

THE ORIENTAL WATCHMAN AND HERALD OF HEALTH

FOR HEALTH, HOME AND HAPPINESS

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KEEPING HEALTH

By the Editor

BEING in possession of health is much like being in possession of wealth. Both may come by good fortune from thrifty, careful ancestors. Both may be won by hard work, good management, and the sacrifice of indulgence. But, whether one comes into possession of them directly or not, they are the reward of effort.

In the same way, and to the same degree, the *holding* of health and wealth is achieved through industry, vigilance, and wise investment. But in neither case need there be uneasiness and worry, if right principles are followed.

The sick are distressed with, and perplexed about, their bad feelings; the well are prodigal with, and often do not appreciate, their good feelings; instead, both had better be *concerned* about the state of their health.



The unhealthy are very likely to do something about their illness, being forced to attention and action by their pains. The healthy are very likely to do nothing about their health, simply because they enjoy it. The concern of the former is to do the *right* thing about their illness; and the concern of the latter should be to do *something* about their health.

Experience proves that the majority of those who inherit health abuse it and are short-lived; just as the majority of those who inherit wealth misuse it and lose it.

We have in mind friends, now active in their eighties, who looked like cadavers and were given up to die in their thirties. They realized their peril early, sacrificed everything else for health, and lived to enjoy a degree of it.

Again, we have in mind friends, long since in their graves, who "sat on the world" in youth, but who squandered their health because they did not sense its priceless value.

Need this be so? Not at all. Why not initiate a new order of living? The world, every nation, every good cause, every family, every individual, urgently needs sensible minds in sound bodies, young, middle-aged, and old.

It may be said, and supported with experience, that radiant, healthy youth cannot be expected to make any sacrifice to maintain health.

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U. P. S

Exercise, more or less strenuous suited to age, is a prime factor in keeping health.

Expected to or not, many are doing it, some because their elders and stringent national laws force them to it, others because they see the light for themselves. We cannot put old heads on young shoulders, but we can put practical heads on them.

The deplorable thing is that diseased minds supported by diseased bodies are now inculcating health in youth that it may be fed into the maw of war. How disgusting that the arts of war should incite to health, and that the arts of peace should be indifferent about it!

We submit that a healthy physique is a strong factor for world peace. It is not health, but disease, that itches for a fight. Health is eager for competition, for obstacles to be overcome, but not for killing. Unfortunately, slaughter must come, even in the interests of peace; but there is a better way, a preventive way, through the health of body and mind in the leaders and the led.



As one gets older, he had better rest occasionally on the hills of life.

A GOOD physician should be your first consideration if you suspect that you have any disorders involving the circulatory system. Whatever may be offered in this article is merely in the nature of my loud thinking as I review causes and ponder methods of treatment. You must realize that no two cases are alike, and so, quite naturally, I must deal in generalities, and thus perhaps create a background that will enable you to give a bit better co-operation to your own medical adviser.

The most important measure in heart disease is rest. Nature strives desperately to quiet the body, and to put a tired or an injured member at rest. Whether it be diseased or fatigued, the heart must work; but it is possible to reduce that labour to a minimum by mental and physical hibernation. Every movement adds its bit to the already overloaded heart. And this suggests a point for all of us in the art of growing old gracefully, even though we have no heart disease, and that is, *slow down as age sneaks up*. When you get up in the morning, don't "throw it into high and step on the gas"; slide into gear and start slowly, easily. Remember, there is just one heart to last you for your allotted time, and it just cannot stop for long between beats even to get a decent rest.

Don't grumble, you heart folk, if you are put to bed; it is positively the best medicine in the world. Your rest should be mental as well as physical; so there must be no swarm of visitors, no watching the stock market. It may require a

BE KIND TO YOUR HEART

By Arthur N. Donaldson, M.D.

sedative to compel rest, for rest you must. Your doctor may find it advisable to give you an injection to quiet you down temporarily, and he may put you on something that will make you drowse and sleep for a week, but he knows what he is doing and you must trust him without argument.

A lot of people are afraid of digitalis, a drug that can be and is taken for years with no known injurious effect. Think of it as a food rather than as a drug or stimulant. Digitalis is not a whip, a stimulant; it differs from caffeine or strychnine in that digitalis provides the means for the development of energy, while the stimulant causes the expenditure of energy without providing for it. Digitalis slows the heart, thus giving time for needed rest between beats; it enhances the circulation within the heart, thus improving the vitality of the tired, weakened muscle. And more, digitalis is not a habit-forming drug. It is a life-saver, a specific in those cases where the heart seems to be getting hopelessly behind in its duties, with evidence of its failure showing in swollen feet, cough, shortness of breath, and so forth. *But digitalis must not be self-administered.*



It must be taken in large amounts up to a certain point—a point of saturation; this is called digitalisation. From there on a standardized dose is scheduled. Now, the digitalisation of a patient cannot be left to trial and error. Too much digitalis can gravely upset, may take a life. Too little will not bring about the desired results.

The liver, swollen with blood and very sore, will slowly return to its normal size with rest and digitalis. If an available nurse or a member of the family is familiar with hydrotherapy, some snappy hot and cold to the liver may be ordered, followed by a cold friction rub. This offers a splendid boost to a heart that is struggling, by starting a pumping action that offers very effective support to the main pump.

It might be said in passing that, in elderly persons with tiring hearts, digitalis in small doses

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will act as a tonic. For many years this particular virtue in the drug was scoffed at, but now leading heart men acknowledge that one does not have to be a victim of a failing heart to be benefited by digitalis.

So-called acute indigestion is often a distinct heart attack rather than a digestive problem. When a patient with known heart trouble develops a sudden attack referable to the stomach, call a doctor. While you wait for the slam of the car door to announce his arrival, give your patient a half teaspoon of aromatic spirits of ammonia in half a glass of hot water. The element of fear in any emergency of this sort must be blanketed, and relatives and friends must assume an unnatural calm, despite their apprehensions. A scared patient made more fearful by the evidence of much perturbation about, is distinctly harming his chances of pulling out of an attack.

Removal of the cause is another essential therapeutic point. Infections, such as teeth, tonsils, sinuses, must be cleaned up, for the insidious poisoning and ruining of vital structures by germs and pus is a real fact, not a fancy. Also, remember the effect of tobacco on the stability of the heart, and the influence of nicotine, caffeine, and substances containing allied poisons on the heart and blood vessels. These things must be thought of as irritants, as poisons, and their relationship to sudden heart failure, "stroke," and disease affecting fingers, toes, and legs, cannot be pigeon-holed.

Overwork is another cause that must be analysed. Fatigue that is generated by overwork—pathological fatigue—wears out the old heart. Nerve strain that is maintained for long periods without proper relaxation pushes the blood pressure up and up, and keeps it there, and the heart just simply tires out under the load after a while. Prevention of failure lies in periods of relaxation, recreation—but not the type of relaxation that you get at the race course or when you use golf as a competitive sport with a bet on each hole. You might as well stay at the desk and keep your pressure up fighting for business.

Another cause that must be watched is over-eating. There is many a man who eschews tobacco, coffee, tea, beer, and whisky, and does not eat even meat, but who is headed for sudden death through overdoses of beans, rich pastries, etc. Beware of overweight, and watch that waistline, especially as you approach the past-forty era. Find out what you should weigh for your height and age, and see that you hover close to it by diligently watching the bread, potatoes, and deserts. Every pound of fat adds plenty of work to an ageing heart, for blood must be pumped through an unbelievably large network of capillaries in just one pound of fat. Make it a part of your business to weigh on a balance scale every week at about the same hour. Don't let your stomach grow after fifty.

CANCER CAN BE CURED

AND THE CURED ONES HAVE A CLUB FOR IT

By Isaac F. Marcossou

IN THE little town of Milton, Massachusetts, U. S. A., just outside of Boston, stands a modest house. In this dwelling lives Dr. Anna C. Palmer, president of the Cured Cancer Club. In 1920 Dr. Palmer, then a practising physician, was operated on for cancer of the breast. Today she talks about her case as if it had been the "flu" or a sprained ankle. At eighty-three she is an animate document in evidence that the most dreaded of all diseases is conquerable with early diagnosis and proper treatment.

Dr. Palmer is just one of the 29,195 people listed at the end of 1938 by the American College of Surgeons as completely cured of cancer. These are the eligibles for the Cured Cancer Club. From this legion of the cancer redeemed, Dr.

Palmer hopes, will come the inspiration for the conquest of a disease which has cost that country 270 crores of rupees a year. The club is open to any one vouched for by his physician as having been cured of cancer for at least five years before the application for membership is filed. The applicant need only subscribe to the statement: "I am willing to be known publicly as a cured cancer patient."

Cancer, more than almost any other disease, has suffered from the curse of silence. The word itself is a leper in the common vocabulary, conjuring up the picture of long-drawn agony and slow death. People are prone to talk avidly about their operations, but they become strangely silent when it comes to cancer. They implore

physicians not to enter the word cancer on the death certificates of members of their families. Only a few years ago a New York newspaper refused to publish the fact that a prominent actress had died of cancer. Pneumonia was thought to have a more pleasing sound. The idea that cancer is a disgraceful disease, touched with stigma and not to be discussed, is still widespread. The Great Darkness, which has so long enshrouded the causes of cancer, was matched by a Great Silence about it. Thousands succumbed because of fear and ignorance. Cancer mortality mounted until the disease became Public Health Enemy Number Two, being exceeded only by heart disease as the cause of death.

One reason for the delay in cancer cure publicity has been the lack of lay education, which struck its stride only within the past few years. The amount of work that still remains to be done in this field is strikingly shown by the



Many people who had cancer, seemingly incurable, are living peaceful and painless lives today.

findings of the nation-wide poll on cancer taken by the American Institute of Public Opinion in April 1939. Summed up, the survey showed that one American in every three—36 per cent—did not know that cancer was curable if treated in time. Forty-one per cent thought cancer was contagious, a fallacy long disproved. And, significantly, 76 per cent of the people polled feared cancer more than any other disease.

With no disease has this fear complex played such a devastating role as in cancer. Everybody fears cancer because everybody, regardless of age, is a potential victim. Moreover, people ignorant of the early symptoms of cancer sur-

render to the idea that a medical examination means a death warrant. They wait until there is pain, when it is often too late, for cancer at the start is painless. Thus cancer has been a psychologic as well as a medical problem. It is estimated that from one third to one half of the annual 150,000 deaths could be avoided by early diagnosis and treatment.

The mystery surrounding cancer in the past is partly attributable, as well, to the fact that the medical profession was not fully equipped to cope with cancer. The doctor, like the layman, needed education. For ethical reasons doctors shied at discussing their cures, while the cured were equally reticent. The only highly publicized "cures" were mainly the advertised "testimonials" to worthless quack serums which cost the gullible public crores of rupees each year.

In 1932 light began to break, pointing the way to all that the Cured Cancer Club implies. That year the American College of Surgeons conducted a symposium on "Cancer Is Curable" at its annual clinical congress in St. Louis. Thirty eminent surgeons, who had operated in some of the most famous hospitals in the United States, reported 8,840 cancer cures, with no recurrence of the disease five or more years after the operation. They were made possible by early diagnosis and treatment through one or all of the only accredited agencies: surgery, the X-rays, and radium. When early cancer is surgically removed, it is not likely to recur at all, if there is no evidence of it after two years; so the five-year period was set as a safety cycle.



Typical of the contributions to the symposium was the report of one physician. It showed that over a period of twenty-six years, 110 patients out of 256 suffering from malignant tumours had been cured. One of the outstanding cures, reported by another doctor, related to a patient designated as Miss G. She was operated on for breast cancer in October 1903, when she was sixty-one. Her case was carefully followed up. Twenty-five years later she was still directing her farm. An examination a few months before her death at the age of eighty-seven showed that she was free from any indication of cancer.

Publicity from this symposium helped remove the inhibition on talk about cancer and cures. At the same time, popular education on symptoms and the urgent need of prompt diagnosis received an impetus through the educational "Cancer Months," decreed for the nation by President Roosevelt and for many states by their governors. With increasing knowledge came increased facilities. State medical societies named

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special cancer committees, enhancing the efficiency of the doctors. Through governmental grants and private gifts, more radium has become accessible than ever before. New York City, where an intensive educational campaign was waged, showed a striking development. In 1920 only 46 per cent of the breast cancer cases at a large cancer hospital were operable because of delay in reaching the operating table. In 1938 the operable cases there had risen to 87 per cent.

The Cured Cancer Club was the natural outcome of all these developments. As soon as Dr. Palmer was certain that she was cured, she began a one-woman campaign to create a frank attitude toward cancer. She talked before women's clubs, enlisting them in the cause of cancer education. Deeply impressive was the spectacle of this earnest white-haired woman, herself a compelling testimonial to what she preached. In time she became Vice Commander of the Massachusetts Division of the Women's Field Army of the American Society for the Control of Cancer, which operates in forty-six states now spreading the gospel of cancer control. In 1938 the Cured Cancer Club was founded, largely through Dr. Palmer's efforts; and units are now in process of organization in half a dozen states. Progress is necessarily slow, because people are

still reluctant to talk about a dread disease even when they have been cured of it. But when I talked with Dr. Palmer at Milton she was enthusiastic about the future. "Years ago when I began lecturing on cancer," she said, "audiences were embarrassed and unwilling to listen. They felt, as some one said, that while cancer itself is not contagious, the word is. Today cancer facts are accepted. The spread of the idea behind the Cured Cancer Club will give encouragement to the 450,000 men and women in the United States who have cancer. It will teach others that if they act promptly when symptoms that may mean cancer appear, they too have a fine chance to be cured."

Through wireless talks, lectures, and intensive campaigns in every state, under the auspices of the Women's Field Army of the American Society for the Control of Cancer, the membership of the Cured Cancer Club will be increased. Their program will be a unique attack on the superstition and fear that for years has hindered doctors in their attempts to cope with cancer. And with more than 29,000 people as living proof that cancer can be cured, they are determined to banish the spectre of ignorance that has made the disease one of the world's worst scourges.—*Hygeia*.

THAT PAIN UNDER YOUR RIBS

WHAT CAUSES IT?

By A. E. Clark, M.D., F.A.C.S.

PAIN beneath the lower border of the ribs, on one side or the other, is of rather frequent occurrence. In some instances it is of little significance, while in other cases it may mean something very serious. Pain "just under the ribs," may arise from many different conditions, and it is not within the scope of the present article to consider the cause of every pain which may be felt in this region, but rather to stress some of the more common disease states which may produce acute pain in the upper part of the abdomen, and which at times seems to localize itself "just under the ribs" on one side or the other.

In considering pain which seems to be located just under the ribs, we must first of all know what organs or structures are found in that

locality. On the right side we find the liver and gall-bladder, with a small tube carrying the bile downward to empty it into the first part of the small intestine; we also find the first portion of the small bowel, known as the duodenum; a part of the large bowel is found here, the first part of the transverse colon; a few coils of small intestine are also noted. The right kidney, although not within the abdominal cavity, pushes forward from its position next to the spine, and together with its draining tube, the ureter, must come in for consideration. There are some large vessels in this locality, too, which are at times involved in disease, and so we must include in our list the abdominal aorta and its large accompanying veins, together with the large lymphatic vessels which pass upward in this area. And lastly, although it does not enter into a consideration of organs in the upper right abdomen, because of its being such a versatile member of our physical economy we must include the appendix, as it is occasionally responsible for pain being felt in the upper part of the abdominal cavity.

These are the chief structures found in the upper right side of the abdomen. All these at times may be responsible for acute pain beneath the ribs. Now, on the left side of the upper abdomen we find other organs, such as the stomach and the spleen; also another portion of the large bowel; some more loops of small bowel; the left kidney and adrenal gland (outside the abdominal cavity, but nevertheless requiring consideration), and a portion of the pancreas and duodenum.

Beginning with the stomach and passing downward, the large proportion of all diseases producing pain in this region are those affecting the digestive tract or organs closely associated with it, such as the liver, gall-bladder, and pancreas. Take the stomach to begin our study. What conditions affect it which might result in acute pain in the upper abdomen? Ulcer of the

taking food or by taking some neutralizing powder such as sodium bicarbonate, and it returns when the stomach is again empty or the effects of the antacid have worn off.

