



THE  
ORIENTAL

WATCHMAN

AND HERALD OF HEALTH



COUNCIL CHAMBER, LUCKNOW





Trees make about 67 per cent of their growth at night.

A fireproof petrol has been discovered by a French government official, M. Ferrier, and has proved of such value that the French Air Union has declared its intention of using it for all passenger airplanes. Those who have tested this petrol report that you cannot set it afire with a match, and in contact with hot metal it remains in its liquid form.

Harry Karstens, superintendent of Mt. McKinley National Park, will attempt to climb to the top of Mt. McKinley this summer. He was one of the party of three who first scaled the peak in 1913, and his object in making this second trip is to recover a recording thermometer, left on the heights to prove, so scientists affirm, that Mt. McKinley is the coldest spot in the world.

There are over 416,000 lepers in the British Empire, according to the last annual report of the British Empire Leprosy Relief Association. Less than 8 per cent of these are segregated and receiving treatment. Thanks to modern medical discoveries, there is hope to-day of complete recovery for all early cases, and it is the objective of this society "to rid the empire of leprosy."

Borrowing umbrellas has been reduced to a science in Paris, where some of the larger motion picture houses keep on hand a stock with which to supply spectators who are caught in the rain unprepared. The umbrellas may be had by depositing six shillings, which is refunded when the article is returned. More often than not the renters keep them, and thereby simply purchase a rain shade, at a reasonable price, when they needed one badly.

The recent death in Geneva, of Assan Dina, a wealthy Hindu, calls to mind the fact that he planned, and had under construction at the time of his passing, the "world's greatest" observatory, on Mont Saleve. The cost of this undertaking is estimated at £1,250,000, the equipment to include a powerful wireless station for scientific service and the largest telescope in existence. Announcement is made that his widow—an American woman—will complete the project, "which is intended as a gift to the French nation."

For the third time in history man conquered the mighty Niagara Falls, last July 4, when Jean A. Lussier, of Springfield, Massachusetts, went over the Horseshoe Falls on the Canadian side in a specially constructed rubber ball, while some 150,000 persons lining the river banks cheered him. The start was made from Cayuga Island, about three miles above the falls, at 2.30, and Lussier was rescued from the bridge eddy below the falls at 3.20 o'clock by William Hill, daring river man, alone in a rowboat. He was uninjured save for a few minor bruises.

Modern Egypt has awakened to the necessity of preserving the dignity of its ancient kings, and their mummified remains are no longer to be exposed to the view of curious visitors. Some time ago the proposal was made by Ismail Sidky Pasha, the famed Liberal leader, that all mummies of Egyptians kings be reinterred in their original tombs and sarcophagi. This did not meet with official approval, but a commission was appointed to study the matter, and the recent edict is the result. These historic remains of the

ancient Pharaohs are to be collected in a special hall of the Cairo Museum, which will be accessible only to Egyptologists and visitors of high rank armed with the special authorization of the minister of public works. At the same time the tomb in the Valley of the Kings, containing the exposed mummy of Amenophis II, which before the Tutankhamen discoveries was the chief attraction of the valley, was ordered closed to the public.

Flying has now reached a point where a *bona fide* corporation with £500,000 capital, has been formed to build and maintain eight "seadromes," or midocean stopping places, in the North Atlantic between the United States and Europe, via the Azores. It is the plan to anchor one of these service stations every four hundred miles or so across the ocean. They will be supported on iron legs that will extend "quite to the bottom of the sea,"—three miles in some places,—and fasten themselves there by "base suction." All this sounds almost grotesquely extravagant, but a capable engineer of the Du Pont Company has designed them, and tests have proved that the anchorage contrivance will work. Each seadrome will have landing space almost a quarter of a mile long and three hundred feet wide. On them will be hotels, and accommodation for refuelling or repairing visiting planes. They will also carry beacons that can be seen for many miles. The landing stage is to be seventy feet above the water, supported on columns that rest on hollow floats far enough below the surface to be unaffected by wave motion.

When, during the Boxer troubles, fires devastated a large portion of the city of Peking, there were lost to the world certain Chinese classics held by scholars to be of great interest to students everywhere. The Hanlin College, an institution so ancient that even tradition has preserved no account of its origin, was completely destroyed, and with it the immense store of books that had been collected through many countries. Many of these were in manuscript and others were rare old copies of the very earliest printed books. There was also an immense library of modern volumes, and in many instances the wooden blocks from which these were printed had been preserved along with the books themselves. Hardly a single one escaped the fire. Particularly unfortunate was the loss of the only remaining copy of a monumental work that the Chinese call the "Yung Lo Ta Tien," or the "Veritable Records." This extraordinary compilation makes all our modern encyclopædias appear insignificant in size. It was prepared by order of an emperor of the Ming dynasty in the early years of the fifteen century, and 21,169 scholars were said to have been employed upon the task. The "Veritable Records" included everything of value that had ever been written in Chinese up to the time of its compilation, in the fields of history, philosophy, general literature, science, religion, medicine, art, or the handicrafts. The work was divided into 22,877 sections and bound in 11,100 volumes, which, all together, contained 917,480 pages. More than a century after the original work had been completed, two copies of it were made. The original and one of the copies were destroyed at the downfall of the Ming dynasty in 1644, and in 1900 the copy preserved in the Hanlin College met the same fate. Five volumes only were saved from the flames, and these are now in possession of the University of Cambridge. It is possible, however, that these five slender volumes will be of more service and interest to the world at large than the complete work ever was, for so jealous were the Chinese scholars of their venerated relic that no foreigner was ever allowed so much as to look upon it.



# The **O**RIENTAL **W**ATCHMAN AND HERALD OF HEALTH

VOLUME 4, No. 12

DECEMBER, 1928

## The Cancer Menace

Some Interesting Statements of the World-famous British Surgeon  
Sir W. Arbuthnot Lane

**I** shall not die of cancer. I am taking measures to prevent it. What I am doing, anybody can do. It is not a matter of money. It is a matter only of forethought and self-control.

What I am doing everybody should do if he would avoid the risk of death from a disease more terrible than tuberculosis, syphilis, and a number of other awful diseases rolled into one.

We eat three times a day and sometimes more. Our bodies should be cleared as often as we eat. Animals do not need to be told this. But we need to be told. The seeming requirements of what we call civilization have come in the path of our instincts. We eat frequently and expel infrequently. We live in a house that is called our body, and we do not drain our house.

We shall never begin at the beginning, in our



Cancer is the great human menace. It is increasing by leaps and bounds.

A great flood of light has come upon cancer. We now know what causes it. The basic cause is poisons created in our bodies by the food we eat. I am speaking now, of course, in a general way. A few cancers are caused by bruises, but it is a question if bruises would ever cause cancer if poisons had not first done their work to the tissue.

What causes poisons to accumulate in the body? Bad drainage. Nothing else. The body was never intended to be a travelling receptacle of perishable commodities, the waste products of which should be carried about for twenty-four hours or more at a time. We are breaking out with cancer and a large number of other diseases, all of which have the same origin. There is but one cause of disease, and that cause is poison. We may take in poison through the air, but we manufacture most of it within ourselves from the food that we eat.

fight against cancer, and eat the food of some of the lowly peoples of Asia, but we may as well know what it is. It begins with bread made from flour ground between two stones by hand. The flour is coarse and fall there—nothing sifted out to make it whiter.

This flour is moistened with water and made into little cakes. The cakes are placed, one by one, on a flat iron surface that is heated by a charcoal fire. When the cake is scorched on one side it is turned over with forceps and scorched on the other. It is then ready to eat.

With this cake are eaten raw vegetables. A favourite vegetable is the radish, which, in that part of the world, grows as large as one's forearm. The natives also eat sugar-cane, swallowing some of the fibre.

