The ORIENTAL WATCHMAN AND HERALD OF

HEALTH

A MAGAZINE THAT BUILDS BODY, MIND & SPIRIT

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Press Photo Agent

Again let the spirit of Florence Nightingale inspire a war-wounded world.

WOUNDS of WAR

By the Editor

IT IS only within the last hundred years that anything worth mentioning has been done to alleviate or heal the wounds of war. It used to be that nearly all the injured were as bad as dead. If a man came out alive, he was either maimed for life or a miracle of good fortune. Disease always carried off many more men than did bullets. Once a war victim, always a second or third rate man.

With modern, mechanized warfare, and with vastly more frightful and efficient means of destruction, the ravages of war have greatly increased. New defence measures have saved it from being as horrible as its possibilities are sometimes pictured. But withal war is more than ever like our conceptions of hell. Propaganda, directed toward keeping up the morale of those who support it at home, has hid from us its worst features.

Beginning with the blessed ministry of Florence Nightingale, the "Lady of the Lamp" of Crimean War fame, war has been robbed of some of its terrors by providing proper sanitation for armies and by tender and skilful care of the wounded. The International Red Cross has done wonders in binding up the hurts of military strife. And this remarkably efficient organization that recognizes no foes, also does much to prevent war, makes the peace that follows war not too hard to bear, and extends its ministrations even to the victims of elemental catastrophes.

All hail to the healers! They are the ones who do everything possible to make their healing work unnecessary; but when it is called for, it is offered freely and without reproach. "It must needs be that offences come," but those of the curing art do not spend their time berating the offenders, however the berating may be deserved; they bend to the task of saving all they can from the human wreckage.

While they might do much more than they do, there is not much that men can do to prevent war. It is constitutional in the sinful nature of things in this old world. There is a power from beneath that drives the nations into bloodshed. This is the reason why they can talk peace while preparing for war, and want peace while engaging in combat. The majority of men have sold themselves to selfishness, greed, and contention; and some have lauded war as a virtue. There is coming a time soon when war will be no more, because sin will be no more—but not yet.

Meanwhile, a thousand ways lie open for the lovers of peace to soften the hardships of battle. We can lend, give, work, pray. We can speak of courage and nobility and right. We can banish hatred. A spirit of revenge is not the best urge in fighting for the right. Revenge came as an aftermath of the other world war, and it fomented this one. Its manifestation will perpetuate war. We want peace; let us have love.

We can add to the sum of peace by cultivating a spirit of reconciliation in our contacts with others. We can cheer the downcast. We can always confidently forecast ultimate victory for right and truth and justice.

Press Photo Agent
Four thousand boys and girls take part in the All Maharshtra Physical Culture Conference in Bombay.

PHYSICAL TRAINING for HEALTH

By I. D. Isa Das

IT IS impossible to exaggerate the value of a properly organized system of physical training to a nation, specially in the case of its youth of both sexes. But no country has turned a deaf ear to this glaring and crying need as has India. It is deplorable that parents should be totally negligent, and teachers so indifferent.

The true foundation, and one of the essentials of national health and strength, is a properly organized system of physical training. For real efficiency, systematic training must begin early in life, preferably at the age of ten or eleven years, and continue progressively throughout adolescence until at least twenty-one years of age. It is during this period of growth and general development, when the mind is receptive and the body plastic, that the best results of both mental and physical training can be obtained.

Physical training, being an indispensable part of the general education, benefits not only the body, but develops the mental faculty as well, and helps in building the character. Body and mind are so well interwoven that none can expect best results from the latter if he neglects the former. For this reason it is still more important that systematic physical training should be rigidly enforced as a fundamental principle of any practical national system of education in all the schools and colleges, and the parents should, as a matter of fact, take more lively interest in the physique of their children.

The actual value of physical training depends to a great extent upon the instructor. Physical training, like other sciences, requires skill in practical applications, and therefore the services of a trained instructor are obviously indispensable. As it deals with the delicate mechanism of the human body, the interference of ignorant or irresponsible agents tends in the application of any science to undesirable and disastrous results. Both efficiency on the part of the teacher and willingness of the pupils are required to produce good results; and this is only possible when the instructor commands the confidence of his class, which, of course, is not at all difficult for a sympathetic and proficient man, whose own life will be an inspiration to his pupils.

There are a number of simple and useful exercises which any one can very easily practise to perfection and achieve best results if only he does not deviate from the path of perseverance.

Physical appearance and mental development are like zealous masters who demand constant and undivided attention. Regularity is the keynote of successful body building. It is, however, necessary to point out one or two outstanding features. Exercise involves progressive and frequent physical activities of the body and of its various parts or organs. This inevitably leads to a feeling of fatigue; and there is always a danger on the part of a young enthusiast of overstraining himself by excessive indulgence.

The value of all properly regulated and scientifically applied physical training lies first in its preventive and corrective effects upon the body, and, second, in the careful avoidance of undue strain upon any of its parts. Exercise which results in exhaustion will do more harm than good; therefore the whole training must be carried out on the principle of continuous and gradual progression. Finally the recreative aspect of physical exercise should never be lost sight of. After all, all these exercises have their greater value in being the primary source of recreation.

A very simple and natural form of exercise is play. Athletic sports and games are of immense value in relation to the development of physique. However, they are not sufficiently preventive and corrective in their effects, nor will they alone serve for the scientific development of the body as a whole. For want of sufficient time and well-equipped gymnasiums, the great mass of youth of the country are often miserably handicapped.

To supplement one hour's evening play of football, hockey, tennis, or golf, one must do some light exercise, such as skipping the rope and stationary running, to keep the body agile and supple. Another very good form of exercise to counteract the menace of excessive fat that produces the disfiguring paunch is the bending of the body in all directions,—forward, backward and sideways from the waist,—while keeping the legs perfectly straight and stiff. Danger of stoop shoulders at a mature age can permanently be overcome by strengthening the spine. A strong and supple spine adds not only grace and beauty, but serves as the corner-stone on which rests the entire superstructure of the human body. Frequent running and continued squatting and rising on the toes give a wonderful shape and strength to the legs, and also it makes the body very agile.

HOW MUCH SHOULD THEY EAT?

By Edwin F. Patton

PARENTS of "won't-eat" children, before allowing themselves to develop grey hairs and shattered nerves which usually attend this plague of child rearing, should first find out whether they have a legitimate right to worry.

More times than not in such cases, what seems like a tremendous problem is only one of nature's little normal variations.

I do not know of a single case in which a child has actually starved himself enough to do any damage, unless he is afflicted with some definite disease. Much more trouble comes about from overfeeding, or attempted overfeeding, than ever resulted through voluntary food refusal.

Reams of material, written and lectured, have been presented to distracted mothers, directed toward helping them to train, coax, cajole, or force their "picky" children to take more food. Much of this material is excellent.

Behind the whole problem, however, lies a fundamental question, one which must be answered before any of the methods advocated can be put to application.

"How can I get my child to eat more?" is, after all, a secondary consideration.

"How much should my child eat?" is the point of primary importance.

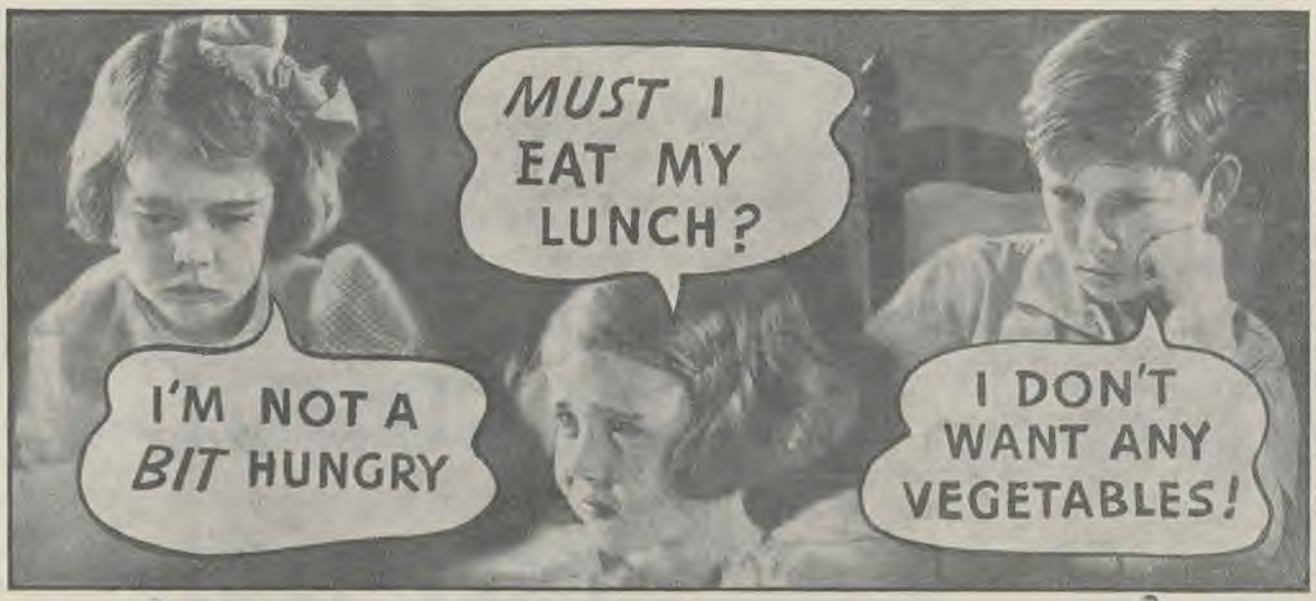
The answer to that is like Lincoln's answer to the question, "How long should a person's legs be?" Legs, according to Lincoln, should be long enough to reach from the body to the ground. Food intake, according to present-day authorities, should be sufficient to maintain nutrition and energy at a plus level and to provide abundantly for growth and replacement of tissues. The right length for legs cannot be quoted in inches, and the right quantity of food cannot be quoted in ounces or servings or calories. Both depend on the make-up of the individual to whom they appertain.

Children vary widely in their fundamental food requirements. Even two in the same family

may have entirely different quantity needs. Such factors as age, sex, body type, activity, glandular function, and physiologic efficiency all enter into the picture. Of these the most important are body type and phsyiologic efficiency. Of course there are averages to which most children roughly conform. But while these averages are helpful in some respects, they are likely to be the chief source of consternation when they are not met.

pound than an adult, which means that loss of heat by body radiation takes place much faster in the babe than in the grown-up. Heat to replace this loss requires food-fuel. Second, growth uses up a great deal of food substance not needed when growth is complete.

But even at that, the averages given are not final for each individual. Averages are made up by compilation of figures on many individuals,



It may be they are pampered and overfed, but their problem is a real one for parents.

For that reason they are not to be taken too literally.

When the weight-height-age charts were new, countless unnecessary heartaches were produced among mothers whose children graded very far from average. It was not long, however, before we all learned that such tables are to be referred to only casually, as a single criterion among a dozen equally important criteria which need to be applied in appraising any individual child.

Similarly, if one child eats half what his sister or his playmates eat, Mother is likely to worry—most frequently without cause.

We are told by laboratory workers that, starting with birth, caloric requirement per pound of body weight gradually declines throughout life. The average need of a new-born baby is about fifty calories per pound. This decreases through the first six or seven years to about thirty-five calories per pound, which is more or less constant till after puberty. The decline sets in again at that time, and when the age of majority is reached something like twenty-five calories per pound is all that is needed.

The reasons for this are chiefly two: First, an infant has relatively more skin surface per

and there are naturally many well above and many well below the final quotation.

This means that we must regard these figures then *not* as Normals, but as Averages. Averages may be plotted on paper as single lines. But normals must be considered as fairly wide zones, extending in both directions from the lines of average.

There is no normal for *every* child. There is only a normal for *each* child.

Whether a given child is satisfying his own normal requirements must be determined by a separate study of that child himself. And the first thing to do in this study is not to list how much food enters his system, but to find out what the food that does get in is doing for its consumer.

Point Number One to settle: Is the child really undernourished? To determine this, preliminary inquiry must be made about the body build and constitutional type of the parents, even the grandparents, and whom the child most resembles. Then, what was this particular similar ancestor like at the same age as this child? Life history repeats itself with surprising accuracy in these situations.

Why yes, his daddy was an exact duplicate of him at this age. And look at Daddy now! He takes a forty-nine inch belt!

The wiry type child will not fatten, no matter how much food is stuffed down him. He will get sick from overfeeding before he will put on a pound. Time alone will cause him to fill out.

If his colour is good; if his energy is sufficient so that he has some left over and is not completely exhausted at bedtime; if his growth is consistent; if his disposition is good; if he has a layer—however thin—of fat under his skin; if his posture is fairly erect and his foot arches are reasonably good, then his nutrition is normal *for him*, and regardless of how much food he is taking, it is enough!

If the answer to any of these is unsatisfactory, a search for the cause must be made.

Anæmia, over-rapidity of growth, over-activity producing chronic fatigue, mental maladjustment, digestive disorder, constipation, diseases of the intestinal tract (such as chronic appendicitis); constitutional diseases (such as asthma); focal infections (tonsils and adenoids), or bad dental conditions—any or several of these may be the basis of the case if the child falls short of desirable conditions. All these are causative of lost appetite and must be corrected before food is forced. If they are corrected, there is practically never any need for forcing food. The situation takes care of itself.