Vomiting is a common symptom of gastric ulcer, at times occurring almost immediately after food is taken. Vomiting of blood is a more serious symptom and indicates the erosion (eating into) of a blood vessel in the wall of the stomach. Other conditions involving the stomach which may produce pain in the upper abdomen at times, are acute gastritis or inflammation of the stomach, acute dilatation of the stomach, and cancer of the stomach.



Passing on from the stomach we come to the first part of the small intestine, the duodenum. Here, too, we find that ulcers are a very frequent cause of pain in the upper right abdomen, usually just to the right of the mid-line and a little below the "pit" of the stomach. These duodenal ulcers are more common than ulcers of the stomach. Food aggravates the pain of a duodenal ulcer, but relieves the pain of a gastric ulcer. The pain of a duodenal ulcer is often described by those who suffer from it as of a deep, boring character. Pressure upon the painful site often relieves the pain of such an ulcer, but only as long as the pressure is kept up.

Duodenal ulcers also usually produce a reflex or referred pain which is felt in the back at about the level of the lower end of the shoulder blade, and is often mistakenly thought by those who suffer from duodenal ulcer to indicate trouble in the spine. Vomiting is also sometimes seen in connection with duodenal ulcers, more often as the result of obstruction from the development of scar tissue which gradually narrows the lumen (canal) of the intestine, thus reducing the size of the passageway through the bowel. In time this narrowing process may become so pronounced that vomiting becomes a regular occurrence, sometimes two or three hours after food is eaten, this vomiting bringing relief until the next meal is taken. Ulcers of the stomach and duodenum, therefore, constitute two very common causes of acute pain in the upper abdomen, and should be kept in mind whenever such a pain manifests itself.



Disease of the gall-bladder, whether acute inflammation, gall-stones, chronic inflammation, infection, or a combination of these various conditions, often produces acute pain in the upper right abdomen, characteristically "just under the ribs" on the right side. Gall-stones may be present for years without giving any indication of

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N. G. Shah

She knows there is a pain under her ribs, but doesn't know what to do about it, but cry.

stomach is a very common cause of pain in the upper abdomen, in the "pit" of the stomach, that spot where the ribs spread apart in the mid-line of the body, commonly called the solar plexus. The pain of gastric ulcer is sometimes traceable to this point; at times to a point just to the right of the mid-line. This pain is generally worse when the stomach is empty, and is relieved by

their existence, and may never be discovered, or may be accidentally found at the time of operation for some other condition. On the other hand, they may cause acute, agonizing pain which is probably not equalled in intensity by any other pain to which man is heir, unless it be the pain arising from the passage of a stone down the small tube leading from the kidney to the bladder. Pain resulting from the passage of such a stone, either in the common bile duct, the cystic duct, or the ureter, is extremely excruciating in character, and requires a liberal dose of morphine or other opium preparation for its relief.

Inflammation of the gall-bladder unassociated with gall-stones may be responsible for pain in the upper right abdomen, frequently associated with tenderness over the site of the organ. Infection of the gall-bladder may be unassociated with any acute pain, but if the gall-bladder becomes dis-



He knows there is a pain under his ribs, and knows what to do about it, but doesn't do it.

tended, as it often does in such cases, pain is generally experienced, along with acute tenderness, chills and fever, vomiting, and other symptoms pointing to an acute inflammatory process in that organ. Adhesions between the gall-bladder and the duodenum, or the stomach, generally give rise to vague abdominal symptoms, but not as a general rule to acute pain.

Affections of the liver, such as acute inflammation, which is relatively uncommon, liver abscess, and malarial hepatitis (patchy areas of inflammation due to action of malarial toxins on the liver tissue), are uncommon causes of acute pain in the upper right abdomen.

Liver abscesses may lie silent within the liver and produce few if any symptoms. Frequently,

however, they produce a sense of heaviness or weight in the region of the liver, with a dull ache at times amounting to actual pain. This pain, however, seldom localizes itself in the region described as "just under the ribs"; it more often results in pain being felt in the right side around toward the back, as the favourite site for these abscesses is the upper posterior part of the liver, that part of the liver which is tucked up beneath the diaphragm on the right side.

This leaves us to consider the rest of the intestinal tract, the intestines and the appendix. The large intestine may be responsible for pain in the upper abdomen. Accumulations of gas in the large bowel may produce pain in the region of the liver, but such attacks of pain caused by gas are generally very short in duration.

The appendix may be responsible for acute pain in the upper abdomen, and should be thought of when such an attack of pain occurs. This pain is not due to the presence of the appendix itself in that region, but is a referred pain. The appendix is sometimes not found in its customary place, but is tucked up behind the first part of the large bowel, the cæcum, and in such a situation the pain is often referred upward along the course of the large bowel to the point where it turns to pass across the abdominal cavity from the right to the left side. Such a misplaced appendix may thus give rise to upper abdominal pain, and should be thought of when pain under the ribs is being investigated.



The kidneys of themselves do not cause pain in the abdomen. When the kidney is the site of a tumour or new growth, however, and this tumour presses forward into the abdominal cavity, pushing the contents of this cavity ahead of it in its forward growth, pain may be experienced in the abdomen, but not particularly in the region which we are considering. Such a growth does not actually penetrate into the abdominal cavity, but rather displaces those structures which are in front of it, such as the liver, the lining membrane of the abdominal cavity, and even the intestines. All these structures are supplied with nerves, and hence disturbance of these organs may give rise to pain.

A diseased condition of the large artery which carries the blood from the heart to the abdominal organs, resulting in the stretching of its walls and leading to the development of a similar condition as we see in the case of a blow-out in a motor car tyre, may lead to the appearance of a pulsating tumour mass in the upper abdomen, associated with a dull pain in that area.

SITARAMMA

Pleurisy involving the diaphragm causes acute respiratory pain in the upper abdomen, leading to a conscious effect on the part of the patient to restrict the breathing as much as possible. A cough associated with this respiratory pain, is generally sufficient to suggest the probable cause of the pain as being pleuritic in nature and not of any abdominal origin.

In the upper left side of the abdomen we find the stomach and spleen, in addition to the other structures already mentioned. The stomach occupies more space on the left side of the abdomen than on the right side, but it has been dealt with in connection with right side pain, as it afforded a convenient starting place at which to begin the consideration of gastro-intestinal causes of upper abdominal pain. Splenic conditions do not, as a rule, cause acute pain in the upper abdomen unless we consider rupture of the spleen, which is characterized by an acute pain of sudden onset, associated with other symptoms of an acute nature, as shock, slow pulse, rigidity of the abdominal muscles, restlessness, and if associated with hæmorrhage, signs of internal bleeding with a rising pulse rate. All such symptoms point to an acute intra-abdominal crisis and demand immediate investigation.



From what has been said, it is abundantly clear that many different conditions may cause acute pain in the upper abdomen, and the list of such conditions has not been exhausted by any means; other more rare conditions have not been mentioned.

Having now considered these various causes of acute pain in the upper abdomen, what shall we do when we get an attack? How can we decide whether it is stomach or duodenum, gall-bladder or appendix, colon or ureter? That is not for you to decide; your doctor has spent many years in fitting himself to decide this for you. So call him early before the symptoms have become masked by the development of complications which may render a definite diagnosis difficult, if not impossible.

A ruptured duodenal ulcer when seen early can generally be diagnosed without great difficulty, but if seen after twenty-four to twenty-eight hours, it may prove to be entirely misleading, and the delay may mean the difference between life and death. So give your doctor the first chance and lose nothing by so doing; give him the last chance and possibly lose everything. In every case of acute pain in the upper abdomen, it is well to remember to call your doctor early, and thus afford him every facility in your power toward arriving at a correct diagnosis.

WHILE on an itinerating journey among some villages in the Kistna District, it was my privilege to meet many old friends and former patients. My mission was to meet them in their homes, and learn first hand how they live, their viewpoints on life, and also to bring them a message of health. There is a thrill in meeting old friends and in seeing again many who had been raised from "the valley of the shadow." I was treated with unstinting hospitality. Many of them called me Father; others even spoke of me as a god. Most of those lowly of earth had learned well the principles of healthful living dur-



M. J. Vyarawalla

He has for sale "cures" for every ill to which human flesh is heir.

ing their sojourn with us at the hospital. They pointed with pride to their achievements.

How do they react when illness visits their family or friends? Do they question the value of sound scientific medical advice, or do they allow superstition, fear, and ignorance to sway the mind in deciding what to do? The following conversation illustrates how the folk in the villages often settle the argument when disease invades their midst:

Sitaramma had been ill with fever for several weeks. The local medicine men did not know what caused the fever, and therefore were unable to bring help to the sufferer. She had been

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TRIES ALL THE MEDICINES

AND AT LAST FINDS

A CURE

By D. W. Semmens, M.D., F.A.C.S.

Superintendent Giffard Mission Hospital, Nuzvid.

treated with English medicine, Indian medicine, had been treated by devil doctors, and had tried remedies mentioned by all the old mothers and fathers of the community. Her friends exhausted all their funds of advice, and still were unable to solve the problem.



Ramanatham from a near-by village, a man of influence and benevolence, was told the story of her battle for health. Many were the pilgrimages he had made to the bedside of the suffering. His very presence brought confidence, comfort, and good feeling. He came to see what he could do to bring happiness to Sitaramma.

As is the custom, many relatives and friends were present with the woman lying sick. The house was crowded with those who had done their duty by giving advice or were waiting to do so. Their talking and arguments filled the house with noise. Ramanatham, after talking with the patient, joined a group, among whom was the husband.

Nageswarao. "My wife is getting worse. She will die if we cannot get better medical help for her soon. She has fever and much pain in the stomach."

Sundarao. "Yes, we must do something. I brought Sree Ramulu yesterday, who gave advice and a remedy to no avail. Many have come and gone, but no help."

Suryanarayana. "All this medicine that we have been giving gets us nowhere. Ramanatham surely will tell us what to do."

Ramanatham. "Nageswarao must take his wife to a well-qualified doctor who will give him an honest opinion. The doctors at the Mission Hospital will do something quickly for her, I am sure. They tell the truth, and make many tests to find out what the trouble is."

Nageswarao. "How can I afford to go to that hospital? They charge too much. I have

heard that they take everything you have. I am too poor to pay for the treatment. What shall I do?"

Ramanatham. "How much have you already paid for medicines? Quite a large sum. Those doctors with injection medicines charged plenty. Then there was one who came many miles and gave you rubbing medicine, and would not come unless you paid his fees in advance. The medicine men will give you hope only when you have put in their hands Rs. 5-0-0. What do they give you? A pill made from herbs or some dirty, black medicine. Hark, man, you are paying out more money than you think. At the hospital they have good doctors and nurses. They will take your wife in and thoroughly investigate her disease and confirm their opinions by making laboratory tests. They may make errors, and do not always know the disease, but they will be honest about it. This is far more for your money than you are getting in these parts taking the advice of anyone who comes along. Their charges are always made in accordance with your standard of living."



Sitaramma was next consulted to see if she was willing to go. "No, I do not want to go. They will cut me open, and that will be the end." The many women present joined in the chorus and said, "That is so."

Nageswarao. "Surely we can get some good medicine from the chemist shop in town. These doctors do not know what it is all about, anyway. Some of us know a few things also."

Ramanatham. "Don't be foolish. Too long have you tried to heal your wife with this nonsense. Her condition is serious. Soon she will be beyond help if you do not get her to a place where they can find out what is the matter. Please take her to the hospital. I will go with you."

Gopal Krishniah. "Ramanatham has too much faith in these medical men at the hospital. I called one in once to see my boy, who had a very bad cough. Was he able to give any help? No. Some old woman gave me some medicine, and he got well soon after that. A friend of mine had a pain in the stomach, and the doctor told him he had appendicitis and he must be operated on. We massaged his stomach and the pain went away after some time. How much do these doctors know?"

Sree Krishna. "Yes, every day they find something new. The treatment they give now, is useless tomorrow. Our Brahmins and *ayurvedic* doctors know a great many things that they do not listen to these days. We used to get well in the old days. Why should we take up with all these new remedies?"

Sheshiah. "I am also not convinced that these modern physicians are so good. Remember our friend Prasadarao who was suffering with swollen legs and a large belly. He consulted an M.B., B.S., and was given some medicine and died shortly after. Do they know any more than the rest of us?"



N. G. Shah

"Creaking under the load, the vehicle bumped over the rough village road, soon joining the main highway. After traversing this road for forty miles, they came to the hospital."

Ramanatham. "I have heard all your arguments, but is what you say getting the patient better? You called me here for advice, and my words avail nothing unless you take Sitaramma to the hospital at once.

"If you had obtained sound medical counsel at first, the expenses would have been small. Now you give the doctors a very difficult task to do anything for her. She has taken all kinds of medicine, and many have made her worse. You are wrong when you have no faith in physicians.

They are human like all the rest of us. Also they are well trained for their position, and have studied the human body for many years. They do know much more about disease and the care of the body than we who talk. The argument about the friend consulting a doctor and dying will be like the one here if we do not act soon. We must give the doctors an opportunity of treating us before we are nearly dead.

"Come, we must do something; Sitaramma lies very ill. We will arrange a cart and go to the hospital."



After much cogitation and arranging about who should go, the cart arrived. Sitaramma was laid in the back, surrounded by women folk. Her husband and several friends rode in front. Creaking under the load, the vehicle bumped over the rough village road, soon joining the main highway. After traversing this road for forty miles, they came to the hospital.

Ramanatham introduced his friends to the doctor at the hospital. The patient was quickly attended to. She became a member of the hospital family. Her illness was thoroughly investigated and found to be typhoid fever. Her mind was set at rest after the physician explained to her and the relatives the nature of the disease, and that she must stay in bed for several weeks.

Under the kindly care of the doctor and nurses, hope again came to her. Courage and faith was built up in the power of the Great Physician, "who healeth all our diseases." Thus when illness comes to that community, in whom will they have confidence,—the ones who blindly give remedies, or the one who intelligently tries to find the cause, and then treats to the best of modern knowledge the known disease?



The question in the minds of the men in the village was answered by one who knew by experience where to obtain good medical care. He knew that he would obtain sympathy and help. It pays to consult good doctors. The arguments built in the minds of many are largely those of fear. Healers, cultists, quacks, and charlatans abound, deceiving the minds of people. Only by their fruits can they be judged. The people who have allowed themselves to be educated and enlightened concerning the scientific treatment of disease have gone a long way toward protecting themselves against sickness. The physician who works in harmony with modern medical knowledge and under the influence of the Spirit of the Creator is the friend of man. He will bring succour and solace when illness comes.

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OVERWEIGHT

DOES YOUR FOOD GO TO WASTE OR WAIST ?

By Dr. H. C. Menkel

EXCESS weight, when considered from the standpoint of cause and effect, may be classified under two general heads, intracellular and extracellular. The intracellular type is definitely an endocrine problem, while the extracellular type is due to dietary faults and lack of

exercise. With many persons both types are complicated in the same overweight problem.

The typically intracellular or endocrine type is a complicated medical problem, and requires skilled advice and guidance. Therefore, with this brief mention we shall not discuss that particular type in this connection, but will give our attention to the forms of obesity coming under the head of extracellular. By this is meant overweight due to controllable factors being part of the daily manner of life. Most of these errors are associated with eating practices, either over-eating or some other dietary fault. It is quite safe to lay down the general proposition, that in every case of overweight there is something definitely wrong with the diet. This may be in daily quantity consumed, or in the way foods are combined at meals, also frequency of taking food, eating or drinking something of caloric value between regular meals, and in the mode of preparing made-up dishes.

Frequently overweight patients tell me they eat very little, evidently meaning that they eat less than someone else. This is not a reliable criterion, for it is well known that most people, if not all people, slim and fat alike, eat decidedly more than the organism requires for maintaining a balanced nutrition.



If we agree, as some authorities maintain, that the average person eats in quantity about three times his required amount of food; then, if the overweight person eats only half as much as the persons with whom he associates, still there is an excess sufficient to increase weight in any person having this overweight tendency.

