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Convenience and Comforts of Air Travel—Radio Reception—Meals Served

# *The* ORIENTAL WATCHMAN AND HERALD OF HEALTH

A MAGAZINE THAT BUILDS BODY, MIND & SPIRIT

NOVEMBER 1936



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*Every half minute*

NIGHT AND DAY

*somebody buys a*

CHEVROLET



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in U. S. A. for seven months  
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CHEVROLET

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PRODUCT OF GENERAL MOTORS

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# TOWARD LIBERTY for INDIA

By The Editor

THE tale is told of an ancient king who offered a great reward to the person who would first see the sun on a certain morning. Every man, woman, and child was out before dawn that day, and all were required to gather on a perfectly level plain east of the capital city. Every eye was fastened on the eastern horizon for the first glimpse of the golden orb of day. That is, every eye except one pair. A wise man turned his back on the east, and watched the gilded dome of the royal palace. Minutes before anyone else could see the edge of the sun peep over the distant hills, he shouted, "I see it! I see it!" He had seen its reflection in the dome. And he was granted the reward, for he had emphasized foresight, one of the greatest attributes of wisdom.

All classes and parties in this land of underprivileged millions are eagerly scanning the political and economic horizons, hoping for greater freedom in government and better means of livelihood. And the degree of autonomous government to be ushered in next year gives benevolent promise. The sober heads of India agree that it is a step in the right direction. It is the general belief that India is progressing toward democracy.

He who is wise will realize that government, as such, cannot produce liberty; for governments are reflections of the governed. The seer will look into his own heart for the reflection of what he hopes to see in government. The degree of freedom the majority of the people find in their own lives will be the degree of freedom granted by their government. Though sometimes this result comes slowly, it cannot be otherwise ultimately.

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Let us look inside for the liberty we crave. Are we free, individually, from enslavement of every kind? Do we have self-control? If not, we are not free, and no government can free us.

In *spirit*, are we free from superstitions? Are we at liberty from the tormenting fear of unseen and malignant powers that we believe haunt our footsteps and are a nemesis to our lives?

Rest, security, and contentment of soul come only with absolute trust in the love and wisdom of an all-powerful God.

In *mind*, are we free from the domination of ignorance? Knowledge of the truth brings liberty, for "the truth shall make you free." We are prone to be willing to be guided in our thinking by what is not so. "Prove all things; hold fast that which is good." And the proof of truth is in the Word of God.

In *body*, are we free from the abject bondage imposed by habits we cannot control, but which control us? Alcohol, tobacco, opium, excessive sex urge, inordinate appetite, powerful habit-forming drugs, as well as many other milder forms of narcotics

and intoxicants, are at this moment sapping the very life of hundreds of millions of people in India. The vice-like grip of these degraders and enslavers of mankind leave no room for liberty.

The most benevolent and liberal government imaginable will find it impossible to liberate us from the subjugation of our own spirits, minds, and bodies. May India see in the cross of individual self-control the royal road to the freedom she so much desires under the crown of government.



Eastern News Photos

The Marquess of Linlithgow, Viceroy of India, who pledges Government support for every effort toward India's betterment.



**T**HE explanation of the average person would be that we eat to satisfy the feeling of hunger. Science, through the study of nutritional research, has given us a fuller reason for the universal habit of eating.

One obvious reason for eating is the daily loss of body substance averaging about one eightieth of the weight, or approximately two pounds for a person of 160 lbs. weight. At this rate of loss, the body would be consumed in eighty days; but without food, life seldom survives after half the body tissues have been reduced.

If satisfactory nourishment were only a matter of supplying sufficient good tasting and appetizing bulk to make up the equivalent of this daily loss, then the matter of why we eat would be quite simple, and there would be no need for all this nutritional research.

Man is a complicated, composite organism comprehending some forty-odd substances, all maintained in essential organic combination and forming part of every body structure, fluid, and organ. These two score of substances consist of sixteen minerals, eighteen amino-acids, or protein-building units, six vitamins, carbohydrates, fat, and water. It is these forty or more substances which are daily being depleted. Since the storage or reserve provision within the body is small, there is need for daily replenishing of all these forty materials, in the exact quantity required.

**I**F OUR food does not contain one or more of these principles, or if they are present in insufficient quantity, then every structure of which these factors are a part will be imperfectly reconstructed, and will fail in the fulness of its functioning and general state of well being. This is known as deficiency disease, and differs in manifestations or symptoms according to which of the forty essentials is lacking and how extensive is the failure of supply.

Most of our present knowledge regarding food values and effects of different diet practices has been derived from experiments on animals. Amongst the animals, the rat, in his feeding habits, in many respects most resembles man.

Since these mammals have much the same food habits, develop a close similarity in nervous and nutritional processes, therefore the same diseases and deficiency symptoms occur in both rats and men alike.

One great advantage of nutritional experiments with rats is in the fact that the white rat lives its allotted span of life in about three years, thus developing approximately thirty times faster than man. By means of a relative scale, the

## Why Do We

# EAT?

By H. C. Menkel, M.D.

results of feeding tests observed in rats can be applied to man.

In one research institute, 96 generations of rats have now passed under feeding observation tests. These 96 generations of rat-years, when translated into practical working factors, correspond to about 3100 years of human life.

**I**N NUTRITIONAL research, careful study is given to each of the forty food factors separately. When a research worker undertakes to ascertain the value and effect of any one of these food essentials, he places certain groups of rats upon a diet which is correctly balanced in every respect except the factor under study. This is withheld in varying degrees and results tabulated. With these experiments on rats it is possible in eighteen months to obtain findings which, if undertaken on man, would require a century.

One of the most remarkable demonstrations of possible results through correct nutrition and right environment, was begun over twenty years ago by Dr. Alexis Carrel of the Rockefeller Institute, and it is still in progress. Dr. Carrel undertook the problem of ascertaining how body tissues would react if provided with optimum conditions. For these observations he selected chicken tissues, using muscle, heart, nerve, brain (it seems that hens do have brains), also other forms of tissues. These tissues, severed from the body of which they were originally a part, were placed in jars containing correctly balanced nutritional solutions. At regular periods they are taken out, thoroughly washed, and replaced in fresh solutions.

**T**HIS process has been going on with the same tissues for over twenty years; and these tissues are still growing prolifically and appear in health. There is no evidence of old age, disease, or death. Apparently the process could go on to the age of Methuselah.

These experiments seem to provide scientific evidence that there is no principle within the body limiting life or making necessary decay or

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corporate death. If chicken tissues can be made to survive and function in health for more than double the average life of a chicken, why should it not be possible to approximate this in man, if the same application were given to the same factors which Dr. Carrel is applying to his chicken tissues?

As we eat, so are we; for we are made of what we eat, and of nothing else. There is no one else to blame but the cook and ourselves for our being as we are. The need for food is due to the fact that millions of body cells, having lived an independent but co-operative life on our behalf and as part of our corporate being, die each day, cell by cell. Likewise millions of the new replacement cells must be created out of the food material that is supplied. These new cells may be perfect if supplied with all necessary building materials, or imperfect if the materials are not fully suited for the intended purpose. It is obvious that in correct food we have the means of re-making ourselves from disease into health, but this requires time and persistence. It has been estimated that about five years are required to entirely rebuild all the cells of which the body is composed. For this reason it is important to begin immediately giving more attention to the kind of food we accept for body reconstruction.

Let us now observe how these principles have been applied in experiments carried out in India by Sir Robert McCarrison in his Nutritional Research Laboratory at Coonoor, South India. We quote from a report by Sir Robert McCarrison:

**"IN COONOR,** where my laboratories are located under conditions of the most perfect hygiene, I keep about 1,000 stock rats for my experimental work. They live in large, roomy, comfortable cages filled with straw, and they are exposed daily to the sun's rays.

"Turning now to my experimentation rooms. Here are the same animal houses, the same cages, the same scrupulous cleanliness, the same exposure to the sun's rays. But the animals are fed on food which is faulty in one way or another—deficient in vitamins, in mineral salts, or in both—containing too much of one thing or too



Dr. H. C. Menkel, the author of this article and Associate Editor of this magazine, has been identified for over a quarter of a century with health interests in India. He is Medical Director of a sanitarium at Simla. The Viceroy, Lord Linlithgow, is here shown entering his automobile after visiting the Sanitarium, part of which is shown in the background.

little of another. This is the main regard in which these animals differ from the well-fed stock. Further, as my business is to learn how the foods eaten by the people of India are related to disease, the materials entering into the various faulty dietaries are usually those in use by people in India. These are so combined as to form one-sided dietaries, either disproportionately rich, or lacking in certain elements and complexes necessary for normal nutrition.

**"DURING** the last four years, over 3,000 of these improperly fed rats have been examined.

"Properly fed animals remain remarkably free from disease, while improperly fed animals are remarkably subject to it. Do these discoveries apply equally to human beings? The answer is undoubtedly in the affirmative. Authority and experience in Western countries attest the fact; witness, for instance, the work of Miss Margaret McMillan in her Nursery School in London, where slum children, when nurtured and properly fed, almost invariably develop into healthy, strong, alert youngsters, the diet being similar in character to that used in the Coonoor colony of disease-free rats."

The final observation by Sir Robert may have some bearing upon the international muddle as we see it today:

"There is another regard in which the ill-fed rats differ from the well-fed ones; the former are often nervous, irritable, (*Please turn to page 46*)



# Protect Yourself From . . .

IF ONE could believe the laudatory statements of the self-puffed specialists and "patent medicine" exploiters, it would seem that sickness and death are quite unnecessary conditions.

The victim of cancer has a hundred varieties of "sure cures" to choose from. The sufferer from tuberculosis has an even larger range of selection. The epileptic, the lame, the halt, and the blind are assured of restoration to the full bloom of health by the "patent medicine" vender, and his brother, the "advertising specialist." That all these impossible cures are unknown to men of science would seem to demand some explanation.

Scientific medicine, as we know it today, did not emerge as one great light upon mankind; it has been a slow, painful struggle from out the abysmal pit of fear, superstition, and ignorance. To separate man from his false curative beliefs has been the never-ending and difficult task of orthodox medicine.

THE first of the great physicians to substitute critical observation, in the treatment of disease, for charms, amulets, and incantations was Hippocrates (B.C. 460-370). It is to this famous man that the medical profession is indebted for the celebrated oath that bears his name.

The oath of Hippocrates is a code of moral and ethical conduct for physicians. Various modifications of this old vow are incorporated in the bylaws of all recognized medical societies.

The basic unit of the medical profession is the local medical society. Membership in such an organization entails submission to certain regulations, called medical ethics. When one considers the delicate and close relationship that must of necessity exist between physician and patient, the need of maintaining at all times the highest standards of professional conduct becomes apparent. A young man or woman graduating from an accredited medical college is expected to conduct his or her life, both public and private, in accordance with the ideals of the profession that has provided his or her education. Occasionally some fall from grace. As happens in all walks of life, there are always a few who refuse to conform to the established rules of social and professional conduct. However, it may be said in all truthfulness that in the field of quackery the accredited graduate is the exception; the majority are recruited from the ranks of the

# QUACK DOCTORS

By Frank J. Claney, M.D.

diploma-mill colleges—the self-deluded faddists and the down-right crooks.

The quack's chief pretense to superiority is the possession of a mysterious secret remedy, the ingredients of which supposedly have a curative power far beyond that of other known substances. The principal reason for the *secret* remedy, however, is the necessity for hiding the worthlessness of the product. Thousands of the so-called "patent-medicine cures," when analysed by the chemical laboratory, have been found to be the rankest of frauds.

What is not understood by most non-medical people is that the medical associations, whether local or national, are incapable of exercising any restraining influence over non-members. In fact, unless a quack runs afoul of the law or commits some outward act, there is no agency that may interfere with his blatant pretenses to knowledge.

AS THE medical profession is ever on the alert to inform the public through its official channels of all that is new and acceptable to scientific practice, it is a safe rule for the uninformed patient to inquire of either the secretary of the local medical society where the patient resides, or the national medical association, when in doubt about a physician, or an advertised nostrum, or treatment. Such inquiry may prevent not only much waste of rupees, but many disappointing experiences.

Advertising by a medical man is considered unprofessional conduct, because character, ability, and fidelity are not attained through extravagant and blatant publicity. An ethical and honest practitioner of medicine promises no radical and impossible cures or secret methods of treatment. An unusual or efficacious method of treatment discovered by a member of the orthodox profession is open and known to all

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The quack doctor has all the appearance of an intellectual

physicians. It cannot be denied that some physicians, by inherent ability or superior training, possess greater skill than others. But this is not a matter of secret formula or mysterious knowledge denied lesser-known colleagues. It is a safe rule to remember that the reputable, competent physician does not require advertising to maintain his practice.

**THE** quack, being by nature a most versatile person, constantly adapts his methods to meet prevailing conditions. The itinerant medicine-show "cure-all" nostrum vender of pioneer days gradually became the advertising specialist of the city, the buckboard "spiel" passing to the columns of newspapers, magazines, and the "sucker-list" form letters. The advertising matter usually carried a half-tone engraving, picturing a benevolent-appearing individual embellished by a luxuriant beard, the beard in most instances being the "doctor's" chief claim to "medical" distinction. Similar pictures are still to be seen in connection with "patent medicines."

The predominant advertising quack at the turn of the century was the "men's specialist," whose blazing electric sign and pretentious office were to be found in the questionable districts of every large city.

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The sheet-anchor of the quack has ever been the testimonial letter. Some testimonial letters are no doubt written by honest, but ignorant individuals whose opinions on matters of disease and treatment are, of course, valueless. Many testimonials bearing evidence of vigorous health have continued to appear in periodicals long after the writer's death. Such a posthumous testimonial was exposed in the *Journal of the American Medical Association*, July 13, 1935. In this testimonial Mrs. Mary Deemer, of Allentown, Pennsylvania, stated that

she found "Natex" the only "patent medicine" that "really gave relief." Mrs. Deemer died May 25, 1935! Her testimonial was published in the Allentown *Morning Call*, May 27, 1935. On the same page and but three columns removed from the testimonial, was Mrs. Deemer's death notice. Death relieved her from "Natex."

Since the twentieth century is an age of electrical and chemical advancement, the files of medical associations are abundantly filled with such exploitation. There are "cancer cures," "tuberculosis cures," "diabetes cures," "asthma cures;" in fact, for every disease to which human flesh is heir, a mechanical device or a secret chemical nostrum has been provided to separate the unwary from his savings.

Most have a brief period of popularity, and and then pass into the limbo of forgotten things. Similar pseudo-electrical devices still bob up from time to time, and will, no doubt, as long as gullibility remains a part of human nature.

"Whenever a new substance is identified by the research of chemists, whenever a new force is developed by physicists, whenever a philosopher propounds some new concept in the field of thought or mental activity, an inspired charlatan or promoter is likely to seize on the substance or device or idea, and (Please turn to page 44)





Press Photo Agency

The healthiest and the most strenuous people are most liable to be infected with the disease, "athlete's foot."

**C**OMPARATIVELY little can be done to prevent the annoying but seldom dangerous disease known popularly as "athlete's foot." As in the case of the "common cold," its existence cannot be denied.

Athlete's foot is classified as a ringworm of the feet, and is one of a great variety of skin eruptions ranging from the toes to the scalp. It has its antecedent in the famous dhobi (washer-man) itch. It was popularly believed that washermen contaminated the clothes, giving rise to the name.

That this disease should have become so widespread has become a matter of great speculation among skin specialists. It is a known fact that the fungus causing athlete's foot thrives in moisture and is allowed to develop freely when the feet are not carefully washed and dried following excessive perspiration.

The increased use of athletic facilities is a major reason advanced for the spread of athlete's foot. "Ringworm of the feet is a common condition, the incidence ranging from zero in young

## "Athlete's Foot"

By David D. Levine

(Hygeia)

children to almost 100 per cent in college athletes," says Dr. Donald J. Wilson, captain the of Medical Reserve Corps in Omaha, Nebraska, U.S.A.

This striking revelation brings to light a strange fact. Healthy young men and women who are able to exert themselves in the strenuous exercises of sport competition are more subject to this infection than is the average individual. Excessive perspiration of the feet and improperly cleaned shower rooms, swimming pools, beaches, and bathrooms are important factors. These concentration points of the fungus are the constant habitat of the athlete, whose bare feet expose him to great dangers of contraction.

Inadequate drying, or neglect to use some antiseptic dusting powder on the feet and in the shoes, leads to the contraction of the disease.

Once contracted, the disease is easily recognizable in its most common forms: (1) Rough, cracked, and often soggy skin will form between the toes, particularly the fourth and fifth toes. (2) Little water blisters, frequently extremely itchy and leaving a raw surface when they burst, may spring up around the toes. (3) There may occur the less common thickening and piling up of skin to form callosities on the soles of the feet. Should the disease become established, it may go on to produce an eczema-like reaction on the feet or even on distant parts of the body, such as the hands, groin, armpits, and the nails.

**C**ARE in foot hygiene is indispensable for both the prevention and the cure of athlete's foot. The ordinary precaution of washing the feet in warm water, drying them carefully, and using an antiseptic powder goes far to eliminate the possibility of contraction of the disease. The feet should be bathed at least once each day in the case of individuals already suffering from the disease. Hosiery should be changed at least twice daily, with an equal number of changes in pairs of shoes worn. The use of ointments and lotions containing salicylic acid aids in the battle against the disease. The acid does not kill the organism but causes the flaking off of the skin, so that the antiseptic agents combined with it can get down to the level of the growing fungus.

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**I** WOULD strongly emphasize, to every candidate for any program of body rebuilding or changing, that, first, he must have a very careful and complete physical examination, to determine what may *safely* be done.

Assuming that no serious organic troubles have been found, we will start on our modified course of living. The changes may be made as rapidly as the person can readjust himself, but as this is to be a life job, there is no hurry about it.

To most people, perhaps the most difficult changes to make are two: first, to fit the food intake to the body needs, instead of to the ordinary desires for food; and second, to adopt some scheme of *regular* physical exercise. Once these two correct habits are established, the rest is relatively easy.

It will greatly surprise many to know how really little food is required to maintain life and vigorous health. Eating is largely a matter of habit, and should be adapted to the needs of the body rather than to its pleasure, social customs, convenience of the cook, and many other considerations that are usually given preference.

**T**HERE is no damage done if one misses one or several meals. Often it is a great benefit, but it is usually terrible on the disposition. However, I have, on many occasions, gone without food for two days with no inconvenience, and in times of stress, where physical alertness might be the price of life, no food has been taken until the crisis was past.

Walking offers the most convenient, readily available, and useful means of exercise there is. Except for walking around the golf course and to and from the automobile and table, this invaluable exercise has largely been discarded. It is much easier to hire someone to mow the lawn than it is to push the lawn mower, but that light

## REDUCING and REBUILDING the MIDDLE-AGE

By George A.  
Skinner, M.D.



Ponce de Leon, a Spanish adventurer to the "New World" of America over four hundred years ago, sought in vain for the "Fountain of Eternal Youth." The best way to live long is to follow closely the laws of health, especially at the beginning of middle age. In many cases the men who live the longest are those who were given up to die when they were in their thirties. They were scared into living healthfully, and were hale at three score and ten.

exercise in the open is valuable to the pusher. The elevator is so available that most of us feel abused if we have to walk up a single flight of stairs, yet careful mountain climbing is often prescribed even when the heart has been damaged by disease.

**T**HERE are countless ways we may use the body for the sake of making the muscles work, but habit has largely removed such physical activities. It matters little how the exercise is obtained, provided that the body is *gradually* developed to this exercise. Such training should never be pushed beyond the beginning of fatigue, especially at the start. As the muscles harden they will stand much more punishment without damage. But again it is stressed that time is one of the most important factors in making a physical readjustment, and muscles must be slowly regenerated, especially after long inactivity and more or less degeneration from disuse.

The system is extremely simple. It may be summed up in a few short rules, as follows:

The amount of food the body requires, not the amount the individual desires to eat.

Some form of exercise that will use all of the muscles of the body daily, taken deliberately in whatever form one enjoys, but to be as much of a routine as his habits of eating and sleeping.

Elimination of deleterious agents such as tobacco and alcohol that tend to delay repairs. This is difficult, but not insurmountable.

Freedom from worry and the fears that torment the mind and life, and keep the vital processes more or less in a state of fret. Peace with one's self and one's fellow men and one's Creator is an indispensable aid to health, in middle and old age particularly.

Thus does age lose its terrors and we grow old happily.



# NEED AN OPERATION

ONE hundred years ago there were very definite and well-grounded reasons why a person who needed an operation would hesitate before consenting to go "under the knife." When we consider that anaesthetics were then unknown, and that the surgeons of the day knew nothing about the necessity of sterilizing their instruments and properly preparing the skin of the patient and their own hands before operating, we realize why the death rate was so high, and why almost all patients who did survive ran temperatures often as high as 104° and 105° and drained great quantities of "laudable pus."

If you had lived seventy-five years ago, you might have had an ether or a nitrous oxide gas anaesthetic, but you would have stood an excellent chance of dying from infection or secondary hæmorrhage. Sea sponges might be used to swab out the pus of an abscess, and then, without being boiled or otherwise sterilized, they might be used in an operation on a "clean" case.

If you had lived fifty years ago and needed an operation, your chances for recovery would have been somewhat better, for Lister's antiseptic method had made some progress. Doctor Keen, the great American surgeon, and others were beginning to have wholesome respect for microbes, or germs, in surgical wounds.

HOWEVER, the surgeon of fifty years ago had certain eccentricities which we today think are peculiar, to say the least. Probably as many operations were performed in the home as in the hospitals, which were few and poorly equipped. The surgeon, dressed in a dark frock coat and high silk hat, responded in all his dignity, and without laying aside the silk hat, or his frock coat either, he would proceed to operate with instruments which were often far from being surgically clean, as we understand the term today. He always washed his hands at the *close* of the operation, even if he did not at the *beginning*. Flies were plentiful, and maggots developing in the wound after operation attested to their activity in the operating room.

Twenty-five years ago a major operation was quite a safe undertaking, as far as infection was concerned, for practically all surgeons were following the present-day accepted sterile technique, which includes proper preparation of the patient's skin, proper sterilization of the instruments and linen used, and faithful practising of

the ten-minute "scrub" of the surgeon's hands and arms as far as the elbows, and the use of sterile gloves.

While the X-ray was known and used to some extent, it was not the help in making an accurate diagnosis in many conditions that it is today. Many operations were "exploratory,"—the abdomen being opened by an extensive incision and a search made for the possible trouble. While we should not depend alone on the X-ray and laboratory reports to make the diagnosis, and will always have to take a careful history and make a thorough physical examination for the



The operating room, with its expert service and its equipment for the easing of pain and for antiseptic surgery, is no longer a torture chamber of hazardous risk.

basis of our knowledge in a given case, still there are many things about a patient that one cannot determine accurately without these refined diagnostic aids that we have today. Let us consider some of these aids that have been put in the hands of the modern surgeon to help him in making an accurate diagnosis in surgical cases.

At first the X-ray was used to diagnose fracture of bones. Later, it was discovered that certain substances were opaque to the X-rays, and would cast a shadow on a film. Bismuth, and later barium sulphate, were given in butter-milk or other drinks to fill the stomach and various portions of the gastro-intestinal tract, and

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## Modern Surgery Is SAFE

X-ray pictures showed the outline of these hollow organs. If an ulcer is present, a niche or filling defect is usually to be seen. Tumours and other conditions can usually be seen.

In 1924, Doctors Graham and Cole discovered a non-poisonous substance which can be taken by mouth or injected into a vein, and will be found to be excreted by the liver in the bile. If the reservoir for the bile—the gall bladder—is working, X-ray will show the outline of this organ, since it is filled with the dye, which casts a shadow on the film. Gallstones can also be shown by the X-ray.

