

5.11.17

The ORIENTAL **Watchman** and Herald of Health



Chenar Bagh, Srinagar, Kashmir

ONLY ONE ROAD TO ENDURING PEACE
EGGS AND EVOLUTION, HEALTH CULTURE

PRICE 6 ANNAS



It Is Time To Inquire

Isaiah 21: 11, 12

Isaiah's remarkable pen-picture of the present situation is the vision of the watchman at night on the walls of a city, closely scanning the eastern horizon for the first omens of the dawning day, and of the eager citizens in the darkness of the city below anxiously seeking knowledge concerning the passing of the night. The insistent question is answered;—"The morning cometh." From his point of vantage the watchman has caught the first glimpse of the golden morning and passes the glad news to the anxious watchers below. To those who are ready it is a welcome message; to those wrapped in slumber it is a clarion call to arise and prepare for the coming day. So in our day God is placing faithful watchmen in every land whose sole purpose it is to send this clarion call to a world slumbering on in the darkness. These watchmen have caught the first gleams of the golden morning and are passing on the joyful word that it is the breaking of the day. The long dark night of sin is about to pass away forever; the eternal day of holiness, joy, and peace, in which there will be no selfishness, sorrow, or sin, is about to be ushered in. Should this day break upon them as they now are, many even of the professed people of God would perish with the impenitent. For the ancient watchman added that other message, "And also the night." Truly for those unprepared it will be the ushering in of eternal night,—a night that will know *no* morning. For this reason the prophetic picture is completed by calling upon the world to turn to the watchman for light. "If ye will inquire, inquire ye, turn ye, come." This inquiry will be answered. **THE ORIENTAL WATCHMAN AND HERALD OF HEALTH** will endeavour to faithfully discharge this responsibility. It will stand four-square for the fundamentals and will devote its pages to the exposition of the Word of God and to the setting of world-events in the light of fulfilled prophecy.

That the trumpet may give a certain sound;

That our readers may find the Source of all power;

That our homes may be the greatest possible blessing to our children;

That we may have sound minds in sound bodies;

That the Lord Jesus may be enthroned fully in our hearts,

So that His eternal kingdom may soon come, and "the kingdoms of this world may become the kingdoms of our Lord and of His Christ."

These pages are dedicated by

THE EDITORS.

The Oriental Watchman

AND HERALD OF HEALTH

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No. 1

Topics of the Day

In Memory of Mothers

ONE of the most interesting efforts to erect memorials of the last war was the drive in Italy, in which the royal family took a prominent part, to erect a monument in memory of "The Italian Mother" which will memorialize the more than 600,000 mothers who gave their sons in the great war. The world is too much inclined to memorialize the "glory" side of war and relegate to forgetfulness the "gory" side with its heartaches and anguish and the aching void, suffered by the millions of mothers whose sons were ruthlessly torn from them by the relentless cruelty of war. Let us have more of such memorials.

Unsettled Settlements

There have been so many attempts to "settle" affairs in Europe since the War that have proven abortive that a war-weary world can not be blamed if it is sceptical about the final results of the London Pact. First the Versailles Treaty evolved by the best statesmen of the allied countries proved a breeder of wars rather than a settlement. The spirit of militarism, rampant in France and some of the smaller nations created by the Treaty, puts more men under arms in Europe today than in 1914, and that with the Central Powers practically disarmed. Mr. Lloyd George held conference after conference to try to settle matters but with little if any gain. Finally France and Belgium took matters into their own hands and occupied the Ruhr. They were so certain that this would settle matters that they risked estranging Britain and Italy to accomplish it. But a year of this effort has brought disillusionment and Macdonald in England and Herriot in France have apparently carried their nationals a long way along the road towards a final settlement in the

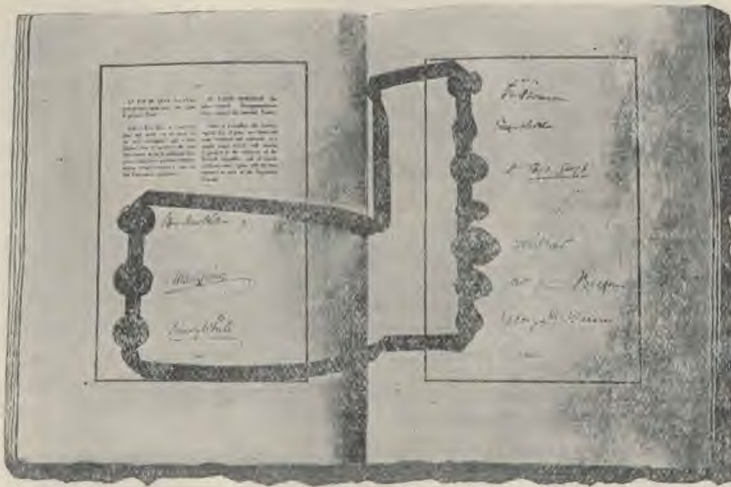
London Pact. At least America and Germany have both been brought into this attempted settlement. If Germany has the will to pay no doubt the payments will now be made and the Ruhr evacuated. But even with this accomplished there is much searching of heart as to the effects of this "settlement." Germany is to pay to the Allies a minimum of £125,000,000 annually. Economists are much

worried as to the results of such payments. Gold after all is but a token of exchange and it is feared that the transfer of such enormous sums of money or goods will upset the economic equilibrium. Several questions are involved. How can Germany accomplish this without sweated labour and long hours? Will either her workmen or her manufacturers be able to adjust themselves to the

enormous task? If so, where will they sell their goods without demoralizing economic conditions in the countries where the goods are sold? It seems apparent that the nations will be so hard put to solve this question that the cancellation of inter-allied debts is sure to come. The world must learn that the consumption of such enormous quantities of powder and other materials by land and sea in war, destroys wealth as well as men, and wealth cannot be destroyed without someone footing the bill.

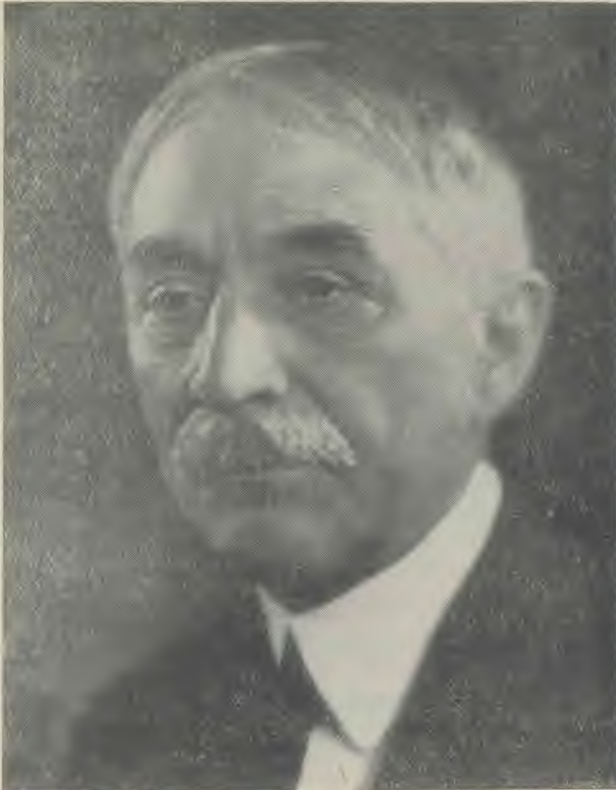
Shall We All Commit Suicide?

Under this thought provoking heading the Rt. Hon. Winston S. Churchill tells some plain if unpalatable truths in a recent magazine article. He begins by the surprising revelation that when the Armistice came in 1918 the nations had already perfected means for destruction during 1919 of which few of us had



The Signatures, Versailles Peace Treaty (June 28, 1919)

This Treaty failed to bring peace; Conference after Conference and even the forcible occupation of the Ruhr have likewise failed. Will the London Pact, made more than five years later succeed? Or will revolution in Germany once again blast the hope of settlement?



Wide World Photo

Edgar Bancroft, America's New Envoy to Japan

Cyrus E. Woods, former Ambassador to Japan resigned in protest against the new immigration law. It is hoped that America will revise the obnoxious sections of this law and redress the wrong she has done Asia.

dreamed. But although not used then, they are being developed and perfected for the next war. These "agencies and processes of destruction will be wholesale, unlimited and perhaps once launched, uncontrollable." He says further, "Death stands at attention, obedient, expectant, ready to serve, ready to pulverize without hope of repair what is left of civilization." He then gives details of electric beams and their destructive energy, of bombs no bigger than oranges, capable of great devastation, of poison gas and chemical warfare much worse than in the last war, which was but the opening chapter. It has hitherto been the teaching of evolution that the fittest survive. But now, says Mr. Churchill, "There is no reason why a base, degenerate, immoral race should not make an enemy far above them in quality, the prostrate subject of their caprice and tyranny." Surely not an encouraging picture. When the outlook is bad, let us try the uplook. The Word of God is optimistic, but the basis for its optimism does not rest on the unregenerate hearts of men.