The man or woman with corpulent dimensions usually is fond of starch-containing foods such as breads, rice, potatoes, and other cereals; also of cream, butter, and foods cooked in fats, and sweet things. It is doubtful if one would find an overweight person who had a decided fondness for green salads, raw fruits, nuts, and milk, and who subsisted on such a diet. These foods simply do not tend to corpulence. They normalize, as they are the really normal foods.

The most ancient of all food records (Genesis 1:29) reads, "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 [food]." How simple, and yet so health promoting and normalizing, is that diet. Man has sought out many food inventions, and they have brought him overweight, and numerous other burdens grievous to be borne. A return to the normal in diet would bring with it a return



Eastern News Photo

A weighty member in the interest of defence, but he won't stand hardship with the thin boys.

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to normal in weight and health. How very much worth while is nature's definite tendency always toward the normal, if given loyal co-operation.

There is no sacrifice of pleasures of the table when taking only normal foods. One soon learns to appreciate a new and hitherto unknown satisfaction in the natural flavours distributed in wide variety throughout the vegetable kingdom. It is not necessary to entirely forswear all starch or fat-containing foods; but they must be strictly limited to twice or even once a week, as the price of keeping normal in weight.

A very good way of initiating this improved diet regime, is to have one meal daily on somewhat ordinary lines, but observing during that meal the rule of compatible combinations. That is, if you decide to have flesh of some kind, or a non-flesh protein, limit this to two ounces only. Then have with this protein, tuber vegetables (not potatoes), green vegetables and tomatoes or apple, or other seed fruit. No bread or starches are to be taken at this meal. If you prefer, instead of protein, make it a starch meal. This means you could have rice, or potatoes, or *chapatties* as the starch. With this you would combine vegetables, both tuber and greens, but no tomato or other such acid fruit or vegetable.

The other two meals would then consist, one of fruit and skimmed cow's milk only; and the other, of vegetable salad and skimmed cow's milk and yolk of an egg. Buffalo milk is not advisable, as it contains too much butter fat.



The above diet suggestions constitute the really essential measures for overcoming obesity. There is no treatment as such for obesity. The cause being mainly dietary errors, therefore the effective remedy consists of correcting these several errors. Many remedies, "cures," and treatments are advertised. These are either worthless or dangerous. The really rational approach is in removal of the causes. When this is done, nature produces the results.

One essential rule for avoiding over-indulgence at meals, particularly the starch meals, is to establish a practice of thorough mastication. All starch and sweet-containing foods should be so completely mouth treated that the food is reduced to a liquid state in the mouth before being swallowed. This practice, if correctly carried out, will greatly reduce the starch intake. Imperfect mastication and hasty bolting of food lead to eating in excess.

If it is desirable to hasten the initial reduction process, this may be accomplished by adopting an exclusive diet of skimmed milk and one kind of fruit only. This plan continued for one or two weeks is usually very effective.

OUR ENEMY-- THE FLY

By Alan Devoe

FROM two things, the adage has it, none of us is exempt: death and taxes. The naturalist might add a third: flies. Buzzing at the sunny windows, hovering hungrily over the dinner table, flies are so inevitably a part of existence that most of us accept them casually.

We pay for this indifference more dearly than we know. We pay for it with outbreaks of cholera and anthrax, with typhoid, trachoma, tuberculosis, and with much of the inexplicable dysentery of our babies. *Musca domestica*, the housefly, is as deadly an enemy as we could entertain.

Our housefly starts life as a tiny egg, much smaller than a pin-head, deposited by a female fly in a manure pile or in any rotting refuse. Within twenty-four hours it hatches forth as a transparent legless grub. Before a day has passed its size has so tremendously increased that its inelastic skin can no longer contain the body. The skin therefore splits, and the grub crawls out to grow a new one. Three times within as many days this splitting and shedding of old skins occurs, and then on the fourth day, its transparent colour changed to a dull white, it crawls away from its feeding place and burrows into the ground.



During this underground burial of about three days, there form inside the pupal jacket the striped body, the six legs, the two veined wings, the multi-faceted eyes—a tremendous metamorphosis for so short a time. Then the pupa bursts and the adult fly emerges. Tunnelling upward, it comes out into the sunlight, ready—when its wings have dried and stiffened—for its eight or ten weeks of adult life.

From egg to adult has taken less than ten days. And this adult fly is ready immediately for breeding. If a female, in less than a week it will probably lay its first batch of one hundred or more eggs, repeating at ten-day intervals. In view of this speed, and of the housefly's vast fecundity, it becomes apparent how huge the tribe would grow were it unchecked. Nine generations is average in a season of six months. The off-

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spring of a single pair of houseflies in that time, if all lived, would amount to the astronomical figure of 335,923,200,000,000 flies.

The adult housefly's life is no prettier spectacle for the squeamish than was its infancy. Its prime concern is food. It relishes with equal enthusiasm decaying garbage or other filth and the lumps of sugar on your dinner table. And it flies directly from one kind of food to the other, a disturbing fact in view of its highly specialized anatomy and physiology.

In the first place, its entire body is covered with a tangle of fine, close-growing hairs; and similar hairs grow on wings, legs, and feet. The fly is thus equipped with the finest of catch-alls. In the second place, there is the extraordinary structure of its feet. Each foot is equipped with an adhesive pad of sticky hairs. It is by means of these that the fly negotiates slippery polished surfaces so nimbly and can walk upside down on ceilings; but it is also by means of these sticky pads that it picks up and transmits myriad germs.



K. Muthuramalingam

These exposed sweets attract flies as well as customers, and thereby endanger health.

Furthermore, the mouth parts of the housefly are a pair of soft, fleshy lobes at the end of its proboscis. There is no chewing mechanism. Accordingly, a fly can feed on a lump of sugar only by first softening it. To do this the fly regurgitates on the sugar a drop of fluid from its last-digested meal. It is this gruesome antic that the fly is performing at our dinner table when he seems to be exploring the sugar bowl; these regurgitated droplets, together with the insect's excreta, make up the "flyspecks" that are every housewife's plague.

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Such, then, is the life story of the fly—a creature born and matured in filth, and uniquely equipped for transmitting that filth wherever it may go. Its danger to man can hardly be overstated. "In the case of more than thirty different disease organisms," says Dr. L. O. Howard, consulting entomologist of the United States Public Health Service, "laboratory proof exists that they are carried by the fly." Doctors and writers in medical journals likewise have repeatedly and emphatically pointed out its great menace to national health. Careful tests have shown that the bacteria on the hairy body of a single fly may number as many as five million, and that a single buzzing *Musca domestica* can infect a whole household.

What can we do about it? The answer is that, while as individuals we can accomplish a good deal, as whole communities acting together we can accomplish much more. Flies are migrants; in a recent test it was revealed that a flight of thirteen miles is by no means beyond the fly's ability. It will do little good, therefore, for the citizens in a town's residential section to battle against houseflies if a few miles away there is an unsanitary dump or exposed manure pile where they breed by billions.



All town-dwellers, however, must co-operate if this menace is to be removed. We must see that our garbage tins are of metal and tightly covered. We must make sure that our town or city disposes of its garbage by incineration and not by dumping. We must fight continuously against adult flies that get into our houses, wielding the old-fashioned swatter, spraying, using flypaper.

Musca domestica, of course, like every other creature under heaven, has its natural enemies. A part of our fight should be to encourage these. Although it may go against the grain, we ought, for instance, to protect spiders, probably the housefly's most effective enemy, and also toads, lizards, and salamanders. Above all, we ought to encourage birds. It would be impossible to reckon how many house-flies are devoured by such expert aerial hunters as the swallows and bee-eaters, or how many eggs and larvae are consumed by other birds.

The ancient Greeks sacrificed an ox to *Musca domestica* every year at Actium, and the Syrians of antiquity made similar propitiations. But, despite his long and deadly presence in our midst, there is every hope that, with effort, we may one day enter into that blissful era, prophesied in the Koran, "when all the flies shall have perished, except one."—Condensed from *Your Life*.

THE ear should be thought of as a delicate mechanism, the most important part of which is unseen and encased in a structure of bone for protection, much as the works of a watch are protected by cases of silver or gold or other metal. The ear consists of three parts; namely, the external ear, the middle ear, and the inner ear. The first, or external, ear is the visible part which terminates in a tubelike arrangement known as the external canal. This ends at the drum, which is a membranous dam about three fourths of an inch in toward the centre of the head. Beyond the drum lies a small box-like structure. This is the middle ear. It contains the little bones commonly known as the hammer, anvil, and stirrup. Entering this middle ear is a tube which connects this cavity with the cavity just back of the nose, known as the naso-pharynx. This tube, which is known as the Eustachian tube, is a very important structure to bear in mind, as troubles involving it are to blame for a very large proportion of deafness, especially that type which starts in childhood and ends in marked or even total deafness in adults.

Beyond the middle ear lies the inner ear, well encased in bone at the base of the brain. This part of the ear is a complicated bony structure in which are fluids and bone and nerve endings, the function of which would take pages to accurately describe. It is sufficient to say that after being transmitted through the outer and the middle ears, impulses are received here and are converted into nerve stimuli which are, in turn, sent on to the brain for interpretation as sounds. Trouble anywhere along the line, from the external ear to the brain, may result in partial or total deafness of the affected side.

It is inevitable, where such delicate structures are involved, that disease or infection will take its toll unless the utmost care is taken to guard these delicate structures. Surveys made in schools indicate that a large per cent of the children are suffering from defects of hearing serious enough to interfere with normal progress in their schoolwork. A very important point to remember, from the standpoint of prevention, is that the majority of cases of deafness manifest their first symptoms in childhood. One authority estimates that as high as seventy-four out of every one hundred cases of deafness begin in childhood, and result from conditions which might have been corrected if treated early.

The simplest condition that may interfere with hearing is that of a foreign body in the canal of the external ear. It is a common thing for a child to put a pebble or a bean or a small article

HOW TO CARE FOR **YOUR EARS**

By Floyd M. Brayshaw, M.D.

of any kind in the ear, and push it in a little too far. It is almost a habit with some children as they pass through a certain age. It is not always so simple to undo the damage that these articles may cause. Many children are afraid to tell what they have done, for fear of being punished, and consequently the foreign body stays in the ear. It causes a constant irritation, and eventually may set up inflammation of the drum, or it may remain for months or even years, causing only partial deafness of the affected ear.

However, children are not always to blame. A case that recently came to our attention was that of a girl who had had her tonsils removed a year previously. Her mother brought her in, complaining that ever since her tonsils were removed the daughter had been hard of hearing and was getting worse almost daily. Examination of the affected ear was made, and in the presence of the mother, a piece of cotton, covered with wax and pus, was removed from deep in the ear. Upon seeing it, the mother suddenly remembered that as the child was being sent home following the removal of her tonsils, the doctor had put a little cotton in the outer ear for protection from the cold, and had admonished the mother to remove it when they reached home. Fortunately, this particular ear cleared up well, but many are allowed to go for so long that permanent damage to the drum is done, and the bones of the middle ear are affected so much that lasting defects of hearing result. Such things as sticks and insects have been known to get in ears and cause injury that resulted in infection, with impairment of hearing.

Wax in the ear may be the cause of partial deafness. It is perfectly normal to have a certain amount of wax in the external ear, and this is eliminated by nature in a normal way. In some people, however, who are apparently normal in other ways, this wax is excessive, and must of necessity be cleaned out from time to time. This is best done by one experienced in doing that kind of work, and may be removed with a spoon or hooklike instrument. For those less experienced, it may be done by flushing out the ear with a

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syringe, using a boric-acid solution, or water with bicarbonate of soda added to it. These solutions must be neither too hot nor too cold.

The external ear requires more care by those who do much swimming and diving. This is especially true if there has been a previous infection, or if the external canal is large. It is most important if there has been a perforation of the drum. In these cases the ears should be packed lightly with plugs of cotton saturated with vaseline to exclude the water. If water does get into the middle ear, then the ear must be dried well and an antiseptic, such as 95 per cent alcohol, used. Abnormal moisture in the outer ear not only tends to maceration of the tissues, but also helps the growth of infection which may be introduced by contaminated water.



M. J. Vyarawalla

If you value your hearing, beware of this sort of "ear specialist."

Foreign bodies in the external ear may cause persistent cough, nausea, and dizziness, and have at times been claimed to be the cause of epileptic attacks. These symptoms are especially likely to be noted in neurotic or hysterically inclined individuals.

It is in the middle ear, with its direct connection with the nasal region, that infections which destroy hearing are most commonly found. It has recently been proved, by observations on a large series of cases, that stoppage of the Eustachian tube by adenoid tissue causes a large proportion of early cases of deafness. This adenoid tissue may be a part of the regular adenoids, or

it may be separate tags of this tissue which grow over the mouth of the tube, shutting off air from the middle ear and causing infection. The infection, in turn, damages the bones and the lining of this chamber of the ear, and, in a large number of the cases, destroys the drum. In a lesser number the infection spreads backward into the mastoid region and causes acute mastoiditis. In all cases in which adenoid tissue is suspected of being the cause of trouble of this kind, the adenoids should be removed and definite measures taken to destroy any little tags that may be left around the Eustachian-tube entrance.

The ordinary cold, accompanied as it is by congested nasal passages and blowing of the nose, is the greatest cause of middle-ear infections. The common cracking of one or both eardrums when the nose is blown is caused by air's being suddenly forced from the nose through the Eustachian tube into the middle ear and against the drum. This air often carries with it infected material from the nose, and infection develops. This infection requires prompt and expert treatment in order to avoid such complications as mastoiditis and meningitis, which all too often have fatal consequences.



Simple home treatments, such as the application of heat and the use of warm eardrops, may suffice for emergency treatments, but medical care is best obtained early, as in many of these cases it is necessary to open the drum to allow drainage, with subsequent healing. Opening of the eardrum does not, as many believe, causes deafness. The facts are that where the drum is opened properly and early enough, the resultant deafness is less than if no opening is made, and the danger of complications is far less. Treatment of middle-ear infections involves treating of the nose and the throat also, as infections in these areas act as feeders, often making the ear infection impossible to cure until they have been thoroughly treated.

This whole matter of the prevention of deafness must be attacked in early life. Tonsils and adenoids must be properly disposed of; colds prevented when possible, and otherwise cured thoroughly; ears inspected frequently both externally and through the nasal passages. It must be remembered that the deafened child suffers greatly. He is thought to be not co-operative, inattentive, and mentally deficient, when in reality it is all because he cannot hear. He becomes self-centred, and cares nothing for social contacts. If not assisted in adjusting himself socially, he may carry this unhappy mental attitude throughout life.

WHY DRINK LIQUOR?

THE GREEKS HAD A WORD FOR THE REASON

By George Thomason, M.D., F.A.C.S.

WHY do people drink liquor? Is it because they like the taste of it? Not necessarily. Haven't you seen people make a terribly wry face after taking a drink of whisky, and then reach for a "chaser" to kill that burning taste? Few drink because of the taste. Alcoholic beverages are drunk because of the effect of the alcohol upon the psychology of the drinker.

To be sure, callow youth oft-times drinks in order to appear grown up and sophisticated. He thinks drinking is a sign that he has arrived at the stage of independence, and overnight has become worldly-wise. Other youth drink in order to get the "kick" out of liquor. When going to a party, to a dance, or other social function, some youth feel they will have a "big time" if they drink.

Adults follow much the same line of reasoning. Most of them drink because they think alcohol improves their personality on special occasions; or they drink to drown their sorrow; or they drink in order to forget worry and to feel at ease.

The Greeks had a word that exactly describes all this—"euphoria," the sense of well-being. When a man experiences euphoria, life and everything in it seems to be arched with rainbows of promise, security, and pleasure. All the vexations and troubles, all the worries and anxieties, all the inferiority complexes and sense of frustration disappear when he enters the blissful

state of euphoria. He becomes the man of his dreams. He finds escape from the unpleasant things of life, and moves out into a rosy paradise of the sort he has always built air castles around.

The basic reason for drinking is psychological,—escape from reality into phantasy. Indeed, aside from opium, nothing burns so well in the Aladdin Lamps of Phantasy as does alcohol.