Similarly, various chemical substances have been discovered which are opaque to the X-rays, and can be used to outline the urinary bladder, the two ureters (which transmit the urine from the kidneys to the bladder), and the pelvis of the kidney itself. Tumours, stones, and other abnormal conditions of the urinary tract may thus be diagnosed by the X-ray.

The shadow of the bronchial tubes may be cast on X-ray films by using an oily compound containing iodine. Succulations in these tubes and cavities in the lungs can thus be demonstrated.

**C**LINICAL laboratory tests assist greatly in acquainting the surgeon with the real status of affairs in regard to the internal workings of his patient. By them he ascertains the presence or absence of kidney disease and diabetes, the state of the blood, whether or not there is a tendency to bleed, and many other conditions that it may be necessary to know in a given case before he feels it is safe to advise an operation.

The study of bacteriology, and its application, has made surgery a safe procedure when necessary; and its companion science, the study of disease, has been a great boon to the surgeon. The laboratory technician examines a minute piece of tissue removed from the breast or other organ of the body, and tells the surgeon what type of tumour the patient has. If it is malignant, or cancerous, it can be removed at once; and if not, the patient is spared an operation, and can be assured that she does not have cancer.

Surgical shock used to be fairly frequent and difficult to treat. Blood transfusion has been

found to be both preventive and curative. Many thousands of lives are saved every year by this simple surgical procedure. Many operations which formerly would have been too severe a strain on a weakened patient, can be safely performed after a blood transfusion.

Instruments with lights are now successfully used to explore the bladder, the rectum and lower colon, the chest, the abdominal cavity, the bronchial tubes, the esophagus, and the nasal and other body orifices. Recently, photographic pictures of the interior of the stomach were taken successfully with a miniature camera.

**S**URGERY and related sciences have advanced so far that the average operation is a very safe procedure, much safer than to try to cross the street at a busy intersection in some of our large cities.

Patients are not purged as they were twenty-five years ago, but instead are given a low, cleansing enema the night before the operation. They are urged to drink as much water as they can, as well as orange juice, especially the day before surgery, thus alkalizing their system before the operation. This is much better than waiting for acidosis to develop and then attempting to regulate it with fruit juices after surgery, which usually only results in distending the abdomen with gas and increasing the discomfort, if it does no more harm.

**I**NSTEAD of having six men holding down a screaming, kicking, scared patient, as he was smothered into unconsciousness by an ether-saturated mask, the modern surgical patient is given a restful night and a little pre-anæsthetic medication or a medicated enema, which usually induces a quiet sleep even before a light anæsthesia is administered, so that he often has no recollection even of what the operating room looks like. After the operation is completed the patient returns to his room, and instead of being disturbed by retching and vomiting ether-soaked mucus during his first conscious moments, he restfully sleeps for an hour or two, and gradually regains consciousness. (*Please turn to page 40*)



**OLD AGE** is a disease. We may combat it with success as we do other maladies. We can not cure it entirely, for the body machine, like the best made motor car or any other mechanism, wears out in time and reaches the limit of its life. But the average man lives scarcely half as long as he is entitled to live, because he neglects to give his body machine the same meticulous care he gives his automobile.

Nicholas Murray Butler says, "The average man is dead at thirty and is buried at sixty." Certainly there are vast numbers of people going about who are scarcely alive and who know nothing about the joy of living. They go about with sallow, wrinkled faces, sagging cheeks, and a down-in-the-mouth expression, feeling tired all the time, irritable and pessimistic, making blunders in their business and looking at the future with forebodings and despair, smoking cigars and cigarettes, and drinking highballs and cocktails, not because they get any pleasure out of them, but to get the momentary though false sense of euphory and security which is the bewitching magic of narcotism.

**THESE** poor victims of chronic malnutrition are ignorant of the fact that in the juice of citrus fruits, nature provides a real elixir of life, and marvellous vitamins which neither benumb nor stimulate the nerves but feed, energize, and activate them and give a real lift, which such nerve foolers as cigars, cigarettes, cocktails, and other drugs cannot do.

A glass of orange juice three times a day will do more for the average sick man than all the drugs he can swallow. It is the best antidote known for old age and pessimism.

Of all members of the animal kingdom, man is the only one that needs instruction about what to eat. A horse, a goat, or a monkey knows instinctively what to eat and feeds itself in a safe and sane manner when reared under normal conditions. Even so gross a feeder as the hog, when he has a fair chance by being given free access to a variety of normal foodstuffs adapted to his nutrition, ceases to be hoggish and helps himself to such well-balanced meals that he outshines the prize winners at the fairs.

This lack of instinctive guidance in feeding seems to be inherent in the *genus homo*, for the most primitive savages, as well as highly civilized men, lack the feeding instinct. Dr. Geil, the world traveller who was the first to visit the pygmies of Central Africa, told me that when he asked the chief of the pygmies, who lived entirely upon forest products, how he knew what to eat when he visited a new region, the little man

# The HEALTH-PROMOTING VALUE of **Citrus Fruits**

By J. H. Kellogg, M.D.

replied, "When I find a new species of nut I place it where a monkey can see it and then hide and watch to see what he does with it. If he smells it and tastes and throws it away, I let it alone, but if he eats it then I eat it."

This need of instruction in solving the feeding problem is recognized in the earliest information about the human race, which we find in the first chapter of Genesis, where, after an account of creation, we read: "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." Here was the first bill of fare. Animals appear to be endowed with a food-selecting sense. Man is left to discover by experiment, observation, and experience what is good for him and what he shall let alone.

**WHEN** I received some time ago a letter from the superintendent of the zoological gardens of a certain city, asking me for a diet prescription for a young female chimpanzee, I advised him to take the young lady down to the city market and turn her loose to help herself, for I felt sure that her native instinct would solve her food problems much better than I could do.

And it is interesting to note that the most recent findings of science agree entirely with the biblical account of the dietary of the first man. The products of the field and forest, fruits, nuts, grains and other products of the earth, sun and air, according to Prof. Elliot of Oxford University, made up the first bill of fare of the progenitors of modern man.

Man is by nature first of all a fruit eater. He is classified by biologists as frugivorous in the distinction from the various other classes of

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The liberal use of oranges, lemons, limes, grapefruit, and pomelo conduce to health, beauty, and happiness.

animals grouped according to their diet as carnivorous or meat eaters; herbivorous, eaters of grass and herbage; graminivorous, grain eaters; and omnivorous, such as the hog and the hyena, which are scavengers.

IT IS most interesting that the first and most specific instruction given to man in respect to his conduct related to food, and it has been most unfortunate for the race that man should have so far forgotten the explicit directions given him, according to the Good Book, at the very start of his career, and should have wandered so far away from the practice of his ancestors that at the present time a return to the original bill of fare, to exemplary obedience to the instruction of his Maker, is usually looked upon as an erratic innovation, an unsafe, even dangerous experiment, whereas it is nothing more or less than a return to the old ways of our ancestors. Fortunately, modern scientific research, especially the revelations of that highly prolific source of most precious health-promoting and life-saving information, the nutrition laboratory, has in recent years been leading us back to natural ways in matters pertaining to the nourishment of our bodies.

Recent researches have shown that even small deficiencies of this vitamin produce profound changes in the tissues, such as thinning or weakening of the walls of the small blood vessels, causing them to rupture, producing multitudes of minute blood spots or petechia in the skin, a condition often met with in advanced age.

The remarkable findings of Hopkins of England, Mendel of Yale, McCollum of Johns Hopkins, Sherman of Columbia, McCarrison of the British army in India, Funk, Hess, and Steenbock, have given us a great fund of vitally important knowledge about vitamins and food minerals, and have demonstrated that the proper management of our nutrition and balancing of the diet by the proper selection and combination of foods, are the most potent of all health-promoting agencies, while the neglect or ignoring of these dominating factors is probably the greatest source of human misery and inefficiency and the tragical brevity of human life.

237c The lack of vitamin C gives rise to premature aging in other respects. Vitamin C is, in fact, declared to be a youth-preserving vitamin. Dall-dorf proved a year or two ago that one third to two thirds of all the children found in the homes of the poor show this old age symptom. In some countries where a knowledge of improved nutrition and facilities for biologic living are not general, this peculiar fragility of the small blood vessels is found in the late winter and early spring months in a large proportion of the school children. Dalldorf found that an orange a day quickly caused the disappearance of this symptom of tissue feebleness which involves not only the skin, but the whole body. This enfeebleness of the tissues due to lack of vitamin C leaves the body open to infection. Such diseases as diphtheria, gripe, boils and other infections readily develop. It is becoming more and more clearly recognized by nutrition experts that lack of vitamin C through its lowering resistance weakens the defensive powers of the body and is the real cause of such symptoms as lassitude, loss of energy, sallow and muddy complexion, pains in the joints and limbs and especially pains in the legs usually attributed to rheumatism.

ON THE the other hand, a liberal supply of vitamin C is a highly important factor in positive health, and pronounced improvement in health may be secured by liberal supplies of vitamin C even when the intake of this vitamin is already regarded as ample. It has been suggested that the amount of vitamin C actually needed to protect a man from scurvy is one ounce a day of orange juice, grapefruit, lemon, tomato, tinned tomato or tomato juice, raw cabbage, or a pound of cooked potato or cabbage, or a pint of milk; but recent studies of Sherman and others have shown that for robust health or what might be regarded as an optional state of physical well being, several times the minimum amount named is required, or four to eight ounces of orange juice daily.





We ought to awake in the morning feeling full of life and energy.

**D**ID you ever feel as if something were wrong with you, although you weren't actually ill? Perhaps you thought it was your imagination. Yet, there is such a condition, and it is much more serious than it seems. It is known as asthenia. Asthenia, or depression, is a state in which nearly all the parts of the body function imperfectly; it is a subnormal state of health. The afflicted one is not ill enough to be laid up, but he can accomplish his daily tasks only with great difficulty.

Everyone likes rosy cheeks, sparkling eyes, an elastic step; and so we instinctively admire the person who has all these signs of well-being. But the complexity of our modern civilization is such that a great many persons, particularly office workers, factory hands, etc., live or work in closed places, deprived more or less of pure air. Such a confined and sedentary life may cause gradual failure of the health of the most robust.

The most noticeable symptoms of this state are thinness, or (more rarely) the opposite, obesity; muscular weakness; a "tired" feeling; a temperature below normal, low blood pressure, and shallow breathing. There may be, also,

That

# TIRED FEELING

By P. A. DeForrest, M.D.

mental depression. The patient may suffer from cold hands and feet. The continued lack of exercise causes weakness and wasting of the muscles. The bony structure is thus inadequately supported, and becomes deformed. The shoulders become rounded, and the chest hollow. The abdominal muscles sag, and the internal organs fall.

Moreover, since the muscles are inactive, they need less oxygen than usual. Consequently there is a loss of energy. The body becomes thinner, due to the diminishing of the muscles. The lung capacity decreases for the same reason, for nature has a tendency to suppress any organ of function in proportion to the lessening of its usefulness to the organism. Digestion is also slowed up because the tissues demand less nourishment. It then follows that the organs of excretion have less work to do, and they become sluggish. Thus a vicious circle is established that affects the entire system.

**U**NDER such a condition, foods that ordinarily would be beneficial to these patients, such as eggs, meat, cheese, beans, peas, etc., are dangerous. This is because the waste products from these foods are highly toxic if they are not thrown off promptly, and the absorption of these waste products, because of their slow progress through the digestive tube, readily causes a poisoning, which increases the depression and the ailment of the sufferer.

If you have that "tired feeling," it is important to find out the truth about your physical condition as early as possible. See your physician for a thorough examination. The more we advance in civilization, the further does medical science progress, and the greater is its tendency to become preventive rather than curative. Why not begin now to avail yourself of modern methods of diagnosis, and increase your chances of usefulness and happiness?

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**AFTER** the rich and beautiful fruits of summer have vanished, we are very glad that we still have that luxury of the fall and winter months, the walnut.

Mithridates, who was known to have a fear of being poisoned, attributed to walnuts the power of immunizing him against poisons. He considered that one of the best preventive measures was to take every morning, on an empty stomach, a mixture made by grinding together walnuts, figs, and leaves of rue.

In olden times walnuts were considered the best antidote for poison. Like the fruits, nuts have a beneficial effect on the intestines, acting as a gentle laxative.

In spite of all their healthful properties, walnuts have not always enjoyed the reputation of being universally beneficial. One old writer says: "They cause sores and irritations of the mouth, inflamed tonsils, and bad teeth." He



One of the delights of childhood—cracking nuts

# WALNUTS

By Francois Neuville, M.D.

(*Health Digest*)

further recommends that after eating nuts the mouth should be rinsed with vinegar, or one should suck a sour pomegranate.

It was also formerly believed that walnuts had other harmful properties; for instance, that they were indigestible; and that they caused vomiting and harmed the chest and the head! It was thought that *one* might possibly be eaten safely, after a meal; a second was very dangerous, and a third might prove fatal!

Chemistry has disclosed the exact

composition of nuts. They are very rich in proteins, fats, and other nutritive materials. Since they contain no carbohydrates, they are said to constitute a very good food for diabetics.

Unfortunately, they are frequently difficult to digest, especially when dry. Certain people, particularly those suffering from liver complaints, would be wise to abstain from eating them.

## A Moral Within

WHILE travelling in the United States a man was taken violently ill with an attack of acute indigestion. Hearing there was a Chinese doctor in the town who was highly regarded by the citizens of the locality, the sufferer sent for him. The physician came, felt of the sick man's pulse, inquired briefly as to his sufferings and then entered upon the following questionnaire.

"You smokee sligalet?"

"Oh, yes."

"Cigar, too?"

"Yes."

"Pipe maybe, eh?"

"Sometimes."

"You takee li'l dlink sometimee—maybe col' pop, col' soda, col' milk shakee, col' linger beer, licy-col' lemonade, col' slider, maybe some hot tlea, hot coffee, hot chocolatee, lots of sugar and cleam?"

"Sure thing."

"You eattee fast?"

"I got to, doctor—always in a hurry—lot to do, you know."

"You eattee hot biscuit?"

"You bet!"

"You eattee fly bacon, fly eggs, hot clakes, lots molass?"

"I'll say I do."

"You eattee gleasy stuff—some fly, some roast, some boil, some stew, some blake—you mix'em all uppee same time, eh?"

"Yes, everything goes with me."

"You eat pie?"

"Pie? pie is my middle name at mealtime, doctor."

"You eattee some pickle, some cheese, some nut, some nice lich clake, some lice cleam—you mixee all uppee inside same time, eh?"

"Yes, sir—that was the way I was taught to eat at boarding school."

"You dlinkee lice water same time?"

"Of course."

"Goodnightee! I can no cure big phlool."

—*Saturday Evening Post.*



Is There a Cure  
for the

# Drink Habit?

by  
Arthur N.  
Donaldson  
M.D.



A WISE old Roman long ago observed that "man does not die, he kills himself." Only today, in addition to the degenerate habits of Seneca's era, we have developed the lethal menace of petrol and speed. And the thing that makes this combination so dangerous to life is the increasing popularity of a narcotic and anæsthetic known as ethyl alcohol. What a mixture of petrol, alcohol, and speed will do is too well known to need repeating here.

Alcohol has *fuel value*, but *no food value*—an all-important point in the game of life. In the moral, mental, physical, and economic realm, the effect of alcohol is nothing short of devastating. For reasons, it, with tobacco, is dubbed a friendly drug, and yet most assuredly it can find no place among the blessings of mankind.

There are three classes of consumers of alcoholic beverages: the so-called "moderate drinker," the "hard drinker," and the "alcoholic." The moderate drinker may never become intoxicated, may restrict his intake very largely to beer and light wines, may successfully stick to his limitation throughout life, and eventually die without much outward evidence of alcoholic damage. He is the fellow, however, who may just as certainly be involved in a fender-

smashing contest because he cannot instinctively respond quite fast enough to what he sees. His reflexes are on ice, with alcohol as the refrigerating agent. And don't think that his beer and "light" wines are not pickling liver cells and stiffening brain capillaries. Your moderate drinker drinks because it wakes him up, "refreshes" him, removes inhibitions, and helps him to laugh. He may drink because he enjoys the flavour of fine wines, and may honestly think they benefit him physically, because of the seeming refreshment. This moderate indulgence, however, too often does not remain moderate, and easily forms the structural basis for eventual drunkenness.

THE second type is the "hard drinker" who celebrates New Year's, the new baby, birthdays, football games, races, class reunions, and numerous week ends, with alcoholic emphasis. But when the day is passed and the night is spent, he quits, and a restless sleep represents the end of that particular occasion. The next morning he will feel as if he had played sixty minutes of football with his head vigorously butting the ball every play; but he will not resort to the morning drink to dispel the hang-over. He will suffer agony in plenty for his few hours of release from

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worries and anxieties, for a temporary sense of superiority and well-being.

He may absorb cocktails during the day, but as long as he eschews the before-breakfast "bracer," he remains in class two. When he finds, however, that a "hang-over" is erased by another drink, and that the short period of normality seems to be returned by still another and only maintained by another, he is just around the corner from true alcoholism,—class three. To the real alcoholic, a brief night's sleep is only a long and undesired period of abstinence. Alcoholism is the symptom of a disease—the end phase of an alcoholic history. The alcoholic is too well known to call for a description of this tragic character.

**BUT** is there a cure for the drink habit? Yes, there is a way out, there is a cure. A few years ago the head of the great Boston Psychopathic Hospital paraded a group of alcoholics, "cured" and in the process of renovation, before a crowd of visiting physicians. When the last patient had left the room, he said, "These men are sent here to be cured of alcoholism. We do all that hospitalization and disciplinary control can do, but they go forth only to come back again in a few weeks or months, every one of them. Medical care is important, but there is just one thing more that is necessary in the cure of alcoholism, that is the religion of Jesus Christ." Now this man was not a religionist, but he knew that the essence of relief from this driving urge was the rehabilitation of the victim's mind—a change in his thought processes, the filling of his mind with constructive thoughts and facts, with a vision of a sober future, and above all a new desire—a state of mind wherein he actually does not want to drink. Hospitalization alone may temporarily check the outward expression of an alcoholic desire, but it alone will not alter the inner urge.

With these facts in mind, how much might you expect from the mail-order treatment of the "drink habit"? The so-called "cures" for alcoholism are distinctly fraudulent. Let us analyse two of them. No. 1, complete treatment, consists of 60 powders and 68 tablets. The powders consist of 3.6 per cent tartar emetic and 96.4 per cent milk sugar. The tablets consist of 13.2 per cent tartar emetic, 10.7 per cent boric acid, and 76.1 per cent milk sugar. The dose advised is three of each a day. No. 2 treatment provides three boxes of pills. Box one provides caffeine and strychnine (a stimulant) as principal ingredients; box two, strychnine (more stimulant); and box three, tartar emetic. Obviously the whole therapeutic idea here is to make the patient

so sick through the use of tartar emetic that he has no use for alcohol, or food either, for that matter. Sometimes you are supposed to slip the stuff surreptitiously into his coffee or food. He finds that he cannot retain his food, blames the alcohol for it, and quits it—presto! he is cured! Again we have the outward manifestation without the inward change. As a man "thinketh in his heart, so is he."

The foundation of any successful course of treatment for alcoholism is the patient's sincere desire to be helped. It is a waste of time, money, and effort if he "tries the cure" just to please the family; he must develop a state of mind that brings the conviction to him that it is the sensible thing to do, and without the idea that he is a martyr to his family in doing it. There must be an intellectual surrender to the cold fact that he cannot handle liquor, that it is getting the best of him, that he must absolutely give it up for all time, that it is the manly thing to do, that he can do it, that only the weaklings fail in it. Recognition of wrong in one's life, the admission of it, the sense of one's own helplessness, and sincere call for help,—this is the only way to meet successfully and conquer alcoholism or any other sin.

**AND** then comes the building-up program. He must be saturated with the idea that he is renouncing any and all alcoholic beverages forever. His physician will spend much time in kindly admonition, and in going over again and again the certainties of success in his effort. Just as the confirmed neurotic must be reassured of this fact and quieted on that fear many times a day, so the alcoholic must be brought to the point where his intellect will finally have complete and permanent dominion over his emotions.

The possible psychic cause of the alcoholic phase in the patient's life must be early determined and removed. The family will be approached, and they perhaps may be able to offer some suggestions as obtained from his alcoholic babblings as to why he sought to obliterate his real self. All causes of worry—financial difficulties, marital woes, disappointment, a family skeleton—must be erased if humanly possible.

The physical well-being is not to be overlooked. He must sleep, his appetite must be built up, a well-balanced diet must be provided, free from condiments and preferably free from flesh foods. His dietary interests should be radically reconstructed, for pepper, hot sauces, much salt, rare steaks, are the usual trimmings of an alcoholic program. The natural flavour of food is an unknown (*Please turn to page 32*)





The mystery of life is matched by the mystery of death; but there is authentic assurance of another life beyond.

# LIFE BEYOND the GRAVE

By E. Hilliard

**L**IFE in this world and life beyond this world depend on the only One who is able to impart life with all of its attendant blessings. Christ holds the keys of death and the grave. He said, "I am he that liveth, and was dead; and, behold, I am alive for evermore; . . . and have the keys of hell (the grave) and of death." Revelation 1:18. Only Christ can open the door of the tomb and bring forth His people unto that peaceful, unending life that knows no pain or sorrow.

Satan is the originator of sorrow and death. The great controversy between Christ and Satan that is now going on in the hearts of men, is rapidly settling the destiny of all. Satan was the first one who promised life through transgression; but our first parents did not find it true, and they are in their graves. The promise of life, on a false basis, has been reiterated from almost every pulpit throughout christendom. Because of this erroneous teaching, millions believe Satan's lie,—"Ye shall not surely die,"—instead of God's plain, positive words, "The soul that sinneth, it shall die." (Ezekiel 18:4, 20.) By many this text is

made to mean, The soul that sinneth it shall live forever in eternal torment.

All have sinned, all have come short of the glory of God; all must die, and all must live again. Christ said; "Marvel not at this: for the hour is coming, in the which all that are in the graves shall hear His voice, and shall come forth; they that have done good, unto the resurrection of life; and they that have done evil, unto the resurrection of damnation." John 5:28, 29.

**H**AD Satan been successful in holding the keys of death, the grave would hold its own for eternity. But thanks be to God that Christ, by virtue of His death and resurrection, still holds the keys of the much-dreaded grave, and there is life beyond the tomb. Not far hence those keys will be turned upon the graves of the righteous dead, and countless millions now sleeping in Jesus will come forth to enter upon their eternal reward.

It is the false teaching relative to man's condition in death that has led so many to believe the

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dead are rewarded when they pass from this life. The word of God plainly teaches that they are asleep. They know nothing. Their very thoughts have perished. Please read Ecclesiastes 9:5, 6 and Psalm 146:3, 4. Christ said concerning the death of Lazarus, "Our friend Lazarus sleepeth, but I go, that I may awake him out of sleep." John 11:11. It is hard to believe that Christ called him from the glory and beauty of heaven, back to this dark world. How passingly strange that Lazarus never said anything about the grandeur of that heavenly home. The fact is, he had never been there. He came from the grave body, soul, and spirit where all of the dead will come from. The word of God declares that His people who have passed away in death are in their graves, and will not know the Lord until they are brought forth in the morning of the resurrection.

**THE** thirty-seventh chapter of Ezekiel is quite largely devoted to the resurrection of God's people. According to the twelfth verse, they are sleeping in their graves: "Behold, O my people, I will open your graves, and cause you to come up out of your graves. . . . And ye shall know that I am the Lord, *when* I have opened your graves, O my people. Verse 13. Now if the saints receive their reward at death, they would know the Lord long before the resurrection of their bodies. They are resting, peacefully resting, until the voice of the LIFE-GIVER reverberates through the chambers of the dead calling, "Awake and sing, ye that dwell in dust." Isaiah 26:19.

