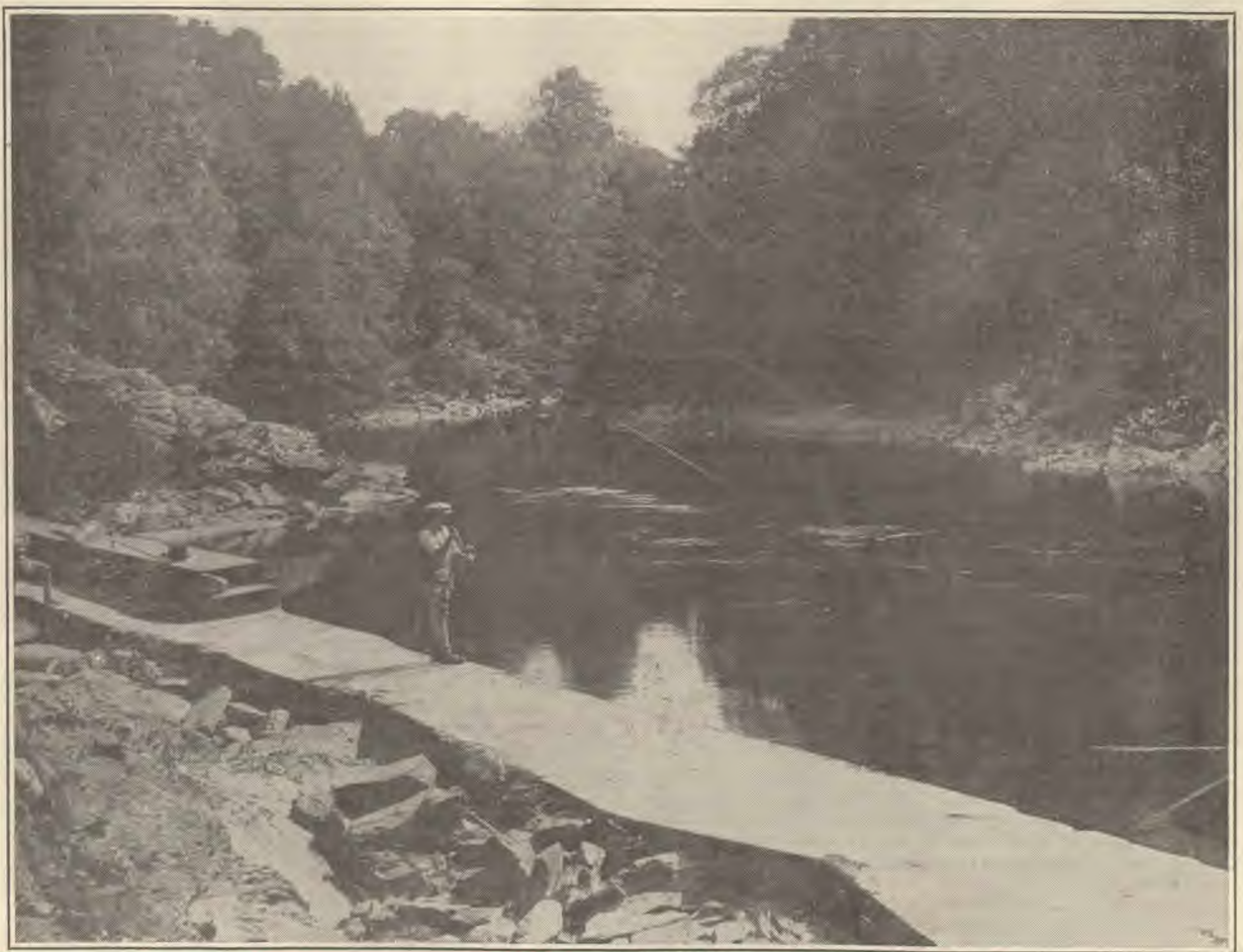


60 1925

# The ORIENTAL **Watchman** and Herald of Health



*Topical Press*

IN BONNIE SCOTLAND

The Maharajah of Jodhpur Salmon Fishing in the River Spean, Crianlarich Pool, Near Inverlochy Castle, Fort William, Scotland.

Beneath the Eruption in China, Physiological Remedies, The Sun as a Healer of Disease, How to Take a Sun Bath



## Around the World

The Bank of England destroys about 350,000 of its notes every week, an account of their being worn out.

At a recent Zionist luncheon at Brighton (England), Mr. Barnhard Baron who is known as "the Brighton Millionaire," and who had donated £250,000 to charity since last October, handed over a cheque for £10,000 for the new Jewish university in Jerusalem.

Mr. Alan Cobham, who piloted the machine in which Sir William Braucher recently flew to India, has demonstrated the possibilities of "baby" planes by flying in a tiny "moth" machine from Croydon aerodrome to Zurich and back, a distance of 1,000 miles, in 14½ hours. The boat and train journey takes two days. The cost of the flight, apart from wear and tear on the machine, was £4. 12s.

Hundreds of thousands of people took part in a British Empire ballot in aid of the charities. The competitors were asked to give the twelve most progressive cities in the Empire, and the winning result, according to the competitors' own votes, was as follows: London, Liverpool, Birmingham, Manchester, Glasgow, Sydney, Montreal, Melbourne, Sheffield, Calcutta, Toronto, and Bombay.

After Ur, Kish. The archeologists who are upturning the sands of the Mesopotamian desert wherever vanished cities lie, have found the ruins of the ancient capital of the early Sumerian kings at Kish. There is a great hall in the royal palace, the roof of which was upheld by a row of columns five feet in diameter. As the building is dated three thousand years before Christ, the use of detached columns as an architectural device is shown to be much earlier than it has been supposed to be. Among the pots, kettles, razors, and farming tools of bronze that have been unearthed are vanity cases with lipsticks and pots of rouge. Viewed in connection with the clay pipes, perhaps for smoking hemp or opium, that were dug up in ancient Utica, these last show that the vices and vanities of the very earliest civilizations are essentially the same as those that trouble us to-day.

In England, where rain falls so frequently that it is no easy matter for the farmer to "make hay while the sun shines," they have hit upon a plan that makes it possible to cut grass and stack it in the midst of a rainstorm without injury to the hay. Of course the wet grass cannot be put directly into the barn, which is what most farmers do with hay properly sundried. The British farmer puts up a frame made of stout poles connected by wire, and from the base of the frame he runs a pipe out to the drying machine. The newly mown hay is stacked up about the frame in a circular shape. He then thatches it lightly and starts his machine, which drives hot air through the pipe to the bottom of the stack. The heated air rises through the grass, and in a day of eight hours no less than twelve tons of hay can be thoroughly dried. Enthusiasts over this contrivance say that hay thus dried retains more of its nutritive value than sundried hay. The drying machine can be driven by any gasoline engine; that of a farm tractor will serve. The engine operates a fan that drives into the pipe air that has been heated by passing over cylinders that are kept hot by kerosene burners.

The League of Nations will annually print a list of the best six hundred books that have been published in the past year, the object being to encourage closer international intellectual contact.

An interesting recent metallurgical product is an alloy of copper and silicon having a golden colour, says *Science Siftings*. It takes a high polish, and combines extraordinary corrosion resistance with the tensile strength and other properties of high-grade steel.

Another instance of a man who is sacrificing his life for the advance of science is that of Dr. Frederick Henry Baetjer, of Johns Hopkins University. He has recently undergone his seventy-first operation. He has lost one eye and eight fingers as the effect of his X-ray experiments. These operations have been due to ulcerous conditions from X-ray burns caused by his work. He declared he is going to go on experimenting, even though it costs him his life. "I suppose my researches will eventually kill me," he said, "but I mean to go on with them."

Rotogravure, the process of photographic reproduction that most illustrated newspapers now use, was invented by a Viennese named Karl Klietsch, who, like many inventors, has got precious little either in fame or in money from his invention. An American who recently visited Klietsch in his retirement, says that the old man, who is now eighty-four, has more than one clever mechanical device worked out to the last detail; but, soured by his unhappy experiences with rotogravure, he declares that he will take them with him to the grave, rather than bestow them upon an ungrateful world.

The real value of so many tonsil operations is questioned by Thomas M. Stewart, M. D., in *Popular Science Siftings*. Guys Hospital has been keeping records of cases where a tonsil operation was supposed to be of value in rheumatism or heart disease. In thousands of cases it has been demonstrated that those submitting to such operations have not been benefited. Dr. Kaesser is reported to have proven that tonsil operations do not prevent diphtheria. Dr. Stewart concludes that recurrence of diseases in those from whom the removal of tonsils was supposed to be protection, and other symptoms resulting prove that the tonsils are after all of some value to the human body and should not be lightly removed.

Luther Burbank who has reached his 77th birthday, announces that he expects to live another 25 years and will devote that time chiefly to flowers. He has recently introduced a new tomato that has the chili flavour, so that it can be made into "tomato sauce" direct. Among other new things are, blackberries 2 inches long with no thorns on the bushes nor seeds in the berry; new asparagus stalks 1½ inches in diameter; chestnuts that will bear in three years, and walnuts that will bear in 20 years instead of 40; Petunias sea blue, 4 to 5 inches in diameter; sweet peas, which he calls "the poor man's orchids" on heavy stalks like dahlias, and three inches in diameter; 12 new colours of roses. It is impossible to foretell what wonders Burbank may not accomplish if he is granted 25 further years of life.

# The Oriental Watchman

AND HERALD OF HEALTH

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## Topics of the Day

### England's Surrender

Mr. Ramsay MacDonald makes an interesting contribution to *The Nation* of New York, in which he criticizes severely what he calls Mr. Baldwin's surrender in the matter of the coal dispute. He says that the coal miners have kept their wages; the owners have kept their profits; a general strike has been prevented—but the Government has handed over the honours of war to those inclined to toy with revolution.

### In the Balance

The Simla session of the Legislative Assembly has come and gone. It is disappointing that there is so little apparent fruit from those "gestures" towards amicable settlement of some of India's political problems on the part of the late Mr. C. R. Das and Lord Birkenhead. The most important event was the momentous debate over the acceptance of the Mudiman Report for constitutional reform. The fact that Sir Mahomed Shafi, the fifth signatory of the Majority Report, has publicly stated his acceptance of the principle of the Minority Report, makes the position of diarchy more precarious. Pandit Motilal Nehru brought in an amendment which was carried, the elected members, and some nominated ones voting for it, which would bring diarchy to an end and transfer the real power of the government from Whitehall to India. This amendment was opposed by government and was negatived in the Council of State. The Viceroy promised to consider both the original motion and the amendment. While politicians align themselves for the great struggle, the spectre of civil disobedience, revolution and anarchy, hovers in the background. May the leaders on both sides

realize the necessity of caution and sympathy for the other side, so that a peaceful solution may be found.

