

The Oriental Watchman and Herald of

HEALTH

for HOME and
HAPPINESS

APRIL

1954

Up-to-the-Minute Articles
of Interest for

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Fathers

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Mothers

* *

Boys and Girls

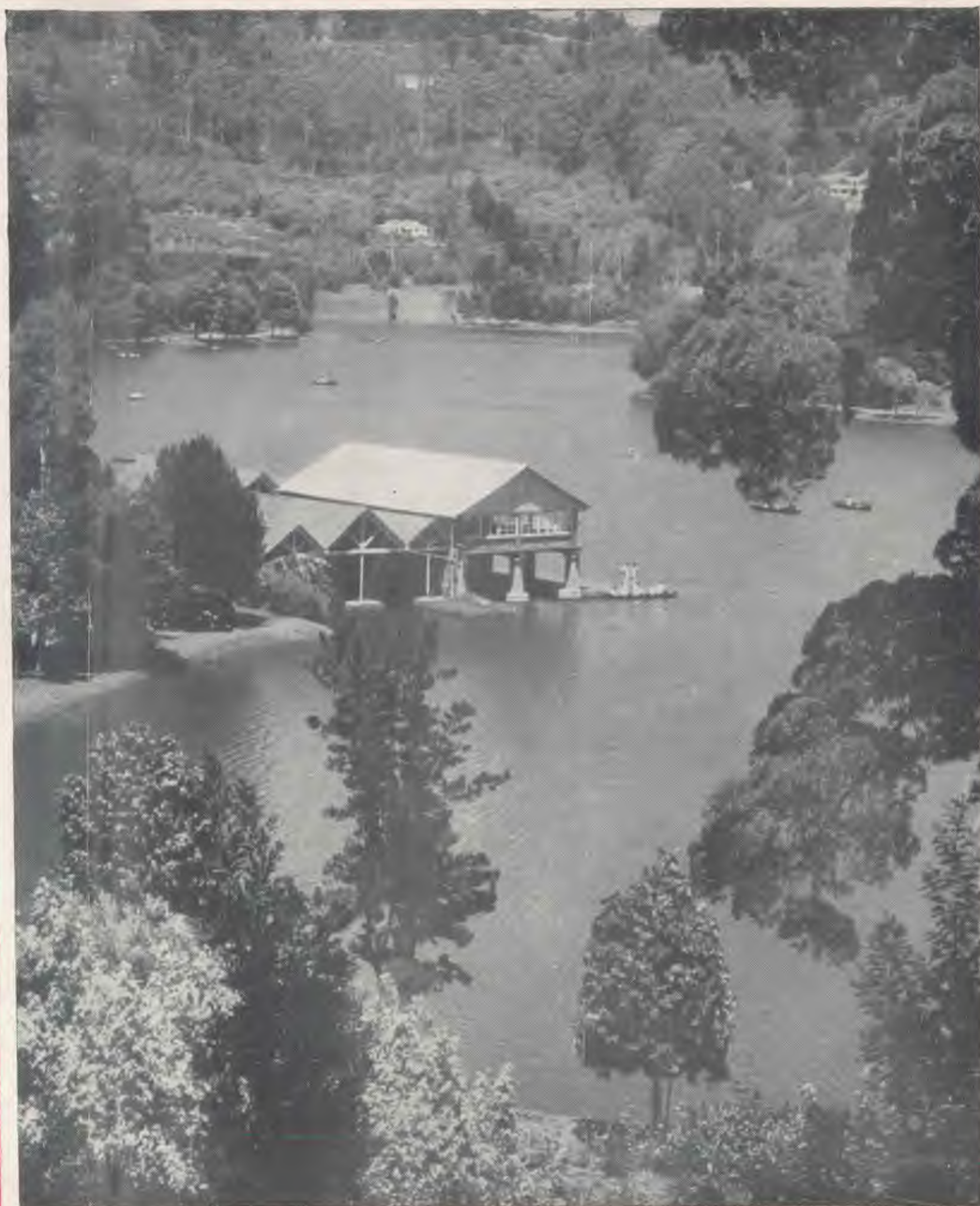
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Students

* *

Everybody

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HOT APPLICATIONS

OLIVIA T. PETERSON, R.N.

THE doctor may recommend that the home nurse apply heat to certain parts of a patient's body. Heat may be used to relieve pain, increase the blood supply to an affected part of the body, give comfort, and promote healing.

Extra precautions should be taken when applying heat to ill persons, particularly the very young and very old, since their skin is more sensitive and can easily be burned.

The most familiar method of applying dry heat is the hot-water bag. To fill a hot-water bag properly, mix the water in a container and test. It should be momentarily bearable to a clenched fist thrust into the hot water. Fill the bag one third to one half full. To make the bag pliable,

expell the air by placing the bag on a flat surface and pressing until the water appears in the neck, then screw in the stopper. Dry the bag, and test for leakage by holding upside down. Cover the bag with flannel or towelling, and place it so that the patient does not lie directly on the hard neck of the bag. After use, drain dry, check to see that it is thoroughly dry and the sides do not stick to each other, and replace stopper. Store the bottle in a dry, cool place.

Many substitutes may be used for a hot-water bag. For example, a brick, iron, plate, or bag of sand or salt heated in the oven and carefully wrapped may be used. All should be tested against the skin of the home nurse before being applied. A connected electric iron should never be used, for it is too dangerous to the patient. If

using an electric pad or a chemical bag, be sure to follow the directions for their use and care in every detail.

If a hot, moist compress is ordered by the doctor, it may be made of wool, flannel, or towelling. The hot compress must be wrung out very thoroughly from hot water (or whatever solution the doctor orders) and placed on the affected area. Because it is important that the compresses be kept hot, a replacement should be available about every twenty minutes or the length of time recommended for the treatment.

A compress wringer should be used to make sure the compress is wrung very dry. This wringer can be made from a strip of strong cloth having a wide hem at each end, into which are slipped sticks such as pieces of broomstick or curtain rod. The wringer cloth must be wide enough to hold the compress and long enough to extend over the edges of the basin. In an emergency a towel may be used as a wringer.

To prepare the compress, place wringer in basin with ends over sides. Put compress between folds of wringer and pour boiling water into basin. Make sure the compress is well soaked, and then wring dry. Shake out to unfold compress and expel the steam. Apply gradually to the patient's skin, cover with waxed paper and a dry woollen

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Here are the 3 main steps in preparing a hot fomentation: (1) Wring out the cloth (wool, flannel or towelling) from hot water. (2) Place hot cloth on dry one that is large enough to fold over well. (3) Fold dry cloth over 3 or 4 times to enclose hot cloth and keep in heat. The fomentation is now ready for use.

The Oriental Watchman and Herald of HEALTH

45th YEAR OF PUBLICATION

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April 1954

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OUR COVER

The Boat Club, Kodaikanal

Photo: S. G. Jayapalan

Published monthly by the Oriental Watchman Publishing House. One year subscription: India, Rs. 8-12-0; Pakistan, Rs. 8-12-0; Burma, Rs. 8-75; Ceylon, Rs. 8-75. Two years: India, Rs. 17-8-0; Pakistan, Rs. 17-8-0; Burma, Rs. 17-50; Ceylon, Rs. 17-50. Foreign Postage Re. 1-5-0 extra.

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Cheques and Remittances—Cheques for subscriptions given to our travelling representatives should be crossed and made in favour of the local branch office under whose jurisdiction they are working.

Regional Offices—Subscriptions may be sent to our nearest agency: for Madras Presidency, Travancore, and south half of Hyderabad State—9 Cunningham Road, Bangalore; for Bombay Presidency, United Provinces, East Punjab, Delhi, and adjacent States—16 Club Road, Byculla, Bombay 8; for Bihar, Orissa,

Bengal, Assam, and East Pakistan—Karmatar P. O., Santal Parganas, E. I. Ry.; for Ceylon—7 Alfred House Gardens, Colpetty, Colombo 3; for West Pakistan—32 Mozang Road (P. O. Box 32), Lahore; for Burma—68 U Wisara Road, Rangoon.

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Minute Meditations

RUSTY KEYS AND GOLDEN DOORS

Harry M. Tippett

"I will give unto thee the keys of the kingdom of heaven." Matt. 16:19.

In Bunyan's immortal allegory "The Pilgrim's Progress," Christian and Hopeful, falling asleep on the grounds of Giant Despair, were captured by the giant and thrown into the dungeon of Doubting Castle. From Wednesday morning until Saturday night they languished in the foul atmosphere of their dark cell, beaten and abused at intervals by their captor. When death itself stared them in the face, so that all hope seemed lost, they began to pray, and all Saturday night kept vigil with God.

Early in the morning Christian began to berate himself for having forgotten that he had a wonderful magic key in his bosom called PROMISE, which, he was sure, would open any door of the castle. Drawing it forth, he proceeded to try it in the lock of their dungeon, with the result that the door readily opened into the outer corridor. The door of the corridor likewise was easily opened, but when they came to the castle gate, Christian found that his key moved in the lock only with great difficulty. It finally gave way, however, just in time for the men to escape from the pursuit by the giant.

The simple story is wonderfully illustrative of human experience in its search for God. Here between the imprisoned men and God's sunshine was an old creaky iron gate of difficulty. Locked against them, it was a forbidding and cruel barrier. Once opened it proved a door of glorious liberty.

(Continued on p. 5)

THE EDITOR SAYS

SUMMER-TIME is upon us and it is high time to lay plans—if we have not already done so—for an enjoyable and profitable vacation.

The most important consideration when planning a vacation is a suitable place, and in making our choice there are many factors that have to be considered.

We want a place that can be reached quickly and without undue expense, but where we can have the real rest, relaxation and recreation that our jangled nerves need most after weeks and months of hard work in factory or office.

The humdrum routine of work, the high speed of every-day existence, the problems of life, domestic and otherwise, have all got us down and we look forward with a keen sense of anticipation to the pleasurable days ahead; and so we want a place that is far removed from the hue and cry of city life with its thousand and one sounds that jarr our frayed nerves and keep us ever alive to the fact that we live in a mechanical age!

However, we need to be within easy reach of a hamlet or small town where we can procure the necessities for our daily bill of fare. Of course, we are going to spend this vacation in such a way as to get the maximum of recuperation for ourselves, and so our diet is going to be simple

and wholesome and nourishing. We would expect to have plenty of fresh fruits and vegetables (a

uncooked), milk and eggs and of course the whole grain cereals. On such a diet, we cannot fail to be greatly benefitted from our holiday.

We are going to leave aside the pomp and ceremony of city life and live as simply as we possibly can. We are not going to burden ourselves with all our crockery and cutlery and the utensils that are in daily use, for we do not desire to be weighted down with the multitude of daily household duties; we plan to live in camp-style and thus reduce our burdens to the barest minimum for surely when we have at last got away from our work, we want to spend as much time as possible getting the joy out of our vacation.

"Rough it out," is the order of the day in every respect and we are going to enjoy the out-of-doors at every possible chance. So let us choose a spot where there is a fresh stream or rivulet near at hand where we can perform our daily ablutions, instead of having to carry along with us our basins and tubs and water-storage vessels. Of course, we would have to carry in a little water for the cooking—but let us go to nature for everything else.

If we are going to get the full rest, relaxation and recreation we need, the spot of choice for our vacation should be a beautiful little spot in the heart of the country with fields and woods and hills and glens on every hand where we can roam and romp and ramble at will, and be closest to God's wonderful percentageful Nature with its inexhaustible

store of wild life that would delight us and at the same time teach us the most profound lessons. It is only thus that we can hope to have our nerves soothed and our souls uplifted.

In order to get the fullest benefit of our encounter with Mother Nature, let us procure beforehand and study a booklet on any of the phases of her wonders we plan to observe and study. Wherever we care to go, we cannot fail to find an abundance of wild flowers of every imaginable hue so delicately and yet so perfectly created that we ascribe honour and glory to their Creator. On every hand are the majestic trees, the animals, from the inquisitive little squirrel to the larger and more ferocious predators of the forest, the insects and the birds.

Should we plan to study bird-life, we would be amazed at the numerous varieties and species of these creatures that exist all around us, which have been unobserved by us all this time. With patience and practice we will soon be able to differentiate between them and also come to know their several habits and haunts. Soon we will be so absorbed in our hobby that we will spend our waking hours learning all we can of these little creatures whom God has created and for whom He cares. For He has said that even though the sparrows are sold for such a small price—two for a farthing, or when two-farthings' worth are purchased an extra sparrow is thrown in for good measure—yet not one little sparrow falls to the ground without the care and concern of our Heavenly Father. And then we think of ourselves and of how much more value we are in His sight and begin to



realize that we worry and fret needlessly about the things of life when we can leave them all to Him who has given His life for us.

