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# The ORIENTAL Watchman and Herald of Health



*Photo by S. A. Wellman*

Bara Bazar, Shillong, Assam

Europe, A Boiling Cauldron of Human Passions  
Henry Ford's Rules of Health  
Rheumatism and Mineral Starvation



## Around the World

Denmark is the greatest bicycle riding country in the world.

The colonies of Holland are sixty times as big as the mother country.

Two royal chapels of the third dynasty, Egypt, believed to be the oldest stone buildings in the world, have been discovered near the pyramids of Sakkara, fifteen miles south of Cairo.

One of the longest speeches on record is that in the United States Senate delivered by Senator La Follette in 1909. He kept the floor for nineteen consecutive hours, including the whole of one night. We trust no M. L. C., in India will emulate his example.

Airships have now penetrated the most remote parts of Africa. A new Handley-Page plane owned and operated by the Belgium State-aided Aerial Transport Co., carries passengers and freight from the most remote tropical settlements in Central Africa to the railways.

It is reported that by injecting dyes into silkworm cocoons, a French scientist has caused silkworms to spin colored threads. All shades, it is said, can thus be obtained, and, moreover, the colours do not fade. It now remains to be seen whether this can be made commercially profitable.

The 1924 Nobel Prize for literature was awarded by the Swedish Academy to Wladislaw Reymont, Polish author and poet of the later school. Reymont won the prize with his book, "Polish Peasants," a work of four volumes which reviews Poland's history since the partition of the country in the eighteenth century.

What is declared to be the largest and most powerful electric locomotive in the world is being built by Henry Ford for his railway. The engine, which will have 16 motors of 250 horse power each, will be capable of pulling a train of 150 loaded carriages. It will be 117 ft., long, 15 ft., wide, and 10 ft., high, weighing 340 tons.

One recent result of the elections in Norway is that prohibition will be retained. This result was due to the strength of the Agrarian peasant party which favours prohibition. The Conservatives, opposing it have the largest number of members in the Storting, but far less than a majority. Though women vote in Norway, all the women candidates were defeated. Only twice have women been elected to the Storting.

The fanatical Wahabis who now control the Muslim holy city Mecca, have banished smoking from within the city limits. They first seized 100,000 nargilis or Turkish pipes, and burned them in the bazaar of the city. The

Wahabis regard smoking as as great a sin as the drinking of intoxicants. We hope that social Reformers in India will take notice of this action of the Wahabis and like them include agitation against smoking in their programme.

Negotiations between the British and Allied Investment Co., and the Sugar Beet Committee of the National Farmer's Union in England for the establishment of a sugar beet factory in Essex, have reached the stage of a provisional agreement. Under this agreement the Company proposes to build and equip a factory provided the Farmer's Union members in Essex undertake to grow a minimum of 4000 acres of sugar beets. The estimated cost of the factory is over £ 250,000.

What has been pronounced the heaviest and most powerful type of gun in the world has recently been built for the U. S. Army. It is capable of hurling an armour-piercing projectile of 1560 lbs., 23 miles, and with the carriage weighs three hundred tons. It can be drawn along the railway lines and has an electric apparatus enabling it to be lowered for tunnels. It is the latest of post-war developments. It is also reported that the U. S. Army has a machine gun with a range of five miles.

In addition to his personally conducted coal mines, railroad and manufacturing plants, Henry Ford has now started a steamship line of his own which will connect his business directly with foreign ports. The "Onondaga" was the first of the Ford-built fleet to clear port from Detroit, sailing recently for Buenos Aires, Argentina, with a cargo of 1500 tons of "flivver" parts. We hope his business with India will grow sufficiently to put us on the line. Perhaps he will introduce "flivver" prices into sea travel.

An example of the close watch that Signor Mussolini keeps over affairs in Italy is found in the case of a young woman from New Jersey U. S. A., who recently bought an article of jewelry in Italy and had it sent as a present to a friend. Later she found that the jeweller had substituted a very inferior article for the one she had purchased, and in hot indignation wrote a letter of protest to S. Mussolini. Within a few weeks she received a humble letter of apology from the shopkeeper and an assurance that he had rectified the matter.

An increase of 148 per cent in savings deposits in 12 years in the United States, has been reported by the American Bankers Association. In this time the total has gone up from eight billion dollars, (about 2500 crores of rupees) to twenty one billion dollars (about 6300 crores of rupees). The number of depositors has increased from 12, 500, 000 to 38,850,000. The average per capita savings rose from \$89 to \$186. As the largest part of this increase has come since the introduction of prohibition, and as this money is mostly the earnings of working people, it is not difficult to understand one reason why the common people will never allow prohibition to go.

# The Oriental Watchman

AND HERALD OF HEALTH

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## Topics of the Day

### "The Republic of Riff"

The interest of the Muslim world is shifting from Turkey, we might almost say from the Hedjaz, to "The Republic of Riff," the name which Abd-el-Karim has given to the new nation that he is establishing in the mountains of Morocco in North Africa. He has succeeded in a remarkable way in arousing the hopes and co-operation of the Muslims in North Africa and in overcoming their local tribal jealousies, which have long been a source of weakness to them. As a result the Spaniards have been steadily driven towards the sea with terrible casualties, and it is doubtful if they will be able to hold even the coast.

The Pan-Islamic movement is rapidly developing in this section and it has even been suggested that Abd-el-Karim should be made Khalifa. At any rate France and Italy are taking serious notice of developments and an important and dangerous situation may develop here that will shake the world. This is but one more straw which shows the way the winds are blowing in our poor world.

### Mining for a Huge Meteor

In the Arizona desert there is a mountain with a "crater" which bears no resemblance to those of the ordinary volcano. Neither molten rock nor lava are found anywhere in the vicinity. To the contrary all evidences point to the fact that a tremendous meteor has fallen from the heavens and imbedded itself here. The mouth of the "crater" is more than a half-mile across. There are "meteor" fragments in abundance, and among other things platinum has been found in them in paying quantities. This huge meteor seems to have come from a northerly direction and must be buried hundreds of feet below the surface. The Indians of this section have a legend that in the long ago one of the gods came from heaven to our world in a flaming chariot and buried himself in the earth at this spot, rocking the whole country-side with mighty convulsions.

A Company with large capital has been formed and is now busy sinking shafts in the locality.

Their discoveries so far all tend to indicate that they will soon reach the prize. If they do, one thing at least will be accomplished—the world's supply of platinum will be greatly increased, and who can tell what we will learn from the examination of this tremendous visitor from outside the borders of our own planet?

### "Woodbine Willie"

The Rev. N. A. Studdert-Kennedy, a clergyman who went with the men into the trenches during the world-war, and was nicknamed by them "Woodbine Willie" has recently said some very drastic things about war. He declares that the world must either accept Jesus Christ and disarmament, or, denying Him, adopt wholeheartedly the barbaric doctrine of brute force, turning humanity into a pack of wolves, destroying and being destroyed. He says, "Either you must make justice and reason the basis of your entire constitution all over the world, seeking the same justice for the colored man as for the white man, and appealing to reason, appealing to what is right,



Topical Press

### American Air Mail Disaster

As we begin to talk about the Air-Mail service to be established in 1927 we are reminded by the above picture of the dangers connected with it. The photo is of the wreck of the air mail plane which started from Chicago for Omaha with the night mail, and crashed to the earth en route. The pilot jumped with his parachute but as it failed to open he was killed. It is reported that a new invention enables the pilot to transform his aeroplane itself into a large parachute when the engine fails. This if a fact will tend to eliminate such disasters.

or buckle on your sword, and relapsing to barbarism, use it as your fathers did without wavering.' The most casual observer of the trend of events in the world to-day knows which method the world is adopting. There are troublous times ahead.

### Auto Accidents in U. S. A.

With more than fifteen million motor cars in operation in America, it can be well understood that accidents are certain. But we were unprepared for the recent statement that casualties from street and highway accidents in 1923 in U. S. A. were nearly 700,000, and that 22,600 of these were fatal. 85% of of these were due to motor vehicles. This is twice the total number of casualties that America suffered during the war. Mr. Hoover recently called a Traffic Conference to grapple with the situation. Los Angeles, that rapidly growing city of southern California, has recently passed the following rules: after July 22, 1925 no horse will be allowed in the business section of the city, several square miles in area; there are to be "traffic lanes" chalked off for pedestrians as well as for motors, with "walking" and "standing" signs painted on the sidewalks, and woe to the person who "stands" where he should "walk," or walks where he has no right. "Jay Walking", an Americanism for walking in the street outside lines marked off at street crossings, is expressly forbidden, and even those who cross at the permitted paces afoot, will be compelled to signal their intention with upraised arms, visible to passing motorists. Severe fines and imprisonment await the transgressor. Can we imagine such regulations being enforced in one of our Indian cities?

### The Bible in India

We are indebted to *The Indian Social Reformer* in its comments on the annual meeting of the Bombay Auxiliary of the British and Foreign Bible Society, for some very appreciative references to the Bible. It is quite natural that this magazine should feel that "In one form or another Hinduism is therefore bound to be, or to inspire largely, the religion of all who make India their home, whether they acknowledge it or not." But the editor further remarks, "But no one who knows the facts will deny that modern Hinduism has in essential respects been profoundly vivified by its contact with Christ's teaching. The impact of Christianity on Hindu thought is but faintly reflected in the Indian Christian community. Its largest manifestation is to be found in the unique way in which Hindu life and thought have been reacting to it." After commenting on the way in which, to his mind, Hinduism helps to make Christianity intelligible, the comment concludes, "India will always gratefully remember the service rendered by the Christian Missions in putting her in possession of the Bible to read in her own languages and to interpret in the light of her own great spiritual traditions and experiences. Sir Leslie Wilson in the course of his remarks at the annual meeting said that he had been interested to observe in this country that many writers and

speakers model not only the form of their remarks but even the phrases which they use on the language of the Bible. But the Indian's familiarity with the Bible is not limited to forms and phrases. The book is being studied and searched for the spirit of Christ independently of the dogmas of the Churches. The Bible has undoubtedly given a great stimulus to religious thought in India, and the Society which has made it its business to place it within easy reach of all, is rendering great service to the world."

