

The ORIENTAL **Watchman** and Herald of Health



Photo by R. B. Holmes & Co., Peshawar

Nanga Parbat, North-west Frontier (26,656 ft.), Fourth Highest Mountain in the World

KEEPING COOL IN HOT WEATHER
ALCOHOL AND BODILY EFFICIENCY
PERSONAL LIBERTY AND PROHIBITION



Around the World

A RECENT list numbers 723 varieties of speech among the languages of India.

No fewer than seven out of every ten newspapers in the world are printed in English.

In our December number we stated that Mrs. Ferguson of Texas was the first lady to be elected as Governor of a State. In that same month Mrs. Nellie T. Boes was elected Governor of the State of Wyoming. Her inauguration came before that of Mrs. Fergusson so she has the honour of being America's first feminine Governor.

A paper for women by women, the first of the kind in China, was started recently at Tientsin by two young women who were educated in Europe, and who have travelled extensively. They propose to organize the intellectual women of the country into a strong body for the promotion of women's welfare.

Unique political complications are reported from Mesopotamia. Elections to the first parliament, called to meet at Bagdad, were necessarily postponed, because too many voters had registered. Registration lists contained the names of ten millions, while there are only three million people in the country.

Application for permission to build a cable railway up the sacred Mountain Fujiyama (12,000 ft.) in Japan has been filed with the Japanese Department of Home Affairs and Railways by a group of capitalists. The government has ordered a survey of the mountain's slopes preliminary to issuing the necessary permits.

Nearly thirty million persons, approximately half the population of Japan, have savings deposits with the Japanese post office, which encourages thrift by means of an extensive deposit and transfer system. The total of these deposits at the end of July was 1,134,843,177 yen. (A yen is about Rs. 1/8.)

When is an egg fresh? It is reported that after three days' deliberation, which shows how serious the question is, a French court has decided that an egg is fresh when it is not more than two weeks old in summer or more than three weeks old in winter. Hereafter eggs in France will bear in red ink the date when they were laid.

The Belgian Government has recently decided to reserve a huge stretch of country as a sort of gorilla preserve. It is between the lakes of Uganda and Kiwu, and includes five mountain ranges of 14,000 to 16,000 feet in height. It will be strictly guarded to prevent hunting and shooting of monkeys and gorillas, which are threatened with extinction.

Early last year a compulsory savings law for workmen was passed in Bolivia, South America, covering mines,

railway, and street railway workers, and wage earners in general. The employers deduct not more than 5 per cent of the daily wages of their workmen, and make monthly deposits of these sums in the savings department of local banks, stating the names and addresses, and amounts belonging to each of the workmen.

That the pyramids and sphinx were much more important as timepieces to the ancient Egyptians than they were as tombs of the royal dead, is the opinion of Moses B. Copesworth. After examination of the various ways in and below the great pyramid, the professor came to the conclusion that at least one of them was used as a sort of telescope, or rather star finder, which the high priests used for telling meridian time. The system of taking the time when a given star passes the longitude still obtains in all large observatories. This one case seems to be a particularly strong proof of the professor's theory.

Col. P. H. Fawcett F. R. G. S., O. S. O., distinguished British explorer, sailed recently for Rio de Janeiro to smash through 1500 miles of jungle, and desert to a hidden ancient city in the heart of Brazil, which he believes will give proof that South America and not the valley of the Euphrates was the cradle of civilization. The expedition is sanctioned and aided by the Royal Geographical Society of England, the American Geographical Society of New York, and by the Museum of the American Indian, Heye Foundation. It is perhaps the most hazardous and certainly the most spectacular adventure of the kind ever undertaken by reputable scientists with the backing of conservative scientific bodies. Colonel Fawcett has already gone far in validation of his contention that there existed in this region a majestic civilization of an unknown white race ante-dating Egypt; that it held the secret of a mysterious light, possibly derived from some knowledge of basic atomic forces; that these ancient people knew astronomy and mathematics and that they had perhaps the oldest highly developed indigenous culture in the history of the world. This city is guarded by tribes of desperate ferocity. Colonel Fawcett has spent the larger part of eighteen years in this section, and knows the languages of the Indians.

One of the professions in Great Britain which is not extended is that of the pearl stringer. This craft is handed down from mother to daughter. As the pearls to be strung are often of untold value, there is not much of an open door for outsiders. The work is not as easy as it sounds. Indeed, it takes more than a year of incessant practice to master the knot that holds each gem in place. It is no ordinary knot. Besides, the pearl stringer has to be able to place this knot accurately. If it is only a hair's breadth out, it will spoil the hang of the necklace. So the knack of this accurate placing has to be acquired, before the worker is allowed to string pearls. The needle used is very short, and is made of wire as fine as a hair. The pearl stringer is taught to thread the pearls so that they merely touch each other; lightly strung, there would either be a gap between the pearls or they would look crowded.

The Oriental Watchman

AND HERALD OF HEALTH

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No. 6

Topics of the Day

Prohibition

We are indebted to our sister Magazine, the *Australian Signs of the Times*, for several of the leading articles on this subject in this number. In America where the decisive battle has been won, and in Australia where they are still in the midst of the conflict, thinking men are showing the fallacy of some of the specious arguments urged against prohibition. We have pleasure in publishing these conclusions in our columns, hoping that they will have a wide circulation in India, where the forces are lining up for the final struggle. If the forces of chaos and disorder are not to overwhelm this world of ours, this question must be settled in the right way, and settled soon.

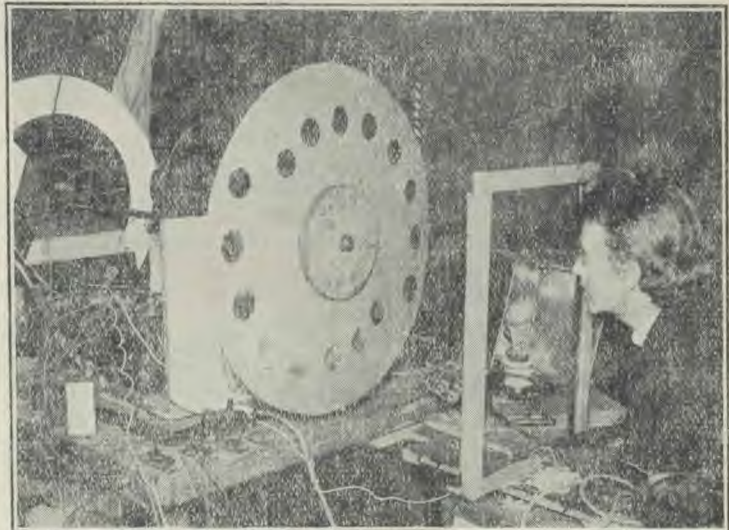
Let Us Face Facts

The slightest interference with what he considers his "personal liberty" immediately arouses the antagonism of the average Anglo-Saxon. As we discuss this matter of prohibition there is special danger of the adoption of a mental attitude by some people in which they will be likely to be more moved by their prejudices than by the facts of the case. Let us face the facts. We plead for this because of what we know of the harm that is sweeping the world through drink. Just recently a bright man of good family came to us with the most touching plea for an interest in our prayers that he might be freed from the drink habit. For years he had been enslaved until he was almost a moral and physical wreck, his business was failing, his family was in need. He sought but has not yet found full deliverance, because of the licensed purveyors of the abominable poisons. Another man of our acquaintance had for years been a good Christian and kind father, not neglecting family worship nor the loving training of his children. Drink has recently gotten a stranglehold on him, and the other day he turned his wife and children out on the streets of one of our Indian cities in the hours of the early morning. Again and again we have with aching hearts watched the poorer classes

among the Indians spend their meager wages for the accursed "drink, and we knew that they were not only ruining themselves, soul and body, but were also wasting the pitifully small pittance that the family at home were depending on for food and raiment. No man can justly close his eyes to these facts of daily experience. Let us deliver these poor slaves of the drink demon, and protect them by banishing the grog-shops from our fair land.

Battle Ships Obsolete

Brig. Gen. William Mitchell, chief of the Army Air Service, U. S. A. aroused considerable interest in his so-called rebellion against his superior officers in the army and navy, by declaring that the old ideas in warfare were so handicapping the United States policy that defeat is certain in the next war. He demanded the organization of an Air Department separate from the Army and Navy Departments. One of his most striking statements was that battle ships are now obsolete. General Mitchell is a comparatively young man with



Topical Press

Wireless Vision Accomplished

Mr. W. Baird of London is the inventor of wireless vision, a means by which objects can be wirelessed without the aid of photographs, on the same principle as sound is now transmitted by wireless. By his invention, one will be able to receive messages as at present with the addition that the listener will actually be able to see who is speaking or see actual events at the moment they are occurring.

Photo shows:—The Transmitting Station. Sending the face of the speaker by wireless: showing the transmitting disc.

an enviable record as pilot and organizer. Another point stressed by him was the uselessness of the present anti-air-craft guns, "archies," which he claimed never had, and likely never would hit anything except by chance. So far the net result of his testimony has been the loss of his position, but intense interest has been aroused throughout the nation, and drastic changes may result in the Air Department.