### Whither is Europe Moving?

Published portions of Lord Grey's forthcoming book "Twenty-five Years, 1892-1916" furnish much food for thought. The author paints in striking colours the conditions which led up to the Great War. He says, "Every country had been

piling up armaments and perfecting preparations for war. The object was security. The effect had been precisely the contrary to what was intended and desired. Instead of a sense of security there had been produced a sense of fear which was yearly increasing" The "Great War" should have been a great lesson. Lord Grey asks, "Will Europe learn the lesson?" His answer seems to be that if Germany still has the mentality of the pre-war Germany, which all eviden-



*Topical Press*

### *The New Airboat, "The Southampton", In Flight*

*A new type of giant air boat was flown recently from Felixstowe to Cromer where on arrival it was inspected by Sir Samuel Hoare. The boat is driven by engines developing 1000 horse power.*

ces seem to indicate, that "Europe will be forced again into the same unhappy course as before 1914." "War used to imply a contest between armies; it will henceforth by common consent mean the destruction by chemical agencies of the crowded centers of population; it will mean physical, moral, and economic ruin." Lord Grey adds:

"The future, the life of European civilization, will depend on whether a wiser and more instructed spirit prevails now than before the experiences of the Great War. If it does not, our present civilization will perish as others have done before it, and the future progress of mankind will depend on the rise of something new, outside Europe, and perhaps not of European race."



Topical Press

*New All Metal Plane's Tests at Norwich; Repairs in the Air*

Tests were carried out yesterday at Norwich with an all metal plane of entirely new design by Mr. Frank T. Courtney, the famous racing pilot. Photo shows: Inside of the Engine Room.

**The League of Nations**

Rev. E. Stanley Jones gives an interesting report in *The Indian Witness* of a visit of 100 Britishers and 100 Americans to Geneva for the purpose of studying The League. Eminent speakers addressed them, and although Mr. Jones professes himself a "convert to the League of Nations," and what right-minded person is not, yet even his brief report betrays the impracticability of the League idea. For example after a masterful address by Dr. Delisle Burns, "his question answering was a little evasive. Woe be unto the speaker who tries to evade—he dwindles, no matter how brilliant the address, for this crowd wants reality and straight-forwardness." Of Sir Arthur Salter, another speaker, Mr. Jones says, "But his closing words were deeply impressive when he said that Europe and civilization itself could not stand the shock of another world-war. It would crash into ruins. It barely made the landing this time—it was a close call." Senor Madariage gave one of the most incisive addresses of the series. Mr. Jones comments: "If disarmaments have to run the gauntlet of the difficulties exposed by the speaker we will still be armed for some time to come." Exactly! We confess that we can see no ground for optimism either in present conditions or in the Word of God. Nationalism is more dominant than ever; imperialism still parcels out the globe; economic rivalry is growing more bitter; militarism is rampant, and secret diplomacy and alliances are still the order of the day. War cannot be abolished by resolutions or by legal enactments. W. L. George, English journalist, has well said, "This is not a new world. It is the old world—more so . . . True, there is a new fact, the League of Nations, which many of us wish to

sue for breach of promise. Indeed, the League is a popgun to slay a dragon."

**The Funding of Belgium's Debt to U. S. A.**

In America the "common people" who really shape the Government policy have two chief reasons for forcing the executive to compel some sort of a settlement of war debts. They are anti-imperialists as well as pacifists. Had Europe disarmed, and set seriously about the task of bringing about a "new" world, where "men would learn war no more," the attitude towards war debts might have been different.

But perhaps the beginning of the end is in sight. Great Britain, Poland, Hungary, Finland, and Lithuania have made satisfactory arrangements, and now Belgium has done the same.

The accompanying Table will be of interest to our readers. M. Calliaux is at this writing in America, and the prospects are that France will soon be added to the list.

In May Belgium intimated to the United States that she desired to negotiate for a definite settlement. Secretaries Mellon, Kellogg and Hoover were the well-known members of the American Debt Commission. It is worthy of note that they held that the United States was "morally" responsible for certain pledges given by President Wilson at Versailles which were repudiated by the American Senate. The Belgian debt was split in two portions. The pre-armistice debt \$171,780,000, is not to pay interest and is to be repaid in 62 annual installments. The post-armistice debt \$246,000,000 is to be repaid in the same number of instalments but at 4½ per cent interest for part of the time, and 3 per cent for the balance.

It is interesting to note that Belgium proposes to meet this obligation by the floating of private loans in America. That is, money will be taken from private investors to meet the obligation to the federal government. The members of the debt commission have warned France not to expect the "most favoured nation treatment" accorded to Belgium. We predict that unless France gives some satisfactory pledges of disarmament, she will be questioned very closely as to how she can find such vast sums for military preparations war loans, and new war ventures and still ask to be let-off on her just financial obligations.

*Table of Europe's War Debts to America Which Have been Settled*

	Principal	Interest	Total
Belgium .....	\$ 417,780,000	\$ 310,050,500	\$ 727,830,500
Finland .....	9,000,000	12,695,055	21,695,055
Great Britain, .....	4,600,000,000	6,505,965,000	11,105,965,000
Hungary .....	1,339,000	2,754,240	4,093,240
Lithuania.....	6,030,000	8,501,940	14,531,940
Poland .....	178,560,000	257,127,550	435,687,550
Total .....	\$ 5,213,309,000	\$ 7,097,094,285	\$ 12,310,403,285

# Beneath the Eruption in China

By Irwin H. Evans

*A brief but illuminating account of the interesting political events in China since the death of Yuan Shih Kai in 1916, which clarifies the present confused political situation, so difficult of understanding by those outside China.*

SINCE the middle of August, 1924, conditions have been so rapidly shifting in the Far East that it is difficult for one to keep in mind the kaleidoscopic changes that are taking place. In sections of China, civil war has raged ever since the overthrow of the Manchu Dynasty. The South had been fighting for years; the West had rebelled against the Peking government and had been brought back to submission; when, all of a sudden, in midsummer, civil war broke out in East China. Few persons really understood the causes leading to this strife, or could guess the final outcome. Probably there are today but few men who know, or who see clearly, what the future holds for China and her near neighbours. Yet the whole world is looking with intense interest on history in the making in the Far East.

In order that the reader may more clearly understand the present situation in China, we will summarize briefly the events of the recent past that have taken place since the death of Yuan Shih Kai, and that have thrown China into the late civil war.

When the old Manchu Dynasty was overthrown and a republic declared in 1911-1912, the Chinese, in common with foreign powers interested in China, believed that Yuan Shih Kai was the one leader who was strong enough and powerful enough to work out the political salvation of the country along modern lines, and place the new-born republic on vantage ground. Yuan Shih Kai was one of the most advanced of China's statesmen, and where his power had been exerted he had shown himself efficient, resourceful, and favourable to Western civilization. It was hoped that under his presidency the new republic would be moulded along progressive lines, and based on a constitution granting liberty to the people.

When Yuan Shih Kai became president, he soon felt the necessity of having in the various provinces strong military support, on which he could rely in any emergency; in fact, he saw that he must secure this before he could hope to consolidate the various provinces into a united republic. The civil provincial governors were weak and vacillating, ever having an eye to their own advancement; so, in order that he might have a backing that would enable him to put into execution his plans and policies, Yuan Shih Kai appointed tuchuns, or military governors, in the respective provinces. These military governors were not subject to the authority of the civil governors, but were held responsible for carrying out orders from Peking. It was their work to maintain order, preserve peace, and keep the provinces in subjection to the government at Peking, and to execute the orders from their chief, Yuan Shih Kai.

As long as Yuan Shih Kai was in power, these tuchuns worked no great harm, for they were loyal to him; but after his sudden death in 1916, the situation changed. With strong military power in their hands, they continued as the military heads in the various provinces, and gradually usurped the civil authority and power. The civil governors continued to hold their respective offices; but they were in subjection to the military governors, and were virtually helpless before them. All troops and munitions of war were in the hands of the tuchuns; naturally, the civil governors were obliged to carry out their policies and submit to their dictation.

When Yuan Shih Kai died, General Li Yuan Hung succeeded him as president of the Chinese Republic. While he was a man of only moderate ability, he was loyal to the best interests of China, and believed in constitutional government. It was his purpose that a liberal constitution should be adopted, and that the Chinese republic should become what its name signifies, and the Chinese people learn to govern themselves.

President Li and his party, called the Chihli party, were opposed by the Anfu Club party, which was rapidly growing in popularity, and was exerting a strong influence over Chinese politicians. Japan stood back of the Anfu Club party, supplying it with funds, and encouraging it in its opposition to a united China and a constitutional government as championed by the Chihli party.

Internal conditions rapidly grew worse and worse until, in 1918, President Li Yuan Hung was forced from the presidency by the Anfu Club party, and their favorite, Hsu Shih Chang, was made president. At this time Japan was strongly in the lead among the outside nations in the councils at Peking. The Chihli party being ousted from control of the government, it was but natural that Wu Pei Fu, who had been the strong military general supporting the government till this time, must be disposed of. With a new president and a new party in power, and with Japan and her money backing them, it was hoped that perhaps permanency in administration in China might be worked out. However, it was feared by the true lovers of China that no great good could follow from the changes that had been effected.

In the hope that Wu Pei Fu might lose his influence, he was sent into the Yangtze Valley to recapture and bring into subjection certain cities that had joined the confederacy of the South. Wu Pei Fu accepted this appointment, and disappointed his enemies and added glory to his already great name by speedily capturing Yochow and Changsha. The Anfu party of Peking, jealous of Wu Pei Fu's increasing popularity, commanded him to remain in the Yangtze Valley. This he refused to do, returning to the North in the summer of 1920, where he met the Anfu troops outside the city of Peking, and defeated them. In this conflict, Wu Pei Fu was joined by Chang Tso Lin, who had been made Inspector-General of Manchuria in 1918, and by Tsao Kun, who was the tuchun of Chihli. When the Anfu army was defeated, the existing government was compelled to change its ministry, and Tuan Chi Jui, the premier, fled to Tientsin for safety. Tsao Kun then became the Inspector-General of Chihli, Shantung, and Honan, while Wu Pei Fu retired to Honan, and later became Vice-Inspector-General of the three provinces just mentioned.

Chang Tso Lin had been asked to resign the governorship of Manchuria, which position he refused to vacate, but more and more he tried to establish himself as dictator in the general administration in Peking. In 1922 Wu Pei Fu, believing that Chang Tso Lin was endeavouring to establish military dictatorship in Peking and obtain absolute control of China, declared war against Chang Tso Lin and his followers. A battle was fought outside Peking, in which Wu Pei Fu won the victory, while Chang Tso Lin withdrew into Manchuria. The government in Peking demanded that Chang Tso Lin resign both his military leadership and the government of Manchuria. Giving little heed to either instructions or orders from Peking, Chang Tso Lin continued the administration of affairs in Manchuria, and set himself the task of collecting large military supplies and munitions of war, drilling and training troops, and, as many believed, equipping himself to regain his lost power. When Wu Pei Fu gained the great victory over Chang Tso Lin, the president, Hsu Shih Chang, was forced to resign his presidency; the Anfu party lost its lead; and Li Yuan Hung was reinstated as the temporary president. Thus the Chihli party came back into power.

All this time, the South, under the leadership of the late Dr. Sun Yat Sen, remained in open defiance of the Peking government. Li Yuan Hung continued as president for but a short time, and was succeeded by Tsao Kun, who had the support of General (Continued on page 15)

# Evolution, Unproven, UNPROVABLE



The "Java Man," constructed from three fragments only  
See picture below

**D**R. MAYNARD SHIPLEY, President of the Science League of America, challenged Francis D. Nichol, associate editor of *The Signs of the Times* of California, a sister paper of THE ORIENTAL WATCHMAN, to discuss the following proposition: "Resolved: That the earth and all life upon it, are the result of evolution."