### Two More Stoned to Death in Afghanistan

Some months ago a prominent Maulvi of the Ahmadiya sect was publicly stoned to death in Afghanistan after being duly tried by a legal tribunal. The judgment pronounced was a most interesting document. Among the reasons enumerated for the sentence was that the teachings of this Muslim sect denied the second advent of Jesus Christ and made His second coming impossible, or words to that effect. The Maulvi was buried to the waist in the earth alive, and then stoned to death. There was a storm of protest outside Afghanistan, even responsible Muslim bodies in India joined in the protest and it was hoped that there would not be a recurrence. But this last month two other members of this so-called heretical sect were stoned to death in a similar manner. It is not clear whether this was done after legal trial as in the first case, or whether it was an example of mob vengeance. But it is reported that the police looked on without interfering. There are about thirteen more of this same sect in jail. It is suggested that the League of Nations should interfere and convey to His Majesty the Amir that the conscience of the world is shocked by such atrocities and advise against their recurrence.

### India's Crying Need

Under the above heading some matter has come to us from the *Jiv Daya Sabha*, Ferozepore, which contains much food for thought. The main plea is to "bring about the emancipation of millions of unfortunate child-wives in India." It seems to us passing strange that orthodox Hinduism should, in some matters, take a somewhat similar stand concerning its wives and daughters as it does towards "untouchables." In 1922 Mr. Sohanlal brought forward a Bill in the Legislative Assembly seeking to raise the age of consent from 12 to 14 years, which was rejected by an overwhelming majority. As the age of puberty does not in many cases come as early as 12 one would think that any country in the world that has any regard for the better half of the human race would readily consent to so reasonable a regulation. In the debate it was stated that in every generation India loses more than three million mothers due to early marriage. Dr. Gour's Bill which raised the 'age of consent' to strangers to 14, and to her own husband to 13 is reported as we go to press to have been voted down by the Council of State. Our informant referred to above



Topical Press

### Urgent Repairs for St. Pauls

Christians in all parts of the world have been intensely interested in the efforts that are being made to save the Dome of St. Paul's in London. A commission of architects and surveyors after three years discussion has issued its recommendations for securing the safety of the great Dome at a cost of £140,000. It is proposed to grout, and refill with cement under pressure into cavities and cracks in the rubble filling of the foundation. They say they are satisfied with the experimental work accomplished. One of the prominent engineers has however recently come out with the statement that this will be ineffective. His statement has been declared unauthorized by the authorities, and it is doubtful how it will be settled. The photo shows experts underneath the great cathedral filling with cement under pressure groutings made with diamond studded drills in the North East pier.

holds that the Vedas and the rules of Vedic marriage are most unfair to the fair sex. There seems to be much force to this statement which we have not seen refuted. The appeal closes with a statement that until Indian legislators are prepared to give justice to their own wives and daughters it is doubtful if they would give justice to others.

### Opium Wins

Those who love humanity and are engaged in the great war against those things which drag the race downward have heard with regret that the first battle against the deadly poppy and the vested interests interested in its exploitation, has been lost. The cry of the pitiful victims of this accursed drug scattered around the world was not heard by the Council of the League of Nations because of the cry of the trader who has a fat income through the exploitation of one of the vices of humanity. Russia and Persia were cited by the League leaders as hindrances in the way of effective control of production of the poppy. But on Nov. 6 1924 the Soviet Government issued a decree forbidding the unlimited distribution or sale of all intoxicants and narcotic drugs including opium. Persia is also reported to have offered to completely suppress the cultivation of the poppy, providing the United States will loan her \$ 18,000,000,000 to finance

the change to the cultivation of silk, cotton and other such products. So the argument of the "opium bloc" at Geneva seems untenable. The failure at Geneva is a sad comment on the present condition of men's hearts. The net result of the action taken there seems to be the throwing of the opium business and its derivatives into the hands of a close monopoly which will make millions out of it. The fact that the Council of the League should think more of the few of their nationals who will roll up this wealth, than of the unhappy victims who will be ruined soul and body by this unholy drug, lowers the prestige of the League in the minds of all true Reformers. If the League of Nations cannot regulate the drug evil or make recommendations to this end, it is futile to think it can stop anything else.

### Adventists and the End of the World

Under the heading "Another Prophecy Goes West" *The Times of India* of February 28 publishes a telegram from America in which it is falsely stated that Adventists in different parts of the United States are to-day hastily selling their earthly goods in preparation for the end of the world which they predict will come to-morrow." Now Seventh-day Adventists did no such thing, because they know that the end of the world will not come until all the predictions of the word of God are fulfilled. One of the most important of these is the prediction of our Lord Himself when he said "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. Until this work, which it is true is now well under way, is completely accomplished our Lord will not return. Adventists also believe the words of Jesus when He said, "But of that day and hour knoweth no man, no not the angels of heaven, but my Father only." Matt. 24: 35. In view of these plain statements of Jesus it is evident that no person can know the date of the end of the world. In so far as our information goes the above prediction was made by a Mrs. Rowen of Los Angeles California who has no connection whatever with the Seventh-day Adventist church. On the contrary much of her time and effort has been made in open opposition to this church and its work. We are informed that she has a very small following and that the publicity given to her prediction is out of all proportion to its or her importance. It is unfortunate that the telegram should confuse her and her few deluded followers with the Seventh-day Adventist church. We will discuss this question further in a future issue.

# Storms—Earthquakes—Disasters, *Why?*

By Reuben E. Hare

**T**O US the earth on which we live is the most important thing in the universe. As we think of it in a form of cold figures, we are almost staggered at their immensity. It measures 8000 miles across and more than 24,000 miles in circumference. It has 52,000,000 square miles of land, and 145,000,000 square miles of water in its surface, and it contains 260,000,000,000 cubic miles in solid contents. In case you want to know its weight in tons you must enumerate these figures 6,069,000,000,000,000,000,000 and then add to that 5,178,000,000,000,000 additional tons for the weight of the atmosphere. From our standpoint it is indeed great and yet, it is continually being shattered and torn with some cataclysmic disaster that blanches the faces of men as they read of it, and brings to the lips the hushed question,—“WHY? what is the cause of it all?”

Just think a moment, from the year 950 A. D. to 1909 A. D. history tells of 327 storms that have taken a toll of over 613,978 human lives; but note this fact,—all but twenty of them occurred after the year 1800 A. D. and every day that terrible list is being added to with an appalling intensity and violence.

Just turn another page of history, and we learn that during the first 900 years of the Christian Era there were 197 earthquakes recorded, an average of one in four years. The next 600 years 532 earthquakes, almost one per year. The next 300 years 804 earthquakes or nine per year; the next fifty years 3040 or sixty-four per year; and in 1914 the number reached some 30,000 that were noted in that year by the seismograph instruments of the world. This means almost eighty-two per day. It is true, the majority of these were so slight that they would have perhaps passed unnoticed in the mad hurry and bustle of every day life; still over 100 of them were worthy of note.

Among the most noteworthy of recent earthquakes, might be mentioned that of Lisbon when on November 1st 1755 in the short space

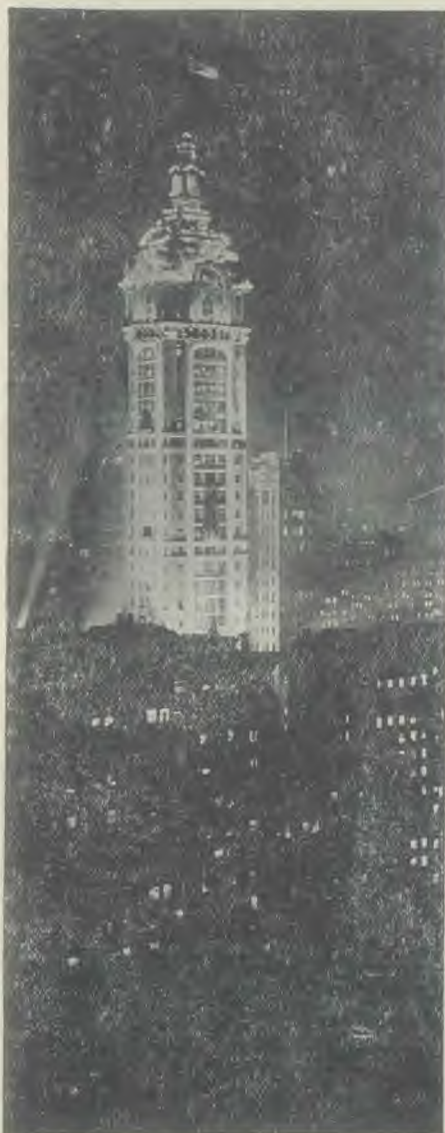
of eight minutes, 98,000 lives were lost; Martinique in 1902 with its toll of 30,000 lives in three minutes; San Francisco in 1906 with over 1000 lives and damage to the city of more than Rs. 90,00,00,000; Messina in 1908 with a loss of 75,000 lives. So the story goes on. The recent Japanese disaster is sufficiently fresh in your memory for me to pass mention of it here. It is estimated that up to the beginning of the twentieth century more than 13,000,000 lives had been lost in earthquakes; but notice,—the first ten years of this century took a toll of 136,000 lives, while the most recent disaster has eclipsed all previous records.

Reader, what are you thinking of these facts? Has science solved the problem and been able to tell us why these catastrophes should be increasing at such an alarming rate?