The first thing that one notices about this diet is that it has bulk. Bulk is necessary to elimination. Part of our trouble is that we shun



bulk. We eat concentrated foods. Concentrated foods decay and create poisons that are difficult to eliminate, and are therefore carried around and absorbed.

The next thing we observe about this diet is that it contains no meat. We think we need meat. An Asiatic can march all day on vegetables and fight at evening. We should never eat any food that, when decayed, has an odour that is exceedingly offensive. All animal products come under this ban.

Your Asiatic eats his vegetables raw. He gets his vitamins, which are so necessary to life and health, while they are in good condition. We destroy ours with heat.

Lastly, the Asiatic peasant eats bread from whole-grain flour. We eat white bread that contains but part of the grain. White bread is so bad that if fed exclusively to animals for a month, they will die. It is not fit to eat. In the first place it does not contain the food elements that we require. Furthermore, it clogs the drainage system.

What we should do, then, if we would avoid cancer, is to eat whole wheat bread and raw fruits and some raw vegetables, shunning all meat, first that we may be better nourished, and second that we may more easily eliminate waste products, and thus adequately drain the house in which our cells live.

The world in its search for the cause and cure of cancer has been on the wrong track. The answer has been within ourselves all the time. Drain the body of its poison, feed it properly, and the miracle is done.

Cancer can be prevented, as can all other diseases that arise from the same cause. On these statements I am willing to stake whatever reputation I may have. Nobody need have cancer who is willing to take the trouble to avoid it. And he will feel better and enjoy life more all the time that he is taking the trouble. Incidentally, he will live longer.—*Good Health*

---

## *Fruitarianism, its Advantages and Dangers*

IN the equatorial region fruits may form the chief source of nourishment, the most extensively used as staples including the banana, fig, date, etc. In the subtropical regions fruits abound side by side with other food classes, and here the hygienist must discriminate as to the amount of fruit advisable in a mixed diet. In the temperate zones excessive consumption of fruits, when fresh, as a staple of diet is impracticable for several reasons, but they are used extensively in dried form, in preserves, etc.

The late Dr. Louis M. Cowley of Havana, wrote a paper on fruitarianism not long before his death, and we are now able to reproduce a few of his deductions. "Fruit cures"—for example,

the grape cure—go back to antiquity. This use of fruit, however, is not dietetic in the ordinary sense. Whosoever eats fruit as a preponderant article of diet soon learns that it has manifold disadvantages, especially in childhood. Because of the exquisite flavour and refreshing quality of fruit the child is naturally attracted to it and will eat it in excess.

The bowels disorders which are apt to follow its use can of course be explained in part by infected dirt and dust (food intoxication from unripe fruit, cherries, etc., has apparently been traced in some cases to germs on the surface). Much must depend on the evolution of the fruit—whether extremes of heat, cold, humidity, etc., have interfered with normal maturity. Certain kinds of fruit, as oranges, grapes, and ripe bananas, are so bland that they can be eaten freely. Others are laxative, some are astringent, while a few like the strawberry, have for many persons some especially irritating, if not toxic property.

With some dietetic authorities nuts are classed as fruits, but the fat content of nuts should make of them a radically different food class. Fresh fruits are not necessarily eaten raw, for some are improved by cooking. Where fruit is a staple it is usually eaten both raw and cooked, which helps to vary the monotony of the diet.

Only a brief study of fruitarianism is needed to convince one that fruits as a dietetic article may be greatly abused. In hot countries fruit after lying on the ground readily collects animal parasites, and in the southern States of the U. S. A. such fruit has aided in spreading hookworm disease. Insects also deposit their eggs upon fruit so that the latter may become a source of peril. In such cases it is the sugar in the ripe fruit which first attracts the insects.

Various kinds of parasitism can follow the ingestion of the fruit which is covered with larvae. The scoleces of the echinococcus (both dangerous parasites when in the human body) have often been found on pears, while the creeping fruits have been plausibly accused of transmitting typhoid fever, dysentery, and cholera, as a result of exposure to human excretions.

The problem of the danger of dirty fruit on city stalls should be dealt with by legislation, and screening from flies should be obligatory. In refined households fruit is not only washed well, but often peeled before being eaten.

Fruit is recommended especially for the rheumatic, gouty, arteriosclerotic (preliminary period), and numerous other classes of invalids, for its content of organic acids. Curiously enough, it appears to have value in chronic diarrhoea and even irritable stomach, although it would seem to be contraindicated. The apparent value of fruit in constipation is known to the public. Where there is danger of deficiency disease, as in the case of bottle fed infants, sailors, etc., the value of fruit juices is also well known. Hence certain classes of subjects profit by being fruitarians to a considerable extent.—*Popular Science Siftings*.



# Geology and the Bible

## How Science Proves Moses was Right

By Dudley Joseph Whitney, B. Sc.

The following is a copy of an article which appeared in the February, 1928 issue of "The Bible Champion"

**E**ARLY last summer a rationalistic paper contained a series of articles by E. T. Brewster, a prominent evolutionist, attacking the hypothesis of George McCready Price, that the Deluge of Genesis was the great geological event of the past. The idea was held up to ridicule as a view that had been disproven a century and a half ago.

This subject is an important one, and an outline of the matter is worthy of careful attention. In presenting it, let me first pay my respects to Professor George McCready Price for his development of the hypothesis. May I further say that, unless this hypothesis is accepted generally by Fundamentalists, they might as well, in my opinion, drop all opposition to the theory of evolution. For, if they adopt any other scheme of geological history, either they are helpless in explaining the facts of geology, or they inferentially accept a theory of biologic history which means nothing else but evolution.

If we oppose evolution and adopt Genesis as real history, we must fit the Deluge somewhere into the geological record. It would necessarily leave its impression in the sedimentary rock making up so much of the earth's upper crust. Some anti-evolutionists try to make these six days of creation six long periods of geologic time, represented in the crust of the earth as Palæozoic, Mesozoic and Cenozoic rock, and so on. Devout geologists a generation ago tried to harmonize Genesis and geology on this basis; but when they tried to fit the Deluge into the scheme of events, they found no place for it. Furthermore, from the standpoint of biology, Fundamentalists who accept this hypothesis perform have to believe

that life has existed for millions of years and there was a gradual sequence of living species from simple invertebrates, fishes, amphibians and reptiles up to mammals and man. When a person accepts that schedule of biologic history and then tries to fight evolution, he proves himself inconsistent. No six days of creation will fit in properly, and the Almighty would have to be discarding species and creating new species at rapid intervals for millions of years. I trust that the inconsistency of holding this view of geologic history, while trying at the same time to uphold Genesis and fight evolution, will be apparent without further analysis.

Another hypothesis finds favour in an attempt to reconcile Genesis and geology. It is the theory that the earth was created perfect, but the revolt of Satan and other angels caused this earth to be wrecked. Fossil-bearing strata are in this theory assumed to be largely the result of this ruin.



The Flood



According to this theory, the six days of creation were six days of re-creation, and then in due time the Deluge came and buried the antediluvian earth. Whatever merits this theory may have in theology, it is inadequate when the attempt is made to fit it to geology. No one can say just where in the alleged scheme of geologic ages the pre-Adamic earth left off and the Adamic creation began. Neither can they say when the antediluvian earth left off and the post-diluvian earth began, as far as geologic strata are concerned. This theory is wrong both geologically and theologically. Yet it is not uncommon. The theory that there was a series of geologic ages can be made to correspond quite notably with the first chapter of Genesis, provided one does not attempt to be too definite about anything. The other theory is merely blind speculation.