"Well," you say, "if alcohol makes the poor think they are rich, if it makes the sick man think he is well, if it takes the worries away from the worried,—then the use of alcohol is justifiable. If people can get all that out of a bottle of whisky, let them have the whisky!"



Not so hasty, my friends. Forgetting for the moment the physical harm that alcohol does to the human body, we will grant that if alcohol could really and permanently aid the depressed, the worried, the poor, the inferior, then the argument for its use would be overwhelming. But alcohol does not do the things it pretends to do. It is a deceiver and a sham. Its effects are not lasting,—a few hours at most, and then phantasy vanishes and reality comes back more stark and real than ever. The state of mind—euphoria—that seemed such a precious boon while the alcohol was narcotizing the nervous system, disappears, all the make-believe vanishes, and then the drinker experiences "the morning after the night before," when he is more let down, more depressed, than ever. He has returned to reality with a dull thud.

In order to escape reality again, he drinks more alcohol, and thus the vicious circle is commenced. The alcoholic escape from reality is so transient and temporary that the person seeking this sort of release must have more alcohol in order to dodge reality once more, and hence addiction to alcohol is assured. Many a person begins the use of alcohol as a crutch to help him over the difficult or unpleasant places of life, but soon he finds that the crutch is more important than the help it was supposed to give. What insulin becomes to the diabetic physiologically, alcohol becomes to the introvert psychologically,—a necessity.



Rainbow dreams of prosperity which he can never realize by this method.

Let us look at the futility of the thing: The man who is self-analytical and introspective, the man with a sensitive soul, with an ingrown personality (an introvert), drinks in order to become more personable, more socially adept, more extroverted. But long study of individual cases by psychologists has shown that the introvert who drinks only becomes more introverted as the years go by. When the realization comes over him that he cannot feel at ease before others, and cannot enjoy any sort of popularity except when he has imbibed alcohol, his inferiority complex is deepened. In other words, addiction to liquor introverts the introvert. The very ones who seek the most from alcohol are those who have the most to fear from dependence upon it.



Granted that there is a "kick" in liquor drinking; but that is all the satisfaction there is in it; and those who indulge are, like the ostrich who hides his head in the sand and thinks he is safe because he cannot see danger, blinding themselves to future ills of body and mind.

Furthermore, the egotistical self-assurance of the drinker is not true social ease and skill at all; it is merely a mask that is put on for the moment, which, when it falls off, reveals the hollowness and sham of it all in a pitiable light. Those who try to socialize themselves by the use of alcohol simply embark on a psychic masquerade, and, as with every masquerade, the unmasking inevitably comes. Then the drinker realizes that his social equipment has not been permanently bettered, that his momentary excursion into the "land of let's pretend" was, after all, an abortive, futile affair. He realizes that he has only advertised his shortcomings to the world by acknowledging that he cannot be what he wants to be without the aid of a narcotic. He awakes to the unpalatable truth that a person can no more better his personality by alcohol than a leopard can change his spots or a zebra his stripes with whitewash.

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The alcoholic euphoria is only a mirage. The poor man, worried by mounting bills, increasing family needs, loss of employment, drinks to forget his financial troubles. But, lo and behold, when he sobers up, he finds he is worse off than before, for the money he might have spent for bread has been spent for booze, his bills are still unpaid, and he has made himself less fit to hold a job.

We laugh at the legendary ostrich, which, when confronted by danger, sticks his head in the sand, but that old bird isn't half so silly as the man who sticks his head in a beer keg to drown his troubles and sorrows. Instead of drowning them, he only gives them swimming lessons.

In this machine age, when the jobs of so many are filled with tiresome tedium and endless repetition, some drink to escape boredom. They may work in a factory where they are only insignificant cogs in the great industrial machine. They may live in a two-room flat whose only outlook is upon brick walls or dirty roofs or unkempt compounds. To escape the drabness of it all, they spend their evenings in a beer parlour, in an alcoholized euphoria. However, when the routine of life has to be taken up again the next morning, it is drabber than ever.

Some drink to cater to their ego. Within the heart of every human being is a desire to be important. Unfortunately very few are destined to have that desire fulfilled, but many seek compensation in the momentary exaltation of the ego that alcohol affords. "Sure, I'm a great man!" "Believe me, I told the boss a thing or two!"



"Certainly the mayor and I are friends!" "Yes, we stayed at the best hotel!" "Why, one hundred rupees is nothing but chicken feed to me!" are all alcoholic manifestations of the yearning to be thought important.

To be sure, the hollowness of this "king for a day" business surges upon the drinker with sickening force when he comes back to reality once more. He then knows he has only been a "fool for a day" in "the land of make-believe." Euphoria arises to mock him now.

Alcohol is a coward's refuge. Those who want to escape reality hasten there. Refusing to look life squarely in the face, they seek to evade

it by narcotizing themselves. Instead of hitching up their belts, and with determination and persistency endeavouring to better their lot in life, they turn tail and run. Instead of coping with life as a red-blooded man does, they turn yellow. Addiction to alcohol in order to ameliorate the un-

pleasant realities of life is the most cowardly thing a man can resort to.

To seek euphoria in a bottle is as futile as to look for a pot of gold at the end of the rainbow. Alcohol is a cheater, and, as Solomon long ago declared, "whosoever is deceived thereby is not wise."

HEALING From WITHIN

By Gwynne Dalrymple

A FAMOUS scientist once declared, "I think God's thoughts after Him." The remark is more than clever—it is true. And if it is true for the astronomer, the biologist, the physicist, it is doubly true for the psychologist; for the human mind, as we know it, is the masterpiece of God's creation. It is the most remarkable phenomenon in the universe. Even when weakened by disease or worn out by trouble, it deserves our sympathy and understanding.

Mental hygiene is, of course, concerned with the laws of the human mind, and it is upon the observance of these laws that all restoration of mental health, as in the case of a nervous breakdown or of a neurosis, must depend.

It will help us to remember this principle if we recall how, in the case of physical healing, all restoration of function must depend upon conformity to the laws of our physical bodies. Here, for example, is a broken leg. The doctor sets the bone, so that the joining will be clean and proper. Then he places the limb in a cast, so that the casual movements of the body will not hinder the process of uniting the shattered pieces. Then he waits for nature to do her work of knitting together the fragments.

Or, to consider another instance, perhaps disease has invaded the body, and the germs of measles or "flu" or scarlet fever are coursing through the blood stream, breaking down the vitality of the sufferer, disordering the bodily activities, and, in a case sufficiently serious, actually threatening the life and existence of the organism. The physician seeks to co-operate with nature in building up the body's fight against the invaders. The patient is placed in bed, that the energy needed for fighting the disease may not be carelessly dissipated in other activities; and

everything is done to help the processes by which the physical organism seeks to defend itself.

But, after all, in the last analysis, the healing must come from within—from the recuperative forces that reside in the body, and that labour to destroy and eliminate toxins and disease and to restore the natural health and natural energy of the body. The doctor, if we may so say, merely gives the body a better chance to do what it is already trying to do—to heal itself. And the patient must co-operate, as far as in him lies, with the physician in these efforts; certainly he must do nothing that would interfere with or render more difficult the healing process.

So, too, in the recovery of the organism from the nervous disorders that are so frequent in these times, or in the prevention of those disorders, the individual must realize that there are certain principles of recuperation and healthfulness that inhere in the mind, and that he can attain to sound mental health only by working in harmony with these natural principles—never by working against them or disregarding them. The best of medical and psychiatric aid can avail little if the patient himself does not co-operate; although, in such disorders it is rather certain that there will be times when he will not feel like co-operating.

Now the neurotic person is one who tends to assume that the world, and fate, and God are against him. Few things can be more helpful to him, can more thoroughly safeguard him from the danger of relapse, than the assurance that the world, and fate, and God are not against him; and that there is a higher power that can help and strengthen all, even the neurotic.

But to gain this assurance requires more than a creed—it requires what our forefathers meant by that old-fashioned word "faith." And

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by faith we mean more than self-confidence, though self-confidence may indeed be needed by the person suffering from nerves, since the problems of the neurotic generally arise from the fact that feeling himself incapable of facing life's duties and perplexities, he has sought to flee away from these duties and perplexities. But in restoring that self-confidence, faith in a higher power may often play a most helpful, even a most necessary, part. The individual suffering from overwrought nerves, or from that constant and unrelenting fatigue which is a char-



Press Photo Agent

He jumps, and trusts his companions below to catch him.
We can with more safety trust in God.

acteristic of neurasthenia, will have accomplished much toward his eventual healing when he brings himself to the place where he can say with Whittier:

"Yet, in the maddening maze of things,
And tossed by storm and flood,
To one fixed trust my spirit clings;
I know that God is good!

* * * *

"I know not what the future hath
Of marvel or surprise,
Assured alone that life and death
His mercy underlies.

"And if my heart and flesh are weak
To bear an untried pain,
The bruised reed He will not break,
But strengthen and sustain.

* * * *

"I know not where His islands lift
Their fronded palms in air;
I only know I cannot drift
Beyond His love and care."

The nervous or neurotic individual will have done much when he realizes that all duties are not his, and that it is only God who is responsible for the universe. And he will do even better when he realizes that confidence in a higher power is not unreasonable, and that there are certain definite laws of mental hygiene with which, if he will co-operate, nature herself will begin to work through and in and for him. Indeed, it is for this reason that we speak of the physician, or minister of the gospel, or psychologist, or whoever it be who is seeking to work with these difficult cases of neurasthenia, as in a sense co-operating with God and with nature in seeking to restore to the harassed and wearied mind its temporarily lost efficiency.



All this, of course, does not mean that the individual who is trying to recover from shattered nerves can ignore the laws of health any more than a faith in Providence will excuse a man from having a broken bone set or taking vaccination as a precaution against smallpox. But it means that in combating neuroticism and in restoring health and tone to overworked nerves, the sufferer may know that he is co-operating with nature; that there are certain forces which are working in his favour, and will continue to work in his favour if he does not prevent them; and that faith and hope and courage are among the means by which he may seek for complete recuperation.

It will help the neurasthenic to realize that God loves him. God loves him when he feels strong and courageous; but God also loves him when he feels weak and dispirited. One of the great errors of the neurasthenic who is racked with discouragement and broken nerves is to fall into the subtle temptation that while the heavenly Father is just and good and merciful toward all the world at large, He does not care for him; that the promises of God are indeed true—but not for him.

Let the patient in such circumstances remember that God's love is not dependent upon our feelings. Our parents love us not because we feel that they love us, but because it is their nature to love us. So the heavenly Father's love comes not from our feelings, but from His. "The Lord hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with loving-kindness have I drawn thee." Jeremiah 31:3. There is in Him no spirit of vindictiveness, or even of disinterest. He loves us regardless of the state of our minds, regardless of our joy, or of our depression—and we may safely trust in His mercy.



Press Photo Agent

Calisthenic drill in "The Court of Peace" at the World's Fair in New York City.

WONDERS of the WORLD

By Donald W. McKay

TWO colossal exposition enterprises on opposite coasts of the United States have given ample opportunity this year for multitudes to view the accomplishments of modern science and invention.

On the opening day of the International Golden Gate Exposition at San Francisco, the mammoth cash register, which stands near the centre of the fair grounds on Treasure Island, automatically recorded that 138,000 persons had passed through the turnstiles.

When one comes down the ramp to the 400-acre man-made Treasure Island, he notices that Western picturesqueness and Pacific colour are emphasized.

Before 1936, the site of the fair was merely an area of shallow water in the middle of San Francisco Bay, not far from an island over which

the San Francisco-Oakland Bridge passes. But after three years of labour, an artificial island more than a mile long and about three fourths of a mile wide has been created.

One has the general impression that the natural swaying trees have grown there from seedlings and have stood lazily waving their branches along these avenues for long years. But such is not the case. Great difficulty was encountered with the necessary leaching, or "unsalting," of the soil dredged from the bottom of the bay to make the island. Some 20,000,000 cubic yards of black sand, rich with mineral salts characteristic of ocean water, had to be drained and impregnated with chemicals, in order to neutralize any remaining traces. This process took over four months.

Four thousand trees, 70,000 shrubs, and over half a million flowering plants were trans-

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ferred to the site and successfully planted. Two-foot buffers of topsoil were added for further protection.

The olive trees, which stand in sentinel file along the central axes south of the elephant gates, command great interest and admiration. These were lent to the Exposition by members of old California families. Each tree is purported to be worth a large sum of money.

Eager to become oriented in this palm-fringed, water-bound, wide-spread playground, one finds that the cheapest and most extensive island transportation for a circuit of the fair is the little elephant trains.

One of the paradoxes of the Pageant of the Pacific is the giant ski slide. Here, in the full glare of the afternoon sun, 182 feet above the flourishing orange trees, and the fragrant hyacinths, jonquils, tulips, irises, and countless other species of vegetation, sturdy skiers take off down the steep slopes of the artificial snow slide. Thousands of blocks of ice, each weighing three hundred pounds, are pulverized and blown on to the surface of the slope through a special pressure hose.



For the first time in history, Exposition visitors are able to peep behind the scenes of some of the world's most famous laboratories.

In the Hall of Science many interesting experiments are performed with liquid air and with frozen mercury. One experiment shows mercury solidified into a hammerhead capable of driving nails.

A large crowd is always found watching the demonstration of cormorant fishing which is staged daily in the lagoon behind the Japanese building. The crimson-railed balconies that surround the water, and the big rocks on the sloping banks, on holidays are almost obscured by onlookers eager to witness the process.

Equally interesting, but distinctly in the field of chemistry, is the Du Pont exhibit in the Homes and Gardens Buildings. The exhibit expresses the theme, "Better Living Through Chemistry," and shows how a great variety of materials can be made from leading raw-material sources; namely, coal, cotton, wood, salt, ores, inorganic materials, and vegetable oils.

But what really takes the fancy of the masses who visit Treasure Island is the exhibit of oceanography. In five minutes visitors may journey from the topmost crags of a mountain peak to the depth of the ocean. Animal and vegetable life, from that on the highest mountain on the earth's surface to that at the bottom of the sea, are

illustrated by a miniature mountain which rises thirty-five feet from the floor of the Hall of Science.

In the interior of the mountain the spectator has the illusion of descending in the bathosphere, thousands of feet below the surface of the ocean. Here are shown the marine creatures and plant life in the diminishing light, exactly as they exist at the various depths of the ocean.

In other sections of the exhibit, scale facsimiles of the trawlers and of oceanographic vessels engaged in sounding and diving, and other devices, illustrate the advances made in this science during the past few years.

After a day of tiresome milling through the crowds at the Golden Gate Exposition, one finds rest and relaxation as he sits on the deck of the ferry leaving Treasure Island. In the lengthening distance the island appears a veritable fairyland. Its nocturnal illumination, with its system of indirect lighting, achieves intensity without glare.

And now as we take leave of this "Pageant of the Pacific" in San Francisco Bay, we jump completely across the continent.

New York City, with its huge skyscrapers, busy throngs, numerous libraries, museums, exhibits, parks, and menageries, ever affords recreation, education, and amusement, even to one living in its environs.

And this year an added inducement for visitors has been its World's Fair, perhaps the greatest show modern industry has ever attempted.



Press Photo Agent

A miniature "Queen Mary" docks at the Fair.

It has cost about forty-five crores of rupees—an investment three times that of the recent Chicago "Century of Progress."

As we approached the grounds, my companion called my attention to the theme centre silhouetted against the eastern sky. It consists of the Trylon—a slender, graceful triangular pyramid, or obelisk, taller than the Washington Monument—and the Perisphere—a giant globe, as high as a seventeen-story building, which is connected with the Trylon by a ramp sixty-five feet above the ground.

Our tour started with an inspection of the Perisphere. This theme exhibit is called, "The City of Tomorrow." As one stands on the revolving ring-shaped platform, a perfect illusion is gained of the anticipated metropolis of the future with its surrounding country. A reproduction of the heavens with the ever-familiar constellations adds reality and immensity of space. I was assured, however, that the exhibit merely portrayed one man's conception of the perfect city of tomorrow, and did not represent any definite future planning.