Why is it that the human race seems unable to stand up to the strain of living nowa-days? The world is sick. Disease is on every hand, something new is being discovered every little while. Bubonic plague was first located in 253 A. D.; small pox in 520 A. D.; yellow fever in 1647; cholera in 1817; pneumonic “flu” in 1918; and today venereal disease stalks rampant through the length and breadth of the land.

When the “Black Death” visited England in 1349, in one year 25,000 people died. During the ravages of the “Great Plague” in 1664 the list mounted to 100,000 deaths. But few of us recall that the 1918 epidemic of influenza killed 25,000,000 persons, a monthly total of 2,000,000 lives.

The scientist in his laboratory, is fighting all he knows how in an endeavour to conquer these enemies of mankind. There are more than 2000 diseases to which the human family is subject. Our doctors use over 12,000 prescriptions to combat them, and still, we are told, the average number of people in hospital is 12,800,000. More than 40,000,000 of our fellowmen die every year. What of it? Is there an an-



swer to man's despairing cry,—“Why should these things be?”

Yes! reader, there is an answer; but you will not find it in any text book of science. You must go once more to that “Old-fashioned book”—the Bible, for an answer to the problem set before us. In Paul's letter to the Hebrews, he summed up the situation in these words,—

“Thou Lord, in the beginning hast laid the foundation of the earth; and the heavens are the works of Thine hands: They shall perish; but Thou remainest; and they shall all wax old as doth a garment; And as a vesture shalt Thou fold them up, and they shall be changed.—Hebrews 1: 10-12.

The Prophet Joel speaks of the same conditions in these words,—

“The field is wasted, the land mourneth; for the corn is wasted the new wine is dried up, the oil languisheth. Be ye ashamed, O ye husbandmen; Howl, O ye vine dressers, for the wheat and for the barley; because the harvest of the field is perished. The vine is dried up, and the fig tree languisheth; the pomegranate tree the palm tree also, and the apple tree, even all the trees of the field, are withered.”—Joel 1:10-12.

Can you not see the direct application of the truth of these statements? From the moment that God cursed the ground for man's sake, disintegration set in and it gains in intensity and rapidity each day. Paul tells us in his letter to the Romans that the “creation was made subject to frailty, not voluntarily.”

While science juggles with figures telling us how many million years this earth has to run, Almighty God through the prophet says,—

“The seed is rotten under their clods, the garners are laid desolate, the barns are broken down; for the corn is withered. How do the beasts groan! the herds of cattle are perplexed, because they have no pasture; yea the flocks of sheep are made desolate. Alas for the day; for the day of the Lord is at hand, and as a destruction from the Almighty shall it come.”—Joel 1: 17, 18, 15.

Can you not see the tragic picture of famine, pestilence, drought, crops failing, just as we have it today—a sign that the Day of the Lord is at hand.

In Isaiah chapter 24 and verses 19 and 20 we read,—

“The earth is utterly broken down, the earth is clean dissolved, the earth is moved exceedingly. The earth shall reel to and fro like a drunkard, and shall be removed like a cottage; and the transgression thereof shall be heavy upon it; and it shall fall and not rise again . . . The moon shall be confounded and the sun ashamed, when the Lord of hosts shall reign in Mount Zion.”

David reasons thus,—

“Thou hast made the earth to tremble Thou hast broken it; heal the breaches thereof; for it shaketh.”—Psalm 60: 2.

Again the question comes in an agonized cry, “Why should these things be?”

Here is the answer, which we find in the second chapter of Micah, verse ten,—

“Arise ye, and depart; for this is not your rest; because it is polluted, it shall destroy you, even with a sore destruction.”

And in Luke 21: 25-27, the Master says,—

“There shall be signs in the sun and in the moon, and in the stars, and upon the earth distress of nations, with perplexity; the sea and the waves roaring; Men's hearts failing them for fear, and for looking after those things which are coming on the earth; for the powers of

heaven shall be shaken. And then shall they see the Son of man coming in a cloud with power and great glory.”

God does not want us to be content with this earth, sin-cursed and blighted; but asks us to look beyond to what he has prepared for them that love Him. And the crashing of the elements, the shakings and groanings of this old earth, are but the travail pains of a new birth, when, from an upheaval such as never was, there will emerge a world clothed in that perfection in which it was before sin came in to mar the handiwork of God. Compare this picture with what has gone before,—

“The wilderness and the solitary place shall be glad; and the desert shall rejoice, and blossom as the rose. The eyes of the blind shall be opened, and the ears of the deaf shall be unstopped. Then shall the lame man leap as an hart, and the tongue of the dumb sing; for in the wilderness shall waters break forth and streams in the desert . . . and sorrow and sighing shall flee away.” Isaiah 35.

This is as God would have it. He takes no pleasure in the trouble and turmoil in the world; but He knows that rest will be all the sweeter after the struggle to win through. He uses these calamities as reminders of the fact that this is “not your rest.” In His house “are many mansions.” He wants us to be there.

Reader! are you ready for that time? Soon, so soon, will the climax of the drama come, when, with a rending and a crashing of the elements, a mighty heaving and groaning of earth, the last act will be staged. Then the dawning of the morning will unveil to our expectant vision,—a world beautiful, that will last forever, for,—“There shall be no more curse: but the throne of God and of the Lamb shall be in it; and His servants shall serve Him; and they shall see His face.”—Revelation 22: 3, 4.

“A little while to watch amid the shadows,  
With eyes tear-dimmed that long for day,  
And then the dawning of the glad to-morrow,  
When tears are wiped away.”

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## Our Source of Courage

“I will come again, and receive you unto myself.” John 14:3

**D**URING the dark days of the struggle for Italian liberty, the people generally looked upon Garibaldi as their invincible deliverer. Prisoners, hurried away to loathsome dungeons, would be cheered, as they passed along the streets, by friends whispering in their ears, “Courage, Garibaldi is coming!” Men would steal out at night and chalk on the walls and pavements, “Garibaldi is coming!” And when the news of his approach near to a city was announced, the people broke out into the rapturous shout, “Garibaldi is coming!” He came, and Italy broke her political and religious fetters, never to be enslaved again. A greater than Garibaldi is coming to God's people. The Desire of all nations is on the way. Jesus is coming, coming to reign; and His kingdom is joy, peace, blessing eternal.

—H. O. Mackey.

# The Plan of Redemption

By Mrs. E. G. White

**T**O MAN the first intimation of redemption was communicated in the sentence pronounced upon Satan in the garden.

The Lord declared, "I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel." This sentence, pronounced in the hearing of our first parents, was to them a promise. While it foretold war between man and Satan, it declared that the power of the great adversary would finally be broken. Adam and Eve stood as criminals before the righteous Judge, awaiting the sentence which transgression had incurred; but before they heard of the life of toil and sorrow which must be their portion, or the decree that they must return to dust, they listened to words that could not fail to give them hope. Though they must suffer from the power of their mighty foe, they could look forward to final victory.

Adam, in his innocence had enjoyed open communion with his Maker; but sin brought separation between God and man, and the atonement of Christ alone could span the abyss, and make possible the communication of blessing or salvation from heaven to earth. Man was still cut off from direct approach to his Creator, but God would communicate with him through Christ and angels.

## The Course of Sin

Thus was revealed to Adam important events in the history of mankind, from the time when the divine sentence was pronounced in Eden, to the flood, and onward to the first advent of the Son of God. He was shown that while the sacrifice of Christ would be of sufficient value to save the whole world, many would choose a life of sin rather than of repentance and obedience. Crime would increase through successive generations, and the curse of sin would rest more and more heavily upon the human race, upon the beasts, and upon the earth. The days of man would be shortened by his own course of sin; he would deteriorate in physical stature and endurance, and in moral and intellectual power until the world would be filled with misery of every type. Through the indulgence of appetite and passion, men would become incapable of appreciating the great truths of the plan of redemption. Yet Christ, true to the purpose for which He left heaven, would continue His interest in men, and still invite them to hide their weakness and deficiencies in Him. He would supply the needs of all who would come unto Him in faith. And there would ever be a few who would preserve the knowledge of God, and would remain unsullied by the prevailing iniquity.

## The Daily Sacrifice

A star of hope illumined the dark and terrible future, and relieved it of its utter desolation. The sacrificial offerings were ordained by God to be to

man a perpetual acknowledgment of his sin, and a confession of his faith in the promised Redeemer. They were intended to impress upon the fallen race the solemn truth that it was sin that caused death. To Adam, the offering of the first sacrifice was a most painful ceremony. His hand must be raised to take life, which only God can give. It was the first time he had ever witnessed death, and he knew that had he been obedient to God, there would have been no death of man or beast. As he slew the innocent victim, he trembled at the thought that his sin must shed the blood of the spotless Lamb of God. This scene gave him a deeper and more vivid sense of the greatness of transgression which nothing but the death of God's dear Son could expiate. And he marveled at the infinite goodness that would give such a ransom to save the guilty.

## A Demonstration to the Universe

But the plan of redemption had a yet broader and deeper purpose than the salvation of man. It was not for this alone that Christ came to the earth; it was not merely that the inhabitants of this little world might regard the law of God as it should be regarded; but it was to vindicate the character of God before the universe. To this result of His great sacrifice—its influence upon intelligences of other worlds, as well as upon man—the Saviour looked forward when just before His crucifixion He said; "Now is the judgment of this world, now shall the prince of this world be cast out. And I, if I be lifted up from the earth, will draw all unto Me." The act of Christ in dying for the salvation of man would not only make heaven accessible to men, but before all the universe it would justify God and His Son in their dealing with the rebellion of Satan. It would establish the perpetuity of the law of God, and would reveal the nature and results of sin.