Lord Balfour and Palestine

The recent visit of Lord Balfour to open the Jewish University at Mt. Scopus near Jerusalem almost ended in disaster. So long as Lord Balfour was under the protection of British bayonets nothing happened. But just as soon as he crossed the border things changed and in the end he had to flee surreptitiously for his life. The entire programme outlined by the Zionist Movement, for "Judaizing" Palestine, is fantastic and unnatural. Some Christians, obsessed by the misinterpretations of certain Old Testament prophecies, have thought that this was all coming about in the purpose of God, and as predicted in prophecy. But there is no truth in such speculations. The endeavours that are being made are under the promptings of "the flesh," and not of "the Spirit." The Jewish nation had its chance for 1500 years and threw it away. They will have no second chance. "Behold, your house is left unto you desolate," is the irrevocable decree that passed the lips of Jesus as he passed out of the temple for the last time. A rebuilding of a temple in Jerusalem may possibly be undertaken by impenitent Jews who have definitely rejected Jesus Christ, and some Christians may assist them, foolishly imagining that they are fulfilling the prophecy of Ezekiel. But when invisible hands tore the veil of the temple from top to bottom, as Jesus the Lamb of God, died on Calvary's cross, Almighty God announced that he had forever finished with the type, and that now men had access to the anti-type. Any Christian who, in view of these things, turns to re-building the Jewish temple on the which animal sacrifices are to be offered, by that very act crucifies anew the Son of God, and

denies that Jesus of Nazareth is the true Messiah. To these misguided Christians we say, "He is not here, but is risen and goeth before."

"No Truth Whatever in These Statements."

Judge Gemmil of Chicago, whom the liquor interests have broadcasted as saying something derogatory of prohibition in America, denies the statements attributed to him. He says:

"In a canvass which we are just completing of every prison in the United States, including penitentiaries, gaols, and workhouses, we find that in 80 per cent of them the number of inmates has decreased from 10 to 60 per cent and the average daily population of these prisons has decreased over 40 per cent. Much has been said about the increase in crime in the United States since the enactment of prohibition. There is absolutely no truth whatever in these statements. On the contrary there has been a decrease of over 30 per cent in the last six years in the number of crimes committed in our large cities. Juvenile delinquency has decreased over 25 per cent in the last two years."

"Twenty per cent of the gaols in the United States have been without prisoners since prohibition went into effect, and in 80 per cent of them the number of prisoners has been reduced any where from 15 to 80 per cent."

England's Drink Bill

England's drink bill for last year was over £300,000,000. This is an enormous sum in £ s. d. but it does not begin to reveal the harm that it is causing in England. Let us enlarge the bill to include the decreased productive efficiency of her citizens, the ruined homes, the ruined lives, and the starving or neglected wives and children, and the multitude of moral and physical wrecks resulting. Add to this personal suffering the general lowering of the efficiency and the vitality of the nation, and it is surely an appalling price to pay for an indulgence which does no one any good. In these days of modern stress and struggle no nation that hopes to survive can afford to ignore the issue. America's economic advance since the war is largely due to prohibition which has made her working classes sober and industrious and has turned immense sums hitherto absorbed by liquor into constructive channels. We believe that this economic progress argument will finally convince England, of the *expensiveness* of her drink bill.



Topical Press

The Prince's First Levee

The Photo shows Mr. Stanley Baldwin the Prime Minister leaving No. 10 Downing Street for the first Levee held by the Prince of Wales at St. James Palace on behalf of the King whose illness prevented his attendance. All the stately ceremonial was observed.

The Norwegian Flag and Rum-Running

Norway has announced to America through diplomatic channels that arrangements are about concluded which will stop her nationals from using the Norwegian flag in protection of rum-runners. These men sail to within a few miles of the American shores, and, wrapping their nation's flag around them, boldly and brazenly defy the American federal officers to touch them, while they violate the written constitution of the United States and debauch her citizens. Norway does not propose to permit her flag to be prostituted to such an ignoble use. She knows that the present policy is lowering the respect of the American people for her flag and that there is a gradual hardening of American opinion against the nations permitting this, that bodes ill for the future. We understand that the question is complex and that whatever moves are made now must be made with care for fear of establishing precedents, still all the nations concerned should give serious attention to the solution of the problem. Whatever individuals of other nations may think of the prohibition laws, they are now a part of the written constitution of the United States and must be obeyed. No nation wishing its flag to be respected in that country can permit this nefarious work to be continued under the protection of its flag.

The Cost of Enforcing Prohibition Laws

Much emphasis has been laid on the large expenditure by the American Government in enforcing prohibition laws. The *Indian Witness* recently called attention to the statement by the Prohibition Unit, Bureau of Internal Revenue, a Government Report, "which shows that the amount expended by the Federal Government during 1924 in enforcing the National Prohibition Act was \$7,509,146, which was about three-fourths of a million less than the sum appropriated by Congress for the purpose. The cost is truly a large one, but it is very nearly offset by the sum of \$6,538,115 which was realized in the way of fines, collections, seizures, compromises, and the like. This leaves the net cost to the Federal Government at the comparatively small figure of \$971,031. It would probably be difficult to find any criminal law for a hundred and five millions whose net enforcement cost would come to nine-tenths of a cent per capita. Critics of American policy are quite apt to overlook the benefits traceable to prohibition." Seen in this light it seems to be a fairly good investment." The labouring classes in America are now sober on Monday morning, and are clearer headed and more efficient for the entire six working days; the rising generation is growing up without the knowledge of the taste of liquor; the old hands addicted to the habit will soon pass off the stage of action. Now these addicts and the criminal classes must get liquor by hook or crook, and stories of their experiences furnish good copy for the press. But they will soon be gone. The next generation promises to be healthy, happy and most efficient, ready for any developments.

News Propaganda Subverts the Truth Concerning Prohibition

A leading News Agency in America reports that while it is faithful in sending out to the world a fair statement of both sides of the experiences of America with prohibition, that the European and other foreign news agencies publish but ten per cent of the information in favour of prohibition, and ninety per cent of that which they consider unfavourable. In addition to what happens with the actual news sent out by this one agency, there is a factory somewhere whose business it is to manufacture mis-information and broadcast it as news. This mis-information is avidly devoured, and scathing editorials are written about "the failure of prohibition in America," much of which is but figments of the vivid imagination of the writers who know but little about the true facts.

That there would be difficulty in enforcing the prohibition law was expected. For many years America was the dumping ground for the lower and criminal classes of Southern Europe and other parts of the world. In some cases such cities as New York have as many of these nationals as have the largest cities of their own native land. The taking in of such indiscriminate masses caused a bad case of indigestion, and America was compelled to pass a stringent immigration law. But New York City is not America. The masses of the American people are quite satisfied with the prohibition law. The Federal authorities are constantly drawing the cords tighter around the law breakers. After five years of nation-wide prohibition no political party desired or dared to even suggest the lightening of the Volstead Act. The candidate who stood four square for prohibition in the last election, and who pledged its more stringent enforcement, was elected by a majority of more than seven million votes, one of the largest popular votes ever given an American President. The electors in America are quite satisfied with the beginnings that have been made, and know that the best days are yet to come. We appeal to the newspapers in India to be fair and publish both sides of the question. America is happy and prosperous under prohibition and not at all repentant as some of those who desire to discredit prohibition desire.

Why America is Satisfied

The rapidly accumulating wealth of America under prohibition is unquestioned. Men who know testify that the deflection of billions of dollars from wasteful channels of expenditure into ordinary and legitimate commercial channels has naturally created a boom in business and placed America in direct contrast with the rest of the world. If Europe had also adopted prohibition it is believed that many of the evil after-effects of the war would have been avoided. In America unemployment is unknown, the laboring classes are well paid and contented, they have money in the banks, and many are gradually acquiring their own homes. At the same time America has been able to materially reduce the burden of general taxation. All this stands largely to the credit of prohibition.

Alcohol and Bodily Efficiency

By W. Howard James, M. B., B. S.

ALCOHOL is produced in all intoxicating beverages by the fermentation of sugar by yeast. As all starches can readily be changed into sugar, foods containing starches, as the potato, may also readily be converted into alcohol. The variety of the drink depends on the kind of yeast and of sugar used, and the by-products formed.

Alcohol an Irritant

If alcohol be placed on the skin and evaporation prevented by a piece of oiled silk it reddens the part like a mustard plaster. In the mouth alcohol gives a burning feeling, and if at all strong it raises the lining membrane in ridges, and coagulates the protoplasm in the cell, thus destroying all their function for a time. The repeated use of strong solutions of alcohol thus produces chronic pharyngitis (inflammation of the throat) and chronic gastritis (inflammation of the stomach). Alcohol is absorbed more quickly from the stomach than even water, hence its very quick stimulating action. It first finds its way to the liver where it continues its irritating action. In the liver alcohol brings blood to the cells of that organ and the surrounding connective tissue. The continual use of alcohol, by irritation causes this connective tissue to increase enormously, and the liver becomes enlarged; but a contracting process finally sets in, destroying the liver cells and hardening the liver, followed by accumulation of fluid in the abdomen (ascitis). Pepper and all other irritating substances in the food have a similar action. When alcohol is taken in large quantities and is not oxidised, it has a similar action on the kidneys. Alcohol, in fact, finally deranges every organ of the body. It primarily was called *aqua mortis* (water of death).