Earl Balfour Heard in Bombay

The former isolation of India may now melt into world-contact for those who will. We recently listened-in to a most interesting Radio Concert in Bombay, one item of which was a

summary of the latest news, at the residence of Mr. W. H. Smith, Motlibai St., Bombay. Mr. Smith had listened-in the night before to Nauen Germany, and Paris, and a few nights later picked up one of the best musical programs from England. Earl Balfour's speech in Edinburgh, broadcasted from Chelmsford was also distinctly heard. It was most impressive to sit in Bombay and hear Earl Balfour speak in slow and measured tones his solemn words of warning as to the real meaning of the crisis now facing Britain. It seems uncanny to pull voices, songs, concerts, speeches out of the ether, but it is possible.

Will the Old Statesmen Return?

F. W. Constantine, Secretary of the General Assembly of Spiritists of New York, made a startling announcement recently under the heading, "Spirits of great dead to rule the world soon." He says that Julius Cæsar, Napoleon Bonaparte, George Washington, Abraham Lincoln, Robert Ingersoll, Theodore Roosevelt and Solomon are about to take in hand the running of the world. They will guide the Macdonalds, Herriots, Mussolinis, President Coolidge and others in shaping the destiny of the nations. It is predicted that as a result peace will be everywhere, war and poverty will disappear, Rolls Royces will be as common as Fords now are, and everything will be lovely. Unfortunately a number of the illustrious dead mentioned were noted for their penchant to destroy the lives of men; but Solomon whom they mention settles the whole question. He says, "The dead know not anything neither have they any more a portion forever in anything that is done under the sun." Eccl. 9: 5, 6. We do not deny that spirits professing to be those of these dead warriors and statesmen will communicate with men, but they are easily identified as quite different from what they profess to be. We will publish some articles in early numbers that will identify them.

Evolution and Atheism

It is becoming more evident as the days go by that evolution is atheistic and opposed to all religion as we have known the term religion hitherto. One of the greatest perils in the world today, threatening the very foundations of society, is this subtle and demoralizing theory, and the remarkable thing about it is that even its proponents admit that at best it is only a theory, and some leading scientists admit that we are no farther along toward the solution of the problem than at the beginning and are asking us now to take their absurd theories as an "act of faith." When the best informed evolutionists say the theory is not yet proven and discard much that was taught as evolution a few years ago, it is time for men who believe in the moral progress of the race to protest against this anti-religious doctrine. The great tragedy of the present situation is that minis-

ters of religion are many of them advocating these absurd theories, which prevail to-day only to be discredited to-morrow. We hope that every true Christian will take his stand on the fundamentals as taught in the Bible and not allow popular atheistic theories to vitally alter the philosophy of life. There is a God who made the world, who still guides it, and who actively controls it, and its myriads of people are under His divine care and objects of His love; man did fall from his high estate and unless he is "born from above" there is no "happy future" for him; the end of the evil age is at hand, and in just a little time from this our loving heavenly Father will bring in the new heavens and new earth in which His beneficent purpose for our world will reach its consummation. Evolution strikes at the root of this fundamental philosophy of life and is turning loose on the world an army of youth who have lost all faith in their own established religious beliefs and in their place we find a flood of superficial and amateurish beliefs destined to be discredited by new theories to-morrow, but which will bring moral chaos into all spheres of life's activities. In America this matter has caused a great stir during the year as influential bodies of men have been working to eliminate from the public schools every text-book in which the evolutionary theories are taught. In some cases they have been successful but the battle is only just begun.

A Lesson From Mr. Gandhi's Fast

As one read the impressions of different persons who were privileged to meet Mr. Gandhi during the period of his fast, one was impressed with the striking physiological lesson emphasized by this interesting experience of India's foremost citizen. The public utterances and appeals of Mr. Gandhi made during this period of fast, with reference to fundamentals of religious and civil liberty, indicate such clear thinking and keen foresight, that one can not avoid recognizing the mental and spiritual advantage which came to him through this period of physical discipline.

While food is the source of vital energy operative within the human body, it does not follow that the more one eats the more energy he will have, nor does it follow that all food eaten will be converted into mental or physical energy. There is a definite energy producing and regulating mechanism residual within the body which governs the amount of energy converted from the food eaten.

The true science of life then, so far as diet is concerned consists in learning how to regulate food intake to meet real physiological needs. This principle applies with particular force to men and women with work to do in the world. Everyone would like to be up to his or her best all the time. Most of us experience only brief spurts of our maximum efficiency. If it be true that one of the leading causes of mental as well as physical inefficiency which hangs over us like a pall, is due to the fact that we are consuming an excess of food, then the plan of biological eating supplies us with at least one effective means of conserving and tapping these deeper levels of energy that constitute the reserve powers of men. Mr. Gandhi has given a worthy example of how these reserve powers may be applied in a way to help solve the pressing problems of men rather than dissipate them upon the mere gratification of carnal appetites.

As in the case of Mr. Gandhi, most individuals would profit physically, mentally and spiritually by an occasional fast for at least one day, drinking freely of water during the period. There is a plan of modified fast which gives most of the advantages of a complete fast without the disadvantages. This is obtained by limiting one self for one or more days to only fruits and fruit juices. By this means a desirable period of rest is given to digestive, nutritional and eliminative organs.

It is now becoming well known that in fruits we have a desirable intestinal disinfectant and blood purifier due to the action of the fruit acids. These fruits also contain base or alkaline forming salts by which the essential alkaline reserve of the body is maintained and built up. Another advantage of fruits is that they contain nourishment and cleansing properties in a form requiring little or no digestive work. Thus it is evident that an exclusive fruit diet for one or more days frequently repeated, would be of incalculable benefit. Abstemiousness in diet is rewarded by mental and moral vigour.

H. C. Menkel, M. D.



Keystone View Co., Inc. N. Y.

Air Mailbox In Chicago

Mr. James Stanford drops in the first letter in the new airmail boxes being placed in American cities. The postage rate is from 4 annas to 12 annas. There is now an established airmail service between the leading centers in America.

Only One Road to Enduring Peace

By Carlyle B. Haynes

THE World War was brought to an end by the Treaty of Peace. But the peace has proved to be only a seeming peace. The seeds of strife still remain. The seeds of trouble have not been eradicated. Many questions are still unsettled and undecided. National jealousies and animosities have not been blotted out. Personal hatred and bitterness are still smouldering. There are still memories of screaming shells, mangled bodies, the rending wunder of great ships, the rain of explosives from the clouds, the ruined cities, the tears of women, and the faces of little children pinched with hunger and fear.

Mr. Lloyd George, in his book, "Where Are We Going?" says:—

"I warn you that it is madness to trust to the hope that mankind, after such an experience, will not be so rash as to court another disaster of the same kind. The memory of the terrors, the losses, the sufferings of the war, will not restrain men from precipitating the world into something which is infinitely worse, and those who think so, and therefore urge that it is not necessary to engage in a new crusade for peace, have not studied the perverse, the stubborn, and the reckless nature of man." — pp. 30, 31.

Twenty million men have been killed or maimed. Mountains of money have been consumed. There are ruined lands, towering debts, unnumbered graves. These things have not been blotted out by the shaking of hands or the signing of the treaties of peace. There may be peace, but it is a peace in pretence and outward show; in the hearts of men there is a bitterness, hatred, hostility, jealousy, malice, fear, and all the potentialities of unending conflict and strife. Wars and rumours of wars continue and increase. There is, and will continue to be, "Distress of nations, with perplexity; . . . men's hearts failing them for fear, and for looking after those things which are coming on the earth."

There is *war in the heart of the human race*—war, and strife, and jealousy, and envy, and dissension, and bitterness, and all hatred and malice. Guns and battleships and great armaments do not make themselves; they are not spontaneous freaks or accidents of Nature. They exist and stare us in the face solely and altogether because they are the concrete expression of an ideal which rules in human hearts and minds. And these things promise never-ending turmoil and strife.

As Sir Hall Caine has said in his "Letter to the Churches," "the war has left the world worse than it found it, more full of evil passions, of racial hatred, of jealousy, of selfishness, of chaos of un-Christian interests in which the brothers-in-arms are most of all at strife."

Men have fondly hoped to compose the troubles of the world. But it is becoming more and more plain to all men that the evils of the

world which turn the hearts of men from peace to war cannot be overcome by parliaments, or cabinets, or conferences, or courts, or leagues, or commissions, or councils, or conventions, or treaties, or tribunals, but only by a complete change of the individual heart and the individual life by Jesus Christ. For wars issue not out of conditions and things and circumstances and delicately-hung balances between nations and the breakdown of international diplomacy, but out of the natural human heart. "*From whence come wars? . . . Come they not hence, even of your lusts that war in your members?*" James 4: 1.

Speaking of the potentialities in the international hatred of Europe, Mr. Lloyd George writes:—

"A temple to human right was built with material quarried out of all that is choicest in the soul of men. But its timbers are being drenched with the kerosene of hatred, and one day a match will be lit by some careless or malignant hand which will set fire to this magnificent edifice: its splendour will be reduced to black embers, and the hope of mankind will be once more laid in ashes." — "Where Are We Going?" p. 40.

And men do not, and will not, come to Jesus that they might obtain peace. Sir Hall Caine, quoting once more from "A Letter to the Churches," says:—

"If there is anything clearer than another, when we apply the principles of our faith to the present trouble of the world, it is that its salvation from the sorrow and loss of the late war, from its aftermath of poverty and suffering, from the race-hatred and suspicion which are the bitter harvest of the battlefield, and from the still more frightful cataclysm which seems to loom on the forehead of the future, lies in religion, in the return of the nations to the moral ideals of Christ, in forgiveness, in the spirit of brotherhood, in mercy and mutual sacrifice."