From the first the great controversy had been upon the law of God. Satan had sought to prove that God was unjust, that His law was faulty, and that the good of the universe required it to be changed. In attacking the law, he aimed to overthrow the authority of its Author. In the controversy it was to be shown whether the divine statutes were defective and subject to change or perfect and immutable.

## Christ Rescues the World from Satan's Rule

When Satan was thrust out of heaven he determined to make the earth his kingdom. When he tempted and overcame Adam and Eve, he thought that he had gained possession of this world; "Because," said he, "they have chosen me as their ruler." He claimed that it was impossible that forgiveness should be granted to the sinner, and therefore the fallen race was his rightful subjects, and the world was his. But God gave His own dear Son—One equal with (Continued on page 16)



# Illimitable Possibilities Through Faith

## One Reason for the Study of Prophecy

“**H**AVE faith in God.” This simple exhortation, spoken by our Lord on an occasion when the disciples were amazed at some of His marvelous works, goes to the root of all the failures and inequalities of this life. Men have lost sight of God. They are out of touch with Him. They know not how to reach out and find Him. That personal intimacy with our Maker and Preserver that characterized the great saints of old is, alas, too rare in these our days. Abraham was called “the friend of God,” and it is said of Enoch, “And Enoch walked with God, and was not for God took Him.” Abraham stands out from among his fellow men as an exemplar of the power of simple, child-like faith, and Enoch was the first to have an intimate communion with God so strongly established and so unimpeded that God did not permit the grave to claim him, but took him at once to the heaven with which his fellowship with God had brought him into full harmony.

Another has said, “Faith is the spiritual hand that touches infinity.” That is to say, he who has this sort of faith has established that contact with infinity that makes the possibilities of what may be accomplished through him, illimitable. This is why Jesus said if we could only have faith “as a grain of mustard seed” that nothing would be impossible to us. Faith is therefore an effective force whose full measure not only never has been taken, but never can be taken.

And yet by itself, alone, faith is nothing. Mere belief in anything irrespective of what that thing may be, or mere mental assent to any doctrine, whether that doctrine be false or true, cannot unlock for us these boundless resources. That which the Bible calls faith is the response of man’s whole nature to God and is effective because it lays hold on the Almighty. This access to God which brings all other blessings in its train, can come only through the knowledge of God that removes all our ignorant misconceptions of Him and that introduces us into that intimate fellowship with Him that casts out all fear. And this can come only through the Word of God. “Faith cometh by hearing; and hearing by the word of God.” “And 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.” Rom. 10: 17; John 1: 14.

As our readers join us in this meditation on the illimitable possibilities wrapped up in the exercise of faith, we believe that a sense of our great need will cause us to cry out with that other needy man of old, who said to the Lord, “Lord, I believe; help Thou my unbelief.” Mark 9: 24.

This month we interrupt our studies of the prophecies of the Bible in order to emphasize the paramount importance of this matter of faith. In

this series of prophetic studies there is presented convincing evidence concerning the existence of God and concerning His Divine purpose for our world. Some are not concerned with the voice of prophecy because they fail to realize its importance in the establishment of living faith in the living God. But we appeal to the reader, whether a believer in the Bible or not, to carefully examine the evidences given. This evidence from prophecy will, we believe, demonstrate that there is a personal God who made the world, and who does not now hold Himself aloof from the world, but who is slowly but surely carrying out His Divine purpose concerning it.

Those who look carefully into these matters will learn two important truths. First, the construction of the universe demonstrates that there is a great, supreme Intelligence behind it all. The argument from design cannot be gainsaid. In the second place, they will be convinced that there is a far-seeing Divine purpose at the heart of things, and that all things are moving steadily towards the certain consummation. But this unified purpose underlying the changing scenes of life can be seen and understood only in the light of prophecy.

Some make the mistake of trying to arrive at this conclusion by reason alone. Even in many of our daily experiences there often comes a time when reason comes to a standstill. It can go no further. This is not surprising for it is but the demonstration of our limitations. But where we cannot know through reason, we must trust. Utter scepticism is not only impractical, it is suicidal. We must trust, and, in fact, we do trust constantly, where reason cannot justify.

The recognition of this principle is essential for the proper appreciation of prophecy. “For no prophecy ever came by the will of man; but men spake from God, being moved by the Holy Spirit.” 2 Peter 1: 21. A. R. V. The prophet, then, is the man divinely appointed to lift the apparently disjointed facts of the passing days in the life of men or nations, into the light of the Divine purpose, and thus demonstrate that that purpose is steadily moving towards the determined end. This desired and “happy” end will surely come in God’s good time, and an intelligent understanding of what the prophet says will cause us to rely on that desired end, and trust the supreme Intelligence back of it all, even though delays sicken the heart, and, at times, the night seems so dark that we can scarcely discern the Divine purpose.

Therefore this purpose of God in history, when we read that history in the light of prophecy, admits us into the counsel of Almighty God, and so adjusts our perspective that all anxious fear is banished. As we thus look back towards the dawn of history we learn that the purpose of the righteous God starts with one man, who (*Continued on page 18*)

# Henry Ford's Rules of Health

*Interesting Sidelights on the Diet and Living Programme*

*Followed by Ford, Edison, Burbank and Others*

By Daniel H. Kress, M. D.

“HENRY FORD says people can live to be one hundred twenty-five, but must quit tea, coffee, tobacco, and liquor.”

Thus reads the headline of a special to the New York *Times* of August 12. Henry Ford, while enjoying a little leisure in company with Mr. Edison and Mr. Firestone at his Wayside Inn, is said to have made the statement that it is possible for man to live to the age of one hundred twenty-five if the working parts of the human automobile are kept free from carbon. By taking as good care of himself as he would of one of his automobile engines, he said he might reach that age.

Being asked, “If the carbon is already there, how are you going to get it out?” He replied, “By mastication.” And continued: “You know that when you chew the food well, it satisfies you sooner, and you don't need so much. Get only good food. White rats lived three days longer at the hospital without food than the ones that were fed on white breads alone. We eat no white bread in my house.”

Coffee, tea, tobacco, and liquor find no place in Mr. Ford's prescription to prolong life. They will not be found, he predicts, on the table of the man of the future, and “it is not so far in the future either,” he said.

Men may say what they will about Mr. Ford. One thing all must admit: he is a remarkable man and possessed of unusual ability. Possibly never before in the history of the world has there arisen a man out of obscurity to so high a position in the commercial and financial world, in so short a time. This is no mere happen-so or luck. Mr. Ford makes no false or wild moves. He has an active brain and is a clear thinker. Men who overeat and gulp down their food regardless of quantity or quality, do not possess the mental clearness to work out and mature plans to do big things as does Mr. Ford.

## *Delicate Machinery Ruined*

The accumulation of carbon in the brain machinery keeps the delicate mechanism from functioning normally. Mr. Ford has given us the secret, not merely of longevity, but also of his successful career as a business man. He drinks neither tea nor coffee and refuses to eat denatured and devitalized foods. Whole-wheat bread he uses instead of the popular white bread. On their trips, we are told, “they [Mr. Ford, Mr. Edison, and Mr. Firestone] carry with them some of their own food, including rye bread and Swedish crackers.” There are wise men, men who do things. They remind us of that great statesman Daniel, the prime minister of the Medo-Persian Empire,

against whom the politicians of his day could bring but one charge, and that was concerning the law of his God. His work was done so accurately and so well that no fault could be found with him, although he was ninety years of age. Early in his life he purposed not to eat the foods which were served at the king's table. “Let them give us pulse to eat, and water to drink,” was his request. Daniel's greatness was no mere accident.

When visiting President Coolidge at his old home in Plymouth, Vermont, Mr. Ford, Mr. Edison, and Mr. Firestone were conducted through the old cheese factory, which is said to be the only industry in Plymouth. Mr. Firestone said to Edison: “Remember when you refused to drink milk?” “Nothing of the kind,” replied Mr. Edison. “I only scalded it. I always do near cities.” This too, is a sensible precaution, for milk is a dangerous food if handled carelessly and not scalded.

## *Edison's Habits of Life*

Little need be said about Mr. Edison's habits of life. He attributes his long and useful life to his simple mode of living and partially to heredity. He tells us that his great-grandfather was an admirer and a convert of the famous centenarian, Louis Carnaro. Through high living and low thinking, Carnaro had ruined his health and had become a physical wreck. His physicians gave him less than a year to live. This news startled and sobered him. He began to inquire into the causes of his invalidism, and then determined to lead a better life. He started by correcting his physical habits, and became so abstemious in his diet that his friends predicted he would die of starvation; but he did not die. He began to improve, and in one year's time claimed to have got rid of all his ills; and ten years later, at the age of fifty, in a letter, to his physician, he said he fully expected to live another quarter of a century. Time more than fulfilled this, for he lived to the advanced age of more than one hundred years, enjoying life all the way. “I never knew until I grew old that this world was so beautiful,” he said and “I now take more enjoyment in eating a piece of dry bread than formerly I did in eating the most exquisite dainties.”

Edison's great-grandfather was so influenced by the life of Carnaro that he adopted that man's simple mode of life, and lived to the age of one hundred two. His son, the grandfather of Edison, was brought up in this same simple manner, and lived to the age of one hundred five. To him were born seven sons, of which Edison's father was one. They all lived past the fourscore, three of them nearing the century mark. Edison attributes

his vigorous health and usefulness chiefly to the fact that his great-grandfather had the good sense to adopt the simple habits of Carnaro, which he himself in the main follows.

Mr. John Burroughs, the great naturalist, who used to accompany Mr. Ford and Mr. Edison on their vacation trips, lived in the same simple manner. He was a remarkable man, and he, too, was in possession of all his faculties up to the time of his death at an advanced age.