As the guide whisked us from building to building—almost a hundred in all—and explained in detail the various exhibits, it was difficult to assimilate many of the facts that were presented.



U. P. S

A popular exhibit at the Fair is the Midget Settlement. A colony of midgets, ranging in height from twenty-seven to thirty-two inches, is housed in miniature homes, where they entertain guests who have to stoop to enter.



Press Photo Agent

The "Story of Three Flowers" depicted by water, sound

However, I was impressed with the general plan adopted by the fair authorities, that of grouping, so far as it was possible, all companies engaged in a particular industry into one large exhibit rather than having each housed separately or in the interest of the advertisers.

Thus, in the Aviation Building, in its modernistic setting, no one company overshadows another. In this great exhibit the history of aviation, from the Kittyhawk flight to the present, as well as the design for its future, all come before the public without any exaggerated sales talk for particular makes of planes and their accessories.

Equally modernistic in design and colour is the building housing the radio exhibit. The panoramic display of the latest developments of radio art and industry is housed in a building which from the air looks like a huge radio tube.

The guide informed us that experimental television programs are staged, and there are animated demonstrations of some of the principal radio services. Likewise, visitors have an opportunity of viewing the latest radio receiving sets and tubes in the actual process of construction.



Flame, and fireworks in the Lagoon of the Nations.

Most striking of all the exhibits is the Hall of Marine Transportation. It is designed in a nautical pattern, and features a large basin on which full-sized yachts, cruisers, and speedboats ply.

The entrance to the building resembles a waterfront pier, flanked by twin towering prows of huge superliners, rising sheer from a moat of water. The semi-circular wing of the structure partly encloses the basin mentioned above, on which both large and small vessels are floated.

The sea motif has been stressed throughout the building. The entrance is in the form of a gangway; ship railings border the water, and, extending along one wall and out over the basin, two decks, one over the other, give the visitor the impression of being a passenger on an ocean steamer.

One of the features of the exhibit in the Electrical Building is the 10,000,000-volt strokes of artificial lightning which are thrown across a thirty-foot space every fifteen seconds. The accompanying roar of thunder gives one the impression that an electrical storm is in full progress.

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Perhaps the largest building on the fair grounds is the magnificent Railway Exhibit. It looms up as a glorified and modernistic round house for steam locomotives. The lobby of this 9,000,000-rupee building has 20,000 square feet of floor space, and it leads to a circular theme hall which is 180 feet in diameter, and which is surmounted by a dome approximately eight stories in height. The visitor is shown a colourful pageant of the history of American railways, and he sees the largest working miniature railway ever constructed.

But even though we have hurried from exhibit to exhibit, time rushes on. Almost before we know it, dusk is settling over the fair grounds, and we must leave with but hasty glimpses at the other interesting exhibits housed in the Medical and Health Building, the Hall of Communications, the large building dedicated to "Man, His Clothes, His Sports," the Building for Food Exhibitors, the Federal Building, and the Constitutional Mall which extends eastward from the Theme Centre.

And as we drive away from the New York World's Fair, we cannot help remarking how amazing and extraordinary are the recent advances made by science and invention.

Just a century ago, it would have been impossible to stage two such fairs as the world has the opportunity of viewing this year. Only within the past few decades have most of the exhibits that are shown at either fair been invented and developed.

And even if two such fairs had been possible a century ago, relatively few people would have been able to attend, because of the inadequate facilities of travel. It is only in this twentieth century that modern highways have been constructed and motor vehicles perfected. Few, indeed, realize the recent origin of the mod-



U. P. S

Bridging one hundred years in steam navigation. A modern cruiser beside a reproduced paddle steamer.

ern modes of travel which are being and will be employed to convey visitors to the International Golden Gate Exposition and to the New York World's Fair—subway, motor cars, stream-lined trains, ocean steamers, aeroplanes, and airships.

This wonderful time in which we live was foretold twenty-five centuries ago by the Old Testament prophet, Daniel: "But thou, O Daniel, shut up the words, and seal the book, even to the time of the end: many shall run to and fro, and knowledge shall be increased."

As you marvel at the million-watt lights, the electric elevators, the washing machines, refrigerators, and radios, television, the vast panorama of electrical appliances, and the countless conveniences too numerous to mention with which both the New York and San Francisco fairs dazzle the world, remember that they are but the fulfilment of Bible prophecy.

It is not by mere chance that all these things were invented in our day. It is all a part of God's great plan. A century ago the world lived

much as it had been living for centuries before. Men worked with the same crude tools and laborious methods of work, and used the same slow means of transportation, that had been employed by their fathers and by their forefathers. But suddenly, in fulfilment of Bible prophecy, all was changed. The world awoke from its lethargy; a new era dawned—the time of the end, when knowledge would be increased and men would be running to and fro. Discoveries were made in every field of science. Labour-saving devices and rapid means of travel and transportation became the order of the day.

Very soon the clock of time will chime the closing note of probation's hour; men still will "run to and fro," not knowing in which direction to turn. Their inventive genius will avail them nothing in the final judgment hour when the very brightness of Christ's presence will destroy those of every nation who are not prepared in heart and in life for the kingdom of heaven. But those who are ready to meet their Lord will become citizens of a better world than this—a world wherein dwells righteousness.

THE USE OF REMEDIES

By Ellen G. White

DISEASE never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health. Many suffer in consequence of the transgression of their parents. While they are not responsible for what their parents have done, it is nevertheless their duty to ascertain what are and what are not violations of the laws of health. They should avoid the wrong habits of their parents, and by correct living, place themselves in better conditions.

The greater number, however, suffer because of their own wrong course of action. They disregard the principles of health by their habits of eating, drinking, dressing, and working. Their transgression of nature's laws produces the sure result; and when sickness comes upon them, many do not credit their suffering to the true cause, but murmur against God because of their afflictions. But God is not responsible for the suffering that follows disregard of natural law.

God has endowed us with a certain amount of vital force. He has also formed us with organs suited to maintain the various functions of life, and He designs that these organs shall work

together in harmony. If we carefully preserve the life force, and keep the delicate mechanism of the body in order, the result is health; but if the vital force is too rapidly exhausted, the nervous system borrows power for present use from its resources of strength, and when one organ is injured, all are affected. Nature bears much abuse without apparent resistance; she then arouses, and makes a determined effort to remove the effects of the ill treatment she has suffered. Her effort to correct these conditions is often manifest in fever and various other forms of sickness.

When the abuse of health is carried so far that sickness results, the sufferer can often do for himself what no one else can do for him. The first thing to be done is to ascertain the true character of the sickness, and then go to work intelligently to remove the cause. If the harmonious working of the system has become unbalanced by overwork, overeating, or other irregularities, do not endeavour to adjust the difficulties by adding a burden of poisonous medicines.

Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon

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her. In many cases of sickness, the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest. A fruit diet for a few days has often brought great relief to brain workers. Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery through nature's own recuperative effort. A temperate diet for a month or two would convince many sufferers that the path of self-denial is the path to health.

Some make themselves sick by overwork. For these, rest, freedom from care, and a spare diet, are essential to restoration of health. To those who are brain weary and nervous because of continual labour and close confinement, a visit to the country, where they can live a simple, care-free life, coming in close contact with the things of nature, will be most helpful. Roaming through the fields and the woods, picking the flowers, listening to the songs of the birds, will do far more than any other agency toward their recovery.

In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God

provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores, and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation.

But many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. Water treatments are not appreciated as they should be, and to apply them skilfully requires work that many are unwilling to perform. But none should feel excused for ignorance or indifference on this subject. There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness.

Action is a law of our being. Every organ of the body has its appointed work, upon the per-



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formance of which its development and strength depend. The normal action of all the organs gives strength and vigour, while the tendency of disuse is toward decay and death. Bind up an arm, even for a few weeks, then free it from its bands, and you will see that it is weaker than the one you have been using moderately during the same time. Inactivity produces the same effect upon the whole muscular system.

Inactivity is a fruitful cause of disease. Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place. The skin, too, becomes inactive. Impurities are not expelled as they would be if the circulation had been quickened by vigorous exercise, the skin kept in a healthy condition, and the lungs fed with plenty of pure, fresh air. This state of the system throws a double burden on the excretory organs, and disease is the result.

Invalids should not be encouraged in inactivity. When there has been serious overtaxation in any direction, entire rest for a time will sometimes ward off serious illness; but in the case of confirmed invalids, it is seldom necessary to suspend all activity.

Those who have broken down from mental labour should have rest from wearing thought; but they should not be led to believe that it is dangerous to use their mental powers at all. Many are inclined to regard their condition as worse than it really is. This state of mind is unfavourable to recovery, and should not be encouraged.

Those who have overtaxed their physical powers should not be encouraged to forego manual labour entirely. But labour, to be of the greatest advantage, should be systematic and agreeable. Outdoor exercise is the best; it should be so planned as to strengthen by use the organs that have become weakened; and the heart should be in it; the labour of the hands should never degenerate into mere drudgery.

When invalids have nothing to occupy their time and attention, their thoughts become centred upon themselves, and they grow morbid and irritable. Many times they dwell upon their bad feelings until they think themselves much worse than they really are, and wholly unable to do anything.

In all these cases, well-directed physical exercise would prove an effective remedial agent. In some cases it is indispensable to the recovery of health. The will goes with the labour of the hands; and what these invalids need is to have the will aroused. When the will is dormant, the imagination becomes abnormal, and it is impossible to resist disease.

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Inactivity is the greatest curse that could come upon most invalids. Light employment in useful labour, while it does not tax mind or body, has a happy influence upon both. It strengthens the muscles, improves the circulation, and gives the invalid the satisfaction of knowing that he is not wholly useless in this busy world. He may be able to do but little at first, but he will soon find his strength increasing, and the amount of work done can be increased accordingly.

Exercise aids the dyspeptic by giving the digestive organs a healthy tone. To engage in severe study or violent physical exercise immediately after eating, hinders the work of digestion; but a short walk after a meal, with the head erect and the shoulders back, is a great benefit.

Notwithstanding all that is said and written concerning its importance, there are still many who neglect physical exercise. Some grow corpulent because the system is clogged; others become thin and feeble because their vital powers are exhausted in disposing of an excess of food. The liver is burdened in its effort to cleanse the blood of impurities, and illness is the result.

Those whose habits are sedentary should, when the weather will permit, exercise in the open air every day, summer or winter. Walking is preferable to riding or driving, for it brings more of the muscles into exercise. The lungs are forced into healthy action, since it is impossible to walk briskly without inflating them.

Such exercise would in many cases be better for the health than medicine. Physicians often advise their patients to take an ocean voyage, to go to some mineral spring, or to visit different places for change of climate, when in most cases if they would eat temperately, and take cheerful, healthful exercise, they would recover health, and would save time and money.

Modern Cures Ancient

AT THE Lester Institute of Medical Research, Shanghai, a group of scientists are engaged in a fascinating inquiry which may well be of service to suffering people all over the world.

It has long been known that for many centuries in China the successful treatment of diseases was carefully recorded in books. This was certainly done as long as four thousand years ago. As the centuries passed by these medical books grew in size, and the most celebrated of them became a great classic. It was issued in the days of Queen Elizabeth.

A *Children's Newspaper* correspondent has been looking at copies of these old books in the library of the Lester Institute. They are in the Chinese language, and beautifully written on Chinese paper. Until a few years ago no Western doctor ever dreamed that these books would contain useful information about the treatment of disease; but in recent years careful translations have been made, and today there are enough volumes to fill a small bookshelf.

The first the correspondent read described a man suffering from a particular kind of disease in which he was constantly hungry and thirsty, and yet everything he ate and drank made his blood thick and sugary, and he became hungrier and thirstier still. The disease was called Hsiao Ke Ping, or the disease of exhaustion and thirst. The treatment prescribed was to kill a black pig, cut out the part called the pancreas, roast this until it was hard and black, then make an infusion from it and give this to the patient in very small doses.

The correspondent smiled to himself as he read, thinking it quite a useless prescription, when Professor Barnard Read said that what he had been reading was not old-fashioned and foolish, but modern and up to date. The disease described was what we now call diabetes, and the modern treatment is to give the patient a drug made from the pancreas of an animal. So the Chinese doctors of centuries ago were not so far wrong after all. They had found out what our modern doctors have only recently discovered, though probably they did not know why this particular medicine effected a cure. They merely saw that it did so, and wrote it down in the book. Dr. Read went on to say that during recent years he and his colleagues have been going into these old Chinese books, studying the remedies prescribed, and working on the subject in their laboratories.



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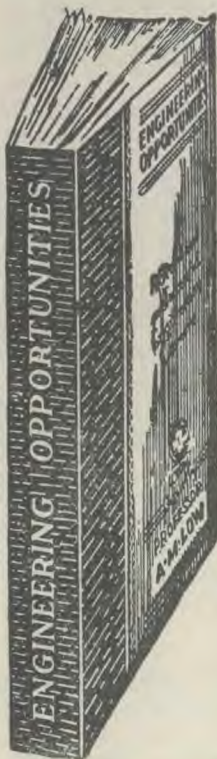
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**ELEPHANT
TIGER**



**BAMBOO
HORSE**

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¶ The bitterest substance known is strychnine. One drop of it in a million drops of water gives the whole solution a bitter taste.

¶ The white race, not the Negro race, is coloured. According to the theory of colour, black is the absence of all colours; white includes the presence of all colours.

¶ Scientists tell us that while Mars appears red to us, if there were a race of intelligent beings on that planet, and they trained their telescopes on us, the earth would look blue to them.

¶ Growers of English walnuts in California are receiving additional revenues from the shells of their product, after the meats have been removed and packed for market. These are ground into a floury powder which is used in manufacturing linoleums, magnesite flooring, and tile, and for making decorative shingles and roofings, all of which require long-wearing qualities.

¶ It is not remarkable that some botanists devote distinguished lifetimes to the study of grasses, when we realize that these are the most important of all plants. One such was Dr. Albert S. Hitchcock, who died not long ago. His special library on grasses, said to be the most notable collection of its kind in the world, is now in the process of being catalogued at the Smithsonian Institute in Washington, D. C., in which he worked for many years, and to which he willed his 6,000 books, monographs, and pamphlets on the world's grasses.

¶ Members of the Institute of Radio Engineers, New York, were fascinated at a recent meeting by a demonstration of Dr. Peter C. Goldmark's "third dimensional radio reception." By means of a unique but highly complicated device, he adds life and brilliance with such realistic effect that the broadcast sounds as if it originated in a large auditorium instead of a small radio studio. A time lapse is introduced in the tone, giving exactly the same effect as the natural echo or reverberation in a large hall, and it does this over the entire musical range. Doctor Goldmark says that he can go into any large hall, and make a complete set of acoustic or sound measurements. From this data he can chart an electrical circuit which will duplicate on the radio the sound of the auditorium. He calls the trick "synthetic reverberation."



Press Photo Agent

"Bosworth Queen," a bulldog which holds ten English titles, and has travelled 20,000 miles in search of show honours.

EVERY LAND

¶ One of the latest television developments is an apparatus for installation in aircraft which, by the use of telephoto lenses, will enable pictures of the ground beneath the plane to be transmitted direct to headquarters. Such an apparatus will no doubt be of great value for observation purposes in time of war.

¶ The first official board of health was established by a pope. This pontiff was John XXI, a Portuguese doctor elevated to the papal chair in 1276. Previous to this, he was professor of medicine in the University of Sienna, and in that city he prepared and had passed the first recorded law in secular history for the regulation of public health.

¶ A striking fulfilment of the Biblical edict that "swords shall be beaten into ploughshares" is a part of the exhibit in the League of Nations Pavilion at the World's Fair, New York. It is a plough that was hammered out of sabres carried by United States Army officers in the Mexican and Civil Wars. Fashioned for showing at the Paris Exposition in 1878, it was later donated to the City of Geneva, Switzerland. The plough has been lent for exhibition, and will be returned when the Fair is over.

¶ Two million bicycles are now in daily use in India.

¶ According to Lieut. Col. Robert Hamilton Cushing of the United States Army Reserve, the world has been at peace only 8 per cent of the time since history was first recorded.