We agree with this remarkable statement, showing unusual insight to the real needs of the world. At the same time we know that the nations will not turn to Christ, will not turn to the church, will not turn to religion, and will not be saved. We know this because the Bible has plainly declared it. The world will be overthrown by Christ, but it will never yield to Christ.

In all the ages of the past the only permanent reformations have been those which have been wrought of God in *individuals*. All national reformations and improvements have ended in degeneracy and revolt. All ecclesiastical reformations, after they have run their course, have ended in backsliding and apostasy. Out of these God has selected His chosen people, working in them an individual and permanent transformation.

It would be easier for the child of God who understands by the prophetic Word the outcome of all human efforts toward bringing in lasting peace, to refrain from speaking just now. One who loves his fellowmen cannot help but sympathize with their ardent hopes for a permanent cessation of the turmoil of the world. We sympa-

thize with the men of large hearts and broad minds who stand as sponsors for every agency striving for peace, and who are labouring unselfishly in the interests of their fellow-men. We join them in their earnest longing for stability and peace in the earth. We sincerely hope they may be able to bring about some lull in the storm, that little time of peace, which His church is to use to finish His work. We therefore pray that God will use their efforts to restrain the wrath of men until His work is finished, and we pray for the men themselves, that their yearnings for peace may be realized by the Spirit of God opening their hearts to receive as their Lord and King the Prince of peace Himself.

It may be that such a lull in the storm will be looked upon as an enduring peace. It may be that a great "peace and safety" announcement will be made, mankind boasting that it has at last found the way to lasting and universal peace. It is this we would guard against by directing attention to the true hope of the world, the only hope of lasting peace on this planet, the coming of the Son of God to establish His everlasting kingdom of peace.

It is for the purpose of directing attention to the true and only hope of mankind, the second coming of Christ, that we point out the certain failure of every human effort to save the world. Indeed, our attention is directed by the Lord Himself to the failure of leagues and courts and federations. He says: "Say ye not, A confederacy, to all those to whom this people shall say, A confederacy; neither fear ye their fear, nor be afraid."

And in this very time when the hopes of men are centred in human associations and federations, the Lord directs them not only *away* from these great combinations of human strength, but to Himself, saying: "Sanctify the Lord of hosts Himself; and let Him be your fear, and let Him be your dread." Isa. 8: 13.

We would be remiss in the duty laid upon us by the Lord if, in this time when human society is more broken up and turbulent than ever before, if we did not speak frankly. We cannot see the many and varied plans for world peace launched one after the other, laden as they are with human hope and pride, without pointing each soul to the only way he may reach the port of quietude, peace and joy at last.

He Loves Me



HIS is what touches my heart. It has always been easy for me to believe that God loved the world, and that Jesus loved His church, but I could never see any reason why He should love me. I have found, however, that there is no reason, so far as I am concerned. The explanation is simple enough when I look to Him and not to myself. He is love. Love is the very essence of His being. Love is His life. Love is the atmosphere in which He lives. He loves because He lives. His love does not

seek out the worthy, but the unworthy. Therefore He loves me.

Jesus deals with us as individuals. His heart is large enough, His love is great enough, His knowledge is comprehensive enough, for the personal touch with each one. He knows me by name, just as He calls all the infinite number of stars by their names. He knows my experiences. He sympathizes with me in my trials and my temptations. He loves me as if I were the only object of His love, He cares for me as if He had no other to care for. I can tell Him of my troubles, and He listens as if I were the only one who came to Him for help. He meets my every need as if I were the only one who felt any need. He is mine as if I had exclusive rights in Him. And this intimate, personal relationship does not interfere in any way with my perfect freedom of choice and action. Each morning I choose to accept His love. Each morning I choose to live and work for Him. Each morning I say to Him, "Thy love has found me and drawn me, and I am Thine." I am at liberty to leave Him at any moment, but I am held by bonds that do not chafe—the silken cords of love. I do not wish to go where He cannot go with me. I do not wish to do anything in which I cannot co-operate with Him. He rules me with a rod of love, and life's joy and sweetness are found in the closest association with Him.

Do you know that He loves YOU? You are missing the best thing in life if your heart is not the shrine of His love. Remember, He loves you as He loves me.

"Wonderful things in the Bible I see;
This is the dearest—that Jesus loves me."—W. W. P.





An Age of

Wonders

DANIEL was essentially a "latter day" prophet. As he was closing his book the angel Gabriel intructed him, "But thou, Daniel, shut up the words, and seal the book, even to the time of the end; many shall run to and fro and knowledge shall be increased." Dan. 12: 4. The book was sealed, as we seal a letter, that it might be preserved to reach those to whom it was addressed. Daniel was assured that when "the time of the end" should come he would "stand in his lot," the seal would be broken, and that then "none of the wicked shall understand; but the wise shall understand." Verses. 10-13. As we study these prophecies of Daniel we will learn just when to look for this period known as "the time of the end."

Increase of Knowledge. Dan. 12: 4

This prophecy indicates that marvelous increase of knowledge will be a distinguishing characteristic of the last days. Coupled with this increase of knowledge is an unprecedented "running to and fro" in the earth. Even the most casual comparison of conditions in this twentieth century of enlightenment, with conditions one hundred years ago, will produce evidence of the marvelous developments that have taken place in one generation and prove that we have now reached the time spoken of by the angel Gabriel.

When the battle of Waterloo was won it took three days for the thrilling news to reach London; the news of the armistice that closed the Great War flashed around the world in a few seconds. Only a hundred years ago it took the hardy pioneer more than a year to cross the American continent; the other day, Lieut. R. L. Maughan passed in an aeroplane from New York to San Francisco between dawn and dusk making good his boast to have breakfast on the Atlantic coast and dinner the same day on the Pacific. (2680 miles)

Pages of such evidence could be given. This year the American Institute of Electrical Engineers held a simultaneous



convention in seven cities, Boston, New York, Philadelphia, Atlanta, Chicago, Salt Lake City and San Francisco. Radio and telephone connections were so perfect that speakers in each city were heard perfectly in all the others even though thousands of miles of land and mountain separated them. At the close of the Convention each city furnished a song. Atlanta's song was "Way down South in Georgia." Philadelphia closed with "The Star Spangled Banner." It was a thrilling moment when the chairman in Chicago announced to the far separated audiences in the seven cities that the national anthem was about to be sung, and the five thousand men so widely scattered rose as one and lustily joined in the song.

Recently two thousand words were sent simultaneously by cable and by wireless from Nauen, Germany, to New York, the wireless beating the cable by seven hours.

Another wonder is the possibility of transmitting the human voice by radio and by wireless telephone. The first commercial use of the wireless telephone was made on the Pacific Coast of the United States to supply telephone service between Los Angeles and the island of Santa Catalina separated from the mainland by about thirty miles of water. This radio telephone installation has two unique characteristics. It automatically establishes telephone connection between the telephone exchange at Long Beach and the Island and enables a person to talk from the Island with anyone in Los Angeles or in any other city in America or vice versa. The human voice has been heard over wireless telephone from New York to Honolulu. We need not recount here the wonders of Radio. Broadcasting is becoming popular in every part of the world.

Another special development of special significance is that of the printing press. About a hundred years ago, fifty impressions per hour were considered speedy,



today newspaper presses print, fold and wrap as many as three hundred thousand papers per hour.

“Run to and Fro”

One hundred years ago there had been no practical change in the mode of transport since the dawn of history. It is hard for us to conceive the mental attitude of a century ago. For example, Dr. Lardner gave a lecture reported in *The Liverpool Albion* of December 14, 1835, in which he said:—

“As to the project, however, which was announced in the newspapers, of a ship making the voyage direct from New York to Liverpool under steam alone, it was, he had no hesitation in saying, perfectly chimerical, and they might as well talk of making a voyage from Liverpool or New York to the moon.”

In 1825 Mr. Nicholas Wood protested that steam trains would never run 12 miles per hour. *The London Quarterly Review* about the same time gravely observed:—

“As to those persons who speculate on the making of railroads generally throughout the kingdom and superseding canals, wagons, stage coaches, postchaises, and in short every other mode of conveyance, we deem them and their visionary schemes unworthy of notice.”

In 1817 a member of the New York Legislature was thought ready for the insane asylum because he stoutly maintained that steam carriages would yet be operated successfully on land.

The Scientific American in its delving among the records of the U. S. Patent Office turned up a remarkable letter that has a bearing on our subject. They found a letter of resignation written in 1833 by an old employee in which the reason given for his resignation was that everything inventable had then been invented, and the Patent Office must therefore soon close because there was nothing more to invent. It is only necessary to compare 1924 with 1833 to realize what little conception they then had of the marvelous developments about to take place.

To-day railways belt every continent and steamships plough every sea. Motor cars are common the world around, and the airship has now encircled the globe. The vacuum tube has made possible the wonders of radio and no one can predict what will happen to-morrow. In contrast to the mental attitude of a century ago, we to-day will not be surprised by any development that takes place. The newspaper to-morrow may announce some new marvel and it will cause scarcely a ripple on the waters of the world's interest.