With these few preliminary remarks about opposing theories, permit me to say that I have little sympathy for any active opponent of evolution who adopts these theories while the works of Professor Price are as well known as they are. It is difficult to see how an intelligent man could read Price's works and still hold on to these old, discredited theories. It is my earnest hope that anti-evolutionists generally will discard such theories, and get down to a basis where they will not be discredited in the eyes of those who believe that evolution is an established fact.

This will be enough comment for the present on these theories. The proposition put forth for support in this discussion is, in brief, that the facts of science sustain the theory of a great Deluge that was responsible for most of the sedimentary rocks on this earth far better than they sustain the theory of geologic ages.

There are big difficulties to be faced in this hypothesis, of course. Never mind; the geologist has much greater difficulties trying to fit his theories to the facts. We have the problem whether sedimentary rock was laid down during long millions of years, or whether the whole thing was done during one great catastrophe, plus an extended readjustment period. One of the two solutions has to be adopted. There seems to be no reasonable middle course.

In presenting the case for the Deluge I am following my own lines. Professor Price gives an immense amount of evidence which I do not mention here, but which ought to be gone over by persons interested, and as far as I know, he does not discuss the important matters stated here.

The first thing is to see whether these geologic ages took place as claimed. In proof that they did not, I assert:

1. Geologic time was far too short for these ages. Geologists now want about 800,000,000 years for them. H. F. Osborn, in his estimate of 60,000,000 years, took about as small amount of time as they could possibly be crowded into, but geologic time could not possibly be anything like as long as that.

2. If those ages occurred, very extensive and frequent movements in the earth's crust must

have taken place, but such movements were mechanically impossible.

3. Sediment must have been deposited so rapidly when these strata were being formed that nothing short of a Deluge could be responsible for it. Certainly, it was not deposited slowly through long ages.

It is quite clear that if these theses can be sustained, the theory of a series of geologic ages has to be thrown aside, and only thing left is the alternative of a Deluge.

Geologic time is distinct from astronomical time. It begins when the earliest sedimentary rock that now exists was deposited, and it is in theory the time during which life could exist on the earth.

In "*The Origin and Evolution of Life*," H. F. Osborn calculates geologic time at 60,000,000 years. The lid now seems to be off all estimates, and evolutionists are taking all the time they want in their estimates. The problem of getting evolution into effective operation is such that they just about have to do so. In the estimate mentioned Osborn uses as his basis of figuring two things; the present rate of sedimentation, and the present rate of formation of salt in the ocean, as compared with the total amount of sedimentation estimated during geologic time, and the total amount of salt in the ocean. Both of these estimates would make geologic time figure about 100,000,000 years. Certainly, if sedimentation took place more rapidly than now, and if salt was washed from earth to ocean more rapidly than now, or if the ocean contained lots of salt to begin with, these time estimates would have to be shortened to fit.

Now, if we presume, as geologists do, a warm earth to begin with, which cooled gradually, the early atmosphere must have been heavily charged with chlorine gas or its compounds, and with carbon dioxide and oxides of sulphur. On their cooling and condensation they would form strong acids which would eat rapidly into minerals and the oceans would naturally be heavily mineralized to begin with. Geologic time would be cut to a small fraction of those 60,000,000 years, and it would be impossible to crowd into that limited time the long sequence of geologic ages which geologists claim.

In corroboration of this method of estimating geologic time, the amount of sediment which has been deposited can also be taken. At the present rate of deposit it would have taken 100,000,000 years to deposit the amount of sediment which supposedly has been laid down in geologic time, but if that sediment was not laid down slowly, but rapidly, the duration of geologic time must have been proportionately shorter. And it ought to be clear that sediment was deposited rapidly.

Petroleum deposits here and there over nearly all the earth, in great amounts, are believed to have come from fishes and other marine animals buried before decomposition. Also fish fossils exist by the million or billion. I have seen a slab of rock containing fossils of part of a school of herring, a salt-water fish, which must have been



buried very suddenly. No one can imagine that millions of fishes would be killed and buried before decomposition by gradual sedimentation. They must have been buried by sudden and violent movements of earth and water, a thing that fits well with the theory of a Deluge, but does not fit at all with the theory of geologic ages. Fossil-bearing sediment, therefore, instead of having been deposited by slow, gradual processes, must have been deposited rapidly, and there was no opportunity for more than a tiny fraction of the 100,000,000 years required for the geologic ages.

Brewster suggested that the fishes might have been killed by an earthquake bursting their air-bladders, a thing that has been known to happen, and that they were then buried by mud stirred up by the earthquake or otherwise. As to geologic time generally, he said that it was too technical a question to discuss, and then went on, paying no attention to the matter. It is perfectly clear that the case is so plain against the theory of long geologic time that no geologist can face the problem and still hold to the theory of geologic ages. Here is a challenge to any geologist who will discuss the subject technically or otherwise.

In order to have those geologic ages take place great movements of the crust of the earth would be required. Many portions of the crust would have to be under the waves and then above them

several times. Mountains would have to rise out of the ocean in recent geologic time. Other parts of the crust of the earth would have to move sideways for a score or more of miles. I requested Mr. Brewster to state if any satisfactory explanation for such movements had been figured out by geologists. No such explanation has been figured out. Available data bring the conviction that such movements could not occur. Naturally Professor Brewster refused to face the issue here.

As a matter of fact, the centre of the earth is as rigid as a ball of steel, and great crustal movements like those assumed by geologists are, therefore, impossible. How, then, could the ages occur? They could not. It is a very essential point for geologists to meet. Naturally they refuse to meet it. In Salisbury and Chamberlain's *College Geology* I find that loss of heat from the earth during 100,000,000 years would only be a few degrees, and that the reduction in temperature would cause very little shrinkage, and, therefore, very little side movement of the crust of the earth; far less altogether than geologists assert took place

in certain single parts of the earth in late geologic time. To assert, therefore, that the geologic ages took place is most unscientific.

I pointed out the fact which Professor Price emphasizes that mountains are often upside down—if these geologic ages took place; that "old" sediment was on top of "younger" sediment. In Grabau's *Textbook of Geology*, for example, there is an illustration of Chief Mountain, whose top, composed of pre-Cambrian limestone, rests upon Cretaceous rock, supposedly millions of years younger. A diagram of a cross-section of part of the Alps, given by Grabau, shows "old" Tertiary above "younger" Tertiary, and Mesozoic rock upon them both, all looking as if they were deposited just that way, though much warping occurred later. You cannot assume "old" rock on such a great scale as this without doing violence to common sense, and common sense is doubly violated if it has been found that the earth is too rigid for such movements.

Furthermore, a look at a diagram suggesting the supposed earth movement forming Chief Mountain as presented by Grabau will show the folly

of his theory. The Algonkian sediment forming the top of the mountain would have to have been slid over Cretaceous sediment as one sheet of paper is slid over another. Before this could take place, the rock upon which the Algonkian sedi-



MOUNT ARARAT

ment rested would have to disappear, or turn into nothingness. Otherwise the whole crust would bulge and buckle, and nothing like the present formation would develop. The thing is perfectly obvious. Mr. Brewster ignored the mechanical difficulties, and gave quite a dissertation, so-called, on "faulting" in geology, all of which had a most trivial relation, if it had any relation at all, to such movements as would be required in the Alps, and at Chief Mountain and the country to the north of it. He also pointed out the fact that this upside-down condition is found only in mountains, not in valleys as far as is known. That, seemingly, is assumed to be a sufficient reason to ignore all the difficulty in getting mountains wrong side up.