The apostle Paul makes it very clear that the reward of those who sleep in Jesus is dependent upon their resurrection. He says: "If Christ be not raised . . . then they also which are fallen asleep in Christ have perished." 1 Corinthians 15:17, 18. According to popular theology, the souls of righteous Abel, Abraham, Isaac, Jacob, and David entered heaven at death. If so, they would continue to enjoy the glories of heaven if Christ had never risen from the dead. Paul and Peter and all who love the appearing of Christ will not receive their crowns until the second coming of Christ, when all the righteous dead will be raised to life and immortality." Please read 2 Timothy 4:7, 8 and 1 Peter 5:4.

**CHRIST** taught the people that when they made a feast they were not to call their kinsmen, nor their rich neighbours, lest they bid them again and they be recompensed. They were to invite the poor, the lame, and the blind, for said He, "They cannot recompense thee: for thou shalt be recompensed at the resurrection of the just." Luke 14:12-14.

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Both Indians and Europeans make a number of feasts during the year, and these festival occasions are greatly enjoyed. But neither of these nationalities make very many feasts expressly for the poor, the lame, and the blind. Those who carry out Christ's instruction in this matter are lending to the Lord. "He that hath pity upon the poor lendeth unto the Lord; and that which he hath given will He pay him again." Proverbs 19:17.

**IF** the righteous receive their reward at death, why the need of a resurrection, seeing they are already enjoying the bliss of heaven? It is believed quite generally throughout the Christian world that the saints will not have material bodies in heaven. What then is to be done with their resurrected bodies? The doctrine of reward at death makes null and void the resurrection; and yet there is no doctrine more plainly taught throughout the entire Scriptures than that of the resurrection. The doctrine of reward at death is unreasonable, and without Scriptural evidence.

A blessing is pronounced upon those who die in the Lord. They rest from their labours. (See Revelation 14:13.) Their troubles, trials, and anxieties are ended. There being no measurement of time in the grave, it is the same to the dead as if they were rewarded the next minute. The apostle Paul was executed at Rome more than nineteen hundred years ago. When he is raised from his dreamless sleep, it will seem to him to be scarcely a second.

**BLESSED** indeed are the dead that die in the Lord; for there is life eternal beyond the grave for all who sleep in Jesus. It was impossible for the grave to hold Christ who had never sinned; and it is just as impossible for it to hold the forgiven sinner. The promise is, "Even so them also which sleep in Jesus will God bring with him." 1 Thessalonians 4:14.

[Since the foregoing article was written, its author has passed to his death. For many years he laboured for God in various parts of the world, and during recent years was a resident of Bangalore. He died at the advanced age of eighty-five. To the last his faith remained firm in the hope of the resurrection of the dead; and now he sleeps till the coming of the Lifegiver. To the believer in eternal life through Christ, death is but an interval of quiet sleep, passed in a moment as far as the sleeper is aware. Our consuming desire is to live as this faithful saint lived, that we may die with the hope he possessed as a sheet anchor of the soul.—*Editor*]



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# THE MARCH OF TIME

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## War Clouds

INTERNATIONAL relations, rather than clearing up, grow more complicated and intense. Russia and Japan still glare at each other in Mongolia, seeming to hold the war dogs in leash only because they are so evenly matched, yet ready to let them loose when a border intrusion becomes unbearable or a chance is seen to strike for the working out of plans to get a firmer hold in northern Asia. An "incident" in the form of the killing of a Japanese bluejacket in Shanghai threatens to precipitate another punitive attack in that area; but the Chinese governmental backbone has stiffened, and China is telling Japan to keep hands off her internal affairs. The telling is the more effective since North and South China are now united in presenting a front to aggression. One of China's diplomatic representatives said recently that there could be no peace in the East till China has defied and defeated Japan.

In the Philippines, every boy and girl from the age of ten, as well as older youth, is being conscripted for some form of military service, looking to independence, and therefore, self-protection, when the islands bloom in full political flower in 1945. And plans being carried out by the navy of the United States, the parent power, indicate that the Philippines will be shielded by the American fleet from an overseas aggressor after they gain independence. The discussions of the biennial meeting of the Institute of Pacific Relations, composed of leaders of the nations who have interests in the area of the Pacific Ocean, held this past summer at Yosemite Park in America, were less pacific when they ended than when they began. The delegates, it is reported, "carried away impressions that the prospect for a peaceful solution of the profound political and economic conflicts raging or latent in the Pacific, is fainter than it has been for many years."

Spain's civil war, though internal yet involving international questions of communism and fascism, continues its gory course. It is estimated that 300,000 people, both soldiers and civilians, have already lost their lives. These two conflicting forms of dictator government, supposed to be the radical and conservative yet far from being distinctly defined, the one championed by Russia and the other by Italy and Germany, are fighting for supremacy in Europe, with fortune falling to fascism at present. In view of

the fascist tide in Western Europe, observers predict that the "Rebels" in Spain will finally gain the upper hand. Meanwhile, democratic government stands on the sidelines and looks on with alarm. The future looks ominous indeed to that great majority, the peace lovers, who find themselves powerless to stop the carnage and unable to doubt the promise of more carnage.

## Ocean Treasure

NOT COUNTING the gems "of purest ray serene" that the unfathomed depths of ocean may bear, it is estimated that man has dropped to the ocean's floor gold to the value of 2,100 crores of rupees, which is nearly half of the gold known to be in existence. Since governments have lately monopolized nearly all the available gold, there is more than ever a turning to mining and treasure-hunting for fresh supplies. The World War sent many a precious hoard underseas, and occasional storms have precipitated the yellow bars and coins to the bottom in amounts counted by millions. The liner "Merida" went down off the Virginia Capes in 1911 with fabulous amounts of money and gems on board; and just now, an expedition fitted out at a cost of two and one-half lakhs of rupees is going after it. The tragedy in such an adventure is that, even if the treasure is found, governments take about three fourths of it in taxes, and there is little left for the hunters. We know of a more certain way than that to get treasure, both here and hereafter.

## Dictatorships and Babies

ITALY, Germany, and Russia have been doing everything in their power to increase their populations—heavily taxing bachelorhood, putting a premium on marriage, offering prizes for large families, encouraging more and better babies. It is reported, however, that while the Soviet Republic is succeeding in the effort, Germany and Italy witness a steadily declining birth rate. And it happens that Russia is the only one that has room for an increased population. It cannot be that the other two want more people to fill up their territories, for they are clamouring for more territory for the crowded populations they already have. From their standpoint they want the greatness that numbers bring, and the numbers (in the form of soldiers) will be able to annex the territories needed for living. Whether right or wrong in their ambitions, the aggressive powers of central Europe are determined to take from

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the "haves" what they think they need. Unfortunately, that means war. If anyone has an effective stop sign, hand it to us and we will wave it.

### Subtle Alcohol

A CERTAIN noted American doctor, writing an article on "The Truth About Alcohol" in a current Indian Medical journal, tells about its harmfulness, even in small doses, to the human body. The reader is about to conclude that he had better let alcohol strictly alone, when he reads this at the end of the article: "It is not intended by what

is concerned, yet there is always that very real likelihood of the frequency of the indulgences being increased, and the enslaving alcoholic habit being formed. A few have the will power to resist the temptation to excess, but the many do not; and leaders are responsible for their example. Many a weak-willed, tempted youth is eager for an excuse, voiced by an "authority," to start letting go. One drink not only sets the tissues calling for another, but also weakens the moral power to refuse the second. The danger lies in the unchallenged fact that alcohol is habit-forming, and so makes *slaves*. Let the doctors




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No ocean, be it ever so wide, stops the airman—or airwoman—and now regular passenger traffic across every watery expanse is a reality.

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has just been stated on the subject of alcohol to imply that a social cocktail, or highball, or a glass of wine or beer with a meal, or in the evening, is harmful. The harm is done by the misuse or excessive use of alcohol, more especially by the young."

One is led to suspect, when reading a statement like this, that the writer of it is wedded to his highballs. However that may be, it shows how alcohol can deceive even the scientific men. "And whosoever is deceived thereby is not wise." We have abundant testimony from science on the other side of the question to the effect that, unlike some wholesome foods which may be harmful only when taken in large quantities at one time, alcohol injures the tissues even when taken moderately. If much does harm, a little does proportionate harm. And who wants to be harmed?

Even if we grant (which we do not) that a little alcohol taken occasionally as a beverage does not matter as far as immediate harm to the body

take the moral factor into account, and tell *all* the "truth about alcohol."

### The League of Nations—Rest in Peace

HOPE in the League dies hard, if it dies at all. It is kept alive because hope for international peace in the hearts of a majority of the world's people is always alive. And in spite of its impotence and blunders, the League gives promise by the little it has accomplished that some sweet day it will do greater things to produce amity among the nations. Its present well-wishers are proposing to so revise its covenant that it will be less objectionable to its members who continue to flout it, and yet more powerful to force peace. Inconsistent and impossible dream! We are enthusiastically for the League objective; but the capital IF in its program of action is the unwillingness of some of its constituents to surrender one iota of what they want for themselves, for the general good. As long as this selfish spirit continues, the League remains little more than a rhetorical expression.



**C**OME with me for a little visit to the ancient village of Nazareth. It is the year A.D. 23 and the world has not yet been stirred by the works and the teachings of one Jesus Christ. Those tender hands which are to bring health and healing to hundreds and thousands of suffering mankind are as yet busied only with the daily toil in Joseph's carpenter shop. But even now we hear of His pious life, His thoughtfulness of others, and His zeal in things pertaining to the kingdom of heaven. The streets are cleared with the exception of a few late synagogue-goers who are hurrying along toward the place of worship, for this is the Sabbath day. After wending our way through narrow bazaar streets, past small shops, we pause for a moment before a carpenter's shop. This, our guide tells us, is where Jesus of Nazareth works. But the shop is closed and locked! Where is Jesus spending His Sabbath day?

Luke tells us that He, too, has already gone to the synagogue where He takes an important part in the services of the day. "And He came to Nazareth, where He had been brought up; and, as His custom was, He went into the synagogue on the Sabbath day, and stood up for to read." Luke 4:16. According to the inspired Luke, we would find Jesus in the synagogue every Sabbath day, for he reminds us that it was Jesus' custom to spend the seventh day of each week in the study of the word of God in the house of worship. We are not surprised, for we remember that it was Jesus himself who made the seventh day, who blessed and hallowed it at creation. (Genesis 2:2, 3; Colossians 1:13-17.) Christ was "heir of all things," and His Father "made the worlds" by Him. (Hebrews 1:2) Jesus stated the truth when He said, "The Son of man is Lord also of the Sabbath" Mark 2:28).

**N**ATURALLY, then, we would expect Him to be observing and teaching the sacredness of the day which He himself had distinguished from all the other seven as being a day when the minds of men should be turned to the creative power of the omnipotent God. As in the beginning, Christ observed the Sabbath in His divinity, so now we find Him observing it in His humanity.

The scene shifts. Nearly five years have elapsed since we found Jesus in the synagogue during those pre-ministry days, worshipping on the seventh day of the week. This time we find ourselves jostled about by a great multitude of people. We find difficulty in edging ourselves close enough to get a glimpse of the great Teacher as He seats Himself on the mountain side and

# The Man Who

By R. H. Pierson

begins to outline the principles of His ministry. We have heard that this Man is a usurper, that He has come to cause both political and spiritual rebellion, and that He intends to establish a new kingdom and a new religion of His own. The Pharisees tell us that He is about to abrogate the principles of heaven that were handed down from God at Mount Sinai—even the Ten Commandments. (Exodus 20.) We marvel that a quiet, unassuming man could cause such a stir, that He could harbour behind those tender eyes any thoughts of rebellion, that He could ever aspire to set aside the law of God. We are not left long in suspense, for those kind lips part, and we hear His melodious voice. Our hearts melt within us as we listen to the simple truths of practical righteousness come forth as rivers of living waters to our thirsty souls. Surely they contain no hint of sedition, no trace of malice toward the Roman government, no grounds for civil prosecution. Our minds are at rest concerning His political aspirations. But what of His theology? Will He set aside the Ten Commandments as we have been told? Will He seek to vindicate Himself for alleged Sabbath-breaking? Will He announce the change of His Sabbath to another day of the week?

**T**HINK not that I am come to destroy the law or the prophets," we hear Him saying, "I am not come to destroy, but to fulfil!" How could intentions be more clearly stated? As if He reads the minds of the wily Pharisees, He forms His answers! As if He could foresee, hundreds of years into the future, a movement to set aside the divine principles and change His day of rest, He assures all generations that Heaven's will at Sinai is to be His guide and the theme of His ministry. Lest any should mistake His intentions He continues, "For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law until all be fulfilled." Matthew 5:17-18. As lasting as the heavens and the earth are the principles of the law of God. The Saviour revealed the sacredness which He attached to this heavenly document by saying that it would be easier for heaven and earth to pass away than for one jot or one tittle (the smallest Hebrew points, similar to the English

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# Made Rest

comma and period) of the Ten Commandments to fail.

Two years later we find ourselves near the close of Christ's earthly ministry. We are standing near the foot of Mount Olivet on the road leading to Gethsemane; the moon is shining brightly, and we are able to hear the sound of voices in the distance. As the approaching party nears us we can distinguish the person of Jesus, followed by His twelve disciples. They pause a moment near the very tree under which we are standing; if we listen closely we shall be able to hear what they are saying. He is assuring His disciples of His unflinching love for them. He assures them also that He is to break the fetters of the tomb that mankind might have the victory over death. How beautifully He dwells upon His relationship to them, urging them to accept of His strength which He so willingly imparts to all who love and obey Him. "If ye keep my commandments," He is saying, "ye shall abide in my love; even as I have kept my Father's commandments and abide in His love." John 15:10.

AGAIN the Saviour is unfolding to His followers the secret of His great power with heaven. It lies in His complete submission to the will of His Father in heaven—His unflinching obedience to "My Father's commandments." Once more He reviews His life of harmony with the oracles of heaven—His oneness in precept and example with the law of God, the Ten Commandments. Here in one of His last talks with the twelve, He is urging them to remember the commandments and to follow His perfect example in keeping them that they might live at peace with their God and with their fellow-men. As we listen breathlessly to these wonderful words of the Master, how can we entertain any suspicions that He is contemplating the removal of the blessing from the Edenic Sabbath, or that He proposes to amend the Constitution of the universe, or that He intends removing the "sign" (Ezekiel 20:20) from among His people on earth?

Our next and last contact with the Saviour is on the day of His crucifixion. As we make our way up Golgotha's hill on that awful day, we find the ascent difficult because of the phenomenal darkness which has enveloped the hillside. We pass terror-stricken Roman soldiers hurrying from the awful scene in which they have just participated; we see multitudes of people paralysed

with fear as they gaze upon the bruised body of the Son of God, uplifted on Calvary's cross. We stand with bated breath as we behold those who have been nearest Christ, weeping at His nail-pierced feet. How glad we are when we see Joseph of Arimathea come forward to claim the body of the sacrificed One. We follow him as he tenderly removes the lacerated figure of his Master and wraps it in clean linen cloth and lays it in "his own new tomb, which he had hewn out in the rock." (Matthew 27:60.) We pause for a moment in the twilight beside the sacred tomb. Jesus at last is at rest.

"The long day of shame and torture is ended. As the last rays of the setting sun usher in the Sabbath, the Son of God lies in quietude in Joseph's tomb. His work completed, His hands folded in peace, He rests through the sacred hours of the Sabbath day. In the beginning the Father and Son had rested upon the Sabbath day after their work of creation. When 'the heavens and the earth were finished, and all the host of them' (Genesis 2:1), the Creator and all the heavenly beings rejoiced in contemplation of the glorious scene. 'The morning stars sang together, and all the sons of God shouted for joy.' (Job 38:7.) Now Jesus rests from the work of redemption; and though there is grief among those who love Him on earth, yet there is joy in heaven. Glorious to the eyes of heavenly beings is the promise of the future. A restored creation, a redeemed race, that having conquered sin could never fall,—this, the result to flow from Christ's completed work, God and angels saw. With this scene the day upon which Jesus rested is forever linked."

IN HIS death, as in His perfect life, Jesus rested upon the Sabbath day. Forever this rest remains for the people of God to enjoy by reflecting upon His mighty creative and redemptive power.

These four glimpses into the life of the Messiah reveal to us that He not only hallowed the seventh day Sabbath with His creative power in the beginning, but He also kept it holy during His sojourn here among men. Before His ministry began, at its very height, as well as in the closing days and in His death, Jesus honoured the Sabbath of the fourth commandment (Exodus 20:8-11) which He himself had given to mankind centuries before.

John, that beloved disciple who was nearest the Master during His earthly ministry, reminds us today: "He that saith he abideth in Him ought himself also so to walk, even as He walked." 1 John 2:6.



**Y**ES, Charlie, I am aware of the fact that he is a valuable man to have in the factory. He has been here long enough for us to find that out. I believe in giving a man every possible chance to make good, and I sometimes stretch things a little in his favour. But there is a limit. An employee of ours who will do such a thing as he did, and at such a critical time, is not to be trusted at any time. If he would do that, what wouldn't he do?"

The last words of the superintendent were a little irritable.

"I know; but is that a fair attitude to take toward him because of this one falling down?" questioned his visitor. "He was doing well, you admit, and this is the first time he has made such a break."

"And it's the last time he'll have a chance to make such a break here," replied the superintendent bluntly. "Why, Charlie, the company might have lost thousands of rupees on that deal, and it was by no virtue of his that it didn't. One such fool trick is one too many for us."

"But I happen to know that there are certain mitigating circumstances connected with his action which I am not at liberty to reveal; and yet they make all the difference in the world as to what position you take in his case. Can't you consider the future of this man and his family, as well as the interests and profits of your factory?"

"I do, old boy," returned the manufacture, with a smile to relieve the tense situation, "but you must remember that I have heavy responsibilities here that I can't throw over for the good of just one person. Hundreds of people have money invested in this factory, and they are looking to me to conserve their interests. I have sworn to be loyal to them, and I am going to stick to my promise. If Freed is having a hard time, perhaps I can help him in some other way; and I am sorry for his misfortune, whatever it is. But I can't risk our interests for the sake of his. I can't take him back."

**B**UT don't you realize that this thing will get out, his reputation will be ruined, and he won't be able to find another job? He's not the kind of man to be an object of charity. All he wants is the opportunity to live this thing down and make it right in the very place he went wrong. Surely that's honourable and praiseworthy. Couldn't you give him another chance in view of that?"

"No, I couldn't. He may mean well; but it's hopeless,—hopeless, I tell you." There was a tone of finality in his voice as he swung around in his office chair to indicate that he didn't care to hear any more about it.

"But now, look here," and the other edged up a little closer to the desk, "you and I are friends, Jim,—have been nearly all our lives. Friendship is worth something, as you knew when I pulled you out of the swimming hole that day when we were boys together. I don't want to make a lot of that, for it was only what a friend should do under the circumstances. But in doing that I saved you for this corporation which values your services so highly. And corporations as well as human beings should have souls. Friendship costs something, Jim; and Freed is a special friend of mine. For the sake of old ties I want you to take him back and give him another chance. He has learned his lesson; and I give you my belief for it that this won't happen again."

## The **WORTH** of a **FRIEND**

By Robert Bruce Thurber

The superintendent whirled in his chair and gazed long and steadily into the eyes of his old friend. A dream of bygone days came back and crowded out the worry and fret of business. The face before him was transformed into that of Charlie Manning the boy, with the dripping hair, the serious blue eyes, the freckles standing out clearly on a clean nose, water running in rivulets down his cheeks and dropping off his chin, his whole bare body pale and twitching as he called, "Jim! Jim, old boy, wake up!" into the unhearing ears of a playmate who lay all but lifeless on a grassy bank. And Jim did wake up, thanks to Charlie. What if he hadn't? His heart warmed to him then in boyhood comradeship. And how many times since he had shuddered at the thought of what might have happened if Charlie Manning had not been a friend of the calibre that risked life itself for one in need. A mist rose before his eyes and hid the picture; and he turned to tap the office bell.

"Show the foreman in," he commanded the office boy.

"I've decided to give Freed another chance," he said as the man appeared, "so let him know, will you, to come back in the morning.—I under-

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stand," he continued, as the foreman hesitated and frowned; "but we've got to be a little lenient sometimes and in certain cases, I suppose. Keep me in touch with how he gets along. I'll talk with him myself when I get the time."

And he turned to the work of the day as his friend, with a heartfelt "Thanks, Jim," passed out and engaged the foreman in earnest conversation.

The plea of a friend's obligation to a friend won when every other argument failed. When a man stands absolutely helpless in the presence of circumstances which he cannot control, he feels the dire need of an influence greater than his own, the necessity of "a friend at court." No matter how strong, or rich, or wise we may be, nor how independent we may feel, there come times in



His friend, with a heartfelt "Thanks Jim," passed out.

our lives when we must have a friend, or suffer irreparable loss. It is all well and good to be self-reliant and to bear our own burdens, but the issues of life are too great for any mortal to meet alone. The give and take of friendship enables two or three working together to succeed when both, or all three, working apart, would fail. To receive from a friend is to be a channel, not a reservoir or object, of charity. To give to a friend is not loss, a process of subtraction; it is gain by multiplication; it is that which "scattereth abroad and yet increaseth."

The safest vessels that sail the sea of life are friend-ships. A friend doubles your acquiring power, for he catches the best things in life that you miss as they fly by, and holds them for you till you are ready to work them into your character building. Such friends are relatives and close acquaintances who are older and more experienced than we. Such friends also are teachers and ministers and books, and even animals and plants.

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A friend triples your ability, for he sees you from without, and is the only person who cares and dares, to tell you how you look from in front of your eyes. How often we think we would like to see ourselves as others see us. Try using a friend for a mirror, and you will get what you need,—though maybe not what you want. A true friend will forward your interests with a boldness and courage that you do not care to manifest for yourself, lest you lose becoming modesty. In a day when even merit is not recognized unless it is advertised, a loving companion will be able to sell the products of your life for you, whatever they be, to a greater advantage than you could ever hope for by crying your own wares.

But the best of all friends is the friend who has power, who is a Joseph of Arimathæa for riches and a Nicodemus for authority, as well as a John for love and a Peter for enthusiasm; who is an Esther for influence, as well as a Mordecai for devotion; who is able to offer and supply unlimited aid as well as sincere sympathy.

**R**ECEPTIVE friends are easy to get. A thousand people will be friends to you as long as everything is coming their way. But where is the man who makes friends in order that he may have the more channels through which he may pass himself out to others? There are such, but they are few. The only friend worth while is the one who has a constant inward urge to give more than he gets.

And such a friend is God.

He has all the characteristics of good friends among human beings, and added to those He has unlimited power and paramount unselfishness. He is the Super-friend.

But so many do not see the value of acquaintanceship with God, perhaps because they are more impressed with His power than with His friendliness. For some reason, God has been pictured as great and strong and all-wise and good, possibly beautiful,—yes, and loving,—but not friendly. Do we have to have someone down on our own level of weakness and ignorance and wrongdoing in order to be friends with Him? Is true friendship a dead-levelling process or an uplifting process? If it is an uplifting process, each friend must be higher than the other in some respects. And the higher powers and ideals one has,—provided he remains friendly,—the better off the other is for the contact. Friendship with God is an interchange. Though He is so far above us in so many ways, He is dependent upon us for an experience He never had; and there is a work which we can do that He can never do.

Think of the most good-natured, sunny-faced, large-hearted, (*Please turn to page 50*)



# The SERMON on the MOUNT

By Mrs. E. G. White

**C**HRISt seldom gathered His disciples alone to receive His words. He did not choose for His audience those only who knew the way of life. It was His work to reach the multitudes who were in ignorance and error.

The sermon on the mount, though given especially to the disciples, was spoken in the hearing of the multitude. After the ordination of the apostles, Jesus went with them to the seaside. Here in the early morning the people had begun to assemble. Besides the usual crowds from the Galilean towns, there were people from Judea, and even from Jerusalem itself; from Perea, from Decapolis, from Idumea, away to the south of Judea; and from Tyre and Sidon, the Phœnician cities on the shore of the Mediterranean.