The debate was held in one of the largest public halls in San Francisco, California, on June 13. The general interest in the subject was shown by the long queue of people waiting the opening of the door and the hundreds who were turned away after the hall was filled to the limit. The judges were three eminent jurists, Hon. Wallace McCamant of the United States Court of Appeals, Hon. F. H. Kerrigan of the Federal District Court, and Hon. D. A. Cashin of the Appellate Court of California.

Dr. Shipley, as one of the leading scientists and debaters in America, used all his cleverness in an attempt to marshal arguments that would be convincing. But Mr. Nichol was able to demonstrate so convincingly his failure, that the judges rendered the following decision: "On the merits of the debate, and not on the merits of the controversy, the decision of the judges is for the negative."

The official text of the two debates signed by both parties as authentic, has come to our desk, and copies of the same may be ordered through the publishers of this magazine.

With the great majority of the newspapers and magazines of the world taking for granted that the evolutionary theory is true, and the plain hint that any one who believes contrary is but a deluded fanatic, one would expect Dr. Shipley to produce evidence that is not vague and misleading. We read his argument in vain for such evidence. It is but a chain of hypotheses, often contradictory, which link one into another, but all hanging on an introductory *if*. Sweeping assertions and dogmatic statements there are in profusion, but there is not a single two plus two equals four, argument. Dr. Shipley took the position that by far the great majority of scientific men had accepted the theory, and therefore it must be true. But this does not convince the seeker after truth. Such an one, remembering the unreliability of finite men in such matters, does not want a "Who's Who," but a "Why's Why" and that is where Dr. Shipley failed.

The question which was under discussion was simply stated. Dr. Shipley had to prove that our earth and all life upon it was the result of evolution. In regard to this mat-

The story of a Great Debate held in San Francisco, June 13. Prof. G. McCready Price also debated the same proposition with Joseph McCabe of the Rationalist Association at Queens Hall, London, September 6, under the chairmanship of Earl Russell.

ter of origins there are but two possible theories, the "blind chance" of Darwin, or the "creation theory" of the Bible. Although Dr. Shipley wandered far afield into biological speculations, as is the custom of evolutionists, and wound up by ridiculing as ignoramuses all who dared to differ from him, and by poking fun at the Bible and all believers in the Bible, still Mr. Nichol held him to the proof of the following three points: 1. The origin of our present earth; 2. The origin of life; and 3. The origin of species. Dr. Shipley failed to bring any evidence for any one of the three.

In regard to the first point he propounded three conflicting theories which in some ways were like Egypt's lean kine. They devoured each other and remained as lean as before. Either the earth was thrown off, a molten mass, from the sun, or it is composed of masses of cold matter caught by our sun's gravitational field as they came under our monarch's influence, or, it may be a child of a vast nebula, derived from the parent body, in a way not yet understood. Variety enough to satisfy the most diverse opinions, to be sure, but unconvincing when tested by scientific formulae.

According to Dr. Shipley, the origin of life is due to certain chemical conditions which, becoming favourable to the development of life, life appeared in its simplest forms. The learned doctor made just the simple dogmatic statement, but failed to bring one iota of evidence to demonstrate the possibility of such a happening.

In regard to the third point, the doctor further dogmatized concerning the wonderful amphibian fish whose fins became feet, and whose gills became lungs; and the reptile who learned to climb trees and developed wings etc., from jumping therefrom, and the mammalia from egg-laying lizards. But when it came to man, he denied our descent from any ape now living but contended that "the anthropoid apes and man are five branches from the same trunk of the tree of life . . ." and that "the evidences are overwhelmingly in favour of the view that apes and man were derived millions of years ago, from a common ancestral form. *The only primitive form that could lead to man IS man. Hence we do not regard any of the living apes as ancestors of man.*" Good! we will get these scientists back to Adam yet!

Thus the best proponent that the evolutionary theory can produce in this twentieth century bases his argument on the requirements of the evolutionary theory and not on any known facts. The entire argument about the origin of, and development of species, depends on a geological assumption concerning the age of rocks and fossils and so the very evidence (Continued on page 16)



Only three fragments, but from them the "Java Man" has been made (See picture above)

# King Saul and the Occult Arts

*A Modern Revival of an Ancient Deception*

By P. C. Poley

NO gilded dome of sun-painted sky cheered the unhappy monarch of Israel as he approached the haunt of the mysterious person whom he was turning to as a last resort in the extremity of his despair. The gloom of night seemed a fitting accompaniment to the dark forebodings of his mind—while there must have clutched at his heart the sickening fear that the help he sought would elude him in the end.

The Philistine armies had pitched in Shunem, and Saul—fearing that the battle, soon to be fought, would go against himself and his men—had first enquired of the Lord. But Saul had ceased to be His servant—and divine help is not for those choosing the path of transgression.

Then he said to his servants, "Seek me a woman that hath a familiar spirit, that I may go to her, and enquire of her." 1 Sam. 28: 7. They replied, "Behold, there is a woman that hath a familiar spirit at Endor."

"And Saul disguised himself, and put on other raiment, and he went, and two men with him, and they came to the woman by night; and he said, I pray thee, divine unto me by the familiar spirit, and bring me him up, whom I shall name unto thee." 1 Sam. 28: 8. He was thus seeking counsel at a forbidden source.

Saul asked her to bring up Samuel. Yet how unreasonable to suppose, as the king evidently seemed to do, that a good prophet of God, sleeping in death, could be subject to a witch's bidding! Something came up, resembling the dead prophet in appearance, perhaps also in voice, but it could not possibly have been the real Samuel. For what reasons? For several. Saul had set out for Endor because "the Lord answered him not, neither by dreams, nor by Urim, nor by prophets." 1 Sam. 28: 6. He had gone so far in his career of backsliding that he had severed himself completely from that help and guidance which had been vouchsafed to him in his better days. We may well suppose, then, that he would find the prophetic voice as silent at Endor as at other places. Saul, indeed, heard the announcement of his impending defeat and death, but in reality what he listened to was a mere guess, based on the very strong probability that he and his soldiers would be too weak and faint-hearted to stand before the host of the Philistines, on account of whom he already felt so much fear. This was a demon in disguise. Personating Samuel—for he appeared in the form of an old man in a mantle—he skilfully concealed his true nature and character. Here was a clear case of spirit materialization. And the woman of Endor was a spiritualistic medium. Again, only a pretender—a fallen angel in disguise—could play such a part in such a scene. Samuel, in his lifetime, knew that the practices of those who have familiar spirits are an abomination to the Lord, for he said, "Rebellion is as the sin of witchcraft." 1 Sam. 15: 23. It is unthinkable that Samuel himself could be a party to such unlawful transactions by communicating with

the wicked and abandoned monarch. And, what is more, the testimony of Holy Scripture is that the dead sleep. They will not be recalled from a state of inactivity and unconsciousness until the Resurrection Day. The Psalmist, speaking of man when he ends his mortal life, said, "His breath goeth forth, he returneth to his earth; in that very day his thoughts perish." Ps. 146: 4. And another inspired writer said, "The dead know not anything." Eccl. 9: 5.

The obvious reason why the demon-pretender was called Samuel is that the persons present supposed that Samuel actually appeared, and the narrative is given strictly in harmony with their supposition. It is clear that

only the counterfeit Samuel is meant, just as a shopkeeper might call a counterfeit sovereign a "sovereign," in handing it back to his customer. Thus he might say, with perfect propriety, "The sovereign you have tendered, Sir, appears to be a bad coin." No one need be misled by the employment of Samuel's name in the narrative, for the more doctrinal portions of the Word of God expose the deceptive nature of the work of those who practise the orgies of that class of people to whom the woman



*King Saul and the Witch of Endor*

of Endor belonged. It is an ordinary law of language that is here legitimately followed. It is the language of appearance.

As Saul said to the woman, "What sawest thou?" and "What form is he of?" it is plain that he did not see the figure with his own eyes. So when it is said that "Saul perceived that it was Samuel," all that is meant is that Saul decided in his own mind, from the woman's description, that Samuel was present. The imitation was so much like the prophet as he had been in his lifetime, that the king was completely deceived as to the identity of the apparition that the woman had described.

To resort to occult arts in quest of information is so grievous a sin, that we read, "Saul died for his transgression which he committed against the Lord, even against the Word of the Lord, which he kept not, and also for asking counsel of one that had a familiar spirit, to enquire of it." 1 Chron. 10: 13. Now familiar spirits are spirits of devils. Some Scripture passages will now be cited which, when read together, will show this.

The practice of necromancy was rife among nations of antiquity. They erroneously believed and taught that there is a channel of communication between the living and the dead. Its practice by the Canaanitish nations was not only condemned, but it was in part the cause of their forfeiture of territorial possessions in Palestine. The following, in Deut. 18: 10-12, shows this, "There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch, or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer. (Continued on page 19)

# ON TRIAL FOR YOUR LIFE

*The Story of the  
Investigative Judgment  
in Heaven Dan. 7: 9-14*



“THE judgment was set, and the books were opened,” is a portion of the prophet’s description of the opening of that solemn court scene in heaven, when the lives of men and women will pass in review before the Judge of all the earth. There is no scene of more vital interest to each of us than this of Daniel 7: 9-14. It is the great crisis towards which the course of events has been converging through all the centuries. The lives of all men lead to this one center. Paul reminds each one, that God “commandeth men everywhere to repent: because He hath appointed a day, in which He will judge the world in righteousness by that Man whom He hath ordained; whereof He hath given assurance to all men, in that He hath raised Him from the dead.” Acts 17: 30, 31.

No other event is of such solemn importance to the children of men. We feel solemn when we stand in the presence of death and face the great beyond, but this judgment day is more solemn than death itself; and it is surely coming. It does not come immediately after death, but at an appointed time at the end of the world. Our lives cannot yield up their entire influence for good or ill, until the end of time, for such influences continue long after we are silent in death, even as long as time shall last, and we must meet the accumulated results in the judgment day.

The Bible makes this fact of the judgment-to-come one of its most important doctrines, and in its light, life takes on a new content. It has been said that this judgment day is spoken of more than one thousand times in the Bible. We may treat this question lightly, or we may consider it seriously, but we will have to meet its unerring record in that day. Solomon in the Old Testament and Paul in the New, for example, warn that “every one of us shall give account of himself to God.” Eccl. 11: 9; Rom. 14: 12.

This investigative judgment must precede the second advent, for at that time Jesus comes to reward “every man according as his work shall be.” Rev. 22: 12; Matt. 16: 27. Jesus Himself said, “Thou shalt be recompensed at the resurrection of the just.” Luke 14: 14.

Daniel’s picture of the solemn judgment scene agrees with these New Testament statements. There is an investigation of each case in heaven

and a fixing of reward or punishment before Christ receives His kingdom and returns as King of kings and Lord of lords. Let us consider the personnel and procedure of this Court.

1. *The Judge:* The “Ancient of days did sit.” The Ancient of days is God the Father. Of Him the Psalmist says, “Before the mountains were brought forth, or ever Thou hadst formed the world, even from everlasting to everlasting Thou art God.” “It is He, the source of all being and the fountain of all law that is to preside in the judgment.”

