

THE ORIENTAL WATCHMAN AND HERALD OF HEALTH

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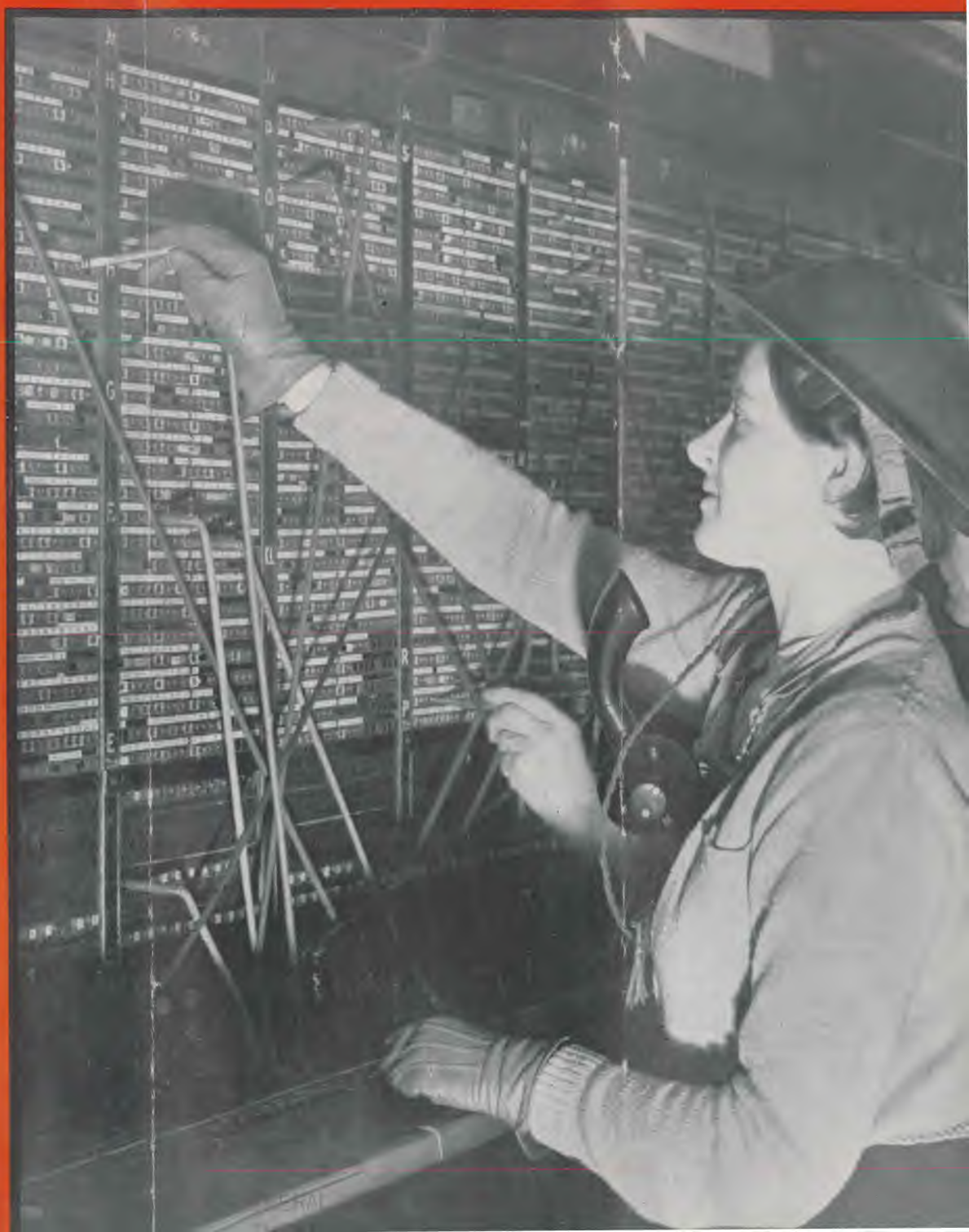
LEG PAINS

THE WORLD OF
PLANTS

HAT PAIN IN THE
ABDOMEN

COMENTATIONS TO
THE CHEST

YOU DON'T LOOK
SO WELL TODAY"



The War
Telephone
Girl.



Anyway, your friend does not look as
Bad as this.

A GENTLEMAN walks slowly down the street. He is pale, thin, and run-down from a long-continued illness. But he is better now than he was last week. He has gained a few pounds. He is on the way to better health. Of that he has been assured by his doctor. So he is cautious and complies with all his doctor's orders. He sees success ahead, and every pound that he gains makes him happier and brings a little more sunshine into his life.

Soon he meets a friend. They have not seen each other for a long time. The friend notices his pallor and emaciation and says with somewhat worried expression: "You don't look so well today." That gives the man a bad shock and makes him feel weak and miserable. He seems to shrink, to lose weight. What little pep he had is gone. In a minute he has become a sadder and sicker man.

"YOU DON'T LOOK SO WELL TODAY"

By Waldemar Schweisheimer, M.D.

His remark to his sick friend was not simply devoid of tact—it was not even objectively true. It is true that the sick friend did not look as well as a rosy-cheeked child, nor as well as he himself had looked a year before; but his appearance has definitely improved during the previous two weeks.

It would properly be considered bad manners if you were to greet someone with a criticism of her dress on your lips. Certainly you would not meet your friend with a remark such as this: "Mrs. X., the colour of your costume does not match your complexion;" or: "You should not wear such bright stockings with such dark shoes."

Nobody would think of expressing such a criticism without a compelling reason. But too many of us consider ourselves competent judges of our fellow man's state of health as evidenced by his appearance. And somehow such self-styled authorities can rarely keep their opinions to themselves.



This is especially true in association with sick people. A man who has been sick in bed for several weeks is extraordinarily sensitive about remarks concerning his appearance, and it seems unusually easy for him to hear this part of his visitor's conversation. In general, it is well to praise the patient's appearance as far as truth will permit. But it is important to avoid exaggerated praise, for the patient is apt to be suspicious and to suppose that his visitor is trying to hide the truth.

Such people are especially sensitive regarding whispered conversation between their friends and the doctor in the sickroom. It may be that an operation is planned, of which the patient is

not to be informed until the last moment in order to prevent premature and unnecessary excitement. An experienced physician will, however, consciously avoid any whispered conversation in the patient's presence. Nor will he spend too much time in conversation in the adjoining room or anywhere else in the house where the patient may sense it. Frequently, it may be necessary to discuss some matter with the patient's relatives without the patient's knowledge. If this involves a long conversation, the physician will usually ask them to his office, where the discussion may be carried on without causing the patient mental anguish.



It is a mistake, on the other hand, to take too lightly minor complaints of a sick person and to pass them off with some such remark as: "I have had that myself," or "Mr. X. has the same complaint every day." Occasionally, however, it may be advantageous to refer to other similar cases which have been cured. Such comparisons relieve some worries, and may give the patient new hope. A patient, e.g., who has earache and who will have to have his ear drum lanced, may find consolation in a friend's mention of his or his child's quick recovery from the same operation.

So, while nothing should be said or done to discourage him, none of the events of the sick man's day should be ignored or slighted. His appetite, sleep, pains, heartbeat, bowel activity, fever curve, etc., and what is said about these things, are all important to his morale. To the patient these seem to be the real marks of the progress of his disease, though they may not actually be very important.

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The FACTS on FOOD COMBINATIONS

By George E. Cornforth, Medical Dietitian

THE chief reasons for considering food combinations are:

1. To be sure to include protein, fat, carbohydrate, minerals, and vitamins in the diet in approximately the right amounts.
2. To understand their effect upon digestion.
3. To know how to maintain the acid-base balance.

4. To learn the art of planning attractive, palatable, digestible, nutritious meals.

Of these reasons the first is probably the most important.

A good rule to follow to fulfil the first requirement is one given by Dr. Lydia Roberts of Chicago University, as follows:

There should be included in the diet every day:

Milk, at least one pint.

Vegetables, other than potato, at least two servings, one raw, as in salad.

Fruit, at least two servings, one citrus or tomato.

Whole-grain cereal, as cereal or bread, at least one serving.

High-protein food, at least one serving, as egg, cottage cheese, beans, soybeans, almonds, peanut butter, or soy cheese.



These essential foods are necessary to assure the required amount of good-quality protein, minerals, and vitamins, but they will not give enough calories; therefore more foods must be included to complete the meals and provide enough calories to maintain the weight.

These additional foods may be: potatoes, other vegetables, butter, more bread, more fruit, dessert.

Following this outline will give one a diet that is just barely adequate, even if the "additional

foods" include white bread and some sweets. But if these additional foods are *whole-wheat* bread, vegetables, fruits, including some figs, dates, raisins, and prunes, and honey, instead of desserts made with white sugar and white flour, the diet will be more than adequate, capable of increasing the blood hemoglobin and sustaining the best possible health.

With regard to the second specification, combination of foods in their effect upon digestion, Doctors Risley and Walton, in "Foods, Nutrition and Clinical Dietetics," say, on page 97: "Experience in feeding many cases has clearly demonstrated that certain mixtures of food are liable to cause digestive upsets, whereas the same foods, if taken alone or in favourable combinations, cause no distress."



That digestion is better when the number of different kinds of food is limited at a meal has long been accepted as true. Following certain rules with respect to combinations limits the variety at any one meal and aids in this way.

Unfavourable combinations of food are the following:

1. Large quantities of milk and sugar taken together.

Concentrated, refined sugar has a preserving effect, and hinders digestion in general. It also stimulates the stomach to secrete acid abnormally. When combined with milk, the sugar delays the digestion of the milk, tending to cause decomposition of the milk, rather than the normal digestion of it.

2. Fruits and vegetables at the same meal.

I am unable to give a satisfactory explanation of why these do not digest well together. The ex-



E. N. P.

Three square meals, concentrated in small packages for American paratroops.

planation has been given that the digestion time of fruits and vegetables is different, fruits requiring a short time and vegetables a longer time to digest, but that this is the explanation has not been demonstrated. However, the observation of nurses and doctors in regard to the effect of this combination on the digestion of patients, and the observation of other individuals of their own digestion, indicate that this is not a good combination, except for the person who is vigorous and is leading an active life, in which case nothing seems to disturb digestion.

3. Fat and other food cooked together, as in frying.

Nature never makes this combination. When nature makes a combination of fat with other foods, the fat is put inside the food. When the cook makes a combination of fat with other food, he puts the fat on the outside of the food (except in mayonnaise, which is a good combination). Fat is not digested in the stomach, and there is no digestive fluid in the stomach to digest away the fat from the protein and starch so that the latter can be digested in the stomach. Thus the

digestion of these must wait until the food leaves the stomach. Of course, if people would chew their food with extreme thoroughness, this combination would do little, if any, harm. In fact, I think that if people would thoroughly chew food, the matter of combinations of food would be of less consequence. But who is there who chews food till it is liquid before swallowing it? Just the other day a patient, a busy man, said to me that he had been eating in restaurants, and washing his food down with milk or other liquid. This saves time from meals, but later one must spend time getting over the evil results.

4. Milk with strong acids has been mentioned as a bad combination, but here again it depends upon how the milk is taken. If the strong acid is eaten first and the milk is drunk in large swallows, the milk will form large, hard curds which are difficult of digestion, while if the milk is taken through a straw or in very small sips and mixed with the saliva, and the acid is eaten last, there will be no indigestion. Of course I am referring to acid fruits when I speak of strong acids. Vinegar is not to be considered, because it is an unwholesome acid. Milk should always be taken in small sips, because the gastric juice is acid, and if milk is drunk like water, it will form hard curds in the stomach even if no acid fruit is eaten at the same time.



5. Starch and acids are said to be a bad combination. But in this case also the manner of eating them makes a difference. The experiment is sometimes tried of thoroughly chewing bread, placing it in a test tube and keeping it warm for a short time, then testing it for starch and sugar, and finding the starch turned to sugar. Then the experiment is tried again, but a lemon is chewed before the bread is chewed, and it is found that this time the starch is not changed to sugar. The saliva acts on starch in an alkaline medium. From this experiment we conclude that if the starch food is eaten first and well chewed

and mixed with the saliva, and the fruit eaten afterward, there will be no delay in the digestion of the starch.

There is another way of obviating this difficulty. That is by toasting the cereal or making zwieback of the bread that is to be eaten at the same meal with the acid. The browning of the cereal or bread partially digests it, turning it to dextrose. When rice and tomatoes are used in the same dish, it is well to brown, or toast, the dry rice before it is cooked and combined with the tomatoes.

Of course, all will agree that

complicated mixtures, and food made rich with fat, sugar, and spice, are liable to cause digestive disturbance.

6. Another food combination sometimes condemned is protein and starch at the same meal. In other words, this advice suggests that protein and acids should be eaten at one meal and vegetables and starches at another meal. But there is no good reason for condemning this kind of combination.

Nature itself combines starch and protein—for example, in beans and peas.

(Continued on page 20)



Why Tom's APPENDIX BURST

ONE morning Tom Take-a-Chance woke up with a real old-fashioned pain just below his stomach. In fact, he thought it was the grand-daddy of all pains.

Now most people with a pain like that would yell, "Doctor, come quick!" But not Tom. He knew what to do—or thought he did. "No need to fool with a doctor for stomach-ache," said he. So he up and took a big dose of castor oil. Then he got back into bed with a hot-water bottle.

Ten hours later, Tom was being made ready for the operating table, breathing ether and wishing he had called the doctor sooner. His long-suffering appendix gave up the struggle and burst just before the doctor got to it. He pulled through. But it was touch-and-go for a while. It was two months before he got back to work.

No one knows how many people with appendicitis get to the hospital just in the nick of time.

But each year, thousands don't get there in time. They die. Most of them are young people less than thirty years old. Almost every one of them dies because he takes the chances Tom took; because he does the things Tom did; because he leaves undone the most important thing of all—calling a doctor.