The Meaning of These Wonders

We do not call attention to these marvels merely as items of interest. The meaning of all this is written in the word of God. We have now reached the closing days of earth's history. No other explanation is possible. We today are not so much wiser than the ancients, as modern progress would seem to indicate. This increase of knowledge has not come through the cleverness of men, but because the hour has struck, so long ago foretold, when God would unseal springs of knowledge long hidden from human ken. His

purpose in it all is to set in operation those forces which will ripen the harvests of the earth. The world will not end without each soul having received warning. That this warning may reach every soul in our day these marvelous developments have taken place. Jesus said, “And this gospel of the kingdom shall be preached in all the world for a witness to all nations, and then shall the end come.” Matt. 24: 14. But this increase of knowledge is but one of the many signs of the approaching dissolution of all things earthly. In future numbers, we will consider others. May our readers heed the warning and be ready for that day.

The Blessed Hope

By W. A. Spicer

“UNTO them that look for Him shall He appear the second time without sin unto salvation.” Heb. 9: 28.

Too often the second coming of Christ is looked upon simply as a doctrine. It is, however, more than a doctrine merely to be believed, it is an impending event, something that is to take place on earth, and the most stupendous, all-transcendent event for the world since Christ came the first time to die on Calvary for the sins of men.

This second coming of Christ, like His first coming, has been the theme of divine prophecy from the beginning. This was emphasized by the apostle Peter in his second recorded sermon. He preached that the things “which God before had showed by the mouth of all His prophets, that Christ should suffer,” (Acts 3: 18), had been fulfilled to the letter before their eyes. Not a word had failed. Just so, he said, all that the prophets had spoken of His second coming would be fulfilled: “He shall send Jesus Christ, which before was preached unto you: whom the heavens must receive until the times of restitution of all things, which God hath spoken by the mouth of all His holy prophets since the world began.” Acts 3: 20, 21.

The Promise of His Coming

As iniquity began to abound, God sent a message to the antediluvian world, declaring that Christ's coming in glory would end the reign of sin.

“Enoch also, the seventh from Adam, prophesied of these, saying, Behold, the Lord cometh with ten thousand of His saints, to execute judgment upon all.” Jude 14, 15.

The promise of Christ's coming was the “blessed hope” in the patriarchal age. In Job's dark hour of trial his heart clung to the promise, and he was kept from despair:

“I know that my Redeemer liveth, and that He shall stand at the latter day upon the earth; . . . Whom I shall see for myself, and mine eyes shall behold, and not another.” Job. 19: 25-27.

The Psalmist sang of it:

“Our God shall come, and shall not keep silence: a fire shall devour before Him, and it shall be very tempestuous round about Him.” Ps. 50: 3.

And the prophets of later times were unceasingly moved upon to talk of the glory of that coming, of events preceding it, and of the preparation for it. Isa. 62: 6, 11.

On that last night with His disciples before the crucifixion, when His heart was sorrowful even unto death, as the burden of all our iniquities was about to be laid upon Him, Christ's love for His own made precious to Him the thought of His second coming to gather them home at last, safe from all sin and trouble, and He said:

“Let not your heart be troubled: ye believe in God, believe also in Me. In My Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself, that where I am, there ye may be also.” John 14: 1-3.

In that assurance the heart finds rest. O, the preciousness of the promise, “I will come again!” “I am coming for you,” is the cheering message. “Yes, Lord,” we reply, “we will wait, and watch, and be ready, by Thy grace.”

MORE than nineteen centuries ago, the little town of Bethlehem of Judah witnessed the birth of the Babe who was to have a greater influence on the world than any other child ever born. To the casual observer, His birth was not different from others. But to the few whose spiritual eyesight was anointed with the heavenly eyesalve, He was set apart from every other child, and yet more closely related to every child, than even its own kin. The sacred record gives us the reason for this.

At that time there lived in the hill country of Palestine a maiden of the royal line of David, named Mary. She was an exemplary maiden, pious and well-versed in the Holy Scriptures. She was betrothed to a man named Joseph, but the marriage ceremony had not yet been completed. One day while at her devotions she was startled by the appearance of the angel Gabriel. He said, "Hail Mary, thou art highly favoured, the Lord is with thee; blessed art thou among women."

This strange salutation perplexed her greatly. The angel then informed her that she had been chosen from among all the women of the world, to be the mother of the Saviour, on whom the hopes of all the ages were fixed. The angel's reply to Mary's question of wonder gives us a clear explanation of this "mystery of godliness; God manifest in the flesh." 1. Tim. 4:16. He said, "The Holy Spirit shall come upon thee, and the power of the Most High shall overshadow thee; wherefore also that which is to be born shall be called Holy, the Son of God." Luke 1:35, R. V. We should here pause in adoration for we are on holy ground. Since we cannot even explain the mystery of life given to us through our own birth, we surely have no reason to cavil at this birth that stands unique among all that have taken place in this world of ours.

The Son of God

Therefore that which separates the Babe of Bethlehem from all others is the fact that He was "God manifest in the flesh." He existed before He came into our world. The Holy Scriptures further reveal the supreme position of Him who elected to be born in such humble surroundings. "Though He was rich, yet for your sakes He became poor, that ye through His poverty might be rich." 2 Cor. 8:9. We can but faintly conceive the greatness of the riches which He forsook for us. He was the Creator of all things. (See John 1:1-3, 14; Col. 1:16, 17; Heb. 1:1-3) Jesus Himself said in one of His last prayers, "Father, glorify Thou Me with the glory that I had with Thee before the world was." John 17:5. Thus the "Word was made flesh, and dwelt among us (and we beheld the glory as of the only begotten of the Father) full of grace and truth."

For this reason the Babe of Bethlehem has become the center of history. All the world counts time from His birth. He is also the center of prophecy. The Bible is unique among the religious books of the world in that the scarlet thread of prophecy is interwoven with the texture

of its every page, and this scarlet thread has to do with the life and work of this Babe of Bethlehem and with His control of the destiny of men and nations. "The testimony of Jesus is the spirit of prophecy." Rev. 19:10.

Some Prophecies of His Birth

It was of this Babe of Bethlehem that Almighty God spoke in Eden when He promised that the seed of the woman should eventually crush Satan and blot evil from the universe. Gen. 3:15. It was of this Coming One that all the holy men in every age had spoken as they were moved by the Holy Spirit to bring light and hope to the lost race.

To Abraham He was the One who would give to him and his seed the inheritance of the whole world; Jacob spoke of Him as Shiloh, and promised that "the sceptre should not pass from Judah," until He should come. And God preserved that small nation through the wrecks of great empires down the centuries until this Babe was born, and then, when they rejected Him, Israel perished as a nation forever. Moses spoke of Him as the "Prophet whom God would raise up" (Deut. 18:15); the voice from heaven testified concerning Jesus, "This is my beloved Son, hear ye Him." David spoke of Him as the Messianic King whose rule should eventually be extended over all the world; Isaiah spoke of Him as the Child to be born of a virgin, but to whom universal government would come; he also drew the wonderful picture of His first coming as the suffering Servant of Jehovah, to be unrecognized and rejected of men, but accepted and glorified of heaven; Micah foretold the very place of His birth and Daniel its very year and fixed the exact dates of various events of His life.

Truly no other Babe ever born into this world dare bring His life to such a test as this.



The Babe

O HOLY GROUND! the shepherds that scattered all the gloom and prayer. O hills and dells flocks have trod! the heralds told King divine. O For over night a came down, to tell that He who bloom. O Shepherds and angels in looked upon the earth with love, hills were pierced by living light; prophet's voice rang true, and day ground! thy hills and vales, not heaven shone on them; to farther glory! Be ye dumb, ye prowling celestial light, and thrills to hear,



Bethlehem

were flooded by the glory bright,
and filled their hearts with faith
and hope, where shepherds and their
flocks, the Christ, had come, the
light of a blaze of heaven's own light
had come to fill all life with
joy and rejoiced together; lo! above, God
had no human song can know. **C.** The
shepherds in the glory knew that every
eye would slay the night **C.** O holy
land of little Bethlehem, we love since
the light prevails. **C.** O glory!
lands of night! Earth bathes in the
light has come!"

B. F. M. Sours.

dead." Rom. 1:3, 4. During the intervening
centuries, this divine power of Almighty God in
the Name of Jesus has pressed forward the claims
of His religion in an evil world, subduing stubborn
wills and binding to Him as willing captives the
highest intellect as well as the untutored savage
until the entire life-current of nations and
continents has been changed.

The Son of Man

Therefore the Bible reveals Jesus as the Son
of God, equal with God, yes, even the very
manifestation of God for the salvation of the
world. It also many times refers to Him as the
Son of man, and in these references we find a joy
and satisfaction beyond expression. From this
expression, "The Son of man;" we learn that the
Son of God came not simply as an individual man,

It is no wonder that
the angels left heaven
to sing over the plain
of Bethlehem that song
that came to the listen-
ing shepherds, caught
by those ears that
were attuned to hear:

"Glory to God in the
Highest,

"And on earth peace,
good-will toward
men."