¶ Mecca is the holiest Mohammedan city, and only Moslems may enter. But excitement reigned in its ancient, crowded streets a few weeks ago when the news spread abroad that such infidel gadgets as running water, electric lights, and modern highways along the pilgrim routes which lead to the outside world are to be the new order of a new day.

¶ Rainbow-hued fantail pigeons—blue, green, orange, and pink, mingling with pure whites—swirl about Faringdon, the Berkshire estate of Lord Berners of England, and splash the green, velvety lawn with colour. Lord Berners, fourteenth Baron of the Tyrwhitt family line, composer, painter, and author, is an aesthete who is a master of colour effects. Twice a year he sprays the feathers of his bird pets with dyes.

¶ Professor Edward Mellanby, of Sheffield University, England, has discovered that deafness, at least in young animals, as well as defects of vision, may result from lack of vitamin A in the diet. Lack of this vitamin causes an abnormal growth of the bony structure of the inner ear. Apparently this, in turn, causes degenerative changes in the hearing nerve, which are followed by deafness. The fact suggests that one role of vitamin A in the ordinary economy of the body is the limitation of bone formation to normal proportions.

¶ One of the peculiar things about the natives of Lord Howe Island, located 360 miles east of Australia, is that they sometimes use rat tails as currency. About twenty years ago a ship was wrecked on Lord Howe, and rats went ashore from the wreck, found local conditions suitable, and began to multiply rapidly. They have now become so numerous as to be not only a nuisance, but a menace, and the islanders are constantly alert to exterminate them. A bounty of four annas a rat is paid from a community fund, with the result that thousands of the pests are killed annually. When a man wishes to build a house, cultivate a field, or do other things which require assistance, he pays his hired help with rat tails instead of money, at the rate of four annas apiece.

THE ORIENTAL WATCHMAN

QUIET, PLEASE

Those who have made a study of the subject are generally agreed that there's no such thing as "getting used to noise." Many may think that noise does not harm them; they may even say that they don't notice it—but it takes its toll just the same. This has been proved by scientific tests which show that more energy is consumed to counteract noise, that the individual's reactions to it are involuntary, that digestive processes suffer during exposure to it, that it produces a fear reaction—in short, it harms us all, but of course in different degrees. The word itself is derived from the Latin "nausea," originally meaning seasickness. Since it cannot be defended, why not make a virtue of necessity, increasing profits by "de-noising" by using our products and increasing your efficiency by "de-noising" your surroundings?

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What Price Peace?

PERHAPS no one on earth desires the horrors of modern warfare. Through it some may seek adventure, heroics, honour, peace. But all admit that there are other and better ways to these ends. Still, war is here; and it was entered with the very best of intentions for peace. If it can achieve international amity in the end, it is not too great a price to pay.

It will succeed for ultimate agreement between nations only to the degree that they arm themselves with a love of justice and truth and love. It is gratifying to see, thus far, less

Russia, and its whole territory divided between them, or a small buffer state may be set up. Great Britain and France continue on with the avowed purpose of destroying the Nazi form of government in Germany. It is not our purpose to speculate on the outcome. May God speed the right.

Above all things it is our hope and prayer and expectation that the war may not disrupt the work of God for the salvation of men. May some time yet be granted for the finishing of His work in the earth. And since He "rules in the kingdoms of men," and loves all, we are sure it will be.

The MEANING

and Cambridge presses and other publishers. The circulation of a book is an indication of the extent to which a book is read, and this in turn is a factor in determining the greatness of a book.

If Bible principles had been lived as well as read, we would have no war in the world today. Perhaps the world's greatest curse is found in those who profess to be Christians and are not.

Action in China

THE present war in Europe has not been called a world war yet. Technically only five nations are involved at this writing. But in wars of these times it is almost as difficult to maintain neutrality as it is to conduct a war. The smaller political units are struggling heroically to keep from being drawn into the vortex. The partial breaking of Russian neutrality by the latter's invasion of Poland, another undeclared war, has complicated the situation; for Russia is both a European and an Asiatic nation.

The terrific struggle in Europe, with all its implications to the remainder of the world, has so drawn our attention that we have almost forgotten that Japan and China are still at war. The Soviet, suddenly occupied in Europe, made a hasty truce with Japan over the Mongolian "incident," and Japan eased her pressure on the British at Tientsin. "Red" Russia joining Nazi Germany, a move never even dreamed, put an entirely different complexion on relationships all over the double continent of Eurasia.

But now the Japanese, seeing an advantage, have begun to press Britain again. Nippon is noted in recent history for making aggressive moves when Europe is too busy with its own affairs to do anything about them. We may expect the Japanese to reach out more and more as Europe gets deeper into its own troubles. Already a new campaign is on to subdue China, no doubt stimulated by the addition of part of the army of nearly 300,000 men which has been guarding Manchukuo, and which, with the Soviet forces not threatening for a time, can safely be directed toward the luckless Chinese.

THE ORIENTAL WATCHMAN



Eastern News Photo

Looking for possible survivors of the sunken submarine "Thetis," an accident now forgotten in the greater concern of the war.

manifestation of hatred between peoples than was evident in the World War. At best, however, the strife is grim and gruesome.

As individuals, we can best serve the cause of right and peace by not allowing a spirit of hatred and revenge to enter our hearts. All nations have many good people in them, as good as we could possibly be, though some may be misguided. It is our business to win them, not win over them. At times like these, force must be used for peace, but it need not be accompanied by bitter enmity, to be successful. Good morale is not engendered by bad morals.

It is unnecessary for us to inform our readers of the details of what is transpiring in Europe. There are many channels through which the news may be secured. Poland has been dismembered by Germany and

Most Widely Read

A CONTEMPORARY calls attention to a vast contrast between the distribution of "best sellers" and the distribution of the "best seller." The best selling books published in the English language in the past sixty years range in number of copies sold from one million to two million. These include popular novels and H. G. Wells' "Outline of History." There is one exception, however—the story, "In His Steps," eight million copies of which were sold; and it is significant that this was a story about Christ, with goodness as its theme.

In contrast, two societies have circulated 110 million copies of the complete Christian Bible and 750 million parts of the Bible. This is not taking into account the untold millions of Bibles sold by the Oxford

of EVENTS

Is it already World War No. 2?

We are living in breathless moments. Every news broadcast tells of fresh developments, many of them entirely unexpected. We need to be strong of nerve, to quit us like men, and to live close to God. We will be calm in the Lord, however, and not fear what men shall do to us.

A Different War

NEXT to the question of who will win in this war, the query uppermost in the minds of all is, Why is it that we have outlived and outmoded the old ways of travel, communication, treating disease, education, sanitation, business, trade, and industry, and have not made one little change in the method of settling international disputes?

War is older than the cart, the stick-plough, and the quill pen. And it is much more crude than these as an instrument for the accomplishment of its objectives. War has always been more or less futile; and it is more futile than ever now. Yet we might think from appearances that it is still the popular way for a nation to get what it wants. However, it is not the most popular way; for most nations do not believe in it. Unfortunately, while it takes two or more nations to engage in a war, one nation or a few men can start it.

We are told that this will be a different war. It will be different in that it will be more mechanized; all belligerents can get their propaganda before the world by means of the wireless better than ever before; there may be more open warfare and less "digging in"; and we hope it will be more humane. But it is still war, with all its agony and woe.

There is no question but what right and justice must be maintained, even though by force. The tragedy is that men and nations differ radically in their conceptions of right and justice; and they find no way acceptable to all to sit down at a council table and agree or compromise on that which will settle matters. So there is nothing left but the ordeal of battle. No one in his sane mind would say that right is necessarily on the side of

the largest army or the best armaments; but there still remains an idea that God or some mysterious force will grant victory to right principles.

God will undoubtedly vindicate truth and righteousness in the end. But very often He lets men go their own way when, refusing to be admonished, they must learn the right by hard experience. We wonder how long it will take to learn the lesson of the stark blunder of war. But we had better be patient with the Eternal, for He has borne with this thing for ages.

Every man of us had better look into his own heart for the answer

may be justified or considered necessary, but the Almighty can make even the wrath of man to praise Him. God does not rule that war must be, but He may over-rule it for the benefit of those who hate it and are forced into it. Considered as discipline or constructive punishment, war plays a part in bringing man to his senses. Considered as a warning, it may wake us up to the times in which we live and prepare us for worse woes to follow.

War may sober the frivolous and careless to a serious realization of the meaning of life—and death.

War may cut off many of the luxuries and indulgences which are



Eastern News Photo

Thousands of children being evacuated from London before war broke.

to the enigma of strife. Am I settling my differences with my fellow-men by negotiation, or am I disposed to fight him or spite him or bring him into court? To the degree that the spirit of force is in individual hearts, the nations will resort to war. The best anti-war measure we know is to be at personal peace with God, and consequently with our neighbour. If fight we must, we do it with a burdened heart, and only that some day soon a better way to justice may be found.

The Silver Lining

LIKE all other clouds, material or spiritual, the cloud of war has its silver lining. Not that war, as a legitimate means to any good end,

ruining the health and well-being of the multitude.

War may turn an atheist and a scoffer to contemplation of God and the acceptance of His overlordship in the affairs of men.

War may teach us its own futility and the utter uselessness of resorting to it for the attainment of peace.

War may reveal the love for frail and suffering humanity which exists in the hearts of many, and awaits an outlet.

War may serve to draw some nations and peoples together, as well as to drive some apart.

War will hasten the coming of the Prince of Peace to obliterate it forever, for surely the world's cup of iniquity is nearly full.

WHEN the old Roman Pliny remarked in passing that the fat of fish mixed with honey made an excellent healing salve, he probably had no inkling why this was so. Recently, though, in the Red Cross Hospital at Hamburg an ointment produced from liver and honey has been applied with success to small wounds such as burns and furuncles. Is this perhaps due to some property of honey?

The bee is not only the source of honey, but also of bee venom that is used for rheumatism. A further beneficent property of honey was discovered by pulmonary specialists. When a jug of honey is held under a patient's nose so that he can inhale the air that has come into contact with it, he begins breathing more easily and deeply. In cases of short breath and mild attacks of asthma, this "honey-breathing" is of particular value. It is a remedy that can be kept constantly handy in one's home. Its effect is instantaneous, although relief lasts only about an hour.

Honey is composed of a mixture of "higher" alcohols and ethereal oils. That is why the vapours given off by it are so beneficial to the lungs. Alcohols, like fir balsams and turpentine, can quicken or retard breathing, depending on their composition. In addition honey contains a series of other components of surprising medicinal properties. These consist partly of secretions of the bees (perhaps hormones) and in part are extracted from flowers.

Further research alone will reveal whether these qualities of honey are to be traced to a hitherto unknown component. If so, it will be necessary to study this remarkable substance more carefully and perhaps isolate it in its chemically pure form. In any case we are indebted to homely honey for the revelation of yet another curative element in nature.—*Condensed from Kolnische Zeitung, Cologne.*

Grasshopper Killer

A NEW plant discovery by a Seattle botanist will banish the grasshopper menace and save farmers great loss. The plant is *Darlingtonia Chrysamphora*. It looks like a hooded cobra just about to strike, and gobbles up grasshoppers by the pound. An alluring open mouth, full of delectable honey, irresistible to grasshoppers, is the plant's death-

The Latest in HEALTH

dealing weapon. If these plants are grown alongside a cornfield, no matter what hordes of grasshoppers appear, they never get far enough to work havoc among the corn.

So greedy are these plants that during the winter they have to be fed on small pieces of meat once a month to keep them alive.

Growth of Nails

AN INJURY at the base of a fingernail enabled a man to note that the nail grew a little more than half an inch in five months. The nail on the third finger grows more rapidly than any of the others, says a writer in the *Lancet*. Nails grow faster in summer than in winter.

Water and Teeth

RECENT experiments in America have shown that almost 30 per cent more tooth decay exists among the children of cities using river and lake water than among those using water from wells and springs. The conclusion was reached that hard water is good for teeth, that tooth decay diminishes as hardness increases.

Surgical Wonders

THERE was a boy whose arm broke as he was throwing a cricket ball, which weighed just under six ounces.

The same boy a few years later was putting the weight (sixteen pounds) for his university, and won the event.

But, though the boy was the same, the arm was not quite the same, because it had been mended. The place where it broke had been diseased; and the mending of it had been done with two pieces of beef bones. The weak lad had become a strong man with the help of the bone of an ox.

This is not the only triumph of bone-grafting which surgeons have, of late years, performed. Mr. E. W. H. Groves, Professor of Surgery at Bristol, tells of at least two others. A farmer's boy so badly fractured his thigh bone that no piece of human bone could be found big enough to fill it. The surgeon who treated him took one of the great teeth of a walrus, which was in the museum, sawed a large piece

of ivory from it, shaped it, and inserted it into the hole. It closed the cavity, grew into the thigh bone, and in six weeks the boy was at work again on the farm. An antler from a stag was employed in another case, and was equally successful.

Cartilage for Sale

A NEW non-profit-making enterprise called the Grafting Donor's Bureau, which deals in human flesh, has been started in New York by one of the best-known plastic surgeons in the country, Dr. James Stotter, as a sort of clearing-house for other face-lifters and nose-designers. A doctor simply calls the Bureau and says, "I want a strip of cartilage one-half inch long, blood type 4." The Bureau then calls a donor who has the necessary qualifications, and sends him over to the doctor's office.

Hundreds of persons have written in offering "any parts of their bodies" for a goodly sum of cash; actually it is cartilage that is wanted, not an ear or a nose. A donor can give cartilage from five places: his nose, both ears, and his two floating ribs, but only once, as cartilage does not remake itself. The average piece wanted is about one-half by one-quarter inch; the largest ever used measured two inches by one-half inch.

Donors receive from one hundred to five hundred dollars for these tiny strips.

The most frequent operations are for dished-in noses, receding chins, and protruding ears. The Bureau tries to match donors with patients: donors with humped noses, for instance, give their excess cartilage to patients with dished-in noses.—*Helen Hull, in "Successful Living."*

Transparent Rubber

RUBBER you can see through, which may one day be used like glass for windows, has been manufactured by British research chemists at the National Physical Laboratory.

The chemists have discovered that many different materials can be made by adding chlorine in gas or liquid form to rubber and subjecting the mixture to various temperature pressures.

THE ORIENTAL WATCHMAN

and SCIENCE

Both hard and soft materials with many uses can now be obtained. Mix dyes with the chlorinated rubber, and coloured transparent rubber is produced.

Sheets of linen, after treatment with the chlorinated rubber solution, were given different temperature pressures. From one a hard plastic board was made. Another was changed into a light cork-like material.—*Sunday Express*, London.

of whey a transparent rubber-like substance that has many promising uses in various industrial operations. Known as polymethylacrylate, the water-white semi-solid material is closely related to the so-called organic glass made synthetically and used for highway reflectors. It is softer and more flexible than organic glass, but is very tough and elastic. Because of their unique properties, polyacrylates are already in demand for various purposes. Their transparency, elasticity, toughness, ease of solubility, and stability to sunlight and ultra-violet rays make them especially valuable in the prepara-

the blood always remains the same, even when large amounts of the mineral are taken from the body because of undernourishment or poor metabolism. The needed calcium is drawn from the bones, and this may result in rickets, bow-legs, deformed chest and skull, or knock-knees.

New Method for Generating Electricity

SIR AMBROSE FLEMING recently described to the Physical Society of London a new method for generating electricity, with which he has been experimenting. It consists of allowing powdered silica to fall through a tube onto a perforated zinc plate. This action creates positive electricity. The current is then transferred to a condenser consisting of two metal plates with a thin layer of ebonite between them. Sir Ambrose stated that if these plates are separated, their capacity is reduced and the potential is correspondingly raised. Thus electricity could be obtained at very high potentials. To prevent waste of the powder an instrument similar to an hour-glass or egg timer was devised. Having allowed the silica to fall in one direction, the instrument was reversed and the process repeated. The material of the tube had no effect on the result. It could be brass, iron, glass, or ebonite. This showed that the effect was not due to friction, but to the impact of particles on the plate at the bottom.