For the well, strong, cheerful child, quantity of food practically always regulates itself. Even if a child "eats hardly enough to keep a canary alive," if condition in relation to body type is good, he is getting enough. For it must be remembered that there is a vast degree of difference in efficiency of physiologic processes between individuals. Just as one engine might use two or three times as much petrol as another to produce an equal amount of horse power, because the first engine wastes or fails to utilize more petrol than the second, so one human body may digest, absorb, and utilize much more of the food it receives than does another.

On the average, at least 25 per cent of available nutritive substances in food passes through the body and is discharged unused. This means that some individuals probably use only half of their food, while others use as high as 95 per cent. And after the food factors are absorbed, some bodies use them more efficiently than others. All of which accounts for a great deal of the variation in fuel needs.

It is hard to convince mothers of small or thin or wiry type children, no matter how well they are, that these little folk are getting all the food they require, because they are making twice as good use of what they do get as the next child. These mothers are likely to consult two or three specialists before they finally become convinced —or resigned—to the realization that their children know better than they do how much food is enough. The children's information comes from the most reliable of all sources—nature. By forcing, mothers may get so far ahead of the game that they are poking down tomorrow's, or next week's dinner today; so no wonder it is not relished.

For such children, *balance* of diet is the essential. Whatever small quantity they take, if distributed suitably among milk, cereals, vegetables, fruits, eggs, and fish liver oil, their requirements will be adequately answered in the exact way nature desires them to be answered.—*Hygeia.*

ALCOHOL--FOOD or POISON?

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

DOWN through the ages since man began the use of alcoholic beverages, it has been frequently alleged that alcohol is a food. Some makers of beer have gone so far as to call their product "liquid bread." In wine-drinking countries, such as Italy, France, and Spain, children are given wine daily in the belief that it imparts bodily strength and vigour.

It used to be, too, that the family doctor prescribed alcohol in a great variety of diseases. Indeed, one hundred years ago rare was the illness where physicians did not advise daily dosages of spirits. This custom was followed because it was commonly believed that alcohol was not only a good food, but a better medicine.

But all such beliefs have long since been exploded in the laboratory by the science of dietetics and by medical research. To believe such things

now almost puts one in the class of those who carry a rabbit's foot for good luck!

As we found in a previous article, alcohol, unaltered by digestion, is quickly absorbed into the blood stream from the stomach and small intestine. From the blood stream it is taken up by the cells, where it is burned, or oxidized. Because the alcohol found in such beverages as wine, beer, whisky, gin, is composed of carbon, oxygen, and hydrogen, its oxidation by the cells is complete. Within six or eight hours after drinking, at least 95 per cent of the alcohol is oxidized and eliminated by the excretory organs—lungs, kidneys, and skin.

It is sometimes argued that because alcohol is oxidized as a sugar it thus supplies energy and is therefore a fuel food. Technically, alcohol may act as a fuel, but it is far from being a practical source of energy or food value. It does not equal the food value of the fruit or grain destroyed in its manufacture. It cannot be stored in the body as is sugar: it cannot replace waste proteins or salts. Before a man could drink enough alcohol to get the equivalent of energy that a square meal would give him, he would be "dead drunk," and likely to die of acute alcoholism.

Strychnine is also oxidized in the body and might therefore be classed as a fuel food; but the poisonous effects of strychnine are so much greater than its food values that its use as a food is unthinkable. The poisons in alcohol may not work so quickly and markedly as those of strychnine; nevertheless, the food values of alcohol are far outweighed by its poisons.

Alcohol is not included in the list of some thirty-seven food essentials that are necessary and desirable for the maintenance of bodily growth, health, and vigour. Nowhere between the cradle and the grave does it aid the body in the work it has to do. On the other hand, its use, either as a food or as a medicine, is always beset by great disadvantages and serious dangers.

The American Medical Association, in a resolution passed in an annual convention, has stated that alcohol is detrimental to the human organism, that "its use in therapeutics, as a tonic, or stimulant, or food, has no scientific value."

Modern science has put the bars up against alcohol as a food and as a medicine. Anyone who tells you anything to the contrary is either ignorantly one hundred years behind the times, or else is financially benefiting from the manufacture or sale of alcoholic beverages, and thereby hopes to fatten his own purse at your expense.

Father Time comes early with his scythe for those who imbibe liquor. Life insurance statistics prove that drinkers are shorter lived than abstainers.

Now, not only does alcohol have no place as a food or a medicine, but it actually predisposes to disease. One of the greatest medical organizations in England, the British Medical Research Council, has stated in one volume of its reports entitled, "Alcohol: Its Action on the Human Organism," that alcohol, "by devitalizing the tissues, lowers the defences of the body against microbial invasion; consequently, specific germs, such as those which cause pneumonia and tuberculosis, as well as the ordinary microbes of septic inflammation and blood poisoning, find a suitable soil."

It has not been clearly established just how alcohol affects the body fighters,—the white blood corpuscles and the anti-bodies,—but that it decreases their activities and powers is indisputable. This is particularly marked in such diseases as pneumonia and tuberculosis. Statistics kept by doctors and hospitals over a period of many years tell us that whereas only 18 per cent of pneumonia patients die who are total abstainers from alcohol, 29 per cent of the moderate drinkers, and 42 per cent of the heavy drinkers who contract pneumonia die. Every doctor shakes his head dubiously when he finds a pneumonia patient who is an alcoholic.

It is also a well-known fact that drinkers get tuberculosis much more easily than non-drinkers, and the fatalities among the drinking tuberculars are many more than among the non-drinking tuberculars.

That alcohol reduces the power of the antitoxins and impairs the resistance of the red blood

In pneumonia cases only 18 per cent of the abstainers die, while 29 per cent of the moderate drinkers, and 42 per cent of the heavy drinkers die. Hospital experience tells the tale for liquor.

cells has been repeatedly seen in epidemics of typhoid fever, yellow fever, cholera, and other diseases, where the drinkers have succumbed in much larger numbers than the non-drinkers.

Drinkers, when injured, take a longer time to get well than do abstainers. Wounds, cuts, and sores heal less readily for the drinker, and he is much more liable to infection. The alcoholic does not stand up well under surgical shock. The alcoholic is much more liable to sunstroke and heat collapse than is the man who does not drink.

Thus, you see, instead of being a help in disease, alcohol is a veritable millstone around the neck of one who wants to get well and keep well.

The adverse effects of alcohol upon the body are well known. Alcohol interferes with the heart action and injures the heart muscle. In small doses alcohol may cause a temporary rise in the heart rate, due to its depressant action on the inhibitory centre in the brain that controls the heart rate. This, of course, results in a higher blood pressure. Large doses, however, are always immediately depressant; the blood pressure falls and the pulse weakens.

The increase in the heartbeat after a cocktail or two used to be taken as a proof that it was a heart stimulant. We now know, however, that the narcotic alcohol simply takes the brakes off the brain centre that controls the heart, and therefore the heart runs away with itself. This is very injurious because the heart muscle is unnecessarily fatigued, and its capacity to do extra work when a real need arises is lessened. Its power of adaptability to varying loads is diminished by its spurious alcoholic spurts.

Alcohol's effect upon the heart and the circulation also injures the kidneys. The active tissues of the kidneys are very sensitive to disorders in circulation. The heart, the blood-vessels, and the kidneys stand in such close relation to one another that what injures one is liable to damage the other two. Alcoholism is regarded by the British Research Council as a condition that on one hand contributes to the development of Bright's disease, and on the other, helps to bring about the degeneration of the blood-vessels, thus leading to apoplexy.

Furthermore, alcohol injures the stomach and the digestive processes. When alcohol comes into the stomach, it sets up irritation by causing an excessive secretion of the digestive fluids. This is often misinterpreted as promotion of digestion. But hydrochloric acid is increased disproportionately to the all-important pepsin. In fact, the vital digestive action of the pepsin is stopped or slowed up until the alcohol has passed out of the stomach. It has been found that a half pint of sherry at a meal trebled the time required for digestion.

Continued alcoholic irritation of the lining membranes of the stomach leads to mucous gastritis and other disorders. Chronic catarrh of the stomach and intestines allows the absorption of poisonous substances that otherwise would be eliminated.

All these injurious effects of alcohol, added to the more serious damage it does to brain and nerves, which we described in a previous article, make the case against alcohol a terrific one. Its part in disease and its impairment of physical fitness are appalling when the hundreds of millions of drinkers are considered.

STAND UP STRAIGHT AND IMPROVE YOUR STANDING AND YOUR UNDER-STANDING

By Alva Brockway

MOTHERS by the thousands are daily exhorting their children to stand up straight, and teachers are admonishing their charges to stop slumping in their seats. There are vital reasons why growing children should sit and stand straight, but probably most parents are only vaguely conscious as to why they are giving this advice. Of course, they are aware of the cosmetic reasons. It is obvious to anyone that a child who easily and gracefully stands and sits erect presents a more pleasing and vital appearance than the child with a slumped posture.

The theatre has always been thoroughly aware of the appeal of an erect posture. How many leading actors on the stage or screen do you see sitting, walking, or standing in awkward, slouching attitudes? Virility and leadership are portrayed more convincingly when the players stand with chin up, shoulders back, and abdomen flat.

Not only is this true in the make-believe world of the theatre, but it is just as important in real life. The person who must direct and sway other men to his opinions, or who must sell himself to his employer, certainly commands more attention if he stands and walks precisely and erectly.

Studies of posture in school children have shown interesting results. It is definitely known that if a large school is divided into two groups, one group composed of the children with relaxed, slumped posture, and the second made up of children of good posture, the latter group will consistently show better school grades than the former.

These are the obvious reasons why good posture is important for the growing child,—the economic and scholastic reasons,—but there are other important physical and hygienic reasons why your child must be trained in good posture. I say "trained in good posture," not "told to stand up straight."

Why is it that some children naturally and without effort stand and sit properly, and others do not? Look into the face of the child who habitually sits and stands with his head and shoulders slumped forward and his back curved like an old man's. Usually you will see that his face has a tired, drawn expression. The fact is, he is tired, and he slumps because it is too much effort to sit erect.

There may be a number of reasons why he is fatigued. In some instances, the reason is not hard to find. Perhaps he is not getting enough rest to supply his needs. A growing child burns up a surprising amount of energy during the day, and he needs sleep to rebuild that spent energy. In these days there are often too many picture shows or wireless programs at times in the evening when he should be sleeping. In other instances, examinations will reveal that the child's tired demeanour is caused by enlarged adenoids, diseased tonsils or sinuses, faulty vision, or poor elimination. Children as a rule do not complain of being tired; but it does not require an exhaustive examination to prove that they are below par.

What are the physical harms of a habitually poor posture, aside from the fact that it is often an index of other trouble?

In the first place, a relaxed, slumped posture causes crowding of many of the vital organs of the chest and abdomen. This drooping forward of the head and chest makes proper breathing difficult, and greater effort is required to expand the lungs with air. These children then are apt

to be flat chested and especially susceptible to colds and bronchitis.

There occurs the same crowding of the digestive and eliminative organs in the abdominal cavity. Naturally the normal functions of these organs are hampered. Digestive disturbances and constipation can be expected to follow in time. Constipation, continued over years, lays the foundation for more serious trouble in later life, the more common ailments being colitis, hæmorrhoids, and gall-bladder disturbances.

Standing and sitting erect require less muscular effort than the slumped posture for the normal, healthy child. With the body in an erect attitude the centre of gravity passes more nearly through the centre of the body and places the weight on bones and ligaments that are by nature equipped to meet this demand. When the head slumps forward, the shoulders droop, the spine curves, and the abdomen bulges; then muscles must take on more and more of this burden of weight bearing, a burden that makes for fatigue and later actual deformity of certain of the bones and joints.

Many of these children have bow-legs, knock-knees, and flat feet. This further disturbs the weight line of the body, and makes the erect posture more difficult to achieve. This chronic strain on the muscles of the feet, legs, and back may be tolerated without protest while the child is young and able to adapt himself to these adverse conditions; but later these defects will assert themselves in a distressing way.

It is no wonder that your child pays little or no attention to your exhortations to stand up straight. Instead he is more apt to become bored and often resentful of your continual nagging and threats.

It is not always sufficient to remove foci of infection or to provide more rest and sleep or better eating habits to achieve the desired effects of good posture. This must be done; but even after this, still more work may be ahead. Now it becomes necessary to re-aline the body curves that have become more or less permanent during these months or years of faulty attitudes.

Muscles, bones, and joints soon adapt themselves to continual malpositions. The stretched muscles lose their tone and strength. They are ineffective in overcoming the opposing muscles that have become shortened, thereby making it difficult and sometimes impossible to assume the proper attitude.

These children with faulty posture habits can be greatly helped by orthopædic and posture training. More and more attention is being paid to these problems, particularly in the larger schools. Many of the lesser faults can be managed by the corrective classes in school, if they are available, but such a program should be carried out under the supervision or in the gymnasium of a physician who is thoroughly trained in body statics and understands muscle action on the various joints.

These children need individual instruction; they must have a clear mental picture of just what the doctor is trying to accomplish. The child must be shown over and over under direct supervision which muscles to work and which to relax.

It is not enough for parents to scold and fret because their child will not stand up straight. Specialized training, often shoe corrections, and occasionally surgery are necessary before the goal becomes possible of achievement.—*Hygeia.*

DISCONTENT

A Cause of Headaches

(The Story of Sarah)

By Bertha L. Selmon, M.D.

THE early years of Sarah's life were like a flowing stream. There came a time when she seemed to have reached a stagnant pool.

During her happy childhood and girlhood years, Sarah acquired from her wise mother an almost perfect training in homemaking. She did not find her duties irksome. Mother never nagged. Doing things was always made a special treat, and the child's pride in accomplishment resulted naturally from the commendations she received. Play followed work and contributed its share of enjoyment. There were two younger, a brother and a sister; so Sarah's training included their care.