Effect on Digestion

Hutchison states that alcohol when it forms a proportion of 5 to 10 per cent of the stomach contents retards the "chemical changes of digestion," and when "20 per cent of alcohol is present the process is arrested altogether." Buchner, Chittenden, Mendel, and others make the same observation. But the digestive action in the duodenum, the first part of the intestine, is more retarded than that in the stomach. Hutchison continues: "It is interesting to note that pancreatic digestion is much more sensitive to alcohol,

for if the latter is present to the extent of merely 2 or 3 per cent, the process is distinctly retarded."—*"Food and the Principles of Dietetics,"* page 338, third edition.

As an offset against this retarding action of alcohol Hutchison states that it has a wonderful power of increasing the activity of the stomach movements and the secretion of gastric juice. "This," he says, "it does, not merely by directly irritating the nerves of the mucous membrane, but also indirectly by its presence in the blood after absorption."—*Idem* page 339, italics ours. This apparent beneficial action of alcohol, however, is of a very temporary nature. For one or two meals a glass of ale will help digestion, then

it retards digestion, and finally, when the stomach has become accustomed to the "irritating of the nerves," digestion demands it. The stomach does its work far better in its natural condition than when continually irritated by alcohol or any other irritant.

Alcohol is decidedly harmful in dilated

stomachs. Hutchison writes: "The passage of alcohol out of the stomach into the blood is counterbalanced by a flow of water from the blood into the stomach. . . . If, then, alcohol be administered to a patient with a dilated stomach, the result may be that the total amount of fluid in the organ is ultimately increased."—*Idem* page 340.

Alcohol as a Stimulant

Hutchison states definitely, "It is doubtful, indeed, whether alcohol can properly be regarded as a nerve stimulant at all." He then quotes from Parkes and Wollowicz "who found in the case of a man that the administration of from one to seven and one-half ounces of rectified spirit daily raised the pulse rate by ten beats per minute, as compared with the period when no alcohol was taken. They found, moreover, as other observers have found before and since, that this over-activity of the heart was followed by a period of depression in which the beat was both slower and feebler than normal. It is important to bear in mind this after-action of alcohol. It means that the temporary benefits obtained from its stimulating action have to be paid for by subsequent cardiac depression, for alcohol is not, apparently, a food for the heart, but merely a means of enabling that organ to draw for the time being on its reserve strength."—*Idem* pages 340, 341.



Many have the idea that alcohol stimulates thought. The same writer states: "By flushing the brain with blood, alcohol may produce temporary excitement and aid the imagination, but it ends by dulling the edge of the intellect, and is unfavourable to sustained mental work."—*Idem* page 342. Inspiration declares: "Wine is a mocker, . . . and whosoever is deceived thereby is not wise." Prov. 20: 1. Alcohol makes a man believe that all the functions of body and mind are stimulated when they are actually depressed.

Alcohol on Metabolism

All the activities of life may be said to come under the heading of "Metabolism." The term includes all the changes that take place in the living protoplasm of the body, producing life and thought. Hutchison definitely states: "Alcohol is a protoplasm poison or anæsthetic, but is itself easily burnt up in the body."—*Idem*, page 344. Fat is stored up food to be used when required for the various manifestations of life; it is reserved strength that can be called upon when needed. Obese persons are not necessarily excessive eaters, but they convert their food into fat, and then are

unable to use the fat for its rightful purpose. The writer we are reviewing states: "Alcohol saves fat from combustion; in other words, it is a fat-sparer." It has the same action on another important constituent of our food, *viz.*, starches and sugars (carbohydrates); so the writer continues, "It also appears, though with greater difficulty, to be able to spare carbohydrates, but it is exceedingly doubtful whether it is ever able so far to *paralyse* the cell as to destroy its power of dealing with proteid. This action of alcohol on cellular activity [under which heading all the processes of life are included] is quite in keeping with what we know of the effects of other *cell poisons*. Arsenic, for instance, seems to impair the fat-destroying power of the cells, while there is some reason to suppose that lead interferes with their ability to break down proteid, and so may predispose to gout, while hydrocyanic acid [prussic acid] is the most powerful protoplasm poison known; and by paralysing the activity of the cells in every direction, at once leads to death."—*Idem*, pages 344, 345. Hutchison continues: "In large doses the general paralysis of cellular activity which alcohol produces is (Continued on page 18)

Mr. W. F. Finlayson of Australia Shows Up

The Revenue Bogey in Its Relation to the Prohibition Issue

ONE of the most popular fallacies in regard to Prohibition is that the liquor traffic is a source of revenue, and that taxes must be increased if the receipts from the traffic are stopped.

The liquor traffic is not a *source* of revenue. At best, it is only a channel of revenue.

Wealth must first be produced before it becomes taxable for revenue purposes and, as the liquor traffic is not a wealth producer, but exists on that which is produced by other trades and is, therefore, a parasitical business it must first absorb wealth from other sources before it can be taxed to provide revenue.

The ancient meaning of the name "publican" still holds true. The liquor manufacturers and distributors are "publicans," *i.e.*, tax gatherers, and remain loyal to the predatory reputation of their old-time friends.

It is estimated that over £9,000,000 was spent in Victoria during 1924 on intoxicating liquors.

The State Government collected in licence fees approximately £500,000, and the Federal Government collected £250,000 or so through Customs and Excise.

An expenditure of £3 5s. 6d. was therefore made by the drinking section of the people to obtain each £1 of revenue, and the liquor traffic was the channel of collection.

This £750,000 of revenue was obviously first paid by the consumer, and represents the

minimum (certainly not the maximum) collected by the liquor dealers before being paid over to the Government.

If the traffic was prohibited, and the expenditure on liquor stopped, would the amount collected in taxes be lost? Obviously not, as the £9,000,000 would still be available for spending, and therefore still be available for taxation through some other channel.

The onus is upon the liquor interests to show that the same expenditure on other commodities would result in a loss of revenue before they can establish their oft-repeated statement that Prohibition would increase taxation.

The necessary costs of government must be derived in some form, and every citizen contributes a quota, directly or indirectly; almost every article in daily use carrying its proportion of tax.

Would the taxation collected along those other channels increase or decrease the amount necessary for State and Federal purposes, if the amount collected per medium of the liquor traffic suddenly ceased?

Presuming that the same amount was required to be raised in taxation, would the taxpayer be a whit the worse off if it were collected from him per medium of some other business into which he put the same expenditure? Certainly not, because the diversion of the amount spent on liquor into other channels would inevitably carry with it a taxable value, and would (Continued on page 16)

Personal Liberty and Prohibition

By Charles Stelzle

THE doctrine of 'personal liberty' as applied to the use of liquor has been over-worked by the liquor men. As a matter of fact, there is no such thing as an absolute right to do any particular thing [of a temporal or material nature], or to eat or drink any particular thing, if that thing is in conflict with 'the law of public necessity.'

If a member of your own family becomes ill with a highly contagious disease, he is quarantined—no one is allowed to visit him excepting those who minister to his needs.

When a great fire breaks out in a congested district, buildings surrounding the fire are blown up in order to prevent the further spread of the conflagration. These measures are resorted to for the common good.

You are told by the liquor men that 'the State has no right to tell you whom you shall marry.' You cannot marry your cousin in some places you cannot marry your sister in any place and you will find it difficult to marry a divorced woman under some circumstances. Further-more, if the present tendency in the matter of eugenics is continued, you will have to be a fairly perfect human specimen if you wish to marry anyone. You will have to be free from disease and some other handicaps which might result in the increase of disease, before you can get a marriage licence. . . . In all this prohibition there is just one consideration—the welfare of society as a whole. It is only thus that society can serve all individuals, giving each a larger measure of life and happiness.

Liquor men tell us that one man has as much right to drink a glass of whisky as another has to drink a cup of tea; but you never heard of one man killing another while under the influence of tea; and this fact does have something to do with the question of what a man has a right to drink. You are not permitted to spend your wages as you please if you have a family to support—

One of the greatest prohibition organisers in the world expresses his opinion on the "Personal Liberty" phase of the Prohibition Question

you must first provide for your family. You are not permitted to keep your back yard or your kitchen or your cellar in a bad sanitary condition, because by so doing you would endanger the lives and health of your neighbours.

You are not permitted to keep your children out of school, even though you yourself do not believe in education, because it is the wish of the State to make these children good citizens, so it insists upon compulsory education.

A noted defender of the liquor business recently said: "The State trusts you with the liberty to kill, society trusts you with the liberty to steal, the State trusts you with the liberty to murder." Now if he had added, "and liquor furnishes you with the inclination," he would at least have put some truth into the entire statement.

But let us see—"The State trusts you with the liberty to kill: society trusts you with the liberty to steal". Since when? Does not society distinctly prohibit killing and stealing? Does it not organise a police force to prevent men from killing and stealing? Let this illustrious preacher of personal liberty try to kill or steal in the presence of a policeman, and he will find out what becomes of his grandiloquent statement that society trusts him with the liberty to kill and steal. He will find himself landed

in gaol if he insists upon exercising his personal liberty; and he will remain there for a time at least because he has proven that he is a dangerous citizen, too dangerous to exercise the personal liberty of which he boasts. No; God and society say very plainly regarding these and other matters, 'Thou shalt not,' and this is plain prohibition.