Yes, indeed, if we plan on a holiday as close to Mother Nature as possible, she will in return give us peace and happiness, contentment and confidence, and a trust in God that all her creatures manifest. For even the flowers have a lesson for us: "Consider the lilies of the field, how they grow; they toil not neither do they spin: and yet I say unto you, That even Solomon in all his glory was not arrayed like one of these." If we are able to learn the lessons that Nature has to teach, we will return to our work with a new outlook on life that all the clanking sounds of city life cannot change.

P. A. T. C. L.

Rusty Keys and Golden Doors

(Continued from p. 3)

All along the corridor of life there are likewise doors of high privilege for you and me. They open upon rare vistas of noble achievement, eminent service, and holy purpose. Though they are often camouflaged by the enemy as gates of brass with bands of steel, when once unlocked with God's keys of promise, they prove to be golden doors of opportunity that open upon avenues of high aspiration and spiritual accomplishment.

The precious promises of the Bible are wonderful keys to power in opening the doors to spiritual liberty and the boundless resources of heaven. The tragedy of the church today is that so many pilgrims on the Christian way have let these keys become so rusty that they find them turning the locks of adversity only with great difficulty. Yet Satan has fashioned no lock or erected no barrier that will not yield to the key God puts into the faltering hand of faith.

WHAT'S IN THE NEWS?

To prevent blood from flowing the wrong way between the upper chambers of the heart, a plastic button is sewed inside the heart to plug a dangerous hole in the septum, the wall between the upper chambers of the heart.

The World Health Organization of the United Nations has developed a cable code for transmitting news about epidemics throughout the world. Known as CODEPID, this code is bilingual and can be decoded quickly in either English or French. There are 135 epidemic diseases listed. The code's purpose is to speed the transmission of official information on world epidemics and diseases.

Some 1,200 persons were recently tested by psychologists to determine whether they have grown more gifted or intelligent since they had taken similar tests in 1922. An astonishing fact was discovered: Gifted persons become "smarter" as they grow older.

A "water shoe" recently patented by Ludwig A. Geiger, of New York City, may make it possible for people to walk on the surface of the water. One of the style resembles a deep, rectangular dish that has inflatable walls, according to "Science News Letter." Air is trapped inside the inverted dish as each step is taken. This air, along with the air in the inflated walls, buoys up the wearer.

A micro-balance capable of weighing one three-billionth of an ounce has been made.

The petroleum industry is using small rubber balls now in helping to pump oil from the depths of the earth. The balls are propelled down one pipe by natural gas in such a way that they will force a load of oil up another pipe. The gas is re-captured at the end of the ball's round trip and used over and over again.

It is a well-known fact that old people rapidly decline when they lose contact with the younger generation. To find a solution to this problem of mental isolation due to old age, social workers in Vienna, Austria, are creating "artificial grandparents" by giving old folks someone to belong to outside the family. According to Dr. Hans Hoff, prominent Vienna psychiatrist, when older people are given a chance to mingle with children, they soon forget the years separating the scooter from the armchair.

Arteries taken from calves and a pig and transplanted some three years ago to human beings who needed "replacements" are functioning normally, and the unusual operation by which this was done is now judged successful. In some way the method used seemed to change the arteries chemically so that they could be tolerated in the body of a human being or another animal. Normally, foreign tissue introduced into the body is not tolerated. The arteries were quick-frozen and dried under a vacuum, according to the Associated Press. Then they were sterilized by ethylene oxide, used to sterilize spices and drugs. The dried arteries were kept in sealed containers in a vacuum at room temperature, ready for use after being soaked in water. Actually, the animal arteries are now alive; the human body simply used them as a scaffold, replacing the artery tissue with new tissue of its own. But the all-important elastic tissue of the animal artery has been kept intact.

A powerful magnet less than a 16th of an inch in diameter is being used by surgeons to remove steel slivers or objects like carpet tacks from air passages or stomachs. Its use is simple and often saves a serious operation.

SHORT CUT to EXTINCTION

ALBERT E. HRIST, Jr., M.D.

THE chances are ten to one that you have several dangerous poisons around your house. The chances are about equally good that the poisons are not labelled with skull and crossbones, and that they are within easy reach of even the youngest member of your family.

Recently a nine-year-old boy was brought to the contagious-disease ward of a large hospital with the diagnosis poliomyelitis. He was in a critical condition, breathed very slowly, and his skin was ashen gray. The correct diagnosis was not suspected until blood from one of his veins was found to be chocolate brown instead of bluish in colour. The doctor's suspicion was confirmed when the boy vomited some yellow waxy material—crayons!

Crayons of a yellow or orange colour have been the usual offenders in poisonings, for they contain aniline dyes. But other shades of crayons may also contain them. Certain of these dyes are known to cause a change of the normal blood colouring into a form incapable of

carrying oxygen. A large amount of this abnormal colouring in the blood explained the abnormal skin and blood of this boy. Fortunately for the boy, a highly effective treatment was available, and it brought improvement in a few minutes' time.

A similar type of poisoning has occurred in infants from the use of marking ink for diapers, from swallowing shoe polish, and from drinking well water containing nitrates. The water was used in preparing the baby's formula, and the nitrates were the result of contamination by human excreta.

Tragedy stalked the path of the twenty-four-year-old man who sponged off his dinner jacket with cleaning fluid. He used about a half pint, and made the mistake of working in a closed room. Shortly afterward he developed headache, nausea, and vomiting. Two days later he was taken to the hospital because his kidneys had failed. He succumbed to carbon tetrachloride poisoning in spite of the best efforts of a team of physicians to save him.

He didn't realize that carbon tetrachloride is absorbed as effectively by breathing as by swallowing the drug. Poison experts tell us that less than a single teaspoonful of carbon "tet" may be fatal.

Especially dangerous are the fumes from a fire being put out with one of the small hand-operated extinguishers. In the flames the drug is vaporized, and may be converted to an even more dangerous poison by heat. This poison is the extremely poisonous gas used in warfare during World War I.

Serious also have been the consequences of mistaking a colourless solution of boric acid for water. Infants with boric acid in their formula have developed vomiting, diarrhoea, convulsions, and a redness of the skin that gives them a "boiled lobster" appearance. Poisoning symptoms have also occurred from the use of boric acid on extensive skin diseases. Such incidents have led to the banishing of boric acid solutions from the



Take special precautions to make sure you do not have poisons in reach of your children. It is a life or death matter.

shelves of many hospital nurseries.

Even closets or drawers may conceal death-dealing potions. Young children have frequently been attracted by the glistening white mouth-sized moth balls they find scattered among the clothing. Sucking moth balls, which contain the poisonous naphthalene, has given rise to a serious rapid destruction of the circulating red blood cells of the body.

Tablets that parents take because of doctor's orders must not be left on a table or near the bedside where inquisitive little eyes and fingers may reach them. Attracted by the pretty colour or the sugar coating of the tablets, a child may swallow a great many before he is discovered. Because the tablets are often coated to resist immediate digestion, the symptoms of poisoning may be delayed. Particularly dangerous are the iron tablets so frequently prescribed for anæmia. It doesn't take a large number of these tablets to produce a severe inflammation of the digestive tract that under some circumstances may prove fatal.

Because of their small size children are particularly susceptible to the toxic action of drugs, including sedatives such as barbiturates. Even the common aspirin tablet when consumed in large numbers has given rise to an acid intoxication that caused violent illness and eventual death.

Take extreme care to keep such solvents as kerosene, gasoline, and turpentine out of children's reach. Carefully label containers of these liquids for the sake of adults. In occasional accidents such liquids have been swallowed under the mistaken belief that the container was filled with water. Swallowed kerosene or gasoline is likely to produce a serious chemical pneumonia. Turpentine is particularly irritating to the kidneys.

Fluorescent light bulbs make unusual playthings because of their



Lock up your medicine cupboard so that your child can never have an opportunity of exploring the contents of those fascinating phials and jars.

long cylindrical shape, but they are more dangerous than incandescent bulbs. Cuts from broken fluorescent bulbs have resulted in wounds that refuse to heal. Surgical removal of the affected tissue may be necessary to cure this condition.

Lead poisoning, once so prevalent, has become relatively rare. Long ago manufacturers discontinued the use of lead in paints for children's toys and cribs. It is particularly important to avoid lead poisoning in infancy, because mental retardation frequently follows. Adults and children must be

aware of the danger of handling leaded gasoline, since tetraethyl lead can be absorbed through the skin.

Not all the dangerous poisons around the home come in bottles or cans. You may have a poison hazard in your garage or cellar behind a pile of newspapers or under a box.

Modern chemistry has contributed very much to our comfort, but it has added many hazards. Only by a knowledge of the dangers involved can you protect your family against this threat.

THE STAFF of LIFE

Whole-Wheat Bread

not MEAT

D. H. KRESS, M.D.

HALF a century ago in Western countries bread was regarded as "the staff of life." It was the chief article of food, and was always found on our tables. Children were especially encouraged to eat bread freely.

To make a good loaf of bread was regarded as an accomplishment. Young women were not considered eligible for marriage, or capable of assuming the responsibilities of the home, until they were able to produce a good, wholesome loaf of bread. One of the chief aims of mothers in those days was to teach their daughters the art of bread-making.

Bread was then made out of the whole-wheat flour. Farmers carried their wheat in bags to the country mill on Saturday evening, and frequently waited at the little shop around the corner until the wheat was crushed between the two revolving stones. Then, the identical product was placed in the bag, and was taken home to be used in producing the loaf upon which the entire family largely depended for sustenance.

Aside from milk and eggs, whole-wheat bread may be said to be the most perfect and complete food. It possesses practically all the essential elements of nutrition. The Profit Control Division,

General Mills, Inc., wrote a letter to the leading American authority, Dr. E. V. McCollum, of Johns Hopkins University, to obtain his opinion in regard to bread as a complete food. Here is his reply:

"You ask me for a statement of views concerning the place of

and Health, and therefore represent the ideals which I have emphasized for many years in my lectures and writings. An adequate diet must provide protein of high biological value, the eleven essential mineral elements, vitamins, and the fatty acids, linoleic acids, together with an abundance of energy. Bread, in my opinion, should form the principal source of energy in the diet.

"In my opinion the diet should consist of about 40 per cent wheat flour, 20 per cent of dairy products, daily servings of leafy vegetables, and an adequate supply of fruits. We are at present eating too much sugar, which crowds out foods from the daily menu which, if eaten, would be better for us. In the system recommended above, with sixty per cent of the calories of the diet provided by bread and dairy products, there is ample room for satisfying the appetite in the remaining forty per cent by fruits and vegetables of all kinds, and a small increment of other cereals. This system will comply well with the agricultural resources of the nation. Bread should be regarded as an energy food. I trust that the above will give you a satisfactory conception of my views. Sincerely yours, E. V. McCollum."

Major-General Sir Robert Mc-

The Staff of Life



is Whole-Wheat Bread

bread in the diet, in the light of modern nutritional investigation. I am glad to comply. The statements which follow are merely the high points brought out in my popular book *Foods, Nutrition,*



not Meat

carrison, says: "The correction of food faults lies first in *their computation*, and therefore in the *construction* of a diet so balanced and complete as to satisfy all physiological needs. *Fortunately, the layman need not concern himself with such computations. . . . It suffices for him to know that in whole cereal grains, milk products, eggs, and fresh vegetables he has foods that, when used in adequate quantities, will maintain the structural integrity and functional efficiency of his body.*"

Dr. Kahn, of Israel Hospital, of New York City, felt that some changes ought to be made in the

food served to the patients in that hospital. To make sure, however, that the experiment of excluding meat from their bill-of-fare could be safely undertaken, he addressed a communication to some of the leading authorities on nutrition, in which he propounded the question: "Is it possible to prepare a well-balanced meatless diet, which would also contain the vitamins and salts necessary to nutrition?" Several replies were received.

Professor Russell H. Chittenden, of Yale University, wrote: "In reply to your letter of June 9th, I beg to state that in my opinion it is quite possible and indeed, a

desirable thing for many reasons to establish a lacto-vegetarian diet in the wards of your hospital. There is no question in my mind that such a diet can be made nutritious and healthful. I suppose you can supplement it with eggs, if necessary; but with vegetables of all kinds, with milk, bread, and butter, you have at your command all the necessary resources for a nutritious diet."

Dr. Graham Lusk, of Cornell University Medical College, replied: "I believe that the lacto-vegetarian diet could be established in any hospital without detriment to the health of the patients."