The narrow beach did not afford even standing-room within reach of His voice for all who desired to hear Him, and Jesus led the way back to the mountain-side. Reaching a level space that offered a pleasant gathering-place for the vast assembly, He seated Himself on the grass, and the disciples and the multitude followed His example.

**T**HE disciples' place was always next to Jesus. The people constantly pressed upon Him, yet the disciples understood that they were not to be crowded away from His presence. They sat close beside Him, that they might not lose a word of His instruction. They were attentive listeners, eager to understand the truths they were to make known to all lands and all ages.

With a feeling that something more than usual might be expected, they now pressed about their Master. A feeling of expectancy pervaded the multitude also, and eager faces gave evidence of the deep interest. All hearts thrilled with the proud hope that Israel was soon to be honoured before the nations as the chosen of the Lord, and Jerusalem exalted as the head of a universal kingdom.

Christ disappointed the hope of worldly greatness. In the sermon on the mount, He sought to undo the work that had been wrought by false education, and to give His hearers a right

conception of His kingdom and of His own character. Yet He did not make a direct attack on the errors of the people. He saw the misery of the world on account of sin, yet He did not present before them a vivid delineation of their wretchedness. He taught them of something infinitely better than they had known. Without combating their ideas of the kingdom of God, He told them the conditions of entrance therein, leaving them to draw their own conclusions as to its nature.

**C**HRISt'S first words to the people on the mount were words of blessing. Happy are they, He said, who recognize their spiritual poverty and feel their need of redemption. The gospel is to be preached to the poor. Not to the spiritually proud, those who claim to be rich and in need of nothing, is it revealed, but to those who are humble and contrite.

"Blessed are they that mourn; for they shall be comforted." By these words, Christ does not teach that mourning in itself has power to remove the guilt of sin. The mourning of which He speaks, does not consist in melancholy and lamentation.

We often sorrow because our evil deeds bring unpleasant consequences to ourselves; but this is not repentance. Real sorrow for sin is the result of the working of the Holy Spirit. The Spirit reveals the ingratitude of the heart that has slighted and grieved the Saviour, and brings us in contrition to the foot of the cross. By every sin, Jesus is wounded afresh; and as we look upon Him whom we have pierced, we mourn for the sins that have brought anguish upon Him. Such mourning will lead to the renunciation of sin.

The worldling may pronounce this sorrow a weakness; but it is the strength which binds the penitent to the Infinite One with links that cannot be broken. It shows that the angels of God are bringing back to the soul the graces that were lost through hardness of heart and transgression. This sorrow heralds a joy which will be a living fountain in the soul.

And for those also who mourn in trial and sorrow, there is com- (Please turn to page 30)





¶ Sixty-three human hearts have been made to beat again after being removed from the bodies of persons who have died.

¶ Entomologists have kept bedbugs alive and active for a year without food, according to the American Institute of Sanitation.

¶ The United States uses more paper than all the rest of the world combined, the total being an average of ten million tons each year.

¶ Tibetan peasants think it good form to greet foreigners and nobility by stretching out their tongues and keeping them there for a minute or two.

¶ Women comprise 42 per cent of all workers in Soviet Russia; 36 per cent of students in higher technical schools, 75 per cent of medical students.

¶ Many young and middle-aged women who have taken the dangerous fat-reducing medicine, dinitrophenol, have developed cataract of the eye.

¶ A band 200 miles wide to wrap entirely around the earth!—that is the quantity of Cellophane that has been produced during the past ten years.

¶ A pair of shoes, size 39, was turned down by Robert Wadlow, eighteen-year-old giant of Alton, Illinois, U. S. A., because they pinched his feet.

¶ Tides in the solid earth which reach a height of two feet are caused by the sun and the moon, Dr. R. D. Wycoff, of Pittsburgh, said in a recent report.

¶ Many poultrymen beat the heat in summer by dipping eggs in a thin, white mineral oil. This seals the pores of the shell and helps the egg to retain its fresh quality.

¶ Gambling is not only demoralizing, but it doesn't pay. In the sweepstakes there is only one chance in 130,000 of winning a large prize, and only one in 2,500 of winning a small prize.

¶ In his experiment with cobra venom as an analgesic, Dr. D. I. Nacht of Baltimore has injected the poison into the skin of 115 cancer sufferers. Of this number 65 experienced a marked relief of pain.

¶ In 1913 it took six weeks to apply the twenty-two distinct coats of old-style paint and varnish to the automobile body. Now the motor car body can be finished from the raw metal in a single day.

¶ When J. D. Rockefeller, Jr., and Edsel B. Ford, the young president of the Ford Motor Company, withdrew from the "Council of Moderation," this new organization collapsed, and John Barleycorn lost one of his ablest recruiters and crusaders. This four-month-old champion of "enough-but-not-too-much" collapsed because of disagreements. Some of the youthful leaders favoured total abstinence as an ideal, while the older heads favoured moderate drinking,—"enough-but-not-too-much,"—as a slogan. What killed it was the dispute over "enough." William Jennings Bryan, the great commoner, experienced the same trouble with his drinking friend whom he sought to teach the road to moderation by suggesting that after he had "enough," he should order sarsaparilla. "But," explained the friend, "when I've had enough I can't say sa'sp'riller."

¶ France claims she has no mosquitoes.

¶ The rat population of the United States is approximately the same as the human population.

¶ According to latest reports from Europe, ex-Emperor Haile Selassie's personal holdings are worth about £ 1,000,000.

¶ "The average cocktail is unfit for any stomach except, perhaps, that of a carrion-eating hyena."—Arthur Brisbane, noted columnist.

¶ Left-handedness is half again more frequent among boys than it is among girls in a group of 7651 school children, observed by Dr. M. Schiller, city physician of Stuttgart, Germany.

¶ Solid metal, strange as it may seem, is used as a sieve for hydrogen. The metal is heated to cause it to expand and open the spaces between the atoms; then the tiny hydrogen atoms rush like water through a basket.

¶ The use of a new cellulose cement is revolutionizing shoe manufacture. One half of the production of women's street and dress shoes, and a growing percentage of men's shoes, are neither sewed, nailed, nor pegged; the soles are cemented to the uppers.

¶ A cat may have nine lives, but one butterfly, the gold-banded skipper, is born seven times. It actually passes through six metamorphoses in its progress from the adult insect, each stage having its own peculiar physical structure, colour, and way of life.

¶ Dr. Donald A. Laird, of the Colgate University in the United States, showed recently that noises of the jazz type, while eating, affect the secretion of saliva in the mouth and gastric juices in the stomach. His experiments showed that the music of the noisy type definitely cuts down the flow of the juices.

¶ Max Cosyns, the daring stratosphere explorer, said to a correspondent of *Le Temps*, who, an instant before his departure, offered him a glass of champagne: "I am a dry. I never drink anything but water; I shall not begin today when I wish to keep a clear head and to be in complete possession of all my faculties."

¶ A very successful business man, Mr. Harvey Blodgett, says in his new book entitled, "Man Alive! Forty More Years to Go:" "Have pride in a healthy body and a clear, wholesome mind. Think this thing through. Temperance becomes not so much a matter of morals as a matter of survival. Your keenest competitors are the men with the clearest brains, and alcohol doesn't clear brains. It muddles them."

¶ South Africa is the only place in the world where women "absolutely rule the roost," and father has no voice at all in domestic affairs, says the Johannesburg (South Africa) *Sunday Express*. Among the Bamba tribe of northeast Rhodesia, mother-in-law problems of civilized lands pale into insignificance. The Bamba tribal law lays down that a man, when he marries, must live with his wife's parents and work for his father-in-law. In this tribe it is the wife and her mother who direct everything, and no notice is taken of the husband.



# PROPHETS

By Claud

**A** HUMAN relay, such as is described in Jeremiah 51:31—"One post shall run to meet another, and one messenger to meet another"—was one of the fastest modes of communication known in B.C. 500. When the king of Persia, some years later, wished to send an official message to his vast domain from India to Ethiopia, it was carried "by posts on horseback, and riders on mules, camels, and young dromedaries." Esther 8:10.

For thousands of years men travelled and sent their communications in this same manner. Our grandfathers had few of the conveniences that we enjoy.

Suddenly there came a great awakening. A tidal wave of discovery, exploration, and invention swept over the earth. "I do not believe," says Lord Baldwin, of England, "that we yet realize the magnitude of the growth of knowledge that has taken place in three generations, in the sixty or ninety years drawing to a conclusion; our whole view of the world has been revolutionized in that time, our whole view of history, our whole view of science, our whole conception of the material world, our whole knowledge of the growth of progress."

**T**HE marvellous increase in knowledge and invention, with the accompaniment of speed in travel and communication, was revealed by God through His prophets long ago. It was hidden in symbols and ancient descriptions, because this information was not to be understood until the days of its fulfilment—"the time of the end."

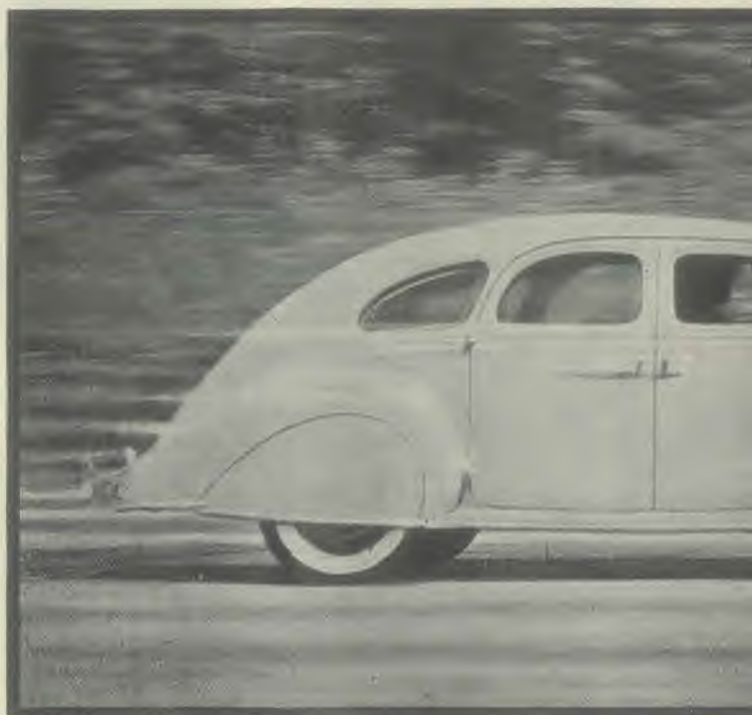
In 1916 there was held in Washington, D.C., U. S. A., a celebration of the fortieth anniversary of the birth of the telephone. (See *National Geographic Magazine*, March, 1916.) About 800 diplomats, artists, statesmen, scientists, and business men attended. In his address before this distinguished audience, Josephus Daniels, then Secretary of the Navy, called attention to a prediction by the prophet Daniel.

"One of the old seers," he related, "whose vision seemed to overlap the centuries and even millenniums, and focus itself upon our own times, said, 'Many shall run to and fro, and knowledge shall be increased.' " Daniel 12:4.

When the King James version of the Bible was translated in 1611, it was impossible for the scholars of those days to put into English that which they did not understand. The idea of speed in travel was still unknown. Later the eminent Hebrew lexicographer Gesenius, in commenting upon the words "run to and fro," interpreted them: "To run up and down, to go

to and fro, hither and thither, in *haste*; to go over the earth or land in travel."

While this authority caught the thought of "*haste*," the real meaning is just beginning to unfold as it is compared with modern developments. Another present-day student of the Hebrew reads it thus: "The Hebrew word, *Ya-shoot-too*, is also a comprehensive term. It may mean more than 'run to and fro.' It may include the thought of running hither and yon." The paramount



Seventy and eighty miles an hour are easy speeds for the high-power

thought of this part of the text is speed. With the working out of the rocket idea of travel, we may yet see men hurled through the air like bullets.

A copy of Mother Shipton's prophecy, dated 1663, is preserved in the British Museum. One couplet reads:

"Around the world thoughts shall fly  
In the twinkling of an eye."

Shortly after the telegraph was put into operation someone wrote a response to this prophecy:

"By telegraph, thought now doth fly  
As lightning flashing through the sky."

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# of SPEED

Holmes

Today, as we see the marvels of the telephone and radio, which permit man to transmit his words like the lightnings, we are reminded that God suggested this idea to Job, when He inquired of him: "Canst thou send lightnings, that they may go, and say unto thee, *Here we are?*" Job 38:35.

Job could only answer the question in the negative. But now, after thousands of years,



stream-lined motor cars of today; but they can never be safe speeds.

when knowledge has been increased according to the prophecy, men have discovered the secret of making the lightning speak. "Franklin tamed the lightning, and Professor Morse taught it the English language," was a current saying in the days when the telegraph was a new thing.

A brief history of the discovery and development of the telephone, and its wonderful service to humanity, is given in the 1936 "Telephone Almanac." When one lifts the receiver, says the editor, the response is "as if to speak for the whole organization of telephone employees, each of whom answers: '*Here I am*, at your service!'"

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Thus, strange as it may seem, almost the identical words of Scripture are used—"Here we are"—not as a comment upon the text, but as a record of facts; the lightnings truly speak.

The record of the destruction of Assyria's great capital city, Ninevah, is a prophecy revealing how speed plays a part in modern warfare. We are indebted to the ancient war correspondent, Nahum, for a description of this siege which reveals not only the fact of rapid transit for vehicles (chariots) but the origin of their speed as well.

Says the prophet: "The chariots rage in the streets; they rush to and fro in the broad ways: the appearance of them is like torches: they run like the lightnings." Nahum 2:4, A.R.V. No such speed was known in those days, nor were the cities supplied with broad ways as today, hence these expressions must be prophetic.

AS FAR back as the seventeenth century, the distinguished scientist, Sir Isaac Newton, caught a glimpse of this prophet's vision of speed, and he modestly wrote: "I am convinced that there will be a marvellous increase in the speed of transportation on the earth. I believe, in the providence of God, though the method now be entirely hidden, men will yet travel at the rate of fifty miles an hour." For making this statement the noted infidel Voltaire held Newton up to ridicule, calling him a "silly dotard," and said that the "study of prophecy has led the prince of philosophers to make a fool of himself."

But the prophet Nahum also gives the source of this speed, which is remarkable when we think that it was written millenniums ago. "The chariots are with fire of steel." Chapter 2:3, A.R.V., margin. Not until our day, the day of the firebox and the gas engine—fire encased in steel—could this text be properly understood.

Commenting on this same verse, Secretary of the Navy Daniels, in the address previously referred to, said: "It is indeed wonderful what some of those ancient men foresaw. Did Nahum get a foreglimpse of automobiles when he wrote those words?" And again he asked: "Did old Jeremiah get a foreglimpse of the aeroplane as an army scout when he wrote: "Behold, he shall fly as an eagle, and shall spread his wings over Moab. Kerioth is taken, and the strongholds are surprised.'" Jeremiah 48:40, 41.

Again we are given a view by Jeremiah of the speed with which an enemy may destroy a whole country. As he saw it in vision, he cried out: "My anguish, my anguish! I am pained at my very heart; my heart is disquieted in me; I cannot hold my peace; because thou hast heard,



O my soul, the sound of the trumpet, the alarm of war. Destruction upon destruction is cried; for *the whole land is laid waste: suddenly* are my tents [his home] destroyed, and my curtains in a *moment*." Jeremiah 4:19, 20, A.R.V.

The destructiveness of modern warfare has been clearly described by the word of God. We know that nation shall yet rise against nation until the earth is strewn with the dead. The knowledge that God has given to man to assist him in proclaiming the gospel of salvation and of the near second coming of Christ has been perverted many times into a curse. Instead of using the many inventions and discoveries to preserve life, too often they are used to destroy life.

The sequel to this story is found in the ninety-first Psalm. While thousands are perishing from pestilence and from the "arrows" that fly by night, and from the destruction that comes at "noonday" when the *winged* aeroplanes can see where to drop their missiles of death, how appropriately the psalmist counsels all to hide under the "*wings*" of the Almighty.

### *The Sermon on the Mount* (Continued from page 26)

fort. The bitterness of grief and humiliation is better than the indulgences of sin. Through affliction God reveals to us the plague-spots in our characters, that by His grace we may overcome our faults. When brought into trial, we are not to fret and complain. We should not rebel, or worry ourselves out of the hand of Christ. We are to humble the soul before God. The ways of the Lord are obscure to him who desires to see things in a light pleasing to himself. They appear dark and joyless to our human nature. But God's ways are ways of mercy, and the end is salvation.

God's word for the sorrowing is, "I have seen his ways, and will heal him; I will lead him also, and restore comforts unto him and to his mourners." "I will turn their mourning into joy, and will comfort them, and make them rejoice from their sorrow."

"Blessed are the meek." If we possess the humility of our Master, we shall rise above the slights, the rebuffs, the annoyances to which we are daily exposed. The highest evidence of nobility in a Christian is self-control. Lowliness of heart is the strength that gives victory to the followers of Christ; it is the token of their connection with the courts above.

Not only the wise, the great, the beneficent, will gain a passport to the heavenly courts; not only the busy worker, full of zeal and restless

activity. No; the poor in spirit, who crave the presence of an abiding Christ, the humble in heart, whose highest ambition is to do God's will,—these will gain an abundant entrance.

"Blessed are they which do hunger and thirst after righteousness." All who long to bear the likeness of the character of God shall be satisfied. The Holy Spirit never leaves unassisted the soul who is looking unto Jesus. He takes of the things of Christ and shows them unto him. If the eye is kept fixed on Christ, the work of the Spirit ceases not until the soul is conformed to His image.

**THE** merciful shall find mercy. Selfishness prevents us from beholding God. Until we have renounced this, we cannot understand Him who is love. Only the unselfish heart, the humble and trustful spirit, shall see God as "merciful and gracious, long-suffering and abundant in goodness and truth." The pure in heart shall see God. Every impure thought defiles the soul, impairs the moral sense, and tends to obliterate the impressions of the Holy Spirit. It dims the spiritual vision, so that men cannot behold God. The Lord may and does forgive the repenting sinner; but though forgiven, the soul is marred.

"Blessed are the peacemakers." The peace of Christ is born of truth. It is harmony with God. Men cannot manufacture peace. Human plans for the purification and uplifting of individuals or of society will fail of producing peace, because they do not reach the heart. The only power that can create or perpetuate true peace is the grace of Christ. When this is implanted in the heart, it will cast out the evil passions that cause strife and dissension.

After explaining what constitutes true happiness, and how it may be obtained, Jesus more definitely pointed out the duty of His disciples, as teachers chosen of God to lead others into the path of righteousness and eternal life. He knew that they would often suffer from disappointment and discouragement, that they would meet with decided opposition, that they would be insulted, and their testimony rejected. Well He knew that in the fulfilment of their mission, the humble men who listened so attentively to His words were to bear calumny, torture, imprisonment, and death, and He continued:

"Blessed are they which are persecuted for righteousness' sake; for theirs is the kingdom of heaven." The world loves sin, and hates righteousness, and this was the cause of its hostility to Jesus. All who refuse His infinite love, will find Christianity a disturbing element. While those who yield to the influence of the Holy Spirit



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THEY'RE IN DANGER*



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begin to war with themselves, those who cling to sin war against the truth.

Thus strife is created, and Christ's followers are accused as troublers of the people. But it is fellowship with God that brings them the world's enmity. They are bearing the reproach of Christ. Not with sorrow, but with rejoicing, should they meet persecution. Each fiery trial is God's agent for their refining. Each is fitting them for their work as co-labourers with Him. Each conflict has its place in the great battle for righteousness, and each will add to the joy of their final triumph.

### *Is There a Cure for the Drink Habit?*

*(Continued from page 17)*

quantity to these people, and good, plain food will taste pretty flat for a while.

As appetite and strength return, exercise in increasing doses is required. Supervised hydrotherapy (sweats, heat and cold to the liver, salt glows, revulsive sprays) and massage are very desirable. In fact, sanitarium care for a period of four to six weeks, where the patient can be retained and observed under the immediate and constant hand of trained attendants and resident physicians, is by far the best plan.

**T**H**ERE** will be a flood of memories that crowd in—destructive day-dreaming of the "joys" of an alcoholic past. These must be repressed by what might be termed positive thinking. The physician should direct his re-education in assisting him to crowd out unhealthy thoughts by filling his mind with wholesome things. And who can improve on the admonition of David, "Thy word have I hid in mine heart?" A study of the Scriptures will provide a type of constructive thought that can submerge any injurious memory urge, and so strengthen intellectual control that the emotions can ever be held in line. Some one has said that expression deepens impression. A good thought verbally expressed to oneself is helpful. And so encourage the patient to talk to himself, arguing the positive side of the step he has taken; let him learn passages of Scripture and repeat them aloud.

There is nothing any more certain than that as a man "thinketh in his heart, so is he." If he dwells on alcoholic "pleasures" of the past, if he dreams of a possible alcoholic excursion of the future, he will be alcoholic when the "cure" is finished. The mind must change its type of thought. And the invitation, "Come unto Me," holds the greatest promise of success if it is accepted. "I will give you rest" if you will do

your part, says the Great Physician. The patient's part is to accept that help on bended knee, and secure heaven's blessing in the development of a mind that thinks clean and straight, and one that will check destructive thought at its inception.

The patient will profit by an organized daily schedule and by disciplining himself to the point of exact conformity to it. Mental and physical laziness and inefficiency are to be overcome, and nothing will help quite so much as to live by schedule. Think and plan, and then execute the plan. Every one can plan, but execution of a plan requires the sort of mental stuff the lost individuality of the alcoholic will have to labour to regain. It helps him to boss himself. And a schedule brings something concrete into his treatment program.

**S**O YOU see there is something tangible about the cure. It is a course in mental training. Will power, yes, but what an intangible thing it is to tell a man he must exercise his will power! Habit of thought is more powerful than so-called will power. Through such an avenue he may reach that state of control of himself where, with Paul, things he once loved he now hates, and things he once scoffed at he now loves. The desire not to drink will be so strong that he can carry on his business and social activities amid the smell, the tinkle, and the invitation of the tempter. No danger to the man "whose mind is stayed on Thee."

Like many other disease processes, alcoholism requires much time in the correction of the destruction wrought. There may be lapses during the first six months—lapses that must be considered in the light of mistakes, rather than premeditated efforts to get off the wagon. Eventually, with kindness, and lengthening periods of non-alcoholic living, there comes a time when the patient will express such confirmed disgust with his failure, and recognize so fully the joy of non-alcoholic existence, that he ceases to "fall." Extreme vigilance for one year, with probation a second year, and with the Lord's help, he is a free man forever.

But the essence of the whole thing is, NEVER BEGIN.

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## The DOCTOR SAYS

This question and answer service is free to our subscribers. Your questions will be referred by the editor to specialists in the line you are interested in. They will not attempt to treat disease or to take the place of your regular physician. Questions on health of general interest will be answered on this page. In special cases, where a personal reply is necessary, this will be given if a stamped addressed envelope accompanies the question. Address the editor, and make questions short and to the point.

**TUBERCULOSIS:** *Ques.*—"If a man's sputum shows T. B. germs at one examination and not every one, is this a sure sign he has the disease?"

*Ans.*—It is quite possible that the sputum may be positive for T. B. and then suddenly become negative, and at the very next examination it may again be found positive, and the man still have T. B. These changes in findings do occur.

**MUSTARD OIL:** *Ques.*—"Beriberi is prevalent in Calcutta, and some medical men attribute it to the consumption of bad mustard oil. Can you name a cheap substitute for this oil, to be used in cooking?"

*Ans.*—There are three diseases often confused because they are so near alike in their symptoms. These are epidemic oedema, beriberi, and polyneuritis. Apparently the causes for these three maladies are different. Sir Robert McCarrison has conclusively shown that beriberi is due to an insufficient amount of vitamin-B-containing food in the daily food ration. The remedy and prevention of beriberi is to use two or three vitamin-B-containing foods daily. Such foods are dal, milk, eggs, wheat, unpolished rice, soya beans, fresh fruits, vegetables, nuts, and yeast. According to the above observation mustard oil has nothing to do with the causation of beriberi.