It was a group of
angels that guided
pious wise men from
the East to the place
where He could be
found. These are the
first fruits of that
larger company from
Eastern lands, who
shall yet join in
worshipping Him who
is the Saviour of the
world. Devout Simeon
and Anna recognized
and welcomed Him
in the temple. The
Holy Spirit demon-
strated through His life
and death and resurrec-
tion that He was in
truth the Son of God.
Thus was proclaimed
to men the good news
of the gospel of God
"concerning His Son
Jesus Christ our Lord,
which was made of the
seed of David, accord-
ing to the flesh; and
declared to be the Son
of God with power,
according to the spirit
of holiness, by the res-
urrection from the

but rather as man in the generic sense, represen-
tative of the whole human family. Adam, the
first man, represented all who have descended
from him. The effect of his original sin passed
from him to humanity in general. In this way
he became the figure of Him who was to come
from God. Rom. 5:14. So Jesus, the Son of God
became "the second Adam." 1 Cor. 15:45. This
second Adam is therefore the head of the new
humanity, and whatever He did, can now be
reckoned to those who yield to Him as though
they did it. "Summed up in the Son of man, the
race appears as a single entity-man. When He
acts it is man that acts. When He suffers
humanity suffers. His perfect sacrifice of will is
man's devotion of Himself. In His perfect
penitence, the whole race as one offers reparation
to divine love." When this representative death
and resurrection becomes a personal experience in
your own heart then no amount of higher criticism
or of cavil and doubt can rob you of this funda-
mental truth that the Son of God has become the
Son of man and has thus secured for you the
adoption into the family of God.

This adoption becomes ours through the new
birth. "Except ye be born from above, ye cannot
see the kingdom of God." The same Holy Spirit
that overshadowed the mother of Jesus takes
possession of the heart surrendered to Him and
that soul is born anew. "No-one sees the hand
that lifts the burden, or beholds the light descend
from the courts above. The blessing comes when
by faith the soul surrenders itself to God. Then
that power which no human eye can see, creates
a new being in the image of God."

"The Second Time"

And now the hour has struck when the
message of the nearness of His second advent
is being proclaimed throughout the world. As
John the Baptist was the forerunner of His first
advent, so the pages of the ORIENTAL WATCHMAN
are dedicated to herald the good news of His
second advent. Some will heed the message for
we read, "to them that look for Him, shall He
appear the second time without sin unto salva-
tion." Heb. 9:28. Today the world is in much
the same condition as at the first advent. Men
either do not believe the prophecies, or their eyes
are so blinded by false interpretations that they
will not be prepared to meet Him for whom they
profess to look. At the time of the first advent
many of those who were deceived had opportunity
for repentance. Thousands were afterwards con-
verted in a day, even "a great company of the
priests believed." But those who are deceived
now will have no chance for repentance. Resting
on a false interpretation of prophecy or wholly
unprepared because of unbelief they will be over-
whelmed in the cataclysm that ends the history
of the world. There is therefore no question of
more vital importance for us than that of prepara-
tion for this great day. The Babe of Bethlehem
is about to return the second time to our world.
"Be ye also ready."

EGGS AND EVOLUTION

By George McCready Price, M. A.

CHINESE epicures are very fond of ancient eggs, which their countrymen are accustomed to preserve for long periods in a dried form. It has frequently happened that eggs twenty or fifty or even one hundred years old have been imported to be used at banquets among the Celestials around the Golden Gate. But these eggs are fresh, as of yesterday, compared with the eggs of the long-extinct reptiles called *dinosaurs* which were brought back last year from Mongolia, in the interior of Asia, by Roy Chapman Andrews, who claims that they are about 10,000,000 years old more or less,—but probably a good deal less, as we shall see.

Unnecessary Fuss

But from the point of view of strict science, a good deal of unnecessary fuss has been made over these ancient eggs. Hundreds of dinosaur skeletons have been found in various parts of the world. We know that these dinosaurs were real reptiles; accordingly we have always supposed that they laid eggs, as other reptiles do. What would be more natural than that we might somewhere recover some of their eggs in the fossil state? Now we have them. It is very interesting, but really nothing very astonishing.

However, several questions very naturally arise at this point. What sort of animals were these dinosaurs? When did they live? And why did they all die? It we can find intelligent and accurate answers to these three questions, we shall probably accomplish all that we have any right to expect from an article like this.

The Real Facts

But let us now get at the real facts regarding these ancient dinosaurs: what these animals were like; when they lived; and why or how they all died off.

1. The name *dinosaur* comes from two Greek words and means "terrible lizard." The dinosaurs were of many forms and of various sizes: for the name is a general one, and includes many very diverse animals. Some of them were like ordinary but huge lizards; some of them were very much like gigantic horned toads, so-called; while others were more like a monstrous snake with an enlarged middle portion and standing on four stout legs not far from this middle portion. The latter kind included some of the most monstrous things that ever walked on dry land, skeletons having been found in comparative abundance that indicate an animal sixty or seventy-five feet or more in length, with a weight of perhaps thirty or forty tons. But it is quite evident that the animal which laid these eggs was not of the sixty-foot variety, for the eggs are only a few inches long.

When Did Dinosaurs Live?

2. When did these animals live? This is a hard question to answer. Nobody can tell how long ago in actual years. All scientists try to base some sort of a guess in relative periods, by comparing the period when they lived with the period in which some of the other animals lived which are also found as fossils in the rocks.

The most important part of the entire scheme of organic evolution is the long series of successive kinds of plants and animals which have been made known to us by geology. For over a hundred years the world has been taught that geologists have definitely discovered that some of the fossil animals lived long ages before others; that, in short, geologists have worked out scientifically the relative ages of the fossils, some of them being older and some of them being younger. On this basis,—that is, in the *evolutionary scheme of geology*,—the dinosaurs come about two thirds of the way up from the beginning, which would make their "period" about ten or twenty million years ago, according to the evolutionary theory.

But within recent years, all this has been discovered to be only a gigantic evolutionary bluff. That these animals actually lived a long time ago, is self-evident; for we find their bones buried in hard sandstone or shale, in such

situations and conditions that they must have been buried a long time, many thousands of years at least. But there is no scientific evidence worthy of a moment's consideration by sensible, fact-loving men to indicate that geologists have worked out a reliable time-scale for these different kinds of animals and plants, and that they can positively tell us that some of them *lived long before others or after others*. They may all have lived here *contemporary with each other*, for all that genuine science can tell to the contrary.

Burden of Proof on Evolutionists

In point of strict logic (and modern science can not afford to build on anything less than the strictest and most severe logic), the *burden of proof must always be placed on those who would seek to prove some of these fossil animals much older than others*. For two generations or more, it has been supposed that the wise geologists have worked out a reliable chronology regarding the fossils, and that, while they could not tell the absolute ages of the various fossil deposits, they could at least tell their relative dates and thus could figure out a scheme of life that stretched away back into the shadow of many tens or even hundreds of millions of years ago. But recent discoveries have shown conclusively that this is a big blunder. I have discussed this subject fully in my two books, "The Fundamentals of Geology" (1913), and "The New Geology, a Textbook for Colleges" (1923).

But if there is no real scientific objection to our saying that the dinosaurs may have been living contemporary with the elephants and the other huge mammals which are also found as fossils in the Great Plains region and the Rocky Mountain region of North America, the Christian, the believer in the Bible, will very naturally say that probably all these animals were destroyed and buried at the time of the Flood, or the Deluge. On this basis, we are getting a pretty reasonable answer to our third question.

3. How were these gigantic monsters all killed off? Let us see what some of the leading scientists have to say on this subject. It will become evident that evolutionary geologists, or these who deny a world catastrophe, have no reasonable explanation of how these animals perished.

"One of the most inexplicable of events is the dramatic extinction of this mighty race," says Richard Swann Lull of Yale University. It is "inexplicable," because no sufficient cause can be assigned for this extinction, unless we believe the Bible record of a universal deluge. The larger ones of this group of reptiles were evidently long-lived creatures, doubtless living to be many hundred years old. What could have put them all out of existence is a mystery. But along with these gigantic dinosaurs, we must remember that immense herds of mammoths, mastodons, camels, rhinoceroses, megotheriums, also dropped out of sight so far as North America is concerned, and either became entirely extinct (as in the case of some of them), or shifted to the other side of the world.

But Henry Fairfield Osborn has some other matters of importance to say about the dinosaurs. He gives us the "dramatic" feature of this event. He says: "The cutting off of this giant dinosaur dynasty was nearly, if not quite, simultaneous the world over." And I quite agree with him. When we remember that their remains are found not only in North America, but in Central Asia, in England, and in Western Europe, and in East Africa, at least, and may yet be discovered in other parts of the earth, we must agree that, whatever it was that put these monsters out of existence, it must have been of a universal, or world-wide, character.

Crowded in Death by a Great Catastrophe

Before we decide definitely just how these animals were put out of existence, let us study more closely some one particular deposit where their remains are found. Osborn has described the remains dug out from the so-called "Bone-Cabin Quarry," central Wyoming, (*Continued on page 17*)

HOME AND HEALTH

Healing of Soul

Psalm 103.