The paragraph of Dr. E. V. McCollum, of Johns Hopkins University, already referred to, likewise declared: "I have not the slightest hesitation in saying that a vegetarian diet, supplemented with fairly liberal amounts of milk, is the most satisfactory type of diet that man can take."

He further said: "All the evidence from both animal experimentation and human experience supports, in a manner which can never be broken down, the viewpoint that *meat is not necessary in the human diet*. It also supports the conclusion that the best type of diet is a lacto-vegetarian diet. *I am convinced that anyone who eats the average amount of meat consumed in this country will improve rather than suffer by cutting it all out of his diet.*"

After receiving these replies, the board of the Beth Israel Hospital felt free to adopt the following resolutions:

"Whereas, such a diet has all the advantages and none of the disadvantages, of a meat diet, and whereas, from intensive study, and by correspondence with the leading authorities on nutrition in America, the committee has been convinced of the desirability of a meatless diet; therefore it is the decision of the committee that such a diet is scientifically correct."



M. J. Vyrawalla

The staple diet of a large section of the people of our land is the chappati which is equivalent in its nourishment and food value to whole-wheat bread.

ENEMIES OF A HAPPY HOME

THE restoration and uplifting of society begins in the home. The heart of the community, the church, and the nation is the home. Therefore, the success and prosperity of the nation depends upon the proper conduct of the household. No nation ever rose higher than the ideals held by the home-builders. It was God Himself, who at the dawn of creation, instituted the idea of a home. A man and woman, formed in the image of God, were united in founding this family circle, for men and women—not angels—were to be the parents of the human race. The family tie is the closest, the most tender, and sacred of any on earth. It was designed to be a blessing to all mankind.

ENEMY NUMBER ONE

After man sinned, disease and finally death became the lot of the once happy pair. So one of the greatest enemies of complete happiness in the home today is physical and mental illness. How few persons past the age of forty years are really physically sound! Disease may steal silently in like a thief, sounding no note of alarm, when the whole body is "suddenly" discovered to have fallen a prey to some microscopic germ. Often a short temper or a sharp tongue has its basis, not in a bad disposition, but in an inward ailment such as goitre or high blood pressure. Even cancer may develop into a very severe condition without any pain or outward symptoms. The yearly physical exami-

nation is the only way to be sure one is not harbouring some hidden disease.

With the wonderful progress in our modern practice of medicine, most diseases are curable if discovered early. Think of the death-toll formerly taken by diphtheria, pneumonia, and streptococcus infections. Today they have lost their tragic fear. We have some weapons which have fought and conquered them—streptomycin, penicillin, aureomycin, and the sulfa drugs are marvellous medications. The brilliant discoveries in medical science are in harmony with Divine prophecy. Looking down to our day, the prophet says, "At the time of the end knowledge shall be increased and many shall run to and fro." Daniel 12:4.

ALCOHOL

The greatest social problem facing mankind today is man himself. If he is to save civilization in its downward path, or create a better world in which to live, he must begin with the restoration of the real man within himself.

At creation, man reflected the Divine image, but he "has sought out many inventions." One of these discoveries was the ability to turn the luscious juice of the grape into wine. This discovery has opened the flood-gates of disease, poverty, and death upon the human race, plunging them down into a life oftentimes below the brute creation. We have heard "the hand that rocks the cradle rules the world." Today the cradle

is left to rock itself, while the mother's hand is lifted in the social glass.

The world was infuriated at the cruelty of those who planted opium seed in the fields of conquered countries to keep them in submission through the opium habit, but the liquor dealer is worse yet. His drink is presented in a sparkling glass, easily obtained, appealing to the eye, pleasing to the taste, but never labelled a narcotic poison which it truly is.

Picture a moonlight scene with tropical palms, soft music playing and a couple of young people talking in the moonlight. A deadly snake lies coiled ready to strike. Does the beautiful setting make the snake venom any the less poisonous? So is alcohol. Wherever it goes it is just what God's Word says it is—"Wine is a mocker." It is a deceiver, makes a man feel rich when he is poverty-stricken, strong when he is weak, and warm when he is freezing to death.

PHYSICAL EFFECTS

Let us take a close-up view of King Alcohol and see how he works upon the human body. The definition of alcohol is a volatile, colourless, intoxicating liquid. It is classed as a poison in our medical books, along with morphine and strychnine.

How careful the pure food and drug laws are to see that our food is free from the least adulteration, and that drinking water is free from contamination! The law demands that the "skull and crossbones" with the word

"poison" be written on the medicine bottle, but not so with alcohol. It can go absolutely free to its destructive brain-maddening work. Alcohol was formerly thought to be an excitant, due to the appearance of its noisy babbling victim, but in reality it is a narcotic depressant. In fact, it is a first cousin to ether—the great sleep producer. The first general anæsthetic on record was in 1839 when alcohol was given to a Negro boy to perform a surgical operation. Everyone knows alcohol is a habit-forming drug, requiring larger and more frequent amounts to satisfy. The drinker is powerless then to stop the habit without some superhuman help. Alcohol kills everything that grows and preserves everything that is dead.

We hear so much about heart trouble today—a number one killer, and it truly is, but what causes the heart failure? If all the victims of alcohol would drop dead at the saloon bar, then might we have some conception of the colossal toll it takes upon human life. Instead it kills slowly, and the death certificate may read: Mr. Krishnamurthy, aged 54, died at his desk today following a stroke of apoplexy. Attorney Subbarao, aged 58, died today at the General Hospital from cirrhosis of the liver.

In discussing the effects of alcohol upon the body, we are not dealing with some inert substance like sawdust, but vitally alive, living cells. Each organ is made up of millions of tiny microscopic cells; each one intricately placed like beautiful mosaics set in a building. The brain has such cells. If you wish to see the effect of alcohol upon the protoplasm of these delicate cells, pour a few drops of a popular brand over egg white. It becomes hardened, literally cooked in a very few seconds.



All functions of the body are under the control of the nervous system. The brain is the great central control organ. Under it are the thousands of nerves which operate the muscles of the body. It also controls the mechanical actions such as breathing, heart beat, and digestion. Alcohol strikes first at the control room, the brain, causing confusion and lessened efficiency in every other organ. Its narcotic effect acts like an anæsthetic on the higher mental powers of judgment and self-control. In fact, that first drink is often taken as a booster to give power to do that dare-devil deed, when better judgment says, "No, don't do it." The brakes are off and there are no inhibitions: (1) Reason and self-control are depressed; (2) Judgment is impaired and decisions are not trustworthy; (3) Will power is weakened; and (4) Courage is turned into recklessness. These altered mental conditions turn man into a most dangerous animal. With the brakes off, the controls knocked out, his blundering efforts are doomed to disaster.

EFFECTS UPON THE SPECIAL SENSES

Careful tests show that more than fifty per cent of the accidents and deaths upon highways are due to alcoholism. The drunkard is not so dangerous as the drinking driver who *thinks* he is right. Accidents are easily understood when one sees what havoc alcohol plays with our special senses. Seeing, hearing, feeling and smelling, all send less information to the brain, the transmitters do not report accurately; hence there is confusion in performing duty. Vision is shortened and blurred. The drinker sees less, is near-sighted, colour blind, and confused. His hearing is dulled, normal sounds are faint and far away (note how an alcoholic always talks louder and in a high-pitched key), and muscle co-ordination is impaired (watch him try to follow the pavement; finer movements like writing and typing are impossible). Psychologically the alcoholic is mal-adjusted, has an unstable personality,

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Tuberculosis Today

ARTHUR C. MILLER, M.D.

With all the advances in modern treatment of tuberculosis, your doctor does not discard the old common-sense health stand-bys.

"I S THERE a pill that will cure tuberculosis, doctor?" This is an everyday question patients are asking their physicians. It is a question that physicians have been asking themselves and one another for a number of years.

Only seventy years ago Robert Koch, in Germany, discovered the germ that causes tuberculosis. This

tubercle bacillus, as the germ is called, has been the target of medical gunners ever since.

Most of us remember the horror and fear that was aroused at the mention of a relative or friend who was ill with tuberculosis, or consumption, as it was frequently called. The term *white plague* used to be a common name for tuberculosis.

Tuberculosis is still a serious disease, and if left untreated, it is just as deadly as formerly.

Now, is there anything new in the treatment of this disease? The answer is most emphatically, "Yes." Treatment has undergone revolutionary changes. Most of these changes have taken place so recently as to be included within the past decade.

Toward the end of World War II it had become apparent for the first time in history that most common infections caused by germs could be conquered by new medicines. The notable exception to this was tuberculosis. Not long after the advent of penicillin there came another new medicine—streptomycin. It is now well known that streptomycin has a definite action against the tubercle bacillus. However, after using streptomycin for a time, doctors saw a very disappointing turn of events. The tubercle bacilli in many patients developed a resistance to streptomycin after the patients had been receiving the new treatment for a few days or weeks. Thus in these cases the good effects were stopped before even a near cure was accomplished.

In 1947 another new medicine,

THE ORIENTAL WATCHMAN, APRIL 1954



Go to your doctor and have him give you a thorough examination if you detect any of the symptoms of early tuberculosis.

nicknamed PAS, was introduced for use in the treatment of tuberculosis. PAS has two important actions that give it value. First, when it is given to the patient along with streptomycin, it helps prevent the tubercle bacilli from becoming resistant to the streptomycin. In addition to this, PAS has a direct effect against the germ itself. The combination of streptomycin and PAS has saved untold hundreds of lives.

In the spring of 1952 an even newer medicine became available for controlled use. No doubt you read reports of this in such periodicals as *Life* and *Time*. This medicine is a close relative of vitamin B. We will refer to it with the abbreviation INAH. The first news releases regarding this preparation made it appear that a truly sensational medicine was ready to conquer tuberculosis. Further use of INAH has modified the sensationalism, but has also established the fact that it is another useful weapon in the fight against tuberculosis. The United States Public Health Service has made controlled studies to determine the best dosages and combinations of these new medicines.

Wonderful as these new medicines are, they should be considered only companion weapons to such time-honoured and proved measures as strict bed rest, adequate diet, pure air, and good accommodations. Besides all these procedures, it is frequently necessary for the attending physician to arrange for minor and sometimes major operations.

Until recently, all surgery for tuberculosis, called collapse measures, was rest to the diseased lung. The lung was partially collapsed either for a certain period or permanently, depending on the patient's requirements. More recently, however, in many patients the infected areas in the lung have responded so well to modern medical treatment that collapse



An X-ray of your chest and lungs would greatly assist in detecting tuberculosis and estimating the progress of the disease.

treatment has not been used. Instead, when the diseased portion of the lung had been reduced to as small an area as possible, it is removed surgically. Doctors reason that with this infected spot removed the patient is less likely to have further difficulty.

To me it has always been quite depressing to see a person with advanced tuberculosis admitted to a hospital. But to see the same patient later leave the hospital after proper treatment, feeling and looking well, is a great satisfaction. This is more the rule than the exception in the treatment of tuberculosis today. This change in the patient's condition has been accomplished through the use of yesterday's basic treatment as modified and advanced with today's helps.

As with all diseases, the earlier tuberculosis is discovered and treatment is started, the sooner and more certain is recovery. You no doubt have seen mobile X-ray units that advertise free chest X-rays for one and all. X-ray is the easiest way for you to learn whether you have any major lung diseases.

Some of the symptoms frequently noticed with tuberculosis are easy fatigue, weight loss, persistent cough, and night sweating. Should you notice any of these warning signals, see your doctor. He probably will order a chest X-ray for you.

You no longer need to think of tuberculosis as an incurable disease. The letters TB may represent "Too Bad," but they do not need to mean "Too Bad."

Do You Have to HATE?

Love is the antidote for the poison of hatred.

HAROLD J. HOXIE, M.D.

"I HATE you, I hate you!" screams four-year-old Tommy as he strikes angrily at his mother. If you have observed some children, you know they have this reaction frequently.

Hate and anger are emotions felt by everyone. "True," you admit righteously, "I hate evil, and injustice makes me angry." That is as it should be, but perhaps you never realized how universal these feelings of hate are.

Actually, everyone who has accomplished anything has had to deal with anger and hate. So long as there is ambition, pride, and selfishness, you feel the urge to hate. You may hate or feel angry when you are harmed or think you might be harmed. You will feel the same if something happens to belittle you or to keep you from getting what you want or even threatens to do so. You can feel hot anger and bitter hatred toward

favourite objects, persons you love, and even yourself.