2. *The Attorney:* The “Son of Man” is the attorney who gives special attention to each case as it comes up in Court. “Behold one like the Son of man came with the clouds of heaven, and came to the Ancient of days, and they brought Him near before Him.” Dan. 7: 13. In the New Testament we are told, “If any man sin we have an Advocate with the Father, Jesus Christ the righteous.” 1 John 2: 1.

3. *The Witnesses:* “Thousand thousands ministered unto Him, and ten thousand times ten thousand stood before Him.” The witnesses are found among this innumerable company of angels who are sent forth to “minister unto those who shall be heirs of salvation,” and who have made a faithful record of the lives of all men.

4. *The Evidence,—the Records:* “And the judgment was set and the books were opened.” In many other portions of Scripture these books of record are mentioned. They have a place in the final execution of the judgment. “The books were opened, and another book was opened, which is the Book of Life; and the dead were judged out of those things which were written in the books, according to their works.” Rev. 20: 12.

Let us consider the Bible testimony concerning these books of record on which this judgment is based. Rev. 20: 12 told us of two classes of books—the “books of record,” in which the names and deeds of the finally impenitent are faithfully recorded; and the “Book of Life” in which the names of the redeemed are found. In the time of the execution of the judgment as recorded in Rev. 20, all who have lived on the earth will have been previously divided into these two classes. One class will be found in the “books of record” only, the other class will be found (Continued on Page 16)



# Events Of The Day Of The Lord

## The Destruction of the Wicked and Redemption of the Righteous

(Continued from September)

**B**UT, thank God, not all the inhabitants of earth are thus terror-stricken, trying vainly to hide from God. The last warning message of mercy has gathered out a people who have made the necessary preparation to meet Jesus. To them the Bible refers when it says, "So Christ was once offered to bear the sins of many; and *unto them that look for Him*, shall He appear the second time without sin unto salvation." Heb. 9: 28. In the midst of the panic-stricken multitudes fleeing hither and thither in terror, there is a company of people who are ready and who hail the coming of their Lord and King with joy. Of this time the prophet Isaiah wrote: "He will swallow up death in victory, and the Lord God will wipe away tears from off all faces; and the rebuke of His people will He take away from off all the earth: for the Lord hath spoken it. And it shall be said in that day, Lo, this is our God, we have waited for Him and He will save us: this is the Lord, we have waited for Him, we will rejoice and be glad in His salvation." Isa. 25:8, 9.

### The Resurrection of the Righteous

This shout of welcome from the waiting saints is answered by Him who is seated on the cloud. To them He is the Life-giver, and now He calls with mighty voice to all who have died through the ages believing in Him. While on earth Jesus had said, "The hour is coming, . . . when the dead (they that are in their graves, verse 28) shall hear the voice of the Son of God; and they that hear shall live." John 5:25.

Long centuries before, the Lord, speaking through Isaiah, had said: "Thy dead men shall live, together with My dead body shall they arise." This confident hope is to be realised when our Lord shall descend from heaven with a shout and cry, "Awake, and sing, ye that dwell in the dust." In response to that call of the Life-giver, while He is still seated on the cloud, graves all over the earth are opened, "and the earth shall cast out the dead." Isa. 26: 19.

In that wonderful chapter on the resurrection from the dead, the fifteenth chapter of First Corinthians, the apostle Paul records the events connected with this resurrection from the dead and the song the newly awakened ones will sing: "Behold I show you a mystery; we shall not all sleep (die) but we shall all be changed, in a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be

raised incorruptible, and we (the living righteous) shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality. So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory. O death, where is thy sting? O grave, where is thy victory?" 1 Cor. 15: 51-56.

In another place the apostle Paul traces the later movements of these resurrected and translated saints: "For this we say unto you by the word of the Lord, that we which are alive and are left unto the coming of the Lord, shall in no wise precede those that are fallen asleep (the righteous dead). For the Lord Himself shall descend from heaven with a shout, and with the voice of the Archangel, and with the trump of God; and the dead in Christ shall rise first; then we that are alive, that are left, shall together with them be caught up in the clouds to meet the Lord in the air; and so shall we ever be with the Lord. Wherefore comfort one another with these words," 1 Thess. 4:15-18; A. R. V.

What a meeting that will be! Gathered by the angels all the righteous loved ones, sundered by death, will meet once again in the clouds. But best of all, they will also meet Jesus with joyful greeting. He will welcome them on the cloud and take them to the mansions He has prepared for them according to His promise. The last verses of the sixth chapter of Revelation have given a vivid description of the unprepared ones at this time. The last verses of the seventh chapter give a corresponding description of (Continued on Page 17)



**P**ROBABLY very few people realize how much they are dependent upon the ordinary healing forces of the body itself and of its natural environment for the recovery from disease. Some of the greatest advances of modern medicine have been made by a study of nature's remedies the *vis medicatrix naturæ*.

#### Sunshine

For many years it has been known that tuberculosis is a disease of undernourishment and indoor life. In a general way, it has also been recognized that sunshine is beneficial. But sunshine as a real determining curative factor of primary importance is a very recent conception.

Twenty-five years ago Niels Finzen cured tuberculosis of the skin (lupus) by artificial sunlight from an electric carbon arc light. But it remained for Dr. Rollier, working in the Alps at Leysin at an altitude of 4,500 feet, to demonstrate that sunshine applied directly to the uncovered body, would cure incurable tuberculosis of the bones, joints, and glands. Patients with extreme and apparently hopeless tuberculous disease have been saved and actually cured. The ultra-violet ray of sunlight not only destroys the tubercle bacillus directly, but it causes certain cells of the body to destroy them also. Sinuses from the bones discharging pus dry up, and finally the bone itself heals. Thus are cured even advanced tuberculosis of the spine and hip. In the course of these treatments, in which the entire body is exposed to the direct sunlight, the skin becomes tanned and bronzed, and improvement seems to run parallel with this skin reaction.

It is now being shown that ultra-violet light properly applied cures a number of stubborn conditions, among them such diseases of the skin as eczema and psoriasis. Dr. Hess and others have cured rickets by ultra-violet light, and even by ordinary foods exposed to ultraviolet light. It is no longer necessary to resort to the time-honoured remedy, cod-liver oil. Under exposure to ultra-violet light the blood carries more oxygen than without it. The surface circulation is so toned up that colds and internal congestions are very rare occurrences. If this part of sunlight is so potent a factor in the treatment of disease, how much illness might one not avoid by taking regular daily sun baths. Surely this part of our environment is not accidental, but designed for special purposes in the maintaining of normal functions.

#### Cold Air, Cold Water

But sunlight is not the only part of our natural environment that may be utilized in the treatment of disease. We all recognize the tonic effects of cold air or cold water. The cold tones up the blood vessels, quickens the circulation, and equalizes it. By proper adaptation of this agency it may be made to yield almost indispensable aid in the treatment of infectious fevers and inflammatory states.

It was shown by Grazziani, an Italian investigator, that the blood of rabbits infected

# PHYSIOLOGI

By G.

Medical Director, Washi

with typhoid germs, produced protective substances in much larger quantities if the animals were kept in cold air, and in still larger quantities if bathed twice a day in cold water. This is evidently the basis of the beneficial effects secured years ago by Brand in the cold "tubbing" treatment of typhoid fever in German soldiers. No well-regulated hospital to-day is without facilities for the use of hydrotherapy in typhoid fever. Other infectious fevers are successfully treated or markedly benefited by properly applied heat and cold. The severer forms of circulatory paralysis in influenza and influenzal pneumonia, which often proved fatal, were so successfully treated with properly applied heat and tonic cold frictions, that the results seemed truly marvelous. The delirium disappeared, the inflammatory dropsy of the lungs cleared up, and the improved circulation and increased intake of oxygen burned up the poisons which were the direct cause of these serious symptoms. And no other known agent has been so successful.

Uremic poisoning in kidney disease is best combated by the hot blanket pack. This has a double effect in stimulating the activity of skin through sweating, and especially in re-establishing the kidney functions of the elimination of poisonous wastes.

The Vienna school of hydrotherapy years ago showed the benefits of tonic cold procedures in preventing acidosis, and even demonstrated many of the details of the effects. The blood is restored to its normal alkalinity and the acid wastes actually



Topical Press

#### Watching A Pa

His Highness the Mahara  
Association Sunlight Clinic at W

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# L REMEDIES

M. D.

Sanitarium and Hospital



His Sun Bath

visiting the British Humane  
England. H. H. is President of the

the world to-day away from  
of disease. A large per-  
that prevails in the world  
does get a foothold in the  
combat the disease by  
is surprising how many  
nature around us. They  
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mplicity, naturalness and  
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re of the actual causes of  
d the Greeks. Here comes  
Egyptian darkness; with his  
more as the years give us  
tury should emancipate us  
The pages of THE ORIENT-  
OF HEALTH are dedi-  
cipation.

disappear, being burned up,  
for even the urine becomes  
less acid.

## The Neutral Bath, Warm Water

In institutions for the  
insane nothing has surpass-  
ed in helpfulness the  
quieting effect of the con-  
tinuous neutral bath and  
the wet sheet pack. It is  
far better than any sedative  
drugs ever used, and avoids  
the danger of drug ad-  
diction.

The warm bath also  
lowers high blood pressure  
in a certain group of such  
cases. The tonic cold  
friction, alternate hot and  
cold applications, and salt  
rubs raise low blood pres-  
sure. We have no drugs  
which may be safely and  
advantageously used to  
lower high blood pressure,  
the effects of which are  
anything but transient.  
There are no drugs which  
raise low blood pressure.  
For this we are wholly  
dependent upon physiolog-  
ical tonics.

In "blood poisoning"  
from cuts and scratches,  
the alternate immersion of  
the infected part in hot  
water and ice water has  
proved life saving in a  
multitude of cases. The  
philosophy of this treat-  
ment lies in the effect upon  
the white blood cells. It  
is the white blood cell that  
is the body's principal  
means of destroying germs.  
They are energized and  
brought to the seat of in-  
fection in greatly increased  
numbers.

## Fomentations

Nothing so effectually  
relieves the pain of pleurisy  
as large very hot fomenta-  
tions; and when properly  
treated in this way, the  
disease runs a much short-  
er course, with fewer com-  
plications and usually

without any. The use of adhesive straps is a  
very crude method beside it. The pain is relieved  
because the congestion and inflammation are  
lessened. Adhesive straps merely prevent exces-  
sive motion and so lessen the pain from rubbing.

## Electricity

Still more recent methods in the science and  
art of physiotherapy are the use of diathermy, a  
form of high frequency electricity, in the treatment  
of chronic arthritis (rheumatism of joints) and in  
pneumonia. The virtue of the treatment lies in  
the liberation of heat deep in the tissues between  
two electrodes. In arthritis the small blood vessels  
are opened up, and thus the circulation is improved  
and the pain relieved. In pneumonia the resolu-  
tion and healing processes are materially hastened.

Modern natural and scientific medicine has  
given to these methods so large a place that the  
term "sanitarium" now properly means an institu-  
tion where these methods are given the leading  
place in the treatment of disease. Those who  
apply them must be diligent students of both the  
normal and the disordered functions of the body,  
and of the effects and peculiar adaptability of  
nature's curative forces.