*Bless the Lord, O my soul;
And all that is within me, bless His holy name.
Bless the Lord, O my soul;
And forget not all His benefits;
Who forgiveth all thine iniquities;
Who healeth all thy diseases;
Who redeemeth thy life from destruction; . . .
So that thy youth is renewed like the eagles.
The Lord executeth righteousness
And Judgment for all that are oppressed
He hath not dealt with us after our sins;
Nor rewarded us according to our iniquities . . .
Like as a father pitieth his children,
So the Lord pitieth them that fear Him.
For He knoweth our frame;
He remembereth that we are dust.*

Health Culture

By H. C. Menkel, M. D.

THIS department of the new magazine is to be devoted to the promotion of health interests especially adapted to India. Much helpful knowledge is being developed by scientific workers in various countries but this is available only through scientific and technical publications. It will be our aim to gather this information from various sources and make it available in the language of the layman and in practical form for the reader of the *ORIENTAL WATCHMAN AND HERALD OF HEALTH*.

Health is very largely the result of our habits and practices. It is the physical harvest of our daily sowing. There is a law in nature that "whatsoever a man sows, that shall he also reap." This law operates in the field of life much the same as out in the harvest field. The farmer who expects a harvest of wheat sows wheat seed. The acts, practices and even thoughts of life are seeds which we sow in the soil of our bodies. The total results of these actions determine the state of our well being or ill being. What we are therefore, is determined by what we do and think.

The writer has travelled in many countries and made observations among many peoples. Everywhere he has found the same interesting search after health efficiency, and everywhere the same intense struggle against disease and disease producing influences.

The most spectacular as well as the most valuable advances made by science during recent years have been in preventing disease and lengthening the span of human life expectancy. We are learning that health is not the gift of art, but is the endowment of nature operating according to well established laws of cause and effect.

Science assures us that within the body there is no discoverable principle limiting life or making necessary decay and death. The natural state of man is that rugged, robust condition so characteristic of youth, which we call health. According to biological law as observed in operation, man should enjoy this normal existence for at least one hundred to one hundred twenty-five years.

The great religious philosophies agree in accounting for death as an unnatural experience, having come upon man through his departing from the way of life and health. All agree that the hold of death upon the race may be overcome only by a return to the perfect way, physically, mentally and morally.

There are but few diseases of which we do not now know the underlying cause or causes. Having reached this stage, medical science is today applying itself to the huge task of preventing disease and lengthening human life. Statistics show that out of every one thousand persons living, only sixty six will reach mature old age and die a natural death. The other nine hundred thirty-four will die prematurely of what we now understand to be preventable causes.

Here then is a task worthy of our best efforts. Nine hundred thirty-four men, women and children out of every thousand in our community are destined to die of avoidable diseases and the community will lose years of their contribution in service and other advantages. All this sad loss of human life and efficiency is due to ignorance of the real causes and indifference to the working of the law of cause and effect.

The health department of this magazine will devote itself untiringly to the vital interests of the nine hundred thirty-four. It is our hope that by all means we shall save some.

In the following list will be found the ten health essentials to which we must give careful and detailed study;

1. Heredity.
2. Fresh air.
3. Pure water.
4. Wholesome nutritional food in right quantity and proportion.
5. Entire body exercise.
6. Rest sufficient to recuperate bodily wear.
7. Maintaining perfect elimination.
8. Positive psychology.
9. Avoiding infections.
10. Communal sanitation.

The way to health is to plan for it, expect it, work for it and cherish it. Then you will have it.

The Human Body—A Delicate Piece of Machinery

By Adrian D. Clark, M. D.

IN this, the first of a series of articles on the human body, it is the purpose of the writer to lay down certain principles upon which the workings of the human machine are based, and to draw attention to the evils resulting from the non-observance of those principles.

Like a delicate machine the human body is governed by certain inflexible principles, the observance of which results in a state of health; the non-observance of them results in a state of ill-health or disease. Let us first observe some of the principles that must be fulfilled in order for the body to maintain perfect health.

Essential Requirements

The body must be supplied with fuel, (food) from which it can derive power to carry on its work. This fuel is represented in the steam engine by the coal that is used to heat the boilers. In the selection of coal for an engine, care is taken that only a good quality of coal is used; coal that consists of slate and other ingredients which will leave clinkers is not used. So, in a similar manner, in the human engine it is essential that only the right kind of fuel be supplied; fuel that will not leave clinkers for the body to eliminate. In a future article we will consider this subject of clinkers in its relation to food.

Next, the body must be supplied with water to keep the various organs functioning properly, just as the steam engine must have water from which to make its steam. The engine would not run without steam, even so the human engine will not run properly without this essential commodity in sufficient amounts.

Again, the body must be supplied with air, (draught) just as the steam engine must have draught to make the fires burn brightly. The body burns the air that we breathe, and the heat resulting from the burning process keeps the body fires burning brightly.

Here ends the comparison between the human and the mechanical engine. The human machine requires other things that the mechanical does not; the mechanical also requires certain things that the human dispenses with.

Food—Three Classes

Now to return to the subject of fuel for the body. This fuel, or food, is absolutely essential to the maintenance of life. It has always been known that one cannot live without food; if you do not take in food, the body loses weight, and finally dies. So, having established the fact that food must be taken, the next question to decide is what form that food shall take. It is recognized by physiologists everywhere that there are three great groups or classes of foodstuffs. These groups are the proteins, the carbohydrates, and the fats. Every article of food falls into one or more of these

groups. For example, milk is a food that contains all three of the groups, and therefore cannot be classed as either one or the other.

In addition to these three great classes of foodstuffs it is recognized that there are other articles which are also essential; these are water, vitamins, and mineral salts. So we see that the body daily requires six substances in order to keep its machinery in perfect running order. It must not be supposed that if the body is deprived of one of these substances for a short time, that any great damage will result, but just as in the case of the mechanical engine, the deprivation of an essential for even a short time is reflected in the failure of the machine to run perfectly, so in the human engine, the deprivation of even one of these essentials will result in imperfect functioning of the body, even though that imperfect functioning is not noticeable. The first great principle then, which governs the working of the human machine is an adequate supply of food, together with these other substances just mentioned.

Water

The next requirement of the body that must be supplied daily is water. Every cell in the body requires water to carry on its work in a proper manner. The body can secure a limited amount of its water supply by certain chemical processes which it carries on within itself; it also secures water from the fruits that we eat; but these sources of its water supply only provide for a small amount, the rest must be made up by drinking.

Air

The third necessity of the body is air; this must not only be supplied daily, but every minute of the day and night. The body can survive for several weeks without food; it can survive for a few days without water, but it can survive but a few minutes when deprived of air.

These three requirements of the human machine I should classify as the absolute essentials for perfect maintenance of body function. The other requirements; namely, exercise, elimination of waste matter, and the securing of vitamins and mineral salts are secondary considerations. They must of course all be provided for, and are highly essential to the economy of the body, but they do not occupy the first place as regards absolute necessities.

Failure of Supplies

First, as to the fuel or food supply of the body. There can be two mistakes made here with reference to the food supply. The food may be deficient in quality, either deficient in one element, as for example the protein material, or be deficient in quantity, either of which will result in harm to the body. If the food is deficient in quality, using the protein material as an example, and the body is receiving less than it should receive, then it will suffer. Every individual requires a definite amount of protein material daily, to provide for the re-building of waste tissue, and to build new tissue. If the amount supplied the body is less than its actual

requirements, then the body suffers, for it must either neglect to repair its waste tissue, or fail to build new tissue. This is the logical conclusion, but in reality it is not so, for the body will draw on its own tissues for the material with which to repair the waste tissue. In a similar manner, but to a less degree, the body requires a certain amount of carbohydrate and fat daily. These two substances can be discarded from the diet for a short time, and the body will not suffer, especially, as it can manufacture both glycogen, a form of carbohydrate, and fat, from the protein material, but it is unable to make protein material from either carbohydrate or fat, as far as we know. The body also possesses the ability to store up a certain amount of both carbohydrate and fat in excess of its actual requirements, to be used in future as needed, but it has no use for an excess of protein material, and so it does not store up any surplus supply of this element.

If the supply of food is deficient in quantity, the injury done is easily calculated. We have already established the fact that the system draws upon the stored up carbohydrate and fatty material, using them as its source of energy. In the spring, when the bear emerges from its den, it is lean and lank. So the body, when deprived of sufficient supply of food material, draws upon its store of carbohydrate and fatty material, if such is available. If not available, it draws upon its protein tissues. Thus we see that the body suffers when the food supply is deficient in either its quality or quantity.

Failure in Water Supply

Now as to the injury done the body when it is deprived of a sufficient amount of water. This is more difficult to arrive at, because of the fact that water enters into the metabolism, (the building up and tearing down processes) of every cell of the body. But of this we can be certain, injury results when water is not supplied in sufficient amount. The blood stream is dependent upon an adequate supply of water to keep its plasma the proper consistency; the kidneys are dependent upon an adequate supply of water to keep the solid constituent of the urine in solution, and this in turn is reflected in the blood stream containing the necessary amount of water to keep these solid constituents in solution while in the circulation. We have evidence that certain structures in the kidneys are concerned with the elimination of solid substances, while other structures are concerned with the watery portion of the blood. For this reason it is essential that the blood contain a sufficient amount of water to enable the kidneys to keep these solid constituents in solution after they have been eliminated from the blood. The failure of the kidneys to keep in solution these solid substances results in the formation of kidney stones in some cases.