There was a time when men honestly believed that they had a right to own slaves—because they thought it was purely a question of property rights; but to-day they know it is also a moral question. There was a time when men honestly believed that all they had to do to get a wife was to take a club and hit the woman of their

(Continued on page 13)

What Prominent Englishmen Have Said

RIGHT HON. W. E. GLADSTONE, in reply to a deputation of brewers:—

"Gentlemen, I cannot permit a question of mere revenue to be considered along with morals; but give me a sober population, not wasting their earnings in strong drink, and I will know where to get my revenue."

Right Hon. Joseph Chamberlain, M. P.:—

"If I could destroy to-morrow the desire for strong drink in the People of England, we would see our taxation reduced by millions sterling a year."

One of the subtlest effects of this many-sided drug is to produce a craving for itself, while weakening the will that could resist that craving.—"Alcohol," by Dr. Williams, page 48.

I believe that strong drink is perhaps the most effective weapon which the enemy of our souls finds available for use in his conflict with God on the battlefield of human life.—George B. Wilson, B. A., compiler of the *National Drink Bill in the United Kingdom*.

The attack upon the sins and abuses of alcohol is generally an effort to reduce the devil's toll on human souls. In so far every Christian patriot and citizen should be in the crusade to the measure of his opportunities.—Right Rev. Henry W. Cleary, Roman Catholic Bishop of Auckland, New Zealand.

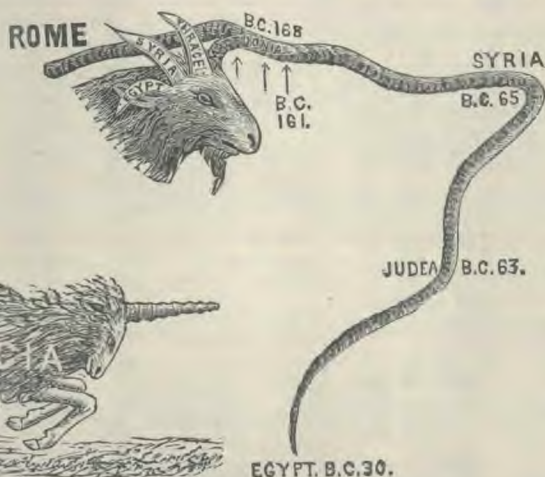
Revealed by the Wonderful Numberer

The Most Remarkable Time Prophecy of the Bible

A Study in Daniel VIII and IX, Part 1

ONE of the rare occasions when mortals have been privileged to listen to a conversation in heaven is recorded in Daniel 8: 13, 14, "And I heard a Holy One speaking; and another holy one said unto that certain Holy One which spake, How long shall be the vision?" R. V. The margin of our Bible gives "The Wonderful Numberer" as a direct translation of the Hebrew idiom used to identify the Holy One who was asked this important question.

Through all the ages, men, suffering under the injustices and in-equalities of this present life, have cried out to heaven "How long, O Lord, how long?" This cry has been



similar to those of the seventh chapter. The fourth is this 2300 day time-prophecy which as we will learn later, concerns the work of our Lord in the sanctuary.

The Three Symbols of Nations

Daniel first saw a ram with two horns, the higher of which came up last, pushing westward, northward and southward, and no beast could stand before him. He "did according to his will and became great." He next saw a rough goat with a notable horn between his eyes come swiftly from the west and utterly destroy the ram. "He waxed *very great*." The notable horn was broken and in its place came up four other horns in the four points of the compass, north, east, south and west. Finally there came the most remarkable development of all. From behind one of these four horns a "little horn" came forth which waxed *exceeding great*, toward the south, toward the east, and toward the pleasant land." This great power was to exalt himself

to the host of heaven, and in the end was even to stand up against the "Prince of princes," the Lord Jesus Himself.

The Interpretation

The angel Gabriel was instructed to "make Daniel to understand the vision," and left no room for speculation as to the meaning of its various symbols. We learn that they are the same as in the vision of Daniel seven, with one exception. As prophecy deals only with the future, Babylon is not mentioned in this vision of Daniel eight, for she was even then passing off the stage of action. Already, just to the eastward, Cyrus was drilling his legions which were to overwhelm Babylon. So his nation is the first in this prophecy.

Within the chapter itself we find the name of the nation predestined to do this work. "The ram which thou sawest having two horns, are the kings of Media and Persia." Verse 21. As Persia was eventually to predominate, one horn is spoken of as "being higher than the other." This definitely identifies the ram of this vision with the bear of Daniel seven. The three ribs in the mouth of the bear correspond with the three directions in which the ram pushes, these are the three kingdoms to be destroyed, and in their order, Babylon, Lydia and Egypt. (Continued on page 17)

answered. The course of evil is not left to time or chance. Our world's history is a drama, and there are a definite number of acts and actors, which have been predetermined by the supreme God, who sits on the circle of the universe and marks out definitely its various stages. He has definitely determined when the final curtain shall fall and the drama of mingled joy and sorrow, of confused virtue and vice shall end. He is called the Wonderful Numberer for He has numbered the years when the various great events in the drama that shall fulfil His purpose are to take place. Some of those predetermined years He has disclosed for the encouragement of His people, lest they faint in the midst of the conflict, thinking it interminable. While it is true that that last hour when the curtain shall finally drop has not been revealed, not to the angels, nor even to the Son (Matt. 24: 36), yet in our prophecy the veil is partially drawn aside and we are given certain exact dates of greatest interest.

The question "How long?" was answered. The Wonderful Numberer replied, "Unto two thousand and three hundred days, then shall the sanctuary be cleansed." Dan. 8: 14.

In this prophecy of Daniel eight there are four separate items. Three of these are symbols

ONE night while I was walking with some friends along a crowded thoroughfare in one of our metropolitan cities, the doors of a gilded saloon were suddenly pushed open, and a man was thrown out. He was in the prime of life, not much past his majority, but a rum-soaked, ragged, dirty, homeless pauper. As he lay on the footpath, endeavouring to stagger to his feet, a companion said "What is that?" I remarked, "A liquor dealer has just set outside one of the finished samples of his work." The liquor shop took him early in life, noble and clean, loved and honoured by his parents and the community, and transformed him through drink into a poor, wretched, homeless, friendless, vagabond, a dishonour to the mother who gave him birth. It was now through with him.

The unspeakable misery and far-reaching evil effects of the overshadowing curse of intemperance are known only to Him who can read and fully measure the hidden grief and anguish of the human heart, into which the incessant waves of intemperance have been pouring a stream of woe for millenniums. Beyond all question, the foulest blot on civilisation, the most dangerous to the race is the liquor traffic. We can never measure the ghastly tragedy of rum drinking. It has been truly said that the saloon is a licensed turnstile into criminal dumps, being the first place where officers of the law look for criminals, dead beats, and vagrants of every description. The unspeakable devastation and spoliation of drink stagger the imagination, and have reached such huge proportions as to shock the civilised world with inexpressible horror. Nevertheless the traffic, with brazen effrontery, continues to carry forward its infamous work of manufacturing paupers, sots, degenerates, and helpless idiots.

A noted temperance lecturer has said: "Science, without bias, cold, accurate, calculating, testifies that alcohol is a poison to the body. Experience comes and sets before, our view an inept, sullen, moaning, struggling, unhappy procession of victims, so long that it would almost reach across the continent, so sad that it would move a stone to pity. She shows the dry husks of hope, insanity, and sudden death, disease, want, waste and bloody crime. Religion comes forward and declares her testimony. She relates how hearts have been hardened to her eternal truths; she exhibits rents in the garments of justice, and bloody smears, mercy fleeing before hate, passion in flame, and love with a broken wing."

These statements are not overdrawn. Intoxicating drink stands condemned at every just and righteous tribunal, and is shown to be the greatest curse which has overhung the world since man sinned. Its debauchees are clean, pure boys and girls, ruined and damned by the fatal cup. Figures so authentic as to admit no denial, lay before us the shocking and appalling fact that annually hundreds of thousands of victims of strong drink, fall into dishonoured graves. Picture to yourself, if you can, a cemetery in which are annually crowded a hundred thousand newly made graves,

THE OVERSHA



By G

around which are gathered thousands of weeping and disconsolate friends and loved ones, through whose tears there streams not a single ray of hope, for God has said that no drunkard shall inherit eternal life. Ruined and cursed in this life, dishonoured in death, and with no hope of life in the world to come! And to fill depleted ranks of these debauched and depraved victims of rum other thousands of beautiful boys and girls must be supplied annually from our homes. Think of this, fathers and mothers! What an awful tragedy! Those who believe and advocate that this infernal traffic should continue ought to be willing to come forward with their boys and girls to fill the depleted ranks of the staggering, besotted, ruined victims. Through millenniums of time the touching cry of suffering womanhood and the famished wail of beggared childhood have been ascending to God for deliverance from this terrible evil which covers the earth like a funeral pall. Why the distillery, brewery, and bar are allowed to continue their work of corruption and ruin we cannot understand, when we could banish them from among us if we would.

The power and torment of an appetite created by alcoholic beverages hold the victim of rum with a fixed and terrible embrace; they haunt him through life, and tend to lead him to destruction at last. John G. Woolly, the noted temperance advocate, once a victim of strong drink, tells us a little of his struggle in escaping from the venomous coils of the drink demon. He says:—

"I shall never drink again; but one night in a New England train, when very ill, I met, a stranger who pitied me, and gave me a quick powerful drug out of a small vial, and my pain was gone in a minute or two; but alcohol was licking up my very blood with tongues of flame.

