading to London than on any other. It was straight and flat. Could there be a clearer warning to the hard worked stay-at-home who is always too busy to relieve the monotony of his life by travel?

In the past, those who left home to please themselves or their families were in the minority. The majority seldom, if ever, strayed far afield. A journey of a few miles was a glorious adventure. You were among strangers, savages, of course. It was rather a static world. It must also have been a very dull world.

All this is now changed. Every one travels, not merely from town to town but from country to country.

With all the world on the run it is interesting to examine the influences, good and bad, of travel on health, and to see whether something cannot be done to mitigate the latter. Travel we must and will, but no one objects on principle to making travel as fool-proof as possible from the health aspect. This is the object of the following remarks jotted down at odd moments by an old doctor who has travelled far and learned much, not least from his own sins of omission and commission. He has also witnessed not a few omitted and committed by his fellow beings whose example he proposes to hold up as an awful warning to the young, particularly to the young prospective traveller.

Why is travel healthy? It provides change of air and of surroundings, including friends and associates. It is difficult to explain the action of such change, but we are all familiar with it in practice—how food tastes better and sleep is much more refreshing the moment we get right away from home. Man is a restless beast whose full enjoyment of life depends upon physical and mental change and activity.

Another beneficial influence of travel is the opportunity it gives you to look back on the road you have come and to take stock of how you

have traversed it. Scrutinizing in retrospect your life at home, you may see how and when it may have been unhealthy. When scrutinized from a good distance the sins of overeating and under-sleeping lose what little glamour they may have possessed at the time. We all return from our travels with vows of reform duly registered. Of their ultimate fate it would be tactless to inquire in most cases. These broken vows, milestones in our lives and our tombstone in the end, should be, but seldom are, instructive to those who come after.

So much for some of the beneficial influences of travel. The number of the bad influences is legion. They range from the cold in the head to the itch between the toes, from the playful prick of the sprightly flea by day to the deadly kiss of the lady mosquito by night. Every traveller should be his own entomologist. If he is not, he will rue it one day when he finds himself in foreign parts. For that matter, animal parasites have on occasion been found at home. All these dangers will be dealt with in detail in the later chapters.

Doctors also are often useful guides to the choice of a holiday resort. Not only may they have inside information as to the health conditions of your prospective camping ground, but they may also have a shrewd knowledge of your own special requirements. If, for example, you are subject to insomnia or suffer from heart disease, your doctor may advise against high altitudes. If you are run down and need that holiday which will prevent pulmonary tuberculosis from developing, he can give you useful hints as to the comparative merits of a long sea voyage and a holiday on a mountain top or by the sea shore. The late Professor Leon Bernard, French specialist in tuberculosis, used to be as appreciative of the long sea voyage as he was distrustful of the seaside holiday for persons threatened by pulmonary tuberculosis. The seaside in the full swing of the holiday season has so many entertainments which are not conducive to long hours of sleep in the open!

This brings us to (*Please turn to page 28*)

The

FIVE TONIC

That Every One Should Take

MEDICINES

By WILLIAM W. FRANK, M.D.

THE rapid increase of knowledge and the remarkable discoveries in the field of the healing art have placed within the hands of the modern physician and surgeon new methods, equipment, and facilities, which have multiplied his efficiency and enabled him to combat disease more effectively. Particularly noteworthy is the increasing confidence on the part of the medical profession in the potency of what are known as natural remedies, and the larger emphasis and dependence upon these agencies in the treatment of the sick.

One can live weeks without food, days without water, but only brief minutes without air. Every living thing, both plant and animal, must breathe. If one should varnish an egg, or coat it with grease or oil, and thus interfere with the absorption of oxygen, the hatching of a chick would be impossible—even an egg must breathe.

Pure Air

By the breathing of pure air, oxygen is admitted to the blood; this oxygen gives to the blood its red colour, and is essential for the combustion or burning of food materials by which energy is released for muscular labour and also to keep the body warm. Organic waste poisons, as urea and uric acid, are prepared for excretion by a process of oxidation. The blood is the longest and the strongest line of body defense against disease. An abundant supply of oxygen purifies the blood and renders it more able to resist infectious maladies.

Pure air is a life-giving necessity. It is a potent agency both in the prevention and in the treatment of disease. People who live much in the open air rarely contract tuberculosis or pneumonia; the reason is plain—they are constantly taking the "cure."

It is not only necessary to ventilate our homes and rooms, but we should see to it that

our lungs also are well ventilated. This requires a little thought and effort. It is not possible to breathe well while slumped forward as if sitting upon the chest. One should by practice acquire the habit of a correct posture both sitting and standing; this requires that the shoulders be kept back, the chest forward, the chin low, and the abdomen in. The adult lungs will hold seven pints of air; the average person ordinarily breathes but one pint, or uses one seventh of his total lung capacity. We do not advocate that breathing should become a laborious, conscious effort, but we would recommend the acquiring of the habit of deeper breathing.

It is particularly difficult for office workers to obtain a sufficient amount of fresh air to keep them in good physical condition. A person's general resistance to disease may be greatly improved by a walk every day in the open air.

Light

A plant which is shut away from the light becomes pale, sickly, and soon withers and dies. The same light energy which enables the plant to take up the inorganic elements of the soil and out of these to build organic food compounds, is essential to enable the human body to take these organic compounds, and build them into living body structure or to turn their energy into heat or work.

Sunlight is health giving, life giving; it aids the body in building up power to resist disease. It improves the quality of the red blood cells, which are the oxygen carriers. The ultraviolet rays of the sun may increase the number of white blood cells. These are the chief body defenders against infection.

The ultraviolet ray helps to prevent rickets by acting on the skin and causing the formation of vitamin D. The milk of cows which have been

in the sunshine contains more vitamin D than that of cows which have been in the barn. The ultraviolet ray has germ-killing properties. In other words, it will kill certain bacteria which are exposed to it. This is utilized in the treatment of skin infections. Besides destroying bacteria, it stimulates healing or the formation of new tissues.

A short time ago a great advance was made by exposing petroleum jelly to the ultraviolet ray. The properties of the ray are transferred to this substance. The petroleum, when applied to a wound, such as an ulcer, will promote healing and not produce a burn.

There are many illustrations in the human physiology which demonstrate the importance of rest. During each heart-beat there is a certain period of rest.

Rest

The brain requires a great deal of rest, which we obtain during sleep. Our muscles need much rest in order to carry on their work. During sleep all the organs of the body are less active than during the day. Rest is one of the most important aids on which the physician relies. It is very difficult for the patient or the parents of the patient, as the case may be, to understand the importance of absolute rest during such respiratory infections as tuberculosis, pneumonia, and the common cold. It seems that people do not realize that

activity during fever is very liable to damage the heart muscle. A failure to rest during these times may diminish the life span by years.

In certain diseases of the heart and blood vessels, it is absolutely imperative that there be periods of daily rest in order to allow the heart muscle to recover its tone. Nervous and mental diseases also require a great deal of rest. During these times of worry and commotion there is a tremendous strain placed upon the nervous system, so that the mental diseases are

on the increase. If we are to escape, we must take time to rest and relax these bodies of ours.

Exercise

There are large groups of people engaged in professional lines and clerical work and such business enterprises as require great nervous strain. There is a tendency for these individuals to work, or to think of their work, at nighttime. Furthermore, there are such things as the theatre, the cabaret, the dance hall, and the tavern to overstimulate the exhausted brain of the sedentary worker. A part or all of these factors make it very important that a larger number of us should have a vacation period each year, even if it is no longer than a week. Besides this yearly vacation period we should have definite periods of relaxation, such as play or physical work, to divert our minds and to permit us to have enough rest to maintain the nervous balance of our organism.

Exercise properly used is of equal importance with rest. As soon as the child is born he begins his activity or exercise. This is an important feature in the child's development. It is interesting to watch children grow and develop until they are able to walk. Exercise is as important to the growing child as to the adult. If one should lie in bed for as long a time as two or three weeks, he would find it very difficult to get out of bed and walk. Most people do not

realize this fact, but are forcibly reminded of it after arising from a period of illness or from an operation. Exercise helps to maintain our strength. The reason why it is necessary to have a patient first sit up in bed, then in a chair, and then gradually to walk, following a major operation, is because the heart is too weak to stand the sudden strain of the heavy exercise in trying to do regular work.

Today it is coming to be understood by the medical profession (Please turn to page 38

The Sun Bath

*I will lie relaxed in the grasses,
Letting the primary heat of the universe play
through me.
Even as one of the grass blades,
I will let it generate its great dumb life within
me.
I will let it stimulate my sluggish circulation.
I will let it ease my taut nerves.
I will let it cleanse my blood,
Implanting purities and neutralizing impurities.
I will lie relaxed in the grasses,
Letting the great sun pour life into me.*

*I will lie relaxed in the grasses,
Letting the great sun do its work in me.
All nature basks in the bright sunshine,
Only man, too civilized, seeks the shade.
He is afraid of insect life, he must live behind
a screen door.
Healthier far, and even more spiritual would
he be,
To fear not nature, of which he is a part,
But to be at one with it.
I will lie relaxed in the grasses,
Letting the great sun quicken me,
And speak to the latent health force within me.*

*I will lie relaxed in the grasses.
To exercise in the sun's pure light is good,
But not wholly sun-given is the heat generated
thereby,
But partly a thing of mechanical force.
I will lie in the grass and vegetate, be as a plant,
Letting the sun call up the sap in my veins,
And direct it as it wills.
I will lie relaxed in the grasses.*

—EDITH CORDELIA ABBOTT.

DO YOU

Wish to Reduce?

Exercises for Obesity

By RUTH M. DEININGER, R.N.

THE tendency to be overweight is one of the chief causes of worry among a large class of people. In fact, it is said that the world is made up of just two classes of people, those who are trying to gain weight and those who are trying to reduce. Physicians tell us that overweight, after one passes thirty, is a much less favourable condition than underweight.

Those who wish to lose weight may be divided into two groups: first, those who have general obesity; second, those who want to take weight off certain parts of the body.

Obesity is the result of too much food and too little exercise. The individual who is working to take weight from the entire body should follow a carefully prescribed diet, along with systematic exercise. Exercise alone is not sufficient. One will find his appetite keener after strenuous exercise, and may lose the benefit, as far as reducing is concerned, by taking as much as an extra piece of bread or potato. The diet should be prescribed by a physician or a dietitian, because of the tendency to

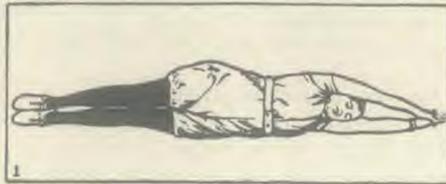
leave out necessary food elements and thus lose strength along with weight. Dieting without exercise causes flabby muscles, which in turn make wrinkles. If exercise is taken along with dieting the muscle tone is kept in good condition.

An examination of the heart is always advisable before a stout person starts a program of strenuous exercise.

The same exercise which may cause a fat person to lose will often cause one who is underweight to gain. The reason is that the exercise causes a more perfect assimilation of food and a more complete elimination of body wastes.

Fat usually accumulates on the parts of the body where there is little muscular activity, such as the abdomen, waist, hips, and neck. Definite exercise must be taken that will affect these parts that are not exercised in the daily activities.

The time to begin to reduce is when the weight first begins to climb above normal. Most people wait until twenty or thirty extra pounds are added and a physician tells



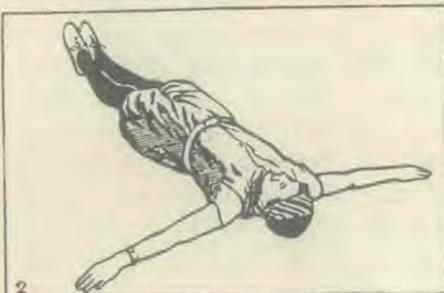
Exercise 1

Rolling. Beneficial as a reducer for entire body. Fig. 1. Clasp hands overhead and keep the entire body stretched as tall as possible and roll across the floor for a distance of several feet and back again. Repeat many times.



Exercise 2

Exercise for reducing hips and waist measure. Fig. 2. Lie on back with arms out at sides. Fig. 3. Try to touch right hand with left foot; alternate with left hand and right foot.



Exercise 3

Fig. 4. Lying on the floor, bend both knees to chest. Fig. 5. Raise legs straight up. Fig. 6. Lower legs slowly.

Exercise 4

For strengthening and reducing abdomen. Fig. 7. With legs straight up, make large circle with feet. Keep spine to floor.

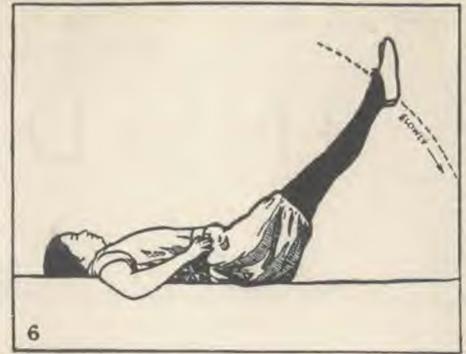




Exercise 5
For reducing muscles of arms and chest, Fig. 8. Raise arms to shoulder height at sides, and describe circles with hands.

Exercise 6
Jumping jack. Stand with feet apart, hands in back. On count 1 (Fig. 9) jump, bringing feet together, clapping hands overhead. Count 2 (Fig. 10) jump to the original position, clapping hands in back.

Exercise 7
Stretch arms overhead, bend strongly from left to right. Do not hollow the back, bend at the waist. The stretch should be felt on the opposite side.



them they must take off weight. Then such a rigid program of self-denial and hard exercise is required that it takes more will power than most persons have.

There is one principle to follow in reducing any single muscle or group of muscles: *Stretching a muscle causes that muscle to reduce.* Deep contraction of a muscle, on the other hand, causes a muscle to become thicker. Therefore, when one is taking these exercises care must be taken that nothing is being done in the daily routine of work or play that will counteract the effect of the exercise in reducing the muscle.

An interesting case comes to mind of a middle-aged woman who came to a gymnasium with the purpose of reducing her thighs



The astonished director explained that climbing is a developing exercise of the hips, and probably the deep contraction thus taken had been the cause of the muscle not becoming smaller. To reduce the thighs and hips, exercise must be taken to stretch these muscles. This is very important.

When you are trying to reduce, always stretch. Stretch! Stretch! Stretch! Stretching the limbs of the body and the entire trunk during each exercise is essential.

One of the most common questions that a gymnasium director has to answer is, "How can I reduce my abdomen?" And it is quite important that one become concerned when he
(Please turn to page 12)



and hips. She was very faithful in carrying out the exercise program, yet when she came back for measurements and further instruction, the director was surprised to find that no difference was found in her hip measurement. The woman went about her specific exercise more intently than before, only to be told the same thing each time. Finally the director questioned her very carefully as to her daily habits. The patient outlined her program, and added that she was even climbing the four flights of stairs to her apartment several times a day in addition to her exercise.



INSIDE YOUR HEAD

What it does, and how it does it.

By HUBERT O. SWARTOUT, M.D.

IN a previous article we discussed the intelligence system of your body. Perhaps you understand the value of its service to you better than you did before. Now think for a moment of the connection between your head and the various parts of that system. Your organs of sight, hearing, taste, smell, and equilibrium are all parts of your head. So is your tongue, the tip of which has a very keen sense of touch.

The Divine Plan Best

You may not understand all the reasons why the Planner of your body arranged its parts as they are, but you can at least see advantages in the close connection between your head and the organs that keep you in touch with the outside world. Suppose, for instance, that you had your eyes in the ends of your fingers, as one boy said he wished he had, so he could poke them through knotholes and see the ball game better. An injury of your finger, of your hand, of your forearm, of your arm, of your shoulder, or your neck, or of the nerves in any of these parts of your body could easily break the link between eye and brain, and make you blind in the corresponding eye. A string tied tightly around your finger would be enough to do it. Your special sense organs could not be located in a better place than where they are,—so close to your brain that it requires a very severe injury to break the connection.

People in former ages did not understand the value of this connection as you do, for they did not know the true work and importance of the brain. They thought of the heart as the seat of the intellect, and of the bowels as the seat of the emotions. Knowing the brain only as it looked and felt when removed from a dead body,—wet and cold,—and judging from the large size of the

blood vessels of the neck that the head must receive a great deal of blood, many of them thought that the brain was merely a blood cooler. Others suspected that it had more important uses, but the necessity of its connection with the sense organs was not recognized. No impossibility was seen in the old myth of the three sisters, each of whom had a socket in her forehead, but who had among them only one eye, which could be passed from socket to socket, enabling the one who had the eye to see.

Today you know that your moral sense, emotions, intellect, judgment, will, memory, disposition, special senses, and voluntary actions all have their seat in your brain, which is the king of your whole body. You would not want to lose your eyes or ears, yet they are not essential. You could breathe through a tube in your neck, and be fed through a tube in your stomach, making both nose and mouth unnecessary. You could not live, however, without your brain; and your brain could not continue to carry on its work without your skull to hold and protect it. If, then, we discuss your brain and its bony case, we shall be considering the two most vital and important parts of your head.

Your skull is a dome-shaped, bony box. This shape makes it strong and rigid, and spreads the force of blows so as to make their effect less serious. The bone composing the box has a hard layer outside, another inside, and a spongy layer between. It is possible to break through the outer layer without injuring the inner layer or the brain.

Your brain itself is composed of four parts,—the medulla, which is a direct continuation of your spinal cord; the pons, or bridge, which connects the other three parts; the cerebellum;

and the cerebrum, or fore brain, which is larger than the other three parts taken together, and fits snugly beneath the roof of your skull.