The appendix that causes so much expense, pain, and death, is a part of the large intestine. It is a sort of narrow, dead-end street in the lower right-hand corner of your abdomen. It is a wormlike organ a little longer and a little thinner than your little finger.

Appendicitis is an inflammation of the appendix. Germs lodge in the appendix, or it absorbs poisons which it cannot get rid of easily. The germs or poisons cause the inflammation.

When the appendix has taken about all it can stand, nature sends you an unmistakable signal to do something about it. That signal is pain—real pain. The pain doesn't have to begin in the right side over the appendix. In fact, it usually does not. It may begin in the pit of the stomach. Many people mistake appendicitis

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pain for stomach-ache or "acute indigestion."

Appendicitis pain comes on suddenly, sharply. At first, it may come and go, but it keeps on coming back, sharper and sharper. It settles down around the appendix. The pain continues.

Get a competent doctor without delay if you or anyone in your care has a pain in the abdomen that lasts more than three hours. There is only one safe thing the doctor can do for appendicitis,—operate and remove the appendix before the inflammation spreads. The operation for appendicitis is not dangerous. If it is done in time, no one need die of appendicitis. The only thing to fear is *delay*. Every hour you wait raises the odds against you. If you wait more than one day to go to the hospital, the chances are from four to six times greater that you will die of appendicitis.

People who die of appendicitis are killed by the inflammation spreading to vital organs. Poisons seep into the abdomen. The appendix bursts and the infection spreads like wildfire.

The inside of the abdomen is covered by a thin, filmy lining called the peritoneum. Inflammation of this lining is called peritonitis. When one half of this lining is infected, the patient dies. Speed in getting the inflamed appendix out before that happens is the only thing that will save the patient from this danger.

If the pain of appendicitis stops suddenly, the appendix has probably burst. This means *danger!* This means peritonitis. The chances of living through peritonitis are one to four.



Your job before the doctor comes is to keep the inflamed appendix at rest. Remember, the appendix is part of the large intestine. Anything that makes the intestines work increases the inflammation—brings the appendix closer to bursting.

Take nothing by mouth. Anything you take into your stomach starts the digestive system, including the intestines, to work. Take

nothing by mouth if you have a persistent pain in the abdomen. In appendicitis, people often get sick at the stomach and vomit. Take nothing to "settle the stomach."

No laxatives! In appendicitis, nature tries to keep the organs at rest. Don't force them to work. Forcing the bowels to move may make the appendix burst. Use an

ice bag, never a hot-water bottle, for persistent pain in the abdomen. Cold helps keep the organs at rest and decreases the amount of blood in them. Heat congests them and speeds up the progress of infection. Don't take a chance and make your appendix burst as Tom's did.—*Adapted from Workers' Health Series—No. 2, put out by U. S. Public Health Service.*



What shall we do with children who do not like what's good for them?

Who Is To Blame If Children Are **FINICKY EATERS?**

By Louise Price Bell

THERE are fewer finicky eaters among children than there used to be. This is due to the fact that the modern mother knows the healthful foods that her children should eat, gives these to her children with no fanfare or explanations, and that's all there is to it! As a result, the child of today knows that the food set before him is to be eaten, not dawdled with or pushed back with a whiny "I don't like that!"

Sad to relate, this isn't universally true, however. We still occasionally witness scenes that are distressing—mothers going through all sorts of antics to get their children to eat certain foods, and youngsters "buffaloing" their mothers into giving them foods that they shouldn't have. Particularly do we see such scenes in public places—in restaurants and hotels, on trains, boats, and planes.

Children are pretty smart, as we all know. If they are not reared

to know that mother's word is final, they will cajole and tease to get what they want, realizing in even their childish minds that she doesn't want to be embarrassed in front of people.

I was amused not long ago while having luncheon with a friend. Her young son was permitted to eat with us as a special treat, and a very well-behaved two-year-old he was during the entire meal. While we enjoyed a salad, whole-wheat rolls, and chocolate, Billy ate heartily and well of his carrots, spinach, baked potato, and milk. But the amusing part was that there was a small pile of zwieback on the plate with the fresh rolls, and the plate was passed to the young man just as it was passed to me. Seriously and apparently with no thought of taking a roll and at the same time taking advantage of his mother

in the presence of guests, Billy took a piece of zwieback and thanked his mother prettily.

In some homes this wouldn't have happened, as you and I know full well. Billy would have cunningly thought, "This is my chance to get a grown-up roll 'cause mummy won't want to scold me in front of company!" And mummy would have laughingly said: "The little mischief! He thinks because visitors are here he can have the roll," and would have let the child have it, against her better judgment. This is the way bad eating habits are started. It's the little taste of *this* or nib-

ble of *that* which gives youngsters the idea that under certain circumstances they may eat what and how they please.

Haven't you known of parents who would much prefer leaving their children at home, if going on a trip, because they knew that if they took them there would be mealtime scenes? It's not the fault of the children, of course, any more than it is a finicky child's fault if he is finicky. It's because his mother has allowed him to build up notions about eating that have no foundation at all—has let him have sweets and biscuits when he would have en-

joyed raisins or fruit drinks exactly as much, and been much better for these wise selections.

So, if you have a finicky child, look to your methods. Make sure that you offer him only pure, healthful foods; that you see that he eats them; that he is treated the same when travelling or in friends' homes as when in his own. It will mean you are rearing a healthy, normal child and one whom you love to have with you at all times, whose mealtime habits are a joy to behold, quite the contrary to those of Little Miss Finicky, or her small brother!

MIND Over BODY

By Julius Gilbert White

SHAME fills the cheeks with blood. Fear drives it away. Excitement quickens the heart beat. Grief brings tears from the tear glands. Great shock to the mind will draw the blood from the head and so cause fainting.

Worry will stop digestion. Emotion will stop the work of the stomach and the intestines. Nausea can be produced by some disgusting sight. Emotion can increase the sugar in the blood and urine like diabetes. Fright or excitement can cause cold perspiration to come from the sweat glands all over the body. Anger sends blood to the head and makes the face red. Patients given fake sleeping powders often sleep soundly after taking them. Medical students sometimes "get" the diseases about which they study. A lady developed attacks of hay fever when merely a rose was brought into her room. One day her physician brought in an artificial rose, and the usual symptoms followed. He then showed her that the rose was made of paper, and the symptoms speedily disappeared.

If you fear your food will hurt, it probably will. If we become introspective, it can undo all the

benefits of our efforts to secure health.

The bow that's always bent will quickly break;

But if unstrung 'twill serve you at your need.

So let the mind some relaxation take
To come back to its task with fresher heed.

—Phaedrus' Fables.

Relaxation is one of the most urgent needs of modern life. It is preliminary to rest. Rest begins with the mind. In order for the body to secure proper rest, the mind must be at rest. Rest must first be mental. The mind should be at ease, calm, and reposed. Many people in this age maintain a constant nervous tension which is very destructive of vitality. There should be at least periods of entire relaxation and repose. The Orientals could teach the Occidentals many valuable lessons in this matter.

One who is highly nervous should take a few minutes during the day for complete relaxation. In fact, he should train himself to do his work with a calm, serene state of mind rather than under a nervous tension. By so doing he will live many years longer.

Not only are periods of rest and

relaxation good for the body and mind; they are also uplifting and ennobling, if we lift our thoughts above the sordid things of earth.

Grenville Kleiser has said: "Cultivate silence and stillness. You grow your best thoughts in times of solitude and meditation. To continue to grow and accumulate useful ideas, you must have frequent periods of mental and physical relaxation. Beware of the modern tendency to hurry and waste. The time you give to quiet and intelligent meditation will repay you well. Cultivate quietness, poise, and deliberateness. When you are still and receptive you can best hear the voice of God and learn His will."

It should also be borne in mind that amusement is not relaxation, nor a substitute for it, but may be, indeed, opposite to it. Many amusements excite the nerves and lead to greater tensility rather than to relaxation. Some other means should be sought by which to find relaxation.

Perhaps you are saying, How can we relax? We have tried and failed! That makes me think of a little skit I read the other day, which runs like this:

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My work just worried me today,
I'm simply overtaxed;
Right now I'm all worked up and
tense,
I'm trying so to be relaxed.
—*"The Cheerful Cherub."*

Doesn't that express it? But relaxation does not come in that way, nor from wishing for it. Would you like to know how to find repose? I will tell you.

Relaxation is a state of mind by which you have decided to lay aside for the time the things which trouble you, and take a little time to rest and recoup your vital forces. Just as we learn to take on responsibility, so we must learn to lay it off, temporarily. One of



The distracted mind is sure to affect the body adversely.

the helpful things to do is to close your ears to life's annoyances and open them to the voices of nature.

The patter of rain on the roof, the rustle of leaves by a gentle breeze, the murmur of a babbling brook, the songs of birds, the smell of grass and earth and flowers, the odour of pines, honey, and fruits, the waving of fields of grain, are some of Nature's many voices calling us to relaxation and repose. But the mightiest influence of all is a clear conscience, a knowledge of having lived each day in the interest of humanity and the service of God; for, having done our duty, we may rest in the kind care of Him who watches over all.

Stimulants cannot take the place of rest and relaxation. Dr. A. N. Donaldson has expressed it in these words:

"The restoration of vital forces depends upon relaxation of mind

and body. The present system is to call upon 'reserve' energy, stifling the cry of fatigue by coffee, tea, beef extract, and other stimulants—'refreshing drinks'—to supply more 'go.' We borrow from the future, and repay in a sanitarium, in an asylum, or in a mausoleum. Rest is the essence of cure whether it be in nerves, heart, colon, or bones. Rest, with an environment that will direct the mind toward work and workings of the Great Physician—that is fundamental therapy."

Rest is often the therapy needed to increase the mysterious vital forces which carry on the wonderful life processes, from digestion down through the list of every organ and gland and their functions. In many instances a few days' rest in bed would be of great benefit.

As a general principle, whenever pain is present, rest is indicated as one of the primary procedures.

The fundamental necessity for periods of rest is evidenced by the act of the Creator in establishing the seventh day of every week as a day of rest in the routine life of all mankind. This day of rest is therefore not only a religious privilege and duty, but a physiological necessity in order to maintain the highest physical and mental efficiency. He who disregards this necessity, in doing so suffers a loss of fitness for his work, and will diminish his happiness and cut short his days of usefulness.



Ponder these beautiful lines from Janet Hegbie, entitled "Sleep":

"O you who give new lives for old,
Who heals, and never asks for gold,—
Kind Sleep, receive and make afresh
This flagging mind and weary flesh.

"At nightfall, as the shadows do,
My cares grow tall and threatening,
too,

I doubt the cause for which all day
I wore the golden hours away,
And as I stumble to my bed
The beauty of the world seems dead.

"O best Physician, I resign
This treachery-tainted heart of mine,
Which, like a sword, I prithee make
All bright once more before I wake;

Anoint these eyes, too weak to stare
Straight up and see the glory there;
O, steep my soul in seas of dew
And make me clean and brave and
new."

The mind rules over the body. The mind must recognize the existence of the body (not regard it as a phantom), and must know the laws governing the body—the rules of life—and must enforce them. Sickness comes from failure to do so.



The change from sickness to health must begin in the mind; it must start with learning the rules of life and understanding the mistakes of the past. The mind must first be convinced. People need to change their habits, but they will never change their habits until they first change their minds.

Johnnie may say, "I don't like spinach!" He can if he will change his mind and try. Mother may say, "I cannot get along without my coffee," but she can if she will make up her mind and try. Father or brother may say, "I must have my cigarette," and so it goes! No one can change until he changes his mind and comes to a definite decision, and in doing that the battle is more than half won. The change of mind that produces a change of habits is the right kind of "mind cure." All health seeking should begin here.

There are many health philosophies offered the people today. The popular ones hold that man is innately good; that within him reside the elements of goodness and powers which will relieve him of sickness and trouble, and bring him the desires of his heart. Such teachings do not recognize that man is a transgressor, and that his transgressions are the primary cause of his troubles, and that they must have his first attention; they do not recognize that the kind ministrations of a forgiving God are necessary to our healing and restoration, without which man cannot achieve the longings of his heart. Any so-called "mind-cure" that is popular is weak in its call for obedience to the laws of life.

IN CONSIDERING the location of pain, it must be remembered that its cause may be at the point where it is felt, or at any place along the course of the nerve that is injured, or even at any point along a branch of that nerve. Sometimes the pain may be on the other side of the body from the location of the injury or the disease. This is because there is continuous nerve connection through the nerve centre from one side of the body to the other. Pain from one local area of injury may even be felt bilaterally—that is, on both sides of the body—for the same reason.

In considering pain in the legs, we shall speak of the entire lower extremity as the leg. Strictly speaking, the leg is the part of the anatomy between the knee and the foot. For the reason just stated, it is more difficult to locate the cause of a pain in the lower extremities than in almost any other part of the body, for the nerves here are intimately connected with many vital parts of the body. One very definite illustration of this is that disease of some of the pelvic organs may register in the sole of the foot.

One could scarcely start out on a study of pain in the legs without thinking of rheumatism, so called. It is said that the word "rheumatism" covers a multitude of sins, because the word is used so loosely. Even doctors in the past, if they could not immediately identify a pain and its location and cause, would name it rheumatism, and evidently the patient and his friends would take the diagnosis at full value, although the real cause might be diabetes or neurasthenia, and its location might be in some distant part of the body.



One may find this all-prevailing malady in the very young. Every mother has heard of what is called "growing pains." Long before I ever thought of being a doctor or even had heard of rheumatism, I can remember a little friend of mine sitting on a chair with his legs up on another, crying with growing pains. Yes,

Perhaps ARTHRITIS, VARICOSE VEINS, or FLATFOOT May Explain

THOSE LEG PAINS

By Wells Allen Ruble, M.D.