**Gas:** *Ques.*—"I exhale gas after eating, and have a rumbling in my stomach. Water drinking helps me. What medicine can I take for this?"

*Ans.*—The symptoms complained of indicate fermentation in the food canal. This may be the result of unsuitable combination at meals, or eating at more frequent intervals than the digestive capacity is capable of caring for. Also the food may not contain sufficient amount of the essential vitamins to promote digestion. These are the essential factors, together with thorough mastication, which should receive attention.

**Tired Feeling:** *Ques.*—"I have a tired feeling when I rise in the morning and while I am at work. I eat thrice daily—milk, bread, mutton, chapaties, vegetables, and curd. I am only 22 years old. How can I feel good in the morning?"

*Ans.*—The symptoms as outlined indicate a toxic condition of the bowel from which absorption is taking place. I suggest that you omit the evening meal entirely for one month, taking only some fruit juice at night. Before retiring take a copious enema of 2 to 3 quarts of warm water to which may be added the juice of one lime and a tablespoon of sugar milk.

**DIABETES:** *Ques.*—"I have diabetes, with about 2 per cent sugar. Rice diet increases the sugar. Treatments help, but when stopped, the trouble returns. Also my heart is bad; I faint when going up stairs."

*Ans.*—Both the diabetes and heart symptoms indicate a condition of acidosis. The diabetes is the result of a crippled pancreas. This organ has been functionally overtaxed, and consequently degenerative organic changes have taken place. Your capacity for starch and sugar digestion has been reduced, and you must now readjust your eating practices to this fact. You will always need to follow a restricted diet.

**DANDRUFF:** *Ques.*—"How can I get rid of dandruff?"

*Ans.*—We suggest that you apply vigorous brush massage to the scalp daily, and if it can be arranged have one or two applications each week of ultra-violet rays. Another useful measure is to rub the scalp thoroughly with a handful of wet salt, wash the head with alternating applications of hot and cold water. Avoid wearing a hat more than necessary.

**FINGER CONTROL:** *Ques.*—"I earn my living as a typist. One of my fingers refuses to work without great effort of my will. What is the matter, and what can be done?"

*Ans.*—Your finger really requires rest from the type of work you have been doing. You will find relief from the pain and strain by placing the hand and arm in a hot water bath for about 15 minutes two or three times daily. Another useful plan is large hot fomentations covering the arm and hand. This may also be done two or three times daily.

**LOSS OF SENSES OF SMELL AND TASTE:** *Ques.*—"As the result of an accident I lost my sense of taste and of smell. Taste has returned, but is not acute. Still I cannot smell. What can I do to recover the full use of these senses?"

*Ans.*—To encourage the return of special sense functioning there are several useful measures. Among the most effective are infra-red rays, short-wave energy, and in some cases very mild applications of direct current to the mucous membrane of the nose are indicated. It is necessary to avoid smoking and excessive acid-ash-forming diet. The membranes of the nose and throat are very sensitive to unbalanced diet, and to the toxic material absorbed from a constipated colon. If constipation exists, the daily warm enema is to be recommended.

**KIDNEY INFLAMMATION:** *Ques.*—"My child is troubled with inflammation of the kidney, according to the doctors, and has albumin in the urine."

*Ans.*—In a case like this without knowing full particulars through personal observation, it is possible only to

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# WE WERE WORRIED *about Pat, until—*



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suggest the usual dietary measures applying to inflammation of the kidneys. The plan of diet should be as follows:

All fresh fruits	All stewed fruits
All vegetables with the exception of asparagus	
Flake Cereals	Bran preparations
Rice	Whole wheat bread, 24 hours old

Note:—Rolled oats should be avoided altogether, also hot or fresh breads, and all cereal foods should not be used in excess.

Of miscellaneous foods: macaroni, nuts, spaghetti, in moderation; honey, butter, cream, olive oil.

For desserts use vegetable gelatine, ices, or plain cakes.

Note:—The diet for nephritis should be kept low in protein; salt should be used sparingly and entirely dispensed with in more severe cases. Meat, meat broths, Savora broth, and condiments should be avoided. It is especially essential to keep the dietary laxative. In case of loss of appetite and decrease in weight, sweet milk and buttermilk may be added with advantage to the dietary.

INCREASED WEIGHT: *Ques.*—"I am in good health, but my weight has increased more than it should. How can I reduce it?"

*Ans.*—There are three principal reasons for an increase of weight. (1) Each individual according to height and age requires a certain number of weight-producing food calories. Each ounce of food has a definite caloric value. You should have a definite checking up of the caloric value of what you eat to ascertain if your food intake exceeds what is required to maintain weight balance for your height and age. (2) Improper mastication, hasty eating, unfavourable food combinations, too frequent meals, imperfect bowel elimination, indigestion. These all come under one heading involving perfect digestion of food eaten. When food is not properly digested and completely oxidized, nature then is inclined to tuck it away in the form of fat. This represents a low grade of tissue. (3) The third frequently met cause for increase in weight is the under-functioning of certain glandular structures concerned with food metabolism. These are the thyroid, pituitary, pancreas, liver and sex glands. It is obvious that in a case such as you describe the first essential is to ascertain which of the causative factors are involved, as this is absolutely necessary before satisfactory remedial measures can be determined.

JUNKET POWDER: *Ques.*—"Do you know junket powder (rennet)? It turns milk into junket (sweet curds) within about 15 minutes and without making it sour. Do you know if that is just the same as curds, or is it alkaline?"

*Ans.*—Junket made with rennet powder is a very excellent form in which to take whole milk. This is better than curds as it leaves the milk in its normal balance.

GHEE: *Ques.*—"The article says that ghee-cooked foods are acid. Is ghee itself just put on the food at the time of eating also acid?"

*Ans.*—Ghee is not acid itself. When food is cooked in hot fat it produces certain changes in the food, making it difficult for digestion and fixing certain alkali factors so that they become unavailable as such. Food so prepared, while not actually acid in itself, does have an acid-like effect in that it calls upon alkali reserves to facilitate its processing within the body. This depleting of the essential alkali reserve produces the same final effect as if the food were actual acid-forming. Cooking in hot fat, or frying, is the least desirable method of preparing foods. (Please turn to page 52)

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**SCOTT'S Emulsion**  
of Pure Cod Liver Oil





## A DESSERT FOR EVERY DAY IN THE WEEK

By MRS. H. C. MENKEL

### ORANGE DELIGHT

Juice of oranges—equal to 16 ounces	2 tablespoons lemon juice
4 egg yolks, well beaten	$\frac{1}{2}$ cup sugar
6 small sponge cakes	few grains of salt
2 tablespoons powdered sugar	4 egg whites, beaten stiff
	1 teaspoon grated rind of lemon

Wash oranges and lemon, grate rind from lemon or lime, and set aside. Put juices and sugar in upper part of double boiler and set into lower boiler in which is boiling water. Place over fire to keep water boiling, and when juices are hot pour four tablespoons over the beaten yolks, stirring well; gradually stir this mixture into the hot juices, mixing until smooth and thickened. Place the sponge cakes into a glass dish, and while custard is still warm pour over the cakes and set dish on ice to chill. Beat egg whites adding the powdered sugar, salt, and grated rind; beat again until stiff and will stand in peaks. Place on cold custard just before serving. Whipped cream may be used in place of egg whites and make these into a delicate white cake for tea, serving cold fruit juices in place of tea!

Use the same size cups and spoons and level measurements in measuring when following the recipes.

### WHITE CAKE

$\frac{1}{2}$ cup butter	4 egg whites and pinch of salt
$1\frac{1}{2}$ cups flour, measured after sifting 4 times	1 cup sugar, rolled until fine
	$\frac{1}{2}$ teaspoon baking powder

Cream the butter and sugar, add the milk, then the flour into which the baking powder has been sifted three times after measuring the flour. Fold in the beaten egg whites. They must be beaten dry, adding one tablespoon lemon juice. Bake in a cake tin in a moderate oven ( $350^{\circ}$  F.).

### ORANGE CUSTARD

2 cups strained orange juice—16 ounces	2 tablespoons honey
	6 egg yolks, well beaten

Heat orange juice to boiling point, then pour some of the juice over the beaten yolks, stirring constantly. Pour this mixture into the hot juice slowly, stirring while it thickens and is made smooth. Cook this over fire. Pour into custard glasses and serve with cream: use egg whites for soufflé or scones.

## RECIPES FOR MAKING THOSE HEALTHFUL FOODS TASTE GOOD

### ORANGE JELLY

3 cups orange juice—	2 tablespoons lemon juice
24 ounces	1 cup sugar
$\frac{1}{4}$ ounce agar-agar—	1 cup boiling water
2 level tablespoons	

Agar-agar is a sea-weed. Powder it finely and place in a saucepan with a few spoonfuls of cold water. Let stand for five minutes, add the boiling water and cook until thoroughly dissolved. Add the sugar and fruit juices, mix well, strain and pour into a pudding mould, or into individual cups. Place where it is cold or on ice, to get jellied; serve with cream and crushed nuts if desired. Will serve eight.

For Orange Jelly Salad, use the above recipe and add one cupful of raisins carefully washed, dried and seeded. Other fruits may be used, or use a cupful of carrots—the tender yellow ones, grated finely: allow it to harden them. Cut into squares and serve with mayonnaise dressing and crisp lettuce. Sliced bananas, or prunes, are very good in this salad. Any fruit juice may be used in place of the orange juice in making a Fruit Jelly Salad.

Grapefruit Jelly using grapefruit juice in place of orange, adding a few small segments of the fruit, and  $\frac{1}{2}$  cup of dates, washed carefully and stones removed, and 1 cup finely shredded cabbage, makes a delicious salad, served with mayonnaise dressing.

### BANANAS ON FRENCH TOAST

Have you tried bananas on French Toast with a little cream or a bit of Orange Marmalade? Select ripe bananas; those with the freckled skins are sweet and good flavour. Slice and pile high on each bit of toast and serve with cream. To make French toast, brown the slices of bread to a golden brown after dipping in a mixture of milk and egg with a little salt. Use one egg to one half cupful of milk for four slices of bread. Brown in butter or other fat over a moderate fire and serve hot on hot plates.

### FRUIT SOUFFLE

Make the white sauce using 1 cup hot milk (8 ounces), 2 tablespoons butter, 2 level tablespoons of flour,  $\frac{1}{2}$  teaspoon salt. Melt butter in a saucepan but do not brown. Add flour and mix well; add milk gradually, and stir until smooth and thick; add salt.

To the hot white sauce add the beaten yolks of three eggs, beating well until smooth. Add one cup of pineapple juice to which has been added one-half cup sugar and one-half cup shredded pineapple. The three egg whites are beaten to a stiff froth and folded into the mixture. Pour into a buttered baking dish; stand the dish in hot water and bake in a moderate heat for fifteen minutes. Serve hot. Other fruits may be used in place of pineapple.

Vegetable soufflés are a delightful change for dinner in place of the regular meat course. Soufflés should be light and spongy and of fine texture. Egg whites, beaten light, should be folded into the mixture last. For the vegetable soufflé, use the white sauce, adding the 3 egg yolks beaten light, then add the one cup corn puree, or spinach puree, in fact, any vege-

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6693 „ „ „	32, 34, 36

The following are Rs. 2-0-0 each

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6523 „ „	34, 36
6780 Misses' Afternoon Gown	32, 36
6418 Frocks for Shorter Women	36, 38
6449 Wrap Round Frocks	34, 36
6720 Ladies' Set of Sleeves	
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*Do this*

Take two teaspoonfuls of Phillips' Milk of Magnesia in the morning. Take another teaspoonful a half hour after each meal and one before going to bed.



**AND FIND NEW ZEST!**

Biliousness, indigestion, heartburn, headaches, constipation and pains after eating are generally due to excess acid in the stomach. Phillips' Milk of Magnesia provides alkali to neutralize stomach acids. It invigorates the entire digestive tract. Helps to convert food into energy. Rids the body of poisonous waste. Begin to bring back good health today with Phillips' Milk of Magnesia.

For economy buy the large size bottle

**PHILLIPS'**  
**MILK OF MAGNESIA**





table preferred that can be pressed through a sieve or strainer to get the puree. Add the seasonings you prefer, and fold the beaten egg whites into the mixture last. Bake in a moderate oven and serve at once while beautifully light and hot.

### COCONUT SOUFFLE

- |                           |                                |
|---------------------------|--------------------------------|
| 1 cup hot milk            | $\frac{1}{2}$ cup coconut milk |
| 1 cup sugar               | 1 cup shredded coconut         |
| 1 tablespoon butter       | 3 tablespoons cornflour        |
| 4 egg whites beaten stiff |                                |

Mix the cornflour, sugar, and coconut, and stir into the hot milk very slowly. Cook for ten minutes, then add butter. Fold into a glass baking dish, set in hot water and bake for fifteen minutes. Serve a boiled custard made from the yolks of eggs with the souffle or pudding.

### SAVOURY POTPIE

- |   |                             |
|---|-----------------------------|
| 3 medium sized potatoes                     | 1 medium sized carrot       |
| $1\frac{1}{2}$ tablespoons vegetable butter | 3 tablespoons browned flour |
| 1 onion                                     | $\frac{1}{2}$ teaspoon sage |
| $1\frac{1}{2}$ cups cooked dal              | Pastry                      |
|   | A sprinkle of parsley       |

Cut the vegetables into long, slender pieces. (The potato should measure 4 cups.) Put carrot, onion, 2 cups water, and 1 teaspoon salt into a saucepan, and let boil 10 minutes; then add the potato and an additional cup of cold water, and bring to a boil. Rub butter, savoury, and browned flour together in a small saucepan over the fire until blended. Add a little of the liquid and stir smooth. Add additional liquid, and pour it over the boiling vegetables. Salt to taste and let boil slowly until well done; then add the cooked dal, and shake together. Pour into a oiled baking pan, cover with pie crust, brush with milk, mark with a knife, and bake to a nice brown.

### Need An Operation? Don't Hesitate—

(Continued from page 11)

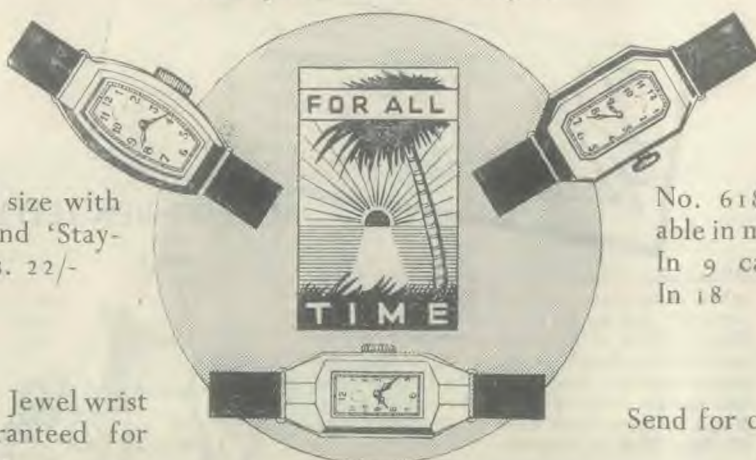
Modern post-operative care is scientifically prescribed and not only ensures the patient's comfort and freedom from unnecessary pain, but very largely prevents distention from gas and other unpleasant symptoms, which formerly often proved serious.

Not only does the patient sleep better after a modern operation, but the surgeon also sleeps better, for he can depend on the catgut (really sheep gut) and other materials he has used to hold the tissues together until healing has taken place, for they are scientifically prepared and carefully tested. Twisted cord made from animal skins and intestines has been used from very early times for sewing and for musical strings. Twisted sheep intestines were used by the Greeks to make the strings of their harps. Rhazes, who lived about A. D. 900, is the Arabian surgeon who has been credited with having been the first to use such harp strings to sew up wounds of the abdomen.

The word "catgut" is thought to be a corruption of "kitgut." Kit is an Arabic word meaning a dancing master's fiddle. Probably "kit" was thought by (Please turn to page 52)

## John Barrel 15 Jewel Wrist Watches

John Barrel Watches have been sold by Favre Leuba & Co. Ltd., ever since the foundation of the firm 120 years ago. These watches have always given reliable service although their prices are extremely low.



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## Spreading Happiness

By NOLA THEESFELD

**M**ARJORIE was putting the six-pences in piles, while Jackie was sorting out pennies and threepenny bits.

"There's enough money here to buy my big ball," laughed the boy, "and your doll Marjorie."

"And there will be five pennies left over," cried Marjorie.

Mother smiled at the children. The brother and sister had been saving up their money for weeks. They had pulled weeds from daddy's garden that summer, and had run errands for everyone in the neighbourhood. Now they could buy their longed-for toys.

"Mother," asked Jackie eagerly, "will you please take us to town this afternoon?"

Mother glanced out of the window. The skies were threatening, and a cold wind was blowing. But mother wanted some things in town herself, so she said, "Yes, Jackie."

Soon after lunch mother and the children started for town. Mother carried a big shopping bag, Marjorie a wee little red leather handbag, and Jackie held fast to a small brown purse.

"We must stop at Mrs. Grey's for a minute," mother told the children. "Mrs. Grey has been ill, and perhaps is needing something."

A shy little girl opened the door of a shabby house and said, "Please come in."

Marjorie glanced about the small room. She smiled at the pale little mother, who was propped

up in a easy chair. Then she ran into the next room to play with a sweet little boy.

Little Bobbie was very fond of Marjorie and reached out his arms to her. What fun it was to play with Bobbie and shy little Martha!

She found out that it would be Bobbie's birthday next day, and that he would be two years old. "Bobbie will have a cake with two candles, and fruit, and jelly, and all sorts of good

things," said Marjorie, thinking of her own birthday party.

But Bobbie shook his head. "Bobbie have soup," he said, "Bobbie like soup."

"Hush, Bobbie," said his little sister, whose cheeks had become very red.

At that minute mother called, "Come on, children."

Two quiet children walked down the street. The brother and sister were thinking of little Bobbie and Martha, and of all the good things they would not have on Bobbie's birthday. There was no daddy to provide nice dinners for them, and the little mother was ill.

Marjorie was thinking, "My money would help to buy a birthday surprise for Bobbie."

And her brother Jackie was thinking, "I would like to buy a birthday dinner for Bobbie and Martha. They never have nice dinners."

"Why are my little ones so quiet?" mother asked. But her eyes shone when they told her about it. "And please let me do my share, children," she begged, "for I'd like to help too."

It was great fun choosing all kinds of good things to eat for Bobbie and Martha and their mother. And daddy added his share by sending a big load of coal to their little home. "This is for cooking the birthday dinner," he said merrily.

Next day a happy little girl and boy enjoyed a bountiful dinner, and it made Marjorie and Jackie so glad to think of them.

And perhaps they would have been happier still if they had known about plans their parents were making for two certain children, plans for Christmas day, which was not far off. Daddy was talking about a big ball for Jackie boy, and a lovely doll that was to greet Marjorie on that happy morning.

THE ORIENTAL WATCHMAN



# Thorough in his brushing

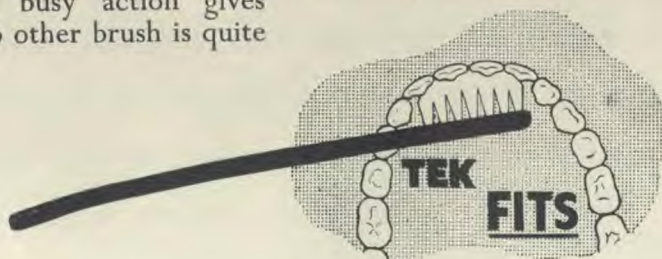


BUT ... HE  
DOESN'T REACH  
THE *backs*  
OF HIS TEETH

HE used the same kind of toothbrush for years—a big clumsy one which he felt was the proper size. It hurt when he used it, so he thought it must be thorough. He was mistaken. Because it was big and wrongly designed, his brush simply couldn't clean the **backs** of his teeth. Tek can and does.

Tek's short head is scientifically shaped to get easily into every awkward corner. Tek's busy action gives **really** clean teeth. No other brush is quite like the patented Tek.

# Tek



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## Quack Doctors

(Continued from page 7)

exploit it for the cure of disease as a means of personal gain." And who is to say them nay? Certainly not those magazines whose advertising policy is dictated by the business office.

Investigation of innumerable advertisers has usually disclosed that the greater the claims, the more remote the fulfilment. Knowing that the general public has little means of evaluating medical knowledge, the advertising quack is not hesitant to make the most preposterous of claims. And again, who is to say him nay? The radio has offered unlimited opportunities to the pseudo-scientist. The present mode of a great many nostrum venders and self-puffed specialists is the age-old method of the "confidence man." The sympathetic appeal disguised by a Mumbo Jumbo of imitative-scientific language is as unintelligible to men of science as it is to the layman, but it sounds impressive.

The best thing to do, when the advertisements of the cure-alls with the fantastic claims and the high-sounding scientific names come your way is, just duck your head, and shout "Quack, quack!" so loudly that it will wake up the neighbours.

## Healthy children are happy children

Add a daily spoonful of 'KEPLER' Cod Liver Oil with MALT Extract to the diet of all children. Watch them grow progressively stronger, firmer of limb and bright of eye under its vitalising influence.

TRADE **'KEPLER'** MARK  
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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 27 years' experience of its famous makers.

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AND OF EQUAL IMPORTANCE IS THE CAMPAIGN SPONSORED  
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You can't get on if you lack energy. And sluggishness and dullness are usually the symptoms of constipation. But don't resort to harsh laxatives. Two tablespoonfuls of Kellogg's All-Bran every day will keep you fresh and energetic. In chronic cases, eat it with each meal.

Kellogg's All-Bran supplies the "bulk" most diets lack. It exercises the intestines and so ensures the complete elimination of all waste. At the same time the iron it contains enriches and purifies the blood.

Kellogg's All-Bran requires no cooking. It is equally delicious as a cereal with cold milk or cream, or when added to other foods. Make sure you see the name Kellogg's on the packet.



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## Why Do We Eat?

*Continued from page 5)*

and if they live together in colonies, the stronger often prey upon the weaker; the well-fed ones are placid, good-tempered, and tractable."

Every truth developed by these research workers regarding the nutritional need of animals, is fully applicable to every man, woman, and child in India, European and Indian alike.

These workers have abundantly demonstrated that the food we often feed our children and we ourselves eat, is unable to maintain in health, or to keep alive for a normal span of years, the test animals upon whom our diets have been tried.

It was none other than the great Prof. Mechnikoff who concluded his study of man's way of dying by announcing that "man does not die, he kills himself." This refers in the main to man's eating practices.

The prophet Isaiah raised the question, "Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not?"

**WE** all require much more food containing the vital factors, also certain other things which through lack of knowledge are not now sufficiently provided for in our foods.

Out of his extensive research, Sir Robert McCarrison has formulated what he has been pleased to call "the prime rule of medicine," and this is his rule: "The right kind of food is the most important single factor in the promotion of health, and the wrong kind of food the most important single factor in the promotion of disease."

The first part of that rule states the objective which nature has in view when she urges us through hunger to replenish the depleted body store of health and life essentials. This is why we should eat.

To feed man, woman, child, or a nation, and thus to keep them fit, capable, and developing, is truly the highest calling possible in this complicated world of ours. This important task rests most heavily upon the wives and mothers of India.

She who, as mother, wife, or hostess, must fulfil this high responsibility, should certainly be expected and aided to become an expert in the great art of satisfactory nutrition.

THE ORIENTAL WATCHMAN



# I WAS REALLY AMAZED AT THE RESULTS



"I always knew Quaker Oats was a beneficial food but I was truly surprised at the great good it did for my boys."