Sarah was a good student. She finished high school with a settled determination to enter college and make the study of medicine her ultimate goal. One reason for this was Aunt Fanny, otherwise known as Dr. Fanny Burt, whom Sarah had visited and admired more than anyone else she knew. Sarah's reading took the direction of

her admiration; literature on the work of physicians who had found how to eliminate diseases and bring help to people in need, was her frequent choice.

But just as Sarah finished college, she encountered a "conflict," in the person of John. John was all right, and she was never to regret that he entered her life, but marriage at just that point turned her aside from realization. When the family failed to increase in size, disappointment was added. So-called social life did not interest either Sarah or John. Both felt that the usual kinds of entertainment were empty forms of recreation. Friends and sociability could be found in more useful ways of living. Sarah's housekeeping efficiently and promptly disposed of,

Headaches every few days, and no apparent cause for them.

there was time for something, but what? She read, chatted with neighbours, but the old urge to accomplish found no outlet.

"Headaches every few days, Doctor West. What causes them?"

Doctor West found that her healthy physical body was otherwise functioning normally. He asked, "What about happiness? Are you satisfied with your life?"

Sarah considered; her story came out. "I didn't know that such a really insignificant discontent could cause headaches," she said.

"It is not as small as you think," said Doctor West. "You are a very stable person, Sarah, but the notions we store away in our subconscious mind can make a lot of trouble for any of us. You have a talent which may make you as useful to people as any physician living."

Sarah had never seen such a home as the one she visited with Doctor West the next day. Disorder, dirt, and discouragement prevailed there. "Three D's," said doctor; "they are partly due to the fact that the family is too large for the young mother to manage, and there are too many mouths for the size of the father's income, but mother Maria has had no training and needs help. She has never attended a parent-teacher meeting in her life. She would be afraid to go, and besides, she would be ashamed to appear in the only clothes she has to wear."

So Sarah began to teach the art of homemaking to little groups of under-privileged mothers. Homemaking and efficient housekeeping were talents which were very much needed in many homes.

"I wonder, Doctor West," said Sarah later, "if the lack of skill in homemaking has anything to do with the number of broken homes we see these days? Do these girls get cross and tired and ruin their dispositions and their homes because they do not know how to do their jobs? How can one expect a girl to face reality at eighteen or twenty if she has lived in an unreal world all her early life?"

"What about the headaches, Sarah?" said Doctor West. "Do you have them any more?"

"I don't have time," laughed Sarah; "and when John comes home at night we both enjoy our little home the more because we have come to it in the evening with a sense of a day's work well done. John says I am really happy now. We have begun giving children's parties on Sunday afternoons. We are having a great deal of fun with the neighbourhood children. The peculiar thing about our neighbourhood, doctor, is that it includes nearly all of the town! I would not be surprised if John were to start organizing recreational centres for the village young people.

"I found this little clipping the other day. To me it seems quite true: 'Happiness is not something that we obtain by getting money or other things, it is something that happens to us as a result of things that we do. Happiness is like a perfume which if you spill some on others, you will be sure to get some drops on yourself.' "

KNOCKING the SPOTS OUT of SPOTTED CLOTHING

In one way or another, our clothes get spotted.

FOR persons with elastic budgets it is easy to let the dry cleaners do the job, but too many persons have budgets that are not elastic. Becoming a skilled amateur in the cleaning and spot-removal game is one way to keep the budget balanced and at the same time to keep the family's clothing in the pink of condition. This is no snap assignment, but success comes to those who know a few basic facts about the effect of chemicals on different fabrics, and what kind of cleaning agent is best for removing stains caused by various substances. Also, one must exercise patience, care, and skill in using cleaning agents.

What caused the spot? What kind of textile fibres is the stained material made of? Is the fabric washable? Is it colour-fast? Correct answers to these questions plus prompt action and good technique in manipulating cleaning agents are the key to successful spot removal.

FACTS ABOUT FABRICS

Cotton and Linen

1. Strong acids dissolve cotton and linen fibres. Use only diluted acid solutions followed by weak alkalies, and always rinse thoroughly.

2. Alkalies and hot water may be used, but materials should not be exposed to them for too long a time.

3. Bleaching agents should be sparingly used, never in concentrated form, or for long periods at a time (see "Coloured Materials").

Wool and Silk

1. Never use strong alkalies on wool or silk.

2. Never use hot water on wool or silk.

3. Never rub wool or silk excessively.

4. Bleaching agents containing chlorine should not be used.

5. Dilute acids, with the exception of nitric acid, can be used.

Rayon (Artificial Silk)

1. Handle carefully when wet, as water weakens fibres.

2. Diluted acids may be used.

3. Never use concentrated acids or strong alkalies.

4. Never use solutions containing acetone, chloroform, or ether on acetate rayon.

Coloured Materials

Always experiment with an unexposed portion of material—the hem or inside seam—before applying a chemical cleaning agent or bleach. Frequently they will attack dyestuffs, and one has to make a choice between a stained or a faded spot. When using chemicals, the work must be done rapidly and the material rinsed thoroughly. Sometimes a change in colour due to an acid treatment can be restored by a weak alkali—either by holding the spot in the fumes from a bottle of household ammonia or sponging it with an ammonia solution. Acetic acid will often restore colour that has been changed by alkalies.

FACTS ABOUT CLEANING AGENTS

Most agents are absorbents, solvents, or bleaches.

Absorbents

Fuller's earth, meal such as cornmeal, and chalk are harmless to all fibres, and are easy to apply. Best results are obtained when the stain is fresh or still moist, and the absorbent powder is spread on the spot at once. Its action is like that of blotting paper. It takes up the stain.

Solvents

These are substances that dissolve others. Use water as a solvent whenever possible. Even spots on unwashable materials can sometimes be sponged off with water.

Boiling water poured from a height of three or four feet on a stained colourfast or white cotton or linen material is especially effective for removing fresh coffee, tea, and fruit stains. The force of the hot water poured from a height will frequently drive out the stain. Hold the stained portion taut by fastening it over a bowl with an elastic band.

Carbon tetrachloride is the base of many non-inflammable commercial grease solvents, and is safe to use on all fibres. Other solvents are alcohol, ether, petrol, naphtha, kerosene, turpentine, glycerin, chloroform. The first six mentioned are inflammable. It is not wise to use them in the home.

Pad and Sponge Method is a good technique to use when applying grease solvents or when removing stains that dissolve readily. Brush off all dirt. Turn the stained material inside out. Place it on a clean absorbent pad. Dip the sponging cloth in the cleaning fluid, press out the excessive moisture, then apply it to the stain with light strokes, working from the outside forward toward the centre of the spot, letting the strokes taper in every direction to prevent a ring's forming. Blow on the spot as you work to hasten the drying process. Change the absorbent pad, and sponge the cloth frequently. When applying solvent to coloured materials, use a sponge of the same material, if possible.

Bleaches

These are substances that whiten or remove colour. Sunlight is the simplest and safest of all bleaches, but it is not always on tap. Other bleaches are lemon juice, lemon juice and salt, acetic acid, ammonia, borax, Javelle water, oxalic acid, peroxide of hydrogen, potassium permanganate, sodium hydrosulphite, sodium thiosulphite. Many of these are chemicals; when they are used, the work must be done rapidly.

When that new suit or dress was "simply ruined" you have wondered how to save it. Well, here's how.

Choose one of these two methods when using chemicals to remove stubborn stains:

Bowl Method: Stretch the material over a bowl of lukewarm water, holding it in place by an elastic band. If the agent you are using is soluble in water, the stained material should first be moistened with water before applying the agent with a medicine dropper to the spot. Use separate medicine droppers for acid and for alkali solution. If the acid solution is applied first, follow immediately by the alkali solution —or vice versa. After the spot has been removed, rinse the material thoroughly.

Rod Method: Place the stained portion on an absorbent pad. Apply the alkali and acid with a glass rod with blunted ends. Rinse thoroughly.

RINGS—THEIR CAUSE AND CURE

Rings appear for various reasons: The chemical may tighten the fibres, causing a change in texture. Dressing in the fabric may run back to the edge of the damp portion, and be deposited there as the fabric dries. A third reason may be that the stain has not been fully flushed out. Maybe too much solvent has been used, or the solvent has not evaporated quickly enough.

To Avoid Rings

1. Use light strokes, working from outside the stain to the centre, and spread, or "feather," the liquid into the fabric surrounding the treated section until there is no definite edge where the material dries.

2. Do not use too much solvent at a time.

3. Blow on the stain as you work. Brush the material with a dry cloth. Finish the drying process by hanging the material in a stiff breeze or before an electric fan.

4. Use the same type of material for a sponge as the stained material.

5. Work rapidly, but get all the stain out.

To Make Water Rings Disappear

1. Turn the material right side up, and rub the edge of the ring lightly with a fingernail, the edge of a spoon or coin, or rub the material between two hands.

2. Steam out. Put a small quantity of water in a teakettle and tie a piece of cheesecloth over the spout. Allow the water to come to a boil. Hold the ringed spot over the spout until it is moist. Shake dry and press. The cheesecloth prevents the water from escaping from the teakettle and spotting the fabric.

A FIRST-AID CLEANING KIT

This list may be contracted or expanded, depending on how thoroughly one is going into the spot-removing game. Some of the materials are poison. They should be clearly marked so, and be kept in a safe place.

Absorbent cloths, white blotters, medicine droppers, glass rod rounded at both ends, medium-size bowl, soap.

Ammonia—10 per cent chemically pure ammonium hydroxide. Do not use ordinary household ammonia. For delicate fabrics, dilute to half strength.

Potassium permanganate (bleach). Mark "poison." Buy potassium permanganate from the chemist shop in crystal form. Prepare a solution by dissolving one teaspoon of crystals in a pint of water. Apply to the stain with a medicine dropper, allowing it to remain on the fabric for about five minutes. It will leave a brown stain, which on linen, cotton, and silk should be bleached out with oxalic acid, on wool with peroxide of hydrogen. Rinse the material thoroughly.

Oxalic acid solution (bleach). Mark "poison." Use for removing the brown stains left by potassium permanganate used on cotton, linen, or silk. Buy from the chemist shop in crystal form. Dissolve as many crystals as possible in lukewarm water. Keep in a tightly corked bottle. Apply with a medicine dropper or a glass rod. Never allow it to dry on the fabric. Rinse first, and then neutralize the acid with a solution of ammonia. Always rinse the material thoroughly.

Javelle water (bleach) will remove colour, and will injure silk and wool, but it is excellent for some stains on white cotton and linen. Dissolve one-half pound of washing soda in one quart of cold water. Then add one-fourth pound

Eastern News Photos
How does the spotless sentry at the Horse Guards keep his clothes clean?

of chloride of lime. Filter to remove the sediment. Bottle the clean liquid in tightly closed bottles. Javelle water should not remain in contact with a fabric for more than one minute. Use the bowl method, applying the fluid with a medicine dropper. Always neutralize the spot with dilute acid solution, and rinse the material thoroughly.

Acetic acid solution (for neutralizing Javelle water). Make by adding two tablespoons of a

5 per cent solution of acetic acid to a quart of water. After use, rinse the material thoroughly.

Hydrogen peroxide. Buy hydrogen peroxide that is used for medicinal purposes. Alkalize it just before using with a few drops of ammonia. Apply with a medicine dropper or a glass rod. This mild bleach may be used on silk and wool as well as on cotton and linen. It affects some colours, and should always be tried before using it on dyed materials. Always rinse the material carefully in water.

Glycerin (for tea and coffee and fresh peach stains).

Carbon tetrachloride (a grease solvent, non-inflammable).

Turpentine (for removing paint stains).

Hydrosulphites (bleach), particularly good for removing dye stains. Come in powdered form. Keep in dry, tightly closed tins, and do not moisten until ready to use. Then the powders may be moistened and worked directly on the stain, or they may be dissolved in water—one teaspoonful to a cup of water. These compounds are especially good in removing a great many stains that are not greasy in nature.

Use on coloured materials only after experimenting. Treatment on coloured fabrics must be very rapid, and the material must always be rinsed thoroughly.

Fuller's earth (absorbent).

SPOT PRESCRIPTIONS

The following is your guide to the best methods and remedies for spot removal. Tack it up near your cleaning cabinet or kit.

1. Analyse the stain. A complex stain may require the use of two or more cleaning agents. 2. Remove the stain when it is fresh. 3. Use cleaning agents that will not injure materials. 4. Experiment with a cleaning agent on unexposed portions of material first. 5. Use agents sparingly; work rapidly.

Acids

If the fabric is washable, acid spots should be rinsed at once in a generous amount of water to check the action of the acid. To neutralize an acid spot:

1. Apply a weak alkali to the spot. If the stain is slight, sometimes holding it in the fumes from a bottle of household ammonia is sufficient, otherwise apply dilute ammonia solution direct. If ammonia causes colour change in the fabric, apply white vinegar.

2. Baking soda. Sprinkle on both sides of the moistened material. Let stand until effervescence stops. Rinse thoroughly.

Alkali

Spots should be removed at once with water or a mild acid solution, such as lemon juice, vinegar, or acetic acid. After application, rinse the material thoroughly.

Blood

Always use cold water on blood stain first.

Washable cotton and linens: Soak in cold water; wash in hot water.

Delicate fabrics: Sponge with cold or lukewarm water. To remove last traces of blood-stains, sponge with hydrogen peroxide to which a few drops of ammonia have been added.