Johnny was growing and had pain. At that time the significance of "growing pains" was not understood as it is now.

Growing pains are serious affairs, and should be treated with all deference, dispatch, and skill early in life. They are the harbingers of injury and devastation to various parts of the body that may never be overcome or remedied. Very often this condition follows, and is more or less a result of, such a condition in parents or ancestors. Again I can recall that at the time that Johnny was sitting in one chair with his feet up on another, his father was hobbling about on crutches several weeks each springtime with what even then was known as arthritis. There seemed to be no recognition at that time of any relationship between Johnny's "growing pains" and his father's "rheumatism," or "arthritis."



Since then it has been observed and determined that there is a definite relationship between growing pains and later arthritis. Yes, even more than that, it is known that even endocarditis, inflammation of the lining of the heart, or pericarditis, inflammation of the covering of the heart, may be an aftermath of growing pains. In other words, growing pains are a forerunner of different forms of heart disease, arthritis, and other gouty tendencies.

Even St. Vitus' dance is one of the numerous progeny. For this reason it is important that growing pains be considered seriously. Children with any of these tendencies should be treated with care, and should be protected from exposure and fed wisely. Guard, however, against creating in the

child a fear of after-effects. Never even refer to any tendency to after-disease, lest there be created in the child a neurotic dread of impending danger. Always keep children, as far as possible, from thinking of disease.



Possibly the next most common ailment that causes pain in the legs is sciatica. Sciatica is an inflammation of the sciatic nerve and its sheath. It is in many cases preceded and accompanied by lumbago. The origin of the disease is often at the root of the nerve as it leaves the spinal cord. Sciatica is a neuritis. Sometimes it is incited by exposure or strain or other injury. Often it is an outward expression of a general nervous exhaustion or depression. The body soil is made ready for the seeds of infection by long mental and bodily strain, the tissues are rendered susceptible to the infection, and sciatica is the result.

Medicines are of little value in the treatment of the disease, and are of use principally in allaying pain. Heat seems to be the best treatment in most cases. If accessible, short-wave diathermy is the treatment par excellence. Apply any heat to the lumbar region as well as to the course of the nerve. Be sure to get plenty of vitamins, especially B₁. Consult your doctor from the first. Drink freely of water and citrus fruit juice. Eat plenty of foods that are high in vitamins. Rest the nerve, but encourage the limb to be straightened out several times a day in order to prevent shortening of the tendons at the back of the knee from non-use.

A disease that is the dread of every woman after childbirth and of everybody else following an ab-

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Lowering a patient into warm water in a tank which has facilities for treating arthritis and rheumatism.

dominal operation is what is commonly called milk leg, or phlebitis. It is an infection that gets into the veins of the leg because of injury of the vein. The leg is extremely painful, tender, and swollen. It should be elevated on pillows or in a swing, should be kept wrapped in soft cotton or wool or moist gauze. Dry heat may be applied by means of thermolite or other ray treatment. Keep the leg quiet. Do not rub it or give it massage for two or three weeks after the swelling has subsided. What has happened is that a clot has formed in the vein and completely obstructed it. This must be left to absorb by natural processes. Gentle treatment by light and heat therapy is the only safe treatment.

A week or two after the swelling has begun to subside is the most dangerous time to manipulate the part. The reason for this is that the clot begins to loosen from the wall of the vein and may be dislodged and become an em-

bolus and float along the blood stream and lodge in the heart, producing fatal results. If the patient is kept quiet, the entire clot will absorb and return to the circulation as blood. In this condition, as well as in all other serious ailments, there is no use to become panicky over the matter. It is well to understand the processes that nature is carrying on and at the same time remain calm and patient through it all. This applies to the friends as well as to the patient. Abide strictly by the advice of your physician.

Varicose veins are frequently the cause of severe pain in the legs. Veins become varicose from long standing on legs in which the veins are poorly supported by firm flesh. Constipation is another cause, for the reason that there is interference with the return of the blood from the lower extremities to the general circulation. Pregnancy is a cause of varicose veins for the same reason.

Varicose veins should be treated early. When they are comparatively small they may be entirely eradicated by the simple procedure of injections. This process causes the shrinking down of the veins and sometimes the complete closure of them. The later results of varicose veins are very serious and very painful, and may be extremely dangerous. Some of the most excruciating pain known to medical science is from varicose veins. Such ulcers are often almost impossible to cure or even relieve. The circulation is so interfered with by the poor condition of the veins that healing is impossible, and the ulcers become what is known as indolent ulcers. They cannot be made to heal. They cannot be grafted, for the reason that the tissues about them are so impoverished that a graft will not take. Then, too, the ulcer is always badly infected, so that a graft cannot take.

Later procedures in dealing with varicose veins consist in tying off the veins above and below the varicosity and removing a strip of the vein. Sometimes this treatment is successful. A last resort in very bad varicose veins is to tie off the large vein in the groin. This procedure more or less interferes with the circulation of the entire leg. Often distressing conditions follow. The leg is poorly nourished, sores and excoriated skin follow, and there is unbearable itching much of the time.



These conditions are not rehearsed in order to frighten one out of having anything done that will better matters, but to encourage those who have varicose veins to have them attended to by a good surgeon early after their appearance. It should be done as early in life as necessary, for the reason that the tissues are resilient then and will respond to treatment by perfect healing, while later in life this may not be so true. Do not risk the discomfort, interference with usefulness, and agony that may come later in life by foolishly putting off a simple procedure that will mean so much to you later on.

Although hernia is not so often a cause of pain in the leg, still it may be. What has just been said about early operation on varicose veins applies as well to hernia. A hernia may be, and always is in later life, a most distressing thing. Taken in time, it can be repaired and the abdominal wall will be as firm as any. Do not neglect a hernia. Do not let it remain and enlarge. It is a dangerous thing at any time. It may become strangulated and become a hazard to life. Then it is a risk to operate. It is with very little danger that a small, young hernia is operated on. Don't let that foolish idea prevail that some surgeon wants your money when he urges you to have a hernia surgically treated.

Flatfoot is a frequent cause of crippling pain in the legs. What can be done about it? That is the question. The orthopedist is the best man to decide that. Don't pay fabulous prices for orthopedic shoes until you have consulted a good orthopedic doctor. Sometimes a very simple device will correct the deformity. Do not attempt to adjust it yourself without professional help. Seek good advice.



Trichinosis is a growing cause of pain in the legs. The trichina is parasitic in the flesh of the swine. It encysts itself there and becomes dormant. It is taken into the stomach of a human being, and the covering that the pig has formed about it is digested off and the worm finds its way into the tissues. There it encysts itself again and becomes an irritant to its host. These cysts may become calcified and remain there indefinitely. The pain caused by the *trichina spiralis* is akin to that caused by rheumatism of the muscles. It is astonishing the proportion of people who are infected by trichina.

Pains in the legs are always symptoms of conditions that need to be attended to. Do not neglect any persistent pain that continues for a number of days. Seek competent advice.

USING new tools and techniques, scientists, almost unnoticed, are remaking the world of plants. They have already remodelled sixty-five sorts of flowers, fruits, vegetables, and trees. They have given us better tomatoes, crisper lettuce with thicker leaves, more beautiful garden flowers; they are developing better cotton, tobacco that resists disease, sugar cane that stands up against the deadly mosaic virus. There is hardly an agricultural product in which improvement may not be reasonably expected within the next few years.

ample of its kind. Science is prepared to manufacture it for you to order. By crossing a walnut that produces fine wood with one that grows rapidly, lumber can be produced many times faster than at present. In the past it would have required centuries to obtain desired results in cross-breeding trees.

Colchicine has thrown a new light on the occupation of the men who have one of the most fascinating and romantic jobs in the world: the plant hunters. The Department of Agriculture sends men all over the world to find plants native to other lands that

REMAKING THE WORLD of PLANTS

By Bruce Bliven

The chief new tool they are using is colchicine, a poisonous drug found in the roots of the autumn crocus. Injected into plants, rubbed on their buds, or used as a bath, colchicine has astounding effects upon growth and—more important—upon heredity. It creates new varieties with astonishing frequency, whereas such mutations occur but rarely in nature.

The scientist for the first time can turn out newly created plants on the production line, so to speak, all standardized. In the laboratories of the Department of Agriculture at Beltsville, Maryland, U. S. A., I saw fifty onion plants that had been artificially standardized—every plant almost exactly the same size, colour, and vigour. What can be done with onions can be done with many other plants, theoretically with all.

Applied to forestry, the new technique gives us trees better adapted to man's purposes than any found in nature. In a native forest, and even in a nursery, trees of the same sort differ enormously from one another. Imagine a ten-square-mile forest of walnuts, all alike, every tree a magnificent ex-

ample of its kind. Science is prepared to manufacture it for you to order. By crossing a walnut that produces fine wood with one that grows rapidly, lumber can be produced many times faster than at present. In the past it would have required centuries to obtain desired results in cross-breeding trees.

Colchicine has thrown a new light on the occupation of the men who have one of the most fascinating and romantic jobs in the world: the plant hunters. The Department of Agriculture sends men all over the world to find plants native to other lands that

can be grown here and are superior to those already here. When blight threatens a crop, this search becomes a frantic race against time. Scientists have crossed these foreign plants with those at home, and thereby added to our farm crops many desirable characteristics. The colchicine technique has enormously facilitated their work because hybrids so often can be made fertile, and because it takes so few generations now to build a new variety with the qualities desired.

California's Imperial Valley cantaloupe crop gives a livelihood to thousands of men. Not long ago a blight threatened to destroy the industry. A government plant hunter found in the Himalayas a cantaloupe not fit to eat, —soft, pulpy and tasteless,—but immune to the blight. A few years ago the plant hunter would have passed it by. But because of the new technique it was brought to America and crossed and back-crossed with the Imperial Valley cantaloupe until a melon was produced that had size, flavour, and immunity.

For some complicated reason, the water in some irrigated areas

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of southern California is becoming slightly saltier. This may become a serious problem to the orange growers, since plants are highly sensitive to minute quantities of chemicals. The Department of Agriculture, looking ahead, sent out a call for an orange with high resistance to salt. Plant hunters scoured the world, at first with no success. Then in the Australian desert they found a small shrub that withstood salty water. It did not bear oranges, or even look like a member of the citrus family; only the microscope revealed its kinship. Brought here, it was crossed successfully with the orange. Today this insignificant Australian desert shrub is being built up into the tree which may some day save the entire orange crop of California.

Colchicine works its wizardry by affecting the plant's chromosomes—these infinitesimal parts of the cell which govern heredity. In 1937, after preliminary work by many scientists in all parts of the world, the almost unbelievable discovery was made that when a plant is treated with colchicine the number of chromosomes in each cell often is doubled. This chromosome change makes the plant's offspring differ from the parent in size, vigour, resistance to disease, etc.; and these changes become hereditary. Colchicine affects animal tissues as well, but thus far only in inconclusive laboratory experiments.



Much sensational nonsense has been written about colchicine, although the scientific facts should be miraculous enough for anybody. It is not a mere growth-forcing device. What colchicine does is to slow down the process of growth in some respects but not others. It retards the creation of cells, but does not retard the production of chromosomes in the same degree. Thus the number of chromosomes per cell is sometimes doubled—or quadrupled. The doubling of the chromosomes is not always uniform throughout the tissues. Hence a colchicine-treated organism is not automatically two or four times the size of the untreated parent. It may be

stronger and hardier, or it may be stunted or malformed. The monstrosities are discarded, the useful ones retained.

A fact of enormous potential importance has been almost overlooked. Gardeners have long crossed one plant with another to get improved varieties. But such hybrids are usually sterile, which lessens their usefulness. They are sterile because their chromosomes do not pair properly in the formation of reproductive cells. But when chromosomes are doubled

lovelier, while in the vegetable garden squash, pumpkins, and spinach have been improved.

In the old days we were forced to look abroad for new plants. Actually, of all the commercial crops now in use in the United States, there are just five which, in their cultivated form, are still of pure North American breed—pecans, blueberries, cranberries, black walnuts, and Concord grapes. All the rest have been crossed with foreign strains. One third of the annual value of our



Plants vary in size according to different growing conditions.

with colchicine each chromosome has a mate and pairing is normal. Since each chromosome is an exact duplicate of its mate, the progeny are uniform and vigorous. Thus a pure strain is obtained with much less emphasis than in pre-colchicine days on continuous back-crossing and selection. It is this fact which makes possible the standardizing of plants as demonstrated at Beltsville.

Amateur gardeners this year are buying seeds of unusually large and beautiful marigolds—the first group of flowers ever sold commercially that are a chemical creation. As a result of colchicine treatment, new zinnias are six and one-half inches across, instead of five. Cosmos is one third larger. Petunias, portulaca, and antirrhinum have similarly been made

crops comes from plants imported from the Old World, and the overwhelming proportion of the remainder from products brought from Latin America. Today we can not only improve these imported plants with indigenous strains, but can build up native North American species which have the initial advantage of thousands of years of adaptation to our soil, water, and climate. One plant of which the scientists feel we are shockingly ignorant is the rubber tree. They see no reason why with hybridization, cross-fertilization, and perhaps a whiff of colchicine, we should not greatly improve this tree and perhaps extend the area where it can be successfully grown.

Remorselessly the detectives of the laboratory are tracing down

the secrets of the world about us, fulfilling the promise of a more abundant life for mankind. In the light of their new skill and knowledge, of which the col-

chine treatment is a conspicuous example, the suicidal struggle in Europe seems more than ever pointless and archaic. It is hard to understand why men should

destroy civilization in the effort to redistribute our present limited riches, when storehouses so much greater wait to be unlocked.—*Reader's Digest.*

THAT PAIN IN THE ABDOMEN

By D. W. Semmens, M.D.

PANTULU is under the weather. Sundarao, a friend, meets him at his office.

Sundarao: Salaam. What is the matter with you this morning?