## The Physics of Water

WATER occurs in three distinct forms, solid,  
fluid, and gaseous, and each form is more or less  
useful in the treatment of various physical dis-  
orders. Ice is used both externally as a tonic, and  
internally to relieve nausea and vomiting. Water  
is used for baths, compresses, packs, enemata, etc.  
Steam is rarely, if ever, used directly; but the  
vapour which condenses when steam is cooled, is  
utilised in giving Russian or vapour baths.

The two great and all-important properties of  
water are (1) its ability to absorb and give off  
heat, and (2) its power to dissolve matter.

A given quantity of water is capable of absorb-  
ing more heat than any other known substance,  
and consequently, it is made the standard of  
"specific heat," and other things are compared with  
it. The body, since it contains such a large pro-  
portion of water (about 70 per cent), also possesses  
a high specific heat, 9 compared with water as 1.

Water is truly a universal solvent, and this  
is one of its most striking properties. To a greater  
or less degree, all things come under the dissolv-  
ing influence of water. This solvent property  
makes water a detergent, that is, a cleansing  
agent. It cleanses everything, cleanses the body,  
not only externally, but also internally.

Water is only a fair conductor of heat, and  
not nearly as efficient in this respect as the  
metals. Water makes a relatively better conductor  
of electricity, although here again is far inferior to  
copper. Water electric baths make a pleasant and  
oftentimes efficient remedy in the treatment of cer-  
tain nervous disorders and other diseases. The  
Galvanic and Faradic currents are frequently used  
for this purpose.—"School of Health."

# The Sun As A Healer Of Disease

**“P**URE air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power.—these are the true remedies.”—“*Ministry of Healing*,” page 127.

Much study has been given in recent years to the effects of sunlight upon the human body, its use in the treatment of disease, and the proper methods of application. The present status of our knowledge of heliotherapy is given briefly in the following summary.

## Physiological Effects

1. Pigmentation of the skin with improvement in its functions.
2. Increase in the red blood cells and hemoglobin when these are below normal.
3. Increase in certain of the white blood cells, the fighters of the body.
4. Marked influence upon the handling of calcium, phosphorus and probably iron in the body.
5. Increase in the alkalinity of the blood.
6. Marked improvement in the sense of well-being and in the general health.

## Prevention and Cure of Disease

It has been observed in institutions, where heliotherapy is used extensively, that infections of the skin and the respiratory tract are practically unknown. The reason for this is that the resistance of the body to infection is increased by systematic exposure to the sun's rays.

Heliotherapy is the best possible treatment for tuberculosis of bones, glands, peritoneum, and parts of the genito-urinary tract. Rollier of Switzerland has treated 3500 of these cases in adults and children and has cured eighty per cent of them. Heliotherapy must be used with great care and under medical supervision in tuberculosis of the lungs.

Rickets, a disease of childhood in which there is a deficiency of calcium in bone, is common in many of our large cities. Heliotherapy is specific in the prevention and cure of this disease.

Heliotherapy is very valuable along with hydrotherapy and diet in the treatment of condi-

## Heliotherapy—Sun Treatment

By Fred. B. Moor, M. D.

Assistant Professor of Therapeutics, Loma Linda Medical College, California

tions in which the red blood cells and hemoglobin are below normal, that is in the anemias.

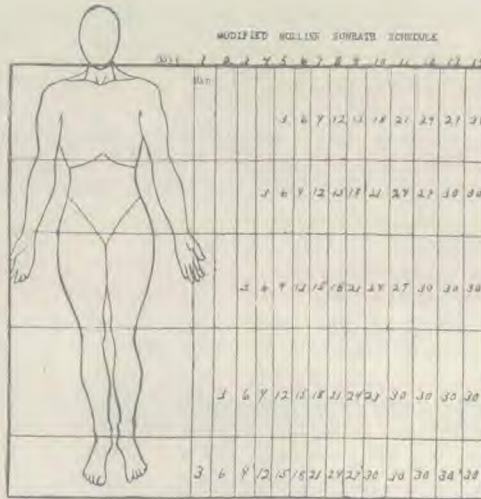
Sunlight will cure or aid in the cure of many diseases of the skin namely, eczema, psoriasis, skin infections, acne, varicose ulcer.

In general debilitated conditions heliotherapy is a valuable adjunct in the restoration of normal health. However, a person in such a condition should submit himself to a thorough medical examination and be sure of the nature of his trouble before taking sun baths. Sunlight is harmful when not indicated and when not properly taken.

There are other diseases in which heliotherapy is of distinct value, but space does not permit of further enumeration.

## Rules for the Sun Bath

1. It must be taken under the open sky to the naked body, no glass or screen intervening. The body should be protected from strong air currents.
2. It is best taken in the morning; early in the summer.
3. The sun bath should not be taken within an hour before or within two hours after a meal.
4. It should be followed by a cold friction, an alcohol rub, or a spray.
5. One should feel invigorated after the bath and not fatigued.
6. Sunburn, nausea, headache, dizziness, fatigue, and persistently rapid pulse, are symptoms of too long exposure; reduce the dose.
7. Remember that heliotherapy is capable of doing harm if taken carelessly and not according to a definite schedule. An hour's exposure per day is usually enough as a maximum, although more may be taken if care is exercised to increase gradually.
8. The most satisfactory schedule is one that starts at the feet and works up at each succeeding exposure. The accompanying diagram explains fully.
9. Heliotherapy must be taken steadily for weeks and months to secure the maximum of benefit.



## SUNBATH SCHEDULE

### Graduated Exposure

The figures at the top are days; those in the diagram are the number of minutes each day for duration of exposure.

1. This sunbath begins at the feet; the first day the feet are exposed 3 minutes front and 3 minutes back.
2. The second day the legs from the ankles to the knees are exposed 3 minutes front and back, and the feet 6 minutes front and back.
3. The schedule is continued in this way until on the fourteenth day the whole body is exposed 30 minutes front and 30 minutes back, or one hour in all. From now on, if the bath is to be taken over an hour, the time is increased 3 minutes front and 3 minutes back, of the whole body each day.

The care and preservation of health is a moral duty and must be ranked among the cardinal virtues—that is, among the virtues which are the most important and essential to your well-being.

No one thing contributes more to health or success than a strong, vigorous will. It is a perpetual health tonic, physically and mentally. It braces the system, enabling it to endure hardship, disappointments, and disease.

# How To Take A Sun Bath



CONTACT of the body with fresh air and sunshine is beneficial just in proportion to the amount of skin surface exposed.

The skin area of a man of average height is approximately twenty square feet. When ordinary clothing is worn the amount of skin exposed is possibly as much as two square feet. Consequently the amount of benefit received from the fresh air and sunshine by a person who is clothed in the ordinary way will be about one-tenth as much as may be experienced by exposure of the nude body to the sun and air.

Modern science has shown that fresh air and sunshine contain subtle elements which are essential for the welfare of the body and which promote resistance to disease and good health to a most extraordinary degree. Persons suffering from diseases which under ordinary conditions are incurable, recover sound health through exposure of the unclothed body to the air and the sun for several hours daily during a period of several months. The length of time required for a cure differs in different cases, but it is generally quite long, six months to a year and a half, or even longer.

In taking a sun bath it is first of all to be remembered that the naked skin must be exposed to the direct rays of the sun. A bath taken behind window glass has little value for the reason that the window glass filters out certain of the sun's rays which are of the highest importance. Ordinary window glass is as opaque to the ultra-violet rays, which are essential for animal life, as black glass is to light rays.

While it is necessary that the sun bath should be taken in the open air, it is also important that the body should be protected from the wind even if the sun's rays are quite hot. If a cold wind is blowing the body will be chilled, and under such conditions undesirable effects are produced. When the body is properly sheltered from the wind, sun baths may be taken without discomfort in quite cold weather, the direct rays of the sun being capable of producing strong heating effects.

The head, and especially the eyes, should be protected during the bath. A folded wet towel is good for the purpose. Ice water is not necessary. Simply wetting the hair and shading the head with a straw hat or an umbrella or keeping it in the shade will afford sufficient protection for the head, which is important as a precaution against sunstroke.

The duration of the sun bath will naturally depend upon the intensity of the sun. In Alpine regions, that is, mountainous regions at a considerable altitude above the sea level, the ultra-violet rays of the sun are very intense. At lower levels the rays are much less intense because they are filtered out by particles of water in the form of mist, cloud, fog, etc., and are to some extent intercepted by dust. The sunshine is more intense on the seashore also. The sun's rays have the greatest intensity between the hours of ten A. M. and two

P. M. The first exposures should be shorter than later ones. Ordinarily the body may be exposed for fifteen minutes even on very sunny days without risk of greater injury than slight sunburn, and generally the bath may be prolonged to one hour, care being taken to change the position from time to time so that the whole surface of the body will be equally exposed.

For best effects the first exposure should be sufficient to cause a distinct reddening of the skin. If slight sunburn occurs no harm is done as sunburns never leave scars. As a matter of fact, sunburn is not a burn such as one gets by contact with excessive heat. It is an erythema or irritation of the skin, rather than a burn. The irritation may be so great as to cause a slight rise of temperature as well as some discomfort from smarting and burning of the surface. The smarting and burning may be relieved by the application of cloths dipped in very hot water. These applications should be made at as high a temperature as possible, and the contacts should be very short, the surface being barely touched for an instant. Four or five touches of this sort will usually give complete relief. Afterwards talcum powder or the following ointment should be applied:

Lanolin.....	2 drams
Boroglyceride.....	1 dram
Cold cream q. s. ad.....	1 ounce

After exposure, especially if free perspiration has been induced, a cool or tepid shower bath should be given, or a neutral bath may be taken instead. The temperature of the bath should be ninety-two to ninety-five degrees. By this means the body will be cooled without being excited.

Each day the duration of the bath may be prolonged. For pronounced effect the baths should be continued daily until the skin becomes dark brown in colour by increase of the pigment cells of the deep layers of the skin. The pigment cells absorb light and thus utilize it, converting it into some force or substance which the body needs for complete nutrition. Sunlight is in fact a sort of food, which has been shown by recent experiments with small animals. A white skin reflects rays of light instead of absorbing and utilizing them, whereas a skin that has been well browned or tanned in the sun absorbs the sunlight and thus utilizes its electromagnetic energy for vitalizing the tissues and increasing vital resistance to disease. Sunlight is one of the most powerful of all healing agents. Sun baths should be universally used. It is appalling to think that many thousands of square miles of sunshine go to waste at this season of the year when in the United States alone there are many millions of men and women and children suffering from diseases which might easily be cured and at no expense whatever, by simply exposing the body to the healing influence of the sun's rays.

—J. H. Kellogg, M. D., *American "Good Health,"*

## Some Meatless Dinners

### Dinner No. 2.

#### Brinjal Soup

Dhal and Rice Loaf	Baked Potatoes
Tomato stewed	Boiled Cabbage
	Cheese Souffle
	Caramel Pudding

#### BRINJAL SOUP

2 Brinjals (large)	1 Tablespoon Butter
1 Onion	1 Tablespoon Flour
3 Cups of Milk	1 Teaspoon Fresh Sage Chopped

Cook the brinjals in their skin until tender. Remove the skins and rub the pulp through a colander. Brown the chopped onion in the butter; add the flour, stir, then add the brinjal pulp. Cook for five minutes. To this add the boiling milk, cook for five minutes, salt and serve.