"I should have got drunk that night if I could. I thought of everything—of my two years of clean



*The Entire Animal World
Man only T...*

DROWNING CURSE

pson



Life-giving Water
ous Liquors

life; of the meeting I was going to, vouched for by my friend and brother, D. L. Moody; of the bright little home in New York; of Mary and the boys. I tried to pray, and my lips framed oaths. I reached up for God, and He was gone; and the fiercest fiend of hell had me by the throat, and shouted, 'Drink, drink, drink!'

"It was not yet daylight, Sunday morning, when I stood on the platform at Pawtucket, Rhode Island, alone. I flew from saloon to saloon; they were shut up: so were the drug stores, and all that day, locked in my room at the hotel, I fought my fight, and won it in the evening by the grace of God. But the people of Pawtucket never knew that the man who spoke to them that night had been in hell all day."

Look at the drunkard, once a noble specimen of intelligent manhood: for liquor can and does lay hold upon minds of the finest texture. See him now, the finished product of the saloon. Voluptuous habits bind the power of mind and body in a loathsome vassalage. His mind revels in low and beastly pleasures to which he is a slave. Besotted by rum, he is continually tantalised and distracted

by base and inexorable cravings. From the fountain of a diseased and depraved imagination flows a stream of impure and vile thoughts, the product of a mind which has lost its vigour, and every faculty of which has rapidly deteriorated and decayed. From the memory has been extinguished the light and joy of former days, and the sweetness and purity whispered into his ears as he prattled in innocence around his mother's knee have been rooted up. The heart has become cold and calloused. The fire of love and sympathy has gone out, leaving but a cinder. His features are marked with premature decay, and tell the sad story that the purity of manhood has been destroyed, burned away, as it were, by the flame of a volcano within. The elements of life, abased and exhausted, leave

the vital organs and functions of the body withered and weak. In the wake of all this follow the most painful infirmities and gruesome maladies to which stricken humanity is heir. Witness the hopeless idiots, epileptics, chattering imbeciles, and inmates of asylums screaming in frenzy, with reason dethroned—most of them by-products of the liquor business.

It is not within the power of the pen to portray the horrors which follow in the train of the traffic in rum. Think of the burning, scalding tears which flow from the eyes of the grief-stricken, white-haired father and mother as they listen to the maniac shrieks of a son or daughter, hopelessly insane as the result of strong drink. Imagine, if you can, the harrowing fear of the wife, in loneliness, hunger, and rags, awaiting the return of the man she once loved, the father of her children, but now changed by rum into a monster of hate and cruelty. Think of the wearisome days she has experienced, sitting in poverty and destitution. Think of the long, sorrowful nights she has waited, pale and wan, in terror for his footsteps. Think of the piercing remorse and unconsolable grief of the son and daughter as they see their own father a drunken, ragged, dirty loafer consigned to a felon's cell, or sentenced to die on the gallows, for some terrible deed committed when his brain was on fire with alcohol, and his reasoning faculties were benumbed by the vile stuff sold by those who stand on the brink of the pit and, who for money, deal out damnation by the dram.

Think of the blasphemies and debauchery which emanate from these hibernating dens where thieves, burglars, and convicts plot arson, murder, and other terrible crimes which cause the world to shudder. Think of the moral dangers of these cesspools of hell, made such by intoxicating drink. Think of the friendships which have been broken, the sad separations of loved ones, the distrust engendered, the dark forebodings, the harsh self-reproaches, the bitter enmities, the regrets and heartaches, caused by rum. Finally sum up the terrible total, and we can well understand the words of the Wiseman:—

"Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? They that tarry long at the wine; they that go to seek mixed wine." "Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise." Prov. 23: 29, 30; 20: 1.

Shall this overshadowing curse be permitted to exist indefinitely? Shall this terrible destroyer be allowed to continue his work of plundering the stricken race, robbing men of the priceless heritages which lift them above the brutes, and no effort be made to stop its ravages? Or shall the people arise in their manhood and throttle this monster which has so long enslaved and debauched the race? It can be done. Every year's delay throws us further towards the rear in life's struggle. The manufacture and sale of this vile stuff can be suppressed by law. Let us do it.

IN THE LAND OF KING TUT

The Second of a Series of Articles on a Recent Visit to Egypt and Palestine

By A. S. Maxwell

FEW people realize that it is a 400 mile journey from Cairo to Luxor. Even the ordinary tourist does not realize it, for he gets a sleeper on the evening train and wakes up in the morning at Luxor. We, however, desirous of seeing the country, decided to go by day. Leaving Cairo at eight o'clock in the morning we travelled on till nearly eleven at night. It was a most tedious journey, but we saw the country.

The Nile valley proper, apart from the Delta, varies from a mile to ten miles wide. The railway

always to be seen carrying burdens on their heads or backs, or working in the fields. If a family is travelling, the husband seats himself comfortably on a donkey while his wife walks behind with the baby and a pile of goods.

Here and there modern methods are taking the place of antiquated ways of doing things. Once we actually saw a Ford tractor at work. We would not suggest that that was the only Ford tractor in Egypt, but it is certainly true that the majority of the people are still ploughing with their crude wooden implements drawn by camels,



*Approach to the Temple of Karnak, Luxor, Egypt
The Greatest of Man's Architectural Works*

runs alongside the river approximately down the centre of the valley so that the "railway-window" view is not so incomplete as it might be in other countries. Where the valley ends, Egypt ends. Beyond the green fields which mark the farthest limit reached by the life-giving waters at flood-time there is nothing but the barren sand dunes of the desert.

Only a few miles out of Cairo one finds the native population living in very primitive fashion. Their mud houses are small, low, dirty and closely packed together in the villages. Sanitation seems to be unknown.

The women, it was very noticeable, seem expected to do most of the heavy work. They are

always to be seen carrying burdens on their heads or backs, or working in the fields. Here and there tall brick chimneys rise out of the valley—the obelisks of the twentieth century—indicating the position of sugar factories, the raising of sugar cane being an important industry. Occasionally the train passes through fair-sized towns which possess some of the amenities of modern life. Now and then a power-driven water-pump for irrigation purposes is seen, but most of the people are still drawing their water in the same way their ancestors did in the long ago. On one occasion we saw a man dip a bucket attached to a long pole into a well of water. The pole was supported in the centre, see-saw fashion. The water being in the bucket, the man holding the other end of the

pole, ran down an incline until the water had been raised the required height. The process was repeated for each bucketful. It seemed to us rather a strenuous method of irrigation. The poor fellow must have run miles before he got his garden watered.

The "scenery" of the Nile valley does not appeal to one who revels in lakes and mountains. The valley is about as flat as land could be. Towards Luxor steep cliffs mark the end of fertility and the beginning of the desert, but that is about all the high land there is. Palm trees abound, adding their characteristic beauty to an otherwise unattractive scene. There are no hedges between the fields and it is puzzling to the uninitiated how the various owners can identify their individual plots, especially after the inundation. When the crops of sugar cane, cotton or clover are growing the whole valley seems to be covered without a break, very different from the appearance of our English farm lands.

As darkness fell—and it falls suddenly here—tiny points of light blazed out, like fireflies, over all the valley. They were the lights in the rude dwellings of the sugar-cane harvesters. During the cutting operations they sleep out on the plain in little huts made from the cane itself.

It was about this time that an incident of great interest happened. We were nearing Luxor and had about another hour or so to run. The conductor of the train came into our carriage and sat down beside us. For some time he said nothing, but seemed to be trying to translate what he wanted to say from Arabic into English. Presently he said, to our utter astonishment, "Jesus good." We assented, wondering what would come next. "After another prolonged pause he began again. "Born above?" he asked, pointing at us both and then towards the dim light in the ceiling of the carriage. "Are you born from above?" Again we nodded and smiled assent. But the best was to come. "Jesus coming soon," he said. Think of it! Ten o'clock at night, after a long day's run, the Egyptian conductor uses all his available English to preach to us about the return of Jesus! Where did he learn the glad tidings? Who knows? It is an illustration of how God is working in unsuspected ways to bring the knowledge of His coming kingdom to all the world "in this generation."

Luxor and its Two Famous Temples

Luxor is famous for its two great temples, the one known as the Temple of Luxor and the other as the Temple of Karnak. These constitute the only remaining vestiges of ancient Thebes on the eastern bank of the Nile. Interesting as the Luxor Temple may be in some respects, it bears no comparison to the ruins of the magnificent Temple of Karnak. Some of the greatest Pharaohs gave their best to the erection of this colossal edifice. Commenced by Usurtasen I over four thousand years ago, it was later added to by those great builders Seti I and Thothmes III. Usurtasen constructed the original of what is now the inner

shrine, or "holy of holies." Seti I added the wonderful hall of columns which "even in its ruins, is one of grandest sights that the world contains." "No language can convey an idea of its beauty," says Fergusson in his "History of Architecture," "and no artist has yet been able to reproduce its form so as to convey to those who have not seen it an idea of its grandeur. The mass of its central piers, illumined by a flood of light from the clerestory, and the smaller pillars of the wing gradually fading into obscurity, are so arranged and lighted as to convey an idea of infinite space; at the same time the beauty and massiveness of the forms, and brilliance of their coloured decorations, all combine to stamp this as the greatest of man's architectural works, but such a one as it would be impossible to reproduce, except in such a climate, and in that individual style, in which and for which it was created."—Vol. 1, pp 119,120.