#### Luther Burbank's Health Programme

Mr. Burbank, the plant wizard of the world who has accomplished more than any living man in the development of plant life, is also a man who is most temperate in his manner of living, and a fierce antagonist to the use of tobacco, tea, and coffee. Mr. Burbank is a marvel in his line as Edison and Ford are in theirs. He has in the past accompanied Mr. Ford and Mr. Edison on their vacation trips. Of Mr. Firestone's habits I know very little, but he is in good company. As we can usually tell what a man is by the company he keeps, we conclude that Mr. Firestone belongs in a class with Ford, Edison, Burroughs, and Burbank and that he is a man who is temperate in his habits of life.

Plain living and high thinking are usually associated. John Wesley, who was such a world power as an evangelist and preacher and reformer, said: "From ten to thirteen or fourteen I had little but bread to eat, and not a great plenty of that. I believe that this was so far from hurting me that it laid the foundation of lasting health. When I grew up, I chose to eat sparingly and to drink water." At the age of eighty-two, when most men are infirm and dependent, he wrote: "Today I entered my eighty-second year, and found myself just as strong to labour and as fit for exercise of body and mind as I was forty years ago." And a year later, he said: "I am a wonder to myself. It is now twelve years since I have felt any sensation of weariness." The long and useful life of John Wesley was no mere accident.

#### All May Live Longer

While it is not possible for all living to reach the age of one hundred twenty-five or even one hundred years, should time continue, it is possible for all to live longer than they do, and accomplish more while they live, by adopting the simple habits of Mr. Ford, Mr. Edison, Mr. Burbank, and others whose names might be mentioned, men who today are accomplishing things out of the ordinary, in spite of the advanced years of some.

There appeared a report in the *Washington Star* of May 16, last year, of a man by the name of Zora, a Turk, who claimed to be one hundred forty seven years of age, and who was still able to carry two

hundred pounds with ease. He was said to be the picture of health, physical vigour, and mental alertness, and to have been married four times. All his wives were dead, and all but two of his children. His son, Osman, was ninety-seven years of age. Zora's father died at the age of seventy-six, and his mother at the age of eighty-three. He attributes his health, in part, to his work and simple living. "What I want is work," he declared. "Idleness will ruin my health." When asked if he intended to join the Turkish Nationalists, he replied: "I fought many times for my country, and now I wish to end my life in prayer for the prosperity of the empire."

What are the habits of this young old man? Here they are as stated by him. "Hard work, sleep, cold baths at night, no tobacco, no alcohol, no coffee, no meat, no butter." He is said to have been fond of bread and cheese and especially of buttermilk and clabber. His diet was quite similar to that of the Bulgarians, who also live to advanced years.

A friend of mine, who made a visit to the Philippine Islands, at the close of a meeting he was conducting, was greeted by a woman ninety-seven years of age. It was a rainy night, so he said to her: "You show a good degree of courage to come out on such a night as this." While conversing with her, he was informed that the husband, who thought best not to venture out that night, had passed his one hundred thirty-sixth year of life. This was his third wife, whom he had married at the age of one hundred twenty-one. Being anxious to meet the old man, my friend promised to call upon them at their home the next morning before departing on his journey. At seven o'clock, he made his visit. He knocked at the door, expecting, of course, to be met by a shriveled-up old man leaning on a staff; but instead, as the door opened, there stood before him erect, a man who appeared to be not more than sixty-five. The little Spanish church a short distance from his home confirmed his claim. Inquiry into his habits of life revealed the fact that he (Continued on page 18)



# Europe, A Boiling Cauldron of Human Passions

By Alonzo L. Baker

**H**UMAN passion is Europe's danger and the world's danger to-day. Suspicion, distrust, revenge, hatred—this fearsome brood is as numerous in Europe today as the proverbial hairs on the dog's back.

I never realised how intense and bitter a thing hatred could become until I saw it in all its diabolic terribleness as it exists between the French and the Germans in the Occupied Zone. The temperature of their passions is there so high that it is like standing directly before a mammoth furnace whose door is open and through which comes the scorching heat from molten metal.

## Fearful Hatred of the French

In the German city of Bonn the French soldiers are all coloured troops from North Africa. Hundreds of them yes, thousands, are everywhere in evidence with their bayoneted rifles ready to jab any German who in their estimation needs it. They are all Mohammedans, with red caps and tattoo marks on their foreheads. And though the German hates the French soldiers to the utmost, yet he hates these ten times more. As they swagger up and down the narrow sidewalks, causing every one else to take to the gutter as they pass, one can see the German residents of Bonn clench their fists, spit upon the ground, and utter the most fearful oaths against France because she has brought these Africans to the Rhineland to be her catspaws.

I was in Dusseldorf, one of the largest industrial centres of the Ruhr, just a few days before Christmas. Going down one of the main streets in the shopping section of the city I saw a crowd of boys of some ten or twelve years of age crowding about the door of a toy shop, waiting for the proprietor to open it. Most of them had one-hundred-million-mark notes in their hands. We asked them what was the cause of all the excitement, and why they were so anxious to get into the toy shop.

They pointed eagerly to a box in the window containing several dozen toy swords, very inexpensive tin affairs. They exclaimed with considerable life, "We are going to buy all these swords!"

"What are you going to do with them?" we inquired. "We are going to stab to death every French soldier in Dusseldorf!" was their fierce reply; and as they said it, the hair on their bare and touselled heads fairly stood on end, and their eyes spat the fire of hatred.

I was utterly amazed that boys of so tender an age, who in other lands are interested only in games or skating, could register such fierce antagonism.

But it is every where in young and old alike. Like the air they breathe it is ubiquitous. I asked an old woman, a newspaper vendor, what the Germans were going to do eventually about the French occupation. Without having to think over it a moment she replied: "There is only one thing to do, and that is to fight. Germany and France will fight again, and it will be a war to the death."

In all the larger cities of the Ruhr, and in Dusseldorf and Essen particularly, are to be seen on every available space French attempts at justification of their action in occupying the Ruhr. The French issue a daily newspaper in the German language, a propaganda sheet. In this paper they carry many pictures of purported German outrages toward the French troops, etc. They constantly endeavour to show that this section of Germany will be better off under the French occupational rule than under the hand of the great German manufacturing lords.

But the Germans won't buy this newspaper, never a copy, so the French paste them everywhere. All public buildings, railway stations, and billboards are plastered with them. As soon as night falls, the Germans, paint buckets in hand, steal out and besmear every one of these newspapers possible. After they have effaced the French propaganda, they indulge in some of their own. In

great bold letters they daub on the fences and buildings, "Be true to your country!" "Don't believe the French; they lie!" "Never give in to the despoilers of our land," etc. When morning comes and the French see what the Germans have done, they send their soldiers out with a different coloured paint, destroy the German's handiwork, and again paste up their newspapers. And so it goes, day in and day out, and night in and night out. When a German is caught with his paint bucket, he is hustled along to the gaol, and next day sentenced to a few years of hard labour.

The French soldiers hate with a hate which is every bit as bitter and undying as that by which they are hated. When questioned, they answer one and all that the Germans must be fought again and absolutely crushed; if not, they will gradually recover and eventually sweep across the Rhine in another war, and France will go down under the heel of her ancient foe.

You may as well talk of all the dogs in the world suddenly becoming peaceful with all the cats in the world as to suppose that the Franco-German situation is going to clear up within the lifetime of anyone now living. In fact, the traditional canine-feline antipathy is not so deep-seated as that which centres upon the Rhine. And so sure as the sun rises in the east and sets in the west, the present situation in the Ruhr is but the seed-bed of another war.

Mr. Lloyd George in his recent book, "Where Are We Going?" lets his vivid imagination have full rein when he supposes that a man, a careful observer of European affairs, was wrecked on a deserts isle the first week in August, 1914, and had only very recently returned to Europe, having been totally ignorant of what had taken place in the interim. Russia gone to ruin, Germany in the dust, Eastern France still carrying the scars of battle, the Balkans rearranged, and many other such things, are astounding to the returned Rip Van Winkle.

"But what would surprise him more than all these amazing and bewildering transformations would be the one thing in which there was no change. He would naturally expect that after such terrifying experiences, the world would have learned its lesson, turned its back finally on war its crimes, and its follies, and set its face resolutely toward peace. It is the one thing he discovers has not changed—the world has not learned one single syllable. Suspicions amongst nations exist just as ever, only more intense; hatreds between races and peoples, only fiercer; combinations forming every where, for the next war; great armies drilling; conventions and compacts for joint action when the tocsin sounds; general staff meetings to arrange whether they should march, where they should march, how they should march, and where they should strike; little nations only just hatched, just out of the shell, staggering under the burden of great armaments, and marching a long way towards unknown battlefields; new machinery of destruction and slaughter being devised and manufactured with feverish anxiety; every day science being brought under contribution to discover new methods to destroy human life—in fact, a deep-laid and powerfully concerted plot against civilisation, openly organised in the light of the sun. And that after his experience of four or five years ago! Man the builder, and man the breaker, working side by side in the same workshop, and apparent, on the best of terms with each other, playing their part in the eternal round of creation and dissolution, with characteristic human energy. It is little wonder that God gave him up repeatedly in despair. He is unteachable."

## Searching for the Supreme Teacher

As things in the world go from bad to worse, men will come to see that after all they cannot save themselves, that the mighty hand and (Continued on page 17)

# HERALD OF HEALTH

## God's Music Lesson

By GEORGE MATHESON, D. D.