Objections to the Deluge theory included these: The fossils ought to be all jumbled up promiscuously if the Deluge overwhelmed the antediluvian earth. Or, if the Deluge developed slowly, the sediment would not be stratified in such distinct forms as it is now. Also a mile and more of sediment such as compose the walls of the Grand Canyon of Arizona (*Turn to page 29*)



# Pneumonia: Cause, Course and Cure

By W. A. Ruble, M. D.

Stanboroughs, Watford, England



HERE are two forms of pneumonia, broncho-pneumonia and lobar pneumonia. Broncho-pneumonia is a disease of childhood and old age. It often attacks persons recovering from some other disease, such as measles, or scarlet fever, and sometimes is caused by bad tonsils or by infection following the removal of the tonsils.

Broncho-pneumonia is caused by a germ, a bacillus. It gains access to the small air passages, probably by being drawn in with the breath. In this form the germs lodge in one place or in a few or many places in the lungs, and begin to multiply in little groups. For this reason, the areas of infection in little nodules of germs are scattered through a part of a lung, the whole lung, or it may be throughout both lungs. These areas become solidified, and no air can penetrate through them. Respiration is thus greatly interfered with, inflammation takes place, some bloody sputum is thrown off, and weakness ensues.

The principal symptoms are cough, heaviness in the chest, a rapid rise of temperature,—two or three degrees,—rapid respiration, pain in the chest, and weakness. Treatment should be in the form of hot applications, such as fomentations, or sponging with very warm water if the skin is dry and there is a tendency to cold extremities, or with cool water if the skin is dry and hot. A hot foot bath or hot hip-and leg pack, followed by cool sponging, often gives relief, and helps to allay congestion in the lungs. Every pneumonia case, whether of the bronchial or lobar type, must be under the care of a physician, and should have the best of nursing. Fresh cold air is most important, but the body must be protected from exposure. The diet should be simple and light, but sustaining. Probably milk is the best food, but fruit juices, fruit eggnog, gruels, and even baked potato and cream, with toast, may be given in mild cases. Special attention should be paid to the bowels. An enema daily is almost always necessary. Let the patient drink freely of water. The common idea that alcohol in any form is beneficial is erroneous. Alcohol in any form is a depressant and is always injurious.

Lobar pneumonia is caused by the pneumococcus, a very small coccus. It gains access to the lungs through the respiration, and is widely distributed throughout a part of the lung, generally a lobe, from which the name lobar is derived. The disease may involve more than one lobe, or may even invade both lungs, causing what is known as double pneumonia. The part affected becomes consolidated because of the inflammation. The air cells fill with secretion, red and white cells, and blood serum. This causes a dense, sticky, often bloody sputum, which is very typical of pneumonia.

The symptoms are those of a cold, soon followed by a severe chill or rigor. Immediately after this, the temperature rises rapidly to 103° or 104° and remains there for days. Very often there is severe pain in the side of the chest which is involved. This causes what is known as an expiratory grunt. This means that the patient inhales, then holds the breath a second and exhales it with a grunt. When these evidences are present, namely a sudden cold or exposure followed by a chill and high temperature, rusty sputum, pain in the side, with an expiratory grunt, it is quite sure the case is one of lobar pneumonia. Before this stage is reached, the doctor should have been called.

The treatment is similar to that outlined for lobular pneumonia. Treatment is not instituted in the hope of curing the disease, but only in the hope of sustaining the strength of the individual and of relieving symptoms. Lobar pneumonia cannot be stopped or cured, so far as is now known. It may be kept under control, and the patient treated so as to enable him to combat the disease successfully; but pneumonia is known as a self-limiting disease. It runs its course, and then breaks of its own accord. The termination is by crisis, as it is called. The patient generally gets worse for a period of seven to nine days, then the crisis comes, the temperature falls to normal and the person recovers if no complications ensue. This is a dangerous time, however, for the patient's strength is exhausted and complications are common.

Early diagnosis can often be made by sending a specimen of the sputum to the laboratory. There are four types of pneumonia germs. Type one is a most dangerous one. If the disease is caused by this type, a vaccine can be prepared which is very helpful in combating the disease.

A not uncommon after-effect of pneumonia is tuberculosis. Weakened by the long run of the exhausting disease, the body is in a receptive condition for tuberculosis germs to assert themselves. The lungs, too, are in a favourable condition for the germs to become active. After either form of pneumonia, great care should be exercised to strengthen the patient as much as possible and to protect him from exposure, strain, or anxiety. Persistent cough, irregular temperature, lack of appetite, and failure to gain in weight are sufficient cause for anxiety. Watch for the aftermath of pneumonia of either kind.

There is one predisposing cause to pneumonia which when present in the disease is almost fatal, and that is alcoholism. When an alcoholic gets pneumonia, you may begin to arrange for the undertaker. The fighting forces of the body have been paralyzed and destroyed by the alcohol, and are unable to put up a fight against pneumonia.



# Ridding the Household of Insect Pests

By Louis Gershenfeld



THE use of a heavy spray or biweekly applications of kerosene of a cresol-kerosene mixture brings to light more pests than were thought to be hiding. The spray poisons the food and air in the immediate environment. Bedbugs, roaches, fleas, and other insects that are thus driven into the open from their places of concealment can be killed in a few minutes by applying the spray directly on them.

Follow up this work by using a powder insecticide. This will act as an internal poison, or clog up the breathing passages of the pests, eventually killing those that remain. This powder should be sprinkled in places where it can be left undisturbed for a long period of time. It should be blown or sprinkled about by means of a blower, dust gun or dusting box in cracks, crevices, corners, on shelves or any place that insects are likely to crawl.

Many pests cannot be reached by powder insecticides, as it is difficult to get these powders into the places where the insects may be found. This is especially true if powders are employed in the eradication of bedbugs, and those insects that move about rapidly, flies, mosquitoes, etc.

Commercial sodium fluorid is one of the most effective of the powder insecticides. This chemical forms the basis of many efficient roach powders on the market. It is rarely used in the undiluted form. Frequently there is added from one fifth to one-half of its weight of some inert substance, such as flour, starch, or sugar. If this powder is used persistently and with frequent applications as a dusting powder in or around cracks, crevices and in closets, it will eventually rid badly infested environments of roaches. Sodium fluorid scattered freely on floors or blown about in infested places will be somewhat effective against fleas and other insects.

Persian insect powder, known also as insect or pyrethrum powder, is another common remedy which has been employed to assist in insect eradication. Pyrethrum powder may become stale and then possesses little or no value. When fresh, this powder is at best a repellent. It will, however, destroy the larvae of moths in clothes that are thoroughly dusted with it, and then placed in a tightly constructed chest or trunk, or wrapped in unbroken paper. Some observers have advocated the sprinkling of this powder on floors, after coal oil, or cresol and coal oil, has been used, to assist in the eradication of fleas.

Borax, known chemically as sodium borate, enters into the composition of some insect powders, especially roach powders. A mixture of sodium fluorid, containing about 10 per cent. of borax, 15 per cent of flour, and a small amount of sugar or powdered chocolate will make an ideal powder to be used for general insecticidal purposes.

Moth balls or powdered moth balls, erroneously known as flake camphor and scientifically known as naphthalene, is a well known substance employed for protecting materials against injury by moths and carpet beetles. A chemical similar in appearance, as effective, but somewhat more expensive, is being used in some quarters as a new remedy in moth control. This is scientifically known as paradichlorobenzene, and is sold by many under various trade names. Lump or gum camphor is used, but it is less effective in its destructive powers.

These powders must be used in tightly closed containers or environments to get the best results. The fumes given off by slow evaporation must be confined, for if allowed to escape they are only partially effective. At least one pound of powder should be used to each ten cubic feet of space. This is obtained by multiplying the length by the width by the height. If there is a possibility of the fumes escaping, from two to three times the amount given should be used.