Two strong, membranous partitions are found inside your skull. They grow inward from a tough membrane, called the dura mater, which covers your brain and lines your skull. One partition extends vertically downward between the two halves of your cerebrum, and the other horizontally between your cerebellum and the back part of your cerebrum. They help suspend your brain in its box, and keep it from rolling about.

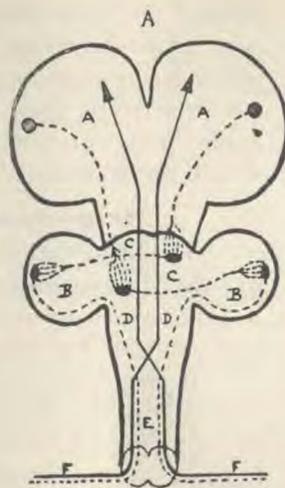
Many blood vessels and nerves pass between your brain and other parts of your body. These require opening in your skull to let them in or out. The openings, except a very few tiny ones, are all in the floor of your skull or at the back part of your eye sockets. Most of them are deeply covered over by the structures of your neck. Thus you see that your brain is suspended in, and inclosed and protected by, a veritable multiple-walled fort, with strongly fortified gates.

Gray Matter and White

All the parts of your brain are built chiefly of two kinds of material,—the gray matter, composed of nerve cells and bare fibres, and the white matter, composed of bundles and networks of nerve fibres with thick, white sheaths. Your cerebrum and cerebellum have the gray matter outside and the white inside. In your pons and medulla the reverse is the rule.

The white matter of your medulla is largely composed of fibres that run upward or downward between cord and brain. Most of the fibres connected with your cerebrum cross over from one side to the other in your medulla. Speaking generally, the fibres connecting cord and cerebellum do not cross; but those between cerebellum and cerebrum cross in the pons. Thus the control of your right arm, for instance, comes from the left side of your cerebrum and the right side of your cerebellum. The accompanying diagram (A) of nerve paths through the different parts of the brain will help you to understand this arrangement.

In the gray matter of your medulla are found some of the most important centres, or groups, of nerve cells, in all your brain. In its upper and back part there is a shallow, three-cornered pit. Directly beneath the floor of this pit is your

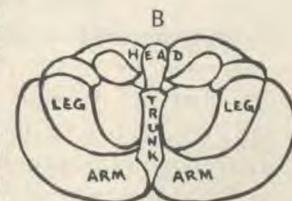
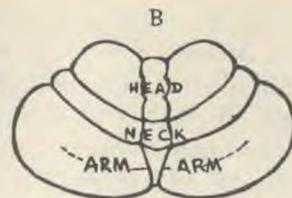


(A) This diagram shows the typical nerve connections between the two sides of the body and the different parts of the brain.

- a. Cerebrum
- b. Cerebellum
- c. Pons
- d. Medulla
- e. Spinal cord
- f. Nerves to and from the two sides of the body

Notice that fibers passing directly between the cerebrum and the body cross in the medulla. Those that pass by way of the cerebellum cross in the pons.

(B) This diagram of the cerebrum shows the parts of it that are connected with different parts of the body. Upper, as seen from above and behind; lower, as seen from below and in front.



respiratory centre. If it should be injured, you would stop breathing. Closely connected with it are the nerve cells that act as a governor to keep your heart from running too fast and wearing itself out, also those that stimulate the muscles of your stomach and intestines, aiding in the digestion of food and the elimination of waste. All these centres, or cell groups, taken together, cover an area no larger than your little finger nail; but, as one physician has aptly said: "That little spot is the place where you live."

The gray matter of the rest of your medulla and of your pons is composed mainly of cell groups from which nerves go out to, or to which nerves come in from, some of your sense organs and many of the other structures of your head and face.

The Cerebellum

If you could see your cerebellum, it would look somewhat like a long, slender finger, crooked up into an almost complete ring, with a large, rounded mass extending out from each face of the ring. Its outer surface would appear like a series of parallel ridges with ditches between. Each ridge is called a convolution, and each ditch a sulcus. Definite parts of your cerebellum are connected with definite parts of your body, as you will notice by looking at the accompanying diagram (B).

Your cerebellum has a very important work to do. When your cerebrum has given the orders that set your muscles at work, your cerebellum makes them act in harmony with one another. For instance, if you wish to pick up a glass of water and take a drink, your arm and hand move surely and accurately to their destinations and do their work easily and smoothly. If your cerebellum were out of order, your arm would move in a series of irregular jerks. Your hand might not get as far as the glass, or it might be thrust far

beyond it. If you were able to grasp the glass, you would pick it up with a jerk and probably spill all the water before you could get it to your lips, if you ever succeeded in getting it there at all. Such complex acts as walking or playing a musical instrument would be impossible without the steadying, harmonizing influence of your cerebellum.

The Cerebrum

Imagine half a pecan kernel, grown so large that it weighs more than two pounds, and so stout that it is more than half as thick as it is broad, and you will have a fair idea of the shape, size, and general appearance of your cerebrum. It is held in your skull with its rounded side up. The ridges and ditches on its surface are much larger than those on your cerebellum, and are arranged in a very irregular manner.

It is from your cerebrum that orders go out to the muscles that must move when you perform voluntary acts. It is this part of your brain that enables you to see, hear, smell, taste, feel, and think. More than anything else, it is the quality of the work done by the thinking part of your cerebrum that makes you superior to the lower animals. The eagle can see better than you can, the deer hear more keenly, the dog smell a fainter odour, and many animals have as keen senses of taste or touch as any man; but none of these have the power to think and to reason as you do.

Like your cerebellum, your cerebrum has definite areas connected with definite parts of your body; but the areas are much more clearly marked out. It is a strange fact that the upper edge of the cerebrum seems to control the lower part of the body, and vice versa. Another peculiarity is that, while nearly all the activities of the body have to do with both sides of the cerebrum, speech is controlled by one side only. If you are a right-handed person, this is the left side. Thus, an injury to the right side of your cerebrum might paralyze the left side of your body, but you would still be able to talk, while an injury to the left side would destroy your power of speech, as well as paralyze the right side of your body.

Lack of space prevents our giving you more than a mere introduction to some of the interesting facts about your head and its parts. You need no argument to make you admit its importance. The rank of the head among the various members of the body is so generally understood that we commonly speak of the person who runs a business or an institution or a government as its "head." Yet your head can do very little by itself. It needs the information brought in by all your special sense organs in order to know what orders to send out, and when and where to send

them. It needs your legs to carry it about, and your arms and hands to care for it. It could not get nourishment if your stomach and intestines did not prepare its food and your blood did not act as the waiter to serve it. Without your lungs, it would die from lack of oxygen.

Helplessness of the Brain

The interdependence of the different parts of the human body was clearly described in inspired words written nearly two thousand years ago, but no less true now than they were then: "If the whole body were an eye, where were the hearing? If the whole were hearing, where were the smelling?" "And the eye cannot say unto the head, I have no need of thee: nor again the head to the feet, I have no need of you." "And if they were all one member, where were the body?" "But now hath God set the members every one of them in the body, as it hath pleased Him." 1 Corinthians 12:17, 21, 19, 18.

We like to think of ourselves as the "heads" of creation; but we should remember that we are dependent upon lower animals, plants, and the mineral world for the elements that build our bodies and keep them going. We are dependent upon one another for much that makes life worth living. We are even more dependent upon the great Intelligence that both planned us in the first place and set in operation the laws according to which we act and think. It is only as we recognize these truths and act in harmony with them that our heads really fulfil the purpose for which they were made.

Do You Wish to Reduce? (Concluded from page 9)

finds the abdominal muscles becoming flabby and lifeless. It is an indication that the muscles of the organs in the abdominal cavity are in the same condition, and that trouble is just ahead. To keep an excess of flesh from accumulating on these muscles, they must be exercised. Abdominal exercises are very good, but we must watch our habits as we go about our daily activities. Pull in with the abdominal muscles and then stretch tall, pulling from below upward. Stretch until you can feel your ribs pulling upward on the abdominal muscles and keep doing this dozens of times a day until it becomes a habit.

It is possible to lose weight by diet and exercise, and no other method can bring about the result with such a benefit to your health. Start in by doing each exercise five times and gradually increase until you can do each one as many as fifty times. Do each exercise correctly, but gradually increase the speed until you perspire as you do them.

WHAT WE KNOW

ABOUT DIABETES

By H. C. MENKEL, M.D.

DIABETES or sugar poisoning is among the major chronic disease problems of India. It exists most extensively among the people who eat excessively and exercise leisurely.

Diabetes Melletus is an organic digestive disorder involving particularly the carbohydrate phase of the digestive functions. Two essential digestive organs, the pancreas, and liver, have undergone definite degenerative changes in both structure and function. Other organs are also involved as the thyroid, adrenals and pituitary glands; and certain nerve centres concerned with digestion. However, for purpose of definition, diabetes may be defined as a constitutional disorder due to deficiency in the secretion of Insulin by the Islets of Langerhans located in the tail of the pancreas.

Carbohydrate digestion so largely controlled by the pancreas and liver has partly failed, the alkali buffer system is breaking down and the body tissues are being overwhelmed by acid producing sugar and starches. This continued acid stress finally results in organic changes other than the two organs mentioned. Thus the condition extends and becomes more involved.

The usual clinical symptoms are excessive passing of urine and much thirst. As the condition persists there appear all the train of disturbances associated with acid poisoning.

Diabetes is a serious disorder and unless the individual readjusts his life, food in particular, to the existing diabetic state, he will most certainly hasten an earlier ending to the book of life.

Diabetes is not a disease entity, but represents a phase in the gradual breaking down process resulting from over-tax and abuse of the digestive functions.

From most diabetic patients one obtains a history of stomach and intestinal indigestion covering a period of years, or the history may reveal persistent weight of thirty or more pounds above the normal. Usually there has been sedentary habits or lack of inclination for active exercise.

It was during those preliminary years before excess sugar appeared in the blood or urine, that

a cure could have been accomplished. The time to cure diabetes is before the actual diabetic state of organic change has been reached. The individual subject to digestive disorder or overweight should have done, at least twice yearly, an accurate and efficient sugar test. The ordinary Fehlings test is not sufficiently accurate for this purpose.

Sir Ernest E. Waters wrote regarding the probable causes of this disorder as observed in Bengal:—

“In the East the disease is much less common in women than in men, or it certainly comes much less frequently to notice, which is not always the same thing.

“There must be a reason for this, and the reason is probably to be found in the habits of the people. Diabetes, in Bengal at any rate, and the same is presumably true of other parts of the country, is a disease of the Bhadralog—the educated or gentlemanly class. This includes the land-owners, the lawyers, doctors, Government servants of the upper classes, business men, clerks, and so on. It occurs in the labouring classes, but only to a very limited extent, and is then often of the severe intractable type.

“Speaking generally, it is a question of over-eating, dyspepsia, want of exercise, and excessive mental work. Large numbers of the Bhadralog class are chronic dyspeptics, so that their food assimilation is perverted at the very beginning; they take little or no exercise, and they undergo long and continuous mental strain at their profession or business. Their women-folk, on the other hand, have ample time for their meals, and in one way or another take a considerable amount of exercise. Every Hindu wife, whatever her rank may be, takes an active share in the preparation of the family food, in the feeding of her children, and in similar household duties. Further, and this is an important point, every Hindu woman fasts once a month, with probably a partial fast on another day.

“Obesity is a somewhat important factor, particularly in Bengal. Excessive carbohydrate diet, sugars, limited exercise, all favour stoutness,

particularly in middle life. At this period exercise tends to be diminished, and the habits to become more luxurious, whilst business strain is often at its highest. In these circumstances glycosuria often appears, but it is not of a severe type and yields readily to treatment. On the other hand, obesity occurring in young persons may be accompanied by diabetes, and is generally a serious and rapidly fatal complication."

Dr. J. P. Bose of the Tropical School of Medicine, Calcutta, adds :—

"We are inclined to think that it is over-eating rather than excess of carbohydrate alone, combined with indolent habits, etc., which tend to strain the pancreas and the liver, and these faithful organs bear these insults for a pretty long time before they finally give way.

"The rich, over-fed person, on the other hand, indulges in excess of a carbohydrate diet but does not help Nature to reduce the hyperglycaemia caused thereby, by taking a proper amount of exercise. The hyperglycaemia thus produced persists longer and throws an extra strain on the liver and the pancreas in their efforts to bring down the sugar in the blood to the normal level. By the time the blood-sugar comes back to the normal level, the time for the next meal comes and the same process is repeated over again.

Dr. Sansom Observes :—

"Although the exact cause of diabetes is still unknown, many factors obviously are concerned in its production. Instead of discussing the cause, we may enumerate some of these factors in production. Obesity heads this list. If there is any one thing causing diabetes, it is probably overweight. Joslin has rightly claimed that diabetes is the penalty for becoming fat. He has recently (1928) published two series of statistics, each of 1,000 cases of diabetes. In the first (1923) series, 75 per cent, and in the second, (1926) 77 per cent of all cases were above normal weight. In each series 15 per cent were normal and remainder below normal weight. More convincing evidence of the importance of obesity in the causation of diabetes could scarcely be presented. Diabetes is indeed the 'penalty of obesity.'

"So important is this question of obesity that the first step in the treatment of diabetes is reduction to normal weight. Today with insulin there is no need for the extreme undernutrition which was so necessary a few years ago; but it is still just as important that a diabetic does not become fat. We consider it one of the worst calamities that can befall him. He may be adequately nourished, but he must not be overnourished."

Treatment and Training

In the treatment and training of the diabetic individual there are six objectives to be attained.

(1) Render the urine sugar free. When this has been accomplished, it indicates that the excess blood sugar is definitely reduced, and strain on the pancreas relieved. Every diabetic should master the simple technique for doing his own daily urine sugar test.

(2) Ascertain existing digestive capacity for carbohydrate containing foods, and how to maintain food intake within this nutritional level.

(3) Gradual re-education of carbohydrate digestive organs to a larger functioning capacity.

(4) Learn to know and how to use the proved digestive, homostimulating oxidizing aids.

(5) Finding and maintaining the most suitable form of exercise.

(6) Definite understanding of what to do in diabetic emergencies.

There are several manuals or books intended for instructing and guiding the diabetic patient. One of the best of these is "Us Diabetics" by Dr. Don H. Duffie, published by the author at South Lancaster, Mass., U.S.A., price 1 dollar 50 cents (about Rs. 5 including postage.)

Diet and Fasting

The quickest and most effective means for rendering the urine sugar free is by fasting until no trace of sugar appears. In most individuals this result is obtained after a two days fast. Others may require a fast of from two to ten days. With the longer fasts the patient needs to remain in bed and under medical supervision. Usually only water is taken and in the longer fasts alkalies may be needed. Bowels must be kept clean by use of daily warm enemas. Boil the water for the enema and allow it to cool. To each quart of boiled water dissolve one teaspoonful of soda-bicarbonate.

When the urine has been free from sugar for not less than 24 hours, one begins a graduated plan of feeding with the four groups of differing percentage vegetables. In the first group are the vegetables containing 5 per cent carbohydrates. The second group has 10 per cent carbohydrates. Groups three and four have 15 per cent and 20 per cent each.

5% VEGETABLES

Lettuce	Cauliflower	10%	Squash
Spinach	Tomatoes	Onions	Carrots
Rhubarb	Green Beans	Turnips	Beet
Brinjals	Celery	Mushrooms	
Leeks	Asparagus		
Beet, green tops	Water Cress	15%	Artichokes
French Beans	Cabbage	Green Peas	Tinned Lima Beans
Brussels Sprouts	Radishes	Parsnips	
Sorrel	Pumpkin		
Spinach (Sags)	Kohl-rabi	20%	Haricot Beans
	Sea-kale	Potatoes	Boiled Rice
	Vegetable Marrow	Green Corn (Bhoota)	Boiled Macaron

5%		FRUITS	
Ripe Olives (20% fat)	Grape Fruit	15%	
		Apples	Pears
		Apricots	Cherries
		Currants	Mangoes
10%		20%	
Lemons	Oranges		
Blackberries	Strawberries		
Peaches	Gooseberries	Plums	Bananas
Watermelon	Pineapple		

NUTS			
10%		20%	
Brazil Nuts	Filberts	Pea Nuts	Ground Nuts
15%		40%	
Almonds	Walnuts	Chestnuts	
Pistachios	Pine Nuts		

Begin feeding the lower percentage vegetables for several days, then gradually advancing to higher percentage groups. If and when sugar appears in urine, this demands a further fast of one day, then again begin feeding lower quantity of carbohydrate vegetables. In the same way proteins, fats and fruits are gradually added to the diet while watching carefully the tolerance level.

On this plan of procedure it is possible to ascertain the patient's tolerance, by which is meant the quantity of food elements he is able to eat without sugar appearing in the urine.

Having ascertained by actual weight the grams or ounces of different food factors which the individual can accept without sugar appearing in the urine, there now follows the very gradual process of re-educating the lagging digestive functions. This demands short periods of functional rest secured through weekly or bi-weekly 24 hour fasts, and also by providing for long intervals between meals.

As a means of encouraging the pancreas in both its exocrine and endocrine digestive functions, the writer has, during the past eight years, made effective use of a formula containing the secretin hormone from the small intestine and Langerhansian islet substance from the tail of the pancreas. This formula is available in tablet form. The treatment aims at encouraging the pancreas to make more of its own insulin, as well as of the other pancreatic digestive enzymes. The process of encouraging an organ to better work by means of its own hormones is known as homostimulation. This differs from insulin treatment in that the latter is principally a substitutional emergency measure, and does not promote increased pancreatic function. Commercial insulin encourages oxidation of excess blood sugar as does "home made" insulin, for which it substitutes.