Heavy materials (blankets, etc.): Make a paste of raw starch and cold water. Apply to the stain, and brush off when dry. Repeat if necessary.

Butter and Butter Substitutes

Always scrape off with a blunt instrument as much of the grease as possible.

Washable materials: Soap and hot water.

Other Materials: 1. Carbon tetrachloride —pad method. 2. Fuller's earth. Put absorbent powder on both sides of the material, allow to stand one-half hour, then brush off the powder. Repeat if necessary.

Candle Wax

Scrape off as much wax as possible.

Washable materials: Rub the spot with cold lard or turpentine: wash in warm soap suds.

Other fabrics: Place blotters on both sides of the stain, and press with a warm iron. Remove remaining grease with carbon tetrachloride, or other grease solvent. If any colour is left, sponge with denatured alcohol.

Chocolate and Cocoa

Washable materials: Soap and hot water. For remaining stain on white linen and cotton, use Javelle water. For coloured materials, if dye is fast, soak the stained portion in wood alcohol made alkaline with ammonia.

Non-washable materials: Carbon tetrachloride. Use pad method. For remaining stain, sponge with hydrogen peroxide.

Coffee

Remove stains while fresh.

Washable cotton and linens: Pour boiling water on the stain from a height of two or three feet. Old stains may be bleached with potassium permanganate and oxalic acid—bowl method.

All colourfast fabrics: Moisten the spot with warm glycerin. When the spot disappears, wash out the glycerin in warm soap suds.

Non-washable materials: Apply glycerin, pad method, then steam out the glycerin.

If it is a cream-coffee stain, use carbon tetrachloride or other grease solvent first.

Dyes and Running Colours

The ease with which dyes can be removed depends on the nature of the dye. Hydrosulphites are most satisfactory.

Dye stains may sometimes be removed by soaking in warm or cold water for ten or twelve hours, then bleaching in the sun. For white wool and silk: Soak in hydrogen peroxide solution made slightly alkaline with ammonia solution. Rinse thoroughly.

Egg

Use cold water first (hot water hardens egg stain, making it difficult to remove).

Washable colourfast materials: Follow cold rinse by washing in hot water.

Other Fabrics: Sponge with cold water. Allow the stain to dry, then use grease solvent, pad method.

Cooked Fruits and Berries

Do not use soap; it is liable to "set" the stain.

Washable colourfast materials: Fresh stains —boiling water from a height.

Old Stains: 1. Bleach with Javelle water (use on white cotton and linen only). 2. Alternate treatment of oxalic acid and ammonia. May be used on other fabrics if carefully done. Experiment first.

Fresh Fruits and Berries

Washable cotton and linen: 1. Boiling water. 2. Moisten the stain with lemon juice. Put in bright sunlight. 3. Oxalic acid, ammonia solution, boiling water—bowl method is effective for blue-gray stain that does not come out with boiling water.

Silk, wool, and coloured fabrics: Spread material over bowl of steaming hot water to which a few drops of ammonia have been added. Apply hydrogen peroxide with a medicine dropper at about five-minute intervals. This treatment may fade colours. Experiment first.

(Concluded next month)

WORRYCIDE

By Murl Vance

THERE are many ways to commit suicide besides jumping out of a hotel window, shooting yourself, breathing carbon monoxide from your car's exhaust, or mixing two quarts of 99 proof with two grams of gray matter just before you enter your motor car. You can do just as thorough and a much less gruesome job of it by using that old tried and true household method —*worry*.

Technically, any emotional upset, such as anger, fear, remorse, or worry, releases from the adrenal glands that very valuable but potentially disturbing substance known as epinephrine, as it is known by its official name. There is a proprietary compound quite similar, known as adrenin. In the blood stream, this "fighting drug" almost immediately produces marked changes throughout the body. The stomach stops working, permitting any food it contains to spoil. The nerves are keyed up to the place where the indi-

M. J. Vyaravalla
Full of the joy of living.

U. P. S.

Safe to go in bathing without worry with this array of life-guards at hand. Why not trust the great Life-Guard above?

vidual often loses rational control over himself. The muscles are charged with double or triple energy because of the large quantity of sugar released by the liver. Every part of the body, except the muscle and brain, is put on a limited blood supply in order that all strength may be conserved for the expected action.

It has been shown by X-ray tests of the stomach that in some cases it takes hours for that organ to resume its normal functions after an emotional upset, and everyone is acquainted with the complete "undone" feeling that follows such an experience; but not everyone stops to consider that he can knock years and even decades off his life span by maintaining his body more or less on this war basis with worry—yes, just as effectively as though he used strychnine or a sawed-off shotgun.

When constantly present in the blood stream in abnormal quantities, epinephrine depresses instead of stimulates. The body is in about the same condition as is a country that uses all its energies in preparing for a war that does not come —its vitality is sapped, its resources are exhausted, and its books are so heavily in the red that any special strain may bring on bankruptcy. But let us get away from the ugly side of worrycide, and back to some of its outstanding advantages over any other method of self-destruction.

We must admit that the worry victim gets a great deal of pleasure out of killing himself. He just revels when his spirits are in the indigo ooze of the deepest hole of any of the seven seas. Tell him things to cheer him up, but five minutes later he will shift his mind back to his unfortunate, martyr role. He is never happy unless his forehead is wrinkled and his face is a yard long. He is an epinephrine addict, and appears to crave its depressing action as much as any narcotic victim craves the effect of his drug.

Another big advantage of using worry as a means of suicide is that you always have the means for shortening your life at hand, no matter if you are penniless or even in a strait jacket. You can always find something to worry about—or, if you can't, you can invent something that works just as well or better. You can worry because you don't have work, or because you have too much to do. You can worry over your social position or your lack of it. You can worry because your friends desert you (and they will probably do so with pleasure). Or, if worst comes to worst, you can do as did one poor fellow I saw in an asylum. The psychiatrist informed us that he (the inmate, not the psychiatrist) had worried himself crazy because he did not have any troubles to worry over; everything had been sailing along too smoothly.

Then, too, you can commit suicide with worry without hurting your conscience as you would with other methods. I know a good woman who lost twenty pounds in two months worrying over the fact that her husband had lost his job, although he almost immediately got another that provided sufficient money to maintain the family's *status quo*. She would have thrown up her hands in horror at the thought of using some other method of slow suicide, such as smoking tobacco, drinking liquor, using morphine or cocaine, et cetera. Yet with worry the dear woman probably injured

her health more permanently and did her body more actual physical harm during those two months than she could possibly have done in a similar period on tobacco or liquor.

Thus we find persons cutting ten, twenty, or, perhaps, even fifty years off their lives with worry, who would never think of drinking carbolic acid, slashing their throats with a razor, or lying down in front of a railroad train. We find them sailing along smoothly, excellent insurance risks, until financial reverses, the death of a loved one, or social disgrace comes along. Then they simply wilt. They lose their appetite, their faces become haggard, and they go down under the first disease that comes along looking for an easy victim.

There are several good cures for you if you are a worry victim, one of the best being found in the philosophy of that indomitable fighter, Paul of Tarsus, "We know that all things work together for good to them that love God, to them who are the called according to His purpose." Those who use this antidote for worry make some almost unbelievable recoveries from disaster. They simply ignore what has occurred, or use it as the cornerstone in building a new structure. Our good friend Abraham Lincoln made himself president of his country out of his defeat as a candidate for the senate. Others, believing that "you have to knock a man flat on his back sometimes before he will look up," have had opened for them a whole new world of happiness when they looked up and made spiritual contact with their Creator.

Another cure is to force your mind to think pleasant thoughts, refusing to permit your pet worry to occupy your time and start you toward your grave; or you can keep yourself so busy with your work, your hobbies, your reading, your friends, that you do not have time to worry. Some folk drive away this killer by remembering the man who worried "because he had no shoes until he met a man who had no feet." Even at our worst, there is always some one a great deal worse off.

Still others change remorse over spilt milk to happiness by searching out those who are also unfortunate, and assisting them to regain their feet. Service to others is, in fact, one of the greatest sources of happiness known to man, and those who busy themselves in this way seldom if ever find time for their own troubles.

We have told you of the disease, and we have told you the cures. If you will not accept any of them, if you are determined to die in spite of all we can do, all right, just go ahead and commit worrycide—it is sure death!

SECRET WEAPONS

By T. Killoway

MR. LLOYD GEORGE, addressing a Baptist church in London some time ago, said:

"If Christ came back now after nearly two thousand years, what would He see? He would see a world still bleeding from the wounds of the most terrible war ever waged in the history of mankind.....

"He would see them [the Christian nations] ....engaged with all their might in perfecting weapons more destructive, more terrible, more shattering, than any invented or utilized in the Great War. That is what He would find after two thousand years of the reign of the Prince of Peace."

How true are his words!

The Rt. Hon. Stanley Baldwin, ex-Prime Minister of England, says:

"There are some instruments so terrible that mankind has resolved not to use them. I happen to know myself of at least three inventions deliberately proposed for use in the last war, and which we never used.....

"If a man has a potential weapon and has his back to the wall and is going to be killed, he will use that weapon, whatever it is and whatever undertaking he has given about it. Experience has shown us that the stern test of war will break down all conventions."

This frank admission by Mr. Baldwin—that if an individual possessed a potential weapon of such deadly possibilities as to devastate a whole city, he would be tempted to use it if he had his back against the wall and knew he would be killed unless he used it—is equally true of nations. Who shall say that these deadly poisons and weapons will not be used to wipe out whole cities in present and future wars when nations

have their backs against the wall? National conscience, international conventions and constitutions, rules and laws for international warfare, may all be set aside in times of war.

The world has now progressed to that stage of triumph and efficiency in human achievement and mechanical science that it is prepared to lay civilization prostrate in the dust. Much, very much, might be written of new facilities now available to the destruction of war. Among these are the "death ray" and the "death tone" which bring mechanical attacks to a stop and leave them helpless and stationary before the cannon's mouth. Then there are the bacteria bombs and poison gas. We are told that men have invented such deadly poisons that a single aeroplane flying over a city like London, or Paris, or Bombay, is capable of releasing a dense cloud of poison gas that will spread over and engulf the whole city and shroud it in the blackness of night, and when it has settled down it will enter every nook and corner, dealing out death to every inhabitant.

On this point General Ernest D. Swinton, of the British Army, says: "We have since the war discovered and developed germs which, when dropped down upon cities and armies, will slaughter a nation in a day."

Captain D. B. Bradner, chief of Research of the Chemical Warfare Service for the United States, recently said: "The Chemical Warfare Service has discovered a liquid, approximately three drops of which when applied to any part of the skin, will cause a man's death. . . . . Germany, with four thousand tons of the death-bringing liquid, and three hundred to four hundred aeroplanes, could have annihilated the first American army of 1,250,000 men in twelve hours."

In the light of the foregoing facts, Herr Hitler's threat made in his Danzig speech that Germany possesses a secret weapon takes on a new significance.

Commenting on the agencies that are being brought into modern warfare, General Swinton, whom we have already quoted, has remarked that "one need be no prophet to predict that *the final form of human warfare means the ultimate blotting out of civilization—nay, a universal suicide of the human race.*" And this is exactly what God's Word declares will be the result of the battle of Armageddon. Thus, modern military men agree with ancient prophets that the coming war will be one of extermination.

"Every battleship and big gun in the world might be scrapped, but given the secrets of chemistry," says Dr. Edwin S. Slossen, "*civilization could be destroyed in a month's world war.*" But when civilization has destroyed itself, when man's misrule has come to an end, then He whom men have rejected will, upon the ruins of man's failure, in due time establish His own just government of perfect peace and happiness.

In Revelation 11:18 we learn that in connection with the battle of Armageddon, Christ will appear at His second coming to reward His servants, and "*to destroy them that destroy the earth.*" In view of the statements gone before, every person can see that this declaration "*to destroy them that destroy the earth*" is no empty and meaningless phrase, but is strictly appropriate according to the very latest developments in military science. More than that, it gives us unmistakable evidence that the time is right upon us when the coming of Christ will intervene to enact this statement into dread reality. These new weapons for wholesale destruction stand as sure precursors of the impending war of the great day of God Almighty.

As one editor has well said: "When men finally have set the stage for mutual destruction, —and they confess that they have set it,—are they themselves not bringing to an end God's long-suffering forbearance with our world? God has borne long with evil, that the whole universe might have the most sweeping proof of its nature. When that full proof is given, the hour surely has arrived for the closing of the drama. And could more conclusive proof be furnished than the confessed plans for mutual destruction in the next conflict?"

The world is fast approaching this crisis—it is swiftly hastening on to Armageddon. Present world conditions, when interpreted in the light of Scripture prophecy, indicate most surely that the worst and last conflict of the ages lies just over the horizon. It is important that every person should be intelligent regarding these sure portents of Armageddon which are very clearly laid down in the Bible.

FOSSIL FOOTPRIN

CONFIRM the F

Part II of "Footprints on the Rocks of Time"

ASTONISHING further details of man's fossil footprints in the United States of America and elsewhere have come to light. In our former article we quoted the first report of the Kentucky footprints from the *Science News Letter* of October 29, 1938. We challenged the truth of the "ages" system by which some scientists said the tracks are 250,000,000 years old. We showed the utterly unscientific attitude by which they deny that the tracks are human merely because they are "too old" on the time scale of this "ages" system. From many facts of the strata and fossils we gave our reasons for rejecting this whole system. Therefore, since the "rock age hoax" is now out of the way, and we are free to think of the fossils as having been deposited at approximately the same time, we shall now report further details, and then discuss these footprints in relation to the Deluge.