If carpet beetles persist beneath carpets, rugs or upholstered furniture, the use of these powders cannot be depended upon. The best thing to do, if possible, is to fumigate with hydrocyanic acid gas, or to apply kerosene or a kerosene-cresol mixture in the crevices and cracks of the infested areas.

Dr. Paul Mitchell in an article published in *Health*, an Australian publication, says that crystals of Epsom salts are preferable to naphthalene for protection against moths, roaches, ants, and other commonly observed pests if used in trunks and closed places.

I have experimented with Epsom salts in suitcases, cupboards, and chests. In its crystalline form it protects against many household pests. The chemical should not be used in powder form. If Epsom salts in crystalline form is exposed to the air it loses moisture and turns to a powder, or it absorbs moisture, melts and becomes a liquid. Being most effective when crystalline, it should not be used in open spaces. Employed in closed places, Epsom salts in crystalline form possesses a greater efficiency than naphthalene or pyrethrum powder and does not possess an objectionable odour.

## Getting Rid of Fleas

A humid warm climate or mild wet weather seems to form an ideal condition for fleas. Though a certain amount of moisture is required during the various stages in the development of fleas, excessive moisture is as detrimental to the existence of fleas as is excessive dryness. When destructive methods are sought in the eradication of fleas it is well to keep these facts in mind.

Here is the treatment advised in a small ice-cream plant. The main floor of the plant was of cement construction. It was infested with fleas. Since the ice-cream making machinery was on this floor, fumigation (*Turn to page 28*)



# Seeking the Unknown God

A Timely Article on the Modern Agnosticism

By H. W. Lowe

**T**HE most difficult place in the world for the preacher of righteousness is the debating chamber—and probably the least profitable! However, there are occasions when honest hearts must be sought even amongst habitual debaters. One such was when, in ancient Athens, a body of pagan philosophers accidentally—or was it not rather providentially—encountered an enigma of a man, by name Paul, who had already had considerable success in preaching the strangest message which that city of heterodox teaching had ever heard.

Habitual debate begets both insincerity and indifference. That these philosophers were unusually hard to convince we may be assured: "For all the Athenians and strangers which were there spent their time in nothing else, but either to tell, or to hear some new thing." Men of honest and profound conviction are not always seeking "new" things; but there were there that day, some who had not found the satisfaction of saying truth and who were still open to conviction. Providence predisposed Paul to endure the strain of the debating chamber that conviction might come to some of these honest-hearted ones that day. (Acts 17:34)

Hailing this man Paul—the "setter forth of strange gods"—they compelled him to the famous debating chamber on Mars Hill, with the cynical remark, "What will this babler say?"

With the incisiveness of a man supremely convinced of his message—would that the world were possessed of more such fearless preachers to-day!—he proceeded forthwith to tear aside the veil with which their speculative philosophies had enshrouded essential truth. "As I passed by and beheld your gods that ye worship, I found an altar

with this inscription, TO AN UNKNOWN GOD. What therefore ye worship in ignorance, this I set forth unto you." Acts 18:23, A. R. V.

Here stood a man who, by his very declaration concerning a god who was "unknown" to these Greeks, was heralding forth that very revelation for which earnest men were longing. In fine, his message was: "An hitherto unknown God—He is now known. Him declare I unto you."



Centuries previously, Plato, greatest of Greek philosophers—and possibly of all time—had vainly striven to solve the riddle of the universe, but his later writings reveal a consciousness of failure which is almost pathetic in an intellectual giant who "lectured with undiminished mental power till he reached the advanced age of 81," and who "has all the thinking men and schools of philosophy in the world as his offspring." He confessed that the unaided human mind cannot search out all the mysteries of God

and that God must reveal Himself to man: "We will wait for one, either god or a god-inspired man, to teach us our religious duties, and to take away the darkness from our eyes."

It was of that God, and of that God-inspired Man that Paul preached that memorable day in Athens. The rank of the debaters were the poorer as the result of that one brief sermon, for "certain men . . . believed." From which we gather that the majority were still unconvinced and sought revelation elsewhere.

That modern men are as difficult to convince as were Paul's Athenian auditors, and that modern "science" and philosophy (we are puzzled at times to distinguish between them) make God as unknown as did ancient philosophy is strikingly evident to-day. Broad agnosticism of the "Un-



known God" type might, with few exceptions, be stamped across the articles that appeared in a great London daily recently from the pens of ten leading British litterateurs, on the question of their religious beliefs. They are representative of the times. For two thousand years since Plato, a vast ocean of moral and scientific evidence has accumulated, but our "modern paganism" is still unconvinced.

In his "Anticipations," some years ago, Mr. H. G. Wells wrote: "The prevailing man of the future, like many of the saner men of to-day, will presume to no knowledge whatever, will presume to no possibility of knowledge, of the real being of God." If this means completeness, finality of knowledge concerning what the Christian religion admits as mysteries hidden in the Godhead, we must, of course, agree in a measure with these weighty words. But we suspect that they express the attitude of too many of our modern philosophers—and Mr. Wells is not alone in being a philosopher before a scientist!—who pretend to very little, if any, religious belief apart from what is "scientifically" demonstrable. Religious conviction, being of a spiritual nature, is not always verifiable by the laws of the physical.

The philosophy of to-day is, in its ultimate conclusions, very little removed from the Athenian philosophy of the "Unknown God." Many are confessedly of that persuasion. Says Joseph McCabe: "We must replace the veil which Paul tore aside two thousand years ago . . . . We must go back to the cult of the Unknown God."

Professor Huxley, who, we remember, coined the word "Agnosticism," has expressed the opinions of vast numbers of people in these days: "The man of science has learned to believe in justification, not by faith but by verification." Which immediately places us

#### On Ancient Battleground

The reformation of the XVIth century was fought on this issue of justification by faith. Martin Luther was then combating the doctrine that mortals are justified in God's sight by rigid suppression of the physical being through penances and other Roman ritual. But the expression "Justification by Faith" did not originate with Luther in Europe. Luther learned it from Paul, and Paul learned it from the Hebrew prophet Habakkuk, who lived twenty-five centuries ago, and who has been called "The Grandfather of the Reformation."

The man who knew so much concerning the "Unknown God" on Mars Hill, was also, and quite consistently, a preacher of faith. (Rom. 1:16, 17; Gal. 3:11; Heb. 10: 38.)

The religion of the Bible does not preclude this element of faith from its teachings. Its position is clear on this point: "For we know in part, . . . .but when that which is perfect is come, then that which is in part shall be done away." 1 Cor. 13:9, 10.

Christianity, as far as we are aware, has never pretended to supply an explanation of the mysteries that assail the human mind. That we, in

a world of imperfection where, according to Paul's statement, all knowledge is partial, should ever hope to arrive at the condition in which we shall never be required to accept anything in faith, is confessedly quite beyond our personal comprehension.

That many brilliant men have been, and still are, ignorant of certain fundamental spiritual laws is evident from certain challenges that have been made by them at various times. There is, for instance, Huxley's now famous offer regarding a test for verification of the Christian teaching on prayer. He offered to apply this test on the patients in a certain hospital ward, thereby revealing an absolute ignorance of the laws of prayer. Prayer is essentially spiritual in nature and demands its own conditions. It would be as absurdly ignorant to demand that a scientist produce water from two gases under unfavourable conditions as to demand the evidence of prayer in this way.

Verification, like prayer, not only demands its own conditions; it is demonstrable only to the individual. On Mars Hill conviction and belief came only to certain individuals. Modern sceptics cannot, or will not, exercise the necessary faith in spiritual laws, hence the proof they demand is not forthcoming. Who insists on materialistic proof will be for ever beset with doubts. The New Testament stipulates: "the victorious principle which has overcome the world is our faith." 1 John 5:4. And again: "If anyone is willing to do His will, he shall know about the teaching." John 7:17 (Weymouth's translation in both cases).