Science Facts

IN ITS pure and unassimilated form, phosphorus is a poison, but the human body normally contains about two pounds of it—enough for 14,000 fatal doses.... Eyeless earthworms are sensitive to light, but they can't "see" red.... On a starry night, about 1,200 stars are visible to the naked eye.... All the radium ever extracted from the earth would make a cube only two inches long on each side.... Scientists have developed a seedless watermelon. It is pear-shaped, and cannot be raised outside of greenhouses.... Astronomers are sure that there are no oceans on Mars, because in ocean-like dark areas, no reflection of the sun is visible.... The 100-inch mirror in the Mt. Wilson Observatory in California is powerful enough to catch the image of a man more than 3,000 miles away.... Drinking ice water causes a measurable shrinkage of the arms; drinking a hot beverage causes a measurable expansion.



Press Photo Agent

Despite being incased in his "Iron Lung," Fred Snite attends the wedding of one of his friends in church. The reflection of his face may be seen in the mirror above his head.

More Vitamin C

ORANGES, lemons, grapefruit, and limes have been commonly considered as the richest sources of scurvy-preventing vitamin C. But, at a symposium on nutrition, Dr. Donald K. Tressler and Katherine Wheeler of Geneva, New York, and Prof. Charles G. King of the University of Pittsburg announced that fresh parsley, broccoli, kale, and cauliflower contained two to three times as much vitamin C as citrus fruits.

Glass Paper From Milk

IT HAS been announced that scientists of the United States bureau of dairy industry have perfected a process for making from lactic acid

tion of lacquers, varnishes, inks, impregnating compounds, and cements. All types of fabrics, paper, and other fibrous materials may be coated or impregnated with this new substance to make them resistant to water, oil, and gases. Fabrics with these characteristics are useful in making ship's sails, balloon cloth, and clothing for protection against poisonous gases.

Get Your Calcium

EVERY tissue of the human system must have its daily quota of calcium for normal healthy functioning. Without this mineral our bones become pliable and bend; nerves become irritated and ragged; muscular activity slows down to practically nothing. The calcium content of



The Broken Pen

By ARTHUR H. CONNOR

RON had run all the way home to tell his parents of his victory.

He was indeed a proud boy as he told his father all about the table-tennis tournament.

"I think that was a great stroke of luck when Charlie broke his racket," continued Ron, "for he was in the best form, and I don't think that anyone would have stopped him from winning."

"Well, what did Charlie do?" asked father.

"He just had to fall out, which left me with a good chance of winning."

"But didn't someone offer him the loan of one of their spare rackets? I thought you took yours along with you."

"I could have lent him mine, but it would have spoilt my only chance of winning," explained Ron.

"Come, draw up your chair, son, and I will tell you a story of what really happened to a boy who helped someone else when it meant his losing something which he longed for."

So, drawing up their chairs nearer to the fire, father started his story.

"It was examination time on general English, and the form-master sat before a class of boys.

HOME and CHILDREN

"Dictation," and every pen was pointing to the paper. Slowly and clearly came the opening sentence, and all the young scribes fixed their attention upon the form-master and strained every nerve, as it were, to follow him. Two minutes had passed, and a keen observer would have noticed that Tom Hales drew in a sharp breath; his pen-nib had broken. Harry Hardy, the boy sitting next to him, looked at him.

"Harry was twelve months younger than Tom, but was almost his equal in ability, and it was a question, who was to lead the form this year, Tom or Harry.

"Harry looked at Tom's broken nib and then pulled a new nib from his pocket, and as he looked at it asked himself the question, Should he give it to Tom?

"The master had stopped at the end of a sentence, and before he could start a new one Tom had put that new nib into his pen.

"The examination came to an end. Tom realized his ambition, he was top of the form, but Harry had a light heart.

"But the story doesn't finish there," continued father.

"About forty years after that, an eminent lawyer was sitting in an office giving his orders to the secretary.

"We must get that money!" ordered the gruff lawyer.

"Those words revealed the whole ambition and purpose of that lawyer. He was now beginning to show signs of the hard life he had lived in order that he might realize his great ambition in life—amassing for himself wealth.

"In the home of Harry Hardy there was great sorrow. Misfortune had befallen them, and now this lawyer was pressing them very hard for payment; they were expecting him to come and serve them with a final notice.

"The lawyer took up his pen to sign the document when suddenly his nib broke. His thoughts went immediately back to his schooldays—for he was none other than Tom Hales—to that examination day, and the face of the young Harry Hardy, now his debtor, loomed up before him. He could hear himself repeating those words which he had

spoken to Harry after the examination, 'If I can do anything for you in return for what you did, I will gladly do so. I will never forget your kindness, Harry.'

"Lawyer Hales pressed the bell on his desk for his secretary.

"Neville, that debt has been discharged.' The broken pen had spoken to him.

"So you see, Ron, it is not always the best plan to get success at the expense of someone else."

Beautiful, Ugly Hands

By ADNA BYRD

ARENT her hands ugly, mother?" exclaimed Gladys. "I'd hate to have such terribly ugly hands." Gladys was proud of her own delicate ones.

"Do you know how Mary came to have such crippled hands?" asked mother.

"No," admitted Gladys.

"Those very hands saved her little sister's life. They were crippled because she froze them," her mother said.

"They were living in a place where the winters are very severe, when it happened. Mary's father had gone to town for supplies. Her mother was out milking the cow when a sudden blizzard blew up. Mary, who was left to care for her baby sister, became absorbed in play.

"The little one opened the unlatched door and wandered out into the blizzard. Mary discovered in sudden fright that the baby had gone. She ran out into the storm and found the wailing, freezing child. But Mary, in her haste to find her little sister, shut the door as she went out. The latch was so high that she couldn't open it again. So the two children huddled down by the doorstep. To keep baby sister warm, Mary gave up her own coat. When the mother returned, Mary was half frozen.

"In spite of all her mother could do, Mary's hands are as you see them now—crippled. Mary's hands are beautiful—beautiful symbols of a noble heroism."

THE ORIENTAL WATCHMAN

Children Need Help

By GEORGIA LOTT SELTER

"OH, WHY need children be quite so heedless and disobedient?" sighed Mary Lance wearily.

"I wonder if they really are," answered her neighbour, Mrs. Jaynes, comfortably. "They behave as they do because they *are* children. They usually act on impulse, without any thought of being either obedient or disobedient. You must expect such conduct until they begin to acquire the knowledge that experience brings.

"I am convinced that children need real help in remembering much more frequently than they need punishment. This belief is based partly on my own never-to-be-forgotten childhood experience with a detested red apron. My aunt, with whom I lived, made me a big red apron from one of her old house dresses, and said: 'Lucy, you are to put this apron on over your school dress each morning until your work is done.' I had no objection to that, but several times each week I rushed heedlessly away to school, flaunting the apron's faded ugliness for all to see. My aunt always sent a message by an older girl who was our neighbour, reminding me to remove the apron. And no reproof was ever considered complete until these episodes of the red apron were held up to me as evidence of my disobedience!"

"But Henry's case is different," said Mrs. Lance. "He is a boy, and should learn to take responsibility. Yet he never remembers his small duties about the home or his errands."

"He just needs the help of a little reminder," insisted Mrs. Jaynes. "Suppose you mention it casually before his father each time he does his work well and without being reminded. Even we older folk find that appreciation lightens labour.

"Try to make work pleasant. Never use it as a punishment.

"Let work lead naturally to suitable rewards. If Henry helps you with the dishes and tidies the house, it would be quite evident that you would have more time. Perhaps you both could go for a walk or for a ride. When he has learned to prepare food he can have picnics and parties. If he keeps his room in order, let him know how restful you find it when you go in to spend a few moments with him. If he

takes good care of his clothes, brushing them and hanging them up neatly, he would be happy indeed if mother should buy for father and him two articles just alike.

"If Henry is apt to forget his duties, do not credit it to disobedience, but study how you may make it interesting and profitable for him to remember. Children dread to work alone, so make his duties, so far as you reasonably can, something that

you can share. Do not expect results beyond the ability of his years. Praise him when he does well. Reward him in a natural and sensible way. Help him remember, for he honestly needs your help.

"And presently you will have the satisfaction of seeing that he has acquired the habit of reliability and accepts work as a pleasant and necessary part of normal living."—*National Kindergarten Association.*

**"There's nothing like LUX
for keeping
clothes soft
and
comfortable!"**



Baby-clothes are apt to shrink rapidly from constant washing with ordinary methods. And shrunken clothes become harsh and dangerous for that soft, young skin.

So use Lux always. For both baby's clothes and your own light garments Lux is ideal because it is absolutely pure and safe. Its gentle lather cleanses thoroughly and rapidly. Colours are kept bright, and even the most delicate fabric can stand repeated washings in Lux.

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and a packet of LUX
is all you need**

Make a plentiful lather with Lux in cold water.

Squeeze the Lux suds gently through the garments without rubbing till all dirt is removed.

Rinse thoroughly in three changes of clean cold water. Press out moisture—do not wring.

Dry in good current of air in the shade.

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*Lux makes
a perfect
shampoo*

Use Lux regularly as a shampoo by dissolving a little in warm water and applying in the usual way. It is absolutely pure, and leaves the hair thoroughly clean and full of beauty.





U. P. S

NOTICE that the title is "Cool Drinks." Experiments have shown that the taste for anything cold is most acute when the food tasted is at 59° F. That is twenty-seven degrees above the temperature of ice water. Incidentally the taste for anything warm is most acute when the food tasted is at 132° F, which is eighty degrees below boiling, at which temperature some people like to have hot food served to them. Personally I do not find a drink that is too cold so thirst quenching as one that is comfortably cool. And, especially at meal-time, the drinking of anything that is too cold cools the stomach below the temperature at which digestion can go on, and thus delays digestion and may be the cause of "indigestion."

Perspiring is what makes one feel cool. Drinking water, either hot or cold, helps one perspire and therefore makes one feel cool. But fruit drinks are especially good to produce perspiration. Lemonade has long been known to be good for that purpose. A variety of fruit drinks may be made by flavouring and colouring lemonade with other kinds of fruit juice.

There is a large variety of bottled and tinned fruit juice on the market today, including grape, apple, pineapple, grapefruit, apricot, peach, pear, plum, prune, tomato, blackberry, loganberry. When you open tinned fruit, you usually find that there is more juice with the fruit

Cool Drinks

By George E. Cornforth, Dietitian

than is needed to serve with the fruit. This may be the source of raspberry, strawberry, and cherry juice which are wonderfully fine flavourers of fruit drinks.

One reason orange juice is so good for the health is that we can have it fresh without the loss of any of its vitamins and flavour. I sometimes wonder if grape juice would not taste much better if we could have it fresh-pressed instead of out of a bottle.

Though I have suggested in a general way how to make fruit drinks, you might like some specific recipes. So here they are.

GOLDEN NECTAR

- 1 1/4 cups orange juice
- 1 1/4 cups pineapple juice
- 1/2 cup lime juice
- 1/2 cup sugar
- 1 quart of water

GRAPE NECTAR

- 1 cup of grape juice
- Juice of one lemon (2 or 3 limes)
- Juice of two oranges
- 1 pint of water
- 1/4 cup of sugar

Mix and cool. When ready to serve, add sprigs of mint.

BLUE-MOON PUNCH

- 1/2 cup grape juice
- 3/4 cup blackberry juice
- 3/4 cup orange juice
- 3 tablespoons lime juice
- 3/4 quart cold water
- 1/2 cup sugar

Mix and chill.

FRUIT PUNCH

- 1 pint of pineapple juice
- 3/4 cup of orange juice
- 1/2 cup of grapefruit juice
- 1/2 cup of strawberry juice
- Juice of two or three limes
- 1/4 cup sugar
- 1 pint of cold water

Mix the ingredients and place in refrigerator to cool.

ANOTHER FRUIT PUNCH

- 2 cups grape juice
- 2 cups orange juice
- 2 tablespoons of maraschino cherry juice
- 1 cup of water
- 1 cup of sugar
- 8 maraschino cherries, chopped
- 1 orange, cut fine
- 1 banana sliced

Mix and serve cold.

Of course I mean the imitation maraschino cherries that contain no liquor.

FRUIT NECTAR

- Juice of three oranges
- Juice of three lemons (6 or 8 limes)
- 1 quart of water
- 1/2 cup of sugar
- 1 cup of strawberry juice

BANANA-AND-GRAPE COCKTAIL

- 1 cup strained banana
- 5 tablespoons grape juice
- 4 tablespoons cream
- 2 tablespoons icing sugar

Select ripe bananas and press them through a strainer, or mash and whip with a fork. Add the cream, grape juice, and icing sugar. Blend thoroughly. A few drops of lime juice and a few grains of salt may be added, if desired. Chill before serving.

BEET-JUICE COCKTAIL

I heard a doctor, yes, a real M.D., recommend beet juice as good for gall-bladder trouble.

- 1 cup beet juice, either fresh or from tinned beets
- 1 1/4 cups cold water
- 1 tablespoon parsley juice
- 1 tablespoon celery juice
- A few drops of onion juice
- 1 teaspoon lime juice
- A few grains salt
- A few grains sugar

Mix and chill.

ORANGE-MINT NECTAR

- 2 cups water
- 1 cup orange juice
- 3 tablespoons lime juice
- 1/2 cup sugar

Mix and cool. Put a sprig of crushed mint in each glass when serving. The flavours of the orange and mint blend very pleasantly. And mint is cooling and refreshing.

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IN EVERY HOME

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OE/1/39





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.

SOYA BEANS: *Ques.*—"Please give advice on the soya bean as food. For humanitarian reasons we do not use meat and eggs. Where in Bombay can I buy these beans?"

Ans.—Soya beans are not cereals, but belong to the pulse family, together with beans, peas, lentils, *dal*, etc. This places them in the vegetable protein group, and they must therefore be so regarded when planning a meal containing soya beans. Like all protein foods they need to be used conservatively and not daily. In my opinion you would make a mistake substituting this pulse food for wheat. In the absence of wheat, the beans would serve a useful purpose, but certainly not as a preference to wheat. It has been observed that the body does not well accept more than four ounces of pulses daily. More than this gives rise to digestive trouble and constitutional disturbances. There are no humanitarian reasons why you could not include in your diet the yellow portion of eggs, as this corresponds to milk, and serves the same biological purpose. The soya beans can be bought in Crawford Market, Bombay.

?

SUPERFLUOUS HAIR; TAMPAX; BLOOD: *Ques.*—" (1) Is there any harm to ladies in removing superfluous hair by shaving? (2) Do most ladies do it this way? (3) Is it all right to use Tampax at monthly periods? (4) Where can I get "Eating for Health" in Bombay? (5) How can the quantity

and quality of the blood be improved?"

?

Ans.—(1) There is no harm whatever in removing by means of a razor any hair under arm or on body. This is the better method. (2) Yes, most ladies now keep these hairs removed by means of razor. (3) Tampax is quite suitable for the purpose. (4) "Eating for Health" may be had in Bombay from Tarporewala at Rs. 3-0-0 in superior cover. (5) The best way of improving the blood is by adopting a correctly balanced dietary, giving special attention to keeping the alkali-ash-forming foods in predominance to the extent of four parts of these to one part of all other foods. You will find more information about this in the book, "Eating for Health."

?

DIET: *Ques.*—"My diet consists of soya beans, milk, *chapaties*, and cooked vegetables. After meals I have stomach ache and fullness. What diet change should be made?"

Ans.—Your food appears to be all cooked or fried. Nothing is mentioned of either raw fresh vegetable salads or fruits. You cannot obtain all that nature requires for a healthful balanced development unless you have some raw fresh fruit daily. Also bread taken with each meal represents an excess of cereal starches. Why not try milk and fresh fruit for one meal. This makes a good combination. Use egg with your vegetable meal. Dis-

continue the milk before going to bed and drink hot water instead. Study the chapter on "Natural Food" in the book "Eating for Health."

?

BLOOD EXPECTORATION: *Ques.*—"I expectorate some blood with mucus. Is this a symptom of tuberculosis? The doctor said it is from my throat."