Seti's hall is 330 ft. long by 170 ft. broad covering, with its walls and pylons, 88,000 square feet. It originally contained 164 massive stone columns, which were divided into three groups—twelve central ones, each 66 ft. high and 33ft. in circumference. These formed the main avenue while on either side were groups of 61 columns each 42 ft. high and 27 ft. round, Supporting the huge wings of the chamber, the whole being roofed over with solid blocks of stone.

On one of the exterior walls of the Karnak Temple is a carving of considerable size depicting Shishak in the act of beating Hebrew captives brought from Jerusalem. Thus does this great monument testify to the accuracy of the Bible story, which records in the first book of Kings that "in the fifth year of king Rehoboam, that Shishak, king of Egypt came up against Jerusalem: and he took away the treasure of the house of the Lord, and the treasures of the king's house; he even took away all." 1 Kings 14: 25, 26.

(To be continued)

Personal Liberty and Prohibition

(Concluded from page 8)

choice on the head and drag her home; but today—well, women have something to say about it too. There was a time when men honestly believed that they had a right to do with their children as they pleased, but today they recognise the fact that children have rights of their own.

Slaves, women, children—these have come to their own because a new conception of rights and duties has dawned upon men. They discovered that there is a more fundamental question than property rights—that duty is a bigger word than rights. The biggest thing in this discussion is duty and sacrifice, and we should be ready to give up some of these 'rights' when the well-being of mankind as a whole is concerned. The man who is ready to do this proves that he is a big man—the little man always stands out for his 'rights' no matter what happens.

HERALD OF HEALTH

Keeping Cool in the Hot Season

The Relation of Our Diet Thereto

By Daniel H. Kress M. D.

THE temperature of the air which surrounds the body seldom becomes as high as that of the blood which leaves the internal organs, glands, and muscles, but in case this should occur, nature is prepared to meet the emergency. When the body cannot be kept at a normal temperature by radiation, owing to the heated air which surrounds it, nature comes to the aid by covering the surface with water through the system of sweat glands. Just as we are able to keep our foods cool in hot weather, by evaporation of moisture, by surrounding them with moistened canvas, so the body, by moistening the surface, cools the blood by evaporation.

When cold is brought in contact with the surface, heat production is stimulated, and when heat surrounds the body, heat production is lessened.

There may be poisons formed in the alimentary canal which are capable of deranging this delicate mechanism which regulates and maintains the body temperature. It is more important, therefore, to give attention to our food supply in warm weather than in cold. In cold weather, when the vital fire burns briskly and the drafts and dampers which control it are wide open, fuel can be consumed which would be entirely inappropriate during warm weather. And yet most of us use the same kind and the same quantity of body fuel in the hot season that we do in the cold. Of course, one of two things must result, either there is produced an excessive amount of heat, or else the fires, burning less briskly, allow the formation and retention of incompletely oxidized products and cinders, which act as clinkers and smother the fire, causing lack of energy. The lack of ambition and energy experienced during warm weather is not a call for more body fuel, but a warning nature holds out to remind us that we must be more careful in the selection of food. The Eskimos, living at a temperature of 80° to 90° below zero, can utilize for body fuel foods which would be entirely inappropriate and actually dangerous for one living in a hot country to use. The cat can eat rats in large numbers during cold weather. If she continues to do so during the hot weather, she is liable to have convulsions. The dog that may thrive on meat in winter, sickens if fed largely on meat during the summer.

Nature indicates what foods are most appro-

priate during the summer months by supplying us so freely with fruits and green vegetables. During warm weather the digestive organs lose their tone, and the juices which dissolve and prepare the foods to be utilized as body fuel, are diminished. As a consequence, foods must be supplied which can be easily prepared for assimilation. Fruits meet this demand perfectly. The sugar in the fruit is predigested starch. It does not tax the organs of digestion. It is, in fact, ready for assimilation. The same may be said of the acids. Both sugar and acids are body fuel ready for oxidation. Fruits also supply a large amount of the cleanest and purest distilled water, which aids in the elimination of body wastes. These foods are completely burned up in the body and leave behind no ash or wastes. This is also true of starchy foods as served in well-baked cereals.

Fruits, raw, leafy vegetables, and well-baked cereals are the best foods to use during the warm weather if we would keep comfortable. "No appetite," is the complaint one frequently hears when the warm weather appears. The diminished appetite is merely the voice of nature, reminding us that we have reached a time when less body fuel is needed. At such a time we care little for greasy protein foods, and flesh foods, but somehow we do have a relish for oranges, peaches, pears, and other luscious fruits.

Do not be afraid to perspire. People who perspire freely do not as a rule feel the heat as much as do those who do not perspire. Sweating aids in the elimination of body wastes. Hot weather is a blessing. It enables the system to throw off the wastes that have accumulated during the cold season and then it lowers body temperature. Do not try to avoid perspiring. People who perspire keep cooler than those who do not. Let us look for benefits to be received from warm weather. This mental attitude will greatly aid keeping comfortable.

The clothing should be adapted to the weather. In warm weather, loosely knit clothing, which allows the air to come in contact with the skin, and thus encourages evaporation of the perspiration, is preferable.

A short, hot bath aids in encouraging heat elimination by bringing the blood to the surface and in lessening heat production.

Controlled Breathing

By H. C. MENKEL, M.D.

IT IS not without reason that the Eastern systems of religion lay stress upon the importance of controlled breathing and spiritual development. In the West one hears more of the disease preventing and health restoring influence of conscious deep breathing exercises.

All living creatures are dependent upon air as the prime essential of life. Pure air may indeed be regarded our most necessary food. The purpose of breathing is to obtain from the air entering the lungs a supply of oxygen.

This supply of oxygen is separated from the air by the lung cells, it is then passed into the blood and carried to every structure of the body, where it becomes an integral part of the organism. In fact, oxygen is the element which makes possible the nutritional use of all other food stuffs we take. Without a constant and ample supply of oxygen intake there can be no nutritional process. Food, in order to be of use to us must first be oxidized in the body, then only does it become a nutritional factor.

Likewise, oxygen is essential to rendering harmless certain tissue waste substances, which unless properly oxidized cause great harm to the body structures and functions. These imperfectly oxidized tissue wastes are the cause of various nervous symptoms, neuritis and rheumatism. Even tuberculosis of the lungs result, from imperfect oxidation.

As the act of breathing is the main determining factor in regulating the oxygen supply it is evident that a great many diseases could be prevented and even cured by sensible and correct breathing.

To breathe in fully and correctly is to take in life and health; to exhale naturally is to blow out the gases which result from body activities.

Many persons breathe too rapidly, as a result the lungs are only partly filled at each respiration, and probably never properly emptied. Twelve to fourteen full respirations per minute is what may be considered the normal rate of breathing.

Time your rate of breathing. If you find it twenty or more times per minute, you can profitably train yourself to a slower and fuller breathing habit.

Take a full breath and hold it as long as you comfortably can, then exhale slowly. Continue this exercise for eight or ten breaths, then rest awhile and repeat. Continue this breathing exercise until you have acquired the habit of slow, full, deep breathing.

Slower and deeper breathing will become habitual with a corresponding improvement of digestion, bowel function, circulation and health in general.

This result of correct breathing is reflected in a greater mental activity and a deepening of spiritual perception.

There is the same need for an adequate supply of fresh air during sleep at night as during the day. Covering the head with sheet or blanket while asleep is a bad practice. The person who learns to enjoy full deep breathing and makes full use of his lung capacity will rarely be found among the list of chronic invalids.

—Simla.

In the Consulting Room

In this department questions pertaining to health matters sent in by *Subscribers*, will be considered by the Medical Editor. All questions should be addressed to Medical Editor, Oriental Watchman P. O. Box 35, Poona.

Parathyroid and Calcium in the Treatment of Sprue

Quest: I shall be grateful if you will kindly let me know how my son who is suffering from sprue, is to increase his diet and for how long he should continue taking his medicine? (Parathyroid tablets and Calcium Lactate mixture) (E. B. Poona.)

Answer: In *The British Medical Journal* of August 23, 1924, a series of cases is reported in which the value of parathyroid and calcium is compared with other forms of treatment. For purposes of comparison of the result obtained. Cases were selected which showed approximately the same degree of severity or in which the disease had existed for the same length of time, and in patients of nearly the same age. Those who received parathyroid treatments were given 10 grains (0.65 gm.) of calcium lactate thrice daily and 1-10 grain (0.0065 gm.) of parathyroid twice daily. Under this treatment the disappearance of symptoms occurred early, and the ionic calcium of the blood returned rapidly to normal. Ordinary diet was resumed in a comparatively short time and the beneficial effects were generally steady and permanent.

As a rule it was found that the resumption of ordinary diet provided all the calcium needed and, consequently, the calcium lactate could be discontinued, the parathyroid being given for a further week or so. In a number of cases very considerable improvement was shown after a fortnight's treatment, but it is emphasised by the author of the paper that treatment must not be dispensed with directly the symptoms clear and the ionic calcium attains the normal. Apparently this condition of things requires to be stabilised and drugs must be reduced gradually with a view to seeing that the patient is able to carry on the process unaided before the treatment is stopped.