God is Spirit, and must be worshipped in spirit. Says Dr. A. T. Pierson: "Invisible to the eye, inaudible to the ear, intangible to the touch, He cannot be tested by the senses." ("Lessons in the School of Prayer," page 30.)

In dealing with these questions of faith and doubt, Dr. Fitchett aptly remarks, "Obedience is the true and final solvent of doubt." We are inclined to believe that the veil which hides God from many is the irksomeness of obedience.

"But without faith it is impossible to please Him: for he that cometh to God must believe that He is, and that He is the rewarder of them that diligently seek Him." Heb. 11:6.

Religion deals with the affairs of the soul. It is, therefore, essentially a relationship between a personal soul and the Saviour. Its verification must be both personal and spiritual. Consequently the greatest evidence of the power of religion must always be sought, not in the test of the scientist laboratory, not by the very doubtful test of debating society logic, as on Mars Hill, but in its effect on the life of the individual.

Mary Magdalene was a dangerous woman till she met Jesus Christ: His teaching transformed her life. All the evidence she needed was comprehended in that one fact. She knew for certainty that justification was, for her, by faith in the Saviour who had saved her soul.

The drunken father restored whole to his wife and children, the erring son reconciled to his aged parents, the sinner of yesterday (*Turn to page 28*)



# Cigarettes and Women

By B. Wood-Comstock, M.D.

**W**HAT about this question anyway? Have not women as much right to smoke as men? Discuss the pros and cons of smoking if you will, but why say so much about the women?

All right then, let us consider for a moment the status of smoking among men. Is it not true that most men (full-grown, mature men) who smoke would choose *not* to be smokers if they could begin all over again? Is it not a fact that most men smoke because they learned to do so during their years of adolescence, and that few successful men who have attained the age of twenty-five years without forming the habit ever form it later?

I think you will agree with me that there are few intelligent, successful men of maturity who escaped being made habitues during their early years but are thankful for their freedom and would in no way exchange this estate for that of the man who "could quit if he wanted to," but never wants to. Many a man, bound to his twenty or more cigarettes a day, secretly admires and respects the man who says, "No, thank you, I do not smoke," and wishes in his heart that he could say the same. But the effort is too great; the only thing, it seems to him, that he can do is to say, "Oh, well, most men smoke. It isn't doing me any harm, and any time that I see that it is, I can quit." And he goes on, trusting that he will not be the one to develop tobacco heart, or smoker's cancer, and he probably will not be. He may only be among that great class who shorten their lives by ten or fifteen years, and never know just what are the factors that cut them short while still in their prime.

Smoking, then, is a habit of adolescence, contracted when the judgment is immature, when the impulse to imitate is strong, and when smoking is so linked in the boy's mind with thoughts of manliness that the ability to puff the weed appeals to him as a step toward attaining that greatly desired estate of manhood, as one of the means by which he can hasten the day when he is a boy no longer. And once having been contracted, the habit is so difficult to break that most do not choose the struggle, but content themselves with excuses, with doing the easier thing, and getting what has come to be, to them, the enjoyment and relaxation of smoking. Any honest man will admit the truth of the above statements, and everybody knows them to be true.

But there is another side to the story. Tobacco with its seductive action on the nervous system, and its coarsening effect on the tissues, does varying degrees of harm to different individuals. Persons have even been known to be so tough that they have smoked all their lives and yet lived to be a hundred. This habit of youth must do its

greatest injury during youthful years. At this time the nervous system is not yet fully stabilized, the tissues are still delicate and sensitive, the mental faculties are not yet matured, and the whole body is still in a process of development. For these reasons the damage is greater than if the tissues were more resistant and the body processes had become fully established; and the enslavement is more sure, for the nerves, learning early to depend on the false sedation of a narcotic, have much less chance of building a stable foundation of their own, or of reaching the limit of their development possibilities. While the smoking of the man cannot help but lessen the integrity of organ and tissue—the degree depending on the man and his heritage and environment—he has at least had the opportunity of developing to his full height and strength; that is, if he did not begin smoking until he was mature. The smoking of the boy not only causes still greater degenerative processes because of his delicacy of tissue, but also takes away from him his right to attain the full measure of a man. So again we say, save the adolescent from smoking and a large number of these adolescents when they become men will not choose to smoke.

If this be true among men, what about smoking by women. If smoking does man any harm at all, it must do woman more. Because of woman's finer and more delicate structure, the greater sensitiveness of her nervous system, the intensity of her emotions, smoking must be of greater detriment to her. Like a piece of fine furniture or material of delicate texture, her system is more easily marred. That which will coarsen a man's lips and irritate and thicken the membrane of his throat and respiratory passages will do so the more to those of a woman. That which is detrimental to a man's heart, stomach, and nervous system, cannot but be the more so to a woman's. The delicately poised nervous system of a woman is more quickly responsive to the drug effect of nicotine than are the stronger, more stable, nerves of a man. Her life is such that nerve strain is greater, and the very rest and comfort that a cigarette seems to give she often needs. Needing the sedation more than the average man, she yields to it more completely, and thus the more easily comes to depend upon the relief offered. She has not the strength to withstand the drug effect as well as her stronger mate, and so the more quickly becomes enslaved, and the sooner and the more surely does she pay whatever toll there is to pay.

Our women generally addicted to smoking! the thought is appalling. Our women, struggling to overcome a habit that enslaves most men who have acquired it, or, helplessly enthralled, giving themselves up to the degeneracy and weakness



that must surely follow in its trail—we cannot consider such a situation without alarm. For whatever penalty there is to pay, whatever harm there is done, whatever enslavement there is, no question but that women will suffer the more from smoking than men. This is self-evident.

Women are the mothers of men. A woman's failure as a mother is most often not because of lack of ideals, of insufficient love for her children, but because of lack of poise and nerve control. It is the nervous mother who nags, finds fault, scolds, fails to properly discipline and train her children. The smoking woman cannot but greatly lessen her chances of being a good mother. Her increase of nerve irritability, her lessened self-control, cannot but weaken her where she is already weak. Johnny and Mary will soon get to the point where they will say, "For pity's sake, mother, what makes you so cross this morning? You must be out of cigarettes," or husband will say, "Calm your nerves, Bess; have a cigarette."

And as for idealism, what influence can such women have over their children or husbands? No matter what else has gone wrong, there has always been "mother dear" who could direct her children's impulses to nobler things; but some way mother with her cigarette does not seem quite the same. The inspiration and erstwhile halo seem to have fled. And you may say what you will about double standards. Men have always rested (too much, to be sure) in the ideals and standards of their women. They have felt that so long as their mothers, sisters, sweethearts, and wives were what they ought to be, there was something stable to hang to in a spiritual and esthetic way; but just what the effect will be on men's psychology when their mothers, sisters, sweethearts, and wives all smoke, is left to not very uncertain conjecture.

But you say, "In the main it is these foolish flappers that smoke. When they are older and more sensible they will stop."

Yes, but they do not, and they will not. That is just the point; like the adolescent boy, they cannot. Ensnared and enslaved all the more because of their femininity, they can but go on and on, making excuses but never quite able to break away from that upon which their nerves have learned to depend. As with the boy, because of their very adolescence the harm done is far greater and more lasting than were they mature. And when blighted maturity does come, what nervous and physical heritage can such give their offspring (if indeed they have any)?