All of us establish in our minds an ideal or a set of standards that we think represents us. This idea of ourselves is developed from the attitudes of parents and teachers and our own experiences. If you set this goal for yourself too high, or are too strict in living up to it, you are going to feel too much anger and hate. If others don't seem to appreciate that you are the fine person you consider yourself to be, you will resent their attitude. If you feel that you are not living up to your standard for yourself, you will be anxious and disgusted with yourself.

The emotion of hate shows itself in many forms and degrees of intensity. Our language has many words for them. A few of these expressions are *anger, resentment, malice, depression, disgust, antagonism, bitterness, pique, grudge, hostility, contempt, destructiveness, rebellion, aggression, and self-assertiveness*. The term with the broadest meaning is *anger*.

You recognize the effects of acute anger. Your muscles tighten, your jaw sets, your fists clench, and your head thrusts forward. Your skin gets pale, and your heart beats faster. Your blood pressure goes up, your digestion stops, more blood is supplied to brain and muscles, and sugar is made available from the supply in the liver as fuel for your muscles. All these adjustments im-



D. Sighamony

Do not give vent to that fit of temper. Learn to control every expression of hate that may arise in your heart. Instead endeavour to be patient and kind.

prove your efficiency in meeting threats to your physical welfare.

Under the control of intelligence anger is a useful thing, because it makes you a more effectual person. To hate wisely is the best mental and physical hygiene. It can protect you from harm.

Anger or hate may help you do something about a situation, and the feeling will remain until you take some action. Anger or hate can become chronic when there is no acceptable way of dealing with the cause. If you are a sensitive person, easily hurt, given to holding grudges and finding fault, you are suffering from chronic anger, of which you may not be aware.

If you harbour resentment and hate, you are the one most harmed, because your angry, hateful behaviour invites retaliation by others—there is nothing more natural than to try to get even. Even though you are able to conceal your feelings and others treat you decently, you will still punish yourself by depriving yourself of health, comfort, and peace of mind. These deprivations are the result of feelings of guilt, worry, self-recrimination, and bitter regret.

Depression is a term expressing a condition produced by these feelings. Common symptoms of depression are a feeling of fatigue and weakness, inability to sleep, lack of appetite, indigestion, constipation, numbness, dizziness, and headache.

An attitude that arouses much hate and anger usually also stirs up anxiety. All nervousness or nervous tension is the result of the feeling of anger or anxiety in one form or another. These emotions are involved in all situations where there is responsibility or competition. The two emotional states of anger and anxiety cause many illnesses and complicate other diseases that they do not cause.

There is the successful business man of humble origin who was recently divorced by his wife. The court costs and the settlement took



all he had saved, and the alimony was taking most of what he was earning. When he sought treatment for pains in his stomach, X-ray examination showed that he had an active peptic ulcer. He admitted to much resentment over what he felt was unfair desertion and exploitation by his former wife.

There is the young woman who fears that she has heart disease but whose main problems are sick headaches and flares of temper of which she is ashamed. Having been



adopted by a stern but kind and provident couple, she early had feelings of inferiority and of being rejected by them. She tried to be a good girl and thus be accepted by her foster parents, but things never seemed to work out as she hoped. She grew up to be a conscientious, neat, well-mannered person who hated herself for her failure to live up to her ideals of performance.

The number of people is legion in whom chronic anger and resentment have been leading causes of high blood pressure, chronic fatigue, ulcerative



colitis, spastic colon, muscular rheumatism, arthritis, stuttering, eczema, and asthma. Scarcely any tissue or organ of the body can escape the effects of chronic anger.

At first the body changes are simply functional disturbances; and if the cause is removed, the trouble is corrected. After the disturbance has been present a long time, structural changes occur, and we say organic disease is present.

Despite the fact that there are health-destroying, time-killing, unhappy aspects of anger and hate, there are also ways that you can make these emotions work for you instead of against you. You can take out your feelings in a way that will be useful. Use the heat of anger to drive you on to an extra spurt of physical work. Clean the house. Mow the lawn. Chop some wood.

You can lessen the unavoidable tension of competitive living in two ways. First, learn to relax, for short periods, frequently. Second, take up some non-competitive recreation requiring physical activity. Golf, hiking, swimming, tennis, are enjoyable. Since competitive exertion is both superfluous and harmful after you are twenty or thirty years of age, learn to play for fun.

As a parent you can do much to help your children establish habits in which hate plays a small part. To do this you must be able to handle these feelings yourself—example is the best teacher, you know—and must be tolerant and understanding toward the child. Anger, jealousy, hate, and fear are important in the feelings of a small child. You can help him if you realize that it is the fear and anger aroused by being little, dependent, and unable to do the things others do that drive the child to progress.

The first step in handling anger and hate in yourself is to recognize, understand, and accept them. When you can say without shame, "I am angry," and then go ahead

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WHY GERMS LOVE PEOPLE

WAYNE MCFARLAND, M.D.

MOST people do not begin to tire of being sick until they approach forty years of age. Until then it is taken for granted that the ordinary run of illnesses just come along, and we each get our share. In early childhood there are mumps and measles; later, burns, falls, and broken bones. During adolescence there may have been some vague bone and joint pains (which may have meant rheumatic fever). From twenty to thirty we have constitutions like iron. We could eat anything—and did; and get away with it—we thought. We stayed up until any hour, followed an irregular haphazard health programme—and nothing seemed to affect us.

Now, we wake up—even *before* forty perhaps—to the fact that the iron in our constitution is "rusty" here and there. We are not so sure about flaunting every law of health and coming out unscratched. Certain vague symptoms annoy us. We can't eat just everything as once we did.

This series is for people who are well and who want to stay like that. Of course, if you are sick it may help you to get well sooner.

Nature, given a chance, will make valiant attempts to compensate for the abuse she sustains, but violations of the laws of health prepare the tissue soil for disease. That's why germs like people. In fact some people are so solicitous of germs in the way they live, that germs just love them.

A Vital Element

One of the most vital elements in keeping us in health is oxygen.

It costs nothing in cash. Sometimes I wish it did. If it cost five pounds a gallon, then people would really want it. It would be in demand. As it is, the cost is some effort on our part, and to some people that is too high. We don't *want* to make the effort to get oxygen. How do we get it? The way to get oxygen is *to breathe*.

As an example of how important oxygen is to the cells of the body, let us consider the transportation system set up to carry this element to our body cells. We will consider first of all the *lungs* which have about 750,000,000 air sacs or cells through which the oxygen passes to get into the blood stream. If we could stretch these tiny air sacs from one pair of average lungs out onto a plane surface, they would cover an area of 455 square feet!

At any given second one quarter of the blood contained in the human body (the average individual carries about six quarts of blood) passes over the surface area of the lungs to give up the carbon dioxide gas that it is carrying. The blood then takes oxygen from the air we breathe for the return circuit back to the cells.

The cells which have the actual job of transporting this oxygen through the body are the red blood cells, of which there are about two hundred and fifty million for every *drop* of blood. So strenuous is the work performed by these cells that each cell lives only about thirty days. This means that twelve million cells must be produced every second of every day. All this to provide oxygen to the millions upon millions of cells throughout the human body!

It is a very interesting fact that the cells which are the most sensitive to a lack of oxygen are the cells of the brain. A good brain is something everyone needs. Without a good, clear brain and stable emotions, man has lost control of the very essence of life itself. So we start with the most wonderful organ of the body—the brain. Here is housed the capital of the body, the human mind.

Electrifying the System

Let's go a step farther! The brain is the electric dynamo of the body, if we may call it that. We can actually measure its electrical currents. Medical science can detect disturbances in the electrical flow of the brain and thereby locate brain tumours and scar tissue. Where does this electricity come from? How does the brain keep up its supply? One source is from the air we breathe. Pure oxygen breathed into our lungs and circulated in the blood stream is calculated to electrify the entire system.

Human experiments have shown what happens when the oxygen in the air we breathe is reduced. The higher centres of the brain are affected first. Reasoning, will-power, judgment, are impaired when oxygen is lacking.

Here is what Dr. Samson Wright has to say about what happens when the oxygen supplied to the body is reduced gradually: "The intellect and the senses become dulled without the person being subjectively aware of what has happened." He further states that the individual "may be extremely quarrelsome." Dr. Joseph



Running a home on my budget isn't easy. The way prices are today I have to count every anna.

Recently my husband offered to do the marketing for me. When he got back I was shocked. He'd bought a ten-pound tin of Dalda Vanaspati.

Here was I, pinching and scraping, buying loose fat. And my husband, the business man, goes out and buys Dalda Vanaspati. But he was right, as usual. This is what he taught me about cooking fats. . . .

Our big interest is our three children. Nothing matters more than their health. My husband explained how even the best and most costly fats can be adulterated when they're sold loose, and, besides that, dirty hands and flies can cause all kinds of contamination.

"There's only one way to be sure," my husband told me, "buy your cooking fat in a sealed tin. Germs can't get in." When I asked him why he chose Dalda Vanaspati, my husband had the answer to that too.

The people who make Dalda have been

making it for over twenty years. Everything that is used in the making of Dalda Vanaspati must be the very best. Everything is tested and if anything is not up to standard, out it goes. Dalda Vanaspati now contains vitamins A and D, and is available in airtight sealed tins of 10 lb., 5 lb., 2 lb. and 1 lb. It always



reaches you pure and fresh and is good for *all* your cooking. As my husband put it, rather bluntly, "You can't take risks with what goes into your stomach."

It's only Dalda Vanaspati in my home from now on — that should go for you too!

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Bancroft of Cambridge University made these observations of an individual's mental attitude when the amount of oxygen to the brain is not sufficient: "A tendency to impatience and irritability." The last authority we mention is Dr.

John S. Haldane of Oxford University. He discovered that a man's judgment and memory were impaired when the oxygen fed to the brain was not sufficient, so that even ordinary questions were answered very stupidly. Further-

more, the individual at that time was most confident that he was in full possession of all his faculties.

In other words you cannot have a smooth running nervous system, in fact you cannot have a good

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Making Motherhood Safe

ELIZABETH LARSON, M.D.

IT WAS a beautiful afternoon when Mrs. Smith entered her doctor's surgery with an air of delightful anticipation. "Doctor," she said, "Jim and I are planning to have a baby, and we would like a boy. Is there anything I can do, any treatment I can take, or any special diet I can follow so that this baby will be a boy?"

"No, Mrs. Smith, that cannot be done. It is determined at conception whether the baby is to be a girl or boy, but we can do much to help your baby get a good start in life and to make motherhood safe for you."

"How is that accomplished?"

"First," said Dr. Jones, "I want

to know all about your health, now and during your childhood. Have you been healthy, or have you had some diseases that have weakened you? I am particularly interested in whether you have had tuberculosis, chorea, growing pains, frequent sore throat, rickets, scarlet fever, diphtheria, heart trouble, syphilis, or any kidney disturbances."

"No, I have had only mumps, whooping cough, and measles. Why, is it so important to know all this?"

"You see, Mrs. Smith, many of the diseases I have mentioned leave your body, or certain of its organs, in a weakened condition.

This may not be manifested until you become pregnant. Pregnancy is an additional load on the system, and if your kidneys, for instance, have been weakened by scarlet fever, they may not be able to carry off the waste substances of both your system and the baby's during the pregnancy."

"I understand, doctor."

"Have you had any operations, or have you ever been in an accident in which your pelvic bones might have been fractured?"

"I have had my tonsils out," answered Mrs. Smith, "but I have never been in any accident."

"Do you smoke, or use any liquor, and how much coffee do you drink?"

"I smoke half a packet a day and take an occasional cocktail when we go out. I do not drink coffee."

"I would also like to know if you have been nauseated, and if you have regular bowel habits. Do you have any headaches? Do you sleep well?"

"Oh, I'm very constipated. Otherwise I feel just fine."

"Now I shall examine you; then I will tell you about your diet and other things which you will want to know."

At this time Mrs. Smith had a physical examination, with special emphasis on her heart, lungs, and pelvic organs, including the measurement of her pelvic bones. Laboratory tests were made for anemia and syphilis. Her urine was examined for any kidney complications or diabetes.

The examination completed,



W. H. O.

In all parts of our country maternity clinics have been established which help to safeguard the health of mothers and children and thus preserve the life capital of the nation.

Mrs. Smith was very anxious to learn more about her prospective motherhood, and asked, "Do you think I can have the baby normally, or will it be a Cæsarean section?"

Dr. Jones calmed her fears when he said, "At our hospital only about four out of every hundred mothers have Cæsarean section. You have a normal pelvis, and I do not expect that you will need a Cæsarean section, unless you have an unusually large baby, or some complications not now existing develop."

"Is there any danger, doctor, of having an abnormal baby?"