#### DHAL AND RICE LOAF

2 Cups Cooked Dhal (Thick Puree)	1 Tablespoon Chopped Onion
1 Cup Cooked Browned Rice	1 Tablespoon Butter
$\frac{3}{4}$ Cup Strained Tomato	$\frac{1}{2}$ Teaspoon Sage
1 Cup Crushed Walnuts	$\frac{1}{2}$ Teaspoon Flour
	1 Teaspoon Salt

Lightly brown the onions in the butter, then add the flour and brown to a golden colour; add the dhal, tomato and nuts into this mixture carefully so as not to mash the rice; turn in to a well oiled oven for thirty minutes. When nicely browned turn out on a hot platter and serve with hot tomato sauce. One cup of bread crumbs browned in the butter may take the place of the rice and flour.

#### BAKED POTATOES

Wash the required number of potatoes. Dry with a cloth and bake in a moderate oven until they feel soft when pressed with the fingers. Medium sized potatoes usually take forty-five minutes to bake. When done, take each potato in a cloth and press gently until the whole feels soft, but do not break the skins. Serve at once.

When the potatoes are washed perfectly clean before baking the brown skin can be eaten as well.

Potatoes may be peeled then baked, being careful not to burn, but they should be a delicate brown when thoroughly baked and ready to serve. Eaten with butter or a white sauce, or perfectly plain, they are delicious.

#### CHEESE SOUFFLE

##### Foundation for Simple Souffle

2 Tablespoons Flour	3 Eggs
2 Tablespoons Butter	1 Cup Milk
	$\frac{1}{2}$ Teaspoon Salt

Melt the butter and add the flour gradually to it stirring into a smooth paste; then gradually add the cold milk, stirring constantly. Cook to a thick, white, creamy sauce. Add the salt and remove from the fire; then beat in, one at a time, the yolks of the three eggs. Let this mixture cool somewhat while you beat the whites of the three eggs to a stiff, dry froth. Fold them into the golden sauce very carefully, and pour the mixture into a well buttered baking dish. Set the baking dish into a pan of hot water and bake for twenty minutes in a moderate oven. Serve at once otherwise this airy souffle will fall.

##### Cheese Souffle

Use the foundation recipe, adding three quarter's of a cup of grated cheese and one teaspoon of lemon juice. The cheese is added to the sauce before the beaten whites are folded in, and the lemon juice is added to the beaten whites of eggs.

#### CARAMEL PUDDING

2 Cups Hot Milk	4 Eggs
1 Cup Cold Milk	$2\frac{1}{2}$ Cups Sugar
	$\frac{1}{4}$ Teaspoon Vanilla

Place one half of the sugar in a pan over the fire, melt and brown to a light golden colour. Do not stir, yet be careful not to burn the sugar. When thoroughly melted, add the hot milk slowly, stirring constantly; add the remainder of the sugar.

Beat the eggs, add the cold milk; then slowly stir into the hot milk. Strain into a pudding bowl, set the bowl in a pan of hot water and bake in a moderate oven until custard is set. Serve cold with a caramel sauce if desired. If eggs are very small, use five instead of four for the custard.

M. P. M.

## Perils of the Summer Sun

### A Timely Warning Against Undue Exposure to Sun

A WARM bath is all right; but not one in boiling water. Similarly, a "sun bath" is invigorating, but in excess it may be injurious, or even fatal. A warning is issued by Dr. C. F. Pabst in *Popular Science Monthly* (New York, August). He says in part:

"July and August are the dangerous months for sunburn, for then the sun delivers the most ultra-violet light, the invisible part of sunshine that burns the skin.

"Ultra-violet light, we recently have discovered, helps cure many ills. It is especially beneficial in treating skin diseases, such as acne and eczema. But while it is good for us to be in the sunshine out-of-doors, the danger lies in getting too large a dose of ultra-violet light in a single exposure.

"Sunburn is caused when ultra-violet light is stopped in the skin cells. The light causes a chemical change. A poison is manufactured that enters the blood, causing fever and headache. The chemical burn kills the skin. Some of this dead skin has to be absorbed by the blood, and this process adds to the poisoning.

"All this means extra work for the blood. Large supplies of blood rush to the burned surfaces with consequent disturbance of the circulatory system. This may be followed by congestion of the lungs and inflammation of the kidneys.

"Sometimes, not always, sunburn is followed by pigmentation—discoloration of the skin—the familiar 'coat of tan.' Sometimes this pigment, instead of being distributed evenly, collects in spots that we call freckles. The pigment is manufactured in the deepest layer of skin cells. Under a microscope the pigment looks like tiny particles of brown paint. The more of these particles manufactured, the darker the skin becomes.

The latest experiments with ultra-violet light lead us to believe, Dr. Pabst says, that the presence of pigment in the skin aids in transmission of light. That is, after you have acquired a coat of tan, the ultra-violet light can get through your skin, enter the blood, and be diffused through the body without being stopped on the way to produce a chemical burn. He goes on:

"Burns may be considered in three classes—first degree, when the skin is simply inflamed; second degree, when blisters are formed; and third degree, when charring takes place. A burn of the first degree, covering the entire body, probably would result in death. A blistering burn on half the body would be as severe, and a charring burn on a third of the body, equally so.

"One of the best and simplest treatments for shock from sunburn, is to get into a tub of lukewarm water into which a pound of bicarbonate of soda has been dissolved. A physician always should be called, since heart stimulants may be required to prevent collapse. Any sort of fat helps to soothe the sunburn. Either lard or butter can be used in an emergency."—"*The Literary Digest*,"

## 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.

### Goiter.

*Question:*—"I shall be glad if you will advise me as to what treatment should be given for goiter. The doctor has prescribed 'Thyroidectin Tabloids.' Will this effect a permanent cure? What is the nature of diet to be given?"

*Answer:*—Goiter is an affection of the thyroid gland in which the gland enlarges. The most frequent form of thyroid enlargement is due to decreased function, and nature enlarges the gland by increasing its tissues, in an endeavour to increase the function of the gland.

It is thought that this form of goiter is due to a lack of iodine in the daily food. A very effective remedy for this form of simple goiter is small doses of iodine. Some physicians also prescribe desiccated thyroid substance in one twelfth grain doses.

There is no particular diet called for. However, plenty of green vegetables is advisable on account of their iodine content.

### Iodine Content of Salt

*Question:* "I shall be grateful if you will kindly let me know if the common indigenous salt used in India for culinary purposes, has any iodine in its chemical contents?"  
Mrs. G. W. G.

*Answer:*—The iodine content of salt derived from the sea is positive and amounts to about 0.0075 percent. As regards salt from inland mines, I have been unable to ascertain confirmation of its presence.

Judging from the prevalence of goiter among people who make use of inland salt, one is inclined to conclude that this salt lacks iodine.

Under the circumstances one should use salt derived from sea water to ensure iodine content.

H. C. M.

## Beneath the Eruption in China

(Continued from page 5)

Wu Pei Fu. General Wu now extended his control and influence over all the northern provinces except Kansu and Shansi, which were neutral, and Chekiang, the eastern province. When the Anfu party were in power, the city of Shanghai, though situated in the province of Kiangsu, had been placed under the protection of Lu Yung Hsiang, tuchun of Chekiang; so that really all of China, except the four Southern provinces, Kwangtung, Kwangsi, Kweichow, and Yunnan, and the eastern province of Chekiang, were either under the direct control of General Wu Pei Fu, or of the generals of the Chihli party, which Wu Pei Fu controlled.

When Lu Yung Hsiang was asked to release his control of Shanghai, in order that Peking might place the city under the tuchun of Kiangsu, he refused, because the tuchun of Kiangsu belonged to the Chihli party, of which General Wu Pei Fu was chief marshal. There had previously been trouble between the tuchuns of Chekiang and Kiangsu over the control of this important city. When Tsao Kun became president, the tuchun of Chekiang declared his province independent, and thus his attitude was directly opposed to that of Marshal Chi, the tuchun of Kiangsu. Until August of 1924, many believed that General Wu Pei Fu's activities elsewhere rendered him unable to give Marshal Chi any support in gaining the control of the city of Shanghai. At that time war was declared by the two tuchuns, one a Chang Tso Lin man, and the other a Wu Pei Fu man.

It was almost inevitable that the two great war lords, Chang Tso Lin and Wu Pei Fu, should measure their strength and decide who should be dictator. Wu Pei Fu's assistance to Marshal Chi gave Chang Tso Lin the opportunity he had been waiting for, and he lost no time in declaring war against the Peking government, and moving his troops toward Peking, in order to prevent Wu Pei Fu from supporting Marshal Chi by military help from the central government. In this move he had the moral support of the tuchun of Chekiang and of Sun Yat Sen of the South China territory.

When the crisis came, Chang Tso Lin found no great difficulty in defeating Wu Pei Fu and his troops. An easy victory was made possible by the treachery of the so-called Christian general, Feng Yu Hsiang, who was a supporter of Wu Pei Fu, and one of his trusted generals, and who was left in defense of Peking while Wu Pei Fu carried on the war in the field against Chang Tso Lin. Wu Pei Fu hoped utterly to defeat Chang Tso Lin in the North, but being unable to secure ammunition and reinforcements because of the disloyalty of General Feng in Peking, and the cutting of the railway to the Yangtze through the disaffection of the governor of Shantung, there was nothing for him to do but quit the field, and later to reorganize his forces if good fortune should favour his escape from the wily Chang Tso Lin. For some unaccountable reason, General Wu Pei Fu was allowed to escape from Tientsin, where he was virtually a prisoner, and he retired, unmolested, to the Yangtze Valley. So far he has done little to regain his lost prestige, and it is not known whether he will be able to reorganize his scattered forces, or whether he will permanently retire from the field.

General Chang Tso Lin and his sympathizers took over the Peking government with the consent of General Feng, and asked Tuan Chi Jui the former premier to become president and organize a cabinet. Tuan Chi Jui has made himself premier as well as president, but it is generally supposed that Chang Tso Lin will be the dictator in fact.

Whether General Wu Pei Fu will be able to collect men and means with which to continue his opposition to Chang Tso Lin and those who have installed themselves at the head of the Chinese government, remains to be seen. Some believe that he will collect sufficient forces to drive out of Peking those at present in power. Others think that he will be obliged to retire, and that those now in authority will be given time to demonstrate whether or not they can administer the government. Many changes will probably take place before the readers of THE ORIENTAL WATCHMAN read these lines. Sometimes we read that China is awakening, and is ready for any advance movement which a strong leader may promote; yet her whole tendency seems to be toward inaction. She lacks leadership, she lacks money, she lacks vision. What the outcome will be, who can tell?

### The Multitude Unconcerned

Apparently the masses of the people in China are uninterested in all these military activities. Their supreme desire is for a steady, uniform, and simple government that will insure peace, and allow them to continue the ordinary, common activities of their daily lives. They are a quiet, peace-loving people, and have little interest in party factions, and nothing whatever to say about who shall rule over them. Their supreme desire is for peace, that they may have prosperity. When China is let alone, and her people are undisturbed by war, and properly treated by those who administer the government, they soon make progress in whatever line of activity they are engaged, and the country takes on new phases of material prosperity. But alas for those who long for peace! There is little peace in China in these troubled days.

The political outlook in China is most forbidding. The people have nothing to say about the administration of affairs; justice is not meted out to the people; schools are not provided for the education of the youth and children; taxation is not regulated by equitable laws; and civil wars have wasted the possessions of the people. What further civil wars will be waged to satisfy the ambitions of generals and politicians in China before she can have a stable government, remains to be seen. Let us hope that those now in power may prove worthy to govern so great a people.