Just as much right to smoke as men? Of course they have, but where heretofore children have had a tobacco heritage from but one side of the house and that in many cases offset by the inherent strength of the stronger side, under these new modern conditions, they will not only be robbed of their full measure of strength from their father's bequest, but will be deprived of nervous force that rightfully should be handed down to them from the maternal side. And while it is

every child's right to be endowed at birth with a physical and nervous bank account, surely the child born of a smoking mother as well as father will run a big chance of having very little in the way of health reserve with which to begin life's struggle, or game, whichever you may care to call it. Vital force cannot but be greatly lacking in these, and what must be the effect on the race? Surely it will not take long to show in an alarming way.

As to the actual effect of smoking on girls and women, little need be said. The very cigarette advertisements themselves testify to the fact of the harmfulness of cigarettes. Why the endless reiteration of "mild and mellow," "they satisfy," "they don't cut my wind," "no throat irritation," "not a cough in a carload," if not in an effort to offset the very evils of the indulgence? One need only to see a few girls, nervous, excitable, constantly dependent on their cigarettes, to grasp just what smoking for women actually means.

To have it said by girls and women addicted to the habit that "water never tastes good after one has begun the smoking habit," that "irritated lips and throats and bronchial tubes are sure to follow the use of the tiny white cylinders," that "when I am nervous I must have one," and that "the habit once formed is almost impossible to break," and that "with smoking goes the spirit of recklessness that easily leads to other things than smoking," is to make one feel that in this thing lies the greatest of all evils.

The whirlwind rapidity with which adolescent girls and young women have adopted the "smoking fad" and the rapid increase in the number of women who smoke bespeaks the hold that this habit is obtaining on the weaker sex. The peculiar mark of irritation about the lips, the telltale discolouration of finger tips, are but suggestions of the detraction from beauty and the marring of womanliness that must result. Just watch for the signs. They tell the story oftentimes supposed a secret by those who still dislike the look of public indulgence. To the physician, the typical tobacco throat often belies the look of unsophisticated girlhood, and the young patient wonders why he asks, "How many do you smoke a day?"

Another decade will find these youngsters no longer girls, but women, and all still smoking—jaded, blase beauties, indeed, coarsened, ill-natured creatures, slaves to the narcotic weed. "Walk a mile" for a cigarette? I should say they would—anything but separation from their only solace. Just how long any individual woman or the race will stand this, time only will tell. There may be a few seasoned society women who, with nerves well in hand will smoke only as occasion demands, but these will be by far the exception, and the influence of these few will lead the younger, weaker ones to the indulgence that means only slavery in the end.

Can woman, in whose hands and ideals lie the goodness and morality of the world, afford to thus sacrifice herself, her beauty, (*Turn to page 20*)



## The Questioning Soldier

By R. B. Thurber



HAVE been troubled all day, Pastor Nash, as I have thought over this new Sabbath you told me about the other night. With all due respect to you, may I ask if there isn't some way I can be sure that this is not some strange 'wind of doctrine' that we are warned against in the Bible."

"Yes, there is a way if you will take God's word as it teaches. This is revolutionary to many honest persons like you, I'll admit; but cling to the word and you will be all right. Now let's study another phase of it. Isaiah 8:16 says, 'Bind up the testimony, seal the law among My disciples.' In changing the law, men have taken the seal out of it. Where is the seal in God's law? As you know, a seal gives authority to any legal document, and must contain (1) the name of the maker, (2) his title of authority, and (3) the extent of his dominion; so the seal of the President of the United States says, 'Calvin Coolidge, President of the United States.' God's seal must read, 'God, Creator of the heavens and the earth.' Now look through the Ten Commandments and see where that is."

"Why, it is in only the fourth, as sure as it can be; and in the part of the fourth that the Roman Catholics have left out in their shortened Decalogue. Well,—"

"Now you begin to see light. This corresponds with Exodus 31:17: 'It (the Sabbath) is a sign between Me and the children of Israel forever: for in six days the Lord made heaven and earth, and on the seventh day He rested.' The words sign and seal are used interchangeably in the Bible. (Romans 4:11.) When a man keeps God's Sabbath, he is thereby sealed by God, the Sabbath being a mark of identification. And this very work of sealing God's chosen ones is described in Revelation 7:1-4 and Ezekiel 9:1-6. When the battle of Armageddon threatens and the end of all things earthly is very near, then God's angels hold back the winds of war until His servants are sealed, or marked, in their foreheads (the seat of the will or deciding power). So, just before the end, some persons will be taking their stand on God's side by keeping the Sabbath; and we know by the signs that we are just before the end now. It is a solemn matter."

"Oh, I see; and Sunday, then, must be the seal of the apostate power."

"Ah, you are anticipating my next point; and you are right. In his fight against God and God's people, Satan has counterfeited the true as cleverly as he can, so as to confuse the elect. Sunday must be his day, since it isn't God's. And here is the remarkable fact: the papacy claims that Sunday is the sign of its power, for we read in 'An Abridgement of the Christian Doctrine,' by Rev. Henry Tuberville, D.D., page 58: 'Question.—How prove you that the church hath power to command feasts and holy days? Answer.—By the very act of changing the Sabbath into Sunday, which Protestants allow of.'"

"But does the Bible say the papacy will have this mark?"

"Yes; a study of Revelation 13 and 14 shows the papacy to be represented by the symbol of the beast, and apostate Protestantism by that of another beast. They are certain because of many identification marks. Now notice Revelation 13:16: 'He (apostate Protestantism) causeth all, both small and great, rich and poor, free and bond, to receive a mark in their foreheads; and if any will not receive this mark and bow before the papacy, they will be threatened with boycott and death. (Verses 15-17.) But God says, on the other hand, in Revelation 14:9, 10. 'If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, the same shall drink of the wine of the wrath of God.' It becomes a question of which we shall fear the most, man's dictates or God's."

"Then do all the good people who keep Sunday worship the papacy? and will they all be lost?"

"Many Sunday keepers do not know yet that they are keeping a spurious Sabbath, and God is just; but as soon as they are convinced of their mistake,—and all will have full opportunity to know,—and then deliberately choose to take the false Sabbath they receive the mark of apostasy, and God can not save them because they are not honestly obeying Him. You may read in Revelation 16:1,2,10,11 what their punishment will be. God gives us every chance, but insists that we obey when we know the right."

"Well, Brother Brown, we have spent many happy and profitable hours together studying the Scriptures. There is much more to learn, but you have found many truths that you wanted to know."

"Yes, Pastor, and I have found many things I ought to do, and am not very willing to do. I know it is rather little of me, but sometimes I am tempted to wish I hadn't heard some of the truths you have taught me from the Bible. Then I could plead ignorance, and could not be held to obey them."

"But you couldn't escape that way. Sooner or later you would hear it; God says the witness of this truth I have been teaching you is to go to all men just before the end. (Matthew 24:14.) What may be known of God is manifest in every man. (Romans 1:18, 19.) The very heavens declare His message. (Psalm 19), and His Spirit speaks to every man. In the judgment you will have to give an account of how you have lived out what you know to be right."

"Yes, I know I shall; and I want to obey. But on the Sabbath matter, it will mean a lot to me. I shall lose my job."

"Perhaps you won't. Many a man has not, under the same circumstances. Employers will often prefer men who are honest and conscientious in their conviction, even if a sacrifice must be made to hold them. But if you do lose it, how does that compare with the sacrifice unto death that the martyrs made for their faith? Truth



is worth dying for. But God will give you another job; perhaps a better one. He who numbers the hairs of your head and notes the sparrows fall, will take care of you."

"But now, honestly, is God so particular about just which day one keeps, just so he does what is right in other ways?"