A Blind Clergyman

**T**HERE are songs which can be learned only in the valley. No art can teach them; no master of music can convey them; no rules of voice can make them perfectly sung. Their music is in the heart. They are songs of memory, of personal experience. They bring out their burdens from the shadows of the past; they mount on the wings of yesterday. What race that never felt the pain of exile could sing that old Scottish song, "O Why Left I My Home?" It could only come from memory of storm and stress, driving the wanderer across the sea. Saint John says that even in heaven there will be a song that can only be fully sung by the sons of earth—the strain of redemption. . . . Doubtless it is a song of triumph,—a hymn of victory to Christ who has made us free. But the sense of triumph must come from the memory of the chain. No angel, no archangel, can sing it so sweetly as my soul. To sing it as I sing it, they must pass through my exile,—and this they cannot do. None can learn it but the children of the Cross

And so, my soul, thou art receiving a music lesson from thy Father. Thou art being educated for the choir invisible. There are parts of the symphony that none can take but thee. There are chords that are too minor for the angels. There may be heights in the symphony which are beyond thy scale, heights which the angels alone can reach. But there are depths which belong to thee, and can only be reached by thee. The Father is training thee for the part the angels cannot sing, and the school is sorrow. I have heard men say that He sends thy sorrows to prove thee; nay, He sends thy sorrows to educate thee, to train thee for the choir invisible. In the night He is preparing thy song; in the valley He is tuning thy voice; in the clouds He is deepening thy chords; in the storm He is enriching thy pathos; in the rain He is sweetening thy melody; in the cold He is molding thy expression; in the transition from hope to fear, He is perfecting thy lights and shades. Despise not the school of sorrow, O my soul; It will give thee a unique part in the universal song!

Do not expect to have health for nothing. Nothing worth having can be obtained without effort.

The requirements for health are pure air, good food, suitable clothing, cleanliness, exercise and rest.

## Kala Azar, Its Cause And Treatment

By A. E. CLARK M. D.

**K**ALA AZAR is a disease caused by infection with the Leishman-Donovani parasite, and is characterized in typical cases by irregular fever, progressive loss of weight and strength, enlargement of the spleen, and by changes in the composition of the blood.

### Confusion with Malaria

It is most commonly confused with malaria, and is often diagnosed as such. The two diseases resemble each other in some respects, at times quite closely; so that mistakes in diagnosis are not always easy to avoid. Both diseases are characterized usually by an enlargement of the spleen; both are diseases which show an anæmia of varying intensity, and both diseases may occur in the same patient. On the other hand, they are caused by entirely different parasites, and although we know the means of transmission of malaria to man we do not know how the parasite of kala azar enters the human body. It has been claimed by some that the parasite gains entrance to the body by means of the bite of the bed-bug, but most authorities now reject this as being unproved. At the present time it is believed that it enters the body by means of some blood-sucking insect, possibly a mosquito or sandfly.

### Signs and Symptoms

The most characteristic clinical sign of kala azar, and the one which the patient first notices, is the enlargement of the spleen. This is a gradual enlargement, usually being felt at the end of the first month below the margin of the ribs; at the end of the third month midway between the margin of the ribs and the umbilicus, and at the sixth month it has reached the umbilicus. In severe cases it may enlarge more rapidly than this, and reach the umbilicus by the third month, although what has been given above describes the usual case. The spleen is not tender as a rule, but certain cases show some tenderness. The spleen may not enlarge in a downward direction, but backward, in which case it may not be felt by the patient, but examination by a physician will usually reveal it.

Combined with the enlargement of the spleen is the loss of weight and strength which manifests itself to the patient very soon after the disease becomes established. It is also a progressive loss, and usually keeps pace with the progress of the disease.

## Fever

The fever of kala azar is not characteristic, in the sense that the fever of malaria or typhoid is characteristic. In some cases it may resemble the fever of malaria; in other cases it may be like that of typhoid, while in still others it will not resemble either of the fevers of these diseases. The only feature of the fever which can be said to be of value in the diagnosis of the disease is the tendency for it to show a double rise within twenty-four hours. If the temperature is taken every two hours, it will be observed that it rises twice within the twenty-four hours, and this has been stated to be quite characteristic of kala azar.

## Changes in the Blood

As for the changes in the composition of the blood, they are quite marked in typical cases. First, there is a reduction in the number of the white blood corpuscles or leucocytes. In the normal individual the number of white blood corpuscles is about 7,500 in a certain measured quantity of blood, whereas in kala azar it becomes greatly reduced, in the average case of moderate intensity being about 4,000 or even less. Combined with this reduction in the white blood corpuscles, there is an anæmia or reduction in the number of red blood corpuscles or in the coloring matter of the blood. This reduction in the number of the red blood corpuscles is not as marked as in malaria, but exceptions occur. In other words, the average patient with chronic malaria is rather more pale in colour than is the average patient with kala azar.

## Diagnosis

The diagnosis of the disease is made upon the finding of the above chief symptoms, with a history of irregular fever, progressive loss of weight and strength, and with the peculiar blood changes previously mentioned, together with the examination of the blood by suitable methods, which generally reveals the parasite. A test of the blood serum is also made which seems to be of great value in diagnosis. This is known as the aldehyd test. In some patients the parasite cannot be found by the usual methods of blood examination, and in such cases a spleen puncture usually clears up the diagnosis. Spleen puncture is the most reliable means of diagnosis of kala azar, but owing to certain dangers connected with it, it is best left until the other methods fail to reveal the parasite.

## Treatment

Once the diagnosis has been made, treatment must be begun. This consists in the injection into a vein, usually one of the veins at the bend of the elbow, of a solution of tartar emetic or some other preparation of antimony. The treatments will be given by a physician or by one specially trained in that line of work, and for this reason it is unnecessary to mention details of treatment, dosage, etc., etc.

If the cheaper preparations of antimony are used, a longer course of treatment is required than if the more expensive compounds are employed. For those who can afford to pay for the more

expensive preparations it is advised that treatment be taken with them.

## Complications

Kala Azar patients, owing to the lowering of the body resistance resulting from the disease, are very liable to contract other diseases such as typhoid, dysentery, tuberculosis, and pneumonia. One of the common complications of kala azar is bronchopneumonia, which claims a large death rate. Other complications which arise are diarrhea or dysentery, cancrum oris, (gangrene of the mouth), and hemorrhages from the gums, nose, and other mucous membranes.

## Healthful Cookery

### CREAM TOMATO SOUP

- 1½ cups water
- 3 cups tomato juice
- 2 teaspoons sugar
- 2 tablespoons butter
- 3 tablespoons flour
- 1 small bay leaf
- 2 teaspoons salt
- 2 slices onion
- 1 cup hot cream

Cook all the ingredients except cream, flour and butter, for twenty minutes. Strain through a colander. Rub the flour and butter together and pour over them the hot liquid, stirring meanwhile. Boil for five minutes. Add the hot cream just before serving.

### SAVOURY MACARONI

- 1½ cups macaroni, cooked
- ½ cup diced cucumber
- 3 cups tomato juice
- 1 tablespoon chopped onion
- 1 bay leaf
- 2 tablespoons butter
- 1 teaspoon salt
- ½ teaspoon sugar

Put the seasoning between two layers of the macaroni in a baking dish. Pour over this the tomato juice. Bake slowly one hour.

### ROASTED POTATOES

Peel the desired number of potatoes and cook until tender. Place in an oiled baking dish. Put a small piece of butter on each potato and brown in a quick oven.

### FRUIT SALAD

- 2 oranges diced
- 2 plantains diced
- 1 cup pineapple
- ½ cup pecan nuts

Serve with the following dressing:—

- 2 eggs
- ½ cup sugar
- ½ cup orange juice
- ½ cup lemon juice

Add the fruit juices and sugar to the slightly beaten eggs. Cook, stirring constantly until thickened. Cool and combine with the prepared fruit.

### TOMATO CATCHUP

To two quarts of strained stewed tomato juice, add two tablespoons of sugar, four teaspoons of salt, and two large heads of celery. Boil until reduced one-half.

M. P. M.

# Rheumatism and Mineral Starvation

By H. C. Menkel, M. D.

**T**HE MORE recently developed knowledge of nutrition has cleared some of the haze of uncertainty surrounding the underlying cause of rheumatism and kindred disorders.

Within the human organism two processes are taking place, constructive and destructive. "Man begins to die as soon as he is born." This refers to the process of tissue disintegration resulting from normal functional activities. The end result of this process is an acid ash, which tends to produce an acid degeneration of the living tissues.

Acid means death to the cell organisms. The body tissues must function in an alkaline environment. Therefore the constructive process of nutrition works with alkaline materials and results in building up a strong alkaline reserve within the organic cell structures and the blood.

Nature has provided well for her alkaline needs in the form of sixteen alkaline mineral salts to be found abundantly in the foodstuffs coming from the vegetable kingdom. These organic mineral salts as found in vegetables and fruits are in the form of colloids of gelatinous consistency and are therefore exactly suited to supply our alkaline requirements.

In health the balance between acid and alkaline is readily maintained and all goes well; the individual feeling at ease, full of ambition and energy.

If the alkalinity of the tissues is reduced ever so little by the absence from our diet of one or more of these sixteen alkaline mineral salts, the result is a condition called by medical men "acidosis" meaning a deficiency of alkaline reserve with varying symptoms differing according to which of these salts are missing.

Professor McCollum of John Hopkin's University with his famous sixteen groups of rats and mice has been able to produce practically all the so-called chronic diseases of man, in these rats, by with-holding from each separate group, in their diet, a different one of the sixteen alkaline salts which should be contained in a perfectly balanced dietary.

These inorganic food salts like potassium, soda, lime, magnesia, silica, phosphorus, chlorine, iron and sulphur become united in definite proportion with organic matter to form the various cells of the living body.

McCollum has shown that these small animals with which he is working do not thrive on the very foods on which we feed our children and on which we are daily dependent ourselves. These observations reveal that our resistance or susceptibility to ill health, such as come under the head of rheumatism, arthritis, neuritis and many other like conditions, is determined by the nutritional

balance of our individual cells. Particularly is this balance influenced by the presence or absence of the full complement of the sixteen alkaline salts and the three classes of vitamins, all of which are prepared for our needs in the vegetable kingdom.