STONE IN BLADDER

Quest: I have been operated thrice for stone in bladder (urinary.) What climate and diet would naturally suit me best? Can I do any work which requires strenuous muscular effort? (C. N. C. Nasareth.)

Answer: As to climate, this does not seem to matter much. The condition is found in all climates, but the symptoms would probably be more aggravated by a cold climate.

Diet: The diet best suited, is milk and bland, nonirritating foods; spices, as pepper and chillies, also vinegar, should be discarded. Sugar is best avoided.

Work: As to performing strenuous physical work, this all depends upon your condition. The mere fact of having been operated upon would not in itself preclude your doing heavy work, if you are otherwise physically equal.

Dr. J. A. Stucky has observed that improper feeding results in "endocrine unbalance, and decrease of the alkali reserve." In other words, the overuse of sweets and pastries, by lessening the appetite for natural foods, disturbs the secretion of the ductless glands, and produces what is commonly known as an "acid condition of the body." This condition, which is followed by trouble with throat, nose, and ears, he found was prevented by regulating the diet, especially during festivals.

Tabloid Suggestions

Coated tongue and foul breath mean that the sewage is retained in the sewer of the body and the sewerage of the system is clogged and overflowing into the fluids and tissues of the organism.

Premature old age indicates progressive, chronic foulness of the fluids and tissues of the body.

Chronic constipation is a protean monster that insidiously slays more humans than all other causes combined.

Numerous localized rheumatic areas in the muscular and fatty structures of the body are sewage reservoirs filled with crystallized deposits causing chronic inflammation.

Rheumatic invasion of the body may exist twenty, forty, or more years without becoming acute.

Imprisoned sewage and foul gases in the colon are a blight to mental activity. H. C. M.

The Revenue Bogey

(Concluded from page 7)

also return to the purchaser articles of better value and greater utility.

The liquor traffic is not only essentially a parasite on all other trades, but steadily diminishes the ability of the taxpayer to contribute to the revenue, because of his decreasing ability as a producer.

It is a conservative estimate that 25 per cent of the productive capacity of a country is lost through the effects of the liquor traffic in lowered efficiency, accidents, loss of time, sickness, etc., thus imposing a heavy and direct economic handicap upon the community.

The saving of this 25 per cent loss, or any part of it would clearly increase the ability of the taxpayers to carry taxation, as the wealth of the community would have proportionately increased.

The loss of productive capacity and wealth is intensified when it is remembered that the food-stuffs used in the manufacture of alcoholic liquors are not only withdrawn from legitimate use, and must therefore increase the cost of living, but they are destroyed and robbed of their nutritive quality in the process, and the product is a liquid poison. The same raw materials, which are the product of some other useful industry, when utilised or manufactured in other directions, retain their food value, and are consequently more properly and profitably usable by the community.

In every country where local or national Prohibition has been tried, it has been found that this diversion of expenditure to other trades for useful commodities, is exactly what takes place.

An immediate demand is created for more and and better food, clothing, and shelter. Luxuries, previously unobtainable, become available. The primary and secondary industries receive an impetus, and the distributing agencies develop a sudden increase of business.

The economic fact emerges that this new demand for those better commodities requires the employment of at least four times the number of workers in production and distribution, as against the number employed in the liquor traffic.

No city, district, or country has ever yet found it necessary to increase taxation as a result of Prohibition.

There is an accumulation of evidence, on the other hand, that taxes are reduced, business improves, savings increase, homes are happier, health is better and a better condition of affairs generally results.

But there still remains the contra account against the liquor traffic.

Large revenues are only necessary because of large expenditure. Economy in expenditure means reduction in taxation, and perhaps the greatest financial advantage in Prohibition is in the great saving of heavy unnecessary expenditure which the liquor traffic loads upon the community.

It is positively asserted that crime, disease, insanity, destitution, and many other social evils are largely the inescapable results of the traffic. The proportions of these evils traceable to liquor may vary to some extent, but competent authorities are emphatic as to this origin of those regrettable community troubles.

Whatever the proportion may be, the expenditure, which has necessarily to be met by taxation, must reach a large sum, and it is a modest estimate that for every £1 spent on liquor it costs the country £1 to attend to the results of the traffic. In many countries the rate is placed much higher than this.

It is perfectly clear, therefore, that the revenue collected through the liquor traffic is far short of meeting the expense which the country has to meet, traceable to it alone.

The traffic is clearly a financial liability and not an asset.

The reduction in public expenditure which would inevitably follow Prohibition, would naturally be followed by a reduction in taxation, as less money would be required, while the health, comfort and prosperity of the people would be increased and protected, and the taxpayers made increasingly capable of meeting their obligations.

Dr. Walter Hadwen, of Gloucester, England, a stand-patter on ancient ideas who denies the existence of germs, and fights bitterly against animal experiment and vaccination, is in trouble. He treated a girl of ten for sore throat with gargles and the like. The parents, becoming dissatisfied, called another doctor, who found the child past hope with diphtheria and pneumonia. The child died in three hours. At the coroner's inquest, Dr. Hadwen said the "germ theory" was "all bosh," but the jury thought differently, and he is virtually held on a charge of manslaughter. Refusing to give modern treatment, he in his obstinacy had let the child die.

CONTENTMENT

I WOULDN'T be a tall giraffe
 For anything I know;
 I'd be afraid to ever wade,
 Or play out in the snow;
 For if I did I might take cold
 And have a throat so sore—
 Why, think how long my throat would ache!
 At least three feet or more.

I wouldn't be an elephant,
 He does have such a nose;
 Why, I should think he'd feel a sneeze
 Away down to his toes!
 I wouldn't want to be a duck,
 His bill's so hard and wide;
 I don't see how he eats and walks
 When all his toes are tied.

And would you like to be a snake,
 That has no feet at all?
 Or be a rabbit with a tail
 That looks just like a ball?
 Then fishes have a dreadful time,
 In water day and night;
 They're clean, I s'pose, but baths like that
 Don't seem to be quite right.

I think a turtle must get tired
 Of carrying his house.
 A cat is nice, but then, you see,
 I couldn't eat a mouse.
 A mole, you know, can't see at all,
 Some bats are that way, too;
 So after all, I'm glad to be,
 Just what I am, aren't you?

—Selected.

How Animals Dress Themselves

MOST people suppose that when an animal wakes up in the morning it is all ready for the day's fun or the day's work, but in the case of most animals this is a mistake. They, too, have to dress themselves, and though dressing for them consists only of some kind of bath and of smoothing down and arranging their feathers and furs, a great many animals are not satisfied with themselves until they have done that. Some of them are very shy, and seek the loneliest spots early in the morning, others, like the pet dog and cat, will spend hours dressing themselves on the hearth-rug.

Birds are perhaps the neatest members of the animal world. A great many birds must have a bath every day. Some birds use water and some use dust, and some use both water and dust. The bathers in water are very particular about the kind of water they use. Everybody who has ever watched a pet canary will remember how it would refuse to plunge in unless the water and the bath-tub were perfectly clean, and also how, when nobody seemed to be watching, it would first take its bath, arrange its feathers, and then eat the fresh seeds which had been given it for breakfast. Swallows and martins do not bathe every day, because the only water which they will use is fresh rain-water. Tame ducks, too, seem very fond of rain-water. When a shower falls they ruffle up their feathers and let the rain soak in. Afterward they smooth themselves down carefully, using an oil which their bodies contain in order to get the perfectly smooth and even effect in dress which they desire. Wild ducks, which live by the salt sea, will fly long distances over the land to get fresh water for their bath.

The birds which use earth baths are very careful about the kind of soil they use. Larks and sparrows choose fine, dry, gritty dust. They splash and flutter in it as other birds do in the water, and after they have finished they carefully dress their ruffled plumage with their bills. Partridges clean themselves in loam. They scratch out the dirt and shuffle backward in it until their feathers are full of it. Then they shake themselves, and when fully dressed are as clean and fresh as any lady stepping from a white-tiled bathroom. The barnyard hen bathes herself in much the same way, by wallowing and shaking herself in the dust.

Animals of the cat tribe spend more time than any others at their toilets. In the jungle, lions and tigers use their fore feet, which they wet, for bath-sponges, and their tongues for combs, just as small kittens do. Rabbits and opossums also wash their faces with their feet. Dogs, too, dislike dirt. An experienced hunter has said that whenever his dogs fail to clean themselves on bushes or grass after a day's hunt, he knows that they are very tired. Dogs are especially particular in keeping their feet clean.

Almost everybody has seen a horse and cow in a field together taking turns licking each other. The general belief is that the two are great friends, and that that is their way of showing their love for each other. That is not altogether true. They may be friends, but they are merely helping each other to dress. I know one horse and cow which have lived in the same field for several years. The horse is a spoiled and petted creature. In some way she persuades the cow to clean her glossy coat for her, but she has never been seen doing anything for the cow.

The daintier animals of the forest—the giraffe, the deer, the antelopes—always assist each other.

The seal-skin is one of the most valuable of furs. So long as the seal wears its own coat, it keeps it in perfect condition by using a small comb fastened to its front "flipper."