Advanced cases of diabetes with toxemia require regular insulin injections, and for them it

certainly is a godsend. Life is thereby extended and made more comfortable. When insulin is indispensable, the patient should learn the technique of taking his own injections.

Special Foods

There are several foods of particular value to the diabetic, because they can be used freely and in a variety of ways. These are tomatoes, strawberries, agar-agar (China grass), root artichoke, bran.

Research for suitable forms of carbohydrates has revealed that the bromasakaron, monogamma, form of monoosaccharides or simple sugars is the most acceptable to most diabetics. This interesting development may yet provide a real natural diabetic sugar.

SUGAR AND FIGS

WE should try to obtain our sugar in a natural form by eating fully ripened, sweet fruits, which give us, with the sugar, ferments and mineral salts and all the organic tissue of the fruit. Biting into a ripe fruit is indeed a step toward safeguarding our organs. The people in tropical countries apply this principle when they chew freshly-cut sugar cane, or when they quench their thirst by drinking the water of coconuts which they shake down from the trees. Sugar taken in this natural way helps elimination.

When it is difficult to obtain fresh fruits in their natural state, we should turn our attention to dried ripe fruits and learn to use them in generous quantities. The fig is excellent when dried, and deserves to be better known. Like the prune and the raisin, it retains its skin, which plays a very important part in the drying of fruit. This skin maintains constantly, and especially at the time of drying, an exchange between the interior of the fruit and exterior chemical elements, notably oxygen and hydrogen, which, under the action of ferments, substantially change the composition of the fruit to such an extent that the fresh fruit and the same fruits dried do not have the same composition.

Fruits contain between eighty and ninety per cent of water. This water has a remarkable property: in evaporating through the skin it is replaced by an increased quantity of carbohydrates, notably sugar. A fig when fresh contains about four per cent of sugar, and when dried, nearly fifty per cent. In this respect no other fruit can be compared with the fig, although all of them when dried in their skins present the same phenomenon in varying degree. They are a remarkable intestinal regulator, especially if eaten at bedtime.—*Condensed from Naturisme, (Paris, France).*

THE MARCH OF TIME

"Lindbergh's Dream," "The Flying Miracle"

ONE more additional forward step in the development of aviation was taken when the Pan-American Martin *China Clipper* set forth in November from Alameda, California, for the first real transpacific flight. There were no passengers aboard but she was loaded with 115,000 letters.

President Roosevelt had sent Postmaster General Farley to order the launching, with "congratulations from an air-minded sailor." President Trippe of the Pan-American Aviation Co., said, "Today the first U.S. airmail starts over a regular course destined for the Philippines, 8,000 miles away. Succeeding schedules will be extended on to the coast of China. Before many months a three-day service from America to Asia will be established on regular schedules." The new President of the newest nation in the world, President Quezon of the Philippines, sent over the wireless to the waiting throng this message, "The people of the East send greetings. . . . What far-reaching facilities for our mutual commerce! For travel! For international understanding! For peace!" The trip from San Francisco to Manila was made without incident in 59 hrs. 47 min., flying time.

The pilot was Edwin Musick who has been flying since before the war. He is the chief pilot of Pan-American, and pioneered the way in opening up the famous lines around South America and back to the U. S. A. In 22 years of flying he has spent 11,000 hours in the air and has never had an accident. He holds ten world's records, more than any other air pilot. He never stunts and never goes into the air without the most meticulous preparations.

The airplane is the product of the long experience of Col. Lindbergh who has been in the employ of Pan-American for a number of years on a \$10,000 a year salary. After his famous flight across the Atlantic and back with Mr. Lindbergh in 1934, Col. Lindbergh and President Trippe and the chief engineer of the Company, sat down at a drawing board and prepared a set of plans that only two builders of airplanes dared to execute, Sikorsky and Martin of Baltimore. Sikorsky built the famous *Brazilian Clipper* class, that has done such splendid work on the South American route, costing \$1,000,000 each, and Martin of Baltimore has struggled with

a still greater idea until he has now produced the *China Clipper* class costing \$1,200,000. Two others are ready, the *Philippine Clipper*, and the *Honolulu Clipper*. These ships weigh 25 tons and carry 102 per cent of their weight-load. The ticket from California to the Philippines will cost \$1,000 or about Rs. 2,750. By next year they hope to have secured permission to land at Macao not far from Hong Kong. It will then be possible to fly completely around the world if one goes via the South Atlantic. Col. Lindbergh and Mr. Trippe had hoped to inaugurate a transatlantic route first, but political considerations and impediments placed by European lines made this impossible, so they have tackled crossing the Pacific first. It is hoped that by another year the co-operation of the European governments and airlines will be secured so that transatlantic crossings may then be an accomplished fact.

A Revolution in Motor Car Design

THE "Stout Motor Car Corporation" of Dearborn, Michigan, has come out with an announcement of a new motor car design that they promise will revolutionize the design of all motor cars within three years. They have chosen the name "scarab" to designate their new car. The scarab is the sacred beetle of ancient Egyptian worship. This motor car has the engine in the rear. The manufacturers issue the following challenge: "Created after a decade of aircraft and automotive research, the Scarab rear engine motor car comes as a friendly but direct challenge to the necessary conservatism of the big-production motor car manufacturers.

"The new Scarab will set all future styles in motor cars. The following features now exclusive to the Scarab will be adopted by all makers of fine cars within three years: Engine in the rear; unit body—no chassis; inside floor area 7'6" x 5'7"; running board and hood space usable inside body; rear davenport seat convertible to full length couch; card and dining table; new full length driver-vision; forced draft-less ventilation with rain, dust and insect filter; fully insulated against sound and heat; smooth body-lines, minimizing wind noises; concealed recessed rear window; grilled, enclosed headlights; electric door locks, no projecting handles; flush type hinges; exceptionally long wheel-base with no overhang; soft, individual springing of all wheels; maximum brakes at rear for safe, rapid

deceleration; slanted windows, no reflection.”

Production for 1936 limited to 100 cars, price from \$5,000, about Rs. 14,000 and up. Demonstrations on invitation only.

A New President of a New Nation

OF greatest interest throughout Asia was the inaugural ceremony in Manila, Philippine Islands, when a brown man replaced a white man in the Malacanan Palace, and a salute of 19 guns boomed out the historic fact. The night before Manila had gone wild with joy and with every sort of noise that could possibly be made,—whistles, drums, bells, fireworks etc. John Nelson Garner, Vice-President of the United States, Henry Dern, Secretary of War, 17 U.S. senators, 26 members of the House of Representatives, and a host of newspaper men had come all the way to Manila for the transfer of sovereignty to the Philippine Republic. There were 15,000 official Philippino guests seated at the ceremony, around and behind whom were massed what was estimated to be more than 250,000 spectators. The first President, Michael Quezon, in his inaugural speech made a notable appeal for public support of the new regime. He forewarned that taxes must be increased, that a standing army of at least 19,000 must be recruited and arrangements made so that eventually they might have as many as 500,000 reserves. Perils ahead of the new regime were evident even in the midst of the rejoicing. President Quezon warned, “Widespread public disorder and lawlessness may cause the downfall of constitutional government and lead to American intervention.” That the dark shadow of Japan hung over the ceremonies was evident when he warned that failure to protect the lives and property of nationals and foreigners would “expose them to the intervention of foreign powers.”

War Clouds in the East

As we go to press the threatening war clouds are getting blacker in the Far East. Towards the close of 1935 the militarists in Japan seemed to have their plans so well laid that the five provinces in Northern China adjoining Manchukuo were about to declare “autonomy,” which meant coming under Japanese influence really amounting to control. The yen has been forced on these provinces since Nanking abandoned silver currency. But just as General Kenje Dohaira, the Japanese “Lawrence of Arabia” was about to spring his trap he was called off by the Japanese Ambassador to China with an order in such form that no Japanese dare disobey. The highest authority in the Japanese Empire, the “Son of Heaven,” had ordered peremptorily that not another Japanese soldier should be moved into China without an Imperial decree.

The explanation of the order seems to be that at the critical moment when the Japanese troops were about to advance the various foreign commanders of troops at Peiping dug up the old agreement made during the famous Boxer Rebellion, that when any one of the great Powers should find it necessary to move troops into China there would come automatically into force the right to march into China the troops of the remaining Powers. Japan was notified, we understand, that as soon as the Japanese marched troops in, they would do likewise. The situation is very tense and no one knows what a day will bring forth.

Seventh-day Adventist Hospital Destroyed

WE question the “uncivilized” attacks that are being made by Italy on Red Cross hospitals in Ethiopia. The Seventh-day Adventist hospital at Dessie has been destroyed from the air. This was a modern hospital built in 1928, and costing between one and two lakhs of rupees. Dr. Stadin, a European physician, is in charge. Miss Hovig, the head of the nursing staff, suffered a broken leg at the time of the bombing of the hospital. It seems that those in charge, recognizing the “uncivilized” methods employed by the Italians in bombing hospitals, had dug shelters in the earth to which patients and staff could flee when an air raid threatened. In getting the patients to safety, for the hospital was well filled, the accident occurred. Miss Hovig was removed to the hospital at Addis Ababa by airplane. The International Red Cross recognizes this hospital as one of their units and we understand have protested to the League of Nations and to Italy against its destruction. There is no excuse, as the buildings were away from the town, and were plainly marked. Civilized nations respect the Red Cross, and the continued bombing of these houses of mercy and healing is certainly no recommendation for Italy.

“Aryan”

THE loud protests from India against Germany claiming the monopoly of the word “Aryan” have at last had effect. After the use of the word, day in and day out, as though the German race had the exclusive right to use it, Herr Hitler recently ordered that it should henceforth be dropped from the German vocabulary. Hereafter the State would divide its people into, (1) Germans, synonymous with citizens, (2) Part-Jews, who will be rigidly classified according to the percentage of the Jewish blood, (3) Jew. At the same time the “Nurnberg laws” were promulgated, which are both political and sexual. The London *Times* comments that these laws make Germany the “paradise for blackmailers.”

DRINKING

DRIVERS

A True Story, Depicting the Tragedy of the Repeal of Prohibition in the United States.

By ELEANOR BAER

THE telephone rang sharply, shattering the stillness of 1 A.M.

"Sanitarium," the night supervisor answered in a low, steady voice.

"Sheriff speaking."

"Yes," she replied.

"We're sending you two accident cases. Drunken smashup out on Division Street."

"Very well, we'll take care of them," she answered promptly.

It was Saturday night, and from past experience she had learned to expect such things.

Emergency work has taken on a new aspect since the repeal of prohibition. Not from mere statistics, but from firsthand experience, have we learned the appalling increase of injury and death due to intoxication. Especially do the drinking and carousing of week-end parties leave behind a toll of bleeding, fractured, and unconscious human wreckage.

As soon as the sheriff had finished speaking, the supervisor started immediate preparations. The surgery girls and the intern on call were summoned. Quickly the surgery was "set up," with all emergency instruments in readiness.

Returning to the main entrance not a moment too soon, she was met by two blood-streaked ambulance men bringing in three patients. As she started to direct them to rooms, two other drivers entered with three patients more blood-besmeared than the first. Again the door swung open, and a third set of drivers ushered in three more wrecks upon stretchers. From the scene of the accident they had been rushed in—piled three deep in each ambulance!

With one swift glance the young supervisor took in the bloody spectacle. So this was the two accident cases! For just a moment her

courage almost failed. As her trained finger grasped the pulse of the one nearest her, however, she knew that these nine unconscious lives demanded immediate care. As a major general she took command of the situation, and efficient action followed.

"This way to the surgery, please," she ordered quietly.

Grateful at being relieved of their responsibility, the six blanch-faced ambulance drivers followed with the patients.

In these few moments there were pools of blood standing on the floor of the lobby, and for the rest of that night the way to the surgery was charted in red.

City doctors were called immediately. In five minutes

two more interns and six other nurses were working by the side of the ones already there. Quickly they sought to control hæmorrhage, as all nine patients were bleeding profusely. Each one was treated for shock, and heart stimulants were administered freely. From one to another they went with stethoscope and sphygmomanometer, carefully checking pulse and blood pressure. As soon as possible the wounds and gashes were cleansed and sutured.

"One ampoule Digifoline, stat!"

"Tincture of Merthiolate, please."

"Caffeine Sodio-Benzoate!"

"More dermal suture here."

In white uniforms, now begrimed and bloody, doctors and nurses worked on hour after hour in

SINCE the repeal of prohibition in America it is said that one baby out of every three born in that country is doomed to be killed by a motor car. Whatever one's opinion may be concerning temperance, it must be agreed that eighty miles per hour motor cars and intoxicating liquor are proving to be a death-dealing combination. The true story given herewith, but one incident in one night's experience in a Seventh-day Adventist sanitarium and hospital, is a graphic picture of what is happening every fifteen minutes of every day in that country. In 1933, 31,000 were killed in motor car accidents; in 1934, 36,000; 1935 promises to show a still greater increase. Dr. H. A. Heise of Milwaukee says that careful investigation has shown that 60 per cent of motor accidents, and 75 per cent of people injured and killed in such accidents are "alcohol accidents." The testimony of the British Medical Association given on the opposite page tells the reason for this. The rising tide of resentment on the part of American citizens promises to bring prohibition in again. Not one of the promises of the "wets" before repeal has been fulfilled.

the treatment of hæmorrhage and bleeding wounds, shock and concussion, internal injury and fracture. Their efforts were rewarded as well as could be expected under such circumstances.

Among the first to regain consciousness was one identified as the drunken driver and upon whom rested the awful responsibility for the tragedy. As he came out, he was still so violently intoxicated that it was necessary to place him in heavy restraint, with leather straps locked around wrists, waist, and ankles. It seemed a terrible and striking illustration of the words written in the Book of books, "Wine is a mocker, strong drink in *raging*: and whosoever is deceived thereby is not wise."

The wise man here employs the graphic action of "raging" to describe the destroying fury of strong drink. By indulgence in liquor, man, once created in the image of God, becomes a raging alcoholic in whom is obliterated all vestige of the divine likeness. For a drink he barter the highest physical, mental, and spiritual faculties with which he has been endowed. It is a poor bargain, and he who is thus deceived "is not wise."

The accident had occurred shortly after midnight. Mr. and Mrs. Strauss, an elderly couple, and their youngest son, aged eighteen, were driving along a through street

at moderate speed. They were just simple country folk returning from a neighbour's home where they had spent a quiet evening. Having but recently left the Old World, where four of their five sons had been laid to rest, they had come with meagre resources to establish a new home in America. It had been a hard struggle during depression years, and they were working toward brighter days ahead, but now—

From a dark side street there came a car at sickening speed, with a drink-maddened driver at the wheel. In another instant there was a deafening crash. Two cars were demolished and nine men and women, seriously and mortally injured, were strewn unconscious among the wreckage.

Young Bob Allen had been at the wheel, and with him had been his wife and two other young couples—the Parkers and the Keelers. This last couple, who were in the city for only a brief stay, had left three small children at home in a distant town. They were just a typical group of American pleasure seekers out for a "good time." With liquor now so easily obtainable, Bob's "crowd" had been growing more reckless during the past year or so. Tonight had been just another wild carousal, and without warning the intoxicated group, together with the innocent ones, were swept into the awful vortex of disaster.

"Woe unto them that . . . follow strong drink," declares the prophet Isaiah; "that continue until night, till wine inflame them! . . . Therefore hell hath enlarged herself, and opened her mouth without measure;" and they "shall descend into it."

At 7 A. M. the supervisor gave me her night report. That one accident could entail so much sorrow, suffering, and death seemed almost incredible.

"Perhaps we should make rounds together this morning," she suggested.

And what a ghastly survey it was!

If only those who have legalized liquor and those who are selling it to America today could

have viewed the devastating results of their work as we saw it that morning! Against them is the divine indictment, "Your hands are full of blood." "Thine eyes and thine heart are not but for thy covetousness, and for to shed innocent blood, and for oppression, and for violence, to do it."

The silence of No. 158 was unbroken except for the laboured breathing of Mr. Strauss, Sr. He had been mortally injured and never regained consciousness. As I laid my hand on the cold brow and felt the rapid, thready pulse, I knew that life was slowly ebbing out. During the morning he showed no response to treatment, and several hours later passed away quietly.

A few doors away in No. 152 lay his poor

ONLY TEETOTALLERS SHOULD BE GIVEN DRIVING LICENSES is the reasonable conclusion to be drawn from a recent Report by a Committee of the British Medical Association, a portion of which is as follows: "The effect of alcohol in a quantity corresponding to three ounces of whisky has been shown by psychological tests to diminish attention and control, to reduce capacity to learn, and to affect reasoning powers adversely. The subjects of such tests frequently believe, quite erroneously, that they have performed their tests more efficiently as a result of taking these amounts of alcohol. But it has been shown by investigation that the consumption of amounts corresponding to two or three ounces of whisky usually affect adversely the power of making movements dependent on rapid and accurate co-ordination.

"As alcohol in no greater quantity than that contained in three ounces of whisky has been found to affect appreciably the mental processes and neuro-muscular co-ordination of individuals, it must frequently affect the driving capacity of the driver who takes alcoholic liquor even in such small amounts. This adverse effect generally occurs even if alcohol is taken in moderate quantities some hours before driving, especially if taken in the absence of food. The effect of alcohol leads many persons to take risks and to make rapid decisions less judiciously than they would otherwise do. *This is a serious objection to the consumption of alcohol, even in small amounts, by anyone who is to drive a car.*" We did not say this, but the Committee of the British Medical Association did.

wife in a grave condition. Although suffering severely, she grasped my hand, and in her quaint dialect eagerly inquired as to the welfare of her husband and son. Sick at heart myself I tried to speak some word of courage and reassurance. During the next few hours we kept her as comfortable as possible. She was suffering from fatal internal injuries, however, and passed away in intense agony that afternoon. With her last breath she implored us to save her loved ones.