We are finding that a considerable list of diseases with varying names according to the most prominent symptom, may all be classed under the head of "mineral starvation." The mineral reserve of the body has been depleted and as a result functional order has become impossible.

The causes for this "demineralization" of the tissues are not difficult to find. The first cause is failure to provide freely of the alkaline supplying food factors as found in vegetables, fruits and cereals. Much more of green vegetables and fresh ripe fruits should be used. The vegetables must be prepared so as not to throw away any water in which they have been cooked, and some fresh, raw green stuff as salad eaten daily. Cereals, as wheat and rice, should retain their mineral element which is lost by using white flour and polished rice. These are largely demineralized and therefore deficiency foods.

Excess of bread stuffs favours acidity and should therefore be used sparingly by the rheumatically inclined. Meats are the chief acid producers and are "alkaline robbers" using up the essential alkaline reserve in the body's effort to neutralize their dangerous acid products. Experience has taught the necessity of limiting flesh foods to rheumatic patients. We now understand why this is necessary.

Constipation and absorption of acid intestinal content is a third factor in demineralization. This must be corrected.

It will be evident from the above that in rheumatism the chief factors are failure to supply, and an excessive loss of, alkaline mineral salts. Therefore:

- Proscribe all foods which tend to produce acids.
- Increase alkaline containing foods.
- Prevent intestinal stasis.
- Drink freely of water to help eliminate excessive wastes.

In addition to the above dietary measures it is often necessary for a time to take a combination of inorganic mineral salts to help in conserving and building up the mineral reserve of the tissues.

Mineral metabolism or mineral digestion, is largely under the control of a group of glandular structures located in different parts of the body. These include the parathyroids, the spleen, the thyroid and probably also the sex glands, as they have much to do with general tone. The functional laggings of such glands is an additional cause of mineral starvation. Whenever these glands are working below par, the effect is the same as an insufficient supply of alkaline elements, for minerals

are then allowed to pass out of the system without being appropriated. Thus mineral or alkaline shortage is produced.

In such cases it is necessary to use extracts of the involved glands in tablet form, made from animal glandular structures and taken daily for several months. The writer has seen very definite benefit derived therefrom.

As these glandular mineral workers are wonderfully influenced by the ultra-violet rays of the sun it is a very helpful practice to expose the body as a whole or in parts to the direct sun rays; beginning with exposure of only a few minutes and gradually increasing the time. Persons with light skin should not expose the head or spine.

Daily hot baths and hot fomentations to the painful parts are very effective home measures. Those who can afford to avail themselves of special treatment should have a course at one of the Sanitariums equipped for such work. Various forms of radiant energy and certain newly developed electrical currents are proving almost specifics. One benefited patient recently remarked to the writer that she "felt ten thousand times better." This may be a slight exaggeration but it illustrates what can now be done for the rheumatic or "acidosis" patient.

*Simla.*

### Food and Trigonometry

"ONCE my two girls presented themselves for admission to Wellesley College. They thought they were prepared, but after interviewing the authorities they discovered that they were short on trigonometry. They had never studied it. It was but two weeks until examination time. So they got a book, and I hired a tutor from Clark College. He was an expert, with red whiskers. I remember this tutor well, for he charged me sixty rupees per foot. Still, he was worth it. He crammed the poor things scientifically so full of sines and cosines, test questions and examination dodges, that they passed, albeit by the skin of their teeth. And having passed, of course, they promptly threw their trigonometry into the scrap heap, where it belongs, and never looked at it again.

"What an absurd, Dark Ages, mutton-headed idea it was, and is, and ever shall be! The funniest part of it all is the reason solemnly given for it.

"It trains the mind," meaning geometry and trigonometry. Perhaps. But wouldn't you imagine that college professors by this time might have discovered something that would train the mind and yet have some possible relation to life?

"There is just one real reason for requiring higher mathematics for entrance to college; it is that they always have required it. It is maintained precisely for the reason men wear two buttons on their coat sleeve. They always have!

"I hereby propose to the high priests of collegedom a substitute for higher mathematics, Greek and Latin. It is, and I speak of girls, that the youth should be instructed in food.

"I would not allow any girl to enter my university, if I had one, until she could make hot biscuit, put up jam, and roast a turkey. Further more, she should be brought to like to do this and not to turn her nose up at it. I should mark her 50 per cent for the intelligent preparation of a dinner, and the other 50 for her knowledge of art and literature.

"Not that I do not believe in art and literature, also in civics and ancient history, but how are you going to consider these higher things when you have the stomach ache?

"Likewise, I propose that our girls be taught the values of foodstuffs, how to keep their families from being starved or poisoned.

"There's many a girl who can prove to you that the sphere of the hypothenuse of a right-angled triangle is equal to the sum of the squares, and so forth and so forth; also can say amo amas amat amamus amatis amant backward, and yet hasn't any notion of the kind of milk to feed baby, the kind of bread to make bone and muscle, and whose pie is as indestructible as an armoured cruiser.

"To acquire a thorough knowledge of foodstuffs and to become skillful in their preparation is not bad training for the mind, and is much surer than trigonometry to save our beloved ones from gastritis, ptomaine poisoning, anemia, indigestion, bad temper, and mortal sin"—Dr. Frank Crane. *Los Angeles Evening Express*, October 31, 1924.

### The Plan of Redemption

(Concluded from page 8)

Himself—to bear the penalty of transgression and thus He provided a way by which they might be restored to His favour, and brought back to their Eden home. Christ undertook to redeem man, and to rescue the world from the grasp of Satan. The great controversy begun in heaven was to be decided in the very world, on the very same field, that Satan claimed as his.

#### The Crowing Mystery of Divine Love

It was the marvel of all the universe that Christ would humble Himself to save fallen men. That He who had passed from world to world, superintending all, by His providence supplying the needs of every order of being in His vast creation,—that He should consent to leave His glory and take upon Himself human nature, was a mystery which the sinless intelligences of other worlds desired to understand. When Christ came to our world in the form of humanity all were intensely interested in following Him as He traversed, step by step, the blood-stained path from the manger to Calvary. Heaven marked the insult and mockery that He received, and knew that it was at Satan's instigation. They marked the work of counter-agencies going forward; Satan constantly pressing darkness, sorrow, and suffering upon the race, and Christ counteracting it. They watched the battle between light and darkness, as it waxed stronger. And as Christ in His expiring agony upon the cross cried out, "It is finished!" a shout of triumph rang through every world, and through heaven itself. The great contest that had been so long in progress in this world was now decided, and Christ was conqueror. His death had answered the question whether the Father and the Son had sufficient love for man to exercise self-denial and a spirit of sacrifice. Satan had revealed his true character as liar and murderer. It was seen that the very same spirit with which he had ruled the children of men who were under his power, he would have manifested if permitted to control the intelligences of heaven. With one voice the loyal universe united in extolling the divine administration.

Health, strength and longevity depend on immutable laws. There is no chance about them.



## Just A Boy

### A Message for Fathers

Being just a boy, he'll do  
 Much you will not want him to;  
 He'll be careless of his ways,  
 Have his disobedient days,  
 Wiltful wild, and headstrong, too,  
 Just as, when a boy, were you;  
 Things of value he'll destroy,  
 But, reflect, he's just a boy.

Just a boy who needs a friend,  
 Patient, kindly to the end—  
 Needs a friend who will show  
 Him the things he wants to know;  
 Take him with you when you walk,  
 Listen when he wants to talk,  
 His companionship enjoy,  
 Don't forget, he's just a boy.

—Edgar A. Guest.

## A Queer Partnership

ONE snowy February afternoon, when the children were looking for eggs in the hay-loft, they came across Hetty (the hen) and the cat cuddled up together in a nest under the eaves. As Hetty expressed the universal hen-mother objections to local egg hunting, the children concluded that if she had any eggs they were probably spoiled, and that she might as well keep them. A week later the egg-hunters were made doubly jubilant by finding the nest overflowing with a mixture of baby cats and chickens. As the weather was still cold, it was decided to leave the chickens, where they were for the present. Now began the strange partnership. During the hen's daily forage for food, Jane, the cat, regularly took charge of home affairs, washing and cleaning up the chicks quite as industriously as she did her own babies. When it came Hetty's turn to keep house, she would set about trying to induce the kittens to share in the choice findings she scratched up out of the hay. Convinced that her duty in this line was done, she would next proceed to brood the shivering little cats, resolutely tucking back with her beak any sprawler that might venture forth from under her, determinedly trying to put them to sleep with the customary chicken lullabies.

Of course the children helped the partnership out materially by bringing the family supplies of corn and milk.

When the kittens were at last able to make open-eyed investigations, they seemed to regard the chicks as some kind of playthings, made for their especial benefit, and treated them accordingly. This view of affairs was never comprehended by the chickens, who habitually jumped with an amazed squeak at every but from a kitten's paw. Sometimes this squeak was shrill with pain, but vengeance was swift, for the mother cat, if she happened to be near, would instantly give the offender a smart box on the ear. The chicks in turn being some what mystified regarding cat nature greatly troubled the family peace by inquisitively pecking at the kittens eyes.

As the family reached the mouse-eating stage, Jane impactually brought the chickens their share of mice, both living and dead, and never seemed to understand why her offerings were always refused with such consternation.

When the warmer March days came, the motley family was carried down into the barn-yard, where Hetty took charge of their wanderings. She soon became completely oblivious to her own babies in her endeavours to keep up with the kittens, who were forever dashing off in some unexpected direction or going astray up a tree, leaving their perplexed guardian peering up at them with one eye, and clucking beseechingly. The only time now when things were ideal was during the after-dinner nap.