"No claws, no tail"—so says Prof. W. G. Burroughs, geologist, the first to report on the footprints. In a personal letter to Prof. George McCready Price, he says:

"Some unknown animal walked on the damp sand during Lower Pottsville time, Upper Carboniferous period. [This refers to the "Coal Age" on the Time Chart of Geology.] The tracks were soon covered up by sand of the same age, and upon this sand were deposited several feet of strata, and at present twelve tracks, and parts of several more, are exposed.

"The sand grains within the tracks are closer together than outside the tracks. [This defeats all suggestions that they were carved.] Also, adjacent to the tracks the sand is somewhat uprolled, due to the sand having been pushed outward from beneath the creature's feet. One track is partly covered with Pottsville sandstone *in situ* [natural position], the back part being exposed to view, and another is partly covered in like manner.....No sign of claws, no webbed feet, and no sign of tail or body markings."

He describes the other place where similar tracks are found, some miles from where the first were discovered.

"They look exactly like the primitive feet of a primitive people in southern Asia, one gentleman told me, who had lived in South China and Siam for many years, and nearly everyone says the same thing," says Professor Burroughs. In our first article we quoted the personal testimony of a pioneer missionary in the South Seas, proving the same thing.

"Of all the people who have seen the tracks, only one has claimed to me that they were carved," says Professor Burroughs. "One other said the tracks looked carved. Both of these men are paleontologists [specialists in fossils], who seemed beside themselves with fear that the tracks would be considered even of a two-legged animal. Their argument was that only four-legged amphibians [land and water animals, four-legged being all that ever existed] lived during the Carboniferous, and therefore, since the tracks were made by these two-legged creature, the tracks must have been carved. But this is no argument at all.

"I mention the two paleontologists to show you how silly some men are in their reasoning in order to carry a point," he continues. "They dogmatically say that only amphibians moved over

The "Missing Link" between beasts and man might be trying to figure out just where he came in during the imagined ages of the far past.

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OOD

By Benjamin Franklin Allen

the earth during the Carboniferous, and from that statement of unproved fact, they try to prove that therefore the tracks must have been carved, since the tracks are so human in appearance."

One scientist thinks that the tracks may have been carved by some prehistoric race of Indians as part of some religious worship. But the editor of the *Science News Letter* says such carvings can be recognized at a glance because of their crudeness. He points to the many different sizes and random arrangements, as if made naturally, as opposed to this idea.

Two physicians used a good microscope on the tracks. They found the sand grains much more closely packed in the bottom than on the sides, and on the sides more than an inch away. They said they were fully agreed that the imprints were made while the sand was soft and wet, and by actual feet.

Near Ashfork, Arizona, we worked all day in a "track-rock" quarry. Thin slabs of sandstone show countless imprints of animal tracks, from tiny turtles to dinosaurs. They are all going in the same direction, and all uphill.

The writer picked up a slab, and split it. Out came the positive and negative prints of a human foot, apparently wearing a moccasin. The positive part crumbled. Not then knowing of any more having been found there, doubts arose. Now we learn from the owner of the quarry that he found two more of the same kind there. He said he also found some giant "bird tracks," but on sending one to a university, he learned that it was the footprint of a dinosaur.

This and other reptilian tracks there have caused geologists to assign that area to the "Triassic age," supposedly some 195,000,000 to 200,000,000 years "too old" for man. Therefore, from what we have read of the other footprints, we are not at all surprised that the university geologist to whom the quarry owner sent the human footprints denied they were human. This was to be expected.

We saw giant dinosaur tracks in three other places, all going uphill, as if to reach higher ground to escape encroaching waters. In another place there are tracks of a whole herd of horses, —big, little, old, and young,—all going in one direction, and all uphill.

In Southern California, fossil human footprints have been found. We saw one of the prints in a slab, and several were reported found, but have been removed. The one we saw is very large, and the little toe is spread out.

Another bit of news is from a friend, as follows: "About seventy-five miles from here is a pair of human barefoot tracks 17 x 7 inches in the same stratum with saber-tooth tiger and dinosaur tracks. Another pair about eleven inches long were found in shale in southern Utah, and are now in the museum at Salt Lake City. I have a photograph of these before they were removed."

And now we will set forth the reasons why we believe these footprints date from the Deluge.

1. Before the Deluge, according to the Biblical record, the earth was watered by "a mist." Genesis 2:6. There was no rain, or other source of violent water action, to form such a major strata as the Pennsylvania sandstone, which extends several hundreds of miles across the country, and in places is thousands of feet thick.

2. The same, of course, is true of all other major strata. Not only the Pennsylvania, but many others call for practically continent-wide water action, sweeping in wavelike tides, or, in other words, a world catastrophe.

3. As for such major layers laid down since the Flood, we utterly deny them, and on the same basis as before the Flood, that no such erosion or deposit could possibly be accomplished under present conditions. To us, nothing is less obvious nor more easily disproved than the leading dogma of evolutionary geology, that only what we see going on now has gone on in the past. This is the great dogma or doctrine of "uniformity."

4. Coal is generally held to have been laid down as raw material by the Deluge,—that is, by all who believe there was a Deluge. These footprints, being associated with coal-bearing strata, should therefore be evidence to believers in the Deluge that they were made on Flood-laid sands. Had they been found on rocks bearing fossils of some other life, instead of being associated with the remains of timbered lands, the connection would not be so obvious, though still possible from the Deluge viewpoint. The coal strata tie them more definitely to the Flood.

5. All the other major strata, however, seemingly having been laid down by the same means at the same time, no distinction need be made between them. Really, there is no essential difference at all in the *time* of their deposit. Having rejected that theory, we are free to believe that these imprints could as well have been made on one layer as on another.

6. Animal fossil footprints on major strata are fairly common, even of animals with which man was naturally associated in life. Indeed, man's bones and implements are found mingled with animal bones. Therefore it seems fully as necessary to say that these fossil human imprints are of the Deluge as to say that the fossil animals or their footprints were of the Deluge. There appears no way to separate or to isolate any of the remains from the others.

Very likely nearly all the footprints *were* washed away. Not even animal footprints are plentiful. It is only a testimony to the terrific uptearing powers of the Deluge that more footprints were not saved. Very few of the millions saved are ever exposed to view. But in every imaginable behaviour of the Deluge, there must have been some places of quiet for a few moments or hours, and even bare ground from time to time. and it is inconceivable that men and animals would all perish at the start. Possibly for months many men and the large land animals were able to save themselves.

But we have something far more conclusive in the apparent rhythm of the layers of Flood-laid sediments. Did you ever notice this alternation of coarse with fine sediments? It is to be seen the world over. It fits like a glove our conception of the rhythmic tidal sweepings of the waters over the lands. The heavier and coarser layers represent the onrushes of the main sweeps. The secondary layers represent the backward sweeps, and the fine clay or sandy clay streaks represent the quiet intervals between. The thin seam of iron oxide clay formerly filling the Kentucky tracks means, to us, a quiet interval, and perhaps even that sand was entirely clear of water, with the men walking on it.

Thus man is "discovering," even against his will, what was until only recently the most universally remembered fact in all the past—the DELUGE!

This discovery is blasting the supposed rock foundation out from under agnostic "science," upon which so much modern philosophy, education, and religion are built.

THE UNKNOWN BOOK

A Story of Adventure for Truth

By Robert Bruce Thurber

CHAPTER ONE

Out of the STORM

"LOOKS as though we are in for trouble before we reach that cabin, doesn't it, old boy?"

The pony thus addressed seemed to sense the apprehensive tone in his master's voice; for he turned his head to get a glimpse of the man out of one corner of his eye, at the same time turning his ears backward. But he did not slacken his pace up the rough trail. The load he carried, roped in two large packs on either side of his back, was no light one, as might be seen by the way he strained under it at times when there was an especially steep incline to be scaled. He worked without a bridle or halter of any kind; but he needed no guiding, for there was only one way to go, and that was strait and narrow.

Seemingly satisfied that all was well, but that there was a necessity for greater haste, the pack animal plunged upward with renewed vigour. It was difficult to discover whether, with these two, it was push or pull, to discover which one was setting the pace, man or beast, so eager were both to forge ahead. At least there appeared to be a very close understanding between them.

As to the man himself, the question addressed to his equine companion was called forth by a conclusion he had reached after a searching survey of the sky above and ahead, visible between towering crags.

"It looks like snow, and five miles to go," the prospector muttered rythmically. "Huh, I didn't count on such weather so early in the season. I hoped I'd get some time for another trip, prospecting up that far ravine, before the snow flew. But fate is against me this time."

He stopped a moment to draw his coat more tightly about him as they rounded a huge boulder at an exposed spot, and an unexpected blast of wind nearly took him off his feet. "Well, so be it," he talked on to himself philosophically; "we can stand it for a week or two if we get snowed in. Plenty to read in those novels there in the pack. And plenty of raisins; I could live on them a long time if I had to." This last more as a little joke with himself, for he anticipated no danger of being snowbound so early, at least not for more than a day or two at a time. The men at the trading post twelve hours back on the trail had expressed wonder that he could stand so much hard tramping and munch only a few raisins to keep up his strength.

A mile farther on, and still four miles from the little cabin in the shelter of a ravine, that he was pleased to call home though it was empty now, the storm struck them in real earnest. It had seemed to delay for greater power. The wind whistled shrilly around the corners, and the driving snow completely blinded horse and man; but they kept the trail with little difficulty for a while, forging on with accustomed steps. But before another mile had been traversed, darkness settled down like a cloud of smoke, and progress became increasingly difficult. The whiteness of the blanketing flakes gave some light, but the travellers might as well have been in a heavy fog. The pony stumbled frequently now over unseen obstacles, but struggled on without a groan.

"Hard lines, Nugget, old boy. Sorry I got you into this, but we'll make it yet." His tone belied his words, for the situation was getting serious. Under an overhanging rock they stopped to catch breath. The man swept the snow off the pony's load, and knocked loose some cakes of it that had hardened on the beast's hoofs. But a few minutes were all they could spare, for, short of the cabin, there was no place where they could get wood to make a fire to spend the night. The pony's load might be lightened by cutting loose one of the packs and leaving it to be recovered later; but this was only a last resort, for the prospector had no more food and other supplies with him than he actually needed, and with this storm on there was no telling when he would be able to get back that way.

With a peremptory command for Nugget to lead, they again plunged into the drifts.

In and out, around the steep face of the gullied mountain side, they waged the battle, which became a little more desperate every minute. There was no promise of a let-up in the storm; instead, the flakes grew finer and more blinding as they swirled and drove into the eyes of the buffeted pair. Valiantly the sturdy little animal ploughed through the piling snow to break a path. More and more frequent were the halts for rest. It seemed hours before at last they came to a familiar landmark that proclaimed them within a mile of their goal. But that mile! Would they ever be able to make it?

On a sudden the pony stopped his plunging efforts to get ahead, and reared backward against the man, who was following close with bowed head. It was a precarious place to hesitate for a rest, as the wind was blowing furiously and the path was slippery and slanted toward the precipice.

"Hey there, you dolt," yelled the irate prospector, "what you stopping here for? Get on out of this!"

But Nugget stood stock still and shivered. At a second command he whinnied and pawed the snow. Working his way around the scared beast, the prospector peered ahead, but saw nothing unusual. Grabbing the pony by the mane, he started to lead him on—and fell headlong over a soft object that lay across the trail. Muttering imprecations on his tough luck, he scrambled back and brushed away the snow from the obstacle, preparatory to shoving it out of the way.

"Good Gracious!" he ejaculated, "It's a man"; and he pulled up a hand and arm and felt of the pulse. The fingers were stiff, and he could find no sign of life. Nugget gave a whine of fear, and backed off down the trail a few steps.

"Dead or alive, I've got to do something with him, and that right quick," exclaimed the old man. The cold was bitter by this time, and he felt it the more as soon as he ceased his exertions. The face of the prone man was turned down. The prospector soon had him cleared of snow and his face bared, but he could distinguish little of his features in the darkness. With a brisk stroke he began to chafe the hands and arms and face. Then he worked the legs up and down vigorously, noting that the clothing on the body was only fairly warm, and looked to be the expensive mountain-climbing garb of a tourist. After a few moments of diligent effort, he felt over the heart with his hand, and then put his head down to listen.

"He's alive, Nugget!" he yelled, rather to express his satisfaction than to make the pony understand. The animal whinnied in answer, and came nearer.

"Now we *have* got a job, old boy!"

He dragged the body up the trail a little way to a more sheltered location, the pony following. With more chafing and working of the limbs, applied with greater zest, he managed to increase the flutter of the almost stilled heart. Then he began feverishly to untie the pack on the pony. Food for himself, some cooking utensils, and some shelled corn for the animal were in one pack; and in the other his prospecting tools, books, and some other stuff. It did not take him a moment to decide which to let go, although he sighed as he anticipated the loss of his tools and books. He planned to bury them in the snow, and come back for them; but they slipped from his icy fingers, and rolled down the steep slope out of sight and hearing.

Quickly adjusting the remaining pack anew, he picked up the body of the man and laid it face downward across the load. With a few turns of the rope, it was fastened on securely, together with his gun and staff, and they were ready to go. "Now, Nugget, old horse," he shouted cheerily, "if you ever worked in your life, work now!"