Ans.—If the physician making the examination is an experienced man, then you can quite fully rely upon his findings. Most probably the trouble and source of blood and mucus is the throat. This should receive the needed attention. The only reliable indication of tuberculosis infection is the finding of the organisms in the sputum. This requires laboratory examination. Mere physical symptom may be due to causes other than tuberculosis. It is never desirable that a layman undertake diagnosing such serious conditions.

?

BRIGHT'S DISEASE: *Ques.*—"Is Ovaltine a good food for Bright's Disease?"

Ans.—There is no such thing as a food or medicine for a disease. It is individuals who become ill due to certain wrong practices, and to other circumstances. Whether you can safely use Ovaltine depends upon your personal condition. Only a medical examination can determine this. Under ordinary circumstances, with mild inflammation

THE ORIENTAL WATCHMAN

of the kidneys, the Ovaltine type of food could be tolerated. A carefully regulated diet is of the utmost importance in treating this condition.

?

CURLY HAIR: *Ques.*—"Will you kindly suggest how to have curly hair?"

Ans.—You should see a hair dresser, or be born again under different environment. These are the only two effective measures.

?

HYSTERIA: *Ques.*—"My daughter has hysteria—laughs, weeps, does not sleep well, is uncommunicative. What medicine will suit her?"

Ans.—Not medicine for hysteria as such, but careful study to determine what is the background of these attacks, is necessary. Hysteria always has a cause, or causes. Such patients are problem cases, and no brief casual consultation will suffice. Find a physician who is familiar with such conditions, and then give him time to study the patient. Sorry, as we are so far from Calcutta, we do not know of a specialist there. Disturbed glandular functioning is quite often involved

in this condition. The psychic factor may be dominated by such disturbed process.

?

FALLING HAIR: *Ques.*—"At twenty-one my hair is falling out. Lucca oil does little good. Please prescribe."

Ans.—Falling hair is a symptom of some internal disturbance, unless it is due to a scalp infection. No external application will avail, except such as promotes good circulation through the scalp. For this effect use hot and cold water application alternately to scalp. Brushing scalp and finger-tip massage are both good. Another useful measure is to rub the scalp with a handful of moist salt, giving a good shampoo with this. When the scalp is reddened, wash out the salt and dry. Repeat this twice or thrice weekly. Your food may also be at fault. This should be carefully checked. Freshly made raw carrot and cucumber juice, drinking two or three glasses daily, has a good effect on the hair because of its silicon and potassium content. If your endocrine glands, particularly the thyroid, are underfunctioning, these will need assistance.

VARICOSE VEINS: *Ques.*—"My wife has a varicose vein in one leg. A crepe bandage and injections have not helped it much. What do you advise?"

Ans.—The newer method of injection which entirely obliterates the enlarged vein is the best plan. Suitable electric treatments are also helpful. An elastic stocking should certainly be worn until something is done to eliminate the problem. Medicines are seldom of value. Alternating hot and cold water applications will help to promote contractibility of vein, but injection correctly done will prove best of all.

?

HEART ATTACKS: *Ques.*—"My mother (50) has irregular heart attacks—pain, fainting, followed by listlessness. What causes these, and what should we do for her during an attack?"

Ans.—Such attacks as described may be due to a heart disorder known as Angina pectoris. The pain is sudden, gripping like a vice, usually centering behind the breast bone, a sharp cutting pain. The patient feels certain of impending death. Sometimes the pain extends to left shoulder and down the arm.

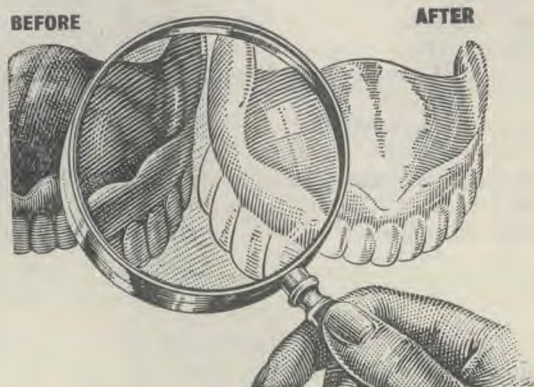
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removed. Your plates regain their wholesome, flesh-pink colour. Dull, yellow-tinged teeth are made clean and lustrous. A powerful sterilizing agent purifies your plates and leaves a refreshing taste. No brushing. No acids. Absolutely harmless to denture materials.

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The pain lasts from seconds to minutes. During the pain the patient stands or sits without moving, in a fixed attitude. Relief is usually obtained from inhalations of nitrites.

The other possibility is that the pain is due to pressure upon heart by a distended stomach. This comes from digestive disturbances due to indigestible foods, improper combinations of foods at meals, overeating, too frequent meals, and ghee-cooked foods; in fact, any form of digression producing indigestion is apt to produce the pains. There usually are other indications of indigestion as sour stomach, much gas, or belching up stomach wind. These are the best prophylactics: care about hygienic preparation of foods, correct combinations at meals, keeping meals at least five hours or more apart, eating or drinking no form of food between meals, two or three bowel movements daily.

CHARCOAL: *Ques.*—"What are the rules for the use of charcoal? Will it help keep psoriasis in check?"

Ans.—Charcoal very finely pulverized may be obtained from your chemist. Usually one teaspoonful twice daily after meals is sufficient. It may be used as long as necessary, since it is inert and has no unfavourable effects, but nothing taken as medicine should be continued longer than necessary for effect. Charcoal would be of no more value for psoriasis than the calcium which you have been taking. Correctly selected, prepared, and combined foods will give more promise of benefit. Carrots, beets, parsley, and cucumbers are good foods for your problem.

HEIGHT: *Ques.*—"How can I reduce my height, or stop it increasing?"

Ans.—The height is largely controlled by a certain hormone substance produced in the pituitary gland. When this gland functions excessively during the growth period, it results in a tall individual. There is no known means of positively retarding this function. The pancreas produces a substance which has the effect of slowing pituitary functioning in nature. It would therefore be consistent to make use of this pancreatic sub-

stance in an attempt to influence the hyper-functioning of the pituitary.

PLASTIC SURGEON: *Ques.*—"Is there any plastic surgery done in India?"

Ans.—A correspondent sends us the following address of a plastic surgeon: Dr. Henry Tauber (from Czechoslovakia), Patel House, Colaba, Bombay.

CATARRH; EAR WAX; FLATULENCE: *Ques.*—" (1) Can chronic nasal catarrh be cured? (2) Can ear wax be avoided? (3) How can flatulence be cured by diet?"

Ans.—(1) Under correct and persistent treatment much has been done in correcting nasal catarrh. Behind the existing infection of the nasal sinuses, there is a primary cause needing to be corrected. Catarrh always represents an effort of nature to eliminate certain irritating toxins. This toxic acid material when poured upon the mucous membrane of the nasal cavities results in lowered resistance to infection. Thus there develops a complicated condition, consisting of infection and nature's eliminative catarrhal process. Both of these factors must receive attention, as otherwise the condition persists. (2) Wax formation in the ears is natural and cannot be avoided. (3) Flatulence is often the result of wrong eating practices, and can be corrected by avoiding the cause. I suggest that you study the little book "Eating for Health." When the condition is due to failure in digestive enzymes, then it becomes necessary to substitute for these lacking digestive factors by a reliable formula containing the digestive enzymes from the pancreas and liver.

GLASS EYE: *Ques.*—"Is there any one in India who can fit a false eye so that it can be moved by the eye muscles?"

Ans.—The matter of fitting a glass eye so that it may move in the socket depends entirely upon the type of operation which has been performed. If the eyeball has been enucleated, then it is not possible for anyone to produce movement of the artificial eye. If the operation provided for leaving a stump with muscular attachments, then it is possible to fit an artificial eye over the stump in a manner that permits of a certain degree of movement. Such result must be planned for at

the time of the operation. Not all eye conditions necessitating removal of the eyeball will allow for this type of operation. If the entire eyeball with its attachments was enucleated, then it will not be possible to produce the movable result.

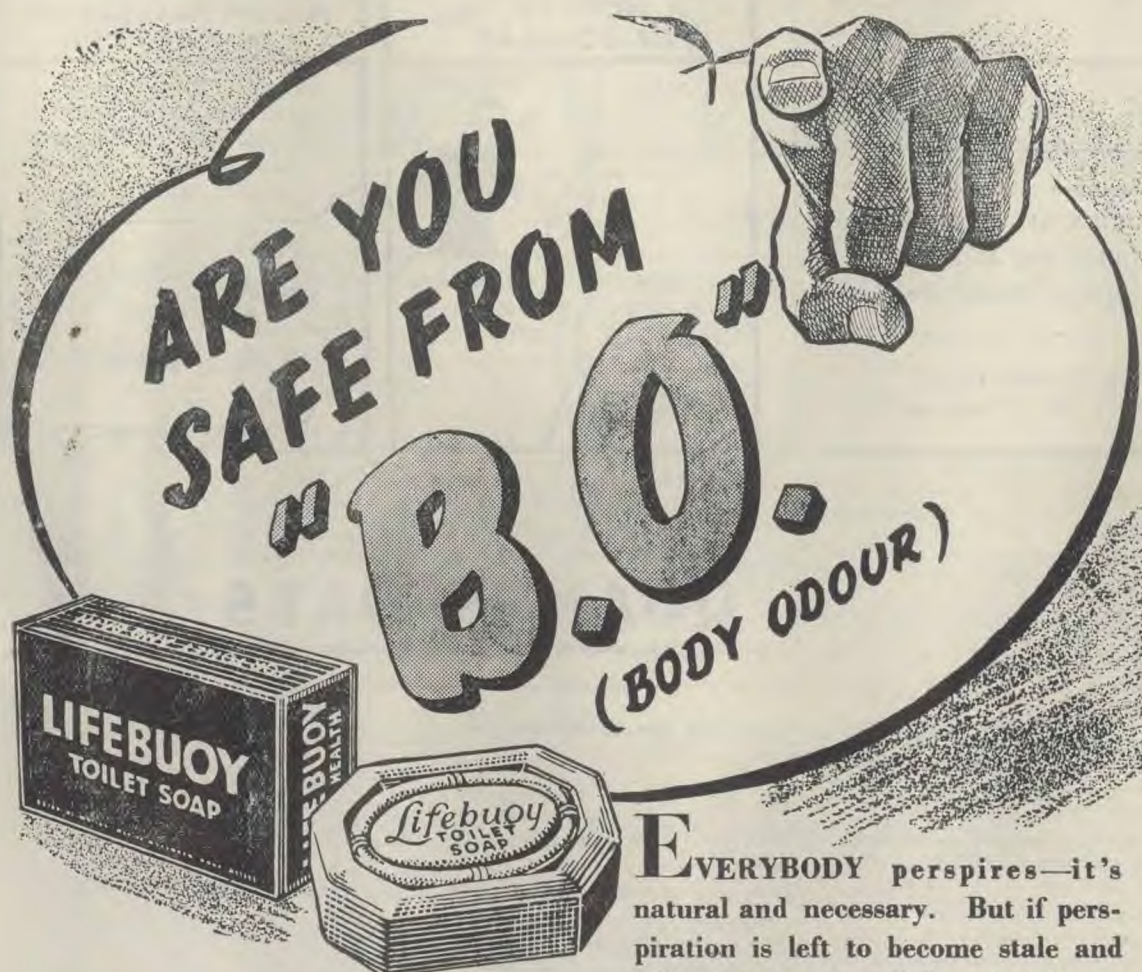
TONSILLITIS; ORANGES AND EGGS: *Ques.*—"I have tonsillitis, with headache. A white pimple appears on the tonsil from time to time. What is best for chronic tonsillitis? (2) Are raw eggs and orange juice a good combination? How many eggs should a man eat daily?"

Ans.—(1) The white "pimple" on tonsil is most probably an infected crypt which discharges at periods. From such focal infections one may absorb considerable toxic material. By means of the diathermy current it is possible to sterilize such infections, reconstruct a normal tonsil, and thus avoid losing an important body organ. (2) As for combination, egg and orange juice is quite all right provided nothing else is taken at that meal. If egg constitutes the source of protein, then one or two eggs daily might be taken by a young person. Orange juice does not suit everyone, and causes headache and digestive disturbance with some persons.

CROUP: *Ques.*—"Please state what is meant by croup, and do adults suffer with this complaint?"

Ans.—Formerly two types of throat infection were called croup. What is now known as diphtheria was formerly called membranous croup. Another form was termed false croup. This latter is now known as spasmodic laryngitis. This is an infection of the tonsil or adenoid tissue of the throat and nose, producing swelling, with difficulty of breathing. The child gasps for breath, and the breathing is usually accompanied by a whistling sound. The spasmodic contraction of the throat usually lasts for about an hour, after which breathing becomes easier. This attack may be repeated for several days. Adults may also suffer from this condition, but it is more frequent among younger children. For remedial measures until a physician can be called, the patient should be given hot fomentations to the throat and arrangements made for inhaling steam. These measures give the best relief.

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Cancer and Liquor

THE eminent British scientist, Prof. J. B. S. Haldane, in a discussion of cancer deaths in the *New Chronicle* (London), declares that research on the cause of cancer in the British Isles has revealed the fact that there is a definite relation between the excessive use of alcohol and cancer. He states that the death rates in the alcoholic trades from cancer of the mouth, throat, and gullet at ages under sixty-five are more than double the average. He also says that cancer among beer drinkers is particularly common. "In fact," this scientist avers, "a man is about five times as likely to get cancer if he drinks beer daily and no milk as if he drinks milk daily and no beer."

Proves its Worth Everywhere

A HOUSEWIFE IN BOMBAY

OH HENRY,
I'VE FOUND
OUT WHAT'S
WRONG WITH
JACK.
DOCTOR SAYS
HE'S UNDER-
NOURISHED
...ADVISES
QUAKER OATS
EVERY DAY



I'VE HEARD
THAT QUAKER
OATS IS A WON-
DERFUL HEALTH
FOOD. LET'S ALL
EAT IT

A CONVALESCENT IN KARACHI

YOU'RE JUST WEAK AND
RUN DOWN. QUAKER OATS
WILL BUILD YOU UP, GIVE
YOU NEW STRENGTH
AND VITALITY



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Aspirin Dangerous

ASPIRIN is freely sold. Yet it is a poison that does harm even in small doses, and may cause death if taken in large amounts. Dr. A. Victor Neale, writing in the *British Medical Journal*, points out that a person who is considerably debilitated through acute or chronic illness may be unsuspectingly susceptible to a dose of the drug that would little disturb a strong, healthy individual. In addition, there are cases of idiosyncrasy in which rapid allergic type symptoms occur.

VITAMIN B

Alfalfa	Nuts
Asparagus	Oatmeal
Ata Bread	Okra (Lady Finger)
Beans	Onions
Beet Root tops	Oranges
Bran	Peas (green)
Cabbage	Pineapple
Carrots	Potatoes
Cauliflower	Rice (brown)
Celery	Rutabaga
Dandelion greens	Shredded wheat
Grapefruit	Spinach
Lemon	Wheat flakes
Lentils	Wheat germ
Lettuce	Whole wheat
Milk	Yeast extract

Foods Rich in

VITAMIN A

Alfalfa	Dandelion greens
Avocado	Egg yolk
Beans (string)	Milk (whole)
Beet Root tops	Millet
Butter	Peas (green)
Carrots	Pineapple
Chard	Prunes
Cream	Tomatoes
Cheese (cream)	Wheat germ

Results of Deficiency in Vitamin A

Anæmia (probably)
Retarded or dwarfed development
Malnutrition
Diminished resistance to infection of eye, ear, nasal sinuses, glands, and lungs.

Results of Deficiency in Vitamin B

Malnutrition	Indigestion, especially constipation
Stunted growth	
Nervous exhaustion	Beriberi
Loss of appetite	Polyneuritis

VITAMIN C

Beans (sprouted)	Onions
Cabbage (raw)	Orange juice
Carrots (raw)	Pineapple
Cloudberries	Potatoes
(fresh or tinned)	Raspberries
Fruit (fresh, raw)	Rutabaga
Fruit juice	Swede
(fresh, raw)	Tomato (fresh or tinned)
Grains (sprouted)	Turnip
Lemon juice	
Lettuce	



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