"The risk of having an abnormal baby is very small. Most babies are normal."

"But, doctor, what about my diet?"

Dr. Jones answered by saying, "If you are accustomed to eating nutritious and easily digestible food in properly balanced proportions, no change in your dietary routine should be necessary. As you know, our food must include, fats, carbohydrates, water, minerals, and vitamins. Adequate proteins can be found in cereals, eggs, milk products and there is some protein in vegetables. Proteins are tissue building and also very important during lactation. Carbohydrates are found in starches and sugars, and are a source of energy. In the early months they seem to lessen nausea and vomiting, but in the later months they must not be taken too freely, because we must avoid too much increase in weight. A certain amount of fats is necessary, as fats carry some of the essential vitamins.

"Many women, however," continued Dr. Jones, "do not eat properly, and many take an excess of food. Weight gains above the usual twenty or twenty-five pounds are common, and in these overweight women the tendency toward illness such as toxæmia and difficult labour is increased.

Careful attention to the health of the expectant mother throughout the months of pregnancy is the only way to assure the good health of the offspring.



"On the other hand, restriction of the diet to the point of depletion leads to deficiency diseases in the mother. The most common of these is anæmia.

"Most people do not drink enough water. It is desirable that you drink three glasses of water a day, besides the milk and liquids in your food. This rule may be altered in some cases in which the blood pressure becomes high and fluids may have to be restricted. In some conditions the mother may have to be on a special diet, with restriction of water and salt intake.

"It takes a great deal of minerals for the formation of the baby's bones. Therefore, you will need to increase your calcium intake during the pregnancy. Milk contains a liberal amount of calcium. For this reason you should drink a quart of milk a day and, in addition, some calcium tablets will be prescribed for you.

"Most women develop anæmia during pregnancy, but this can be combated by taking foods rich in iron and also iron tablets. Foods that are rich in iron are raisins, apricots, and fresh greens. Vitamins that are necessary you will get partially from your diet and partially from vitamin tablets which I am prescribing for you."

"Do I have to wear any special type of clothing, doctor?"

"Yes, it is important to wear the right kind of clothing. There should be no constricting bands around the waist or legs, and the clothing should hang from the shoulders. High-heeled shoes should not be worn for everyday use. A well-fitted maternity corset supports the abdominal wall, the spinal column, and the pelvic girdle. It also relieves back-aches, and feelings of weight are reduced."

It was with a rather anxious tone in her voice that Mrs. Smith

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Lux Toilet Soap has
such a creamy fragrant
lather" says *Nigar*



"I find that pure, white Lux Toilet Soap makes a wonderful difference to my skin," says Nigar. "Its active deep-cleansing lather keeps my skin silk-soft and lovely all day and gives my complexion a radiant freshness."

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asked, "Is the saying of grandmother's day true, 'a tooth for each baby'?" for she was justly proud of her good teeth and disliked losing even one.

"No," assured Dr. Jones, "this is not necessary to-day, with proper diet and good dental care.

In examining your teeth, I did not notice any defect, but you should go to your dentist soon for careful inspection of your teeth, for dental caries is common during pregnancy."

"Doctor, how can I correct my constipation?"

"Constipation is common during the first months of pregnancy. Although it is very important to correct faulty elimination, as it may predispose to complications later on in pregnancy, this should be accomplished by natural methods whenever possible. Per-

haps your diet has been lacking in sufficient amounts of fruits, vegetables, and fresh salads. Mild cathartics may be necessary at times. These, however, should be avoided if possible, as they do not correct the cause of the condition."

"May I do my housework?" queried Mrs. Smith.

"Yes, light housework is beneficial, and walking is a safe form of exercise if not carried to the point of fatigue. But during pregnancy any work or exercise carried to excess is harmful.

"You should have eight hours of sound sleep each night. You should also have a rest period of about an hour around noon each day," continued Dr. Jones.

"You mentioned, Mrs. Smith, that you smoke a bit. Could you stop smoking? I believe that cigarettes and liquor are detrimental to the mother and baby.

"Contentment is essential to your well-being. Worry and emotional disturbances have proved detrimental to the prospective mother.

"You know, Mrs. Smith, there is something remarkable about this whole thing, and it is found in the Book of books. I often call my patients' attention to it.

"King David must have realized how important the human being is even before he is born, for he wrote in Psalm 139:16, 'In Thy book all my members were written ["what days they should be fashioned," margin]... when as yet there was none of them.' That is a startling statement. Does God know of us before we are born, and what days we should be fashioned? If we are so valuable to Him we must care well for ourselves and for our children, both before they are born and after.

"This is illustrated again when we read the instruction given Manoah's wife in Judges 13. She was admonished not to drink wine or strong drink and not to eat any unclean thing while carrying the baby. The child born was

Samson, a great and mighty man.

"Now a few last-minute instructions. Because of the changes that occur throughout the pregnancy, it is advisable to return every four weeks, to the eighth month and after that every two weeks, at which times your blood pressure will be checked, your urine examined, and your weight recorded. If, in the meantime, you should have any bleeding, swelling of your ankles, persistent headaches, or any other complications, contact me at once."

DO YOU HAVE TO HATE?

(Continued from p. 15)

and do something constructive with the emotional energy, you have begun to win in the game of life.

If your problem is a hot temper, first of all train yourself to control your impulse to retaliate long enough to consider and try to understand the other person's motives. A situation that you understand is less threatening and arouses less anger than a situation that you don't understand. A good way to gain time for consideration is to repeat ten times the first ten words of the Lord's prayer, "Our Father which art in heaven, hallowed by Thy name."

If someone offends you, talk to him about it. The offence may well have been unintentional. If you can't talk to him, instead of brooding about the slight, "blow off steam" by pouring out your grievance to a trusted friend. Then forget it. Don't tell it around until the matter grows, and you are reproached by the community and your own conscience.

Base your philosophy of life on a willingness to live and let live, or, in other words, "Love thy neighbour as thyself." If you will admit that others are as worthy of success and advancement as you are, you will not waste your time and burn yourself out feeling sorry for yourself.

If you are really serious about ridding yourself of hate and a too easily aroused anger, you must learn to forgive and express good will. The difficulty in forgiving is expressed in the saying, "To err is human, to forgive, divine." Christ told us to forgive "seventy times seven" if necessary. Don't put it off. Start forgiving now. Repeat the Lord's prayer, inserting the name of your offender, "Forgive me my trespasses as I forgive"

Speak kindly to others about the person toward whom you feel hate. Practise praying for him, asking specific blessings for him, especially regarding things that have irritated you the most. Write him a brief letter expressing your forgiveness and your good will toward him.

Love is the antidote for the poison of hate. When our instinct to be "up and doing" is motivated by too much pride and selfishness, we will hate too much. When that urge is trained to be helpful to others as well as ourselves, we have learned to love. "Love is patient and kind. Love knows neither envy nor jealousy. Love is not forward and self-assertive nor boastful and conceited. She does not behave unbecomingly, nor seek to aggrandize herself, nor blaze out in passionate anger, nor brood over wrongs. She finds no pleasure in injustice done to others, but joyfully sides with the truth. She knows how to be silent. She is full of trust, full of hope, full of patient endurance."

HOT APPLICATIONS

(Continued from p. 2)

cloth to keep in the heat. Tie or pin a binder over the compress to hold it in place. Be sure the patient's gown and bed-clothes are kept dry during and after the treatment.

You can obtain further information and practice of these skills by enrolling in a Red Cross home nursing course.

STRETCH for HEALTH

HELEN EDWARD, R.G.N.

EXERCISE is an essential to the attainment and maintenance of physical well-being as are eating and drinking. In our present-day civilization, however, many of us do not get enough physical exercise to keep us really fit.

With increased opportunities for ease—buses, trams, cars, and trains—much walking, one of the finest of exercises, is unnecessary as a means of getting from place to place. Such ease inclines to torpor both of mind and body.

We all know how necessary physical exercise is in body development. We know, too, that the use of a muscle increases its size. Note the muscles of a blacksmith in whose "brawny arms" they are "strong as iron bands." His chest, too, is well developed.

As general physical activity brings into play and develops many muscles connected with the proper functioning of the body, it can be understood that inactivity will tend to a lowering of health through the lack of proper development.

Blood Circulation Improved

In the exercise of any muscle more blood is sent to it to provide the chemicals essential to muscular action. Movement produces toxins and broken down cells, so that the

excretory organs are brought into action to dispose of these.

The more we exercise, the more toxins and debris have to be excreted. This is provided for by the speeded-up circulation of the blood which the exercise stimulates. The increased circulation hastens the rate of elimination through all the excretory channels, and particularly through the respiratory organs—the lungs.

Thus in exercise there is an increase in the blood circulated. This provides more nutrition to the



muscle exercised. There is also an increased intake of oxygen, and increased elimination of toxic matter and debris. The nervous system is also greatly benefitted.

The Spine and Posture

The relationship of the spine to the general body posture is most important. When rigid areas exist, the whole posture is thrown out of balance and other parts suffer undue strain. Immobility of parts of the spinal column leads to

restricted chest movements, to heavy, sagging abdominal organs, and it interferes with healthy body activity.

Moreover, when the spinal column is stiff and "set," the openings between each segment of the spine are lessened. It is through these openings that nerves pass to various organs and muscles. These are therefore more or less impinged upon, and the nervous energy to the organs depleted, with consequent lowering of health.

The Value of Stretching

For those whose occupations are mostly sedentary and who have little opportunity for much walking, stretching is one of the best exercises. After being in a cramped, contracted position for some time we naturally want to stretch. It gives such a delightful sense of relief. Just watch your cats or dogs, and note how they stretch after a period of inactivity. Man can get many health tips from the animal world!

Stretching and relaxing our muscles is more important than always contracting them and any movement which stretches and bends the body, particularly the

(Continued on p. 28)

WHY GERMS LOVE PEOPLE

(Continued from p. 17)

functioning brain, nor can you have full control of your emotions, unless you maintain high electrical energy of the brain cells by getting plenty of fresh air.

Let us remember that it is impossible to have the best of health or even to have good health and not take time to breathe deeply every day—many times a day.

What to Do

Every cell must have its share of oxygen. The human body is so

THE ORIENTAL WATCHMAN, APRIL 1954

made by a creative Providence that it can get what is needed if *only we take time to breathe properly*. So if you are tired of being sick, tired enough to learn some breathing skills to help you get well, then let's learn deep breathing.

Here in one, two, three, four order is what to do:

1. In the open air, or with windows open, stand with hands on your lower ribs.

2. Breathe in slowly through the nostrils, and be sure the *lower* ribs are being pushed out. Many people breathe without using the lower rib muscles to their fullest capacity. It will take practice to accomplish it.

3. At the end of breathing in (inspiration), after taking in all the air it seems possible, take in *another whiff*. Then take one more. As you take in the last whiff hook your fingers under your ribs and give them a tug outward.

4. Now with mouth open, let all the air out, and at the end of expiration push the lower ribs *in*. Grunt to get the last bit of air out. Do the above exercise three to five times—three times a day.

For variety you can breathe in rapidly and expel the air slowly, or breathe in very slowly and exhale rapidly. This will be an aid to singers and speakers in developing breath control. To add further variety to the deep breathing exercises, raise the arms slowly up over the head while breathing in. This will help to expand the rib cage.

You will sleep better, eat better, have better circulation, and think better! In short, you are starting on a programme to help you to a new way of living, to a better way of life.

Let's start right now. Let's make deep breathing a *must* in our daily living programme. Germs love people—but from now on you'll make it harder for them to keep up their former friendship.

THE ORIENTAL WATCHMAN, APRIL 1954

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KIDDIES' KORNER

ASHOK'S MISTAKE

C. L. PADDOCK

PREMA was an orphan, alone in the world, as far as relatives went. Her father and mother had died when she was just a small girl, and she had been passed around from one place to another. She was now in her teens, and had found a home and friends with an influential and wealthy family. Rather than use their real name, we will call this man and his wife, Mr. and Mrs. Sen. Prem did her work so well, and proved to be such a help and comfort in this home, that they came to count her as one of the family. Having no children of their own, they called her their daughter, and loved her as if she had been their very own.

Prema became the close friend of a bright, energetic, hard-working young man in the city, and after a time they decided to be married. Ashok Kumar was a contractor and builder, just beginning his life work. Being a contractor, Ashok had no doubt planned with Prema the beautiful home they would build for themselves.

Mr. and Mrs. Sen did not like to think of Prema leaving their home, but were happy to know she was to have a home of her own and would live near by. As they sat by the fireplace one evening they talked of what they might do to help the young people get a good start in life. The wife suggested that they have Ashok build a house for them. This would give him employment, and if people knew the young contractor was building a fine house for Mr. Sen, it would be a recommendation for

him. Others would then want him to build houses for them.