So matters went on until the kittens began going out at nights. Then the partnership was dissolved. Still the family did not wholly drop its early habits, for all the summer the different members assembled regularly for an afternoon nap under the gooseberry bush; and the children would often find them on rainy days snuggled up together in the barn.

Although Hetty comforted herself with successive families of ordinary chickens, she could never refrain from chasing after the cats when they shot by her unexpectedly. However she would immediately slink back to her squawking brood, and wrathfully set about scratching the astonished family, right and left.—"Youth's Companion"

## Animals with Pockets

A little boy with his first pair of trousers is proud of his pockets. I wonder if you know that some outdoor creatures have pockets.

The squirrels do not carry their nuts between their teeth, for they have pockets in their cheeks. Did you ever see them fill these pockets with nuts? They empty them by pressing with their paws against the bottom of them and then opening their mouths.

The kangaroo has a pocket of fur, in which she carries what do you think?—her baby! For baby kangaroos cannot leap as fast as their mother and need to be carried if they are to keep up.

Another animal nother, the opossum, has a fur pocket big enough to hold several babies, which she tucks in when she goes travelling.

—"Mayflower."

## Europe, a Boiling Cauldron of Human Passions

(Concluded from page 12)

the strong arm of God must reach down and rescue a sinking world from its impending and imminent ruin. Men will see that sin only brings more sin, that sorrow only begets sorrow, that man's rulership of the world is a failure without the direct intervention of God and His assumption of the rulership of this world.

His idea is not the mere vapouring of some eccentric theologian. Only to-day I found these words in the December issue of the *English Review*:—

"Many in the world today are looking for manifestation of a supreme Teacher, who will enunciate yet again, with the authority of knowledge, the ancient truths of the fatherhood of God and the brotherhood of man. *In every religion and in every race today this expectation is growing, and its significance cannot be ignored.*" (Italics mine.)

Ah, friends, there is the hope—the manifestation of the supreme Teacher, the Prince of peace—Christ, the Son of the living God.

It is right and proper that the expectation of this wondrous event should be growing in every race today. It is Biblical and prophetic. The truth of the second coming of Christ has been cherished in the Church since, He ascended to heaven after His first advent. At that time He said, "If I go, I will come again." He is true and faithful to His word and His promise. He will come again, and He is coming in our day and generation.

"I will shake all nations, and the desire of all nations shall come," God says through the prophet Haggai.

To-day the nations are being terribly shaken, and for this reason we know that soon the Desire of all Nations will come. What is the Desire of all Nations? It is peace and amity and love and comradeship should supplant suspicion, distrust, revenge, and hatred. And it is the Man of Calvary, and He alone who can change the heart of mankind so that it will pulsate with love and not with hate. He is the great lover, and He is the giver of love and the taker of hate.

For His early advent we should fervently pray; for only then will the boiling lava of human passion be no more, and peace and love and brotherhood cover the earth as the waters cover the sea.

## Notes

THERE has been delay in the receipt of the illustrations for the articles of Mr. A. S. Maxwell of London on his recent trip to Egypt and Palestine. Word has now come that they are on the way. We hope to begin this interesting Series in our next issue.

We call special attention to the article in this issue on Henry Ford's Rules of Health. The lessons drawn from the experiences of leading men who have accomplished much in the world is most valuable. Plain living, long life and high thinking are all closely associated.

The publishers of this magazine are vegetarians by choice. We believe that everything is to be gained by the abandonment of a flesh diet. "Healthful Cookery" will from month to month furnish our readers with recipes which will be helpful for all those who wish to adopt such a dietary.

## Medical Missions in India

Dr. Ernest F. Neve writes from Kashmir as follows:—

"IN February 1924 Colonel Megaw wrote an important article on 'India in a state of grave emergency' in which he drew attention to the enormous death rate in India from preventable diseases—about 5,900,000 per annum, and the serious diminution in efficiency of the individual worker from the same cause to between 20 and 30 per cent. He pointed out the effect of this on economic conditions. Two months later an address by Colonel Christophers was published which dwelt very forcibly with the same theme. Not only do these appalling physical conditions exist with their terrible toll of suffering, economic loss and death, but the whole matter is inextricably mixed up with ignorance, warped mental outlook and even religious prejudice, such as, for instance, the Hindu attitude towards small-pox.

If, as we believe, good government should ultimately rest on the consent of the governed, how very important from a political standpoint is the good-will which has been and is being gained by the ministrations of medical relief and public health workers in India. In many districts, for one person who knows the chief administrator, the political agent or British resident, thousands and even tens of thousands know the leading doctor, if he is active and in addition to a large central hospital also carries on district work.

What splendid opportunities there are here, not only for medical and surgical aid, but also of dealing with root causes and of influencing the peoples and bearing witness to higher standards of life, healthier and more sanitary environment, a more enlightened mental outlook and higher moral and ethical ideals.

It is very difficult to obtain information as to the percentage of the population of India for which Western medical aid or indeed any kind of skilled treatment is available. In the more important centres the Indian Medical Service has rendered splendid service on a large scale. The number of Indian private practitioners is steadily increasing, but these resort mostly to the larger towns.

The work of medical missions in India has become increasingly important. Not only are there many large hospitals and extensive district work carried on in many parts of India, but most of these institutions are out with all their power to strike at the causes of disease and to do their utmost for the moral and ethical uplift of the masses.

At the present time there are approximately 300 medical missionaries in India. Altogether there are more than 200 mission hospitals in India, some of which are working on a very large scale and many of which are exceedingly well organized and equipped.

India owes a debt to the United States of America for 118 medical men and women, working in these institutions.

The value of this work in these times of inter-racial strife can hardly be overestimated. It is a power making for friendship and eminently constructive.

Probably there is no agency in India at the present time which is more beneficent in its action, and certainly none which does more to demonstrate the nobility of service and to make the ideals of the Christian faith acceptable to the people."

—*Indian Medical Gazette.*

## Illimitable Possibilities Through Faith

(Concluded from page 9)

is simple enough to fully trust Him, and expands and develops into a nation which God trusts, but which shamefully betrays that trust. But in spite of this the Divine purpose continues to expand until it embraces those trusting souls in every nation under heaven who rejoice in the blaze of light shining from the prophetic page. It thus develops that innumerable company, now gathering, "from every nation, kindred and tongue and people," which will eventually find its way to the city of God there to share its consummation.

There is a veil that hides these forces which really rule our world and which are steadily shaping all things towards this desired end. It is the purpose of this series on prophecy, which we propose to conduct throughout the year, to lift this veil and to enable the reader to see it all in the light of the Day of the Lord, in which all days end. We trust that this brief explanation of the purpose of our prophetic studies will increase the readers interest in them. "Have faith in God." "If ye have faith. . . nothing shall be impossible unto you."

## Henry Ford's Rules of Health

(Concluded from page 11)

had never used alcoholic tobacco, and that he had been all his life a vegetarian. This was no happen-so.

Old Thomas Parr, who is buried in Westminster Abbey, England, died at the age of one hundred forty-nine. When examined by the king's physician a short time before his death, he was said to have been in excellent health; his arteries were still soft and elastic. The doctor who examined him said he saw no reason why he should not live another ten or twenty years. Unfortunately he was taken to the king's court. One year of such living was sufficient to end his earthly career. All his life his habits were simple. He neither drank nor smoked, and he subsisted upon a fleshless diet practically altogether. The food on the royal table caused his death.

Captain Diamond, of whom much was said a few years ago, at the age of one hundred two purposed to walk from San Francisco to New York City. His relatives interfered with the project. A friend of mine who met him at the time felt certain that the captain would have accomplished the task. At the age of one hundred six he was examined by a well-known surgeon, also a friend of mine, who said that, judging from Captain Diamond's arteries and general condition, he was good for another twenty years. He died, however, at the age of one hundred ten. He had been a strict vegetarian for over sixty-five years, and a total abstainer from alcohol and tobacco, tea and coffee. The one who keeps his blood the freest from all impurities and poisons, will, other things being equal, live the longest and most useful life. It pays to live abstemiously.

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## Photo News



Topical Photo

This is the Battleship Monarch, the last British man o' war doomed to destruction under the Washington Treaty, which was recently towed from Plymouth Harbour out into the Channel and there sunk by the guns of the Atlantic fleet. Her passing was used for experimental tests by the Admiralty. The results are not known and will not be published. When the American government recently sunk one of her great men o' war, scrapped in the same way under the Washington Treaty, the test was likewise secret, but it has leaked out that the resistance of the ship and its armour to the gunfire was very satisfactory. It is a matter of great regret that the Washington Treaty is being circumvented in a number of ways, also that the lead that it gave to the world has not been followed by similar attempts towards disarmament of land forces. The nations are still beating their ploughshares into swords.

To the right we have the remaining gap in the million ton wall thrown across the Nile in the Sudan. This marvelous piece of engineering will result in the reshaping of nature in this great country. This gap is to be completely closed by July next and then this mighty dam will block the ten thousand million gallon daily flow of the Blue Nile. The photo shows the last "big push" on the work in connection with this project. By the middle of the year water will be flowing through the canals to the thirsty desert areas of the Sudan which will as a result "blossom like the rose."



Topical Photo



Topical Photo

Owing to the recent happenings in Egypt all eyes are turned towards that remnant of the most ancient Empire in the world. The photo shows the Egyptian Mounted Police which have such important work to do at the present crisis. The Egyptian Government have fully equipped the police of Cairo with steel hats and truncheons in their effort to maintain the security of law and order in the face of the mob spirit that would engulf that country in chaos. The rising tide of lawlessness in almost every land is full of menace for the future. Under whatever plea the advocates of anarchistic violence may put forth their efforts, the results will be disaster to individuals and nations if they are allowed to carry their plans to fruition. One great danger to India to-day is that these forces, hiding behind the plea of patriotism, will bring chaos into our fair land.