Aside from shock, John Strauss, Jr., had been comparatively fortunate in escaping injury. Although weak, he looked up as we entered, and anxiously asked about his aged father and mother. The doctor told him they were yet alive.

The next day, after the parents had passed away, the doctor came back to the bedside. Sitting down, he tried to break the sad news gently and to offer words of comfort to this lad in a strange land. As the boy realized that he must return to the little country home without father and mother, he turned his face away.

As they planted their home on the shore of the New World, America was to this family a "land of promise"—promise of life and health, of prosperity and happiness. Why should the license of liquor have made void the liberties of these "adopted children" as well as imperil the precious heritage of every free-born American citizen? Why should the manhood and womanhood of our own land be *condemned to death* by legislation which legalizes the ruinous traffic of liquor? Surely the body and soul destroying thralldom of drink is endangering as never before our priceless birthright.

The Keelers had been put in No. 103. As we entered, the room was hung with the pall of death. Mr. Keeler had lived only a short time after the accident. Just before daybreak the laboured breathing of Mrs. Keeler also had ceased, and together they were launched into eternity without ever regaining consciousness.

"The coroner has been notified, and will be here soon," the night supervisor told me.

In a distant city a heartbroken mother was probably even then reading the telegram with its awful news. How hard it would be for those three tiny tots, now orphans, to understand that mother and daddy would never come back again. They had probably been counting the days in glad anticipation of that home-coming!

In No. 214 a special nurse was on duty with Mrs. Parker. Her condition was critical, and for days the doctors continued to hold little hope for her. For nearly three weeks she lay unconscious and almost wholly paralyzed. Very slowly did the first signs of returning consciousness appear. Finally, however, her mind seemed to clear, and

she partially regained feeling throughout her body. After five weeks she was carefully removed to her home by ambulance. Fortunately, her husband suffered only shock and minor injuries. In a week or so he was able to return home.

Bob and Jean Allen lay very quietly in No. 129. As soon as we entered, Mr. Allen begged us to take him out of restraint. As we unlocked the bands, it seemed pitiful that one in the strength of youth should have been so possessed by Demon Alcohol as to have necessitated such measures. The general condition of Mr. and Mrs. Allen made it necessary to watch them very closely for some time.

Because of the shock which they had suffered, all news of the tragedy was kept from them for several days. When the doctor finally told them the awful story, they had little to say. Hour after hour Jean sought relief in tears. Bob, with all his old bravado gone, could not comfort her, and for days he seemed deep in remorse.

Yes, Isaiah spoke the truth when he said: "The mirth of tabrets ceaseth. . . . Strong drink shall be bitter to them that drink it."

How often years of anguish follow the drinking and debauchery of just one night! To him who through drink is responsible for another's death there come those challenging words, spoken by the Lord to Cain after he had killed Abel: "The voice of thy brother's blood crieth unto Me from the ground." Those associated together in drink must answer for the souls that are thus sent unprepared into eternity. Upon them is poured out the curse, "Woe unto him that giveth his neighbour drink, . . . and maketh him drunken."

It had been a maddening day. As I went off duty that afternoon, a storm of questions seemed to besiege my mind: "Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath *wounds without cause?* who hath redness of eyes?"

Yes, in the previous night's experience was to be found the answer: "They that tarry long at the wine; they that go to seek mixed wine."

All that awful night and day we had been binding up "*wounds without cause.*" As doctors and nurses we are happy for the privilege of serving suffering humanity, but we find no joy or satisfaction in caring for such unnecessary and heart-rending tragedies as the one we had just experienced. After having done everything possible, we so often have to stand back as drink claims one after another of its victims—the innocent as well as the guilty. The worst days of prohibition never brought to our doors anything comparable to the terrible and fatal accidents which now seek such frequent admission.

DOES MAN NEED GOD?

By ARTHUR S. MAXWELL

DID you ever have the feeling come over you that your life was dreadfully empty and lonely—that the thrill had gone out of its pleasures and all the things that once amused you had become, as Solomon said, but “vanity and vexation of spirit”?

If so, it was your soul crying out for God.

No one can be genuinely happy who carelessly or intentionally shuts God out of his life.

Can you imagine a plant thriving in a cellar devoid of light and water? The strongest and most beautiful would droop and wither under such conditions. Sunlight and rain are their indispensable sources of sustenance.

How then can we expect to get the best out of life cut off, wilfully or thoughtlessly, from our Creator? Sooner or later such a course is bound to develop soul-starvation. And when that comes the life that remains will not be worth living.

A man may seem to get along all right without God for a little while, but the end is always the same. He finishes up, like the prodigal son, amid the husks and the swine.

He Forgot His Father

The history of that young man is a standing warning to all who feel that God doesn't matter. He had his eyes on his father's money, and the pleasures it would buy. He gave no thought to his duty to his father, or if he did, he stifled it. Money was what he wanted, and he got it, and went off to enjoy himself. He fed his body and starved his soul. Father? What did he care about his father? He didn't need his father now. Look at the fawning friends, the bewitching women. Life was gay, fast, and furious. Why bother about Father?

If only he had written home now and then, if only he had kept in touch with those who loved him, the tragedy might not have happened. But he didn't. Never was a man more deceived. He thought he could get along well enough on his own. Conscience didn't trouble him so much then.

But at last the crash came. His money gave out. His friends left him. He found himself facing utter destitution, starved in body and soul, a physical and spiritual wreck.

Then he thought about Father.

“I will arise and go to my father,” he said to himself, “and will say unto him, Father, I have sinned against heaven, and before thee and am no more worthy to be called thy son; make me as one of thy hired servants.” Luke 15:18,19.

So he went back.

Father, of course, gladly received him, but what a pity that the lad left it so late!

All of us who forget God are in deadly danger of going the same way as this young man. We are in daily need of the guidance, the direction, the counsel of God in our lives. We cannot hope to escape the snares or the perils in the world without Him. We may consider ourselves well able to withstand, in our own strength, the onslaughts of evil, we may joke about the man who seeks divine help by saying his prayers and going to church; yet the day will surely come when, faced by some terrible failure or some tragic sorrow, we shall discover that our self-sufficiency was nothing but foolish pride.

Shall we wait till then to go back to God?

Just Made that Way

The fact is that there is something about the composition, the physical and spiritual construction of man, that makes it imperative for him to maintain contact with his Maker if he is to achieve and enjoy the fullest and best possibilities of life.

As everybody knows, nowadays, these bodies of ours are so made that the constant addition of certain minerals and vitamin-containing fruits and vegetables is essential to their health and well-being. If we refuse to eat these particular foods, perhaps because we do not like their flavour, we starve ourselves, weaken our constitution, and make the inroad of all sorts of terrible diseases possible.

We can't help the fact that we were made this way; we had nothing to do with that; but we can help what we do with the bodies that we have.

Our Spiritual Equipment

Thus is it also in spiritual matters. We were made with a capacity for friendship with God. There is no man born without a conscience. By this means the light of God lights “every man that cometh into the world.” John 1:9. That was in the plan of God. We had nothing to do with that. Our responsibility lies in our use or abuse of this inborn faculty for making contact with God. If we refuse to employ it we starve ourselves of elements (*Please turn to page 46*)

SALVATION

But Not by **WORKS**

By T. E. BOWEN

WHAT doth it profit, my brethren, though a man say he hath faith, and have not works? can faith save him?" "Ye see then how that by works a man is justified, and not by faith only." James 2:14, 24.

"For by grace are ye saved through faith; and that not of yourselves; it is the gift of God: not of works, lest any man should boast." Eph. 2:8, 9.

These texts seem contradictory. One points out how a man's works figure with God in his justification; the other that it is by grace one is saved and not of works lest any man should boast. Both texts contain precious truths, also harmonize, when rightly viewed.

No man's works earn for him salvation. That is God's gift through the merit of His only begotten Son. He did no sin; yet God imputed sin unto Him. He made Him to be sin for us. Actually treated His sinless Son as though He were a sinner in His sight. This was made, although a spiritual one, a real, bonafide transaction. Christ died with the guilt of sin resting upon His sinless soul. He felt as He went into death as the guilty sinner shall feel when he goes down into the second everlasting death. It was not the nails in His hands and feet, nor the spear thrust into His side that caused Him to die. He died of a broken heart. His people had rejected Him, one of His disciples had betrayed Him, Peter had denied Him, all had forsaken Him, and now His Father's love, His Father's favour, which He had enjoyed from the days of eternity, since He had had a being, was being removed. Hence that awful bitter wail from the cross, "My God, My God, *why* hast *Thou* forsaken Me?" He died, we repeat, as those must one day die who go down into eternal oblivion, without hope, without God.

We all have sinned. The law demands the death of every one of the race; for "all have sinned and come short of the glory of God," (Rom. 3:23) and "the wages of sin is death." Rom. 6:23. But sin is to be done away with, put out

of God's universe forever. In order to save us and destroy the sin, and still uphold and maintain His unchangeable law, God made His sinless Son to be sin in our stead. "For He (the Father) hath made Him (the Son) to be sin *for us*, who knew no sin; that we might be made the righteousness of God *in Him* (Jesus)." 2 Cor. 5:21. We had no righteousness, and without this could not be saved—could not be given eternal life. Jesus had no sin, and without this could not die. God counted, reckoned, adjudged His beloved Son who had no sin to be as one who had sinned by laying upon Him all our sins; so that, in like manner, He might count, reckon, adjudge repentant sinners, who knew no righteousness, to be the righteousness of God in Him (Jesus) having thus opened in a fair manner the way for imputing unto us Jesus' perfect righteousness.

Now that is a fair proposition for God the Father to make before all His unfallen universe including the rebellious Lucifer and his hosts. But for some three or four thousand years Lucifer circulated the lie all over the universe that God would not do it, and that His Son would back out of this proposition when the real test came. Hence Satan brought his supreme test to Christ in Gethsemane. He there tried to make Him back out and save Himself and leave man to his fate. He pointed out how that His own nation had rejected Him, Judas would betray Him, Peter deny Him, and all His disciples would forsake Him. Why give His precious life for such a lot of rebels as these? And it was an awful temptation that thus was pressed upon the Son of God that night of His betrayal just before his crucifixion: one that in Gethsemane forced blood from Jesus' brow. But thanks be to God and that dear Son, both strictly lived up to that covenant made between them before the world was, for we have the established *fact* of Jesus' death on the cross. Of Jesus' decision this very night of His betrayal it is written, "Having loved His own which were in the world, He loved them unto the end." John 13:1. And the Father allowed

Jesus to drink the cup by tasting death for every man.

Clearly, therefore, God's righteousness is a gift of His love to us who had sinned. We neither merited it, nor had earned it, nor could we. It came in as a transaction wholly outside of man's works of righteousness, being wholly "not of yourselves; it is (and eternally will be) the gift of God." The song of the redeemed is: "Great and marvellous are Thy works, Lord God Almighty; just and true are Thy ways, Thou King of saints. Who shall not fear Thee, O Lord, and glorify Thy name? for Thou only art holy;" . . . "For Thou wast slain, and hast redeemed us to God by Thy blood out of every kindred, and tongue, and people, and nation." Rev. 15 : 3, 4; 5 : 9. This is the song of the redeemed. All the glory of their salvation is given to Christ Jesus. No reference is made by them by way of merit to anything they have ever done; that belongs to Jesus who saved them. But God imputes unto them because of their faith in His Son the perfect righteousness of that Son who did no sin, just as surely, just as justly, and that, too, before an un-fallen universe, as was our sins imputed unto Jesus causing His death on the cross. Behold what manner of love is this!

But what about our works? Where do the works of these redeemed ones come in? Have they been saved in sin, in the transgression of that law that points out sin? and which Jesus kept so perfectly? Could they have been redeemed by Christ had they gone right on breaking the Sabbath, taking God's name in vain, thieving, killing, coveting, committing adultery—things condemned by the law of God?

When God sent an angel to Abraham and instructed him to take Isaac and go to Mount Moriah and there offer him as a burnt offering to God, suppose Abraham had said, "I'll do nothing of the kind," and had gone on with his business just as though no message from God had been sent to him? What then? Jesus, using this as an illustration, concludes: "Was not Abraham our father justified by works, *when he had offered* Isaac his son upon the altar? Seest thou how faith wrought with his works, and by works was faith made perfect? And the scripture was fulfilled which saith, Abraham believed God, and it (that belief that acted) was imputed unto him for righteousness." James 2 : 22, 23. It was not until Abraham had offered Isaac that God counted that he believed. God may have known beforehand that Abraham would do it. But He knew that men would not know until Abraham had acted, obeyed. His actually doing what God told him to do gave evidence that he implicitly believed

God. And God counted that obedient faith for righteousness unto Abraham. He could not have been justified upon any other basis. And it is precisely this way that every other redeemed sinner is to be justified.

It is one thing for a man to count unto himself righteousness for his acts of obedience, and quite another for God to do the counting. All this is as far apart as it takes for one to be saved and one to be lost. "Many will say to Me in that day, Lord, Lord, have we not prophesied in Thy name, and in Thy name have cast out devils; and in Thy name done many wonderful works?" Matt. 7 : 22. Many will say this, Jesus says. These are they who are counting that their good works are earning for them salvation. Here is where apply the words of the text, "For by grace are ye saved through faith; and that not of yourselves; it is the gift of God: not of works, lest any man should boast."

Good works have their place. They come in as the fruitage of living faith in Jesus. True faith in Him works. "I will that thou affirm constantly," wrote Paul to Titus, "that they which have believed in God might be careful to maintain good works." Titus 3 : 8. And of that people looking for the return of their Lord, for whom He gave Himself, it was "That He might redeem" them "from all iniquity, and purify unto Himself a peculiar people, zealous of good works." Titus 2 : 14.

Well is the plan of our salvation summed up by the apostle in these words: "For if through the offence of one many be dead, much more the grace of God, and the gift of grace, which is by one Man, Christ Jesus, hath abounded unto many. . . . Therefore as by the offence of one (Adam) judgment came upon all men to condemnation; even so by the righteousness of One (Christ Jesus) the free gift came upon all men who believe in Him unto justification of life. For as by one man's disobedience many were made sinners, so by the (perfect) obedience of One shall many be made righteous." Rom. 5 : 15-19.

"Look upon Jesus, sinless is He
Father, impute His life unto me.
My life of scarlet, my sin and woe,
Cover with His life, whiter than snow."

RIGHTEOUSNESS by faith, and its value to the individual soul is beautifully explained in the following quotation, "The righteousness by which we are *justified* is *imputed*. The righteousness by which we are *sanctified*, is *imparted*. The first is our *title to heaven*; the second is our *fitness for heaven*." Imputed righteousness is the foundation for imparted righteousness.

Announcement of

CHRIST'S MISSION

By MRS. E. G. WHITE

IN the cleansing of the temple, Jesus was announcing His mission as the Messiah, and entering upon His work. That temple, erected for the abode of the divine presence, was designed to be an object-lesson for Israel and for the world. From eternal ages it was God's purpose that every created being, from the bright and holy seraph to man, should be a temple for the indwelling of the Creator. Because of sin, humanity ceased to be a temple for God. Darkened and defiled by evil, the heart of man no longer revealed the glory of the divine One. But by the incarnation of the Son of God, the purpose of Heaven is fulfilled. God dwells in humanity, and through saving grace the heart of man becomes again His temple. The courts of the temple at Jerusalem, filled with the tumult of unholy traffic, represented all too truly the temple of the heart, defiled by the presence of sensual passion and unholy thoughts. In cleansing the temple from the world's buyers and sellers, Jesus announced His mission to cleanse the heart from the defilement of sin,—from the earthly desires, the selfish lusts, the evil habits, that corrupt the soul.

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." (1 Cor. 3: 16, 17.) No man can of himself cast out the evil throned that has taken possession of the heart. Only Christ can cleanse the soul temple. But He will not force an entrance. He comes not into the heart as to the temple of old; but He says, "Behold, I stand at the door, and knock; if any man hear My voice, and open the door, I will come in to him." (Rev. 3: 20.) He will come, not for one day merely; for He says, "I will dwell in them, and walk in them; . . . and they shall be My people." "He will subdue our iniquities; and Thou wilt cast all their sins into the depths of the sea." (2 Cor. 6: 16.) His presence will cleanse and sanctify the soul, so that it may be a

holy temple unto the Lord, and "an habitation of God through the Spirit." (Eph. 2: 21, 22.)

Overpowered with terror, the priests and rulers had fled from the temple court, and from the searching glance that read their hearts. In their flight they met others on their way to the temple, and bade them turn back, telling them what they had seen and heard. Christ looked upon the fleeing men with yearning pity for their fear, and their ignorance of what constituted true worship.

And why did the priests flee from the temple? Why did they not stand their ground? Why did they leave the gain so ill acquired, and flee at the command of one whose outward appearance was so humble?

Christ spoke with the authority of a king, and in His appearance, and in the tones of His voice, there was that which they had no power to resist. At the word of command they realized, as they had never realized before, their true position as hypocrites and robbers. When divinity flashed through humanity, not only did they see indignation on Christ's countenance; they realized the import of His words. They felt as if before the throne of the eternal Judge, with their sentence passed on them for time and for eternity. For a time they were convinced that Christ was a prophet; and many believed Him to be the Messiah. The Holy Spirit flashed into their minds the utterances of the prophets concerning Christ. Would they yield to this conviction?