The pony responded nobly for an animal that is not supposed to feel the call of charity to strangers. But it was asking too much. The added weight made it impossible for him to break through. He was barely able to stagger along up the trail for a few rods where the going was comparatively clear, but the first real drift defeated his best efforts. The prospector tried urging him on, all that was needed to make him do his best; but it was evident that they were up against the impossible. Yet neither gave up until both were ready to sink from exhaustion. Sensing that the spark of life in the prostrate body on the pony might go out at any moment, the old man was spending every spare ounce of strength he thought he could muster to get on fast and yet keep his find alive.

He must not fail. Slowly the fighting spirit within him that had weathered a thousand storms surged to the front of his mind. Scrambling to his feet again, and shaking his fist over his head as he looked above, he whooped defiance to the wind and snow. Wrenching off his heavy coat and cap, he fastened them as best he could on the insensible man, took a spare piece of rope, fastened one end of it around the muzzle of the pony, and, taking the other end in his hand, he plunged into the piling snow, kicking, pawing, shoving,—anything to make a way. Nugget followed at the pull of the rope, doing his very best to carry on.

The frenzied man seemed to be endowed with superhuman strength. The raging elements gave way before his terrific onslaught. He was never profane, but now there bellowed from his lips shouts of battle that would have done credit to the charge of the Old Guard. A life committed to him was hanging in the balance, and far be it from him to leave any fight unfought that gave promise of saving it.

Human endurance has its limit, however, and even the stalwart frame and indomitable will of the old prospector could not have won against the hazardous odds had not fortune favoured him. Not far beyond their desperately renewed start, they reached the height of the trail. From there on it was down hill at least, and a little more sheltered. His energies were flagging as with a stumble and a fall he lunged against the cabin door at last, and paused to recuperate a little before the final effort. Afterwards he could not have told what had happened during the last hundred rods of the journey.

But a man so near to the end of a great task will do miracles to finish it. In a few minutes the limp load had been dragged into the room. Nugget had found his way to the shelter of the lean-to at the side, and a roaring fire had been kindled in the fireplace. In spite of the cold, the old prospector was drenched with perspiration from his tremendous efforts, and was careful to keep from getting chilled. The pack was unwrapped, and the pony fed and made snug for the night. There was no great hurry about the body of the mountain climber. A hasty inspection as he dragged from one duty to another revealed to his

host that the heart was still aflutter. The frozen hands and feet must not be thawed out too quickly, so he was kept away from the fire as far as possible.

After a time the prospector bathed the extremities of his patient in ice water, and slowly worked them back to a semblance of life, meanwhile studying closely the features of the stricken man. It was a face showing intellect and culture, yet one accustomed to the rigours of the great out-of-doors. The night wore on, with no signs of returning consciousness, though the unfortunate man groaned with the pain of returning blood to the numbed parts. The storm howled outside, and heaped its white product over the now cozy shelter as if to hide it entirely from the rest of the world.

Along toward midnight the old prospector's patient seemed to have enough more life in him to bear undressing and being put into the narrow bunk on one side of the room. The bedclothing was rough and scant, and the mattress was hard, for the men who love the mountains are not accustomed to cradles of ease. The breathing of the unconscious man was stronger and more regular now, but the eyes remained closed and the lips mute.

After he was thoroughly satisfied that he had made his companion as comfortable as possible, the tired man heaped more wood on the fire, and made ready to retire. But all the retiring there was for him was to pull off his boots and coat, and lie down on his back on the floor, with his feet to the heat. But he could not sleep until he had thought through what he had better do in his predicament. The man he had rescued would need the very best of food and care to pull through, even if internal injuries from his fall were not more serious than what the cold had done for him. He had found only slight bruises, and a swelling on the top of his head looked to be the most serious.

They were in for a siege by the storm, and after it was over, the snow. It would be impossible to get back to civilization before a week, and, possibly, two. There was a spring near by, and by hard work he could keep the fire supplied with dry wood. The food question was a real problem. He had brought only enough for himself and the pony for a stay of ten days or two weeks, with the exception that Nugget could browse for most of his. This last supply was not cut off. What he had brought was coarse,—raisins, his favourite food, the chief item, together with bacon, coffee, and hard biscuits,—and not at all suited for an invalid. From the appearance of the stranger, he was used to the luxuries that tempt the appetite. The gun had been counted on to bring down some game if it was needed; but there was small possibility now of this source being tapped.

All told, it was not a pleasing prospect. He had saved a life only to make it suffer. He might dare to fight the storm again all the way back the long trail to get help, but leaving the sick one was out of the question.

"But why worry?" he fell again to talking to himself. "We're all snug so far, and there's no use of borrowing trouble."

That settled, he rose to replenish the fire, and in the added light his eye fell on the pack the fallen man had carried. Under a sudden impulse, he opened it to examine the contents. One part of it had contained a supply of food, but now all that remained of that was some dried beef and a slab of chocolate. In the other pocket was a flat parcel neatly tied up in a piece of newspaper. The removal of the paper revealed a small Bible, almost new. There was nothing written on the fly-leaves or anywhere in it. He had reached the last chance to find out who the man was, and it remained a mystery.

Replacing the book and food in the pack, he put it back on the shelf, and with a tired sigh, he again stretched out on the floor and was soon in heavy slumber.

(Continued next month)

¶ Fossilized bones of gigantic reptiles and dinosaurs, exceeding in size those found at any other spot in the world, have been unearthed in the Antarctic.

¶ The Canadian Broadcasting Corporation provided gold-plated microphones with special royal insignia for the broadcasts of the British King and Queen during their tour of the Dominion.

¶ Calcium causes the heart muscle to contract. Without this magic substance the heart stops beating. The presence of this mineral causes a clot to form when blood is exposed to air, and thus saves an injured person from bleeding to death.

¶ There are "Northern Lights" at the South Pole, just as there are at the North Pole. At the North Pole the lights are called the aurora borealis, while the phenomenon at the South Pole bears the name, aurora australis.

¶ The South Pole actually receives more sunlight than do the tropics. At the December solstice it is nearer to the sun than is any other spot on earth at any time. On December 22, which is the high noon of the Antarctic's "long day," this spot receives the highest amount of insolation which ever comes to any part of the earth's surface.

¶ In the town of Lynn, not far from Boston, Massachusetts, there were marshes, mosquitoes, and a plant of the General Electric Company. The electric furnaces were tuned to hum in the same key as the female mosquito. That brought all the males to the walls of the furnace. They were burned to death, and the marshes were cleared of mosquitoes.

¶ Development of a chemical to be used for the preservation of wood has been announced by Ira Hatfield, plant pathologist in the research laboratories of the Monsanto Chemical Company, of Missouri, U. S. A. Tests of the new product, Santophen 20, technically described as pentachlorophenol, showed that it would protect wood against decay and termites. The preservative is free from objectionable colour and odour and can be applied to wood without materially altering the wood's characteristic "feel" or appearance and without affecting subsequent finishing of the wood with paint or other surfacing.

U. P. S.

Members of Parliament watch the workings of a submarine escape apparatus.

EVERY LAND

¶ A number of United States Army planes recently "bombed" Hawaii with a ton of tree seeds as part of a reforestation program. Seeds were scattered over an area of eight square miles in less than fifteen minutes.

¶ The oldest newspaper in the world is the ancient government organ of China, *King Pao*, published in Peking until 1928, and now current again. This newspaper has a history which can be traced to a thousand years before Christ, and its discontinuance was regretted by historians the world over, even as its resurrection brings to them joy.

¶ A new fighting plane that can take off and climb out of sight in 90 seconds was recently offered by the Curtiss-Wright Corporation of the United States as a potential defence against high-flying bombers. The new plane is called an "interceptor" of bombing planes. To intercept them it must quickly reach their altitudes. It does—5,000 feet in 1.6 minutes, 10,000 in 2.8, and 20,000 in less than 6 minutes.

¶ False teeth have been developed for Soviet cows. From the Ukraine, three of these animals so equipped were sent to the recent Moscow Agricultural Fair.

¶ Nitroglycerin is usually thought of as a high explosive used in making dynamite. However, doctors find that a weak solution of it serves as an effective medicine, and there is no likelihood of the patient blowing up!

¶ Seven million Australians own one-eighteenth of the land surface of the earth. Australia is the only one of the great land masses held by a single country and without a land frontier. It has only two people to the square mile, against Britain's 468, the United States' thirty-six, and Canada's three.

¶ Chiang Kai-Shek, Chinese generalissimo, has attacked the opium problem in the area of that great country directly under his control. He has banned poppy cultivation, fixing the penalty of death for the grower. Also he has ordered all poppy fields destroyed, and indicated that Chinese in Japanese-controlled areas who smoke or sell narcotics of any sort are traitors.

¶ Dr. Hans Friedenthal's count of the hairs on the human head is accepted as approximately correct: 88,000 for redheads, 102,000 for brunettes, 104,000 for blondes. Normally each of these hairs has a life of from six months to four years, after which it falls out, to be replaced by a new one.

¶ According to the report of the Bank for International Settlements, the governments of the world are now spending about 275 crores of rupees a month more than their total income. The huge deficit is attributed chiefly to public works and armament expenditures now going forward in every leading nation on earth.

¶ The site of wise King Solomon's great factory town of Ezion-geber on the Red Sea—"The Pittsburgh of Palestine"—has been uncovered in excavations just completed by Nelson Glueck, director of the American School of Oriental Research in Jerusalem. Many buildings in the vast smelting centre, which was believed to have been constructed all at one time from a preconceived and carefully worked-out plan, were air conditioned for heat, and contained an elaborate system of flues and air channels that permitted utilization of strong north winds as natural blasts.

The MEANING

War Prophets—False and True

NICHOLAS MURRAY BUTLER, president of Columbia University, New York City, and famous internationally as a man of affairs, said to his students at the beginning of the present school year, and incidentally at the start of the present war: "The world, so far as its professed and constantly extolled ideals are concerned, is in a state of well-nigh total collapse. Modern man has returned to the jungle. The great philosophers, men of letters and men of science who dominated the thought of the past two hundred years, are no longer recognized or even referred to as offering guidance for conduct and for public policy."

The law of averages makes them right, or nearly right, half the time. If a forecast makes good, the fact is blazoned to the world. If it fails, of course the failure is not mentioned. It is not news.

It is said that they forecast that Adolf Hitler would be killed during the first month of the war, and that that is why he named his successors and plunged. He still lives, if we may believe the German broadcasts, even in spite of the Munich explosion.

Every newspaper in world capitals has its astrology department. A certain cult of journalists, columnists, professes to be in touch with sources that give it ability to say how present events will develop.

U. P. S.

If they were looking at each other that way now, the President might be telling the King that the United States would stand by Britain in the war.

Quite right, Doctor Butler; and before the world's statesmen turned from asking guidance of philosophers and scientists, they turned from seeking counsel of God through the leaders of religion. But be sure they are not now following their own devices entirely. To whom are they going for advice and direction?

Authentic news reports, as well as rumours, point to the fact that almost without exception they are consulting fortune tellers and astrologers. Never in modern times have star and crystal gazers been so popular as they are now. By dint of keen judgment and lucky guess, in the past they have been somewhat successful in predicting the future; and these successes are being cited as proof that they can tell us accurately what will come tomorrow. Political leaders in every nation are keeping in close touch with such commentators. What an effect on the next war manœuvre would a correct knowledge of the future have! So men of power, groping for wisdom, run pell-mell to these modern counterparts of the "wizards that peep and that mutter."

Said noted astrologers early last summer: "During August there is no doubt that Mr. Chamberlain will steer the Ship of Peace through the troubled waters safely into the harbour of tranquillity and better times." "Anyone who listens to, and believes, this War-by-the-end-of-August rubbish is beyond hope." "News from Germany will again cause concern, but the planets ruling this country will smooth over the difficulties."

In view of the utter failure of these predictions, can we believe the following ones? "The war will end suddenly, and for reasons no man can know or foresee. The centre of government will shift to Canada eventually." "His [Hitler's] chart clearly shows him to be in the ever-tightening grip of a mental disorder. Neptune, the planet of imprisonment, treachery, insanity, assassination, and suicide, is in his house of death."

"My stars!" explodes the common man, "What is truth and what is piffle?"

How much are we sure that the moulders of public opinion and the shapers of things to come are swayed by the blah-blah of men who play with stars, or by common sense. Are the life and death of millions of human beings at the whim of irresponsible guessers? The truth is, they are.

Note this, you dabblers with the occult: No one but the God of heaven can foretell the future, and He does not speak through men who do not know Him through His Word. From time immemorial He has challenged anyone and everyone to predict the future accurately, and He has staked His reputation and very existence on His ability alone to do so. Not one of His hundreds of forecasts have ever failed. Nor will those fail that are yet to be fulfilled. We confidently affirm that if you cannot find a prophecy in the Christian Bible, in the writings of the recognized prophets of God, it is the babble of an ignoramus.

War Profits—There Are None

IF THERE was anything the World War taught us, it was that no one really wins a modern war. "To the victors belong the spoils"—but they are spoiled. There are many reasons for this strange outcome of strife. Lethal weapons, disease, and expenses prey on all combatants; and when battles cease, all participators lie exhausted, poverty-stricken, depleted in man-power, discouraged. None have adequate resources to start business and industry anew, none have money to buy from others; the victor's accumulated territory must be developed before it

is an asset. All are forced to borrow money, which means borrowing trouble.

But do not neutral nations stand to profit enormously from neighbouring wars? A vehemently negative answer to that may be secured from Belgium, Holland, Denmark, and Switzerland today. But more distant nations, what about them? Say the United States of America. A huge industrial war boom is on there now. Gold is pouring into the country. Industry is taking up the slack in unemployment. "Uncle Sam" is in a fair way to line his pockets, say the shallow thinkers.