Pantulu: No sleep last night, too much pain in the stomach. I feel all in and tired.

Sundarao: There must be something wrong with you, my friend. For some time I have noticed that you seemed to be ill.

Pantulu: It is very evident that something is wrong with me. I am losing weight and have no desire for food. My digestion is poor. There is much pain in the abdomen. Some medicines I have taken are making me worse.

Sundarao: The sooner you consult a well qualified physician the better. You look bad and there is something seriously wrong.

After enduring tormenting pain for a few weeks longer, in despair he went for medical help. He came to a hospital. There he was taken to the office of one of the doctors.

In due course the medical man came to the case of Pantulu.

Doctor: Salaam, Pantulu. What can we do for you? You look as if you are in need of help. Tell me exactly how you feel. I shall ask you certain questions, which please answer. What are your complaints?

Pantulu: Pain in the abdomen, tired feeling, loss of weight, sleeplessness, frequent attacks of indigestion, and frequent watery motions.

Doctor: Please relate when these complaints began; also your story of how you feel.

Pantulu: The trouble started with vague pains in the stomach, indigestion, and a feeling of uneasiness about two years ago. I thought it was the food that I was eating. The desire for food went. I took tonics that were advertised to promote appetite, but received no benefit. My work keeps me at my desk inside the office for long hours, as I am a clerk. The quarters are cramped, and the lighting of the room is bad. I live in a congested part of town. There is not much opportunity of getting out into the fresh air.

The pain in the stomach is increasing, as is also the tiredness. Oh, Doctor, I cannot seem to get relief. I fear to eat, as it makes me feel ill. Recently vomiting has occurred. There is fever at night. There are swellings in the groin. My body sweats at night. I am ready to do anything to bring about a cure of these miserable aches and pains.

Doctor: Very good account of yourself. There are a few more questions that I shall ask. Did you ever live in a house where there was a suspect of tuberculosis?

Pantulu: No, but working with me in the office is someone who has a nasty hacking cough. He spits up thick phlegm which looks like pus.

Doctor: Do you ever drink unboiled or raw milk? Where does your milk supply come from?



Pantulu: I get my milk supply from the man who brings his cow to the door. We always boil it before drinking or making curds.

Doctor: Who prepares your meals?

Pantulu: My wife.

Doctor: Does anyone help her?

Pantulu: An old woman.

Doctor: Does this old woman keep clean?

Pantulu: As far as I know. She does make dung cakes to burn under our cooking vessels.

Doctor: You are sure she washes her hands before handling food?

Pantulu: I hope so, although there can be nothing wrong in handling cow dung. The excreta of the cow, you know, is an antiseptic.

Doctor: There may be something markedly wrong with cow dung. It can contain germs of tuberculosis, and that is why I have brought out this point. You have never had cough or fever before this illness?

Pantulu: Once I had a cough with bronchitis for some time. It took quite a while to clear up. I thought it was on account of my work. In fact, it never has completely left me.

Doctor: Your stomach, when does the pain come on? Any definite period?

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Pantulu: No, the pain seems to be constant. Food apparently makes it worse. I fear to eat at all. The pain is getting so severe it makes me ache all over at times. I think it makes me sweat.

Doctor: Where is the pain?

Pantulu: All over the upper abdomen. It feels raw inside and as if something is rolling around and making a noise.

Doctor: You have no trouble with your kidneys?

Pantulu: I have frequent urination. No burning.

Doctor: You are losing weight?

Pantulu: Yes, I have lost about ten pounds in the last six months.

Doctor: Very well, I shall give you a physical examination.

The physical examination showed that the eyes were bright and lustrous. Physique generally, a rather thin and emaciated frame, one suggesting the habitus of tuberculosis. The chest was clear except for one spot in the apex of the right lung. This gave faint, crackling sounds as the patient breathed. Also it sounded dull on percussion. The abdomen was sore to pressure; some fluid was found on palpitation; in the groin there were enlarged glands. Laboratory tests revealed T. B. bacillus in the sputum. In the stool an occasional T. B. bacillus was located.

Diagnosis made by the doctor: Pulmonary T. B. with involvement of the peritoneum and mesentery of the abdomen.

The advice given the patient: Surgical exploration of the abdomen, letting in oxygen. Rest in bed with a forced high caloric diet for two to three months.

Pantulu took it very seriously and became quite depressed. His wife came to his rescue and said, "We shall take the treatment and faithfully stand by the doctor's orders." He went to hospital, co-operated with the doctor and nurses. His recovery was slow, but showed steady improvement.

Today he is well. But, he does not work in dark, poorly lighted quarters. He is careful of those with whom he works, and insists

that they have a clean bill of health. No longer does the old woman help prepare his meals. His wife sees to it that all things are scrupulously clean. In order to maintain his health, the working hours are regular and he sleeps in a light and airy room.

The above is a history of one having T. B. of the peritoneum and abdomen who was able to adjust his living and win out in the struggle against this dread dis-

ease. Tuberculosis is all too common in this land of India. Only by prevention can we stamp it out. The essential care of the body is necessary. That is, to eat good food, sleep and work as much as possible in the open air, rest, exercise, and drink abundance of pure, clean water. See that the surroundings in our towns and villages are clean and that there is no overcrowding of dwellings.

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THE GOLDEN FLAKES WITH THE WHOLEMEAL FLAVOUR

Fomentations to the CHEST

By Beatrice Harter, R.N.

A FOMENTATION is a very simple thing, yet sometimes it will take away pain quicker than morphine will.

My first experience with fomentations was when I, as a mere child, was suffering with a bad pain in my face, which my mother called neuralgia. She boiled two ears of corn, one of which she wrapped in a piece of woollen shawl and placed close to the painful side of my face. How good it felt! And how quickly the pain was relieved! As one ear of corn cooled, she would change to the other ear from the boiling water, and this she continued to do until the pain was gone.

At that time neither of us knew that I was getting a fomentation, for we had never heard of such a thing. But it is true that I was, for a *fomentation is an application of moist heat locally applied.*

Now we know that the best way to give a fomentation is by means of a cloth either steamed or wrung from boiling water. It is simply a quarter of a single bed blanket wrung from hot water and wrapped inside a similar but dry piece of blanket, and applied to the painful area.

Let us take, for instance, a patient who is suffering with a pain in the chest, such as sore muscles or the pain of pleurisy. The fomentation should be folded so that it is wide enough to cover the whole chest and extend well down the sides. It is always best to plan to cover an area two or three times as large as the affected region, as the best results depend a great deal upon the surface to which the application is made.

Often the fomentation cloth is folded into about three thicknesses, making a long, narrow strip, but not too narrow, as it must cover the chest well. Then grasp the ends of this folded cloth, one in each hand, and partially twist it.

Immerse all but the ends of the loosely twisted cloth in a large *degchi* of boiling water. Lift from the *degchi*, and twist the cloth tightly, holding fast to the dry ends. Then stretch the twisted cloth until the water is squeezed from it.



Working quickly, so that the cloth does not cool, holding to one end and keeping the wet cloth close to the dry one in which you are going to wrap it, untwist the wet cloth, and wrap quickly in the dry flannel that you have spread out ready to receive it. Fold double crosswise, and roll tightly to hold in the heat as much as possible.

Upon reaching the patient, unfold and place the side that was folded inside in close contact with the skin of the patient's chest. If unbearably hot, rub gently underneath it with the hand until the patient can bear it. Do not lift high or swing the cloth to cool it. Always be very careful not to chill the patient or to allow the area being treated to become cool, for it is easy for the skin to become chilled by evaporation and the good effect of the fomentation to be lost.

Another good way to temper the heat so that the patient can bear it is to dry the skin under the fomentation gently with a towel; or, if absolutely necessary, a towel may be placed under the fomentation. The intensity of heat depends much upon the amount of wool in the blanket, the amount of water left in it after wringing, and upon the temperature of the water from which it is wrung.

Each fomentation should be left on from three to five minutes, and by the time it is comfortable it should be changed. When the time comes to remove one fomentation, have another at hand ready to replace it *at once*. Dry well from the moisture of the first fo-

mentation, and place the second on the same area, exposing the chest as little as possible. It is usually necessary to repeat this procedure three times. The effects of fomentations often persist for several hours; but, if the pain returns, the fomentations can be repeated even at short intervals.

When the last fomentation is removed, cool the chest with a cloth wrung from cold water or apply a bit of rubbing alcohol, and dry thoroughly.

Always be sure that the patient's feet are warm when giving fomentations. The hot foot bath can be given at the same time when fomentations are being given to the chest; in such cases remember that the head and the heart must be kept cool.

In acute colds, severe pain, as in pleurisy or high temperatures, the hot fomentation alone is the usual procedure; but in conditions such as chronic bronchitis or chronic pulmonary congestion alternate hot and cold applications work better. Alternate hot and cold to the chest is given in much the same manner as fomentations to the chest, except that after each fomentation a smooth piece of ice is rubbed quickly back and forth several times, and the area is well dried before the next fomentation is applied. This produces a tonic effect.



The revulsive compress to the chest differs from the alternate hot and cold application in that the cold part of the treatment is given for a shorter time, and is less severe. After each fomentation a towel is wrung from cold water, spread over the area being treated, allowed to remain a few seconds, turned over and left another few seconds, removed, and the area thoroughly dried and made ready for the next fomentation. The revulsive compress produces less reaction, and is a milder tonic than the alternate hot and cold.

THE ORIENTAL WATCHMAN



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ready?*

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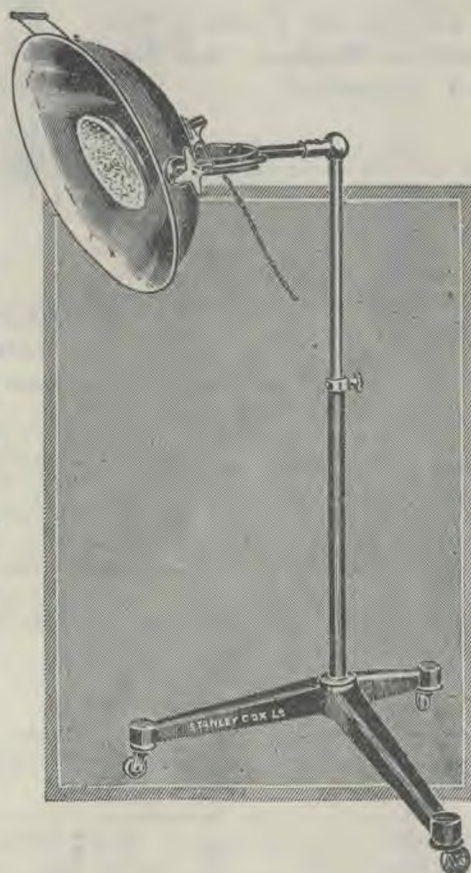
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Nearly Half of Human Diseases Are Also Diseases of Animals

CLOSE co-operation between "those physicians who treat animals and those who treat human beings" is urged by Dr. Thurman B. Rice, chief of the Bureau of Health and Physical Education, Indiana State Board of Health. Nearly half of the diseases that attack human beings, Dr. Rice told his audience, are also diseases of animals.

"We physicians," said Dr. Rice, "are very dependent indeed upon a strict control of animals and animal products. For example, the substance more often prescribed in the treatment of human beings than any other is milk, which is an animal product, and which is our most useful food if good and our most dangerous if not."

"The medical and health profession is very glad indeed to welcome the co-operation of the veterinary profession, to the end that the health of man and beast may be as good as possible, particularly in these times of national emergency."

Crude Liver Extract Succeeds as Remedy for Gout and Arthritis

EXCELLENT results in treating gout and arthritis sufferers with crude liver extract are announced by Dr. John Staige Davis, Jr., of New York. Concentrated liver extracts, such as are used for treatment of pernicious anaemia, did not give the same good results.

Among the forty-six patients treated, one was a forty-nine-year-old woman with pernicious anaemia and rheumatoid arthritis, whose arthritis grew steadily worse during the five years she was given concentrated liver extract for the pernicious anaemia. When the less-concentrated liver extract was started, she was practically bed-ridden. Within one month's time she walked into the doctor's office without a cane, and after two months of treatment she was able to knit a pair of gloves.

Another patient had gout for twenty years, and no treatment was of any value until the less-concentrated liver extract was given. Now she remains well, and is able to

work on a small weekly dose of the extract.

The fact that this liver treatment clears up the gout and arthritis symptoms supports the theory that the liver is in some way associated with rheumatic disease. Dr. Davis believes that the disorder in rheumatic or gouty patients is probably one of an underfunctioning liver which fails to produce some of the substances contained in the crude liver extracts, but is absent in the concentrated and more refined extracts usually given for pernicious anaemia.



E. N. P.

Girls of seventeen learning nursing while in training in a London hospital.

Eight Out of Ten Patients Doing Well After Brain Lobe Removal

WHEN the dominant frontal lobe of the brain is removed, the remaining frontal lobe takes over new functions to such an extent that "a deficit in powers of association is frequently impossible to detect," Dr. John Martin of Northwestern University Medical School reports.

In eight out of ten such operations reported by Dr. Martin, the patients not only survived, but are able to lead normal, useful lives, having returned, as Dr. Martin put it, "to a position of social and economic integrity."

The operation was performed because of tumours of the frontal lobe.

The frontal lobe, Dr. Martin said, is one of the few locations in the brain where such a radical operation as complete removal should be done, when feasible, to give the patient maximum benefit, although the operation is by no means a "benign procedure."

Marriage and Education Aid Morale of Individual

MORALE, or a good fighting spirit, may depend more on internal factors within the individual than it does on pep talks or the circumstances he faces, psychologists have

learned from a report by Dr. Goodwin Watson of Teachers College, Columbia University.

Men with a college education have better morale, Dr. Watson found, than men who have not finished high school.

Married men and men with several dependents have better spirits than do single men and men without such responsibilities.