Above all others the priests and rulers should have seen in Jesus the anointed of the Lord; for in their hands were the sacred scrolls that described His mission; and they knew that the cleansing of the temple was a manifestation of more than human power. Much as they hated Jesus, they could not free themselves from the thought that He might be a prophet sent by God to restore the sanctity of the temple.

Repent they would (*Please turn to page 30*)



Q Shops in Alexandria, Egypt, are selling gas masks to the general public for about Rs. 10 each.

Q A new method of classifying colours according to numbers corresponding to wave length instead of by names, promises to remove all guesswork from matching colours.

Q The highest that men have ever ascended above the earth was achieved by Captain Albert Stevens and Captain Orvil Anderson of the United States army, who reached 74,187 ft, or about 14 miles above the earth's surface recently in America.

Q Ten European governments dictate absolutely what their 307,000,000 people shall read. In six other countries with a population of 60,000,000 active censorship exists. In eleven other countries of Europe with a population of 136,000,000 the people cling "somewhat precariously," to freedom of the press. In fact it is in Great Britain alone that freedom of the press really exists.

Q Mrs. Franklin Roosevelt earned almost as much last year in 16 fifteen minute radio talks as her famous husband received as President of the United States, which is a full-time job. Mrs. Roosevelt earned \$72,000, equivalent to about two lakhs of rupees. Mr. Roosevelt's salary is \$75,000. Mrs. Roosevelt turned all her earnings over to the American Friends' Service Committee, a welfare organization.

Q An excellent example of the results of advertising has recently arisen in America. Millions spent on advertising the value of yeast as a remover of pimples from the face and general beauty aid has at last convinced the Bureau of Internal Revenue in the United States that such claims rate yeast as a cosmetic, and therefore subject it to the 10 per cent cosmetic tax, and they are proceeding to collect accordingly.

Q One of the strangest railway trains in the world is the train that passes back and forth, year in and year out, between Damascus and Medina and Mecca. Outward bound it is laden with the Mohammedan dead who desire to be buried either in Mecca or Medina. This train carries more dead bodies as freight than all other freight besides. The Mohammedan belief is that burial in either of these sacred cities assures than eternal salvation.

Q Germany proposes a photographic project of considerable dimensions—the establishment of national photographic archives which will contain four different pictures of every citizen. The first photograph, according to the plan, will be taken at six years of age, the second at sixteen, the third at about twenty, and the fourth at the age of thirty. The project is regarded as an important racial research step and is promoted for the protection of the purity of the race against foreign elements.

Q Resembling an apple impaled on a stick, the latest type of microphone for conveying the words of a speaker to a large audience, and in radio broadcasting, is said to be equally responsive to sound from any direction, allowing the speakers and performers much liberty of movement. Despite its compactness this new "mike" transmits a wide range of frequencies without distortion. Improved electrical appliances enable it to be used several hundred feet away from the amplifier.

Q An exchange vividly pictures the present situation in regard to sanctions against Italy with an equestrian simile, "Britain is applying the spurs, while France is tugging on the check rein."

Q Italian newspapers have been ordered to reduce their size because the purchase of newsprint outside Italy necessitates a drain of gold, the life blood of war. No newspaper can now publish more than six pages three times a week.

Q In the international beauty contest recently concluded in Brussels, Belgium, Charlotte Wassah, said to be an Egyptian girl, won against all comers from all the world the title of "Miss Universe," the most beautiful girl in the world.

Q Germany is reported as using a motor fuel which contains a large amount of alcohol distilled from potatoes. Italy is said to be intensely interested in the results and hopes within a comparatively short time through this and other measures to be able to make alcohol that will make her independent of oil sanctions.

Q King George V has bestowed the gold-plated, solid silver badge of an Officer of the Order of the British Empire on the physician who ushered the famous Dionne quintuplets of Canada into the world, Dr. Allan Roy Dafoe. Little did that country doctor when called out in the middle of the night nearly two years ago realize that he was starting on the road to fame and fortune.

Q It is reported that Soviet Russia has offered to cease all political intrigues on the Turkestan side of China, and also to give all effective assistance possible in resisting the advance of Japan in China, if China will in turn largely increase her purchases of Russian products. China is wavering between putting her trust in Russia or Japan. Either way seems almost suicidal.

Q Emperor Haile Selassie announced recently that the oil deal negotiated by F. M. Rickett with an American oil company still stands, in spite of the forbidding order of the American Government and the frowns of Britain. He expects very soon to realize a very substantial amount of cash which will be of great assistance in his present emergency. The furore recently raised over this deal will be remembered.

Q Japanese warships may lack in comfort, and the charge that they are topheavy may have ground for truth, but one thing is certain, they are built to fight. *Business Week* predicts "practically unlimited construction of more of these fighting ships after December 31, 1936, when the Washington and London naval treaties expire." The present London Naval Conference can in no way be considered as a "disarmament conference."

Q Dr. Frederick L. Hoffman, famous head of the statistical department of the Prudential Life Insurance Co., has issued a book of more than 1,000 pages dealing statistically with cancer. It is said that in this book Dr. Hoffman proves that cancer is caused by, or at least materially aided by "faulty nutrition and diet." The abnormal and rapid increase in cancer should therefore turn the attention of every individual to this most important subject. This is one reason why so many pages of the *ORIENTAL WATCHMAN AND HERALD OF HEALTH* are given to the consideration of this subject



THE A OF

By C

Editor, "Jane

(Courtesy S

British cruiser *Southampton* of 9,000 tons, carrying twelve 6-inch guns in four triple turrets, will steam 32.9 knots. She has eight torpedo tubes and 4-inch anti-aircraft guns, the best that the British can do under the Treaty tonnage limitations. Note catapult between the two funnels.

NOW that Japan has announced her intention of terminating the Washington Treaty in 1936, and Germany has renounced the limitation of the armaments under the Versailles terms, we are faced with the possibility of a return to unrestricted naval construction—unless some sort of agreement is reached which will place a check on global tonnage. Ten years ago, world conditions were such that limitations in the design, size and numbers of the different type of warships permitted to be built were more or less acceptable to the Powers. Today such artificial standards are no longer in favour as experience has shown that they lead to the construction of uneconomical types unsuitable to all concerned.

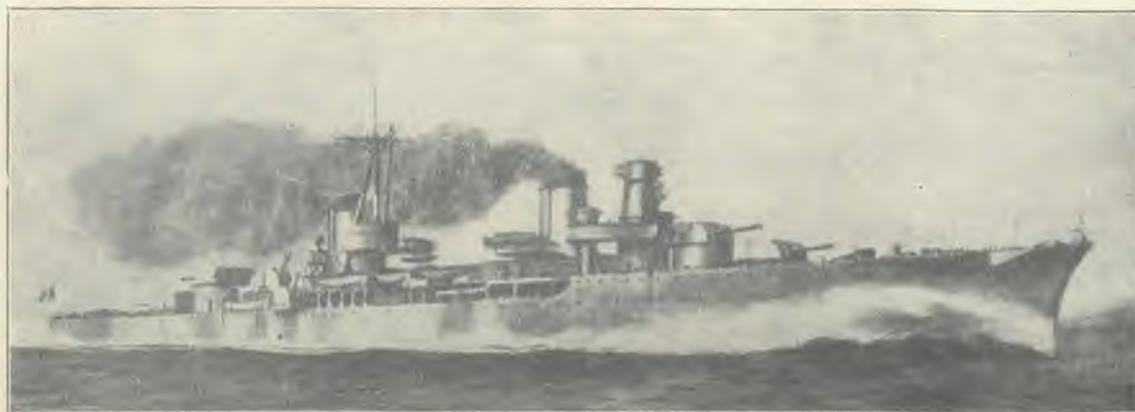
The present attitude of the Powers with regard to their naval requirements is far more difficult to define than it was before the World War. In those days the expansion of the German Navy clearly indicated the quarter from which trouble could be expected and the British Navy was being built expressly for the time when "Der Tag" should dawn. France expected trouble from the same quarter, and the members of the European alliances were anxiously calculating how much would be expected of them in event of hostilities. Today a very different state

of things obtains. On all sides there is a realization that economic and national aspirations in Japan, Russia, Germany and Italy may lead to trouble sooner or later. The present peace pact in Europe may do much to restrain nationalism, but between East and West there are rifts which time is not likely to close—territorial and commercial aspirations which already appear as dark clouds on the horizon, especially in the Mediterranean.

Today the German Navy presents no menace, although the designs of the ships provided in the 1935 program may be quite as provocative as was that of the *Deutschland*. The two battleships of 26,000 tons—in that program—are to be armed with 12 11-inch guns. . . . The two cruisers of the 10,000 tons with 8-inch guns will presumably be smaller editions of the same design. . . .

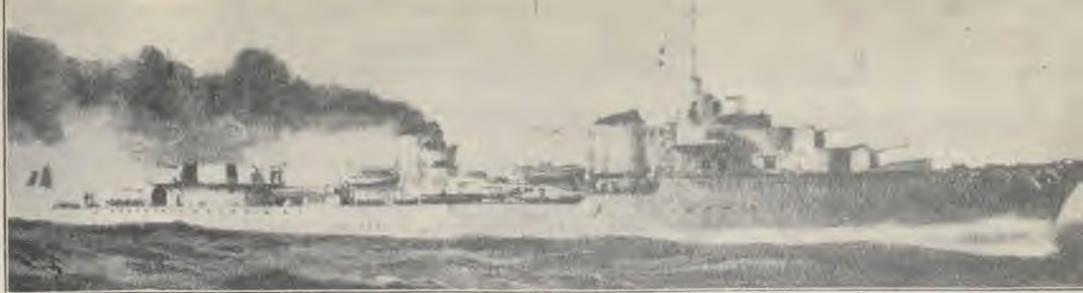
In raising their destroyer tonnage to 1,625, with an armament of 5-inch guns, the Germans are taking a leaf out of the French book, and, if anything is likely to make the British break away from the standard type which has served for so many years, it will be these boats.

The German menace being negligible, it is



Italian cruiser *Montecuccoli* of 5,857 tons armed with eight 6-inch guns and steaming 37 knots with 110,000 horse-power. The catapult is amidships with stowage for three planes. She has been very much reduced to avoid being a good target, the former tripod mast and tier of bridges forward have been replaced by a simple turret-like tower.

ARM WAR



French "leader" *Fantasque* of 2,569 tons, carrying five 5-inch guns and nine torpedo tubes. Guns grouped in two sections. With 74,000 horse-power, she was designed for 37 knots per hour, but has actually made 42 knots under service conditions.

Parkes

"Fighting Ships"

(American)

is the additions made to her fleet which will dictate the future development in our own. And so in discussing the possible naval developments the world over it will be as well to take Japan first—and here we are up against the dictating factor in warship design which bristles with difficulties.

Well served by a corps of constructors who have studied in most of the naval schools of Europe, it is not surprising that a very remarkable degree of purposeful originality has been brought to bear by Japan on all types of warships. Ton for ton, Japanese designs show a greater all-round value than those of any other country—to a large extent because they are not hampered by the standards of habitability which obtain, say, in ships of the United States and Britain. . . . A six-foot deck is ample for the national stature, and accommodation suitable for their standard of living can be provided without the sacrifice of space considered necessary in our ships. Thus by lowering the freeboard and reducing draught, and packing their hulls with turret bases, engine and boiler rooms, and torpedo flats, their designers

manage to provide more qualities in a ton of displacement than ever we can.

In the past Japan has leaned towards the monster battleship and is likely to continue to do so. But the claims of the *Deutschland* type appeal vastly to the Japanese, judging by my correspondence. Such ships would be ideal wide-radius commerce raiders and their very threat would strain convoy protection to the limits. As soon as the Treaty terminates we may very well expect Japan to try out the *Deutschland* idea along her own lines and produce say a "six 12-inch gunned" armoured ship with high speed and adequate protection against such ships as she should choose to engage.

At present Japan is committed to 6-inch guns in her cruisers, and in the *Mogami* class she has certainly produced wonderful ships upon the 8,600 tons credited to them. The attitude of the Japanese to the 6-inch gun nowadays is difficult to define. . . . It is an open question whether the five sets of triple mounted 6-inch guns with anti-aircraft guns, as in the *Mogami*, would be viewed with as much favour as would the equivalent in 7-inch or 8-inch guns when the Treaty restrictions come to an end.

Within recent years Japan has been experimenting with a variety of small craft which add considerably to her strength although claiming little attention. Her fleet of 400-to 600-ton mine-layers, net-layers, mine-sweepers, and chasers, are very efficient little ships and show that



The Japanese cruiser *Mogami* of 8,500 tons, carrying fifteen 6-inch guns in five triple turrets—three forward, two aft. Eight 5-inch anti-aircraft guns in pairs are amidships; the catapults for planes are just forward of number four turret. Her speed, 33 knots with 90,000 horse-power.

she is fully alive to the value of these ancillary craft. . . .

If Japan brings out a battle-cruiser on *Deutschland* lines, then America will have to revise her shipbuilding program; if not, no radical departure from the classes now building may be expected for some time. Reconstruction of the *California* and *Colorado* classes has been postponed and it is not likely that they will be taken in hand until after 1936 when new capital ships will be laid down. It may be accepted that their displacement will not be below that of the new ships recently laid down in France and Italy and in all probability will exceed 40,000 tons. Upon this displacement they could carry twelve 16-inch guns, and steam 23 knots. . . . Both Japan and America will build large submarines, but practical experience has shown that the British *X.1* and French *Sureouf* types are not a good investment.

With France and Italy both constructing huge battleships it is hard to see how England can rest content with 25,000 tonners when the opportunity of building them again comes along—public opinion would demand ships equal to those abroad even if the Admiralty had the courage of their convictions—and a reversion to the practice of former days, when first-and second-class battleships were built, would seem to be the possible solution.

Faced with North Sea and Pacific problems, the solution will probably lie in building a variety of types large and small, of which the smaller units would be assigned to home service. For the protection of her sea trade, England requires cruisers in excess of anything she is likely to build. . . .

France having renewed battleship construction with the *Dunkerque*, Italy has responded with still larger ships and so set the pace for future competition. The French favour the quadruple turret which is practically two twin turrets on a single base, the pairs of guns being divided by a thick screen. . . .

Italy is completing her last batch of very fast light cruisers armed with eight 6-inch guns and steaming over 37 knots. This type has grown from 5,000 to 6,800 tons: and the design, from being rather like a young dreadnought with big superstructure and tripod masts, has become modified to a very reduced target in which the foremast-bridge is now only an armoured tower.

We are far more likely to be surprised with something fresh from Italy. . . . At present she is re-constructing her older battleships into battle cruisers: and the *Littorio* class of 35,000 tons and 125,000 horse-power will be tremendously powerful ships of high speed and novel characteristics.

Meanwhile we can be entertained by the stories of the Japanese one-man submarines and

extraordinary ships which the British are supposed to be building, descriptions of which periodically crop up in the press but which have no foundation except in the "special correspondents" who thrive on them.

Health Hints for Travellers

(Concluded from page 5)

the traveller's medicine cupboard. The choice of its contents will depend on your individual needs, the degree to which you propose to isolate yourself from civilization, and the special facilities for contracting some special disease or other which certain localities can offer. Malarial localities, for example, call for quinine or one of its modern substitutes in the traveller's kit. Remedies for seasickness can be dispensed with if you mean to confine your activities to dry land. There are, however, certain drugs and appliances with which every traveller should stock himself wherever he goes. The first is a cake of soap. It has its unconventional as well as its conventional uses. With regard to the former, there is nothing equal to the slightly moistened cake of soap in the duel between the flea and its host. A quick dab, and the flea is firmly plastered on the soap, henceforth to be dealt with at leisure, with drowning or crushing as alternative methods of execution. It is not generally known that soap is one of the most effective disinfectants. Even dilute solutions of soap and water quickly kill most germs. During the Great War, infected eating utensils were suspected of favouring certain epidemics. Tests with soap showed that such utensils could be effectively sterilized by ordinary soap solutions (about 0.5 per cent). The concentration of soap in the ordinary lather used in washing the hands is about 1 in 12. Germs are killed in soap solutions only one tenth of this strength. All soaps are good disinfectants, and there is no need to buy special soaps smelling of disinfectant. The bacteriologic halo surrounding certain much advertised soaps is, like most other halos, a figment of the imagination.

The traveller is, however, probably so used to applying tincture of iodine to scratches and other wounds at home that he will assuredly feel happier if he takes a small bottle of it with him. Tincture of iodine is a more powerful antiseptic and acts more quickly by its rapid penetration than soap. For the constipation from which travellers often suffer, one or other of those remedies which experience at home has proved to be satisfactory should be taken. A gargle for a relaxed or sore throat can easily be extemporized with ordinary salt in a little water.

The appliances to be taken along in case of



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And Glaxo babies grow into bonnie children. The foundation of health that Glaxo gives is continued throughout life.

Glaxo contains the proper nourishment for *your* baby—rich, safe milk made easily digestible; its freshness guaranteed by the date on the tin; its rightness assured by the 26 years' experience of its famous makers.

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IG

accident are a small spirit lamp and bottle of methylated spirits, scissors, safety pins, bandages, sterilized lint and cotten wool, sticking plaster, a little waterproof material, and last but not least, a clinical thermometer. Thus equipped, you are sure to prove useful, sooner or later, to several of your fellow travellers, if not to yourself.

Only a few years ago, there was an account in the press of a couple who proposed leading a Robinson Crusoe life on some lonely island in the Pacific. Casting a thoughtful glance into the future the husband asked himself what would happen if his wife were seized with toothache. He pictured with terror the prospect of her insisting on being repatriated forthwith in order that her dentist could attend to the peccant tooth. Accordingly, he informed his wife that she would have to have all her teeth drawn before they set out on their journey. False teeth, several sets of them if she liked, could be taken, but none of her own. Her rebellion is a matter of history. The story, however bizarre, has its moral. Pay your dentist a visit before you go on a long journey.