The larger insects, ants and bees not only bathe themselves, but help each other. A wasp, though, must depend on herself. A naturalist once smeared the wings and body of a wasp and of a bee with honey and set them free. Other bees at once came to the aid of their sister; but, although others of her kind were flying all about, the poor wasp was left all alone in her misery. The naturalist had finally to put her into a bottle of water and cleanse her by shaking her about.

Rats are considered very dirty, but so far as they themselves are concerned they are not. They wash and brush themselves like cats. Water-rats especially are very clean.—*E. Joiner.*

Revealed by the Wonderful Numberer

(Concluded from page 9)

With like definiteness Gabriel said of the rough goat, "And the rough goat is the king of Grecia: and the great horn between its eyes is the first king." History tells us that this was Alexander the great, who marched through the world with incredible swiftness conquering everywhere. His feet seemed not "to touch the ground." When Alexander died his four generals divided his kingdom into four parts, Cassander taking Macedon in the west, Lysimachus taking Thrace in the north, Seleucus taking Syria in the east, and Ptolemy taking Egypt in the south.

The last power, the Little Horn, must be Rome. Although not mentioned by name, yet the identification marks are clear and cannot be misunderstood. This power was to be used of God for the final destruction of the unfaithful Jewish nation as foretold by Moses. The comparison of the words of Gabriel with the prediction of Moses (See Deut. 28:49-58) will make this plain. The Romans came from the west; they

spake a tongue unknown to the Jews; the eagle was their standard; they besieged and destroyed Jerusalem exactly fulfilling every prediction of Moses and Daniel; it was the signature of a Roman Governor that condemned the Prince of princes to death, and finally, in its divided state, as an Ecclesiastical Power, Rome is to continue until the coming of the stone kingdom of Daniel II, when it will be "broken without hand."

Daniel had understood clearly the meaning of the visions of the second and the seventh chapters. The predetermined course of empire had already been revealed. The additional facts given in this vision regarding the fourth universal empire concern particularly the development of the ecclesiastical phase of Rome, the consideration of which we must leave to a future number. Pagan Rome here merges into Papal Rome and the great apostasy develops which is to "cast down the truth to the ground, and practise and prosper." When Daniel saw the millions of martyrs and the complete setting aside of the work of Jesus as High Priest by the introduction of earthly substitutes, which robbed the saints of much of their power, he could no longer endure the sight but was "sick certain days."

The three symbols were thus specifically explained and Daniel understood their meaning. But the fourth section of the vision, the one containing the answer of the Wonderful Numberer concerning the length of time, was left unexplained at that time. Gabriel, because of Daniel's illness, could only say, "But the vision of the evening and the morning (the 2300 days) is true; wherefore shut thou up the vision, for it shall be for many days." Daniel's comment concerning this fourth section was, "I was astonished at the vision but none understood it." The ninth chapter tells of the return of Gabriel to complete his explanation.

Alcohol and Bodily Efficiency

(Concluded from page 7)

so great that heat production is diminished at the same time as heat is increased, and the final result is a great lowering of the body temperature, which may even amount to 15° F."—*Idem*, page 345.

Although alcohol is oxidised in the muscles, it does not give out energy that will in any way compensate for its poisonous effect. As the same writer testifies, the energy yielded "is seriously counter-balanced by the paralysing effect which it exerts on nerve cells, dulling the sense of exhaustion which is nature's warning, so that, as experience has shown, the consumption of alcohol during muscular work tends to hasten rather than delay the onset of fatigue."—*Idem* page 345.

After dealing with the evil effects on brain and nerve tissue, Hutchison continues: "Throughout the body generally the presence of even a slight amount of undecomposed alcohol leads to a diminution of the chemical energy of the cells, which interferes with the ordinary course of metabolism, and may result in chronic disease.

The metabolism of fat is most apt to be interrupted. Hence alcoholism is a common cause of fatty degeneration and an important factor in many cases of obesity. By delaying the decomposition of carbohydrates, it aids in the production of some forms of diabetes, and there can be no doubt that it plays a large part in that alteration of proteid metabolism which seems to be the basis of gout."—*Idem*, page 348.

In dealing with the use of alcohol in health, Hutchison writes:—

"It has been shown that alcohol is not favourable to the production of sustained muscular effort, and that it may even do harm by paralysing the sense of fatigue which is the natural check on excessive exertion. Nor can it be said that it is favourable to the production of perfectly healthy brain-work. An interesting book was published a few years ago in which were gathered together the results of the personal experience of leading men in literature, science, and art on the effects of stimulants as aids to intellectual work. It is interesting to note that, out of the 124 individuals consulted, none ventured seriously to recommend alcohol as an aid in the performance of mental labour. As Abel has said: 'He who has mental labour of an exacting kind to perform and he upon whom great responsibilities devolve, is forced, if he would be at his best, to use alcohol as a restorative agent only at the proper season; he must behave to it as he does to many other pleasures and luxuries in his environment.' A recent census in America yielded much the same result."—*Idem* page 350.

Dr. Robert Hutchison is certainly an unbiased authority on the harm of alcohol on the system, for he is evidently himself not a total abstainer. He states that alcohol is an "unnecessary article of diet in complete health," but he is in harmony with Matthew Arnold in his statement, "Wine used in moderation seems to add to the agreeableness of life—with adults, at any rate."—*Idem*, page 350. He is certainly wise in using the term "seems," for this statement, although in harmony with the "flesh," is altogether opposed to his scientific findings.

Personal Liberty and Prohibition

IN this matter of 'personal liberty' each of us is asked to give up some little thing and put them into the common fund which makes up the sum of all our comforts in a civilised community; but each of us draws out of that common fund more than any of us puts in. You may exercise your 'personal liberty' only in so far as you do not place additional burdens upon your neighbours, or upon the State. No man has a right to drink if by so doing he poisons himself or makes himself an unfit member of society, compelling the State to cure him, support him when he is unable to take care of himself, lock him up when he is too dangerous to be at large, bury him at public expense when he is dead, and take care of his family when he is gone.

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Table of Contents

	Page
Around the World	2
Topics of the Day	3-5
Prohibition, Let Us Face Facts	
Battle Ships Obsolete, Lord Balfour and Palestine	
"No Truth Whatever in These Statements"	
England's Drink Bill	
The Norwegian Flag and Rum-Running	
The Cost of Enforcing Prohibition	
News Propaganda Subverts the Truth Concerning Prohibition	
Why America is Satisfied	
Alcohol and Bodily Efficiency	
	<i>W. Howard James M. B. B. S. 6</i>
The Revenue Bogey	<i>W. F. Finlayson 7</i>
Personal Liberty and Prohibition	<i>Charles Stielze 8</i>
Revealed by the Wonderful Numberer	<i>Editorial 9</i>
The Overshadowing Curse	<i>G. B. Thompson 10</i>
In the Land of King Tut	<i>A. S. Maxwell 12</i>
Keeping Cool in the Hot Weather	<i>D. H. Kress M. D. 14</i>
Controlled Breathing	<i>H. C. Menkel M. D. 15</i>
In the Consulting Room	15
Parathyroid and Calcium Treatment for Sprue, Stone in the Bladder	
Contentment (Poem)	<i>Selected 17</i>
How Animals Dress Themselves	<i>E. Joiner 17</i>
Shall I Vote to License Liquor (Poem)	<i>C. M. Snow 20</i>

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Shall I Vote to License Liquor?

By C. M. Snow.

SHALL I vote to license Liquor?

Yes—
When I cease to sense the heartaches
That are weighing millions down;
When I cease to feel the sorrows
That a million hearts would drown;
When my heart is no more tender
For the woes of those who mourn.
And I gloat upon the ruin
Of the wretched and forlorn—
Then I'll vote to license Liquor,
Not till then.

Shall I vote to license Liquor?

Yes—
When my soul is seared and cankered
With the rust of lust and greed,
And from every sense of justice
And of virtue I am freed;
When the anguish and the heartaches
Of a stricken world I see
As a cause for joy and gladness
And a blessed boon to me—
Then I'll vote to license Liquor,
Not till then.



Shall I vote to license Liquor?

Yes—
When God shows me that the drunkard
Is the highest type of man,
And that slavery to passion
Is His purpose and His plan;
When our womanhood is safest
Where the drunkard freest goes,
And our children best protected
Where Rum's river freest flows—
Then I'll vote to license Liquor,
Not till then.



Shall I vote to license Liquor?

Yes—
When the prisons all are emptied
Of the hordes Rum drove to sin;
When the brothels are abandoned
By the painted slaves within;
When no more the drinker's children
Cry for clothing and for bread,
And the demon in that liquor
Has been numbered with the dead—
'Twill be time to talk of license,
Not till then.

Shall I vote to license liquor?

No!
Gold can never right the ruin
Rum is causing in our world,
Turning humans into demons
Where its banners are unfurled.
Day by day the list increases
Of the numbers of its slain;
If I license that dread business,
I shall bear the brand of Cain.
Shall I vote to give it licence?
I shall not.

Shall I vote to license Liquor?

No!
Every little child that prattles
On the knee of parenthood,
Every trusting wife and mother,
All things noble, all things good
Plead with manhood to be manly.
Plead protection at our hand
From that King of Degradation
That has ruined every land.
Shall I vote to give it licence?
I shall not!