SAYS A. M. BHANDURJI, PRINCIPAL, ANJUMAN-I-ISLAM HIGH SCHOOL, BOMBAY

## School Test Shows Remarkable Value of Quaker Oats

A recent feeding test conducted at the Anjuman-i-Islam High School, Hornby Road, Bombay, proved conclusively the great nourishing value of Quaker Oats.

Thirty-two boys between the ages of 12 and 18 were selected and given a dish of Quaker Oats porridge daily after the morning session, and a Quaker Oats drink following the afternoon lessons. The duration of the test was 30 days. The boys were weighed at the beginning and at the conclusion. The test was carried out under the supervision of the school medical officer and the boys weighed in his presence. The final check showed a total gain for all boys of 122 lbs., or an average of 3 lbs.



Photograph shows part of the group of 32 boys who, during this Quaker Oats feeding test, gained an average of 3 lbs. 13 ozs. Individual gains up to 9 lbs. were recorded. The pupils showed improvement in class work, too, as the test progressed.

13 ozs. per boy. Some boys gained as much as 8 to 9 pounds while not a single student failed to gain something.

Quaker Oats is indeed a wonderful health food. Rich in Vitamin B and many other properties of nature it offsets nervousness, curbs constipation, builds

bone and muscle; relieves fatigue, nourishes and invigorates. Make Quaker Oats a part of the daily diet of every member of your family. All will benefit by its goodness. Now available in Quick Cooking form. Cooks in 2½ minutes from the time the water boils. Saves time and fuel.



Syed Nezamuddin, age 14 years, gained 9 lbs.  
Mohomed Harun, age 11 years, gained 6 1/2 lbs.

### BOYS ALL ENTHUSIASTIC

At the end of the test, Mr. Haji Hasham Haji Ibrahim, Secretary of the School, said: "The boys are all very fit since the test and have shown great enthusiasm in their sports and great deliberation in their studies. They greatly enjoyed their Quaker Oats, and it was common to see them asking for second helpings."



EAT IT DAILY



# Quaker Oats



# HEALTH AND SCIENCE NEWS

## Champion Blood Donor

RAYMOND BRIEZ works in the public markets of Paris, but he also has a thriving business of his own. He engages in the manufacture of blood, and since he entered the business in 1924 he has sold 257 quarts.

The output of Briez's human factory—his own body—is enormous when one considers that it takes only  $7\frac{1}{2}$  quarts of blood to fill the blood vessels of an adult man. During 1935, Briez manufactured enough blood to supply himself and to give 98 transfusions. Each transfusion averaged about 10 ounces. Last year broke all his previous sales records.

The champion blood donor of Paris started his manufacturing business in a small way. In 1924, he gave blood for four transfusions. The next year his orders jumped to 38. In 1927, the number of transfusions supplied by him attained the astonishing figure of 94, and from that time until 1935 he averaged from 50 to 60 a year.

No ill effects have been noted, and Briez is always ready for another call, according to the Paris correspondent of the *"Journal of the American Medical Association."*

## Smallpox Still With Us

AN interesting statement in regard to smallpox has recently been made by Dr. J. P. Leake, Medical Director, United States Public Health Service.

Experience has proved the effectiveness of vaccination against this disease. Before vaccination was introduced, smallpox was almost as common as influenza is today, and far more deadly. Health authorities have found that in households, jails, and institutions a large proportion of persons unvaccinated contracted the disease, while the recently vaccinated escaped.

A child should be vaccinated within a few weeks after birth, when the effects are mildest. Then he should be re-vaccinated when he starts to school, and thereafter it is best to be vaccinated every five to twenty years. If this is done, the individual will practically never have a sore arm from vaccination, and will always have the best possible protection against a disease which may prove to be very harmful.

## Skin Temperature

A CLEW to the reason for obesity, found in skin temperature changes, has been reported by Drs. George Booth and James M. Strang of Pittsburgh. Overweight is the result of the amount of food consumed. Fat persons eat more than thin ones because it takes longer for the fat person to reach the point during the meal when satiety takes away the desire for more food. The thin persons reach this point sooner, and consequently consume less food. The feeling of satiety seems to depend on the speed with which the skin temperature rises after the beginning of a meal. Experiments were made upon a normal weight group and upon an obese group. In the former the rise of skin temperature began within ten minutes after the beginning of the meal; in the obese group it was twenty minutes after.

## Blood Transfusions

HUNDREDS of transfusions of blood from the bodies of those who have died suddenly have been made at the surgical clinic of the Institute Sklyasovsky, Central Emergency Hospital, Moscow, Russia. In addition, the Institute has sent out many flasks of such blood to various hospitals and clinics in the U.S.S.R. for similar use.

Blood must be obtained from six to eight hours after death. Only during this period does it remain sterile and preserve its living properties. In those who die suddenly, the blood remains fluid and can be preserved at low temperatures for more than three weeks. In its healing effects, this blood does not differ from the blood of living persons. The recipient of the blood is safeguarded by serologic tests of the blood, a bacteriologic checkup, and a careful autopsy.

The advantage of the method is that there is no loss of time in acute emergencies, for it is unnecessary to call in a blood donor. In certain instances of brain and abdominal surgery, shock develops, and a transfusion of blood may save the patient's life. It takes only a few minutes to warm up blood that has been stored in a refrigerator. Another advantage is that blood from the same body can be used for repeated transfusions in the same patient. Sometimes several transfusions are necessary during a single operation.

## Lip-Reading Deaf Child Can Conceal Deficiency Easily

IF THE deafened child is of average mental ability he can certainly learn to speak clearly and to lip-read well enough so that all who come in contact need not know of his deficiency, says Elizabeth Scott in *"And the Deaf Shall Speak"* in the August *Hygeia*.

If the child has completely lost his hearing before entering the first grade, he will be happier if he is placed in a special school for a few years. Most schools refuse to accept a baby under two years of age, but they do prefer to take a child at least a year before he would be eligible for the public schools.

Once a young child learns the sign language, he can seldom be persuaded to discard it in favour of lip-reading as long as he is permitted to continue his finger gymnastics. Not one normal person in a hundred knows the sign language, but only one or two of that hundred has a speech defect which gives trouble to the experienced lip-reader.

## Diabetic Diet May Now Contain Fruits at All Times

THE diabetic today has a banquet every meal, compared to those with the disease years ago, and not many years ago either, says Florence Harbaugh Diamond in her article, *"Home Canning for the Diabetic,"* in the August *Hygeia*.

It is now possible and even easy to can fruits at home for the diabetic person and have them delicious. If care is taken in the canning process, there is no need to fear spoilage.

Any fruit may be canned with the use of saccharin, but those which have the most natural sugar will sweeten more easily with saccharin than the tart or sour fruits. Pears, peaches, and the large blue Italian prune plums are among those which are excellent when prepared in this manner.

## Mosquito Extermination Is Done With Aeroplanes

THE aeroplane is leading the way in planned eradication of the mosquito breeding places by administration of lethal prescriptions over wide districts, declares S. R. Winters in *"Impending Mosquito Massacres"* appearing in the August issue of *Hygeia*.

This aerial method has proved satisfactory since vegetation and water surfaces alike were impregnated with the poisonous dosage. A special arrangement is necessary in the

THE ORIENTAL WATCHMAN





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their Transparent Soap. To obtain its wonderful transparency Pears Soap passes through two additional processes during manufacture—a process of refining and one of maturing. The first ensures the utmost purity for each cake, while the second removes all harshness, so that, like a fine old wine, Pears Soap takes on that delightful smoothness and mildness for which it is so justly famous.

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TO EAT  
WITH CHEESE



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form of the hopper which is installed as near the plane's centre of gravity as possible. The outlet of the hopper has a Venturi device, and wind entering the open forward section tends to force the dusting powder outward from the tank towards a narrow neck projecting below the fuselage.

### Hearts Dead—but Alive

HUMAN hearts made to beat again after their owners had died, were seen on the moving picture screen by members of the American College of Physicians at its annual session in Detroit.

The hearts were revived by Dr. William B. Kountz of St. Louis, Missouri, whose object is to learn more about human hearts and how they function both in health and sickness, so that he and other doctors will know how to keep hearts beating in sick persons, and just what medicines are best to use for various ailments of heart and blood vessels.

Dr. Kountz has succeeded in making sixty-three hearts beat after removing them from the bodies of persons who had died. Of these, fifteen developed regular heart-pumping mechanisms, and went on beating for an hour or more. With fifteen of the hearts, Dr. Kountz had the lungs attached, and these kept on beating outside the body for as long as four hours.

The hearts were taken from persons of all ages, from dead-born babies to an adult seventy-three of age. Hearts from persons who died of a chronic illness could, as a rule, be revived more easily than those from persons who died of acute infections. Hearts from tuberculosis patients were easiest of all to revive. Children's hearts responded more readily than adults' hearts. Hearts from persons dead of heart disease were the hardest to start beating, with the single exception of a heart ailment that was present when they were born.

### The Worth of a Friend

(Continued from page 25)

tactful, wise father you ever saw or heard of; then add to this all the good traits he lacks but some other father has; then multiply all this transcendent goodness many times, and you have begun to approach God's friendliness. Imagine Him spending His time looking around to find some happy new venture He can make for His children, some glad game He can play to make the smiles come and the joy-tears flow. For, after all, His whole business in time and eternity is just that of being a father to the full.

We can be intimate with him, without being familiar. Familiarity slaps you on the back, accosts you by some demeaning or trivial nickname, and laughs at your most cherished aspirations and most sacred memories. Intimacy brings us so close that we can get recognition with a look, or a whisper, or a deep-felt desire; and within its sacred circle we can exchange memories, visions, hopes, and loves with as full assurance of sympathy and understanding as if we communed with our own hearts.

THE ORIENTAL WATCHMAN



We would not want to be familiar with God. It would lower Him in our estimation; and all anyone thinks of when coming into touch with His great personality is an overwhelming desire to raise himself, rather than to lower God. He bears a warm dignity that commands our deepest respect; yet He is one with us in all our relationships, in such an endearing way that we are won to His princely character with an irresistible constraint.

He wants us to become thus companionable. He has passed the gate, and is waiting at the door for a friend. He cannot be rude and open the door without an invitation. So He knocks. That is all He will ever do,—alone. It is our turn to move, and open to Him. We need not worry what to do after that. He will meet us, and we will know positively just what our next move shall be; and so all the way along the progress of the friendship.

Then come, let us embark on His Divinity's good ship Acquaintance, at the Port of Speaking Terms; and sailing carefully by the Rock of Misunderstanding and through the Strait of Fear, start *bon voyage* on the ocean of Every Day, with the confident hope of casting anchor in due time in the Haven of Good Fellowship by the City of Sweet Communion.

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BOMBAY.

## Need an Operation?

*(Continued from page 40)*

someone to mean a kitten or cat, and so today  
we call our sutures "catgut," although they come  
from the small intestine of sheep.

The modern surgeon has learned much about  
the prevention of adhesions and the serious com-  
plications from this source. These formerly  
were common; now they are comparatively rare.

Surgical teamwork has shortened the opera-  
tive time in many hospitals, and is a factor of  
safety in surgical work. Other factors of safety  
that might be mentioned are the careful training  
given the surgeons and surgical nurses in our  
modern hospitals, which must come up to very  
rigid standards.

Despite the fact that modern surgery has  
been made eminently safe, it may fail if the  
patient does not present himself to the surgeon  
when the condition is in a curable state. And  
he must not only consent to have the operation,  
but he should come to the hospital with a faith in  
God and in the surgeon and the hospital staff, which  
is so helpful in ensuring not only the success of  
the operation, but the recovery of the patient.

## The Doctor Says

*(Continued from page 36)*

When food is thus prepared it loses important food values,  
and is highly productive of digestive disturbance, fermenta-  
tion and flatulence.

**CATARACT: Ques.**—"Cataract came on about six years  
ago. Have been obliged to change (plus) glasses many times;  
and have reached the highest power now. Can anything be  
done to retard too rapid growth of the cataract?"

**Ans.**—Cataract is a localized process undergoing the  
changes of old age. The tissues of the eye undergo in a  
comparatively short period much the same changes that  
constitutes the growing-old process. These changes are of a  
nutritional nature. It has been shown by General McCarrison  
in his nutritional research that shortage of vitamins in the  
regular diet favours these changes in the eye lense. Therefore  
to retard or prevent the process of cataract formation, it is  
desirable to provide freely of vitamin-containing foods. Also  
to maintain a normal, well-balanced food regime. We know of  
no medicine which can replace these nutritional requirements.  
Alternate hot and cold applications to the eyes, two or three  
times daily, aids in maintaining an active blood supply through  
these tissues. Such measures are useful.

**INCREASING HEIGHT: Ques.**—"My daughter is eighteen  
years of age and her height is only four feet, nine and a half  
inches. I am very anxious to make her tall. What medicine  
should I give to increase her height?"

**Ans.**—The problem of stimulating growth needs to be  
dealt with during the earlier years of life. Most promising  
time for effectively stimulating growth is when it first becomes  
obvious that the child is not developing at the normal rate.  
During these earlier years it is possible to encourage growth  
and development by means of the growth-promoting hormone  
acretin from the anterior pituitary gland. Also by assuring a  
well-balanced diet containing an ample supply of the growth  
vitamins, and the other essential food factors. X-ray study  
of the long bones is the only way of ascertaining if it is still pos-  
sible to stimulate this function in your daughter.

THE ORIENTAL WATCHMAN

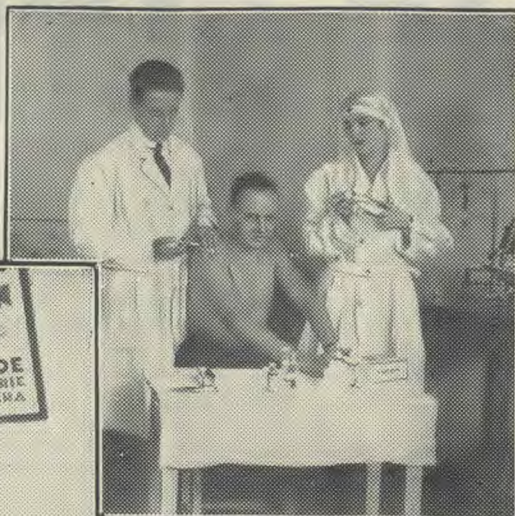


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### THE OLD METHOD

Two inoculations with injectable vaccine at an interval of ten days one from another are required to confer one year's immunity.



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# The ORIENTAL WATCHMAN HEALTH AND HERALD OF

A MAGAZINE THAT BUILDS BODY, MIND & SPIRIT

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POONA

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Organ of the Home and Busyman's Service League

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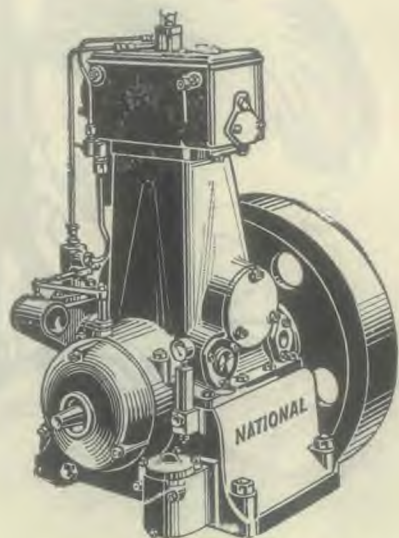
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# NATIONAL OIL ENGINES



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**THE STANBOROUGHS HYDRO and CLINIC**

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The quack doctor has all the appearance of an intellectual

physicians. It cannot be denied that some physicians, by inherent ability or superior training, possess greater skill than others. But this is not a matter of secret formula or mysterious knowledge denied lesser-known colleagues. It is a safe rule to remember that the reputable, competent physician does not require advertising to maintain his practice.

**THE** quack, being by nature a most versatile person, constantly adapts his methods to meet prevailing conditions. The itinerant medicine-show "cure-all" nostrum vender of pioneer days gradually became the advertising specialist of the city, the buckboard "spiel" passing to the columns of newspapers, magazines, and the "sucker-list" form letters. The advertising matter usually carried a half-tone engraving, picturing a benevolent-appearing individual embellished by a luxuriant beard, the beard in most instances being the "doctor's" chief claim to "medical" distinction. Similar pictures are still to be seen in connection with "patent medicines."

The predominant advertising quack at the turn of the century was the "men's specialist," whose blazing electric sign and pretentious office were to be found in the questionable districts of every large city.

she found "Natex" the only "patent medicine" that "really gave relief." Mrs. Deemer died May 25, 1935! Her testimonial was published in the Allentown *Morning Call*, May 27, 1935. On the same page and but three columns removed from the testimonial, was Mrs. Deemer's death notice. Death relieved her from "Natex."

Since the twentieth century is an age of electrical and chemical advancement, the files of medical associations are abundantly filled with such exploitation. There are "cancer cures," "tuberculosis cures," "diabetes cures," "asthma cures;" in fact, for every disease to which human flesh is heir, a mechanical device or a secret chemical nostrum has been provided to separate the unwary from his savings.

Most have a brief period of popularity, and and then pass into the limbo of forgotten things. Similar pseudo-electrical devices still bob up from time to time, and will, no doubt, as long as gullibility remains a part of human nature.

"Whenever a new substance is identified by the research of chemists, whenever a new force is developed by physicists, whenever a philosopher propounds some new concept in the field of thought or mental activity, an inspired charlatan or promoter is likely to seize on the substance or device or idea, and (Please turn to page 44)

The sheet-anchor of the quack has ever been the testimonial letter. Some testimonial letters are no doubt written by honest, but ignorant individuals whose opinions on matters of disease and treatment are, of course, valueless. Many testimonials bearing evidence of vigorous health have continued to appear in periodicals long after the writer's death. Such a posthumous testimonial was exposed in the *Journal of the American Medical Association*, July 13, 1935. In this testimonial Mrs. Mary Deemer, of Allentown, Pennsylvania, stated that



# NEED AN OPERATION

ONE hundred years ago there were very definite and well-grounded reasons why a person who needed an operation would hesitate before consenting to go "under the knife." When we consider that anaesthetics were then unknown, and that the surgeons of the day knew nothing about the necessity of sterilizing their instruments and properly preparing the skin of the patient and their own hands before operating, we realize why the death rate was so high, and why almost all patients who did survive ran temperatures often as high as 104° and 105° and drained great quantities of "laudable pus."

If you had lived seventy-five years ago, you might have had an ether or a nitrous oxide gas anaesthetic, but you would have stood an excellent chance of dying from infection or secondary haemorrhage. Sea sponges might be used to swab out the pus of an abscess, and then, without being boiled or otherwise sterilized, they might be used in an operation on a "clean" case.

If you had lived fifty years ago and needed an operation, your chances for recovery would have been somewhat better, for Lister's antiseptic method had made some progress. Doctor Keen, the great American surgeon, and others were beginning to have wholesome respect for microbes, or germs, in surgical wounds.

HOWEVER, the surgeon of fifty years ago had certain eccentricities which we today think are peculiar, to say the least. Probably as many operations were performed in the home as in the hospitals, which were few and poorly equipped. The surgeon, dressed in a dark frock coat and high silk hat, responded in all his dignity, and without laying aside the silk hat, or his frock coat either, he would proceed to operate with instruments which were often far from being surgically clean, as we understand the term today. He always washed his hands at the *close* of the operation, even if he did not at the *beginning*. Flies were plentiful, and maggots developing in the wound after operation attested to their activity in the operating room.

Twenty-five years ago a major operation was quite a safe undertaking, as far as infection was concerned, for practically all surgeons were following the present-day accepted sterile technique, which includes proper preparation of the patient's skin, proper sterilization of the instruments and linen used, and faithful practising of

the ten-minute "scrub" of the surgeon's hands and arms as far as the elbows, and the use of sterile gloves.

While the X-ray was known and used to some extent, it was not the help in making an accurate diagnosis in many conditions that it is today. Many operations were "exploratory,"—the abdomen being opened by an extensive incision and a search made for the possible trouble. While we should not depend alone on the X-ray and laboratory reports to make the diagnosis, and will always have to take a careful history and make a thorough physical examination for the



The operating room, with its expert service and its equipment for the easing of pain and for antiseptic surgery, is no longer a torture chamber of hazardous risk.

basis of our knowledge in a given case, still there are many things about a patient that one cannot determine accurately without these refined diagnostic aids that we have today. Let us consider some of these aids that have been put in the hands of the modern surgeon to help him in making an accurate diagnosis in surgical cases.

At first the X-ray was used to diagnose fracture of bones. Later, it was discovered that certain substances were opaque to the X-rays, and would cast a shadow on a film. Bismuth, and later barium sulphate, were given in butter-milk or other drinks to fill the stomach and various portions of the gastro-intestinal tract, and

THE ORIENTAL WATCHMAN



## Modern Surgery Is SAFE

X-ray pictures showed the outline of these hollow organs. If an ulcer is present, a niche or filling defect is usually to be seen. Tumours and other conditions can usually be seen.

In 1924, Doctors Graham and Cole discovered a non-poisonous substance which can be taken by mouth or injected into a vein, and will be found to be excreted by the liver in the bile. If the reservoir for the bile—the gall bladder—is working, X-ray will show the outline of this organ, since it is filled with the dye, which casts a shadow on the film. Gallstones can also be shown by the X-ray.

Similarly, various chemical substances have been discovered which are opaque to the X-rays, and can be used to outline the urinary bladder, the two ureters (which transmit the urine from the kidneys to the bladder), and the pelvis of the kidney itself. Tumours, stones, and other abnormal conditions of the urinary tract may thus be diagnosed by the X-ray.

The shadow of the bronchial tubes may be cast on X-ray films by using an oily compound containing iodine. Succulations in these tubes and cavities in the lungs can thus be demonstrated.

**C**LINICAL laboratory tests assist greatly in acquainting the surgeon with the real status of affairs in regard to the internal workings of his patient. By them he ascertains the presence or absence of kidney disease and diabetes, the state of the blood, whether or not there is a tendency to bleed, and many other conditions that it may be necessary to know in a given case before he feels it is safe to advise an operation.

The study of bacteriology, and its application, has made surgery a safe procedure when necessary; and its companion science, the study of disease, has been a great boon to the surgeon. The laboratory technician examines a minute piece of tissue removed from the breast or other organ of the body, and tells the surgeon what type of tumour the patient has. If it is malignant, or cancerous, it can be removed at once; and if not, the patient is spared an operation, and can be assured that she does not have cancer.

Surgical shock used to be fairly frequent and difficult to treat. Blood transfusion has been

found to be both preventive and curative. Many thousands of lives are saved every year by this simple surgical procedure. Many operations which formerly would have been too severe a strain on a weakened patient, can be safely performed after a blood transfusion.

Instruments with lights are now successfully used to explore the bladder, the rectum and lower colon, the chest, the abdominal cavity, the bronchial tubes, the esophagus, and the nasal and other body orifices. Recently, photographic pictures of the interior of the stomach were taken successfully with a miniature camera.

**S**URGERY and related sciences have advanced so far that the average operation is a very safe procedure, much safer than to try to cross the street at a busy intersection in some of our large cities.

Patients are not purged as they were twenty-five years ago, but instead are given a low, cleansing enema the night before the operation. They are urged to drink as much water as they can, as well as orange juice, especially the day before surgery, thus alkalizing their system before the operation. This is much better than waiting for acidosis to develop and then attempting to regulate it with fruit juices after surgery, which usually only results in distending the abdomen with gas and increasing the discomfort, if it does no more harm.

**I**NSTEAD of having six men holding down a screaming, kicking, scared patient, as he was smothered into unconsciousness by an ether-saturated mask, the modern surgical patient is given a restful night and a little pre-anæsthetic medication or a medicated enema, which usually induces a quiet sleep even before a light anæsthesia is administered, so that he often has no recollection even of what the operating room looks like. After the operation is completed the patient returns to his room, and instead of being disturbed by retching and vomiting ether-soaked mucus during his first conscious moments, he restfully sleeps for an hour or two, and gradually regains consciousness. (*Please turn to page 40*)



**OLD AGE** is a disease. We may combat it with success as we do other maladies. We can not cure it entirely, for the body machine, like the best made motor car or any other mechanism, wears out in time and reaches the limit of its life. But the average man lives scarcely half as long as he is entitled to live, because he neglects to give his body machine the same meticulous care he gives his automobile.