Every rational and civilized being is vaccinated against small pox. Vaccination against typhoid, dysentery and certain other diseases is less well established. The statistical evidence is overwhelmingly in favour of typhoid vaccination, but it is usually neglected. A mixture of incurable optimism and laziness must be held responsible. The prospective traveller, knowing that typhoid vaccination causes some temporary discomfort, is inclined to argue, if he gives the matter any thought at all, that the risk of dying of typhoid on any given journey is very small indeed; but the temporary discomfort of vaccination against typhoid is a certainty. As for the risks of contracting this disease, no nicely calculated actuarial estimate can be formed for though typhoid is a universally endemic disease, its incidence varies enormously in different countries. Those in which it is highest are apt to be most slovenly in their records of it. But whether you travel or remain at home under conditions ostensibly the most hygienic, there is always a certain risk. Your spotlessly clean cook, for example, may be an undetected typhoid carrier.

Some travellers compromise over this problem; "We won't undergo such a troublesome business as vaccination, but we will be very cautious and circumspect in our travels. We will be very careful to drink only boiled water, to avoid eating shellfish and other articles of food likely to give us typhoid." Perhaps! But it is difficult to imagine such persons being so consistent that at every stage of their travels they ask their hostesses with more conscientiousness than tact: "Is the milk in your house watered, and if so is this water

boiled, and do you always wash your salads in boiled water, and have you, your cook or any one else in your household ever had typhoid and, if so, have the stools of the person concerned been systematically and bacteriologically examined for persistent typhoid bacilli?" The degree of veracity the hostess would infuse into her reply would assuredly vary within a wide range, but in every case she could be relied on to speed the parting guest. The traveller who has been recently vaccinated against typhoid may, for the time being, dispense with such tactless questions and fussy precautions and above all, he need not be haunted by the fear of catching a disease which, in spite of modern sanitation and public health, is still a veritable scourge.

There are, however, conditions which contra-indicate typhoid vaccination. The prospective traveller, therefore, should approach this subject with an open mind and be prepared to follow the advice of his doctor, who not only knows a lot about the subject in the abstract but is also familiar with the special, concrete peculiarities of each of his patients. Though typhoid vaccination by the mouth is admittedly less effective than vaccination by injection, the former may be preferable because of the comparative mildness of its reaction, a most important point when the traveller's health is not robust. Here, again, your own doctor must decide.

Announcement of Christ's Mission

(Concluded from page 24)

not. They knew that Christ's sympathy for the poor had been aroused. They knew that they had been guilty of extortion in their dealings with the people. Because Christ discerned their thoughts they hated Him. His public rebuke was humiliating to their pride, and they were jealous of His growing influence with the people. They determined to challenge Him as to the power by which He had driven them forth, and who gave Him this power.

The people pressed into Christ's presence with urgent, pitiful appeals, Master, bless me. His ear heard every cry. With pity exceeding that of a tender mother, He bent over the suffering little ones. All received attention. Every one was healed of whatever disease he had. The dumb opened their lips in praise; the blind beheld the face of their Restorer. The hearts of the sufferers were made glad. Hope and gladness filled their hearts. Peace came to their minds. They were restored soul and body, and they returned home, proclaiming everywhere the matchless love of Jesus.

It's not just naughtiness that makes him "DIFFICULT"

DOCTORS WILL TELL YOU

HE NEEDS THIS SIMPLE TREATMENT



AMAZING, BUT TRUE!

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.

PEEVISH...irritable...highly strung... Doctors meet these symptoms only too often and in most cases know them to result from the same cause.

All children, according to their needs, must absorb from their diet an adequate supply of Vitamins A and D, with calcium and phosphorus, to build body and bone and to make healthy nerves. It is when this supply is insufficient that growing children exhaust their strength, become "weakly", contradictory and bad-tempered.

Effective Remedy Approved by Doctors

To remedy this condition there is a simple and effective treatment which has been recommended by Doctors for sixty years—SCOTT'S Emulsion. SCOTT'S Emulsion is made from the finest cod liver oil, the rich natural source of Vitamin A, essential to growth and life itself, and Vitamin D, which enables the body to use calcium to form sound bones and teeth. To this have been added the essential salts of calcium and phosphorus, making SCOTT'S Emulsion *three times more effective than plain cod liver oil!* Children take SCOTT'S Emulsion readily, because, unlike plain cod liver oil, it has a pleasant taste and is very easily digested.

Valuable Lung Tonic

In addition, because of its wonderful building and tonic properties, SCOTT'S Emulsion is a splendid remedy for coughs, colds and all lung troubles, and is an ideal strength-maker after fevers and other debilitating illnesses.

SCOTT'S Emulsion



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What SCOTT'S Emulsion does

- Builds sturdy flesh and bone
- Strengthens the nerves
- Guards the lungs against infection
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- Wards off illness



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.

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TUBERCULOSIS: *Ques.*—"My wife is in the earliest stage of T.B. She has been thoroughly examined and the reactions are positive. I am in great anxiety. Can you give me any advice as to what should be done for her?"

Ans.—Early cases of tuberculosis are very successfully treated in Sanatorium institutions established for this purpose. There is such a Sanatorium in Almora, another under Dr. Worthmuller in South India. Either of these places would be suitable for your needs.

According to many observations it is to be urged that tubercular patients be placed under institutional treatment as early as possible. This plan gives the most encouraging results.

?

TAPEWORM: *Ques.*—"Your article on Tapeworm has greatly interested me. Do people who harbour this unwelcome guest exhibit any special symptoms? I passed a round worm some time ago after which was given some medicine by a doctor. I am suffering from constipation, could the harbouring of this particular parasite produce this state?"

Frequently there is only one worm present. If there had been more you would doubtless have observed indications of this after taking the medicine prescribed. The round worms are not very difficult to eliminate.

Your constipation is a much more serious condition as this produces a gradual toxic state of the body tissues. Constipation is the result of several factors such as too much concentrated foods, starches and proteins, sedentary habits, and inhibitory psychology.

It is advisable to have one meal daily consisting almost entirely of fruit, another meal in which green vegetables dominate, both cooked and raw. Breads, meats, fish, fowl, eggs, should be used very sparingly.

You will find several articles on constipation and its treatment in past recent issues of *ORIENTAL WATCHMAN*.

?

HAEMORRHOID: *Ques.*—"Last year while at home I went to a specialist who prescribed some ointment for hæmorrhoids. There was improvement, but recently a lump has appeared which protrudes. There is no pain. I am returning home soon where better variety of diet is possible."

The description you give suggests the development of a small hæmorrhoid. This suggests a disturbed venous circulation resulting from your constipation. This can be overcome by correct diet practices and by obtaining two or three regular daily evacuations.

?

The use of a daily cleansing enema is very much more preferable than to allow the bowels to be overloaded with decomposing food residue.

There is no need to worry about your present condition. When you return home where ample fruit and vegetables are obtainable you will be able to overcome the present developments by means of a correct diet.

PAIN DOWN SPINE: *Ques.*—"My age is 47, am a healthy woman, married. For two years have suffered with severe pain down spine beginning at nape of neck; comes on usually at midnight, two or three times a month, lasts until morning; am stiff on rising."

Ans.—The symptom of pain along the spinal column indicates some irritation but you have not given sufficient particulars to enable discovering the possible cause. Pain in itself is only a symptom and does not indicate the cause of the pain. From the interrupted nature of this pain it suggests the possibility of a lowered alkali reserve in the muscles of the back. This is most probably due to an excessively acid ash forming diet. It would be well if your diet practices and other habits were carefully checked to ascertain the possible cause for alkali depletion. Without further information this is the best suggestion we can offer to try and ascertain the cause.

For relief of the pain large hot fomentations covering the entire area of the back from the neck to the end of the spine, continued for about fifteen or twenty minutes during which three or four applications are made, and repeated two or three times daily, will give very great relief.

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STOMACH TROUBLE IN INFANT: *Ques.*—"My baby is 20 days old, weighed 9 pounds at birth, is steadily gaining, but worries me since undigested curds of yellowish green colour with mucus and froth appear in her stools. She cries all day from stomach pains and is covered with rash. I feed her every three hours. I suffer as a rule from gas in the stomach."

Ans.—Your baby seems to have an acid condition of the bowels. We suggest that you stop feeding milk and give only warm water for two days, but no sugar to be added. Sugar causes acidity.

The cause of babies' trouble must be in your own food. Evidently you are making unfavourable combinations at meals, possibly also eating too frequently. As a result your milk is upsetting the infant's digestion.

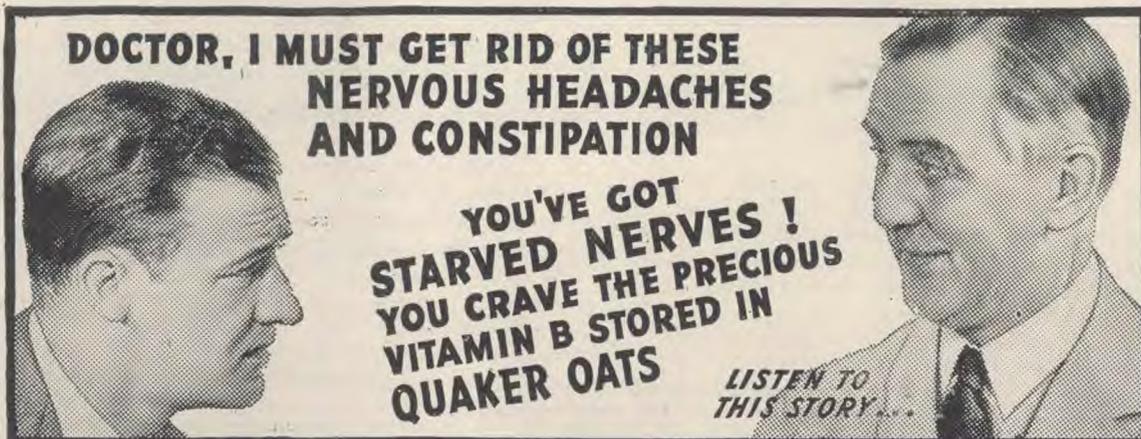
Study the articles on combinations and time to be allowed between meals.

A daily warm enema for several days may give great relief to the baby.

DOCTOR, I MUST GET RID OF THESE NERVOUS HEADACHES AND CONSTIPATION

YOU'VE GOT STARVED NERVES! YOU CRAVE THE PRECIOUS VITAMIN B STORED IN QUAKER OATS

LISTEN TO THIS STORY...



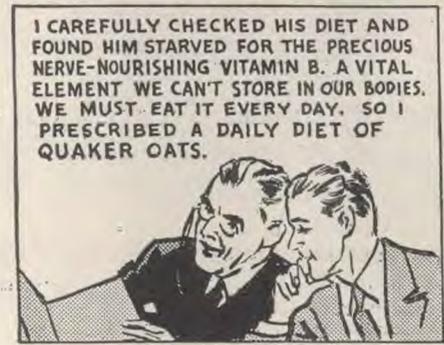
... ABOUT TWO MONTHS AGO ONE OF MY PATIENTS CAME TO ME IN A FRIGHTFULLY RUNDOWN AND NERVOUS CONDITION...



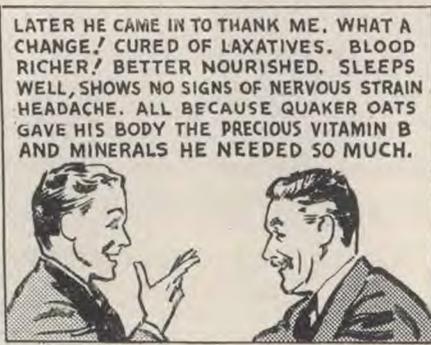
HE WAS A LAXATIVE FIEND. HIS INTESTINES COMPLETELY LACKED TONE. DIGESTION WAS POOR. HIS WHOLE NERVOUS SYSTEM WAS A WRECK. I HAVE SELDOM SEEN SUCH A SALLOW COMPLEXION.



I CAREFULLY CHECKED HIS DIET AND FOUND HIM STARVED FOR THE PRECIOUS NERVE-NOURISHING VITAMIN B. A VITAL ELEMENT WE CAN'T STORE IN OUR BODIES. WE MUST EAT IT EVERY DAY. SO I PRESCRIBED A DAILY DIET OF QUAKER OATS.



LATER HE CAME IN TO THANK ME. WHAT A CHANGE! CURED OF LAXATIVES. BLOOD RICHER? BETTER NOURISHED. SLEEPS WELL, SHOWS NO SIGNS OF NERVOUS STRAIN HEADACHE. ALL BECAUSE QUAKER OATS GAVE HIS BODY THE PRECIOUS VITAMIN B AND MINERALS HE NEEDED SO MUCH.




... AND SO I TOOK THE DOCTOR'S ADVICE!

"No more nervous worry or headaches for me! I GET VITAMIN B

EVERY DAY FROM DELICIOUS QUAKER OATS"



Now available in Quick-Cooking form - Cooks in 2 1/2 minutes.

Nervousness, sickness, headaches, constipation, and a general rundown condition all follow when your system fails to get enough of the precious nerve-nourishing Vitamin B stored so abundantly in Quaker Oats. This vital food ele-

ment we must eat every day because our bodies can't store it.

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QUAKER OATS

Gives you the Vitality to keep you fit

EXPERTS SELECT QUAKER OATS FOR DIONNE QUINTS

With the whole world of food science to guide them, experts in charge of these little wards of H. M. The King, put them on Quaker Oats even before their first birthday.

Made from plump Dominion grain. 50% richer in muscle-building value.

TESTED RECIPES FOR HEALTHFUL DISHES

WAYS WITH ORANGES

FRUITS are not only the most delicious of foods, but in them is stored valuable medicinal and healing properties. The demonstrated value of using some raw food as part of the daily diet has given new interest to fruit as an essential part of a sound dietary. Ripe fruits supply nutriment in a form most easily and readily absorbed, and their juices are converted into blood and energy quicker and with greater ease than any other form of food.

The orange is one of the most healthful of fruits and the richest in vitamins. It is also considered to be the safest of all fruit for young children and the juice can be given to quite small infants.

In this issue the recipes given suggest a few of the many ways in which oranges may be used in the daily diet.

ORANGE, PRUNE AND CHEESE SALAD

Ingredients.—Six oranges, 1 lb. prunes, $\frac{1}{2}$ teaspoonful paprika, 2 cupfuls mayonnaise, $\frac{1}{2}$ lb. cheese.

Method.—Peel the oranges, removing all the white membrane and slice thin. Use one-half orange to serving. Wash and scald the prunes. Soak in cold water until soft, drain, and wipe dry. Remove the stones and fill the cavity with grated cheese to which paprika has been added. Arrange slices of orange on a lettuce leaf. Place the filled prune on the orange and garnish with mayonnaise.

ORANGE SNOW

Ingredients.—Two tablespoonfuls lemon or lime juice, $\frac{1}{2}$ cupful orange juice, 1 cupful sugar, $\frac{1}{4}$ ounce vegetable gelatine, $\frac{2}{3}$ cupful water in which to dissolve the gelatine, 3 egg whites, $\frac{1}{4}$ teaspoonful salt.

Method.—Prepare the gelatine (agar agar or Chinese grass) by soaking and draining three times. After draining the last time, boil it in the two-thirds cupful of water till dissolved. Strain it into the lemon juice, orange juice, sugar, and salt, which have been mixed together. Cool till nearly ready to set again. Then quickly pour into cups wet with cold water. When cold, un-mould and serve with a custard sauce in which the yolks of the eggs are used. This is so tender that in un-moulding great care must be taken not to break the desserts.

ORANGE AND COCONUT TRIFLE

Ingredients.—Six oranges, $\frac{1}{2}$ coconut, $\frac{1}{4}$ lb. coconut cake, $\frac{1}{2}$ pint custard, 1 gill of cream if a rich sweet is wanted.

Method.—Cut the cake into thin slices and use it to line a glass dish. Pour the strained juice of two oranges over it and leave for an hour. Slice the oranges, removing peel and pips. Grate the white part of the coconut finely. Place on the soaked cake first a layer of coconut, then a layer of orange slices, until all the slices are used. Then pour over half a pint of good custard, sprinkle grated cocount over and serve, or decorate stiffly-whipped cream. Ordinary sponge cake will do just as well as coconut cake.

ORANGE OMELET

Ingredients.—Omelet, orange, sugar, parsley.

Method.—Peel an orange, taking care to remove all the white portion of the rind. Separate the orange into sections. Cut the sections into small pieces, sprinkle with sugar, and allow to stand one-half hour. Put some of this orange on the omelet before it is rolled, and serve the rest around the omelet on the platter. Garnish with parsley.

ORANGE JELLY

Ingredients.—One and a half cupfuls orange juice, 3 tablespoonfuls lemon or lime juice, 4 tablespoonfuls water, $\frac{1}{2}$ cupful sugar, 1 cupful cooked vegetable gelatine.

Method.—Mix all ingredients and add the hot vegetable gelatine, agar agar or Chinese grass. Stir until sugar is dissolved. Pour into moulds wet in cold water and allow to stand until firm.

ORANGE DELIGHT

Ingredients.—Three large oranges, 3 eggs, 1 pint milk, nutmeg, cinnamon, sugar.

Method.—Take the juice of the oranges, the well-beaten eggs, milk, nutmeg, and cinnamon to taste, and a little sugar. Stir over the fire until it is as thick as melted butter, but do not let it boil. Pour into custard glasses and serve on ice.