## Evolution, Unproven, Unprovable

(Continued from page 6)

that is used as the strongest proof of the theory, depends on the theory itself to make it tell the right story. A plain case of "tampered witnesses."

Mr. Nichol's reply was most convincing. Leading evolutionists were put in the witness box and testified that the origin of species is an unsolved mystery. Dr. Thomas Hunt Morgan of Columbia in his book "Evolution and Adaptation" says, "Within the period of human history we do not know of a single instance of the transformation of one species into another one . . . It may be claimed that the theory of descent is lacking, therefore, in the most essential feature that it needs to place the theory on a scientific basis. This must be admitted."

For example the so-called "missing links" came in for considerable notice. Mr. Nichol showed that there are a very large number of missing links instead of one. His reference to the three most famous exhibits is convincing evidence of the straits in which the evolutionists find themselves. There are three such classic exhibits, the "Java Man," the "Dawn Man," and the "Heidelberg Man." The "Heidelberg Man" was constructed by the vivid imagination of the scientists from a lower jaw-bone only; the "Dawn Man" from four small fragments of the skull, one tooth and a fragment of the jaw-bone; the "Java Man" from a skull-cap, one tooth, and one leg bone. Mr. Nichol well said, "the Evolutionists make great sport of the Genesis story that tells how a woman was made of a rib; and now behold, they turn about and construct a whole man out of a jaw-bone!" Dr. Shipley insisted that anatomists could reproduce exactly every detail of a man if they had but one bone only. But the Encyclopedia Britannica Edition 1922 tells us of three different scientists constructing three different types of men from these three fragments of the "Java Man." "The first says it is only an ape; the second that it is a member of the human family; while the third declares that it is neither man nor ape, but a creature really intermediate between them." We give a picture of the "Java Man" and the fragments of the bones from which he is constructed. Mr. Nichol made a telling point when he said, "But evolutionists are so accustomed to having only meager fragments on which to build their theories that they have become masters of the art of wringing from each scrap of bone all its musty secrets . . . Surely this is an age of wonders. The magician who can look into the crystal and foretell the future, is put in the shade by this wizard (Dr. Osborn) who can look at an enameled pin head (tooth) and tell us of the hoary past."

Nothing was clearer than that, when it deals with "origins," evolution is as much an "act of faith" as is creation. Many of the scientists admit it. Yves de Lage, a French savant, confesses: "I am, however, absolutely convinced that a man supports or does not support transformism (evolution), not for reasons taken from natural history, but because of his philosophical views." Dr. T. L. More, another evolutionist also says, "The more one studies paleontology, the more certain one becomes that evolution is based on faith alone; exactly the same sort of faith which it is necessary to have when one encounters the great mysteries of religion." "The Dogma of Evolution," p. 160.

Thus the evolutionists are condemned out of their own mouths. It is surely unbecoming in men who have credulity to accept unproved hypotheses as "an act of faith," to ridicule those who believe in a personal God, the Creator of the world, who is shaping all things towards the pre-determined consummation, as revealed in the Bible; in the atonement made by Jesus Christ; in short in the supernatural—the God who hears and answers prayer, who forgives us our sins, and builds up in the hearts of those who trust in Him a character that is in harmony with His holy will.

## On Trial for Your Life

(Continued from page 8)

in the "Book of Life." The one class goes into the lake of fire; the other into the holy city, even

the New Jerusalem. Rev. 20:15; 21:27. This judgment scene of Dan. 7:9-14 divides the world into these two classes.

Other scriptures give us the details concerning these two classes of books. Isaiah says, "Behold, it is written before Me . . . your iniquities and the iniquities of your fathers together, saith the Lord." Solomon said, "God shall bring every work into judgment, with every secret thing, whether it be good or whether it be evil." Isa. 65:6, 7; Eccl. 12:14. The New Testament is just as specific. Jesus Himself said, "Every idle word that man shall speak, they shall give account thereof in the day of judgment. For by thy words thou shalt be justified, and by thy words thou shalt be condemned." Matt. 12:36, 37. Paul tells us that even our secret motives are preserved in the "unerring register of God," and will appear when "God will bring to light the hidden things of darkness, and will make manifest the counsels of the heart." 1 Cor. 4:5.

But our good deeds, and our sufferings and our sacrifices are also all recorded there. The "Book of Life" contains the names of all who have been "born again." The entry of our names in that blessed book, Jesus says, is the greatest cause of rejoicing, for we have then passed "from death unto life." See Luke 10:20. Nehemiah prayed that his "good deeds" be not blotted from these books. Neh. 13:14. The Psalmist was assured that God "tellest all my wanderings; put Thou my tears into Thy bottle: are they not in Thy book." Ps. 56:8. Daniel declares that in the last time of trouble that will come upon the world only those will be delivered, "every one that shall be found written in the Book." Malachi tells of the "book of remembrance" written before the Lord. Dan. 12:1; Mal. 3:16. Paul tells us of his faithful fellow-workers, "whose names are in the 'Book of Life.'"

Let us follow the procedure of this heavenly Assize. Daniel presents its opening. God the Father, the Ancient of days takes His seat as Judge. Then there is a "coming of the Son of man," which is as actual as the second advent to the earth. "Behold, one like the Son of man came to the Ancient of days, and they brought Him near before Him." Jesus then performs the closing act of His mediatorial work in heaven. When it is finished, human probation ceases, He receives His kingdom and returns to earth, not a lowly babe in a manger, but as "King of kings, and Lord of lords."

We are told that "judgment must begin at the house of God." 1 Pet. 4:17. Other Scriptures tell us that it begins with the "ancient men," that they are taken "one by one," and that "there will be time there for every purpose and for every work."

Let us take the case of Adam, for example. When Adam's name is called the books give their testimony. If every sin has been confessed, and the blood of Jesus has been taken as atonement therefor, Jesus confesses his name and pleads His blood. The Father pronounces Adam "complete in Him" and the command goes forth to blot the sins from the heavenly record. Let us take Cain's



case, supposing that he died impenitent. Jesus is silent for the cleansing regenerating power of the blood had no place in Cain's life. The fiat then goes forth—"Blot his name from the Book of Life." "Repent and be converted that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord." "And the Lord said to Moses, Whosoever hath sinned against me, him will I blot out of My Book." Said Jesus, "Whosoever therefore shall confess Me before men, him will I also confess before My Father which is in heaven. But whosoever shall deny Me before men, him will I also deny before My Father which is in heaven." "He that overcometh shall be clothed in white raiment; and I will not blot out his name out of the Book of Life, but I will confess his name before My Father and before His angels." Acts 3: 19; Ex. 32: 33; Matt. 10: 32, 33; Rev. 3: 5.

And so the Court proceeds. Some sins are blotted out and the names are retained in the Book of Life, but, alas, some names are blotted from the Book of Life and the sins are retained in the books of record.

How solemn are the issues of this judgment. The inheritance of eternal life through Jesus Christ, or eternal destruction in the lake of fire and eternal loss! Which shall it be? "And whosoever was not found written in the Book of Life was cast into the lake of fire." Rev. 20: 15.

## *Events of the Day of the Lord*

*(Continued from page 9)*

the arrival of these redeemed ones in heaven and the glad and glorious welcome there:

"After this I beheld, and, lo, a great multitude, which no man could number, of all nations and kindreds, and people, and tongues stood before the throne, and before the Lamb, clothed with white robes, and palms in their hands; and cried with a loud voice, saying, Salvation to our God which sitteth upon the throne, and unto the Lamb. And all the angels stood round about the throne, and about the elders and the four beasts, and fell before the throne on their faces, and worshipped God, saying, Amen: Blessing, and glory, and wisdom, and thanksgiving, and honour, and power, and might, be unto our God forever and ever. Amen. . . . These are they which came out of the great tribulation, and have washed their robes, and made them white in the blood of the Lamb. Therefore are they before the throne of God, and serve Him day and night in His temple: and He that sitteth on the throne shall dwell among them. They shall hunger no more, neither thirst any more; neither shall the sun light on them, nor any heat. For the Lamb which is in the midst of the throne shall feed them, and shall lead them unto living fountains of waters; and God shall wipe away all tears from their eyes." Rev. 7: 9-17. Deliverance has come. Glorified and immortalised the redeemed have now reached the state of perfection designed for them by their Maker at the creation. "For

our citizenship is in heaven; whence also we wait for a Saviour, the Lord Jesus Christ: who shall fashion anew the body of our humiliation, that it may be conformed to the body of His glory, according to the working whereby He is able even to subject all things unto Himself." Phil. 3: 20, 21,

### The Fate of the Unprepared

The great day of the Lord which brings deliverance to those who were prepared to meet the Lord, will be a dreadful day for those who failed to heed the warning. For such the prophet had thus described this day: "The great day of the Lord is near, it is near and hasteth greatly, even the voice of the day of the Lord: the mighty man shall cry there bitterly. That day is a day of wrath, a day of trouble and distress, a day of wasteness and desolation, a day of darkness and gloominess, a day of clouds and thick darkness. . . . And I will bring distress upon men, that they shall walk like blind men, because they have sinned against the Lord; and their blood shall be poured out as dust, and their flesh as the dung. Neither their silver nor their gold shall be able to deliver them in the day the Lord's wrath; but the whole land shall be devoured by the fire of His jealousy; for He shall make even a speedy riddance of all them that dwell in the land." Zeph. 1: 14-18.

The prophet Isaiah also vividly describes this awful day:—

"Enter into the rock, and hide thee in the dust for fear of the Lord, and for the glory of His majesty. The lofty looks of men shall be humbled, and the haughtiness of men shall be bowed down, and the Lord alone shall be exalted in that day.

"And the idols He shall utterly abolish. And they shall go into the holes of the rocks, and into the caves of the earth, for fear of the Lord, and for the glory of His majesty, when He ariseth to shake terribly the earth. In that day a man shall cast his idols of silver, and his idols of gold, which they made each one for himself to worship, to the moles and to the bats; to go into the clefts of the rocks, and into the tops of the ragged rocks, for fear of the Lord and for the glory of His majesty, when He ariseth to shake terribly the earth." Isa. 2: 10-21.

The prophet Jeremiah (25: 30-33) clearly portrays the final end of those who are not ready to meet the Lord in that great day:—

"The Lord shall roar from on high, and utter His voice from His holy habitation; . . . He shall give a shout, as they that tread the grapes, against all the inhabitants of the earth. . . . for the Lord hath a controversy with the nations, He will plead with all flesh; He will give them that are wicked to the sword, saith the Lord. Thus saith the Lord of hosts, Behold, evil shall go forth from nation to nation, and a great whirlwind shall be raised up from the coasts of the earth. And the slain of the Lord shall be at that day from one end of the earth even unto the other end of the earth; they shall not be lamented, neither gathered, nor buried; they shall be dung upon the ground."

### JUST PLAIN CAT

OUR neighbour's cat is Persian, the  
 Jones's is Maltese;  
 Auntie's big Angora has feathers to  
 her knees  
 (At least they look like feathers), and  
 a tail so big and white;  
 When that kitty meets a puppy dog,  
 I tell you it's a sight.  
 But when I ask, "What breed is  
 mine, my pussy, sleek and fat?"  
 They laugh and pat my head and  
 say, "Why, she's just cat."