Water is necessary to enable the body to maintain the acid-alkali balance of the body tissues. Under normal conditions this acid-alkali balance is so regulated that the reaction of the tissues is slightly alkaline. But after only a light exertion

the reaction of the tissues becomes acid, and this acid reaction is maintained until fresh blood is brought to them, which carries away the products of tissue metabolism to the kidneys, where they are thrown out of the body. To a certain extent the acidity resulting from exercise is neutralized in the tissues by the alkalis of the blood, but probably the greater part is carried away by the blood stream.

(Continued on Page 18)

Hot Weather Beverages

By George E. Cornforth

PINEAPPLE JUICE

THIS may be the superfluous juice from canned pineapple. To make the juice from fresh pineapple, either grate the fruit or grind it through a food chopper, then put it into a double thickness cheesecloth bag, and press the juice from the pulp, or press the pulp in a fruit press.

LEMONADE

Juice of 2 large lemons or 4 limes
1 quart cold water
 $\frac{1}{2}$ cup sugar, or more to suit taste

ORANGEADE

Juice of 1 lemon or 2 limes
Juice of 1 orange
 $\frac{1}{2}$ quart cold water
 $\frac{1}{2}$ cup sugar, or more.

More orange juice may be used if desired

ORANGE NECTAR

$1\frac{1}{2}$ cup orange juice
1 cup pineapple juice
Juice of 3 lemons or 6 limes
 $\frac{1}{2}$ cup sugar
2 to 3 cups water, according to taste

Mix, and set on ice to cool.

GRAPE NECTAR

1 cup grape juice
Juice of 2 lemons or 4 limes
Juice of 2 oranges
 $\frac{1}{2}$ cup sugar
1 quart water

Mix, and set on ice to chill.

ORANGE AND STRAWBERRY NECTAR

1 cup orange juice
1 cup strawberry juice
2 cups water

Mix and chill. Sugar or lemon juice or both or more water may be added according to taste. Do not fail to try this, because orange and strawberry make a delightful blend.

MINT NECTAR

Pour one cup of boiling water over six sprigs of spearmint, cover, and let stand till cold. Strain and add to three-fourths quart of limeade. Colour green with green vegetable colouring, if desired.

Or instead of limeade use fruit nectar made from any mixture of fruit juices. Mint and orange make a palatable blend. A sprig of mint may be placed in each glass when the nectar is served.

Other combinations of fruit juices will suggest themselves to the reader. The flavour of fruit nectars may be intensified by adding a few drops of such flavours as pineapple, cherry, raspberry, wintergreen, violet, and even vanilla.



OUR YOUNG FOLK



Which is Your Way

"Christmas is a time for getting," said Rob Brown.

"Christmas is a time for giving," said Ned Lown.

So Rob asked his father to give him some skates,

And thought Aunt Eliza might buy him some dates.

Ned thought that his father might like a new tie,

And he bought Aunt Maria a knife to cut pie.

Rob wanted his sister to get him a sled,

And big brother Dan a warm cap for his head.

Ned thought his wee sister might like a new doll,

And, maybe, his brother'd be glad of a ball.

Rob hoped that his mother would knit him some mittens,

And Jimmie Green'd give him one of his kittens.

Ned thought he'd make mother a box for the bread

And give playmate John a sled, painted red.

Now which do you think had the happier day?

And which, I do wonder, just which is your way?

—Cora Allen.

How Grotius Escaped from the Castle

ABOUT the time that Oliver Cromwell ruled in England a good man named Grotius was put in prison because he worshiped God in the way that he believed was right. Grotius lived in Holland, and was imprisoned in the great stone castle of Loewestein. Around the castle was a wide, deep ditch, and those who went to the castle had to cross this ditch by means of a draw-bridge. When Grotius was taken to the castle, he had to pass over this bridge, and through thirteen heavy doors that were in the great stone walls of the castle. These heavy doors were bolted fast and had great iron locks. The authorities wanted to make sure that Grotius did not escape.

Grotius's wife was allowed to visit him in the castle, and his friends were allowed to send him books. Grotius was a great student, and read a large number of books. These books were sent to him at certain times in large wooden chests.

Mrs. Grotius was a clever young woman, and busied herself trying to think of a plan to get her husband out of the castle with its thirteen iron-bound doors. Finally she thought of a plan, and she told her husband. They talked it over, and prayed to God to help them. It was a dangerous plan, but they decided to try it. Grotius would be sent out of the prison in the chest, instead of the books. They told Elsjé, their young servant girl, about it. She was an earnest Christian girl, and she said she would help them.

The head man of the castle was away, and his wife was in charge of things, when they decided to carry out their plan. Grotius climbed into the chest. It was tight and narrow for him, but his wife packed in bunches of yarn and thread around, so that he would be as comfortable as possible on his journey. Then the cover was put down and the chest locked. The key was given to Elsjé. She was to go with the chest to see that it arrived safely at the

house of their friends. It was a dangerous thing for Elsjé to do, but she was a brave girl.

The soldiers were then called, and the chest was carried out of the castle. It was much heavier than usual.

One of the soldiers said jokingly, "Grotius himself must be in the chest, it is so heavy." But they never thought for a minute that he was, and Elsjé turned their jests off with a laugh.

At the outer door of the prison, the keeper's wife asked if it was the custom to open the chest. She was told that it had not been done for a long time, and so the chest passed safely by her.

The chest was carried to the river, and placed upon a boat. As the boat sailed away, Elsjé sat down upon the chest and waved her white handkerchief, so that Mrs. Grotius, who was watching from the castle window, would know that all was well.

When the boat landed at Gorcum, Elsjé persuaded the skipper to carry her chest to town before he did the other freight. She had to pay a big price to have it done, but poor Grotius could not endure being in the chest much longer. The skipper and his son carried the chest to town in a wheelbarrow. On the way, Grotius moved on account of his cramped position.

The skipper's son heard it, and said, "There is something alive in the chest."

"Yes," replied Elsjé cheerfully; "the books that Grotius reads are always live and full of spirit."

They came to the house of Grotius' friends, and the chest was placed at the back door, safe and sound.

When Elsjé told the mistress of the house what she had in the chest, the good woman turned pale, but went quickly to the chest.

"Master, master!" cried Elsjé.

There was no answer.

"Oh, my poor master is dead!" shrieked the girl.

But soon there was a strong rap on the inside of the lid, and a cry from the prisoner: "I am not dead, but did not recognize your voice at first."

The box was opened, and out stepped Grotius. The good mistress hid him in the house for a while; and then, disguised as an ordinary workman, he fled to Antwerp, where he was safe from his enemies. Mrs. Grotius was imprisoned, but was soon released, and joined her husband at Antwerp. They thanked God that He had heard their prayers and delivered them from prison.

How Bessie Helped Mary

LITTLE Bessie came bounding home from school, burst open the door, and fairly flew into mamma's arms, when she said, "O mamma: Mary said I helped her so much to day in school." Now Mary had just lost her little brother, and her heart was bleeding; Mamma, happy that her little daughter had been so thoughtful, said, as she pressed a kiss upon the rosy lips, "Why, dearie, what did you say to Mary that helped her so much?" "Why, mamma, I didn't say anything to Mary, 'cause I couldn't think of anything to say; but when Mary put her head down on the desk and cried, I just snuggled up close to Mary, and I put my head down on the desk 'side her, and I cried, too. And Mary said it helped her so much."

"Rejoice with them that do rejoice, and weep with them that weep." is the injunction of Paul to the Romans. We wonder, sometimes, if "sympathy" is not becoming an obsolete word. Yet He was "touched with the feeling of our infirmities." "In all their affliction, He was afflicted, and the angel of His presence saved them: . . . and He bare them, and carried them all the days of old." Is. 63: 9.

If I Knew

If I knew the box where the smiles are kept
No matter how large the key,
Or strong the bolt, I would try so hard
'Twould open, I know for me.
Then over the land and sea, broadcast,
I 'd scatter the smiles to play,
That the children's faces might hold them fast
For many and many a day.

If I knew a box that was large enough
To hold all the frowns I meet,
I would like to gather them, every one,
From nursery, school and street.
Than, folding and holding, I'd pack them in,
And, turning the monster key,
I'd hire a giant to drop the box
To the depths of the deep, deep sea,
—*The American Jewess.*

The Bed-Time Bible Story

A Maid of Midian

ONCE there was a little girl named Zipporah. Maybe you think that is a funny name for a little girl, but it sounded beautiful to her father and her mother and her brother and her six sisters; for Zipporah means "little bird."

Now Zipporah lived near Mt. Horeb, in the land of Midian. Her father Jethro was a chief and a priest of the Midianites. They had many sheep for there was a great deal of grass in the valley and around the mountain of Horeb, and nearly all the people there were shepherds.

Zipporah loved the little lambs when they came in the spring, and she loved to take care of them and play with them. But that was while she was a very little girl; and like all little girls, she grew up, year after year, to be bigger and bigger and bigger. And when she had grown to be a real big girl, her father said, "Zipporah, you must help me keep the sheep, you and your six sisters; for you have only one brother, and he is little."

So Zipporah and her six sisters took care of the sheep. In the morning they led them out to the fields to eat grass, and toward evening they led them to the well in the valley, and drew the water and poured it into the troughs for them to drink; and then they led them back home and shut them into the folds, to keep them safe from the wolves and the bears.