The truth is, the United States is in more danger than other neutrals. The Government is aware of it, and is alarmed at the amount of money turning from Europe to America. It means inflation and false standards of value. It means panics of speculation. It means that when the war ends there will be a terrific slump, a woeful depression, and more than was gained will be lost. Prosperity depends on trade, and there can be no trade when prospective buyers have no money.

The world did not recover from the baleful effects of the last world war before this one broke out. It takes generations of peace for nations to get on their feet after a long-drawn-out war. The political and social phases of a world war are devastating to think about; the financial phase is no less distressing. Let us oldsters not deceive ourselves. We experienced the aftermath of the last war; the harvest of this one is bound to be worse.

What can we do about it? Above all things, do not trust to luck or governments to reimburse us for our inevitable losses in men, money, and materials. And tremendous losses there will be. War does not make money, for anybody; war spends money, sinks much of it beyond recovery. We face the collapse of our security bulwarks and all that makes life worth living—unless God takes a hand.

And God will take a hand, at a time and in a way unexpected by most men. The best way out is for us to pray and work to the end that God may bring this whole sorry business to a speedy end by applying His solution, the second advent of Christ to earth.

The Future Line-up

SINCE Germany and Russia became allies, there have been many published proofs that the political systems of these two nations have had many similarities all along. Though the Communism of the Soviets and the National Socialism of the Germans seemed to have been poles apart and antagonistic, they are now discovered to be in harmony, with Communism the gainer. And we are persuaded that Fascism is much like the other two.

Are we not faced with a new arrangement of political ideals, with

Eastern News Photos

Sir Muhammad Zafrulla Khan, India's representative at the meeting in London of Dominion delegates for the discussion of war problems.

any system which lends itself to dictatorship on the one hand, and any system which lends itself to democracy on the other? And we do not mean the "dictatorship of the proletariat." There are all degrees between the extremes of dictatorship and democracy; but we are witnessing all nations drifting, or being forced, one way or the other.

The situation presages unending conflict, for the two groups are determined and resourceful in their advocacy of what to them appears to be the only system which will bring peace to the world. To us, it is self-evident that that system should prevail which gives the larger degree of freedom to the individual man. But we are living in an age when such freedom is being repudiated as unsafe. Ideals clash, and there are violent times ahead. May God keep us true to the principles of His Word.

War's Worst Weapon

THE second most destructive weapon of war is the magnetic mine; the first is disease. In every war the number of men killed by lethal germs is 50 per cent, on the average, more than the number destroyed by explosive weapons. And this in spite of medical advances in sanitation, surgery, and antisepsis. Typhus, enteric, cholera, dysentery, and pneumonia account for enormous losses in international conflict.

Worst of all war's disease ravages, however, comes from influenza. More than three million victims were taken off by it during a few months of the World War. Its civilian toll was greater than that among soldiers. It acknowledges no international law; it conforms to no agreement between belligerents. It is absolutely ruthless and no respecter of persons. The perfectly healthy are its easiest prey.

While the World War pandemic of "flu" seemed to be spread by the movements of great armies and the conditions under which fighting men must live, it jumped to every part of the earth remote from war. It appeared to be in the air, yet sprang up simultaneously in distant islands where there did not seem to be even air contact with the rest of the world. It was a baffling scourge.

Now the medical men opine that we are due another outbreak of influenza with the present war. While they are prepared to deal in a much more effective manner with tetanus, gas gangrene, pneumonia, trench fever, and trench mouth than in the last war, the doctors admit that they have not discovered a sure preventive or cure for flu. Though this is true, much can be done to avoid and deal with this dread sickness, as has been pointed out in the pages of this Magazine in the past. If taken early, in the "cold" stage, and treated by natural means, it yields to careful nursing.

Beware of that passing cold, fever, and that "ache all over," the first symptoms of flu. India is far from war, but very near this captain of the men of death.

The Latest in HEALTH

What Marihuana Does

EVIDENCE that marihuana, a drug taken in cigarette form, affects people differently, leading some into a jag state of pleasure and others into an excited fright that may end in insanity, is reported by Dr. Walter Bromberg, physician in charge of the psychiatric clinic at the Court of General Sessions of New York.

Thirty-two cases of mental disease traceable to marihuana were described by Dr. Bromberg, speaking before the Association for Research in Nervous and Mental Disease. The drug, he said, does not lead to any one particular type of mental illness; rather, its effects tend to push certain users toward whatever unbalance of mind or emotions their own make-up is liable.

Citing ways in which the drug affects mind and body, Dr. Bromberg told of users being confused, deluded into a feeling of their tremendous brilliance, lost in time so that minutes seem hours, believing their hands and feet have become huge, and that a small downward step is a great plunge. The majority become exhilarated and may laugh uncontrollably. A smaller percentage go into the more dangerous frightened state.

Children's Ears

THE number of deaf adults could be reduced by 50 per cent if the ears of school children in the primary grades were periodically examined and, when necessary, treated.

The most common type of middle ear deafness in adults begins during childhood.

Often its progress is so gradual and insidious that it may not become evident until it is too late to correct the primary trouble and to restore hearing.

Orange Juice Retains Vitamin C

FRESH orange juice loses little vitamin C potency on standing in a refrigerator over night if the juice is kept in a covered container to avoid access to air, a recent issue of *The Journal of the American Medical Association* states.

Experiments have shown no appreciable loss of the vitamin in orange juice stored for twenty-four hours in loosely covered jars in a refrigerator at temperatures of approximately 40 to 45 F., i.e., safe refrigeration temperatures.

Other experiments have given evidence that fresh orange juice retains as much as 97.6 per cent of its vitamin C activity after storage for twenty-four hours in a loosely stoppered flask in a refrigerator.

Eating Before Swimming

COMMENTING on the question of eating before swimming, a recent issue of *The Journal of the American Medical Association* says: "In the digestive state the blood that would normally be concentrated in the digestive organs is partly diverted to the muscles when the latter become active in any exercise. However, the diversion is not complete enough to supply the muscles adequately; consequently neither these nor the digestive organs are adequately supplied. Exercise in cool water thus imposes a demand which may result in cramped muscles with attendant dangers."

In answer to a question as to whether it would be injurious or dangerous to allow swimmers two graham crackers and a glass of milk from fifteen minutes to a half-hour before swimming, *The Journal* says that there should be no objections to this amount of food one-half hour before swimming provided the subjects are in a good state of health, and that the demand imposed by the small amount of food specified should not be of severe consequence.

Your Job, Not Dentist's

EACH person who wants to keep his teeth from decaying must do the job himself. He cannot depend on his dentist for this, Dr. Nina Simmonds, nutrition authority of the University of California's School of Dentistry, declared at the Kansas City meeting of the American Public Health Association.

Eat just as few sweets as you can and get as many vitamins, especially

Press Photo Agent

A pair of coils that set up sound vibrations in the human throat has been hailed as a boon to persons who have lost their power of speech through injury to the vocal cords. Mr. Gilbert Wright, the inventor, claims he can produce sets so small that they can be concealed in the clothing—and deaf mutes can talk.

the sunshine-vitamin D, as possible. This sums up the rest of Dr. Simmond's practical advice to those who want to avoid tooth decay, or caries, and explains why the job of caries' prevention is so largely an individual one. If it is to be done by eating the right foods, or not eating the wrong ones, obviously each person must do it for himself, and parents must select the right foods for their children.

The role of cleanliness in caries' prevention Dr. Simmonds dismissed by saying that "the use of the toothbrush in personal hygiene is an accepted practice." She also pointed out that many members of primitive races and also numerous persons living under civilized conditions often escape tooth decay even though their mouths and teeth are not kept clean. Observations have shown, however, that these persons also do not eat sweets; when they change their diet, they are likely to get decayed teeth.

Cutting down on sweets, Dr. Simmonds explained, cuts down on the number of acid-forming germs in the mouth. It is the acid formed by these germs that destroys the enamel of the teeth, and gives caries a start. She cited many experiments by different scientists, which all showed a relation between sweet foods and caries. Other factors enter into the situation, but the dietary one seems to be most important.

Peg Teeth

PUTTING in a false front tooth is a major feat in dental engineering. Usually dentists get around the difficulty by fitting their patients with removable bridges, often uncomfortable. Sometimes they pare down neighbouring teeth, use them as anchors for a permanent bridge.

Young Dr. Alvin Edward Strock, of Boston's Peter Bent Brigham Hospital, has long furrowed his brow over this front-tooth problem. The simplest procedure, he thought, would be to insert a peg in the socket of the extracted tooth, then cement a false tooth to the protruding end of the peg. But he never dared to do it, for he knew metal pegs might induce mouth irritation.

Two years ago Dr. Strock decided to try the new alloy, vitallium. Vitallium is the most satisfactory metal doctors use for patching fractures. Into the gaping socket of a willing patient, who was first given a local anæsthetic, he inserted a vitallium screw, working it into the jawbone about five-eights of an inch just as a carpenter screws into wood. To his delight, new bone tissue soon closed lightly around the screw, and the patient was able to chew comfortably with the protruding head. After several months, Dr. Strock cemented a handsome false tooth shell, known as a porcelain jacket crown, on to the head of the screw, and the tooth looked and felt as good as a real one.

To date Dr. Strock has tried his vitallium pegs out on eleven patients. How long the teeth will stay put, cautious Dr. Strock would not say, but he remarked that one patient has been using his tooth for a year and a half.—*Time*.

U. P. S.

The Flowering of the Child

By EDITH BRANDIS

LITTLE Justine Williams brought to her mother the picture she had just clipped from a magazine. "I've spoiled it, mother," she said, and began to cry.

"No, darling, no!" and Mrs. Williams tried to show the child how to reshape the edge so that it might still be attractive; but Justine refused to be comforted.

For months Mrs. Williams had been taking a few moments every day to teach the child the use of crayons, scissors, kindergarten needles, and other small tools. Recently Justine was beginning to have crying spells when her willing little fingers blundered and she felt that her work was spoiled. Mrs. Williams was much distressed; she did not know what was wrong nor what to do.

Later in the week she took Justine and went down the road to the home of Mrs. Sayers.

Mrs. Sayers listened to the story, while her two children and their little caller played in the back yard; then she remarked: "I had the same difficulty with my first child. Then I consulted a friend who knew a great deal about the development of little children. I followed her advice, and as a result my boy outgrew the trouble, though it took him some time.

"She told me that throughout early childhood certain changes are going on in the child's nervous system; this, she said, is an orderly process, which cannot be hurried, no matter how much we might wish. The things a child does that are outstanding enough so that we note them are really the climax of a long series of developments, both of the muscles and the nervous system. Every mother knows how abruptly the process of standing alone comes to some children. One day the child cannot stand, the next day he has pulled himself up by a chair, and perhaps within a week he's going all over his small world under his own steam. It seems sudden, but in reality he's been getting ready for this act since the day he was born.

"She told me I'd been trying to force a process in my child's development which I should have left for time to bring about, and said that his nervousness could probably be traced to my attempt to urge him to use tools before his muscles were ready.

" 'Is it too late to correct my mistake?' I asked her. 'Is there any way I can undo the wrong I've spent so much time in doing?'

" 'It's not too late, and there's a way to undo most if not all of it,' she answered.

"Then she explained to me that every normal child may be expected to develop his own interests and abilities if he is exposed to the normal activities of the home and guided as he indicates his readiness for new experiences. I was now to take all mental pressure from my child; I was to keep the tools I'd been trying to teach him to handle lying about, and he was to see them used; but he was to be let strictly alone.

"I did as she advised.

"I had my reward after a rather long period of waiting and watching when Robert brought me a flower one day and said, 'Mother, it's so pretty, I love it. I'll make its picture.' He took crayons and a sheet of paper and did a sketch which we pinned to the bulletin board. Here was a complete activity, begun in his childish mind when he was alone in the garden, culminating in a related act of expression. It was a beautiful example of 'flowering.' He'd done it himself.

"With freedom Robert completely outgrew his nervousness. You may believe I didn't put mental or verbal pressure on my other children as they came along."—*National Kindergarten Association.*

Household Helps

FINE bits of broken glass which defy the broom may easily be picked up with moistened absorbent cotton.

To put a keen edge on a pair of shears, cut through a sheet of sandpaper a few times.

Beryl Smith, baby daughter of a soldier father, starts from England to the Far East. She is fitted, and somewhat overwhelmed, with a topee and a life-belt.

U. P. S.

For

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Let your children start the day with an abundance of energy and vitality. Give them delicious "Ovaltine" as their morning beverage and each night at bedtime. It will help them to grow up with sound nerves, alert minds and healthy bodies—it will make good the energy they expend so freely and it will build up their resistance to prevailing **sickness.**

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85a, Ripon Street, Calcutta,
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Ways With Oranges

By Margery Christian

U. P. S.

JUICY oranges! Wholesome and refreshing, they combine excellent tonic and digestive properties, and can be eaten by most people very agreeably. Where they happen to disagree, the juice should be taken without any of the pulp. No child should be denied these golden fruits.

We can all eat them with benefit, and the following recipes are just a selection of the uses they can be put to.

A PARTY DISH

Ingredients.—Two eggs, two oranges, sugar, milk.

Method.—Break the eggs and beat the whites to a stiff froth, adding icing sugar and flavouring with orange juice. Heap this frothy mixture in a dish. With milk and the two yolks of eggs make a custard and pour this over. Peel the two oranges and divide them into sections, rolling these in castor sugar. Pile them here and there in the mixture on the dish. Serve as you would a trifle.