Ashok was called over to the Sen home, and Mr. Sen showed the young contractor the blue prints, and asked if he could build such a house for him. "The house must be exactly like the plans," he said, "and must be made of the very best material that can be bought on the market."

With pleasure and assurance the young man promised the elderly couple that he could build just the kind of house they wanted. As Mr. Sen handed him the blue prints, he said, "Now remember, Ashok, we have every confidence in you. We are trusting you to build the very best house that can be built."

So, the house was started. When putting in the foundation, the young contractor decided to use

some cheaper material and charge for the best. "No one will ever know the difference," he argued to himself, "and I will put the money saved in this way, into my own pocket." He thought the foundations would not be seen, so no one would be the wiser, and anyway, he needed the money. He followed this plan of deception all through the building, putting cheaper lumber into the sub-floors, into the walls, in fact in every place where he thought it would not be seen. When the house was finished, it really did look very well; and as far as Mr. Sen could see, it was just like the plans.

One evening Ashok took the keys to the owner. His work was done. The house was ready to be occupied. As he accepted the keys, Mr. Sen asked, "Are you sure you have used only the best material, and that you have followed the blue prints carefully? Have you built the best house you could possibly build?"

It was an embarrassing moment for Ashok. He was thinking of the cheap material he had used. A tinge of red crept into his face. He knew he had deceived the man who had been so kind to him, who had trusted him, and tried to



help him. But just the same, he answered, "Yes."

And then the young people had the surprise of their lives. "We have been wondering," Mr. Sen said, "what we might do to help you get a start, and have decided to give you this beautiful house for your very own. It is yours." And he handed them the deed and the keys.

How happy Prema was as they moved into this lovely new house! It was more beautiful and grand than she had even dreamed of having. But it was not long until the foundation began to settle, and the doors would not open and shut with ease. The plaster began to crack on the walls and ceilings. The windows did not work just right. Imperfections began to show up here and there. One day when a heavy rain-storm came, Ashok was sitting in his easy-chair in the living room, when the rain began to drip, drip, drip down onto the floor. He bowed his head and wept bitterly. When his wife inquired as to what was wrong and tried to comfort him, he said, "Prema, if I had known we were to live in this place, I would have built a better house."

We, too, are building, building characters. We shall be tempted to be careless in our building, to do slipshod work, to use poor materials. The difference between our work and that of the young contractor is, that he could profit by his mistake and from that time on build better houses. We build only once. When we come to the end of the way and look back, there will be no chance to build again.

If we use poor materials and are careless in our building, we shall some day look back and wonder why we did not do better. On the other hand, we may build a character which will meet the approval of both God and man.

THE STORY OF JOSEPH HAYDEN

EMMA F. BUSH

IN the year 1732, in a poor farmhouse where lived an Austrian peasant and his wife, a baby boy was born, who was to be known as "the father of modern music."

They were very poor, and little Joseph had to earn his living at an age when boys of these days are still at school and not even thinking about what they will be when they are grown men.

But, poor as his parents were, Joseph had one advantage that some of the great musicians before him did not have. His musical talents, which were discovered in early childhood, were encouraged by his father. He insisted on a severe training in music, and the young boy was taught his scales and scores, with many floggings when things went wrong. His voice was so good that he was a choir boy in the Vienna cathedral. He sang there until his voice broke, when on account of a boyish prank he was sent home, instead of being provided for until his voice recovered and set. One day in a fit of mischief he cut off the pigtail of a fellow singer, and the stern choirmaster never forgave him.

For a long time he endured many of the hardships that all great musicians seem to suffer, but he never allowed himself to be discouraged. He became a singing teacher's servant, working hard for his board and his instruction in singing. Later he played the violin in the streets.

All this time he was perfecting himself in composition, and finally he wrote a set of sonatas which took the fancy of a wealthy countess. She secured a number of pupils for him who paid well, and

from then on he had no trouble about earning money.

In 1761 he entered the service of the Esterházy, one of the richest Austrian families of the time. In those days each great family kept a band of its own, whose duty was to play the best compositions to entertain family members and guests. Hayden became leader of the Esterházy band. He had a good salary, a comfortable home, and a great deal of leisure in which he could work on his compositions.

In 1780 the orchestra was disbanded, and Hayden went to London on a visit. While there he wrote some of the symphonies which we still delight to hear. In all, he wrote about one hundred and fifty of them.

When in London he heard frequently the English national air, "God Save the King." He was much impressed with the idea of a nation's having a distinctive song of its own, and when he returned to his own home he wrote, "God Preserve the Emperor." This was afterward made into a hymn tune and may now be found in hymnals under the name, "Austria."

Hayden's compositions were bright and happy for the most part, and they are still played and known today. The leading orchestras of our country still play many of his symphonies.

In his old age he wrote the oratorio that ranks third in great oratorios, "The Creation," and it was while listening to a performance of it that he made his last appearance in public. When the chorus came to a certain part, and their voices rose in unison, Hayden cried out, "Not I, but a higher power from above created that." He collapsed and they carried him away from the place.

So passed one of the great persons who lived on earth to make our world better and perhaps give us a taste of the music of heaven.

VITAMIN C: Ques.—“Is synthetic vitamin C safe to use? I have been told it contains aspirin. Can one obtain all the necessary vitamins from foods?”

Ans.—Ascorbic acid, obtainable in tablets of various sizes, is vitamin C. It does not contain aspirin.

Vitamins for medical use contain only the natural vitamins. They perhaps are a little more expensive than some of the cheaper preparations advertised, but they are prepared by reputable companies and contain the genuine materials.

It is our opinion that a diet containing the proper variety of food will supply all the natural vitamins that one needs.

RHEUMATIC FEVER: Ques.—“A year ago my nine-year-old son had rheumatic fever. He recovered in three months with no apparent symptoms. A week later he complained of pain in his stomach and went into a nervous fit. The doctor found nothing wrong. He advised us to ignore the fear, and my son got a little better. About two weeks ago he took bronchitis, and with it that fear has returned. What can we do for our boy?”

Ans.—The problem with your little son is, of course, a nervous one. Rheumatic fever is very apt to leave a child rather nervous; in fact, some think that the nervous child is most likely to have rheumatic fever.

Your son needs to be treated as if he were entirely normal, and for his sake the atmosphere of the home must be kept free from anything like anxiety.

Be affectionate with him and give him every reason to think that he is very much loved. Be happy around him, for he is undoubtedly a very fine child. This type of person is very much worth while when he finally matures, and if you have the right constructive attitude toward him and in your home, I believe he will come out all right.

He probably should be having vitamin B complex with each meal.

INSANITY HEREDITARY? Ques.—“There is a history of insanity in my family, and since I am



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3. All questions must be addressed to The Doctor Says. Correspondence personally with the doctor is not available through this service.

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5. Questions sent in on Post Cards will not receive attention.

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to have a baby in a few months, I should like to know whether there is a definite possibility that my child will inherit this affliction.”

Ans.—I do not believe that you have any cause to worry. Medical thought is different about insanity inheritance from what it was some years back. Perhaps in cases of mental illness the cause has been in environment rather than in heredity.

Make up your mind not to let anxiety and uncertainty enter your thoughts. Cultivate a home atmosphere that will be happy and serene, and you need have little fear of insanity in your child.

MOUTH ULCERS: Ques.—“My husband gets ulcers of the mouth, mostly on the inside of his lips, and they get so sore that he can hardly eat. What should he put on them?”

Ans.—It may be of help to touch the ulcers with tincture of mercuric iodine or spirits of camphor. Often they are helped by generous portions of vitamins, either by using foods that are rich in vitamins, such as fruit and vegetables, or by taking concentrated vitamin pills and tablets.

Vitamin B in some instances seems to be most helpful in ailments of this kind, because perhaps some of these ulcers are the result of

irritated nerve endings in the membranes of the mouth.

DIARRHOEA: Ques.—“Is diarrhoea the same as dysentery? Is diarrhoea caused by a dangerous germ?”

Ans.—Diarrhoea is over-activity of bowel movement. It may be caused by irritated bowel tissue, irritating foods, marked nervousness, or certain germs or bacteria in the colon.

In dysentery we have a diarrhoeal condition due to the presence of certain known organisms, either amoeba or bacteria. Sometimes we find persons developing a diarrhoeal movement or involuntary movement, owing to changes in the intestinal walls, perhaps a narrowing because of a growth in the wall or outside the colon pressing upon it.

A patient having a persistent diarrhoea or involuntary movement should have a careful study of the intestinal tract made to determine whether there are any abnormal tissue changes.

Diarrhoea can usually be controlled by a diet of relatively low residue combined with suitable medication that will strengthen the muscles of the intestines. Sometimes a sedative for the nervous system may reduce the activity of the intestinal tract.

In some instances salt water enemas or even a plain basic enema may do much to lessen the irritable condition with the colon.

RAW SUGAR: Ques.—“Please tell me how raw sugar compares with white sugar, molasses, and honey.”

Ans.—Raw sugar contains more of the natural elements than refined white sugar. Although in principle the raw sugar is better, the small amount of sugar most people need can best be supplied in its most natural form, that is, in sweet fruits. Most people eat too much sweet of any kind.

DELAY IN TALKING: Ques.—“I have a friend who will be three years old next month and has not said any word but ‘mamma.’ He plays with other children and seems normal otherwise, but he does not try to (Continued on p. 27)

HOMEMAKERS' HELPS

RECIPES

Carrot Ring and Creamed Peas

1½ cups cooked, mashed carrots; **1 cup** soft bread crumbs; **2 well beaten eggs**; **½ cup** milk diluted with **½ cup** carrot juice; **1 teaspoonful** grated onion; **1 teaspoonful** salt; **¼ teaspoonful** paprika.

Mix the above ingredients thoroughly. Fold in stiffly beaten eggs. Turn into greased ring mold. Set in pan of hot water. Bake in moderate oven 350 degrees F. one hour or until knife inserted comes out clean. Turn out on platter and fill centre with creamed peas or other vegetable.

Nut Chops

1 cup walnut meats finely chopped; **1 cup** cracker crumbs; **1 cup** milk; **1 egg**; **1 teaspoonful** Vegex or Marmite; salt to taste.

Mix together, make into patties, putting a stick of macaroni through each patty. Brown in the frying pan or oven.

Foundation Gluten Recipe

8 cups bread flour, **2½ to 3 cups** water.

Mix flour and water as for bread. Knead into smooth loaf. Let stand under water ½ hour. Wash out starch by pulling dough apart in bowl under running water. Continue until water in bowl is almost clear. The remaining dark sticky mass is gluten. Form into a ball. Cover with waxed paper and set in refrigerator until needed for any gluten recipe.

Gluten Steaks

1 cup chopped celery; **1 large onion**; **1 tablespoonful** fat; **5 cups** water or potato water; **2 tablespoonful** Vegex or Marmite; **1/3 cup** tomato juice.

Prepare broth by braising chopped onion in fat. Add water or potato water, celery, Vegex or Marmite, tomato juice. Bring to boil, add gluten cut in ¼-inch slices. Cover and boil slowly ¾ to 1 hour. Drain.

Dip cutlets in beaten egg to which a little water and Vegex have been added. Roll in ground cracker or bread crumbs, and brown lightly on both sides in small amount of fat.

Gluten Cutlets

1½ cups ground gluten cooked in Vegex and onion broth as for gluten steaks; **¼ cup** braised celery; **¼ cup** braised onion; **1 beaten egg**; **¼ cup** concentrated tomato puree; **2 eggs** beaten and scrambled to golden brown and pressed through sieve; **¼ teaspoonful** sage; or to taste, **½ bay leaf**.

Mix above ingredients thoroughly, form into patties, croquettes, or drumsticks; roll in cracker crumbs and fry in skillet. Mushrooms may be added to this mixture if desired. Serves 6.

DESSERTS

Hygienic Fruit Cake

1 lb dates; **1 lb** walnuts; **4 eggs**; **½ cup** brown sugar; **½ cup** honey; juice of **½ lemon** (large); **½ cup** wheat germ; **½ cup** fine whole-wheat flour; pinch of salt.

Wash dates, and stone. Shell nuts. Cream honey and sugar with egg yolks. Add lemon and salt. Add flour and wheat germ. Mix thoroughly. Add nuts and dates. Fold in beaten whites. Bake in slow oven 45 minutes to 1 hour.

Refrigerator Pinwheel Cookies

1 cup shortening; **2 cups** brown sugar; **2 eggs**; **½ teaspoonful** salt; **4 cups** flour.