One day when Zipporah had grown to be a tall and beautiful maiden, she and her sisters took the sheep out to the pasture, and let them feed all the day. Then towards evening they took them down to the well to water them.

There was a young man sitting by the well who looked like an Egyptian. He was a handsome young man, with his curly black hair and his deep brown eyes and his noble face, though he was dusty from his journey, and looked tired and almost discouraged. Zipporah and her sisters stole more than one glance at him, but he didn't seem to notice.

So Zipporah and her sisters drew the water from the well, and poured it into the troughs for their sheep to drink. But just then there came up some bad men, who were shepherds too, and they had their flocks of sheep with them. They drove Jethro's sheep away, and led their own flocks to the troughs to drink the water that Zipporah and her sisters had drawn. And they started to drive the girls away too.

Then the young man who looked like an Egyptian sprang up and went for those shepherds. "What" he cried, "would you steal the water that these girls have drawn for their flocks? and would you drive them away too? I will show you what you will do!" And he drove the shepherds away from the well, and then he came and helped Zipporah and her sisters water their flocks.

So then Zipporah and her sisters led their flocks home, but they were too bashful to ask the young man to go with them, or even to ask his name. When they reached home, their father Jethro said to them, "You are early tonight. How did that come?"

"Why," they said "there was an Egyptian at the well, and he helped us against the shepherds and helped us water our flocks. So we got home early."

"And where is he?" asked their father. "Why did you leave the man at the well? Go and call him at once, that he may have dinner with us."

So Zipporah went back to the well, and there was the young man still sitting; for none of the men had asked him to go home with them. And Zipporah said, "Won't you please come home with me? for my father invites you to eat dinner."

Then the young man gladly went with her. And when he came to Jethro, he told him that his name was Moses. He said he was not really an Egyptian, but an Israelite. The Israelites were children of Abraham, and the Midianites were too. And Jethro welcomed him and made him stay all night, and the next day, and the next day.

Then Moses and Zipporah loved each other very much and so they were married. And Moses decided to stay with Jethro right along and help take care of his sheep.

Eggs and Evolution

(Concluded from Page 12)

during the half-dozen years following its opening in 1898. The area then worked over was 7,250 square feet in area of almost exactly one sixth of an acre where more than 100 skeletons were found.

Over a hundred of these monsters from a sixth of an acre! Are we to suppose that these creatures had graveyards, and buried their dead all together? Why should we stultify our reason and insult our common sense by asking it to try to figure out some way in which this mass of bones gradually accumulated through the operation of ordinary, or commonplace, causes? This is the method of the uniformitarian or evolutionary geologist, though as we have seen, the leading authority on this subject declares that "the cutting off of this giant dinosaur dynasty was nearly, if not quite, simultaneous the world over."

Rather, let us say that we have here only another confirmation of that record of the extinction of the ancient world by the waters of a universal deluge. "The world that then was being overflowed with water, perished." 2 Peter 3: 6.

Around the World

Great Britain's war widows have decreased by 90,000. These have remarried.

A giant sword fish frozen in a two-ton block of ice was one of the exhibits of the New Zealand section at Wembley.

Photographs suitable for publication in newspapers have recently been transmitted long distances in America, by telephone.

The Japanese say that India ink is made from burnt camphor. The Chinese hold the secret of the process and will not reveal it.

Mr. John Parker of Parkers's Oil company, Shirley, Yorkshire is said to have invented fuel that will revolutionize motoring and aviation. Mr. Parker has refused an offer of £15,000 for his secret from a syndicate.

A new anesthetic has been discovered by Professor Fredet of the Pity Hospital, Paris, which enables the patient to sleep for twenty-four hours, and which is not followed by vomiting or any dangerous effects on the kidneys.

An American beauty specialist says that the bobbed hair craze is indirectly leading to baldness of women. The bobbed hair is creating a demand for tight fitting hat bands, which result in baldness an explanation that should be of interest to men also.

Henry Ford has posted an order through all his factories and offices that any employee discovered with any trace of alcohol on his breath, will be discharged forthwith. The order says, "The Eighteenth Amendment is a part of the fundamental law of this country. So far as our organization is concerned, it is to be enforced to the letter."

King George has just taken a great step toward the democratization of the Court of St. James. Women of the working class can henceforth be presented at court. Hitherto, the husband or father of a woman presented had to have high social standing conferred by a university education, a commission in the armed forces, a parliamentary seat, or important family connection.

The Bulgarians have been long famous for their longevity. Prof. Metchnikoff who lived with these people many years made the astonishing discovery that deaths at one hundred, one hundred and fifteen, and one hundred and twenty years were not uncommon. An interesting item on which the Professor laid much emphasis, was the use of curds and butter-milk by them. In India this product is known as *dai*.

During the last financial year, Great Britain spent £24,000,000 in old age pensions. Mr. Shaw Minister of Labour states that the contributions paid by the State to the Unemployment Fund totals £35,751,000 during the past four years. The proposal to bring in Juveniles, if carried, will increase the State grant for 1924-25 by £220,000 making the total for the current year more than £13,000,000.

If my body were a motor car and I should apply for a license to run it, do I possess sufficient knowledge of how to run it properly to warrant my receiving a license?

The Human Body—A Delicate Piece of Machinery

(Concluded from Page 15)

This acidity of the muscles, due to the accumulation of a substance called sarcolactic acid, results from the burning up within the muscles of carbohydrate material, which the muscles use as their source of energy. Strictly speaking, this substance is a carbohydrate derivative, called muscle glycogen. Water aids in the work of keeping the acid-alkali balance of the blood by means of its solvent property; keeping the various salts of the blood in solution, and thereby allowing them to become mixed.

As for the injury that accrues to the body when air is not supplied in sufficient amount it is only necessary to think of what would happen to the body were it to be deprived of air for even a few minutes. In most cases, unconsciousness would

result. But granting that air is supplied, but of an inferior quality, what happens? As an example of air of an inferior quality, I would cite the common practice of sleeping with the head entirely covered. In such cases the air is breathed and rebreathed many times. The oxygen that was originally present in the air is used up after a few breaths, but as the person has the head covered no fresh air can get in, consequently they go on inhaling and exhaling foul contaminated air, laden with carbon dioxide and other impurities until in

the morning, when they get up, the system is fully saturated. And then they wonder why they arise with such a headache, and an "all gone" feeling. Our grandmothers used to think that it was very injurious to breathe the night air, but it never seems to have occurred to them that there was no other air but night air available.

In chronic diseases of the lungs and respiratory system, an abundant supply of pure, fresh air is essential. In growing children fresh air is also highly essential, and this cannot be secured when children are permitted to sleep with their heads covered. The germ of tuberculosis is fond of places where the air seldom reaches, so the best way to encourage this germ to multiply is to provide it with a nice spot in the lungs where the air rarely penetrates, but if one is desirous of preventing tuberculosis, the best way to do so is by keeping the lungs well supplied with fresh air.

In our next article we shall endeavor to analyse the actual requirements of the body, giving consideration to the three classes of foodstuffs, and seek to establish a working basis for the proper maintenance of the human machine.

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Photo News



Wide World Photo

H. R. H. The Prince of Wales arriving in Washington D. C., for luncheon with President Coolidge. Baron Renfrew received almost too warm a welcome in America. H. R. H. was variously described in America as England's greatest Ambassador, the best travelling Salesman in the British Empire, the world's "best sport," and the most popular personage in the world. An amusing incident was the turn given by Will Rogers an American humorist, who said, "Neither the Prince nor I falls off horses. I find it impossible to stay up when the horse is down. We're both that kind of riders, the Prince and I." This speech pleased the Prince so that he had the comedian out the next day for polo with lunch later.

Underneath the ZR3 with her crew. The three in multi are the American observers accompanying the airship on her 5000-mile, non-stop flight, from Germany to America averaging 62 miles per hour, with one-fourth her petrol remaining in her tanks on arrival. The huge airship majestically circled New York five times, flying low over the city which went wild in welcome. This largest airship in the world replaces two Zeppelins assigned America in 1919 as "spoils of war" but destroyed by their crews. It is a purely commercial machine and carried a heavy trans-Atlantic mail for which 1 gold mark for 20 grams weight was charged. The Goodyear Co., has acquired the American patent rights and will commence building dirigibles at once. Length 656 ft.; diam. 90 ft.; height 101 ft.; 5 power cars with 12 cylinders each; capacity 2,472,000 cu. ft. gas, 20 passengers, 88,190 lbs freight.



Wide World Photo



Wide World Photo

Meet Mrs. Fergusson, the new Governor of Texas and her family. Texas, the first State to elect a woman as chief executive, is the largest in the United States with an area equal to one-third that of India, no small empire. Two features of the campaign which elected Mrs. Fergusson was the straight fight against the strong Ku Klux Klan which she is pledged to suppress, and the vindication of her husband who was wrongfully impeached when Governor some years ago. From Left to right, Front; Ex-Governor Fergusson, Ernest Nalle, grandson, Mrs. Mirlam Fergusson, Governor. Standing, Miss Dorrace Fergusson, daughter, Mrs. George S. Nalle, another daughter and her husband.