Men with any sort of religion have better morale than those with none.

Study of different occupations revealed that morale was lowest among those working at skilled or semi-skilled trades, in factories, or as clerks in offices. It was highest among writers, salesmen, teachers, and students.

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Vitamin C Helps Wounds Heal Firmly After Operation, Say Doctors

WOUNDS heal poorly after an operation and are likely to break open when the patient has been getting too little vitamin C, the vitamin found in tomatoes, citrus fruits, and other fruits and vegetables, announce Dr. John B. Hartzell and Dr. William E. Stone of Wayne University College of Medicine.

Healed wounds in guinea pigs that had been deprived of vitamin C had only one-fifth the strength, that is, could withstand only one-fifth the pull on them, as did wounds in laboratory animals that had been getting a normal amount of this vitamin.

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HOME and CHILDREN



A little English war refugee learns early to keep his face clean.

Defeat of the Cough Mixture

By DAPHNE LACEY-OXTON

MAURICE had a bad cold. He had caught it at school through running out of a warm school-room onto the cold, damp playground without a coat. He hadn't stopped to think, so he explained to his mother, and now it looked as though he would be quite out of the running for the perfect-attendance prize which he had won for two successive years. And now the cold had climbed down out of his head and into his chest, the result being a nasty cough, so Maurice was in bed feeling very sorry for himself.

In the medicine cabinet in Maurice's home was a shelf full of jars and bottles, and pushed nearly to the back was a bottle of nasty black cough mixture, which had had a very idle time of it for the past two years. So when Cough Mixture overheard Mother telling Grannie that Maurice had a really bad cold, the first he had had this winter, it chuckled with glee.

"Aha," it said to a bottle of disinfectant, its next-door neighbour on the shelf, "now I shall have some work to do at last. I've been unemployed so long I'm absolutely tired of it, but they won't be able to do without me now!"

"Don't you be too sure," advised Disinfectant cautiously. "People don't believe in you as much as they used to."

Cough Mixture laughed unpleasantly. "We'll see. What fun it will

be to get away from this dark old shelf."

The next morning Grannie fetched a chair from the kitchen and took down Cough Mixture. She wiped the dust from its sticky sides with a damp cloth and put it by the sink. Presently along came Mother with her hands full of oranges and lemons, a squeezer, and a cup. Cough Mixture looked on contemptuously at the proceedings. It watched the juice trickling out of the fruit and wondered what she was going to do next, when it heard Grannie say, "Well, I've found the cough mixture I was telling you about."

"Yes, I noticed it," said Mother soothingly, "but I think fruit juice and barley water are much better for Maurice's throat than medicines."

Grannie looked dubious, but said nothing.

"The very idea!" gasped Cough Mixture angrily. "They'll be saying next that I can't cure colds!" and it stared indignantly at the little heap of lemon skins that were taking its job away. "So you think you're going to cure Maurice's cold, do you?" it sniffed.

"We don't think, we know we are going to!" retorted the Lemons confidently. "We're good, wholesome fruit; people know what we are."

"How dare you!" exclaimed Cough Mixture. "My character is written down my back for everyone to see."

"Yes," put in the Oranges quietly, "and a caution about poison—we know all about you!"

Cough Mixture was so angry that it completely lost its voice at this pointed remark.

It stood there all night fuming with rage, waiting to see what would happen. Early the next morning Mother came into the pantry with another bag of lemons and more barley water to strain, and she said to Grannie cheerfully, "Maurice's cold is ever so much better this morning, his cough is looser, and I think at this rate he'll be up again at the end of the week."

As she squeezed the last lemon, her eye fell on the bottle of Cough Mixture. She took it up and read the label.

"No, I don't like the look of it—but it may be good for cleaning sinks. I hope it is!" she said, and with a little chuckle she tipped the unfortunate bottle upside down until the last drop had trickled down the pipe!

"Ha, ha, ha!" roared the Lemons.

"Good-bye, and good riddance," cried the Oranges. "Now who can't cure colds?"

Dianne and Donald Are Happier

By PERLEY R. WADE

CHIP, the squirrel, was a lively fellow, and Mother Squirrel was worried about him a great deal of the time. He raced up and down the tree trunks with his brothers and sisters and cousins, and jumped fearlessly from branch to branch with them, but all at once he would go by himself, dashing away from mother with a squirrel laugh when she anxiously called to him to be careful.

But there came a day when Chip wasn't happy. He had found a house, with the nicest things for a squirrel to eat inside, and a door most invitingly open. But, as soon as he was inside, the door shut with a snap and he couldn't get out.

By and by along came a boy and a girl. "Oh, Dianne," exclaimed the boy. "We have caught a squirrel after all."

"It is a baby one, Donald," answered Dianne. "What fun it will be to feed him and see him grow."

But it wasn't fun to poor Chip, who felt cramped and unhappy. Instead of the glorious freedom of the treetops, he was in a cage where he could not climb high, nor was there any room at all, it seemed to him, in which to move.

He was not hungry for the nuts Dianne and Donald brought him. He nibbled a few, then he lay down in the bottom of his cage. Oh, how he wished he had minded Mother Squirrel.

The children had hung his cage in a tree. Somehow or other they had not wanted to tell mother and daddy about the squirrel they had

THE ORIENTAL WATCHMAN

caught and put in the old squirrel cage they had found in the barn on the place daddy had hired for the summer. They had planned to feed him from a great pile of nuts they had found in a hole in the wall behind the barn, and with what they could buy with their allowance.

Then came the day when the children went to the cage and Chip didn't even move. He lay on the bottom of the cage and looked at them so pitifully that Dianne burst into tears and ran to tell mother about it.

"We were going to have him for a pet for years and years," she sobbed, "and now something is the matter with him. What can we do?"

Mother drew Dianne gently to her, as she said, "You and Donald run around all day. You are in and out of the house, around the yard, out walking or going to the village. How would you feel if you were shut up in one room and could only look out of the window and see others coming and going as they pleased? And if the room were so small you could hardly move in it, what would you do?"

"Oh, mother!" cried Dianne, "please come and help us, and we will let him go. Do you think he will live if we do?"

"We shall see," said mother.

Mother slipped on a heavy glove, then she opened the cage door and tenderly lifted Chip, who lay limp and quiet in her hand. She laid him gently on the soft grass, and with the children went away a short distance to watch.

All at once Chip raised his head. What a nice smell that was! It smelled like grass, the grass he used to run over when he was free. Slowly he raised his head. Why, that horrible, terrible room was gone, and here he was out on the green grass in the sunshine. He turned his head. Yes, all around him were trees and bushes and the soft grass. Slowly he sat up and looked all around carefully.

Suddenly he gave a bound, and away he went. He was going home to Mother Squirrel and all his squirrel friends.

The children watched him go. "I'm so glad I told you, mother," said Dianne as she wiped the last of her tears away.

"Yes," said Donald slowly, "We have learned that we should never keep any wild things in a cage. I never will again."

JULY 1942

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He gives you the wink on these. They are good.

NOW I will endeavour to show how foods may be chosen in accordance with the instruction I have given, so as to constitute a diet which will be superior to what has been considered an adequate diet.

The figures found in a table like the accompanying one depend upon whose computations are used as a basis for the figures. There are different units for measuring vitamins and different ideas about the amount of the different ones needed to maintain good health. But the conclusions arrived at would be about the same, regardless of the figures used as a basis for the table.

Looking at the totals in the accompanying table, we see that the total calories agree with the generally accepted standard for the average diet—that is, 2,400 to 2,500 calories. Sixty grams of protein are considered sufficient for such a diet, and we have 65 grams, which shows that this diet does not lack protein, though it contains no meat. The generally accepted standards for calcium, phosphorus, and iron are .68 gm., 1.32 gm., and .015 gm., respectively. The diet provides almost twice as much calcium and iron, and plenty of phosphorus. Also, this diet provides an abundance of all the vitamins except vitamin D, which is supplied in very small quantity by food. It appears

FOOD COMBINATIONS

(Continued from page 4)

that the Creator intended for us to get this vitamin from sunlight. If we do not get it from exposure to sunlight, we need exposure to the light from an ultra-violet-ray lamp. Or we need to take irradiated oil or eat food that has been fortified with vitamin D.

I ought to say, in explanation of the vitamin D standard given in the table, that the requirement varies from 800 units for a child to 300 for an adult.

The foods I have listed in the table may be arranged in meals as follows. I am arranging the foods in a good breakfast and dinner and a light supper, which is conceded to be a good arrangement for health.

1 medium potato
1/2 cup spinach
1/4 cup grated raw carrot
1 tablespoon salad oil
juice of 1/4 lemon
2 tablespoons honey
1 slice whole-wheat bread
1/2 tablespoon butter

SUPPER

1 slice whole-wheat bread
8 medium figs or dates
1 large banana
1/2 tablespoon butter
1 glass fruit drink (punch)

Following are menus for two days that would be equally adequate.

BREAKFAST

1 glass orange juice
1 serving whole-grain cereal
1 glass milk
1 slice whole-wheat bread
1/2 tablespoon butter
10 dates

DINNER

1 glass milk
3/4 cup mashed potatoes
1/2 cup string beans
1/2 cup buttered carrots
1/2 cup cucumber-and-tomato salad

BREAKFAST

1 glass orange juice
1 shredded wheat biscuit, or other whole-grain cereal
1 glass milk
1 slice whole-wheat bread
1/2 tablespoon butter
1 slice papaya

DINNER

1 glass milk
1/2 cup cooked broad beans

FOOD CHART

FOOD	Amount	Grams	Calories	Protein Grams	MINERALS			VITAMINS				
					Calcium Grams	Phosphorus Grams	Iron Grams	A Units	B Units	C Units	D Units	
ESSENTIAL FOODS												
Milk	1 pt.	244	336	16	.586	.454	.0010	805	98	0	9	
Spinach	½ c.	100	25	2.1	.070	.171	.0069	25,000	60	80	0	
Carrot	½ c.	74	35	0.8	.043	.031	.0008	4,070	37	5	0	
Figs	8 med.	128	400	5.2	.208	.148	.0052	45	41	0	0	
Orange juice	1 gl.	200	112	0	.058	.032	.0004	134	120	130	0	
Whole-wheat bread	2 sl.	76	100	3.3	.019	.083	.0010	8	75	0	0	
Peanut butter	4 T.	66	400	19.2	.048	.264	.0008	0	390	0	0	
ADDITIONAL FOODS												
Wheat, shredded	1 bis.	27	100	3.3	.009	.066	.0010	4	40	0	0	
Prunes	12 med.	117	300	2.1	.054	.105	.0051	2,925	0	0	0	
Banana	1 lg.	156	100	0.8	.009	.031	.0018	429	46	28	0	
Honey	2 T.	60	100	0	.001	.006	.0002	0	0	0	0	
Beans, navy, cooked	½ c.	95	150	9.7	.070	.205	.0041	0	224	0	0	
Salad oil	1 T.	13	100	0	.000	.000	.0000	0	0	0	0	
Butter	1 T.	13	100	1	.002	.002	.0000	0	0	0	10	
Potato	1 med.	120	100	2.6	.017	.070	.0011	48	48	18	0	
Lemon, juice of	¼ med.	7	13	0.3	.010	.006	.0000	0	0	8	0	
Total			2,471	65.5	1.204	1.674	.0294	33,468	1,279	269	19	
Standard				60	.68	1.32	.015	3,000	900	30	300	
											to 800	

- 1 slice whole-wheat bread
 1/2 tablespoon butter
 1 serving baked custard with
 caramel sauce

SUPPER

- 1 cup fruit salad (papaya, apple,
 bananas, oranges, pineapple,
 dates, whipped cream)
 1 toasted cheese sandwich
 1 glass milk

BREAKFAST

- 1 glass tomato juice
 3/4 glass milk
 1 slice whole-wheat toast
 1/2 tablespoon butter
 1/2 cup raisins
 marmalade

DINNER

- 1 glass milk
 1/2 cup cooked soybeans
 1/2 cup scalloped potatoes
 1/2 cup mashed squash
 1/2 cup carrot-and-beet salad
 1 slice whole-wheat bread
 1/2 tablespoon butter
 1 slice date and walnut cake, with
 whipped cream topping

SUPPER

- 1 cup iced fruit soup
 1 cup savoury egg and tomato on
 1 slice whole-wheat toast
 1 glass mango phul

If whole-wheat bread is not desired, enriched bread provides very valuable vitamins and minerals.

Now as to the acid-base balance of foods: This is believed to be of some importance because our body tissues are normally slightly alkaline, and this alkalinity is most easily maintained when the alkaline-ash foods predominate in the diet. The acid-ash foods are meats, eggs, cereals, peanuts, and walnuts; the alkaline-ash foods are fruits, vegetables, legumes (except lentils), milk, almonds, and some other nuts. The alkaline-ash foods should predominate in the diet.

Combining foods as an art has to do with making the meal as a whole attractive, combining flavours so that they will appeal to the taste, effecting a pleasing combination of colours, making individual dishes like rolls, salad, cake, or dessert look as pretty as one can make them. However, this can be carried to extreme, consuming an unreasonable amount of time and resulting in decidedly unwholesome dishes.