ORANGE BUTTER

Ingredients.—Two eggs, $\frac{1}{2}$ cupful sugar, 2 tablespoonfuls butter, 2 oranges.

Method.—Beat together the eggs, sugar, and butter. Add the juice and grated rind of the oranges. Bring slowly to the boil, stirring well all the time, as for custard. As soon as it has thickened take it from the fire and let it cool in the saucepan. Then put into jars for future use.

FRESH GARDEN VEGETABLES

MRS. H. C. MENKEL

WHY not try this dish of fresh garden vegetables? Slender new carrots, eight of them, eight small new onions, eight tiny potatoes, one small cauliflower broken into flowerettes, one large cupful tender green peas. Scrape the thin skin off the potatoes and carrots. Wash the vegetables carefully, leaving them whole, and cook all together with one small cupful of boiling water. Cover the degchi closely so that the steam practically cooks the vegetables. Add one teaspoonful salt. When vegetables are tender remove from the fire immediately and place into a buttered baking dish, adding two cupfuls of white sauce to which has been added one cupful of grated cheese. Put dish into the oven just long enough to delicately brown the top. Garnish with bits of parsley and serve hot.

CHEESE WITH WHITE SAUCE

$1\frac{1}{2}$ cups milk	2 cups cream
$\frac{2}{3}$ teaspoon salt	$\frac{1}{8}$ teaspoon paprika
3 tablespoons white flour	

Moisten the flour with a little of the cold milk and stir perfectly smooth. Heat the milk to boiling, add the flour paste while stirring constantly so that no lumps are formed. Boil slowly for ten minutes, then add one cupful grated cheese; the sweet, mild variety is preferable, and stir until smooth. Add the cream, paprika and salt and pour over the vegetables.

The white sauce without the cheese is equally as delicious and can be served with various vegetables. Paprika may be replaced with other delicate seasonings such as green leaves of mint, sage or parsley finely minced, or using nutmeg or celery salt according to the vegetable served and your preference considered.

Steam a medium sized cauliflower. Put the steamed cauliflower in a hot serving dish and pour sauce over it and serve hot.

SAUCE

3 tablespoons butter 2 tablespoons fresh lime juice
 1/8 teaspoon paprika 2 teaspoons salt
 2 tablespoons minced green pepper

Melt the butter adding the other ingredients, heat and pour over cauliflower.

CAULIFLOWER IN CREAM

Break a medium head of cauliflower into flowerettes, 3 large cupfuls, and steam just long enough to be tender. Arrange in a buttered casserole or baking dish, pour one small cup of cream over all and top with one cup of grated cheese. Bake in a moderate oven until a delicate brown on top. The white sauce with or without the cheese can be used.

CABBAGE IN CREAM

Four cupfuls of finely shredded cabbage. Put into a buttered baking dish. Pour over this one small cupful of hot milk, cover and bake until tender, then sprinkle over the cabbage a teaspoon of salt and add one small cup of sweet cream, and bake again for ten minutes without being covered.

Cabbage may be steamed and baked with cream and cheese in the same way as the cauliflower.

Serve with a lettuce and tomato salad with a French dressing.

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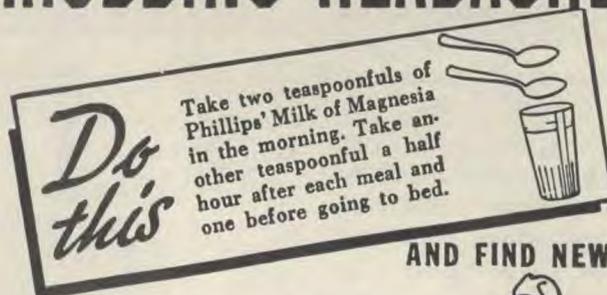
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 BAGHDAD, SINGAPORE, ETC.

THROBBING HEADACHES?



AND FIND NEW ZEST!

Headaches, dizziness, heartburn and indigestion are often caused by too much acid in the stomach.

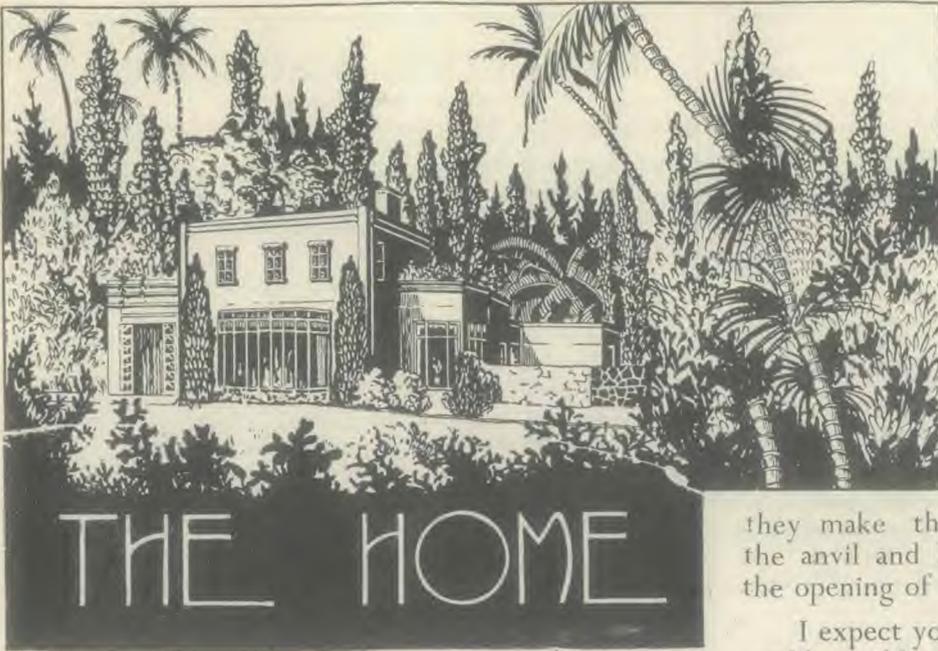
Phillips' Milk of Magnesia quickly counteracts stomach acids. Aids digestion. Keeps the intestinal tract healthy and clean. Helps elimination. Try it and see how much better you'll feel.

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L-66



THE HOME

The Wireless Stations of Your Kingdom

By OLGA LAZARUS

YOUR ears and eyes are the wireless stations of your kingdom. Both pick up the waves which they carry to your House of Parliament which is able to translate these vibrations into the things you hear and see.

Your ears only catch the sound waves which travel much slower than those of light. The part of your ear which you can see is really a kind of trap door which picks up these sound waves.

Let us in imagination take a peep inside one of the ears. If we made ourselves very small indeed we should be able to creep through the trap door and walk along the passage which leads into it. As we did so, we should have to be very careful that we were not caught up by the hairs which line the passage and also that we did not get stuck on the wax which they contain. Both are specially put there to keep out any insects or particles of dust which may enter.

We should not, however, be able to go very far, for after we had walked about an inch and a quarter, we should find that our way was completely barred by a thin skin, called the drum, which was stretched obliquely across the passage.

You know, of course, that any movement, whether it be that of something falling or that made by the lips when you speak, forms waves in

the air exactly the same way as a stone does when it is thrown into water.

Neither we nor the air waves can get beyond this drum, and so in order to see what happens, we shall have to take a peep at the other side. If we did this, we should find that three funny shaped bones rest against the drum. They are something like drum sticks, only they are not called that, but the hammer, the anvil, and the stirrup. When the air waves strike against the drum, they make the hammer beat against it, then the anvil and lastly the stirrup, which fits into the opening of yet a third department.

I expect you have been wondering how we could possibly get to the other side of the drum. In order to do that, we should have to creep up the back of the mouth and go along a very small tube indeed which leads there. It is by means of this passage, which is called the Eustachian tube, that some air also enters this part of the ear by means of the mouth and nose. Our way here would not be easy, for not only should we somehow have to get past a little bony window which is always kept shut by the handle of the stirrup, but also we should have to put on a bathing costume and swim along the next passage. In fact we should be going along a double canal, for there is also liquid outside the walls of this passage.

Before we begin swimming in earnest we must notice five openings which lead to three more little canals. They also are full of liquid and prevent us from feeling giddy and also enable us to know which way we are turning our heads. They are known as the semi-lunar canals. Our canal would take us to what at first we might mistake for a very small snail shell made of bone. In spite of its being so wee this thin bone has a tunnel which contains no less than three hundred arches as well as about one thousand seven hundred air cells, in each of which a "hearing" messenger lies waiting for the slightest vibration of the fluid which is caused, as you now know, first by the outer air waves beating against the drum, thus setting in motion the hammer, anvil, and stirrup, whose handle causes waves along the fluid in the canal of the inner ear.

These waves are carried by your hearing nerves, or messengers, to the special department of your House of Parliament, which is able to translate them into all the hundred and one different sounds we hear every day.



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SPINACH SOUFFLE

2lbs. of spinach

2 eggs

One-eighth of a pint of cream

$\frac{1}{4}$ pint of stock

1 oz. flour

1 oz. Cocogem

Wash the spinach. Cook till tender. Drain. Heat the Cocogem. Add the flour, and slowly add the stock and stir till boiling. Rub the spinach through a sieve, and add it to the thickened stock. Separate the yolks and whites of eggs. Add the yolks to the spinach. Beat the whites very stiffly and fold these in with the cream. Turn into a souffle dish smeared with Cocogem, and bake in a moderate oven for about 20 minutes.

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The Five Tonic Medicines

(Concluded from page 7)

that it is essential to have early motion following a fracture, in order to reduce the time of convalescence and to improve the end results. While it is true that rest is one of the most important things in heart disease, it is also true that graduated exercises according to the ability of the patient are also necessary to strengthen the heart muscle. The modern tuberculosis sanatorium is not content to return a patient to normal health when there is a normal temperature. Graduated exercises are given the patient until he can do a certain amount of work without a rise of temperature. When a patient is treated in this manner, he has a better chance of being well and remaining well after he returns to normal life.

Water

The major portion of our body consists of water. Physiological processes are carried on by the use of water. It is necessary for our tissues

to receive their food supply in the liquid state, and it is necessary for them to give up their wastes in a liquid state. Thus we can appreciate the importance of maintaining the "water balance" of our body. Lack of water will produce a fever, and soon cause death. A normal person should drink seven or eight glasses of water daily, besides the liquid which is obtained in the food he eats.

The external use of water depends on the presence or absence of heat for its reaction. When a fomentation is applied, the surface blood vessels are dilated, and an increase of blood is caused to appear in the region of the fomentation. There is also a dilation of blood vessels in the deeper structures in the region of the fomentation. When an ice bag is applied to a part, such as the region of the appendix, the vessels in the skin are contracted and there is less blood in this region. Through the nervous system there is a reflex action, which also reduces the amount of blood in the region of the appendix. These are the basic, underlying principles in hydrotherapy.



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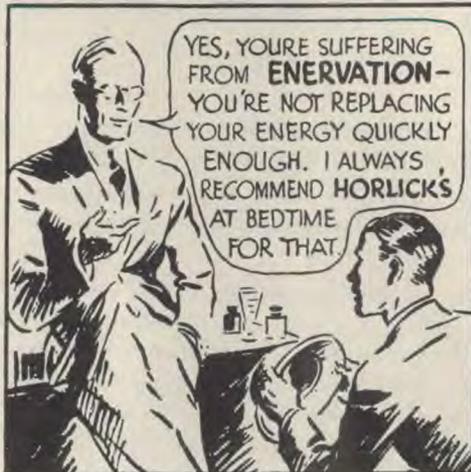
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GUARDS AGAINST ENERVATION

A Doctor Looks At **ETHIOPIA**



Ras Kas, Governor
of Amhara,
one of Ethiopia's
leading Provinces

By MARVEL BEEM, M.D.

WAR in Ethiopia is hardly a matter to inspire the poets to verse of the poppies-in-Flanders variety. Nor is it likely that the disillusioned white men who keep their tryst with death on the scorching sands of eastern Abyssinia, or in its stifling swamps, or on the livid lava lands that must be traversed before the hidden capital can be reached, will muster thoughts sufficiently elevated to woo the recalcitrant Muse.

To the blindest patriot conflict in Ethiopia can scarcely have a single ennobling aspect. To the physician such a war presents itself as a slaughter in which high explosives and artillery and even aircraft are not the deadliest weapons, and where deeds of valour that heretofore have lit the fires on the altars of national heroes will lose all significance.

You cannot go over the top against the tsetse fly; there is no zero hour in which to advance on tropical dysentery; nor can you take a trench singlehanded against a myriad of giant scissorbill ants. And even the most enthusiastic of epic narrators would have difficulty in delineating the chivalry of combat when the combatants in the camp of the foe proved to be typhus-carrying lice and scavenger jackals.

A doctor will inevitably think of these things when he looks at Ethiopia. "Morbid," you may say; but true none the less.

I looked at the whole case close up a few months ago much as I might canvass the circumstances of a patient with many symptoms progressing with some fever to a point that would mean either life or death. I saw the rulers of outlying provinces swagger into town, with long retinues of retainers, to have audience with the King of Kings. I saw the armour makers of the town grinding swords in the street shops of Addis Ababa in preparation for the invader.

I heard the gossip around the town pump—for there are town pumps, centrally placed

hydrants, in the capital—and the talk was bitter, barbaric, brutal, and the main topic was concerning what would happen when the foreign armies would find themselves encompassed by the bewildering wastes and precipitous passes that must be negotiated before the rich highlands could be reached.

Those wastes and passes I had seen on the way up from Djibouti. Even the unmilitary traveller can understand by watching out through the windows of the narrow-gauge coach how this primitive empire has been able to maintain its independence and withstand the encroaching nations of Europe since the days of the kings of Jerusalem. Today's unanswered question is whether bombing planes and mechanized warfare have finally vanquished the defences of desolate desert and limitless miles of thornbush. I was just a medical man on holiday visiting colleagues, classmates, who, with missionay zeal, had chosen this disease-ridden part of the world for the arena of their humanitarian efforts.

"Come along, and we'll get you through customs quickly," said our friends of the S.D.A. hospital who met us at the train's arrival; and with the recognition of the doctors and a promise of some free salvarsan we were soon actually abroad in the Land of Haile Selassie. Here the air was clear and cool, and the sun and salt and sand of the lower approaches were forgotten.

The sun at first does not impress you as a thing to contend with, for the high, wide plateaus are pleasant through the daytime, and there is much shade under the eucalyptus trees that Emperor Menelik imported from Australia. These trees fringe the horizon everywhere you look. But Ethiopia is nevertheless at the equator, and the direct rays of the tropical sun are a menace to the white man. Sun helmets may be forgotten, but the actinic ray will pierce the spinal canal and the hard casing of the brain and do damage if the

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picturesque bonnets are not worn as they should be. The natives have adopted their use, although they wear them only in imitation of the foreigners who have come to live and see the sights among them. The invading troops will wear them, of course, and they will need them in the lowlands where the reflection of the sands blinds their eyes and deadens their spirits.

Sand is not the only deterrent from Eritrea to the Abyssinian oases. There is a belt of volcanic boulders and remnants of a onetime inferno many miles in width on the eastern border of Abyssinia protecting her like a moat of medieval days.

Modern hospitals and up-to-date diagnosis and treatment are well known in Addis Ababa. In Djibouti there was awaiting shipment to Ethiopia a first-class hospital-size X ray as fine as can be found anywhere in the world. I operated in the Zauditiou Memorial Hospital within sight of the old feudal palace, or *Gibbi*, of the emperor, and the service and technique were as good as a surgeon would find in the heart of London or any other western city. Subjects of the king came in to the hospital carrying rifles and wearing bandoleers of cartridges, and some of them with long curved swords at their sides and rhinoceros-hide shields in the hands of their servants or men-at-arms. The whole business had a sort of King Arthur and the Knights of the Round Table atmosphere. I wonder if there was as much ulcer of the stomach in the days of the Queen of Sheba and whether she had locomotor ataxia in her declining days. Did the grandeur of Solomon's court mingle in her memory with the fantastic delusions of central nervous syphilis? For there is much syphilis in this land, as there is in all tropical countries. And every hospital has frequent stomach operations on its calendar. The Abyssinians take to surgery quickly, but dietary regulations are practically unknown to them. They eat their meat so rare, raw sometimes, that parasitic infections of the intestinal tract are almost universal. These diseases all take a toll of life and energy that could be largely eliminated with the establishment of hygiene and sanitation.

Aside from their sins of diet and the moderate use of a fermented drink called *teg*, there is a general attitude of temperance among the common people. Certainly they do not overwork nor do they indulge to excess in smoking. The tobacco companies will no doubt find a virgin field for pernicious advertising when the country is finally opened up to modern "culture." At present there is practically no smoking among the native inhabitants. At one time it was a crime punishable by death. The time will probably

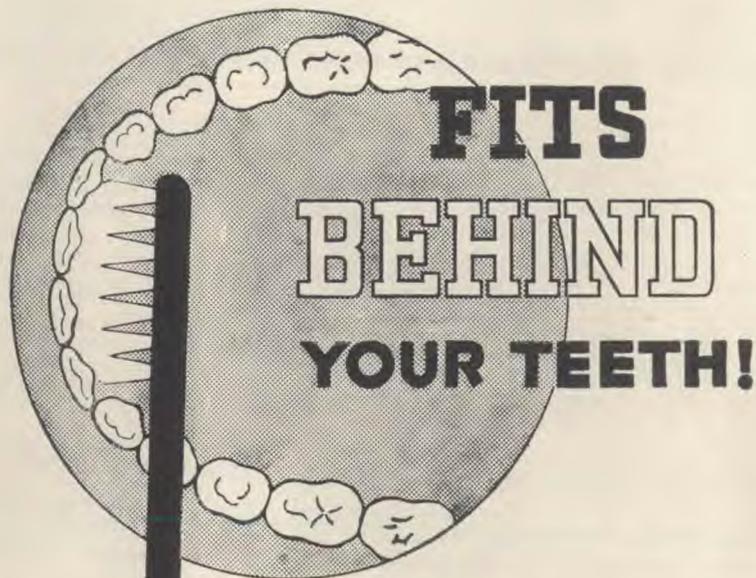
come when as you drive out of the west end of Addis Ababa on the concrete road that leads to the Garibaldi Hot Springs and week-end resort at Lake Tsana where there arise the headwaters of the Blue Nile, you will look through your amber sunglasses at billboards heralding "Menelik Cigarettes"—"Sheba Stogies"—"Protect yourself against mosquitoes by carrying your own smudge." Whatever the follies and vanities of the future will be, there is sufficient at this writing to enlist the constant vigil of the whole medical force of the empire.