It's true her eyes aren't yellow, and  
 her tail is rather small;  
 I don't know if she ever had a pedi-  
 gree at all.  
 (That big word means her mother,  
 her grandma, too, they say;  
 That they all took prizes at a show;  
 were marked a special way).  
 What do I care for markings, for  
 prizes, and all that?  
 My kitty's just as precious, if she is  
 just cat!

She was the dearest kitten, all scam-  
 per and all fur!  
 Not one of all my pets could make  
 me laugh like her,  
 She may be very common, but I know  
 she's good and true,  
 For she meets me when I come from  
 school with a loving little mew;  
 And, when she's 'round, we never  
 see a naughty mouse or rat,  
 And I'm sure I love her better 'cause  
 she's just plain cat!

—Our Dumb Animals

### Getting Ready for Our Life-Work Looking Ahead\*

**B**ETTER wait another year or two before you think of leaving school to go to work in the store," Henry's father said to him. Henry was sure he was losing valuable time, lingering in school when he might be hard at work, getting his feet firmly planted on the ladder of success. He was sure his father did not understand. Anybody could fill the position which he had in mind; what was the use of going to school another year? So he was not satisfied till he was on the pay roll at the dry-goods store.

All went well for a year. Then Albert, who had been in his own class at school, applied for work. It was arranged that he should take Henry's place, while Henry was promoted. How happy he was! He had proved to his father that it was not such a bad thing, after all, to leave school. And how superior he felt to plodding Albert, who had lost a whole year's time by staying at school! Albert might have been where he was, if only he had been wise enough to begin work at the same time.

But Henry very soon learned his mistake. One day his employer asked him to go over a bill of goods, just received, and mark them at a certain per cent advance on cost price. Confidently he began his task, only to find that it was too much for him. Percentages, fractions, and decimals became mixed as he worked. But at length he finished, though he feared the work had not been properly done.

A few hours later he found that his fears were justified. His employer examined several pieces of the newly priced

goods, and frowned. "Poor work, poor work!" he said, and looked about for some one to do it over. Everybody was busy but Albert. So he was called.

"I wish you would look over these prices and see what is wrong with them," he was instructed. "Ask Henry there about the advance you are to make on the cost price."

So Albert, though reluctant to change Henry's figures, went to work. It was not difficult to do the figuring, for his class had been thoroughly drilled in percentage and decimals that last year at school. When his employer examined his work, he spoke a few words of commendation. Before another week passed Henry was at his old tasks, and Albert had been promoted above his head.

"All on account of those old figures!" Henry thought. "I never was quick in arithmetic. But who would have thought plodding Albert would get ahead of me this way? It's all luck. If only I hadn't been asked to do that percentage work!"

But he did not stop to think that one more year at school would have enabled him to do "that percentage work" correctly. He was merely paying the penalty of his unwillingness to make proper preparation before beginning his business career.

A young man was taking a bicycle trip through a beautiful country. The tire on the rear wheel was badly injured by a day's ride on a rocky road. It was late in the afternoon when he reached a town where he might have secured a new tire; there was still plenty of time to repair damages before night. But he wanted to do other things. So he left the wheel alone. The next morning, as he was about to mount and ride on, he looked ruefully at the tire. Even then he might have had it fixed, if he had been willing to delay a single hour. But no—he had planned his day. He wanted to ride to the mountains before the day was too far spent, then climb a steep, winding road, and be ready for an exhilarating eight-mile coast to the valley on the other side. Should he delay to repair the tire, he feared he would be unable to reach the summit in time to have this pleasant ending to his trip. So he decided to go ahead and hope for the best.

He had ridden about fifty miles, and was not far from the base of the mountain, when the bruised tire exploded. He found that he could not mend it, even temporarily—the break was too large. On consulting his road map, he saw that he was in a lonely district, with no town nearer than twenty miles. It was six o'clock, and he was weary; but there was only one thing to do. Pushing the useless wheel, he walked to the mountain, wearily climbed the ten-mile slope, and then trudged down the eight-mile stretch on the other side, where he had hoped to coast. Is it strange that all the way to the valley he thought of his folly in starting before he was fully prepared?

In these days of rush and confusion it is more than ever necessary that we should "get a good ready" as boys sometimes say when they are at play. The spirit of modern life is well indicated in a description of things observed during a midnight walk through the streets of a seaport city, as told in a newspaper sketch. The writer told of passing an engine-house, where he saw the shining fire-engine ready for any moment's call. "The double harness, already attached to the engine, hung suspended from the ceiling, where a pull at a cord would drop it instantly upon the horses' backs. Day and night that engine stands there, in readiness for instant service; and men and horses are equally prepared and equipped to obey the first sharp summons of the alarm bell."

Then the observer noted a huge factory. "The machinery was still, but the steam was breathing softly from the engine-house, and a night watchman was going about the dimly lighted interior. At any hour of the day or night the touch of an electric button would set that complicated machinery in instant motion."

Prepared, all of them! But the preparation was not an accident. It was the result of careful planning, of daily sacrifice, of earnest purpose. Nothing was to be left to "luck" or "chance." In order that they might be successful, men were ever noting the things they must do, and doing them. This is the only sure way of performing our tasks. —"Making Good," *Flemming H. Revell Co.*

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## King Saul and the Occult Arts

(Concluded from page 7)

Now the Psalmist throws much light on the Moabitish belief. Referring to this same Moabitish incident in the history of their wilderness journeyings, he says, "They joined themselves also unto Baal-peor, and ate the sacrifices of the dead." Ps. 106: 28. Could their delusion have been more complete? In supposing their dead ancestors were capable of intelligently receiving their worship, they suffered themselves to be most cruelly imposed upon by Satan, the archdeceiver, and his fallen angels described in Holy Writ as "the angels which kept not their first estate, but left their own habitation." Jude 6. In reality the Moabites, and other nations who believed as they did, paid homage not to their dead, but to a host of malignant spirits who took advantage of their error and whose dupes they were. How this evil did harm in the Israelitish camp is a matter of Sacred History. Moses shows that it was to devils they did sacrifice. He said, "They provoked Him to jealousy with strange gods, with abominations provoked they Him to anger. They sacrificed unto devils, not to God; to gods whom they knew not, to new gods that came newly up, whom your fathers feared not." Deut. 32: 16, 17.

It is thus made certain that the recipients of those sacrificial honours were the demon-followers of the Arch-deceiver who beguiled Eve. "And they served their idols, which were a snare unto them. Yes, they sacrificed their sons and their daughters unto devils." Ps. 106: 35-37. Similar testimony is borne by the Apostle Paul, who says, "The things which the Gentiles sacrifice, they sacrifice to devils, and not to God." 1 Cor. 10: 20.

There were, therefore, plain and very urgent reasons for the admonition, "Regard not them that have familiar spirits, neither seek after wizards, to be defiled by them: I am the Lord your God." Lev. 19: 31. And in view of the dark practices of ancient and modern nations, the following warning is sounded, "When they shall say unto you, Seek unto them that have familiar spirits and unto the wizards, that chirp and that mutter: should not a people seek unto their God? on behalf of the living should they seek unto the dead?" Isa. 8: 19, Revised Version.

Do the fallen angels masquerade as the departed friends of the living? They do! There is abundant evidence of this. By his deceptive methods in the past, Satan has paved the way for his great present-day delusion, "Modern Spiritualism"—called also "Spiritism." Invisible evil spirits are constantly at work in our world to-day. Theirs is a deep-laid plot to displace the Word of God by their own teachings. In this way the influence of Spiritism is so potent for evil. There is a Scripture which says, "Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils." 1 Tim. 4: 1. That remarkable prophecy has been fulfilled, and is fulfilling, in the religious world. Spirits, not human—and which never were human—are making capital of the stolen confidence of those whom they have deceived, upon whom they palm off the most erroneous teachings.

The Bible throws a clear, steady light upon all matters relating to the state of the dead, the second advent of Christ, and the resurrection of the faithful unto life eternal. It nowhere teaches that the dead can interfere with the lives of the living on earth—rather it is against that view entirely. Have all men by nature a spark of life, inextinguishable and eternal? Or do they actually die when they seem to die? It is because death is the absolute forfeiture of life that the state of the dead is, in the sacred Scriptures, set forth under the figure of "sleep"—denoting a condition of unconsciousness and inactivity.

Glorious will be the recall from the silence of the grave on the golden Resurrection Morning. Those who are now, in this life of probation, united to God by faith in Jesus, who accept of the benefits of His atonement for their sins and become washed in His cleansing blood, will in that day of resurrection, experience the thrill of immortality. Some of God's people will come up to that day without dying, and will, by translation, join in the everlasting triumph. All should seek earnestly the crown of life and immortality, which Jesus will then bestow, as the true Life-Giver and the Glorifier of His people.



*Jesus, the Life-Giver,  
Restoring to Life the Widow's Son*

## *He Is All to Me*

By W. W. Prescott

**F**IND it difficult to state in a form of words just what Christ is to me. It is easy to repeat the statement, "Christ is all, and in all," but how shall I express my own experience in translating this text into daily life?

I have found Christ to be the sufficient supply of my every need as a Christian. All my fears and my dread of the future are calmed when I stay my mind upon Him, and the assurance becomes true in my case: "Thou wilt keep him in perfect peace, whose mind is stayed on Thee; because he trusteth in Thee."

"Peace! perfect peace! our future all unknown;  
Jesus we know, and He is on the throne."

I need wisdom that I may discern between right and wrong, and be able to refuse the evil and choose the good. This wisdom from above has been promised, but it is not a mere faculty of the

mind which I must exercise. Christ has been made unto me wisdom, and I take Him as my wisdom. This does not make me infallible, or render mistakes impossible, but teaches me the way I should go. I learn of Him.

I need power to persevere in the way which He has shown me is right, and through His own personal presence in me by the Holy Spirit He becomes my power. This does not make me omnipotent, and such personal power is not under my control, but I am rather under His control. When I oppose His will, I lose Him as my power. Self-surrender is the way of power.

He who is my wisdom and my power, is also my righteousness. He is the Lord my righteousness. He clothes me with the robe of His righteousness. He takes away the filthy rags of my own righteousness,—my sins,—and covers my nakedness with garments pure and white. Thus I am hidden in Him, and my Father sees me in Him, and accepts me in Him. What more can I desire?

I know that of myself I am hateful, and that I naturally hate others, and that "in me, that is, in my flesh, dwelleth no good thing." But Jesus is love incarnate, love in life, and as He dwells in me, His love is shed abroad in my heart, and I love because He first loved me. Sweet is the fellowship of His love.

I know that a Christian ought to live the life of victory over sin, but when left to myself, I find that "what I hate, that I do," and "the good which I would I do not." I am glad that I have learned to accept His death as my death to sin, and His life as my life, and that I take Him as my victory. His victory is mine, as He becomes mine. "This is the victory that overcometh the world, even our faith," whereby we lay hold upon all His glorious power, so that we may boldly say, "The Lord is my helper, whom shall I fear?" "Thanks be to God, who giveth us the victory through our Lord Jesus Christ."

He is my peace. He is my wisdom. He is my power. He is my righteousness. He is my love. He is my victory. He is my all. What is He to you?