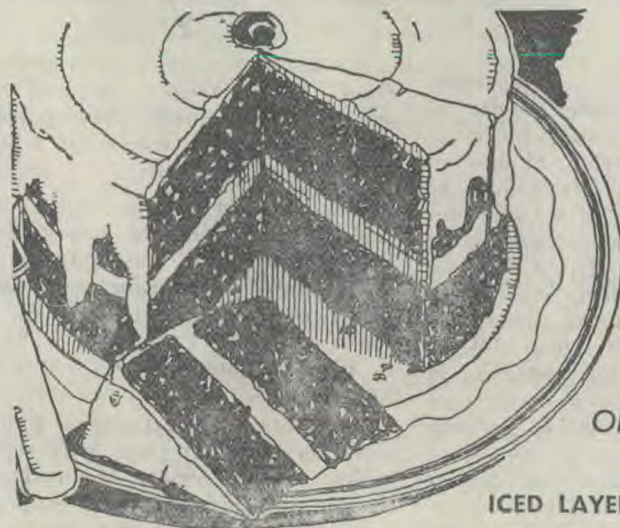
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- | | |
|----------------|----------------------------------|
| 5 ozs. flour | 3 ozs. each of raisins, almonds, |
| 4 ozs. sugar | currants, mixed peel and |
| 4 eggs | cherries |
| 4 ozs. Cocogem | 4 teaspoon baking powder |

Harden the Cocogem in a refrigerator, then mix with sugar to form a cream, add eggs and sifted flour with baking powder alternately. Mix in chopped fruit and bake in layer tins, in moderate oven. When cool, put together with the following icing.

Boil 2 cups sugar with 1/2 cup water till thick, or soft ball stage. Pour syrup over stiffly beaten whites of two eggs, add vanilla and continue to beat. Spread between layers and cover the entire cake with the remaining icing.

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The DOCTOR SAYS

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Dr. H. C. Menkel, Associate Editor of the Oriental Watchman and Herald of Health, who has charge of this department, "The Doctor Says."

MEDICAL ETHICS: *Ques.*—"I have given you details of a case, together with reports of our local doctor regarding it, and you do not give us the advice we seek. Why is this?"

Ans.—The patient regarding whom you write is under the care of a qualified physician who is in touch with the patient and has her under observation. It would be quite improper for us to offer our opinion or make suggestions under such circumstances. If she were not under a local physician, our advice would have been to so arrange at the earliest possible time. When you have selected the physician in whose experience you have confidence, then any outside opinion must be left for him to request or desire. The question and answer column is not intended to treat patients by correspondence or to take the place which only a physician in

attendance can supply. It would be presumptuous from this distance to attempt what your letter requests under the existing circumstances.

YOGURT; JUICE-EXTRACTORS: *Ques.*—"Can Yogurt be used instead of Indian-made whey (*chas*) during hot days? Where can I buy a vegetable juice mill?"

Ans.—Yogurt can be used with real benefit during the hot season. Served cold, it is most refreshing. By adding a little cream, and either honey or glucose, it becomes a lunch in itself. Yogurt can be used in place of any of the sour-milk preparations.

Vegetable juice extractors, which serve very well for green leafy vegetables, can be readily obtained on the local markets. They appear somewhat like a mincing machine. The juice comes out at one end and

the dry parts at the other. Price in Delhi is Rs. 14.

WATER AT MEALS: *Ques.*—"Other medical authorities do not agree with you when you advocate no drinking at meals. Please explain."

Ans.—If one eats the right kind of food correctly prepared, there will be sufficient fluid contained in the fruit and vegetables to meet nature's fluid requirement in connection with the digestion of a meal. The reason for excessive stomach acidity, from which so many suffer, is the use of concentrated starches and proteins, also the excessive use of spices, condiments, and fried or fat-cooked foods. This excess calls for fluid to dilute the acidity. Drinking more than a moderately small amount at meals has been found to dilute the normal digestive fluids and retard digestion. These are the reasons for advising against taking any considerable quantity of liquid closer than an hour of a meal.

FRECKLES: *Ques.*—"I should like to know a safe remedy for removing freckles, especially when the skin is so sensitive that even pimples leave marks behind."

Ans.—Freckle pigmentation takes place in the deeper layers of the skin, and is therefore too deep to be affected by local applications. You can do little to remove freckles, but may do considerable harm to the skin by applying strong caustic or acid chemicals. The best plan is to try to prevent freckling when going out into the sun by using any simple form of cream. No matter what you pay, all that any cream can do is to soften and lubricate the skin. All skins are fed from food taken within, not by what one may rub on from without.



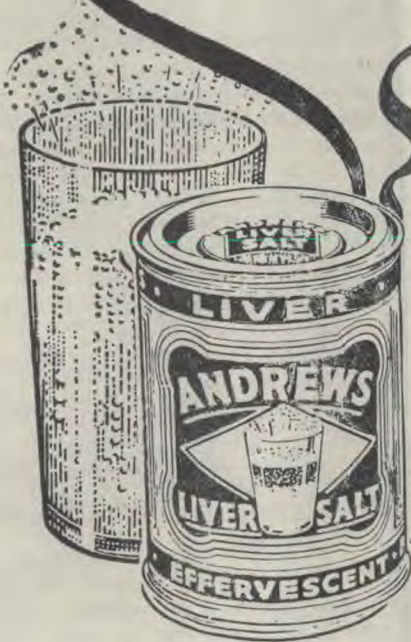
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like this clean —
and **DIRT** is
dangerous!**



**TEACH HIM THE LIFEBOUOY
HABIT AND STOP WORRYING
ABOUT DIRT!**



How can a big strong boy build a fire, or clean up camp, without getting dirty? Come to that—how can he go to school, or run down to the bazaar for you, without picking up some dirt from somewhere?

Yes, *you* know dirt is dangerous. Doctors do, too; they know that there are germs in all dirt

and that these germs often cause serious illness. But why worry—when the Lifebuoy habit protects.

Teach your boy to wash regularly—and frequently, mind you—with antiseptic Lifebuoy Soap, and the special health-protecting element in its thick lather will soon clear away germ-danger.

LIFEBOUOY is more
than a good soap—
it's a good **HABIT**



FACIAL SORE: *Ques.*—"My sister has a sore on her right cheek which often discharges. She has been suffering with it for four or five months. Will you please suggest treatment?"

Ans.—If you had mentioned the findings as shown on laboratory report, indicating the kind of infection present in the sore, this would have enabled making suggestions accordingly. Without this information one can only suggest in the dark. Mercurochrome, 2 per cent, painted in the sore crater after crust has been removed, may prove effective. Ultra-violet applications are very useful for certain types of obscure sores.

?

PLASTIC SURGERY: *Ques.*—"Will you please let me know if there is any plastic surgeon in India? If so, will you kindly let me know his address?"

Ans.—Sorry, but I have no information regarding any plastic surgeon. You should address your enquiry to Director General of Medical Service, Simla. His office would be most likely to have the desired information.

?

SCALP TREATMENT; HAIR; TEETH: *Ques.*—"1. Is almond oil a good preparation for the hair? When should oil be used, before or after washing the hair? Is it necessary to use salt? 2. How can I prevent hair and pimples coming on my face. What is the reason for excessive growth of hair on the body? 3. What treatment is best to make the teeth clean and white?"

Ans.—1. One must depend largely upon the honesty of the producer. Use the oil after washing hair and after the salt rubs. No harm is done if you do not use the salt rub, except that you miss this splendid and easy means of promoting good scalp nutrition. 2. There is no known way to prevent growth of superfluous hair; and no known reason for growth of body hair, unless at one time before cloth was easily made and worn, this growth served as clothing. 3. Have the teeth cleaned and polished by a dentist, and repeated once yearly. Between such attention use a good dental powder and brush. Avoid tobacco and other substances which discolour teeth.

?

EXERCISE: *Ques.*—"Is there any book or simple apparatus that is
THE ORIENTAL WATCHMAN

useful in effective exercise, something which will promote growth?"

Ans.—Really no apparatus or book is necessary. A method I find very effective is to have two or three small bags made to hold from four to six pounds of sand loosely packed, so that the bag contents leave loose material for taking hold

of the bag. Provided with such bags, you select the weight giving the muscle resistance or stress you like best, then go through all the work-like motions you can imitate, such as chopping wood, swinging a pick, throwing weight. There is no end of exercises simulating real work. Practise deep breathing and



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good position in doing the exercises. That is all. Work as hard as you like and grow healthy.

?

TUBERCULOSIS AND PLEURISY:
Ques.—"Please suggest books on the treatment of pleurisy and tuberculosis; also where to procure *Medical Digest* Cancer Number."

Ans.—Regarding treatment of tuberculosis and tubercular pleurisy, we would advise that you contact

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?

HEAD TROUBLES; REMOVING FACIAL HAIRS: Ques.—"1. Is there any course of exercise or treatment which will increase the size of the head? 2. Do you know of any preparation or method for removing

facial hairs permanently and effectively?"

Ans.—1. There is no way of producing the bony changes you mention. My advice is to accept with good grace what nature has bequeathed you; otherwise you may develop an inferiority complex which is much less to be desired than wearing a lesser size hat than someone else. Forget it, and make use of your brain power to accomplish something which will be to your credit. Many a small-sized hat band has produced big ideas; you can do the same. 2. A razor is the best remedy for hair on the face. I know of nothing better or safer.

THE ORIENTAL WATCHMAN



MR. CAN & MR. CAN'T



THE BOSS SAYS I'M TO—HERE,
WAKE UP, MR. CAN'T!

I'M SO SORRY. I DROPPED
OFF TO SLEEP. HAD A
WONDERFUL DREAM THAT
I WAS PROMOTED TO
HEAD CLERK ON A BIG
SALARY. BUT I KNOW
IT'S A DREAM THAT
WILL NEVER COME TRUE



WELL, WHILE YOU'VE BEEN DREAMING,
I'VE BEEN DOING THINGS. I FINISH-
ED THAT REPORT AND THE BOSS
IS EXTREMELY PLEASED —
COMPLIMENTED ME ON WHAT
HE CALLS MY
CLEAR-THINKING.

I'M TO BE MADE
ASSISTANT SUPER-
INTENDENT



I'M SO GLAD YOU
DESERVE IT.
BUT I DON'T
KNOW HOW YOU
DO IT ALL. YOU
NEVER SEEM
TIRED AND
MUDDLED LIKE
ME. YOU'RE
ALWAYS SO
ENERGETIC AND
CLEAR-HEADED

YOU, TOO, CAN HAVE AN ACTIVE QUICK-THINKING BRAIN —

which will help you to get on in life—but
only if your body is functioning properly.
Your brain cannot work efficiently if your body
is upset. Like me, you should take a sparkling
glass of Eno's Fruit Salt on waking and so correct
headaches, biliousness, indigestion, con-
stipation and other mind disorders
which hamper brain-work.

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Eno's preserves its
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tight stoppered bottles,
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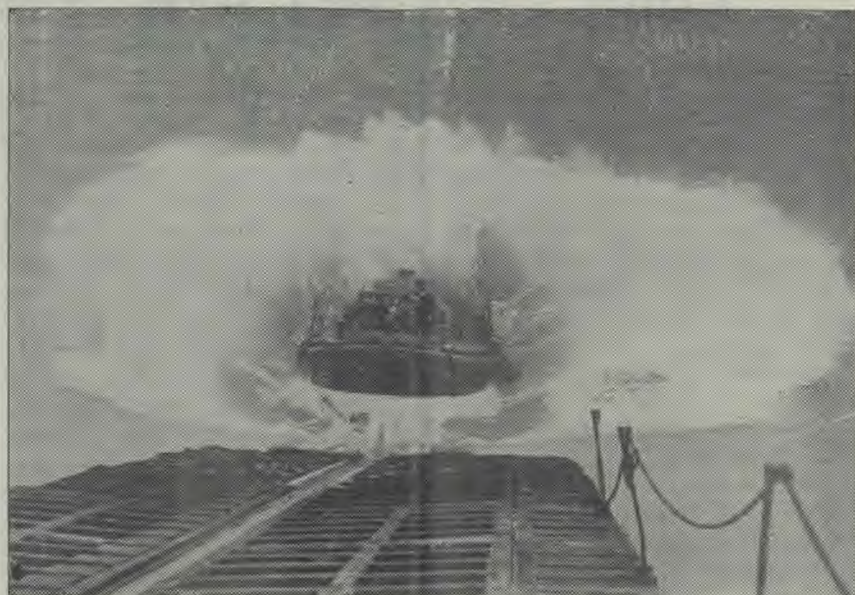
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ORIENTAL WATCHMAN

SUPPLEMENT



W. N. P. S.

The spectacular launching of a lifeboat on the English coast, on the way to the rescue of forty-four men on a stranded steamer.



E. N. P.

Admiral Sir James Somerville, appointed Commander-in-chief of the Near East Fleet.

A new "shipwreck suit" of rubberized material, coloured yellow to attract attention of rescue ships.

E. N. P.



THE WAR IN PICTURES

Women engaged in making oxygen cylinders which are carried by all planes likely to fly at high altitudes.

E. N. P.



NATURE and revelation alike testify of God's love. Our Father in heaven is the source of life, of wisdom, and of joy. Look at the wonderful and beautiful things of nature. Think of their marvellous adaptation to the needs and happiness, not only of man, but of all living creatures. The sunshine and the rain that gladden and refresh the earth, the hills and seas and plains, all speak to us of the Creator's love. It is God who supplies the daily needs of all His creatures.

God made man perfectly holy and happy; and the fair earth as it came from the Creator's hand bore no blight of decay or shadow of the curse. It is transgression of God's law—the law of love—that has brought woe and death. Yet even amid the suffering that results from sin, God's love is revealed. It is written that God cursed the ground for man's sake. The thorn and the thistle—the difficulties and trials that make this life one of toil and care—were appointed for his good, as a part of the training needful in God's plan for his uplifting from the ruin and degradation that sin has wrought. The world, though fallen, is not all sorrow and misery. In nature itself are messages of hope and comfort. There are flowers upon the thistles, and the thorns are covered with roses.

"God is love" is written upon every opening bud, upon every spire of springing grass. The lovely birds making the air vocal with their happy songs, the delicately tinted flowers in their perfection perfuming the air, the lofty trees of the forest with their rich foliage of living green—all testify to the tender, fatherly care of our God, and to His desire to make His children happy.