One of the most interesting sights from a medical viewpoint I saw in the realm of Haile Selassie was at a native watering place (I use the term advisedly) in the natural hot springs district of Addis Abba. Here the owners of the springs have walled up the abundant supply of warm water and made a large series of baths in private buildings, where the better class come to bathe. The overflow feeds a pool about thirty feet in diameter, and in this pool under a corrugated iron roof sit the less fortunate men and women of the neighbourhood to while away the time and warm their nether parts. It is a sort of combination sitz bath and news bureau. And here one day I paused in my wanderings to observe those who had gathered. The bare ground outside the pool was the native "hickory limb," and they had all made use of it to hang their clothes in little piles.

One boy was covered with a pustular rash that he was generously dispensing as the warm water eddied his way. Most of these patients find their way sooner or later to one or other of the fine hospitals that have been built by the various missionary societies operating in the country. The outlying districts, however, still hold up the challenge to modern medicine and the spirit of the first great medical missionary to Africa, David Livingstone.

Regardless of the outcome of the present political upheaval in old Ethiopia there can be only one objective for the men who hold there the forts of scientific medicine, and that is the doom of the tsetse fly, the marauding mosquito, leprosy, and the rest of the sorrow-making fraternity. And this medical evangelism will be carried to a satisfactory conclusion if I am any judge of the character of the men who have it in charge. Armies come and go. The victories of military heroes in the end are often inconsequential, but the discovery of the cause and cure of malaria was the event of an epoch. So will be the vanquishing of disease from the highland retreats of Abyssinia. And regardless of who rules from the government house in Addis Ababa, the real conquerors of the country will be the doctors who make the land a fit habitation for human beings.

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Natural Vitamin D

In Infant Feeding

By DR. JOHN CAMPBELL, Ph.D.

Scientific Adviser to the New Health Society,
London

THE discovery of the vitamins and a study of their action has thrown a flood of light on the problems of nutrition which has greatly lessened the incidence of the many diseases due to dietetic deficiencies and no better example can be quoted than the importance of Vitamin D in Infant Feeding.

Natural Vitamin D.—We are now able to trace the vital processes whereby Vitamin D is produced in milk and nature and to follow its transitions through many channels to the foods in which it ultimately finds a home for the nutrition of the human race.

The ultra violet rays of sunshine are chiefly responsible for the origin of Vitamin D. The radiant energy of these rays actuates the fat particles of plant tissue and from the sterol radicles produces Vitamin D. This elaboration takes place during the sunlight hours in grass and in the southern seas, a similar action occurs in the teeming millions of minute plant organisms which inhabit the upper sunlit zone. In the former case, part of the Vitamin D in the grass is stored, after consumption, in the fatty tissues of the animal to form the vitamin content of butcher's meat, or in milch cows to

reappear in the fat of milk. In the latter case, the Vitamin D content of the marine plant organism is the source of the vitamin fat of fish and fish liver oil.

This natural vitamin D initials the normal fixation of calcium, and phosphorus salts in the skeletal and dental systems and its presence in optimum proportions in the diet is necessary for the prevention of rickets.

Irradiated Ergosterol.—Steenbock was one of the first workers to demonstrate the fact, that when certain constituents of fats e.g. ergosterol, were exposed to the ultra violet rays of a quartz mercury lamp a product was developed which appeared to be identical with natural vitamin D in properties and was prophylactic and curative in rickets.

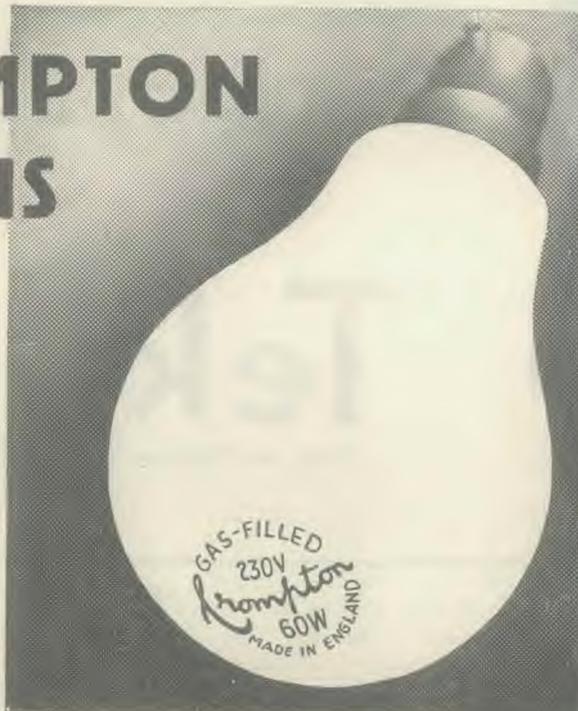
This view was held for a long time but it has now been established that the vital principle of irradiated ergosterol is not identical with the vitamin D of cod liver oil.

Space does not permit of even a brief review of the evidence but the authoritative conclusions of Steenbock, the discoverer and patentee of the process which controls the world's production of irradiated ergosterol for commercial purposes is so important that they may be quoted.

A full account of the tests, carried out on chickens, appears in the Journal of Biological Chemistry, July 1932, and may be summarised as follows:—

- (1) The vitamin D produced by ordinary irradiation of ergosterol with a quartz mercury vapour lamp is a different substance from that found in cod liver oil.
- (2) Whereas 1 percent of cod liver oil of average potency resulted in normal bone production it required from 40 to 120 per cent cod liver oil equivalent as irradiated ergosterol to produce the same

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result.

- (3) Irradiated ergosterol in excessive doses was found to be toxic, manifested by anorexia, loss of body weight, with a great increase of fixation of calcium of the cardiac and kidney structures.

It would thus appear that synthetic vitamin-D (irradiated ergosterol) is not identical with the natural vitamin and is much less potent in action and in excess—a contingency which might easily arise when the administration is controlled by lay persons—it is toxic in effects supplementing the normal fixation of lime in the bones and teeth by a calcification of soft tissues like the arteries, breast, kidney and liver.

In infant dietary especially, the preference should surely be for natural foods as against synthetic or artificial products and the mass experience of medical officers attached to Infant Welfare Centres and the Infant Departments of our hospitals support the view that milk from pasture fed cows, especially on the luscious grass of English pastures, or its equivalent in powder, powdered by an effective Roller Process as exemplified in the improved Cow and Gate method has sufficient actual potency in vitamin D to give complete protection against rickets without the introduction of an additional supplement.

If it is considered necessary in special conditions to reinforce milk in vitamin D it is difficult to find any reason to support the use of an artificial product like irradiated ergosterol, admittedly less potent and not so safe as the natural vitamin contained in a tasteless and odourless cod liver oil concentrate. For such a climate as India, sterility to the disease germ of typhoid and gastric enteritis (diarrhoea) is an essential, and modern installation for powdering milks, by the Roller Process, achieves this without measurable loss of natural vitamin potency. In some recent bacteriological examinations of milk powders the writer found the export brand of Cow and Gate gave the extraordinary low average count of 89 colonies per m. l, with absence of B. coli and all pathogenic flora.

The Natural Vitamin content was at the same time found to be as high as 250-300 International Vitamin D units, per pint of reconstituted milk. In other words, each pint of reconstituted milk contains the equivalent of a teaspoonful of high grade Cod liver Oil.

Does Man Need God?

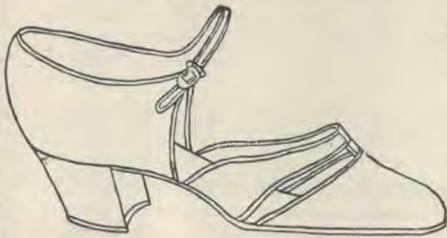
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as essential to our souls as vitamins are to our bodies. Though we may not appreciate it, nor be prepared to admit it, we are guilty, by so doing, of committing spiritual suicide. No man can shut out God from his soul and live.

Modern air liners are fitted with a radio direction-finder, altitude metre, and other marvellous and complicated devices for the safety of the pilot and the passengers. They are indeed indispensable. Without them the perils of flying would be too great. But what if the pilot ignore them, or refuse to use them? Such conduct, of course, is incredible, but supposing he should? He could fly, no doubt, for some distance without trouble, but ultimately he would surely crash.

So it is with these human machines of ours, so "fearfully and wonderfully" made. When

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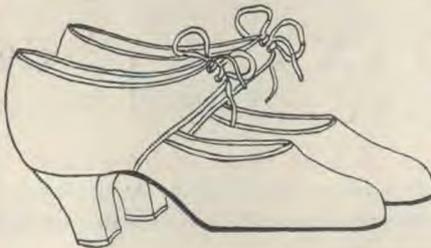
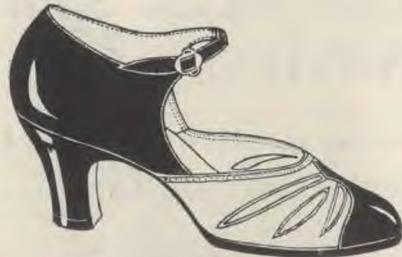
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A Universal Need

God created man He put within him wireless apparatus of the most marvellous kind. He made thorough provision so that we might keep in constant touch with Him, know our spiritual position exactly, and receive from Him the most adequate instructions for our protection and happiness along life's journey and our safe arrival home.

Whether we are prepared to admit it or not, we all need God—high and low, rich and poor, no matter what our station or our calling in life. We cannot live happily, contentedly, successfully without Him, whether we be farmers or lawyers, carpenters or politicians, authors or tax-collectors, ministers or students—or just plain fathers and mothers. All of us are so made that without God our lives are starved and spoiled, robbed of their best possibilities and threatened with the gravest perils.

It is because we have these spiritual instruments built into us that we sometimes find ourselves turning Godward, almost against our will. This mysterious part of us—call it conscience if you will—cries out for God, reaches out eagerly, longingly toward Him, as trees growing in shadows stretch up toward the light.

If we have drifted away from Him it is imperative, for our own good, our own salvation, that we come back. We need to find Him anew, to understand Him better, to link our lives with His, and His with ours. We must rediscover the way to God and make of it a well beaten track. We must learn how to speak to Him, how to listen to Him, how to live His life, how to absorb His divine qualities, how to utilize His infinite power.

If we stifle this inward voice—if we stolidly refuse to look at our God-installed direction-finder and altitude metre—what ultimate result must we expect? We may carry on with seeming impunity for a while, but we shall be "flying blind" indeed, make no mistake about that, and the crash we scorn will meet us one day with sudden surprise.

Will you come with me farther and see if we can find the way?



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"Living in a Madhouse"

(Concluded from page 4)

restless fury, like the roaring of the seas in a great storm. The machinery of civilization has suffered a shattering shock. The world is drunk—and mad.

This is recognized by entirely sane, serious-minded, thinking men. Stanley Baldwin, Prime Minister of Great Britain, speaking to the National Council of the Evangelical Free Churches, said: "Having been in international politics for most of the time since the war, I will not write myself down a pessimist, but I will say that at times I feel that I am living in a madhouse."

The closing events of this world's history are upon us. They are moving with great speed. The wrath of God, like a pall of blackness, overhanging an impenitent, sin-loving world, is the death warrant of a godless and impious race.

The Day of God Is Near

The great tempest of the wrath of God will break soon and suddenly upon surprised and unready men. The final doom of a rebellious race is near at hand. The resistless might of an offended God against a race that has broken His law and will have none of His grace, will before long smite mankind from this planet. His word de-

clares that "evil shall go forth from nation to nation, and a great whirlwind shall be raised up from the coasts of the earth. And the slain of the Lord shall be at that day from one end of the earth even unto the other end of the earth." Jeremiah 25:32, 33.

All this will be preliminary and preparatory to making the world over, bringing in a new order of things, establishing lasting and world-wide peace, and fulfilling the ancient prophecies of God regarding a new earth.

For the earth will be made anew. God has promised it. God will perform it. Not one country, one continent, one hemisphere, but the earth. All the misery, the madness, the sin, the terror, the oppression, are to be driven out forever.

Social and political conditions will be made new. Social justice and equity in all human relationships will prevail. There is to be absolute security, peace, and quietness forever.

All this and more, and better,—more than has entered the heart of man, or been conceived in his most exalted imaginings,—has the good God promised. All this we await with confidence and assurance.

Horlick's Indian Jubilee

Calendar for 1936

Impressive Scene Beautifully Produced

WE have received a copy of the 1936 wall calendar which is being widely distributed in India by the Horlick's Malted Milk Company Ltd.

This firm's calendars are always conspicuous for their interest and artistic excellence. The present one is no exception, though in subject matter it represents a departure from the calendars issued in the past, which have generally illustrated famous scenes or subjects from the mythology or history of India.

The 1936 calendar carries a magnificently printed illustration of the impressive and colourful scene in St. Paul's Cathedral, the heart of the Empire, during the thanksgiving service held there on the occasion of the Silver Jubilee of the King Emperor.* There are two smaller illustrations, one of Their Majesties driving in state to the Cathedral, and the other showing them kneeling in prayer.

It is impossible not to be impressed by this vivid souvenir of the Jubilee of a Sovereign who so well deserved the congratulations and tributes of respect which poured in from every part of his Eastern Empire on that great occasion.

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1936

We wish all our readers a Happy and Healthful New Year.

It is the custom to make good resolutions at the beginning of the New Year. Here is ours: To give our readers a better and more helpful journal during 1936, than it has ever been before.

One of the hopeful "signs of the times" in India is the new emphasis that is being placed on the importance of a "well balanced diet." Fortunately this is not altogether a matter of cost. Our pages during this year will contain much valuable matter along this line. You cannot afford to miss them.

With all the "therapies" that exist today for treating sickness and disease, the oldest therapy, hydrotherapy, is the most neglected. It can be used in every home and costs nothing. We have a series of articles by our Dr. G. K. Abbott, of California, that will begin in our next issue and continue for eight months. This series alone will be worth to anyone much more than the cost of a year's subscription.

The Old and the New

THE old year stands with his hand on the door,
The old year, weary and bent;
With his worried ways, and his troubled days,
And his garments worn and rent.

I have sorted the things I do not want,
Alone by the firelight dim,
And placed in the pack upon his back,
To carry away with him.

I have given him all the weary hours,
The heartache, and pain, and fret;
The burden of care I need not bear,
And all that I should forget.

And those he will take; and these I will keep,
To treasure in memory:
The golden days, and the love, and praise,
And all that is dear to me.

The young year stands at the open door,
The young year, eager and new;
And I hope it will be, as I hope for me,
A happy new year for you.

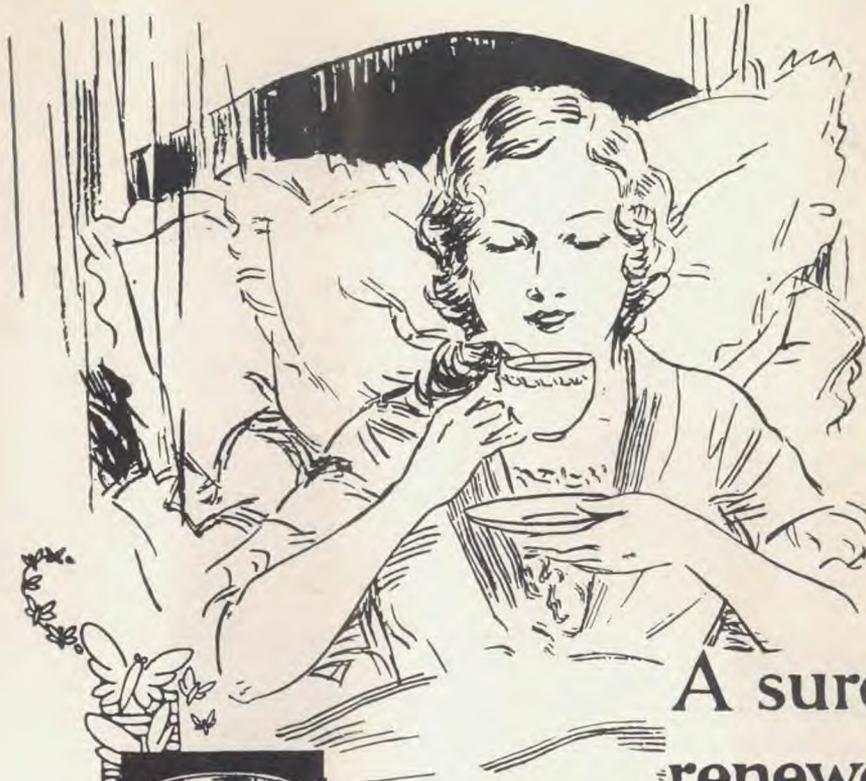
— Bertha D. Martin

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