Nicholas Murray Butler says, "The average man is dead at thirty and is buried at sixty." Certainly there are vast numbers of people going about who are scarcely alive and who know nothing about the joy of living. They go about with sallow, wrinkled faces, sagging cheeks, and a down-in-the-mouth expression, feeling tired all the time, irritable and pessimistic, making blunders in their business and looking at the future with forebodings and despair, smoking cigars and cigarettes, and drinking highballs and cocktails, not because they get any pleasure out of them, but to get the momentary though false sense of euphory and security which is the bewitching magic of narcotism.

**THESE** poor victims of chronic malnutrition are ignorant of the fact that in the juice of citrus fruits, nature provides a real elixir of life, and marvellous vitamins which neither benumb nor stimulate the nerves but feed, energize, and activate them and give a real lift, which such nerve foolers as cigars, cigarettes, cocktails, and other drugs cannot do.

A glass of orange juice three times a day will do more for the average sick man than all the drugs he can swallow. It is the best antidote known for old age and pessimism.

Of all members of the animal kingdom, man is the only one that needs instruction about what to eat. A horse, a goat, or a monkey knows instinctively what to eat and feeds itself in a safe and sane manner when reared under normal conditions. Even so gross a feeder as the hog, when he has a fair chance by being given free access to a variety of normal foodstuffs adapted to his nutrition, ceases to be hoggish and helps himself to such well-balanced meals that he outshines the prize winners at the fairs.

This lack of instinctive guidance in feeding seems to be inherent in the *genus homo*, for the most primitive savages, as well as highly civilized men, lack the feeding instinct. Dr. Geil, the world traveller who was the first to visit the pygmies of Central Africa, told me that when he asked the chief of the pygmies, who lived entirely upon forest products, how he knew what to eat when he visited a new region, the little man

# The HEALTH-PROMOTING VALUE of **Citrus Fruits**

By J. H. Kellogg, M.D.

replied, "When I find a new species of nut I place it where a monkey can see it and then hide and watch to see what he does with it. If he smells it and tastes and throws it away, I let it alone, but if he eats it then I eat it."

This need of instruction in solving the feeding problem is recognized in the earliest information about the human race, which we find in the first chapter of Genesis, where, after an account of creation, we read: "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." Here was the first bill of fare. Animals appear to be endowed with a food-selecting sense. Man is left to discover by experiment, observation, and experience what is good for him and what he shall let alone.

**WHEN** I received some time ago a letter from the superintendent of the zoological gardens of a certain city, asking me for a diet prescription for a young female chimpanzee, I advised him to take the young lady down to the city market and turn her loose to help herself, for I felt sure that her native instinct would solve her food problems much better than I could do.

And it is interesting to note that the most recent findings of science agree entirely with the biblical account of the dietary of the first man. The products of the field and forest, fruits, nuts, grains and other products of the earth, sun and air, according to Prof. Elliot of Oxford University, made up the first bill of fare of the progenitors of modern man.

Man is by nature first of all a fruit eater. He is classified by biologists as frugivorous in the distinction from the various other classes of

THE ORIENTAL WATCHMAN





The liberal use of oranges, lemons, limes, grapefruit, and pomelo conduce to health, beauty, and happiness.

animals grouped according to their diet as carnivorous or meat eaters; herbivorous, eaters of grass and herbage; graminivorous, grain eaters; and omnivorous, such as the hog and the hyena, which are scavengers.

IT IS most interesting that the first and most specific instruction given to man in respect to his conduct related to food, and it has been most unfortunate for the race that man should have so far forgotten the explicit directions given him, according to the Good Book, at the very start of his career, and should have wandered so far away from the practice of his ancestors that at the present time a return to the original bill of fare, to exemplary obedience to the instruction of his Maker, is usually looked upon as an erratic innovation, an unsafe, even dangerous experiment, whereas it is nothing more or less than a return to the old ways of our ancestors. Fortunately, modern scientific research, especially the revelations of that highly prolific source of most precious health-promoting and life-saving information, the nutrition laboratory, has in recent years been leading us back to natural ways in matters pertaining to the nourishment of our bodies.

Recent researches have shown that even small deficiencies of this vitamin produce profound changes in the tissues, such as thinning or weakening of the walls of the small blood vessels, causing them to rupture, producing multitudes of minute blood spots or petechia in the skin, a condition often met with in advanced age.

The remarkable findings of Hopkins of England, Mendel of Yale, McCollum of Johns Hopkins, Sherman of Columbia, McCarrison of the British army in India, Funk, Hess, and Steenbock, have given us a great fund of vitally important knowledge about vitamins and food minerals, and have demonstrated that the proper management of our nutrition and balancing of the diet by the proper selection and combination of foods, are the most potent of all health-promoting agencies, while the neglect or ignoring of these dominating factors is probably the greatest source of human misery and inefficiency and the tragical brevity of human life.

The lack of vitamin C gives rise to premature aging in other respects. Vitamin C is, in fact, declared to be a youth-preserving vitamin. Dall-dorf proved a year or two ago that one third to two thirds of all the children found in the homes of the poor show this old age symptom. In some countries where a knowledge of improved nutrition and facilities for biologic living are not general, this peculiar fragility of the small blood vessels is found in the late winter and early spring months in a large proportion of the school children. Dalldorf found that an orange a day quickly caused the disappearance of this symptom of tissue feebleness which involves not only the skin, but the whole body. This enfeeblement of the tissues due to lack of vitamin C leaves the body open to infection. Such diseases as diphtheria, grippe, boils and other infections readily develop. It is becoming more and more clearly recognized by nutrition experts that lack of vitamin C through its lowering resistance weakens the defensive powers of the body and is the real cause of such symptoms as lassitude, loss of energy, sallow and muddy complexion, pains in the joints and limbs and especially pains in the legs usually attributed to rheumatism.

ON THE other hand, a liberal supply of vitamin C is a highly important factor in positive health, and pronounced improvement in health may be secured by liberal supplies of vitamin C even when the intake of this vitamin is already regarded as ample. It has been suggested that the amount of vitamin C actually needed to protect a man from scurvy is one ounce a day of orange juice, grapefruit, lemon, tomato, tinned tomato or tomato juice, raw cabbage, or a pound of cooked potato or cabbage, or a pint of milk; but recent studies of Sherman and others have shown that for robust health or what might be regarded as an optional state of physical well being, several times the minimum amount named is required, or four to eight ounces of orange juice daily.





We ought to awake in the morning feeling full of life and energy.

**D**ID you ever feel as if something were wrong with you, although you weren't actually ill? Perhaps you thought it was your imagination. Yet, there is such a condition, and it is much more serious than it seems. It is known as asthenia. Asthenia, or depression, is a state in which nearly all the parts of the body function imperfectly; it is a subnormal state of health. The afflicted one is not ill enough to be laid up, but he can accomplish his daily tasks only with great difficulty.

Everyone likes rosy cheeks, sparkling eyes, an elastic step; and so we instinctively admire the person who has all these signs of well-being. But the complexity of our modern civilization is such that a great many persons, particularly office workers, factory hands, etc., live or work in closed places, deprived more or less of pure air. Such a confined and sedentary life may cause gradual failure of the health of the most robust.

The most noticeable symptoms of this state are thinness, or (more rarely) the opposite, obesity; muscular weakness; a "tired" feeling; a temperature below normal, low blood pressure, and shallow breathing. There may be, also,

That

# TIRED FEELING

By P. A. DeForrest, M.D.

mental depression. The patient may suffer from cold hands and feet. The continued lack of exercise causes weakness and wasting of the muscles. The bony structure is thus inadequately supported, and becomes deformed. The shoulders become rounded, and the chest hollow. The abdominal muscles sag, and the internal organs fall.

Moreover, since the muscles are inactive, they need less oxygen than usual. Consequently there is a loss of energy. The body becomes thinner, due to the diminishing of the muscles. The lung capacity decreases for the same reason, for nature has a tendency to suppress any organ of function in proportion to the lessening of its usefulness to the organism. Digestion is also slowed up because the tissues demand less nourishment. It then follows that the organs of excretion have less work to do, and they become sluggish. Thus a vicious circle is established that affects the entire system.

**U**NDER such a condition, foods that ordinarily would be beneficial to these patients, such as eggs, meat, cheese, beans, peas, etc., are dangerous. This is because the waste products from these foods are highly toxic if they are not thrown off promptly, and the absorption of these waste products, because of their slow progress through the digestive tube, readily causes a poisoning, which increases the depression and the ailment of the sufferer.

If you have that "tired feeling," it is important to find out the truth about your physical condition as early as possible. See your physician for a thorough examination. The more we advance in civilization, the further does medical science progress, and the greater is its tendency to become preventive rather than curative. Why not begin now to avail yourself of modern methods of diagnosis, and increase your chances of usefulness and happiness?

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**AFTER** the rich and beautiful fruits of summer have vanished, we are very glad that we still have that luxury of the fall and winter months, the walnut.

Mithridates, who was known to have a fear of being poisoned, attributed to walnuts the power of immunizing him against poisons. He considered that one of the best preventive measures was to take every morning, on an empty stomach, a mixture made by grinding together walnuts, figs, and leaves of rue.

In olden times walnuts were considered the best antidote for poison. Like the fruits, nuts have a beneficial effect on the intestines, acting as a gentle laxative.

In spite of all their healthful properties, walnuts have not always enjoyed the reputation of being universally beneficial. One old writer says: "They cause sores and irritations of the mouth, inflamed tonsils, and bad teeth." He



One of the delights of childhood—cracking nuts

# WALNUTS

By Francois Neuville, M.D.

(*Health Digest*)

further recommends that after eating nuts the mouth should be rinsed with vinegar, or one should suck a sour pomegranate.

It was also formerly believed that walnuts had other harmful properties; for instance, that they were indigestible; and that they caused vomiting and harmed the chest and the head! It was thought that one might possibly be eaten safely, after a meal; a second was very dangerous, and a third might prove fatal!

Chemistry has disclosed the exact composition of nuts. They are very rich in proteins, fats, and other nutritive materials. Since they contain no carbohydrates, they are said to constitute a very good food for diabetics.

Unfortunately, they are frequently difficult to digest, especially when dry. Certain people, particularly those suffering from liver complaints, would be wise to abstain from eating them.

## A Moral Within

WHILE travelling in the United States a man was taken violently ill with an attack of acute indigestion. Hearing there was a Chinese doctor in the town who was highly regarded by the citizens of the locality, the sufferer sent for him. The physician came, felt of the sick man's pulse, inquired briefly as to his sufferings and then entered upon the following questionnaire.

"You smokee sligalet?"

"Oh, yes."

"Cigar, too?"

"Yes."

"Pipe maybe, eh?"

"Sometimes."

"You takee li'l dlink sometimee—maybe col' pop, col' soda, col' milk shakee, col' linger beer, licy-col' lemonade, col' slider, maybe some hot tlea, hot coffee, hot chocolatee, lots of sugar and cleam?"

"Sure thing."

"You eatee fast?"

"I got to, doctor—always in a hurry—lot to do, you know."

"You eatie hot biscuit?"

"You bet!"

"You eatee fly bacon, fly eggs, hot clakes, lots molass?"

"I'll say I do."

"You eatee gleasy stuff—some fly, some roast, some boil, some stew, some blake—you mix'em all uppee same time, eh?"

"Yes, everything goes with me."

"You eat pie?"

"Pie? pie is my middle name at mealtime, doctor."

"You eatee some pickle, some cheese, some nut, some nice lich clake, some lice cleam—you mixee all uppee inside same time, eh?"

"Yes, sir—that was the way I was taught to eat at boarding school."

"You dlinkee lice water same time?"

"Of course."

"Goodnighte! I can no cure big phlool."

—*Saturday Evening Post.*



Is There a Cure  
for the

# Drink Habit?

by  
Arthur N.  
Donaldson  
M.D.



A WISE old Roman long ago observed that "man does not die, he kills himself." Only today, in addition to the degenerate habits of Seneca's era, we have developed the lethal menace of petrol and speed. And the thing that makes this combination so dangerous to life is the increasing popularity of a narcotic and anæsthetic known as ethyl alcohol. What a mixture of petrol, alcohol, and speed will do is too well known to need repeating here.

Alcohol has *fuel value*, but *no food value*—an all-important point in the game of life. In the moral, mental, physical, and economic realm, the effect of alcohol is nothing short of devastating. For reasons, it, with tobacco, is dubbed a friendly drug, and yet most assuredly it can find no place among the blessings of mankind.

There are three classes of consumers of alcoholic beverages: the so-called "moderate drinker," the "hard drinker," and the "alcoholic." The moderate drinker may never become intoxicated, may restrict his intake very largely to beer and light wines, may successfully stick to his limitation throughout life, and eventually die without much outward evidence of alcoholic damage. He is the fellow, however, who may just as certainly be involved in a fender-

smashing contest because he cannot instinctively respond quite fast enough to what he sees. His reflexes are on ice, with alcohol as the refrigerating agent. And don't think that his beer and "light" wines are not pickling liver cells and stiffening brain capillaries. Your moderate drinker drinks because it wakes him up, "refreshes" him, removes inhibitions, and helps him to laugh. He may drink because he enjoys the flavour of fine wines, and may honestly think they benefit him physically, because of the seeming refreshment. This moderate indulgence, however, too often does not remain moderate, and easily forms the structural basis for eventual drunkenness.

THE second type is the "hard drinker" who celebrates New Year's, the new baby, birthdays, football games, races, class reunions, and numerous week ends, with alcoholic emphasis. But when the day is passed and the night is spent, he quits, and a restless sleep represents the end of that particular occasion. The next morning he will feel as if he had played sixty minutes of football with his head vigorously butting the ball every play; but he will not resort to the morning drink to dispel the hang-over. He will suffer agony in plenty for his few hours of release from

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worries and anxieties, for a temporary sense of superiority and well-being.

He may absorb cocktails during the day, but as long as he eschews the before-breakfast "bracer," he remains in class two. When he finds, however, that a "hang-over" is erased by another drink, and that the short period of normality seems to be returned by still another and only maintained by another, he is just around the corner from true alcoholism,—class three. To the real alcoholic, a brief night's sleep is only a long and undesired period of abstinence. Alcoholism is the symptom of a disease—the end phase of an alcoholic history. The alcoholic is too well known to call for a description of this tragic character.

**BUT** is there a cure for the drink habit? Yes, there is a way out, there is a cure. A few years ago the head of the great Boston Psychopathic Hospital paraded a group of alcoholics, "cured" and in the process of renovation, before a crowd of visiting physicians. When the last patient had left the room, he said, "These men are sent here to be cured of alcoholism. We do all that hospitalization and disciplinary control can do, but they go forth only to come back again in a few weeks or months, every one of them. Medical care is important, but there is just one thing more that is necessary in the cure of alcoholism, that is the religion of Jesus Christ." Now this man was not a religionist, but he knew that the essence of relief from this driving urge was the rehabilitation of the victim's mind—a change in his thought processes, the filling of his mind with constructive thoughts and facts, with a vision of a sober future, and above all a new desire—a state of mind wherein he actually does not want to drink. Hospitalization alone may temporarily check the outward expression of an alcoholic desire, but it alone will not alter the inner urge.

With these facts in mind, how much might you expect from the mail-order treatment of the "drink habit"? The so-called "cures" for alcoholism are distinctly fraudulent. Let us analyse two of them. No. 1, complete treatment, consists of 60 powders and 68 tablets. The powders consist of 3.6 per cent tartar emetic and 96.4 per cent milk sugar. The tablets consist of 13.2 per cent tartar emetic, 10.7 per cent boric acid, and 76.1 per cent milk sugar. The dose advised is three of each a day. No. 2 treatment provides three boxes of pills. Box one provides caffeine and strychnine (a stimulant) as principal ingredients; box two, strychnine (more stimulant); and box three, tartar emetic. Obviously the whole therapeutic idea here is to make the patient

so sick through the use of tartar emetic that he has no use for alcohol, or food either, for that matter. Sometimes you are supposed to slip the stuff surreptitiously into his coffee or food. He finds that he cannot retain his food, blames the alcohol for it, and quits it—presto! he is cured! Again we have the outward manifestation without the inward change. As a man "thinketh in his heart, so is he."

The foundation of any successful course of treatment for alcoholism is the patient's sincere desire to be helped. It is a waste of time, money, and effort if he "tries the cure" just to please the family; he must develop a state of mind that brings the conviction to him that it is the sensible thing to do, and without the idea that he is a martyr to his family in doing it. There must be an intellectual surrender to the cold fact that he cannot handle liquor, that it is getting the best of him, that he must absolutely give it up for all time, that it is the manly thing to do, that he can do it, that only the weaklings fail in it. Recognition of wrong in one's life, the admission of it, the sense of one's own helplessness, and sincere call for help,—this is the only way to meet successfully and conquer alcoholism or any other sin.

**AND** then comes the building-up program. He must be saturated with the idea that he is renouncing any and all alcoholic beverages forever. His physician will spend much time in kindly admonition, and in going over again and again the certainties of success in his effort. Just as the confirmed neurotic must be reassured of this fact and quieted on that fear many times a day, so the alcoholic must be brought to the point where his intellect will finally have complete and permanent dominion over his emotions.

The possible psychic cause of the alcoholic phase in the patient's life must be early determined and removed. The family will be approached, and they perhaps may be able to offer some suggestions as obtained from his alcoholic babblings as to why he sought to obliterate his real self. All causes of worry—financial difficulties, marital woes, disappointment, a family skeleton—must be erased if humanly possible.

The physical well-being is not to be overlooked. He must sleep, his appetite must be built up, a well-balanced diet must be provided, free from condiments and preferably free from flesh foods. His dietary interests should be radically reconstructed, for pepper, hot sauces, much salt, rare steaks, are the usual trimmings of an alcoholic program. The natural flavour of food is an unknown (*Please turn to page 32*)





The mystery of life is matched by the mystery of death; but there is authentic assurance of another life beyond.

# LIFE BEYOND the GRAVE

By E. Hilliard

**L**IFE in this world and life beyond this world depend on the only One who is able to impart life with all of its attendant blessings. Christ holds the keys of death and the grave. He said, "I am he that liveth, and was dead; and, behold, I am alive for evermore; . . . and have the keys of hell (the grave) and of death." Revelation 1:18. Only Christ can open the door of the tomb and bring forth His people unto that peaceful, unending life that knows no pain or sorrow.

Satan is the originator of sorrow and death. The great controversy between Christ and Satan that is now going on in the hearts of men, is rapidly settling the destiny of all. Satan was the first one who promised life through transgression; but our first parents did not find it true, and they are in their graves. The promise of life, on a false basis, has been reiterated from almost every pulpit throughout christendom. Because of this erroneous teaching, millions believe Satan's lie,—"Ye shall not surely die,"—instead of God's plain, positive words, "The soul that sinneth, it shall die." (Ezekiel 18:4, 20.) By many this text is

made to mean, The soul that sinneth it shall live forever in eternal torment.

All have sinned, all have come short of the glory of God; all must die, and all must live again. Christ said; "Marvel not at this: for the hour is coming, in the which all that are in the graves shall hear His voice, and shall come forth; they that have done good, unto the resurrection of life; and they that have done evil, unto the resurrection of damnation." John 5:28, 29.

**H**AD Satan been successful in holding the keys of death, the grave would hold its own for eternity. But thanks be to God that Christ, by virtue of His death and resurrection, still holds the keys of the much-dreaded grave, and there is life beyond the tomb. Not far hence those keys will be turned upon the graves of the righteous dead, and countless millions now sleeping in Jesus will come forth to enter upon their eternal reward.

It is the false teaching relative to man's condition in death that has led so many to believe the

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dead are rewarded when they pass from this life. The word of God plainly teaches that they are asleep. They know nothing. Their very thoughts have perished. Please read Ecclesiastes 9:5, 6 and Psalm 146:3, 4. Christ said concerning the death of Lazarus, "Our friend Lazarus sleepeth, but I go, that I may awake him out of sleep." John 11:11. It is hard to believe that Christ called him from the glory and beauty of heaven, back to this dark world. How passingly strange that Lazarus never said anything about the grandeur of that heavenly home. The fact is, he had never been there. He came from the grave body, soul, and spirit where all of the dead will come from. The word of God declares that His people who have passed away in death are in their graves, and will not know the Lord until they are brought forth in the morning of the resurrection.

**THE** thirty-seventh chapter of Ezekiel is quite largely devoted to the resurrection of God's people. According to the twelfth verse, they are sleeping in their graves: "Behold, O my people, I will open your graves, and cause you to come up out of your graves. . . . And ye shall know that I am the Lord, *when* I have opened your graves, O my people. Verse 13. Now if the saints receive their reward at death, they would know the Lord long before the resurrection of their bodies. They are resting, peacefully resting, until the voice of the LIFE-GIVER reverberates through the chambers of the dead calling, "Awake and sing, ye that dwell in dust." Isaiah 26:19.

The apostle Paul makes it very clear that the reward of those who sleep in Jesus is dependent upon their resurrection. He says: "If Christ be not raised . . . then they also which are fallen asleep in Christ have perished." 1 Corinthians 15:17, 18. According to popular theology, the souls of righteous Abel, Abraham, Isaac, Jacob, and David entered heaven at death. If so, they would continue to enjoy the glories of heaven if Christ had never risen from the dead. Paul and Peter and all who love the appearing of Christ will not receive their crowns until the second coming of Christ, when all the righteous dead will be raised to life and immortality." Please read 2 Timothy 4:7, 8 and 1 Peter 5:4.

**CHRIST** taught the people that when they made a feast they were not to call their kinsmen, nor their rich neighbours, lest they bid them again and they be recompensed. They were to invite the poor, the lame, and the blind, for said He, "They cannot recompense thee: for thou shalt be recompensed at the resurrection of the just." Luke 14:12-14.

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Both Indians and Europeans make a number of feasts during the year, and these festival occasions are greatly enjoyed. But neither of these nationalities make very many feasts expressly for the poor, the lame, and the blind. Those who carry out Christ's instruction in this matter are lending to the Lord. "He that hath pity upon the poor lendeth unto the Lord; and that which he hath given will He pay him again." Proverbs 19:17.

**IF** the righteous receive their reward at death, why the need of a resurrection, seeing they are already enjoying the bliss of heaven? It is believed quite generally throughout the Christian world that the saints will not have material bodies in heaven. What then is to be done with their resurrected bodies? The doctrine of reward at death makes null and void the resurrection; and yet there is no doctrine more plainly taught throughout the entire Scriptures than that of the resurrection. The doctrine of reward at death is unreasonable, and without Scriptural evidence.

A blessing is pronounced upon those who die in the Lord. They rest from their labours. (See Revelation 14:13.) Their troubles, trials, and anxieties are ended. There being no measurement of time in the grave, it is the same to the dead as if they were rewarded the next minute. The apostle Paul was executed at Rome more than nineteen hundred years ago. When he is raised from his dreamless sleep, it will seem to him to be scarcely a second.

**BLESSED** indeed are the dead that die in the Lord; for there is life eternal beyond the grave for all who sleep in Jesus. It was impossible for the grave to hold Christ who had never sinned; and it is just as impossible for it to hold the forgiven sinner. The promise is, "Even so them also which sleep in Jesus will God bring with him." 1 Thessalonians 4:14.