The Word of God reveals His character. He Himself has declared His infinite love and pity. When Moses prayed, "Show me Thy glory," the Lord answered, "I will make all My goodness pass before thee." This is His glory. The Lord passed before Moses, and proclaimed, "The Lord, the Lord God, merciful

THE CORRECT APPROACH TO CHRISTIANITY

PART ONE

GOD'S LOVE FOR MAN

By Ellen Gould White

and gracious, long-suffering, and abundant in goodness and truth, keeping mercy for thousands, forgiving iniquity and transgression and sin." He is "slow to anger, and of great kindness," "because He delighteth in mercy."



God has bound our hearts to Him by unnumbered tokens in heaven and in earth. Through the things of nature, and the deepest and tenderest earthly ties that human hearts can know, He has sought to reveal Himself to us. Yet these but imperfectly represent His love. Though all these evidences have been given, the enemy of good blinded the minds of men, so that they looked upon God with fear; they thought of Him as severe and unforgiving. Satan led men to conceive of God as a being whose chief attribute is stern justice—one who is a severe judge, a harsh, exacting creditor. He pictured the Creator as a being who is watching with jealous eye to discern the errors and mistakes of men, that He may visit judgments upon them. It was to remove this dark shadow, by revealing to the world the infinite love of God, that Jesus came to live among men.

The Son of God came from heaven to make manifest the Father. "No man hath seen God at any time; the only begotten Son, which is in the bosom of the Father, He hath declared Him." "Neither knoweth any man the Father, save the Son, and he to whomsoever the Son will reveal Him." When one of the disciples made the request, "Show us the Father," Jesus answered, "Have I been so long time with you, and yet hast thou not known

Me, Philip? he that hath seen Me hath seen the Father; and how sayest thou, Show us the Father?"

In describing His earthly mission, Jesus said, The Lord "hath anointed Me to preach the gospel to the poor; He hath sent Me to heal the broken-hearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised." This was His work. He went about doing good, and healing all that were oppressed by Satan. There were whole villages where there was not a moan of sickness in any house; for He had passed through them, and healed all their sick. His work gave evidence of His divine anointing. Love, mercy, and compassion were revealed in every act of His life; His heart went out in tender sympathy to the children of men. He took man's nature that He might reach man's wants. The poorest and humblest were not afraid to approach Him. Even little children were attracted to Him. They loved to climb upon His knees, and gaze into the pensive face, benignant with love.



7.12

Jesus did not suppress one word of truth, but He uttered it always in love. He exercised the greatest tact, and thoughtful, kind attention, in His intercourse with the people. He was never rude, never needlessly spoke a severe word, never gave needless pain to a sensitive soul. He did not censure human weakness. He spoke the truth, but always in love. He denounced hypocrisy, unbelief, and iniquity; but tears were in His voice as He uttered His scathing rebukes. He wept over Jerusalem, the city He loved,

THE ORIENTAL WATCHMAN



By the lake at Kodikanal. The beautiful scenes of nature testify of God's love.

which refused to receive Him, the way, the truth, and the life. They had rejected Him, the Saviour, but He regarded them with pitying tenderness. His life was one of self-denial and thoughtful care for others. Every soul was precious in His eyes. While He ever bore Himself with divine dignity, He bowed with the tenderest regard to every member of the family of God. In all men He saw fallen souls whom it was His mission to save.

Such is the character of Christ as revealed in His life. This is the character of God. It is from the Father's heart that the streams of divine compassion, manifest in Christ, flow out to the children of men. Jesus, the tender, pitying Saviour, was God "manifest in the flesh."

It was to redeem us that Jesus lived and suffered and died. He became a "Man of sorrows," that we might be made partakers of everlasting joy. God permitted His beloved Son, full of grace and truth, to come from a world of indescribable glory to a world marred and blighted with sin, darkened with the shadow of death and the curse. He permitted Him to leave the bosom of His love, the adoration of the angels, to suffer shame, insult, humiliation, hatred, and death. "The chastisement of our peace was upon Him; and with His

stripes we are healed." Behold Him in the wilderness, in Gethsemane, upon the cross! The spotless Son of God took upon Himself the burden of sin. He who had been one with God felt in His soul the awful separation that sin makes between God and man. This wrung from His lips the anguished cry, "My God, My God, why hast Thou forsaken Me?" It was the burden of sin, the sense of its terrible enormity, of its separation of the soul from God—it was this that broke the heart of the Son of God.

But this great sacrifice was not made in order to create in the Father's heart a love for man, not to make Him willing to save. No, no! "God so loved the world, that He gave His only begotten Son." The Father loves us, not because of the great propitiation, but He provided the propitiation because He loves us. Christ was the medium through which He could pour out His infinite love upon a fallen world. "God was in Christ, reconciling the world unto Himself." God suffered with His Son. In the agony of Gethsemane, the death of Calvary, the heart of infinite love paid the price of our redemption.

Jesus said, "Therefore doth My Father love Me, because I lay down My life, that I might take it again." That is, "My Father hath so loved you that He even loves Me more for giving My life

to redeem you. In becoming your substitute and surety, by surrendering My life, by taking your liabilities, your transgressions, I am endeared to My Father; for by My sacrifice God can be just, and yet the justifier of him who believeth in Jesus."

None but the Son of God could accomplish our redemption; for only He who was in the bosom of the Father could declare Him. Only He who knew the height and depth of the love of God could make it manifest. Nothing less than the infinite sacrifice made by Christ in behalf of fallen man could express the Father's love to lost humanity.

"God so loved the world, that He gave His only begotten Son." He gave Him not only to live among men, to bear their sins, and die their sacrifice, He gave Him to the fallen race. Christ was to identify Himself with the interests and needs of humanity. He who was one with God has linked Himself with the children of men by ties that are never to be broken. Jesus is "not ashamed to call them brethren." He is our sacrifice, our advocate, our brother, bearing our human form before the Father's throne, and through eternal ages one with the race He has redeemed—the Son of man. And all this that man might be uplifted from the ruin and degradation of sin, that he might reflect the love of God, and share the joy of holiness.



The price paid for our redemption, the infinite sacrifice of our heavenly Father in giving His Son to die for us, should give us exalted conceptions of what we may become through Christ. As the inspired apostle John beheld the height, the depth, the breadth of the Father's love toward the perishing race, he was filled with adoration and reverence; and, failing to find suitable language in which to express the greatness and tenderness of this love, he called upon the world to behold it. "Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God." What a value this places upon man!

TRANSFORMATION and REGENERATION

By E. M. Meleen

IN ADDITION to the scientific, prophetic, and other evidences to prove the divine origin of the Bible, there are still other evidences to which it is appropriate to give attention. We have in mind the adaptability of the Bible to meet all men's spiritual needs regardless of their state in life, and the regeneration and transformation that is worked in all men's lives when the work is received into the heart. To these matters we must give some attention and ascertain whether or not there be any other book or religion in the world which does have or can have a similar and equal influence. Any religion which of a truth is of divine origin must possess excellencies far beyond anything of human devising, and these themselves, when rightly understood, should be sufficient to convince all who have unprejudiced minds and true hearts that it is a gift from Him from whom comes down every good and perfect gift. The adaptability of such a religion to man's every need and its regenerating and transforming power is a test by which we should very carefully examine that which we believe to be a guide to eternal life, or which is said to be such.



According to the Bible, man was created perfect. It is God's plan and desire to restore that perfection. The Bible claims to be the adequate guide to life, which remains the same in all periods of time, in all climates, in all countries; which treats all human beings alike, and which will produce the same character in all who will abide by its precepts. It will restore to man all that he

lost by his rebellion against the Creator.

No other Book presents such a lofty idea of God. It is so far in advance of the idea of God presented in other books alleged to be sacred, that we can but consider that it was given by God himself. The perfect purity of the monotheism of the Bible could not have been thought out by human minds.



The Bible teaches that man is lost in sin, from which he cannot be rescued without divine help. Sin is represented as a deadly moral and mental disease. But it holds out to man a glorious hope of better things, and declares that whenever the love of the Spirit of God enters into the heart it causes such a complete transformation of character as to be likened to a new birth. Millions of men and women who have experienced this new birth are proof that there is in the Word the power that works regeneration of character. No other religion even claims to make such transformations.

The Bible is the Book of the Great Physician, the Healer of all spiritual diseases. Like any doctor's book it must therefore deal with disease and its cure. This is not always pleasant and agreeable reading except to those who feel the need of salvation from disease, and for those who hope for cure. The Bible gives man a description of his spiritual diseases, and never flatters any, whether they be kings or slaves. It contains records of many great men who have rendered great service to God, but of whose lives He did not approve. Their sins and the re-



sults of them are frankly recorded that they may be warnings and object lessons to all. David, the greatest king of Israel, though he committed some vile sins that are recorded against him in detail, is said to have been a man after God's heart, because when he was rebuked he acknowledged his sin with humility, accepted his punishment, repented, and cast himself on God's mercy for cleansing and forgiveness.

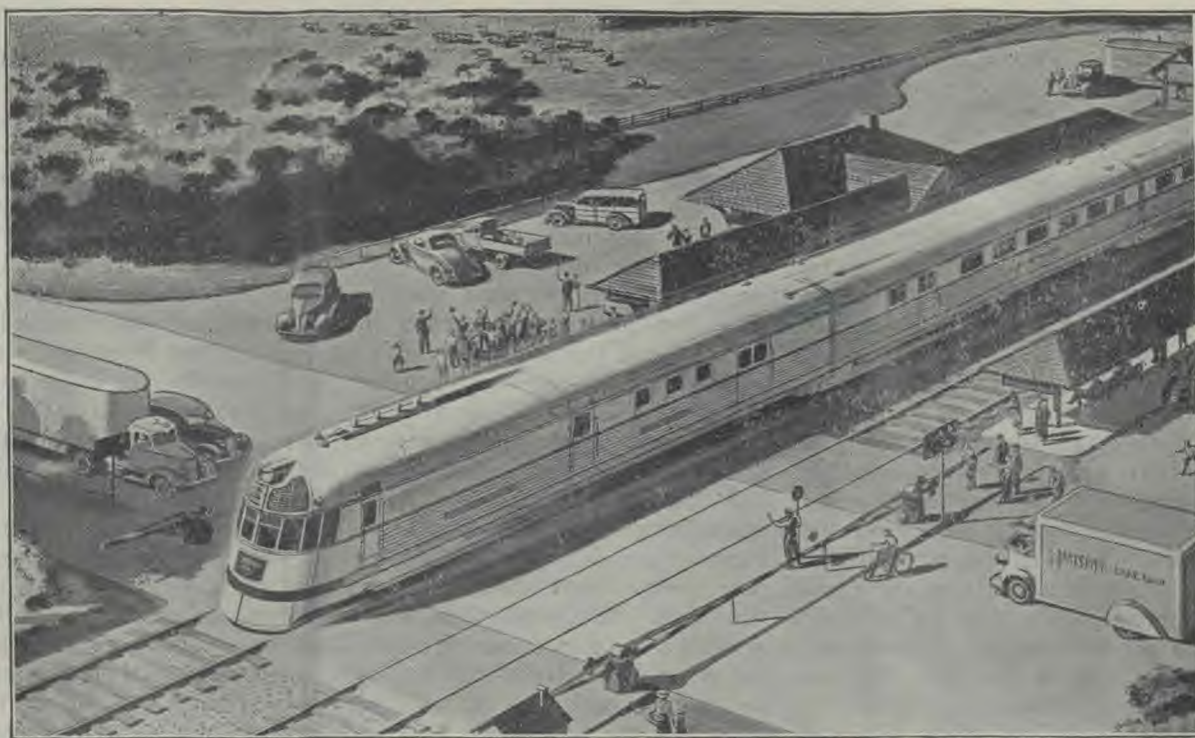


All other religions hold out some lofty ideals, and teach that some special individuals may become holy or that they already are holy by reason of their birth or position, but the Bible is the only Book that teaches that absolute heart purity must be attained by every one who would enter into eternal life. Rituals, forms, and ceremonies, according to the Bible, have nothing to do with cleansing the heart from sin. But in other religions these have been given so much importance that they supersede moral conduct and purity of

THE ORIENTAL WATCHMAN

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heart. Before the Jews had been formally rejected by God as His chosen people from whom the light of truth was to shine into the world, the temple in Jerusalem was their central place of worship. It contained a holy and a most holy place. Its furnishings were very simple. In the most holy place was nothing except a chest containing the law of the ten commandments, which are the very heart of true religion. But in near-by temples of other religions the central and most sacred object was often an animal such as a cat, a crocodile, a snake, a bull, or the images of these. God's law of the ten commandments is a moral law, by obedience to which no sin will be committed. It is a holy law. It is a spiritual law. Obedience to it in heart and deed is a holy life. By this law man may see his spiritual condition. By this law he sees himself as in a mirror.

Whether man expresses his spiritual needs or not, and whether or not he understands his state, the religion of the Bible is perfectly adapted to his state and to his needs. In fact, whatever God has made is for a purpose and with adaptation to a specific end, just as creatures are adapted to the earth and the earth to creatures, or light for the eyes, and the

eyes for the light. And just as the earth is adapted to man's physical or temporal needs, so the Christian religion is adapted to his spiritual needs. The Bible clearly reveals to man the state and condition of his heart, and brings its secrets to light. It shows him the cause of his sufferings and sorrows. In its light all men see themselves to be sinners. By it they may see that they cannot save themselves nor make their hearts pure and holy.