Filling: **½ cup** granulated sugar; **1 cup** water; **1 cup** ground walnuts; **2¼ cups** pitted dates.

Cook dates and sugar in water until a thick paste. Add nuts now or wait and sprinkle on top of date filling. Chill before spreading on dough. Cream butter and brown

sugar until light and fluffy. Add eggs, one at a time, and beat well. (Or you may beat eggs well together and add to creamed shortening.) Sift flour before measuring; add salt, and add to butter mixture. Chill, divide dough into equal parts, and roll each separately to less than ¼-inch thickness. Spread each piece with dates and nuts on top, and roll as for jelly roll. Chill overnight in ice-box. Cut with sharp knife into slices about ¼-inch thick. Place on greased cookie sheet. Bake in a preheated oven 400 degrees F. for 20 to 30 minutes until brown.

Lemon Pie

1½ cups water; **6 tablespoonfuls** cornstarch; **1½ cups** sugar; **½ teaspoonful** salt; **3 eggs** (separated); **1½ tablespoonfuls** butter; **2 lemons** (rind of one lemon).

Bring water to boiling point in top of double boiler used as a saucepan. Thoroughly mix cornstarch, sugar, and salt. Add to boiling water, stirring constantly to prevent lumping. Stir until thickened. Set over hot water, cover, and cook about 10 minutes. Stir a small amount of the mixture into the slightly beaten egg yolks, return to double boiler, and cook over hot water until yolks are coagulated (2 to 3 minutes). Stir constantly. Remove from fire. Add butter, lemon juice, and grated rind. Beat thoroughly. Cool, place in a baked pie-shell, cover with meringue made from the whites. Bake in a slow oven until delicately browned.

THE DOCTOR SAYS

(Continued from p. 26)

talk or repeat anything, not even a sound. He gets what he wants without talking. He is not deaf. What do you think of a case like that? Can something be done?"

Ans.—The delay in learning to talk is unusual; however, we have seen children who have not talked until they were three or four years old.

It is wise to ignore children when they ask for things by signs. Insist that they talk. If their hearing is good and no abnormal conditions can be found, they should be expected to talk, and must be trained, with the mother, so far as possible, making it necessary that they do so. If there is any question as to normal voice organs, see a capable physician.

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STRETCH FOR HEALTH

(Continued from p. 22)

spinal column, trunk, and abdomen will tend to develop muscle and benefit health.

Good Exercises

Here are a few good stretching exercises:

1. Stand with feet apart and stretch the arms well above the head as if to reach the ceiling, inhaling; then let them fall down completely limp, exhaling.

2. Stand with feet apart and bend the body as far back as

possible while inhaling, returning to original position while exhaling.

3. Stand with feet together, arms over head and bend the body down to touch the floor near the toes, keeping the knees unbent and exhaling. Return to original position, inhaling.

4. For side bending, stand with feet apart, arms hanging at the sides. Bend the body to the right, slipping the right arm well downward along the thigh, and bringing the left arm up bent with the hand into the left armpit. After returning to the original position, bend toward the left, bringing the left arm down and the right one up, breathing normally.

These exercises should be repeated from eight to twelve times at least, twice a day, out of doors or before an open window if possible.

ENEMIES OF A HAPPY HOME

(Continued from p. 11)

which makes him incapable of holding a job or contributing materially in the affairs of his city or government. Unfitted for service, his interests naturally turn to deeds of destruction. Crime and drink go hand in hand. For the end results of alcohol, visit the insane asylums, the penitentiary, the prison, and the poor-house. Listen to their story of heartache and desolation.

"Every year millions upon millions of gallons of intoxicating liquors are consumed. Millions upon millions of dollars are spent in buying wretchedness, poverty, disease, degradation, lust, crime, and death. For the sake of gain, the liquor-seller deals out to his victims that which corrupts and destroys mind and body. He entails on the drunkard's family poverty and wretchedness. When his victim is dead the rum-sellers' exactions do not cease. He robs the widow and brings the children

to beggary. He does not hesitate to take the very necessities of life from the destitute family to pay the drink-bill of the husband and father. The cries of all the suffering children, and tears of the agonized mother, serve only to exasperate him. He grows rich on the pittance of those whom he is leading to perdition."—*Ministry of Healing*, p. 338.

The drinking man is capable of a better life. God has endowed him with talents. These he must answer for. Where is the fellow brother who will lead him back to a better way? Surely this brother's blood will cry out before God for justice. What will you do in this crisis hour to stem the tide of modern drinking? No longer is the drunkard shown lying in the gutter, very dishevelled and obnoxious to look upon, but instead the liquor advertisers make a beautiful coloured picture which will appeal especially to women and youth. They make a picture of higher society and good clothes, then print the slogan, "Alcohol Belongs Here." Oh! the deception and strange infatuation. God's Word says, "Wine is a mocker."

If a dangerous beast, whose disposition is known to be vicious, is allowed to run at liberty and he attacks and kills a man, the owner of the beast must pay sometimes with his own life. In fact, the whole community would arise as one man and demand revenge. How silently we stand by while thousands of human victims fill drunkards' graves every year! Oh, awake! The honour of God, the well-being of the nation, of the home, and of the individual, demand that every possible effort be made in arousing the people to the evils of intemperance.

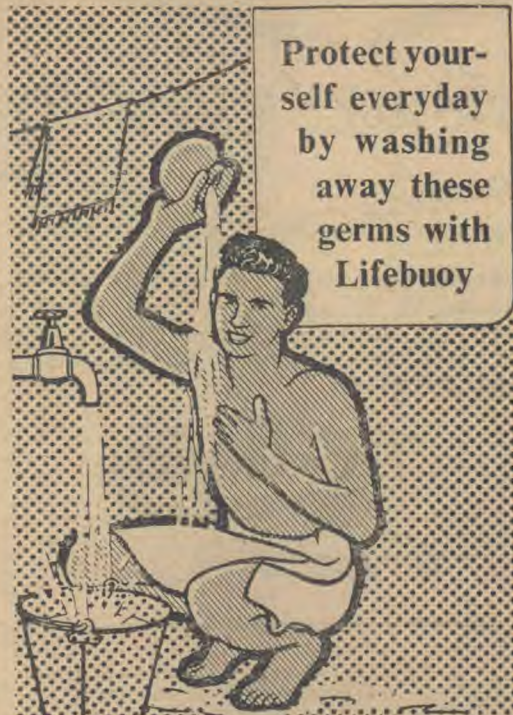
INTEMPERANCE

Intemperance not only destroys the health, but inflicts ruin upon the innocent and helpless, for it

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invades the family and social circle and spreads woe and sorrow all around; it cuts down youth in all its vigour, manhood in its strength, and age in its weakness; it breaks the father's heart,

bereaves the doting mother, extinguishes natural affection, erases conjugal love, blots out filial attachment, blights parental hope, and brings down mourning age in sorrow to the grave.

It produces weakness, not strength; sickness, not health; death, not life. It makes wives widow, children orphans, fathers friendless, and all at last beggars. It produces fever, feeds rheuma-

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tism, nurses the gout, welcomes epidemics, invites disease, imparts pestilence, embraces consumption, cherishes dyspepsia, and encourages apoplexy and paralyzes affections. It covers the land with idleness and poverty, disease and crime. It fills our jails, supplies our alms-houses, and furnishes subjects for our asylums. It engenders controversies, fosters quarrels, and cherishes riots. It condemns law and spurns order; it crowds the penitentiaries and furnishes the victim for the scaffold. It is the life-blood of the gambler, the food of the counterfeiter, the prop of the highway-man, and the support of the midnight incendiary and assassin, the friend and companion of the brothel.

It countenances the liar, respects the thief and esteems the blasphemer; it violates obligations, reverences fraud and honours

infamy; it defames benevolence, hates love, scorns virtue, and slanders innocence; it incites the father to butcher his innocent children, helps the husband to kill his wife. It burns man, consumes woman, detests life, curses God and despises heaven. It suborns witnesses, nurses perjury, defiles jury-box and strains the judicial bench. It bribes votes, corrupts elections, poisons institutions and endangers government; it degrades the citizen, lowers the legislator and dishonours the statesman. It brings shame, not honour—terror, not safety—despair, not hope—misery, not happiness—and then with the malevolence of a fiend it calmly surveys its frightful desolation and, insatiate with havoc, it poisons felicity, kills peace, ruins morals, blights confidence, slays reputation, and wipes out national honour; then curses

the world and laughs at the ruin it has inflicted upon the human race.

The most degraded and the most wretched of human beings is the man who has practised this vice so long that he curses it and clings to it, that he pursues it because he feels an evil spirit driving him toward it; but reaching it, knows that it will gnaw his heart and make him roll himself in the dust with anguish and despair and yet he says: "One more glass and I have done." Beware of the first drink. Just one drink is the beginning of the road that has led its thousands to ruin.

Temperance is a great virtue and let it be held in everlasting remembrance.

Printed and published by O. A. Skau at and for the Oriental Watchman Publishing House, Salisbury Park, Poona 1. 9,800—155-54.

"WORLD CALENDAR"

Means World Chaos

How the Proposed New Calendar Would Bring Endless Confusion to All Nations and Religions

ALVIN W. JOHNSON

THE significant difference between calendar changes of the past, and the proposed blank-day principle of calendation of the so-called "World Calendar," lies in the altered attitude toward the age-old seven-day week. Until now the unbroken continuity of the week has never been threatened.

The New York Times of December 16, 1934, in an article, "Continuity of the Week Held Vital to Us All," declares:

"Adoption of this new calendar would mean the breaking of the continuity of the week. Such a breach has been attempted in the past only during the wild outburst of the French Revolution and recently in the Soviet Union as part of an active campaign to annihilate every trace of religion. With these sole exceptions, and in spite of numerous reforms of the calendar, the continuity of the week has never been interrupted since the earliest Biblical times. And, indeed, any alteration of this kind means a death blow to the conception of the Bible and a distortion of the command of God for a day of rest sanctioned by Him, as contrasted to a man-made day of economic relaxation."

Proof of the continuity of the weekly cycle appears in the fact that no Jew has ever doubted which is the seventh day of the week. This has been true through all the centuries and in all countries of the world. Neither has any Christian ever been uncertain which is the first day of

the week, nor any Mohammedan which is the sixth day.

All Christians, both Protestant and Catholic, attach religious significance to one of the days of the week. Why then, to aid statisticians, should the world now adopt a blank-day system of calendation that would embarrass the churches?

One comes to wonder, in fact, whether calling a day "blank" can make it so. On such a day filling stations, fire departments, and police departments would operate. Crimes, accidents, and battles would occur. On blank days people would die and babies would be born. Events of life would flow on like a river, regardless of any tampering one might do with his calendar. For a hundred years railroads have operated every day of the year. Are advocates of blank-day calendars expecting them to halt on blank days? Do they anticipate discontinuance of telephone service? Will the corner drugstore be closed? And the petrol station? Will golf courses be unsupervised and will life guards be off duty at beaches? Will there be no meals at restaurants? And no service at hotels? Will steel mills shut down for the day?

All these activities customarily have not been suspended on any day. How will statisticians deal with them? How will their continuance on blank days confuse statistics in other lines of business? All this raises grave doubts as to the possibility of making a blank day sufficiently blank that it would in any fair measure fulfil the hopes

of those who advocate it. Doubts remain even if one assumes the heartiest co-operation. After irreparable harm had been done, it would be evident to all that statisticians had multiplied their problems, rather than simplified them, by introducing a blank-day calendar.

WEEKLY CYCLE OF RELIGIOUS SIGNIFICANCE

Any alteration of the weekly cycle could not but impinge upon religion. In fact, no non-religious basis for the existence of the week can be found. The week is no divisible portion of the motion of any celestial body. There is nothing in nature to suggest why the week should be seven days in duration rather than five or six or nine. The nearest approach to this is the lunar cycle, which is about 29½ days long. This tends to corroborate the Genesis record, in which one finds not only the creation week of Genesis 1, but Laban's week of Genesis 29:27. Exodus 16 reveals evidence of a long-standing knowledge of the seven-day week; and according to Exodus 20, God endorsed the plan audibly in the hearing of the Israelites.

If the synthetic week advocated by promoters of the blank-day principle of calendation should be adopted, the Sundays of this new week could no longer commemorate the resurrection of Christ, nor could Saturday commemorate creation. If religious people were to conform to this new calendar, then religion would be defeated. On

the other hand, if these conscientious citizens—millions of them—should decide not to conform to the new calendar, then the confusion would be indescribable.