[Since the foregoing article was written, its author has passed to his death. For many years he laboured for God in various parts of the world, and during recent years was a resident of Bangalore. He died at the advanced age of eighty-five. To the last his faith remained firm in the hope of the resurrection of the dead; and now he sleeps till the coming of the Lifegiver. To the believer in eternal life through Christ, death is but an interval of quiet sleep, passed in a moment as far as the sleeper is aware. Our consuming desire is to live as this faithful saint lived, that we may die with the hope he possessed as a sheet anchor of the soul.—*Editor*]



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# THE MARCH OF TIME

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## War Clouds

INTERNATIONAL relations, rather than clearing up, grow more complicated and intense. Russia and Japan still glare at each other in Mongolia, seeming to hold the war dogs in leash only because they are so evenly matched, yet ready to let them loose when a border intrusion becomes unbearable or a chance is seen to strike for the working out of plans to get a firmer hold in northern Asia. An "incident" in the form of the killing of a Japanese bluejacket in Shanghai threatens to precipitate another punitive attack in that area; but the Chinese governmental backbone has stiffened, and China is telling Japan to keep hands off her internal affairs. The telling is the more effective since North and South China are now united in presenting a front to aggression. One of China's diplomatic representatives said recently that there could be no peace in the East till China has defied and defeated Japan.

In the Philippines, every boy and girl from the age of ten, as well as older youth, is being conscripted for some form of military service, looking to independence, and therefore, self-protection, when the islands bloom in full political flower in 1945. And plans being carried out by the navy of the United States, the parent power, indicate that the Philippines will be shielded by the American fleet from an overseas aggressor after they gain independence. The discussions of the biennial meeting of the Institute of Pacific Relations, composed of leaders of the nations who have interests in the area of the Pacific Ocean, held this past summer at Yosemite Park in America, were less pacific when they ended than when they began. The delegates, it is reported, "carried away impressions that the prospect for a peaceful solution of the profound political and economic conflicts raging or latent in the Pacific, is fainter than it has been for many years."

Spain's civil war, though internal yet involving international questions of communism and fascism, continues its gory course. It is estimated that 300,000 people, both soldiers and civilians, have already lost their lives. These two conflicting forms of dictator government, supposed to be the radical and conservative yet far from being distinctly defined, the one championed by Russia and the other by Italy and Germany, are fighting for supremacy in Europe, with fortune falling to fascism at present. In view of

the fascist tide in Western Europe, observers predict that the "Rebels" in Spain will finally gain the upper hand. Meanwhile, democratic government stands on the sidelines and looks on with alarm. The future looks ominous indeed to that great majority, the peace lovers, who find themselves powerless to stop the carnage and unable to doubt the promise of more carnage.

## Ocean Treasure

NOT COUNTING the gems "of purest ray serene" that the unfathomed depths of ocean may bear, it is estimated that man has dropped to the ocean's floor gold to the value of 2,100 crores of rupees, which is nearly half of the gold known to be in existence. Since governments have lately monopolized nearly all the available gold, there is more than ever a turning to mining and treasure-hunting for fresh supplies. The World War sent many a precious hoard underseas, and occasional storms have precipitated the yellow bars and coins to the bottom in amounts counted by millions. The liner "Merida" went down off the Virginia Capes in 1911 with fabulous amounts of money and gems on board; and just now, an expedition fitted out at a cost of two and one-half lakhs of rupees is going after it. The tragedy in such an adventure is that, even if the treasure is found, governments take about three fourths of it in taxes, and there is little left for the hunters. We know of a more certain way than that to get treasure, both here and hereafter.

## Dictatorships and Babies

ITALY, Germany, and Russia have been doing everything in their power to increase their populations—heavily taxing bachelorhood, putting a premium on marriage, offering prizes for large families, encouraging more and better babies. It is reported, however, that while the Soviet Republic is succeeding in the effort, Germany and Italy witness a steadily declining birth rate. And it happens that Russia is the only one that has room for an increased population. It cannot be that the other two want more people to fill up their territories, for they are clamouring for more territory for the crowded populations they already have. From their standpoint they want the greatness that numbers bring, and the numbers (in the form of soldiers) will be able to annex the territories needed for living. Whether right or wrong in their ambitions, the aggressive powers of central Europe are determined to take from



the "haves" what they think they need. Unfortunately, that means war. If anyone has an effective stop sign, hand it to us and we will wave it.

### Subtle Alcohol

A CERTAIN noted American doctor, writing an article on "The Truth About Alcohol" in a current Indian Medical journal, tells about its harmfulness, even in small doses, to the human body. The reader is about to conclude that he had better let alcohol strictly alone, when he reads this at the end of the article: "It is not intended by what

is concerned, yet there is always that very real likelihood of the frequency of the indulgences being increased, and the enslaving alcoholic habit being formed. A few have the will power to resist the temptation to excess, but the many do not; and leaders are responsible for their example. Many a weak-willed, tempted youth is eager for an excuse, voiced by an "authority," to start letting go. One drink not only sets the tissues calling for another, but also weakens the moral power to refuse the second. The danger lies in the unchallenged fact that alcohol is habit-forming, and so makes *slaves*. Let the doctors



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No ocean, be it ever so wide, stops the airman—or airwoman—and now regular passenger traffic across every watery expanse is a reality.

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has just been stated on the subject of alcohol to imply that a social cocktail, or highball, or a glass of wine or beer with a meal, or in the evening, is harmful. The harm is done by the misuse or excessive use of alcohol, more especially by the young."

One is led to suspect, when reading a statement like this, that the writer of it is wedded to his highballs. However that may be, it shows how alcohol can deceive even the scientific men. "And whosoever is deceived thereby is not wise." We have abundant testimony from science on the other side of the question to the effect that, unlike some wholesome foods which may be harmful only when taken in large quantities at one time, alcohol injures the tissues even when taken moderately. If much does harm, a little does proportionate harm. And who wants to be harmed?

Even if we grant (which we do not) that a little alcohol taken occasionally as a beverage does not matter as far as immediate harm to the body

take the moral factor into account, and tell *all* the "truth about alcohol."

### The League of Nations—Rest in Peace

HOPE in the League dies hard, if it dies at all. It is kept alive because hope for international peace in the hearts of a majority of the world's people is always alive. And in spite of its impotence and blunders, the League gives promise by the little it has accomplished that some sweet day it will do greater things to produce amity among the nations. Its present well-wishers are proposing to so revise its covenant that it will be less objectionable to its members who continue to flout it, and yet more powerful to force peace. Inconsistent and impossible dream! We are enthusiastically for the League objective; but the capital IF in its program of action is the unwillingness of some of its constituents to surrender one iota of what they want for themselves, for the general good. As long as this selfish spirit continues, the League remains little more than a rhetorical expression.



**C**OME with me for a little visit to the ancient village of Nazareth. It is the year A.D. 23 and the world has not yet been stirred by the works and the teachings of one Jesus Christ. Those tender hands which are to bring health and healing to hundreds and thousands of suffering mankind are as yet busied only with the daily toil in Joseph's carpenter shop. But even now we hear of His pious life, His thoughtfulness of others, and His zeal in things pertaining to the kingdom of heaven. The streets are cleared with the exception of a few late synagogue-goers who are hurrying along toward the place of worship, for this is the Sabbath day. After wending our way through narrow bazaar streets, past small shops, we pause for a moment before a carpenter's shop. This, our guide tells us, is where Jesus of Nazareth works. But the shop is closed and locked! Where is Jesus spending His Sabbath day?

Luke tells us that He, too, has already gone to the synagogue where He takes an important part in the services of the day. "And He came to Nazareth, where He had been brought up: and, as His custom was, He went into the synagogue on the Sabbath day, and stood up for to read." Luke 4:16. According to the inspired Luke, we would find Jesus in the synagogue every Sabbath day, for he reminds us that it was Jesus' custom to spend the seventh day of each week in the study of the word of God in the house of worship. We are not surprised, for we remember that it was Jesus himself who made the seventh day, who blessed and hallowed it at creation. (Genesis 2:2, 3; Colossians 1:13-17.) Christ was "heir of all things," and His Father "made the worlds" by Him. (Hebrews 1:2) Jesus stated the truth when He said, "The Son of man is Lord also of the Sabbath" Mark 2:28).

**N**ATURALLY, then, we would expect Him to be observing and teaching the sacredness of the day which He himself had distinguished from all the other seven as being a day when the minds of men should be turned to the creative power of the omnipotent God. As in the beginning, Christ observed the Sabbath in His divinity, so now we find Him observing it in His humanity.

The scene shifts. Nearly five years have elapsed since we found Jesus in the synagogue during those pre-ministry days, worshipping on the seventh day of the week. This time we find ourselves jostled about by a great multitude of people. We find difficulty in edging ourselves close enough to get a glimpse of the great Teacher as He seats Himself on the mountain side and

# The Man Who

By R. H. Pierson

begins to outline the principles of His ministry. We have heard that this Man is a usurper, that He has come to cause both political and spiritual rebellion, and that He intends to establish a new kingdom and a new religion of His own. The Pharisees tell us that He is about to abrogate the principles of heaven that were handed down from God at Mount Sinai—even the Ten Commandments. (Exodus 20.) We marvel that a quiet, unassuming man could cause such a stir, that He could harbour behind those tender eyes any thoughts of rebellion, that He could ever aspire to set aside the law of God. We are not left long in suspense, for those kind lips part, and we hear His melodious voice. Our hearts melt within us as we listen to the simple truths of practical righteousness come forth as rivers of living waters to our thirsty souls. Surely they contain no hint of sedition, no trace of malice toward the Roman government, no grounds for civil prosecution. Our minds are at rest concerning His political aspirations. But what of His theology? Will He set aside the Ten Commandments as we have been told? Will He seek to vindicate Himself for alleged Sabbath-breaking? Will He announce the change of His Sabbath to another day of the week?

**T**HINK not that I am come to destroy the law or the prophets," we hear Him saying, "I am not come to destroy, but to fulfil!" How could intentions be more clearly stated? As if He reads the minds of the wily Pharisees, He forms His answers! As if He could foresee, hundreds of years into the future, a movement to set aside the divine principles and change His day of rest, He assures all generations that Heaven's will at Sinai is to be His guide and the theme of His ministry. Lest any should mistake His intentions He continues, "For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law until all be fulfilled." Matthew 5:17-18. As lasting as the heavens and the earth are the principles of the law of God. The Saviour revealed the sacredness which He attached to this heavenly document by saying that it would be easier for heaven and earth to pass away than for one jot or one tittle (the smallest Hebrew points, similar to the English

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# Made Rest

comma and period) of the Ten Commandments to fail.

Two years later we find ourselves near the close of Christ's earthly ministry. We are standing near the foot of Mount Olivet on the road leading to Gethsemane; the moon is shining brightly, and we are able to hear the sound of voices in the distance. As the approaching party nears us we can distinguish the person of Jesus, followed by His twelve disciples. They pause a moment near the very tree under which we are standing; if we listen closely we shall be able to hear what they are saying. He is assuring His disciples of His unfailing love for them. He assures them also that He is to break the fetters of the tomb that mankind might have the victory over death. How beautifully He dwells upon His relationship to them, urging them to accept of His strength which He so willingly imparts to all who love and obey Him. "If ye keep my commandments," He is saying, "ye shall abide in my love; even as I have kept my Father's commandments and abide in His love." John 15:10.

AGAIN the Saviour is unfolding to His followers the secret of His great power with heaven. It lies in His complete submission to the will of His Father in heaven—His unflagging obedience to "My Father's commandments." Once more He reviews His life of harmony with the oracles of heaven—His oneness in precept and example with the law of God, the Ten Commandments. Here in one of His last talks with the twelve, He is urging them to remember the commandments and to follow His perfect example in keeping them that they might live at peace with their God and with their fellow-men. As we listen breathlessly to these wonderful words of the Master, how can we entertain any suspicions that He is contemplating the removal of the blessing from the edenic Sabbath, or that He proposes to amend the Constitution of the universe, or that He intends removing the "sign" (Ezekiel 20:20) from among His people on earth?

Our next and last contact with the Saviour is on the day of His crucifixion. As we make our way up Golgotha's hill on that awful day, we find the ascent difficult because of the phenomenal darkness which has enveloped the hillside. We pass terror-stricken Roman soldiers hurrying from the awful scene in which they have just participated; we see multitudes of people paralysed

with fear as they gaze upon the bruised body of the Son of God, uplifted on Calvary's cross. We stand with bated breath as we behold those who have been nearest Christ, weeping at His nail-pierced feet. How glad we are when we see Joseph of Arimathæa come forward to claim the body of the sacrificed One. We follow him as he tenderly removes the lacerated figure of his Master and wraps it in clean linen cloth and lays it in "his own new tomb, which he had hewn out in the rock." (Matthew 27:60.) We pause for a moment in the twilight beside the sacred tomb. Jesus at last is at rest.

"The long day of shame and torture is ended. As the last rays of the setting sun usher in the Sabbath, the Son of God lies in quietude in Joseph's tomb. His work completed, His hands folded in peace, He rests through the sacred hours of the Sabbath day. In the beginning the Father and Son had rested upon the Sabbath day after their work of creation. When 'the heavens and the earth were finished, and all the host of them' (Genesis 2:1), the Creator and all the heavenly beings rejoiced in contemplation of the glorious scene. 'The morning stars sang together, and all the sons of God shouted for joy.' (Job 38:7.) Now Jesus rests from the work of redemption; and though there is grief among those who love Him on earth, yet there is joy in heaven. Glorious to the eyes of heavenly beings is the promise of the future. A restored creation, a redeemed race, that having conquered sin could never fall,—this, the result to flow from Christ's completed work, God and angels saw. With this scene the day upon which Jesus rested is forever linked."

IN HIS death, as in His perfect life, Jesus rested upon the Sabbath day. Forever this rest remains for the people of God to enjoy by reflecting upon His mighty creative and redemptive power.

These four glimpses into the life of the Messiah reveal to us that He not only hallowed the seventh day Sabbath with His creative power in the beginning, but He also kept it holy during His sojourn here among men. Before His ministry began, at its very height, as well as in the closing days and in His death, Jesus honoured the Sabbath of the fourth commandment (Exodus 20:8-11) which He himself had given to mankind centuries before.

John, that beloved disciple who was nearest the Master during His earthly ministry, reminds us today: "He that saith he abideth in Him ought himself also so to walk, even as He walked." 1 John 2:6.



**Y**ES, Charlie, I am aware of the fact that he is a valuable man to have in the factory. He has been here long enough for us to find that out. I believe in giving a man every possible chance to make good, and I sometimes stretch things a little in his favour. But there is a limit. An employee of ours who will do such a thing as he did, and at such a critical time, is not to be trusted at any time. If he would do that, what wouldn't he do?"

The last words of the superintendent were a little irritable.

"I know; but is that a fair attitude to take toward him because of this one falling down?" questioned his visitor. "He was doing well, you admit, and this is the first time he has made such a break."

"And it's the last time he'll have a chance to make such a break here," replied the superintendent bluntly. "Why, Charlie, the company might have lost thousands of rupees on that deal, and it was by no virtue of his that it didn't. One such fool trick is one too many for us."

"But I happen to know that there are certain mitigating circumstances connected with his action which I am not at liberty to reveal; and yet they make all the difference in the world as to what position you take in his case. Can't you consider the future of this man and his family, as well as the interests and profits of your factory?"

"I do, old boy," returned the manufacture, with a smile to relieve the tense situation, "but you must remember that I have heavy responsibilities here that I can't throw over for the good of just one person. Hundreds of people have money invested in this factory, and they are looking to me to conserve their interests. I have sworn to be loyal to them, and I am going to stick to my promise. If Freed is having a hard time, perhaps I can help him in some other way; and I am sorry for his misfortune, whatever it is. But I can't risk our interests for the sake of his. I can't take him back."

**B**UT don't you realize that this thing will get out, his reputation will be ruined, and he won't be able to find another job? He's not the kind of man to be an object of charity. All he wants is the opportunity to live this thing down and make it right in the very place he went wrong. Surely that's honourable and praiseworthy. Couldn't you give him another chance in view of that?"

"No, I couldn't. He may mean well; but it's hopeless,—hopeless, I tell you." There was a tone of finality in his voice as he swung around in his office chair to indicate that he didn't care to hear any more about it.

"But now, look here," and the other edged up a little closer to the desk, "you and I are friends, Jim,—have been nearly all our lives. Friendship is worth something, as you knew when I pulled you out of the swimming hole that day when we were boys together. I don't want to make a lot of that, for it was only what a friend should do under the circumstances. But in doing that I saved you for this corporation which values your services so highly. And corporations as well as human beings should have souls. Friendship costs something, Jim; and Freed is a special friend of mine. For the sake of old ties I want you to take him back and give him another chance. He has learned his lesson; and I give you my belief for it that this won't happen again."

## The **WORTH** of a **FRIEND**

By Robert Bruce Thurber

The superintendent whirled in his chair and gazed long and steadily into the eyes of his old friend. A dream of bygone days came back and crowded out the worry and fret of business. The face before him was transformed into that of Charlie Manning the boy, with the dripping hair, the serious blue eyes, the freckles standing out clearly on a clean nose, water running in rivulets down his cheeks and dropping off his chin, his whole bare body pale and twitching as he called, "Jim! Jim, old boy, wake up!" into the unhearing ears of a playmate who lay all but lifeless on a grassy bank. And Jim did wake up, thanks to Charlie. What if he hadn't? His heart warmed to him then in boyhood comradeship. And how many times since he had shuddered at the thought of what might have happened if Charlie Manning had not been a friend of the calibre that risked life itself for one in need. A mist rose before his eyes and hid the picture; and he turned to tap the office bell.

"Show the foreman in," he commanded the office boy.

"I've decided to give Freed another chance," he said as the man appeared, "so let him know, will you, to come back in the morning.—I under-

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stand," he continued, as the foreman hesitated and frowned; "but we've got to be a little lenient sometimes and in certain cases, I suppose. Keep me in touch with how he gets along. I'll talk with him myself when I get the time."

And he turned to the work of the day as his friend, with a heartfelt "Thanks, Jim," passed out and engaged the foreman in earnest conversation.

The plea of a friend's obligation to a friend won when every other argument failed. When a man stands absolutely helpless in the presence of circumstances which he cannot control, he feels the dire need of an influence greater than his own, the necessity of "a friend at court." No matter how strong, or rich, or wise we may be, nor how independent we may feel, there come times in



His friend, with a heartfelt "Thanks Jim," passed out.

our lives when we must have a friend, or suffer irreparable loss. It is all well and good to be self-reliant and to bear our own burdens, but the issues of life are too great for any mortal to meet alone. The give and take of friendship enables two or three working together to succeed when both, or all three, working apart, would fail. To receive from a friend is to be a channel, not a reservoir or object, of charity. To give to a friend is not loss, a process of subtraction; it is gain by multiplication; it is that which "scattereth abroad and yet increaseth."

The safest vessels that sail the sea of life are friend-ships. A friend doubles your acquiring power, for he catches the best things in life that you miss as they fly by, and holds them for you till you are ready to work them into your character building. Such friends are relatives and close acquaintances who are older and more experienced than we. Such friends also are teachers and ministers and books, and even animals and plants.

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A friend triples your ability, for he sees you from without, and is the only person who cares and dares, to tell you how you look from in front of your eyes. How often we think we would like to see ourselves as others see us. Try using a friend for a mirror, and you will get what you need,—though maybe not what you want. A true friend will forward your interests with a boldness and courage that you do not care to manifest for yourself, lest you lose becoming modesty. In a day when even merit is not recognized unless it is advertised, a loving companion will be able to sell the products of your life for you, whatever they be, to a greater advantage than you could ever hope for by crying your own wares.

But the best of all friends is the friend who has power, who is a Joseph of Arimathæa for riches and a Nicodemus for authority, as well as a John for love and a Peter for enthusiasm; who is an Esther for influence, as well as a Mordecai for devotion; who is able to offer and supply unlimited aid as well as sincere sympathy.

**R**ECEPTIVE friends are easy to get. A thousand people will be friends to you as long as everything is coming their way. But where is the man who makes friends in order that he may have the more channels through which he may pass himself out to others? There are such, but they are few. The only friend worth while is the one who has a constant inward urge to give more than he gets.

And such a friend is God.

He has all the characteristics of good friends among human beings, and added to those He has unlimited power and paramount unselfishness. He is the Super-friend.

But so many do not see the value of acquaintanceship with God, perhaps because they are more impressed with His power than with His friendliness. For some reason, God has been pictured as great and strong and all-wise and good, possibly beautiful,—yes, and loving,—but not friendly. Do we have to have someone down on our own level of weakness and ignorance and wrongdoing in order to be friends with Him? Is true friendship a dead-levelling process or an uplifting process? If it is an uplifting process, each friend must be higher than the other in some respects. And the higher powers and ideals one has,—provided he remains friendly,—the better off the other is for the contact. Friendship with God is an interchange. Though He is so far above us in so many ways, He is dependent upon us for an experience He never had; and there is a work which we can do that He can never do.

Think of the most good-natured, sunny-faced, large-hearted, (*Please turn to page 50*)



# The SERMON on the MOUNT

By Mrs. E. G. White

**C**HRISt seldom gathered His disciples alone to receive His words. He did not choose for His audience those only who knew the way of life. It was His work to reach the multitudes who were in ignorance and error.

The sermon on the mount, though given especially to the disciples, was spoken in the hearing of the multitude. After the ordination of the apostles, Jesus went with them to the seaside. Here in the early morning the people had begun to assemble. Besides the usual crowds from the Galilean towns, there were people from Judea, and even from Jerusalem itself; from Perea, from Decapolis, from Idumea, away to the south of Judea; and from Tyre and Sidon, the Phœnician cities on the shore of the Mediterranean.

The narrow beach did not afford even standing-room within reach of His voice for all who desired to hear Him, and Jesus led the way back to the mountain-side. Reaching a level space that offered a pleasant gathering-place for the vast assembly, He seated Himself on the grass, and the disciples and the multitude followed His example.

**T**HE disciples' place was always next to Jesus. The people constantly pressed upon Him, yet the disciples understood that they were not to be crowded away from His presence. They sat close beside Him, that they might not lose a word of His instruction. They were attentive listeners, eager to understand the truths they were to make known to all lands and all ages.

With a feeling that something more than usual might be expected, they now pressed about their Master. A feeling of expectancy pervaded the multitude also, and eager faces gave evidence of the deep interest. All hearts thrilled with the proud hope that Israel was soon to be honoured before the nations as the chosen of the Lord, and Jerusalem exalted as the head of a universal kingdom.

Christ disappointed the hope of worldly greatness. In the sermon on the mount, He sought to undo the work that had been wrought by false education, and to give His hearers a right

conception of His kingdom and of His own character. Yet He did not make a direct attack on the errors of the people. He saw the misery of the world on account of sin, yet He did not present before them a vivid delineation of their wretchedness. He taught them of something infinitely better than they had known. Without combating their ideas of the kingdom of God, He told them the conditions of entrance therein, leaving them to draw their own conclusions as to its nature.

**C**HRISt's first words to the people on the mount were words of blessing. Happy are they, He said, who recognize their spiritual poverty and feel their need of redemption. The gospel is to be preached to the poor. Not to the spiritually proud, those who claim to be rich and in need of nothing, is it revealed, but to those who are humble and contrite.

"Blessed are they that mourn; for they shall be comforted." By these words, Christ does not teach that mourning in itself has power to remove the guilt of sin. The mourning of which He speaks, does not consist in melancholy and lamentation.

We often sorrow because our evil deeds bring unpleasant consequences to ourselves; but this is not repentance. Real sorrow for sin is the result of the working of the Holy Spirit. The Spirit reveals the ingratitude of the heart that has slighted and grieved the Saviour, and brings us in contrition to the foot of the cross. By every sin, Jesus is wounded afresh; and as we look upon Him whom we have pierced, we mourn for the sins that have brought anguish upon Him. Such mourning will lead to the renunciation of sin.

The worldling may pronounce this sorrow a weakness; but it is the strength which binds the penitent to the Infinite One with links that cannot be broken. It shows that the angels of God are bringing back to the soul the graces that were lost through hardness of heart and transgression. This sorrow heralds a joy which will be a living fountain in the soul.

And for those also who mourn in trial and sorrow, there is com- (Please turn to page 30)