In philosophy they may find consolation, but not the peace of heart that comes with the assurance of sins forgiven. In other religions they may find good advice, but not a thing that infuses poor, depraved, human nature with a spark of anything supernatural. Other religions give indistinct and often very wrong views of man's state, and do not help him to become purified from sin. Nor do they show him how to recover original holiness and perfection. The Bible gives assurance, gives good news of salvation, clearly points out the way, and does not stop with good advice. It tells of good news of God's plan, to fit man to live for all eternity. When one looks into a mirror and sees his ragged and filthy clothing, his dirty face and dishevelled hair, his sores and

bruises, and his general unattractiveness, then he feels the need of exchanging his filthy garments for clean ones, of washing with clean water, and of applying healing ointment to his sores and bruises. Just as the mirror reveals man's outward condition, so the Bible reveals his inward condition if he will see himself in its light. Man then despises himself and the world and longs to be free from its turmoils, vexations, and allurements. But temptations come in like a flood, worldly desires return, he yields and is turned from his purpose to walk in the straight and narrow way of obedience to God's law, he sinks deeper into sin and degradation, often becoming more stupid and sensual than the beasts.

And so man stands rebuked and reproved by the Christian religion, and he cannot deny the likeness of himself. Just as a skilful physician diagnoses diseases and prescribes the remedies, so the Bible now makes known to man exactly his spiritual condition. When men see the similarity between their own spiritual condition and that described in the Bible, they should, like reasonable, sensible beings, give themselves over to the Great Physician for treatment and healing.

The power of the word of the

Bible is seen in the life of those who really embrace its instruction and conduct themselves according to its precepts. It makes the drunkard, sober; the cruel, merciful; the vile in heart, clean. For confusion, disorder, and dirt it exchanges cleanliness, quietness, and order. They who have been notorious for their evil deeds and bad conduct become examples of good conduct. In this Book are no commandments from which anyone is exempt. It recognizes no class distinction in spiritual matters, and the master is under obligation to observe every commandment and to receive all the instruction, as is the servant. In fact, in spiritual matters these two are brothers, and one has no more and no less advantage than the other. The unlearned and the poor may rejoice in it, and the learned, rich, and great will find therein the guidance they need rightly to use their talents, riches, and power in service for God and for their fellow-men. Jesus was a poor man who lived among the poor and gloried in teaching them, but He associated also with the learned and was recognized by them as their superior in wisdom and learning, though they knew not how He acquired them. His instruction is adapted to the simple minds of the uneducated, but also to those who delight in profound philosophy and depths of science. The young child and the grandsire tottering on the brink of the grave find therein food for their hearts and minds.



The Bible teaches not only by precept but by example also. In the history of leading men such as Abel, Cain, Noah, Abraham, Isaac, Jacob, Moses, queen Esther, each one of the kings of Israel, etc., in which their good and evil lives and the results of these are clearly portrayed, it powerfully inspires the mind, representing in living characters its preceptive parts. It gives no ground for the rich and great, the learned or anyone else, to suppose that they will be especially favoured by having a place nearer God than they who are lesser than they. Pride and insolence by the great is rebuked.

On the other hand, the poor and oppressed are encouraged by the assurance that they are under no disadvantage in spiritual matters. Thus it leaves no room for despair or murmuring. He who is least here in this life will be as great as his neighbour in the next. In fact the relatively small deeds of service rendered by the poor who do their best, are counted greater in heaven than the relatively great ones done with ease by the great and rich. This is illustrated by the account of the poor widow who gave two very small coins into the temple treasury, which when Jesus saw it He said: "Of a truth I say unto you, that this poor widow hath cast in more than they all: for all these have of their abundance cast in unto the offerings of God; but she of her penury hath cast in all the living that she had."



The hatred for sin, sorrow for its presence, and repentance which the Bible generates when its word enters into the understanding heart is a transformation which no other religion effects or attempts to effect. No attempt to do so is made. The world judges man by his deeds, for only by them may he be known outwardly. The Bible, however, shows man what is his inward state. The Bible manifests God incarnate in this world of sin and woe for only one purpose, and that is to do away with sin. To all who will turn to Him it bestows power to repent and to flee from sin. When the sinner catches a glimpse of God's holiness and love, and when he in the holiness of the law sees his own miserable condition, then through God's grace he feels sorrow and regret for his own state. When shame and confusion fill his soul, then he has a great desire for holiness and longs to attain it. He who was proud of his own merit now becomes humble. He who was prone to wrath becomes meek. Lust is exchanged for purity, covetousness for charity, dependence on self for trust in God, self will for obedience. Man is made to feel that his calling is holy, even as He who created him is holy.

Millions in every walk of life, in every country on earth, who have thus been transformed are witnesses to this unique power of God. This transformation can be readily observed by others, and they who witness the change of life can but be convinced that it is the work of a supernatural power. Many spectators of this moral miracle have thus gained confidence in the Book by which so great benefits are to be had. Let him who doubts give this Book a fair test. Let him read it for himself and see that it is different from all other books. Let him examine it as a whole with the help of one who can direct the study and examination where difficulties are encountered. Naturally there are some conditions to such an investigation, as there are to other investigations. So let the Bible be read with a view to ascertaining whether the claim herein made for it and the evidences presented are found therein. And when the reader sees this for himself, then let him accept it as the living Word of God.

The uplifting and transforming power of the word of individuals and communities has been one of the greatest causes of embarrassment to its enemies. By an unseen force they have seen that accomplished which other forces have failed to accomplish. Ancient Greece developed marvelously in literature, sculpture, architecture, and philosophy, but it sank almost into oblivion because of the evils from which its religious philosophy was powerless to save it. Other nations fared the same. Entire systems of religious principles and doctrines which should have given them strong foundations for their social life, crumbled and fell to ruins.



"An English nobleman, years ago, visited the Fiji Islands. This man, though a citizen of a so-called Christian nation, was no Christian, but rather an enemy of Christianity and the Bible. Visiting the great chief who had been converted he said: 'You are a great chief. It is a pity that you have been so foolish as to listen to the missionaries, who only want to

THE ORIENTAL WATCHMAN

get rich among you. No one nowadays would believe any more in that Book called the Bible. Neither do men listen to that story about Jesus Christ. People know better now, and I am sorry that you are so foolish.'

"The old chief replied: 'Do you see that stone over there? On that stone we smashed the heads of our victims. Do you see that oven over there? In that oven we roasted hundreds of bodies for our feasts. Now you! You! You!—if it had not been for these good missionaries, for that old Book, and for the great love of Jesus which has changed us from savages to God's children, you would never leave this spot alive. You have to thank God for the gospel, for otherwise you would be killed and roasted in yonder oven, and we would feast on your body in no time.'"—*"Will the Old Book Stand?"* p. 348.



This illustrates how the enemies of the Bible have benefited because of the great influence of a few of its followers. Whether or not it be recognized and acknowledged, a few righteous people have always been the means of great blessing to entire communities or even to nations, not only in spiritual matters, but also in temporal ones.

Wherever the religion of the Bible has gone, education has been fostered for both sexes to an infinitely greater degree than has been done by any other religion. Medical institutions have sprung up; the status of woman has been improved, standards of living have been bettered, superstition has been replaced by knowledge, fear of omens and spirits exchanged for common sense and trust in God, and conditions, especially for the poor, improved in many ways. And in these days these blessings are being extended even by enemies of Christianity, who, sensing that their religion has not conferred these blessings on its adherents, are now endeavouring to emulate the good works by providing education, medical help, making lighter the burden of economic distress for the poor, etc. But for

the influence of Christianity these good works would not have been undertaken, for not until long after Christianity came was there any interest in them.

Remarkable systems of philosophy have been developed by teachers of religion. Men study these, and are delighted and attracted by them. Logic and reason are enlisted to appeal to the intellect. Occasionally the philosophy of another religion appears to be more desirable than that of which one has been a follower. The old is forsaken and the new accepted, but it is only an intellectual change. The heart has not been affected. The relationship to sin has not been changed. The new religion has not appealed on that basis. Only the unpopular Christian religion dares to give the sinner a true view of his spiritual state. Philosophy, logic, reason, atheism, infidelity, etc., never saved one sinner from his sin, nor removed from his heart his burden of guilt, nor gave him the assurance of eternal life.

The thought of the profoundest human minds may be fathomed, but not the thoughts of the Bible. He who begins to study it receives a little spiritual light. If he walks in this light his understanding is opened so that that which was mystery becomes clear. By faithfulness and obedience he goes on from light to light until he is amazed at the glory of that which had appeared to him as darkness and without wisdom. This is often illustrated by the simple minds that perceive spiritual truths beyond the comprehension of the reputedly great who refuse to walk in the light of the Word.



Has any book ever long survived that has been so persistently attacked by so many enemies as the Bible? Anciently emperors persecuted, imprisoned, and killed its followers by the millions. Governments passed edicts forbidding the reading of the Book. Religious zealots burned it in heaps in the public places of great cities. In more modern times, as in France, during the great Revolu-

tion and even more recently as in Russia, nations have frantically but in vain endeavoured to annihilate the Book. Periodicals devoted to this purpose have been printed by the millions. Thousands of books have been written against the Bible. The most eloquent orators like Ingersoll have devoted their powers to the destruction of the Book. Great men like Voltaire and Hume ranted and railed against the Book and gave the strength of their lives to destroy it.



All these efforts, however, have been in vain, and the prophecies about the downfall of the Bible have all failed. Men might as well try to destroy the Rock of Gibraltar by pounding it with their fists, or to empty the sea from its place with a spoon. The Bible has not only remained, but its position in the world has gained infinitely in strength. It not only remains in lands where wild attempts have been made to eradicate it, but it has gone in recent decades into lands and places in which it had never been found before. It is now read in more than a thousand languages. It is printed annually by the millions of copies. The number of this Book sold each year by far exceeds the sale of any other popular book. It is now bought and read by thousands who never before had access to it. Temporarily it has been banished from certain countries and communities, but before long it is restored. In those few places where its sale is now prohibited, it will soon be a popular Book.

How is this to be explained? What sustains this great interest in and demand for the Book? What has protected it against destruction? No author reaps profit from it. Publishing houses print and sell it at less than production cost. Almost all distributors sell the Book without profit or gain. And yet its progress is unabated. All this is due to no human influence, for nothing on earth that has been so maligned and so much opposed as the Bible has long endured.

¶ As a sign of respect. Orientals, especially the Chinese, remove their spectacles when talking with another person. This has been a custom for centuries.

¶ Both British and Germans take their blackouts seriously. And with good reason. Experiments have shown that a lighted match can be seen by a plane half a mile away. An oil lantern is clearly visible for a mile and a quarter, a lighted window for twelve miles.

¶ There are said to be 6,000,000 cars in the United States more than ten years old, but still operating, and the California State Automobile Association states that many of these have seen service for at least fifteen years. The association states that about 3,500,000 cars are scrapped annually.

¶ Drs. S. S. Steevens and J. P. Egan of Harvard University have discovered that your right ear does not hear what your left ear does. This was discovered when seven people listened individually in an apparatus which delivered separate tones to their two ears. The person could listen first with one ear and then with the other and adjust the pitch of one tone until they matched. The amount one tone had to be altered in pitch so that it would sound the same as that heard by the other ear was sometimes as much as two and one-half per cent.

¶ The idea that wives ought to receive regular wages for their part in maintaining the household has often been debated. The question is up again in Britain for serious consideration, this time with substantial official backing. Herbert Morrison, Home Secretary and Minister of Home Security, speaking at a London lunch of the Foreign Press Association, remarked that "one of the post-war questions may be whether wives are to be financially independent or dependent by having a statutory income.... What women did in the last war was child's play compared with what they are doing now.... They will demand changes, and they are going to be on the agenda rather than on the map." The chairman of the Married Women's Association, in discussing the issue, states that, of course, when peace comes "a bill promoted by the Association giving wives a legal status in the home will be taken off the shelf."



E. N. P.

Every English seaman is to be equipped with this lapel torch, which shows a red light when the man is floating in the sea.

EVERY LAND

¶ Poor eyesight and bad teeth have barred one quarter of all men rejected for United States Army Selective Service.

¶ Experiments conducted by Dr. Wilmer C. Anderson, at Harvard, establish the speed of light at 186,272 miles a second. This is twelve miles less than has previously been assumed. Doctor Anderson believes that this measurement may still contain an error of 3.7 miles a second.

¶ A few weeks ago RCA Victor made the biggest phonographic news of the year by putting out a machine that can play both sides of a record without flipping it over. The new record changer has a double tone arm shaped like a tuning fork, whose prongs, each equipped with a needle and a pickup, swing out over both sides of the record at once. Records are dropped from the stack onto a miniature turn-table which leaves the grooved surface of both sides exposed.

¶ All hurricanes in the Northern Hemisphere move counter-clockwise, while all hurricanes south of the equator move clockwise.

¶ You may now listen to the radio while riding a bicycle. This is made possible by the appearance on the market of a specially built bicycle radio.

¶ Blinking has been investigated by scientists at the American Optical Company. They discovered that it requires one fifth of a second to blink, and that a person blinks twenty-five times a minute. If you averaged fifty miles an hour on a motor trip of ten hours, you would drive thirty-three miles with your eyes shut!

¶ A Professor of Naples University in Italy is studying a plan for the utilization of the steam that issues from the volcano Vesuvius. According to the plan, "a tunnel would be bored to the very centre of the volcano, through which the steam would be drawn to a power station built at Torre del Greco. Here, with the aid of water from the sea, the steam would be condensed and would set in motion a turbine capable of producing several thousand kilowatts."

¶ "Frozen sleep" treatments are now being used to bridge the tortured days which narcotic addicts suffer when their drugs are being withheld from them. These treatments were first used for treating cancer. With a drop in temperature from 98.6 degrees to 86 degrees, brought about by ice applications, patients are enabled, by "frozen sleep" treatments, to exist for days in a state of suspended animation. They know and feel nothing, and most bodily functions are halted.

¶ Nearly seventy years ago a dentist told of a small rubber band's being left around a patient's tooth by accident, and working its way toward the root of the tooth and loosening it. Recently other dentists have reported that this method has been used in developing a specialized procedure for extracting teeth from the mouths of persons who hemorrhage at the slightest wound. A specially designed rubber band is fitted on the tooth. This slowly slides toward the root, causing the tooth to drop out, usually without the loss of blood.

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