EGG AND ORANGE

Ingredients.—Orange, two teaspoons sugar, egg, milk.

Method.—Squeeze the juice of the orange into a tumbler. Add two teaspoons of sugar, and mix. Break the egg and well beat the yolk, adding this to the orange juice. Fill up with milk. This is a refreshing, sustaining drink!

ORANGE BUTTER

Ingredients.—Six eggs, 2 oz. fine sugar, 3 oz. butter, 2 oz. blanched almonds, orange juice.

Method.—Boil the eggs until they are hard, then beat them to a paste. Add the sugar, butter, and the almonds (which should be crushed previously). Thoroughly mix the ingredients in the basin, adding sufficient orange juice to make a rather moist butter mixture. Rub through a wire sieve. Serve on biscuits or brown bread.

ORANGE SALAD

Ingredients.—Two oranges, two apples, two pears, sugar.

Method.—Peel the oranges and wipe the skins of the pears and apples. Now cut them crosswise into quarter-inch slices. Cut out cores and take out pips. Then arrange the fruit slices on a glass dish, scattering sugar among them as you place them in a pyramid. Serve with thinly-cut brown bread and butter.

ORANGE COMPOTE

Ingredients.—Oranges, sugar.

Method.—Leave the required number of oranges for four hours in cold water. Take out, then boil until tender. Cut open, and take out the insides. Pound the peel well, and also the fruit pulp (from which you should remove skin and pips). To each pound add one pound of sugar. Beat all well together, and when the mixture is a creamy paste, pot it, closely sealing the jars. This compote will keep at least a year.

ORANGE JELLY

Ingredients.—One orange, 1 oz. sugar, 2 oz. sago, 1 pint water.

Method.—Have the sago soaked overnight in half the water. After adding the remainder of water and sugar, cook gently until the sago becomes clear, and then add the juice from the orange. Strain. Wet jelly moulds and pour the mixture in. Serve with golden syrup or brown sugar.

ORANGE FRITTERS

Ingredients.—Oranges, butter, sugar.

Method.—Procure some medium-sized oranges, heavy and firm ones, and cut them into slices. Remove the pips. Then dip them in butter and fry until they are a golden brown. Be sure that, before serving, they are quite dry and not at all greasy. Serve with a little sugar sprinkled over.

PRUNE-AND-ORANGE-JUICE COCKTAIL

2 cups orange juice
1 cup prune juice

Mix and chill.

HONEY-AND-ORANGE NECTAR

½ cup orange juice
2 tablespoons lime juice
2 tablespoons honey
1 cup cold water

Mix and chill.

Perhaps I should suggest that you should not forget the value of vegetable juices. They give us more vitamins, especially vitamin A, than do fruit juices Equal parts of carrot juice and celery juice make a valuable drink; or spinach juice and tomato juice. This latter combination has been found good to increase the blood hæmoglobin. Tomato juice and carrot juice are another good combination.

I should like to remind you of the value of parsley. Parsley contains much more vitamin A than any other vegetable. Only a small amount of parsley needs to be eaten to supply all the vitamin A one needs. We should not use parsley merely to garnish dishes and then consign it to the garbage tin. We should eat parsley every chance we get.

PINEAPPLE-AND-TOMATO COCKTAIL

1 cup of pineapple juice
1 cup of tomato juice
¼ teaspoon of salt
1 tablespoon of lime juice
½ cup of cold water

Mix and chill.

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.

FALLING HAIR: *Ques.*—"I am fifty-three and my hair is falling. My skin is good, and I have no dandruff. I have one third of my hair left. How can I grow hair on the other two thirds of my skull?"

Ans.—Loss of hair such as you describe is a symptom of certain defective or lowered functioning on the part of several internal organs, whose function is associated with the skin. The hair must be considered as part of the skin. For this reason no amount of treatment applied to the scalp or to the hair can have more than a mere temporary result. You require a thorough general examination, with particular attention to those internal processes which are known to have a determining influence over the skin and all that pertains to skin health. It is also necessary to consider heredity. If there is a definite family tendency toward baldness, this will be transmitted just as other characteristics are passed on from generation to generation.

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HEIGHT INCREASE: *Ques.*—"I enclose an advertisement for height increase. I am trying it; but what is your sincere opinion about such medicines? I am twenty, and too short. How can I grow taller?"

Ans.—I have read the advertisement you enclosed and find they have omitted one very important claim. If they had assured the public that the use of that tablet would grow brains in cabbage heads, I am certain they would sell many more of their tablets. Can you not see the absurdity of their claims when they said that these tablets will "stimulate the dead gland"? Your difficulty is that you have waited too long to undertake increasing your height. Growth promotion is possible during those early years before the long bones of the body are permanently closed over at the ends. After the process has taken place, it is no longer possible to increase one's height. To make certain in your case if an effort might still be promising, you should have an X-ray examination of the long bones. This will definitely determine if there is any prospect for still promoting the growth process.

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DUODENAL ULCER: *Ques.*—"I have duodenal ulcer with 'heart-burn' a few hours after meals. I have one principal meal of vegetables and rice at noon. I take milk two or three times a day, and at night milk, vegetables, and fruits. Should I change my dietary?"

Ans.—Ulcer of stomach or duodenum results from excessive acidity produced as a result of overstimulation. This overstimulation may be produced by too frequent taking of food, highly spiced foods, excessive use of meats and other proteins, also bad combinations at meals and excessive use of salt. Any abnormal food practice may result in this irritation and consequent ulceration. You refer to having only one principal meal. Then you mention taking milk two or three times a day, and at night milk, fruit, and vegetables. Besides this you take raw tomatoes, lime juice, and coconut water freely. This represents a confusion of dietary practice which would perplex any well behaved stomach as to how to care for the incessant and mixed demand made upon it. Quite obviously you need to acquaint yourself with the elementary rules of correct dietetics. For this purpose the little book, "Eating for Health," will be very useful. Evidently you do not realize that every time you take food of any kind or amount, be it milk, coconut juice, or any other article, the digestive organs are called upon to set in operation a train of processes called digestion. This is no light task, particularly as some of these digestive tasks involve chemical processes taking up to four or five hours to complete. Your best plan is to adopt an exclusive juice diet for a period of one week or longer if conditions indicate, using the strained juice from cooked and raw vegetables, also non-acid fruit juices. No other foods of any kind should be taken during this period. The next step is to add milk only for several days. Then use only plain cooked vegetables, which have been put through a strainer to remove all coarse fibres, together with milk. Gradually return to other foods by adding to your diet one thing at a time, observing strictly the rules of combinations as explained in the book mentioned above. Drink freely of water between meals. If necessary, Kaoline, with charcoal, may be taken during the early period of this regime to neutralize excess acids.

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SUPERFLUOUS HAIR: *Ques.*—"What can be done for a girl who has superfluous hair on her face?"

Ans.—If the girl is of a hyperpituitary type, then hair growth is part of the picture, and nothing will alter the fact. There are many such persons who, finding that they are made thus, and accepting the unalterable decrees of nature, cease to worry over what cannot be altered. The razor helps to meet the problem best. Avoid applying chemicals. Another useful method is removal of hair by the electric needle.

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have the effect in promoting a more normal functioning capacity. To approach this problem correctly necessitates a thorough medical examination. We do not advise diet experiments, but strongly urge that you make certain your present diet conforms to normal nutritional requirements. Study the instructions on this matter as given in the book "Eating for Health." For developing muscles of arms and legs, there is nothing equal to exercise.

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INDIGESTION AND WEAKNESS: *Ques.*—"After influenza I am extremely weak, with attacks of gas on my stomach, constipation, and pain in lower bowel. There is a small hard ball on the left side of my bowel, which may be hernia. Can you give me help?"

Ans.—For definite hernia, there is only one rational treatment, which is surgical repair of the weakened muscle wall. As regards the formation of gas after meals,—this is usually the result of unfavourable combinations at meals of certain foods which should be eaten at separate meals and not at the same time, for the reason that they each require different digestive treatments impossible at the same time. You should read carefully and apply the instructions on this subject found in the little book, "Eating for Health." Certain digestive enzymes are also helpful. In this class of remedies would be included Taka Diastase and Panopsin. Both of these promote carbohydrate digestion. The feeling of exhaustion upon slight exercise may indicate that as a result of the influenza infection the adrenal glands were damaged, and consequently functioning below normal. This condition can be helped by the use of Adreno-Cortin Hormone for a sufficient time to provide for rest of the overworked glands, and also to promote a higher level of functioning.

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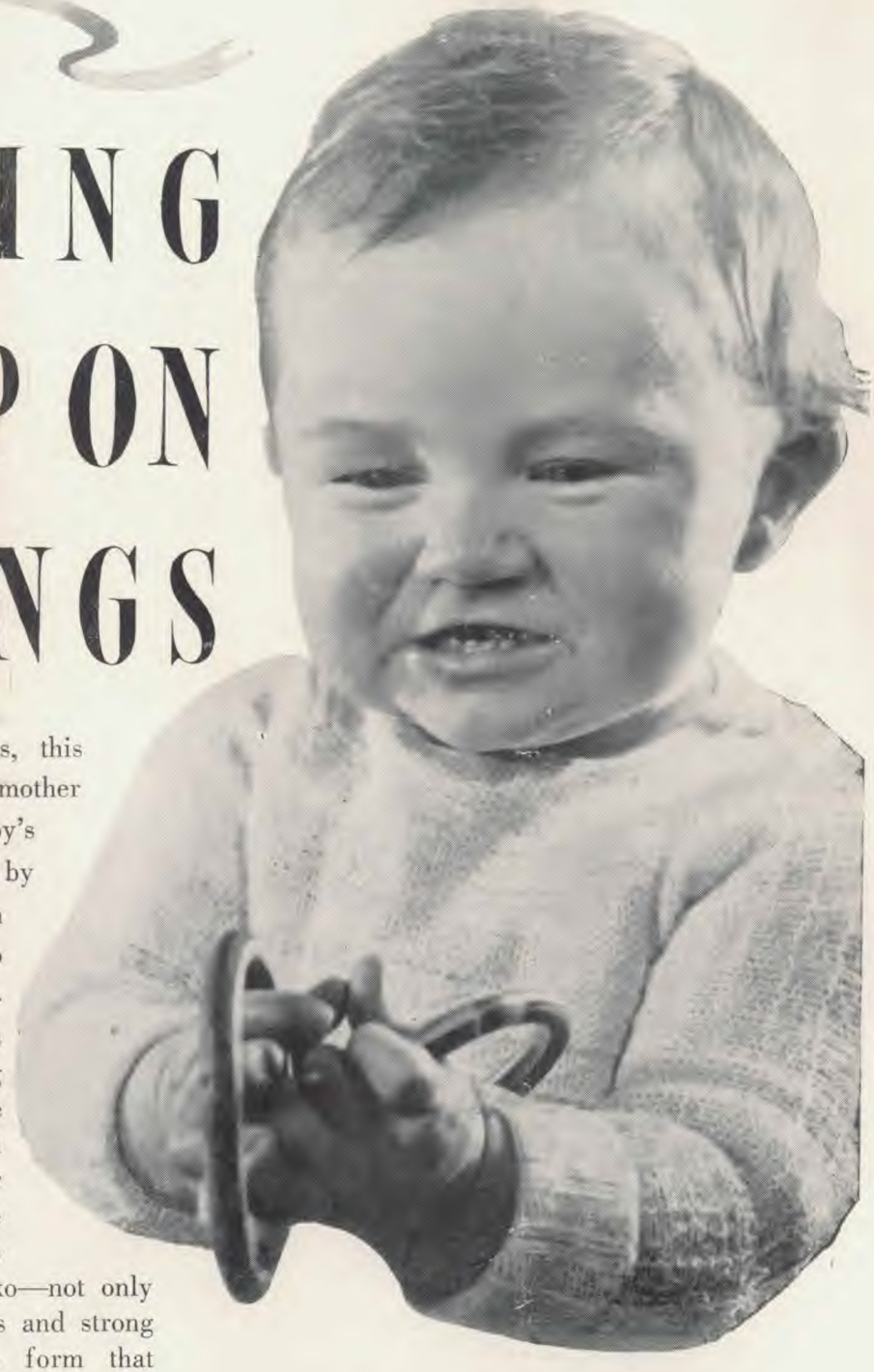
IRON AND SULPHUR: *Ques.*—"What foods contain iron and sulphur?"

Ans.—All the green leafy foods contain iron, so also do various fruits. Sulphur is a constituent of proteins, milk, eggs, nuts, and cereals. Care must be exercised not to eat excessively of such protein foods, as they are acid producing. Therefore, they must be taken with plenty of vegetables.

WEIGHT INCREASE: *Ques.*—"How can I increase my weight by diet? How can I develop my arms and legs?"

Ans.—Body weight which has become stabilized for a considerable period is the result of the nutritional process as it is operating within that individual. Any alterations to effect this weight either to increase or decrease, must be guided by the individual circumstances. If the weight is considerably under the normal average for the individual's height, then it will be necessary to know what particular nutritional structures are not functioning to the normal standard. Then only is it possible to decide on a plan of diet reinforced by other aids which will

GETTING A GRIP ON THINGS



IT'S a great business, this growing! And as mother watches with pride baby's steady development day by day....as she sees him gradually "getting a grip on things"....now lisping those first baby words ....and now mastering the intricacies of those first few steps....then she is doubly grateful for Glaxo. Because before her eyes is the evidence of the goodness of Glaxo—not only in building sturdy limbs and strong teeth, but in helping to form that active mind which enables baby so speedily to get to grips with the problems which daily confront him.

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