Do the advocates of calendar reform themselves desire that millions of conscientious religious people should abandon their religion? Or do they wish for the chaos that would result if millions were to observe their religious days of worship on first one day, then another, of the synthetic week which the business world would follow?

All Christian denominations in every country would share this confusion. Similarly Judaism and Mohammedanism would be troubled. The Sunday of the proposed World Calendar would lose its religious significance. The true Sunday of the age-old week would become a displaced day in an alien calendar. Religion would be crucified on the proverbial cross of gold. The conscientious employer or employee would either suffer financial loss or violate his conscience. He would see his day of worship wander uncertainly through the business week of the calendar under which the political and business worlds would operate. The continuing annoyance of having employees shift their work schedules every year, and sometimes twice a year, would result in throwing many conscientious workers out of employment for conscience' sake.

Caiaphas recommended the crucifixion of Christ on the basis of expediency. He observed that it was better that one man should die than that the whole nation should perish. Will advocates of calendar revision choose that His followers be sacrificed for mere statistical advantage? "Man doth not live by bread alone." Business is not the most important thing in the world. Most statisticians, in whose behalf the calendar reform advocates seem to be exercised, would not themselves wish to over-ride religion and human rights.

For that matter, business itself is dependent for its very existence upon the principles promoted by religion. No business could thrive without basic honesty and fairness—virtues that draw vitality only from religion. Honesty is as essential to business as discipline to an army, or sanitation to a hospital. Commerce would be impossible in a world devoid of religious principles.

Not only business, but the existing social order would be disrupted by inauguration of a blank-day calendar. Children would be unable to carry on in the public schools because of the clash of their weekly Sabbath and the synthetic week on which schools would operate. If in one year a substantial percentage of students refused to attend on Fridays and the next year were out on Thursdays and the following year were out on Wednesdays one semester and on Tuesdays the following semester, what confusion would result! Every teacher knows that the frequent absence of even a small percentage of the class retards the whole class. If the religious phase of this problem did not appear anywhere else, it would immediately come to the foreground when truancy officers set about compelling the children of conscientious parents to attend school on what these parents regard as their day of rest.

CONFUSION THE ORDER OF THE DAY

What would happen in court when witnesses declined to appear on Wednesday because that was their day of worship? And what would happen when members of a jury would decline to continue on Tuesday because that was their day of worship?

What would happen to thousands of government officials, secretaries, and attaches who could not conscientiously attend their duties on

certain days of the new business week? How many futile trips would be made to offices of professional men or to business establishments, only to find that the person or firm would not be available on that day for religious reasons? Could our social order survive the confusions and distractions threatened by a blank-day calendar? And as for business statisticians, are there as many of them burdened by the inequalities of our present calendar as there are conscientious people who would be distressed by a revised calendar?

UNION OR DIVISION?

Our mid-century world is struggling to recover from economic and social mal-adjustments, many of them resulting from recent global war. Let us not then create a new source of irritation by needlessly introducing a revolutionary type of calendar. Why have a United Nations to unify the world and then introduce a new calendar that would tend to divide the world?

Heedless people that we are, we have denuded our forests, we have allowed the erosion of the soil, we have largely exterminated our wild life. Now shall we, with like disregard, and at infinitely greater peril, exterminate religious liberty—our greatest asset—from our land? Can the convenience of business statisticians be worth so much?

IS THE END NEAR?

VICTOR HALL

HALF a century ago a preacher who talked about the "end of the world" was considered old-fashioned and out of touch with the brave new world of "progress." Today he is a realist, for to multitudes the "end of the world" has become a grim, grisly prospect.

To the unbeliever the ominous signs of the end of all things strike unutterable terror. No such fears harass the Christian, however. Rather is he possessed of joyful hope. This world is not our home. We only lodge here. "We are eager for a better land. . . a heavenly one," a "new heavens

and a new earth, wherein dwelleth righteousness." Heb. 11:16 (Weymouth); 2 Peter 3:13.

The end of this present evil world will mean the overthrow of sin's dominion with its attendant death and suffering. When man has done his worst, "He [the Lord] will make an utter end: affliction shall not rise up the second time." Nahum 1:9.

How near is the end? "Ye can discern the face of the sky," Jesus said to some in His day, "but can ye not discern the signs of the times?" Matt. 16:13. The signs of the

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THE ORIENTAL WATCHMAN, APRIL 1954

HALF HOURS

with the

BIBLE

ALMA E. McKIBBIN



THE HOLY SPIRIT

1. NAME

Matthew 3:16; Luke 3:22. The Holy Spirit is also called the Holy Ghost.

Each person of the Godhead has many different names. Some of those which are synonymous with "Holy Spirit" are: "Holy Ghost," "Spirit of God," "Spirit of truth," "Spirit of Christ," and the "Comforter."

2. NATURE

Hebrews 9:14. The Holy Spirit is eternal.

Psalms 139:7-12. He is everywhere present.

John 15:26; Galatians 4:6. He is the representative of the Father and of the Son.

John 3:8. He is recognized by the effect He produces.

The Holy Spirit is eternal, co-existent with the Father and the Son. Jesus said: "I and My Father are one." The Holy Spirit is their representative; therefore, the three are "one" and indivisible.

David asked: "Whither shall I go from Thy Spirit?" He repeats the question in this form: "Or whither shall I flee from Thy presence?" This shows that wherever the Spirit is, there is the presence of God. This explains how the Father and the Son, though personal beings, and having a certain abiding place, are present in every spot in the universe; for the Spirit is omnipresent.

No man ever saw the wind; yet no sane person doubts that there is wind, for he sees the swaying boughs, the quivering leaves, the dust storm in the distance, and

he trembles before the blast of the hurricane. We feel the might of the wind; we see the results of its power; and because of the effect it produces, we believe that there is wind.

Upon evidence of the same character, we believe that there is a Holy Spirit; for though we cannot see Him, we may feel His power working in our hearts, and see the results of His holy influence in the lives of others. The Holy Spirit is recognized by what He does.

3. APPEARANCE

Mark 1:10; Acts 2:1-4. He assumes different symbolic forms.

Whenever the Holy Spirit has appeared to man, His appearance has been symbolic, not literal. Therefore we do not know His form. As a dove, He was emblematic of the love and peace in the character of Christ. As cloven tongues of fire, He indicated the burning zeal of those who received the Spirit. The parting of the flame signified that a diversity of gifts was bestowed.

4. WORK

John 3:3-6. He converts the heart.

John 16:7-15. He reproves, guides, teaches.

John 14:16-26. He comforts with the presence of Christ.

Galatians 5:22, 23. He produces perfect characters.

Ephesians 1:13, 14. He seals the saints.

The Holy Spirit converts, or changes the mind and nature of the sinner, and makes it possible

to accept the salvation purchased at such cost by our Saviour. Then the fruits of the Spirit appear in the life.

The Holy Spirit is the mighty influence, life, and power of the Godhead, flowing out to all parts of the universe.

Ephesians 1:13, 14. An "earnest" is a pledge. The reception of the Holy Spirit is a pledge of eternal life and of an eternal inheritance. The individual who receives Him is sealed for the kingdom of heaven.

5. RECEIVED

Luke 11:9-13. God is willing to give the Holy Spirit.

Our heavenly Father longs to give the Holy Spirit to His children, for this gift brings all other spiritual blessings with it. But there are conditions; the heart must be emptied of self and the world to make room for the Spirit.

6. REFUSED

Matthew 12:31, 32; Ephesians 4:30. The Holy Spirit may be grieved away forever.

The Holy Spirit softens the heart and causes us to hate sin and to repent. Unless we repent we can never be forgiven. Therefore if we grieve the Spirit entirely away from us, we are lost; for there is no other power that can cause us even to desire to make our peace with God.

ADDITIONAL REFERENCES:

Genesis 1:2
Genesis 6:3

Isaiah 63:10, 11
 Psalm 51:11
 1 Thessalonians 4:7, 8
 Romans 8:26, 27
 Ephesians 2:18-22
 Hebrews 6:4-6
 1 Thessalonians 5:19
 2 Corinthians 3:17
 Ephesians 3:4, 5, 16
 Revelation 22:17

IS THE END NEAR?

(Continued from p. 32)

end are likewise as plain for all to see today as the prospect of tomorrow's weather is written in this evening's sunset.

A Picture of Today

Such phrases as "the last days," "the last time," "the time of the end," recur frequently in Scripture. By gathering together these snapshots we have a complete, accurate picture album of the latter days. It is a picture of today, unmistakable, clear, with a wealth of detail that God, who alone can declare "from ancient times the things not yet done," could portray.

"Upon the earth," said Jesus, there shall be in the last days "distress of nations, with perplexity; . . . men's hearts failing them for fear, and for looking after those things which are coming on the earth." Luke 21:25, 26.

The imminence of war is dominant in the thinking of all statesmen today, war which threatens to become not only total, not only universal, but final; for man has unlocked the door to destructive forces that can well bring about an end to our world. The end of this world, however, will not come because man has lost control, but because God is in control and His plans are complete.

The nations' resources are being consumed in an unprecedented armaments race. The prophet Joel described it thus: "Prepare war, wake up the mighty men, let all the men of war draw near; let them come up: beat your ploughshares into swords, and your pruninghooks into spears: let the weak say, I am strong." Joel 3:9, 10. Note that last phrase. One of the strange paradoxes of our day is the upsurge of nationalism at the very time when there is so much need of and so many organizations for promoting internationalism. Nations once considered

"weak" boast today of their strength.

Jesus, continuing His survey of last-day conditions, declared: "There shall be famines, and pestilences, and earthquakes, in divers places." Matt. 24:7. These natural phenomena have in our time vastly increased in severity and frequency. Only a few months ago the papers announced another "biggest earthquake for years."

Famine is one of the most acute problems facing the world today. The world's population has roughly trebled in the past one hundred and fifty years. A United Nations report declares that in 1947 production of key foods was seven per cent below that in 1937. Sir John Boyd Orr has declared: "The world's greatest danger and its No. 1 economic problem is hunger."

Pestilence always follows on the heels of war and natural disasters. The influenza epidemic after World War I killed more than the military conflict. And despite amazing medical advances diseases like tuberculosis and cancer scourge the peoples of the world today.

Misery, want, despair, the direct fruitage of war, are aggravated by famines, earthquakes, and pestilences. They are the breeding ground of the most bitter issue of our time—the conflict between capital and labour. While the rich have ever oppressed the poor and the poor have always envied the rich, never before has the conflict widened into a struggle which has split the world into two opposing camps. The Bible declares this, too, to be a sign of the end.

"Go to now, ye rich men, weep and howl for your miseries that shall come upon you. . . . Your gold and silver is cankered; and the rust of them shall be a witness against you. . . . Ye have heaped treasure together for the last days. Behold the hire of the labourers who have reaped down your fields, which is of you kept back by fraud, crieth: and the cries of them which have reaped are entered into the ears of the Lord of Sabaoth [hosts]."

Rapid Moral Deterioration

The rapid deterioration of moral standards, the collapse of home life with consequent increase of crime, particularly by youth and children, are viewed with alarm by thinking people. During 1950 some 1,790,030 major crimes were committed in the United States. Every five minutes round the clock there was a crime

of murder, manslaughter, rape, or assault to kill.

These things cannot but remind us of Paul's words: "This know also that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection, truce-breakers, false accusers, incontinent, fierce, despisers of those that are good, traitors, heady, highminded, lovers of pleasures more than lovers of God; having a form of godliness, but denying the power thereof: from such turn away." 2 Tim. 3:1-5. Into these perilous times we have come!

But still in spite of all these evidences, we see few returning to the truth of Bible teaching concerning the end of the world. It is indeed high time to awake out of sleep. Nevertheless, God "will finish the work, and cut it short in righteousness." Rom. 9:28. Through the work of evangelists, colporteurs, missionaries, teachers, doctors, nurses, and laymen, over the radio and television, God's last message is going, and going speedily. Soon the world will have been finally warned.

What is this message? The message of a crucified, risen, ministering, and soon-coming Saviour who gave "Himself for our sins," and who soon will deliver us from this present evil world and gather us into His eternal kingdom. God grant that you may receive it and be among those who shall "endure unto the end," and "be saved." (Matt. 24:13.)



There is an eye that never sleeps
 Beneath the wing of night;
 There is an ear that never shuts
 When sink the beams of light.
 There is an arm that never tires
 When human strength gives way:
 There is a love that never fails
 When earthly loves decay.
 That eye, unseen, o'erwatches all;
 That arm upholds the sky;
 That ear doth hear the sparrow's call;
 That love is ever nigh.

—James C. Wallace.



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