"We have seen how important the day is as a memorial and a sign, a badge for Christians. I know God has always been particular. He says the seventh day, and He means that. He was particular to have the ark handled in a certain way, and He destroyed a man for touching it otherwise, even though the man's intentions were apparently good. (2 Samuel 6: 1-7.) He was

"Good; and now praise God, you won't have the kind of hard time you think you will have. Although you may suffer pain and weariness, you do not mind working hard at something you like to do,—something you are intensely interested in. You will suffer, but it is a blessed suffering.. Christ suffered before you, and you simply take up your cross and follow Him. He was made 'perfect through sufferings.' (Hebrews 2: 10.) He, the sinless One, learned 'obedience by the things which He suffered.' (Hebrews 5: 8.) Suffering is the heritage of His followers; but the joy of service for Him swallows it up."

"I have experienced some of this joy already, Pastor; and more than anything else in the



*The Sabbath from Eden to Eden*

particular when He destroyed a prophet for turning aside to eat a meal. (1 Kings 13: 1-25.) He was particular when he would not heal a man until he had dipped in a certain river all of seven times. (2 Kings 5.) He was particular when He slew two priests for offering strange fire. (Leviticus 16: 12, 13; 10: 1, 2.) All these and many others seemed to be little things, but a careful study of them will show that great principles are involved. Sometimes we can see the principle at stake, and sometimes we cannot; it is best always to obey unquestioningly. God told Saul, you remember, 'To obey is better than sacrifice.' (1 Samuel 15: 22.)"

"I'm sure my friends will turn against me, and I shall have a hard time, but—"

"But you are going to obey anyway."

"Yes, I am."

world, I want more of it. But I feel weak. Will you pray for me?"

"I've been praying for you for weeks, my dear friend. Now let us kneel down and pray together." And the pastor prayed: "And now Father, Thou knowest him altogether. He has taken his stand firmly for Thee and for Thy truth. Put Thine arms of love under Him and bear him up in every struggle. Heal his pains, comfort his sorrows, lighten his load, if it seems best to Thee; but above all things help him to stand. Though he must bear the yoke, may it be easy because of the precious Yokefellow ever by his side. May his be the joy and the victory day by day until the final triumph is won; and Thine be the glory forever and ever. Amen."

THE END.





URING the millennium the world will be in a completely ruined, wrecked, and depopulated condition. It is Armageddon which will begin the slaughter that is to be as wide as the world. Armageddon is not only the self-destruction of a race in rebellion against God, but it is the forerunner of the final overthrow that shall befall all the wicked forces of earth, a ruin from which there shall be no recovery, no return.

There could not, in the very nature of things, be any other issue than this to the great controversy between God and a race in revolt. True, the race might lay down its arms, and cease to fight against God, and thus bring an end to the rebellion; but so long as the race persists in its warfare, it can look forward to no other end than complete destruction.

For the controversy is one between right and wrong, between good and evil, and there can be no other issue to it, as far as men are concerned, except voluntarily giving up the wrong or perishing with it. In warfare between a just almighty Creator and His frail and rebellious creatures, between a righteous and omnipotent Ruler and His puny and revolted subjects, there can be but one end. Rebelious men must go down in death, while God triumphs. Wrong must be defeated by right.

**Sin Must be Annihilated**

On the part of Jehovah the controversy is a just and righteous one. And being such, it admits of no compromise of the eternal principles of righteousness to the wilfulness of fallen and misguided man. Nor can God be indifferent to man's sin, or neglect it, or overlook it. This would be but to perpetuate wrong. No, the cause of the controversy must be rooted up, the thing which caused the separation between man and God must be destroyed. Sin must be annihilated. Before the controversy can ever end, its cause must be eliminated. There can be no other adjustment.

And therefore, so far as man is concerned, there can be but two ways for the controversy between himself and God to end. Sin is to be destroyed. Man can give it up and return to God, or he can be destroyed with it. Either he must yield to his Creator, and return meekly, penitently, and obediently to his allegiance to God; or, refusing to do this and continuing persistently to set aside the divine authority, and rejecting the mercy which has been offered, and despising the grace which has been extended to draw him back, he must finally fall beneath the stroke of that justice which he has outraged, and be destroyed by the execution of those laws which he has transgressed. Either he must bow or be broken, yield or be overthrown, for God cannot deny Himself.

It is, as we have seen, at the time of Armageddon that—

"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." Jer. 25:32,33.

It is just after this great visitation of the wrath of God at Armageddon and the second coming of Christ that the prophet has a view of the earth. He says:

"I beheld the earth, and, lo, it was without form, and void; and the heavens, and they had no light; I beheld the mountains, and, lo, they trembled, and all the hills moved lightly. I beheld, and, lo, there was no man, and all the birds of the heaven were fled. I beheld, and, lo, the fruitful place was a wilderness, and all the cities thereof were broken down at the presence of the Lord, and by His fierce anger." Jer. 4:23-26.

A description of the earth during the millennium will be found also in Isaiah:

"Behold, the Lord maketh the earth empty, and maketh it waste, and turneth it upside down, and scattereth abroad the inhabitants thereof." "The land shall be utterly emptied, and utterly spoiled; for the Lord hath spoken this word." Isa. 24:1,3.

The utter depopulation and ruin of the earth—such is the terrible destiny which overhangs this world. Not since the waters of the flood overwhelmed the human race has such a terrible and widespread destruction been known to man. In history there has been no fulfilment of this prediction. The war which humanity has been waging against Jehovah has not yet reached its final issue. But the end is hurrying on apace. The wrath of God, like a pall of blackness, overhangs the impenitent world. It is the death warrant of a godless

# THE DEPOPULATION

EA

By Ca





# ATION OF THE

# H

## Haynes

the belief that universal and lasting peace has at last been brought about between the nations of the world. aims will be put forth that man has at last solved the long problems of the ages and created a perfect form of international government. And then,

"When they shall say, Peace and safety; then sudden destruction cometh upon them, as travail upon a woman with child; and they shall not escape." 1 Thess. 5:3.



7aste

When Christ shall come to decide the controversy, then "a fire goeth before Him, and burneth up His enemies round about." Ps. 97:3.

"The Lord at thy right hand shall strike through kings in the day of His wrath. He shall judge among the heathen shall fill the places with the dead bodies; He shall wound the heads over many countries." Ps. 110:5,6.

Similar to this is the instruction given to Ezekiel. After he beholds the terrible wrath of God poured out upon the nations which then existed, his eye pierces the future to the events of "the latter years." And there, in connection with the consummation of the great controversy between a rebellious race and its Creator, he sees the countless foes of God marshalling themselves to battle against Jehovah like the gathering of a great army. But he also sees them met with the fearful fury and vengeance of a despised God, who rains upon them "hailstones, fire, and brimstone," while at the same time He summons all the fowls of heaven and the beasts of the earth to come and gorge themselves upon the flesh of His enemies, the great and mighty of the earth, who have been struck with divine justice. Ezek. 38:3-9,17-22.

In the vision of Daniel the kingdoms of the earth are represented by a great image, grand and imposing, the materials of which degenerate in character until from the head of gold we descend, through silver, brass, and iron, to the feet made of a mixture of iron and clay. And then, with a suddenness which takes the world unawares, a great stone, thrown by unseen hands with terrible velocity, strikes the colossal image on its feet,

and impious race. Nothing but slaughter as wide as the world can fill in the terrible picture. And when the time has come for God to pronounce judgment,

"Behold, the Lord will come with fire, and with His chariots like a whirlwind, to render His anger with fury, and His rebuke with flames of fire. For by fire and by His sword will the Lord plead with all flesh: and the slain of the Lord shall be many." Isa. 66:15,16.

This great tempest of the wrath of God will break suddenly upon a surprised and unready world. Those who have rejected God's final offer of mercy, His closing message of the gospel, will be solacing their hearts with

Like a furious tornado will the storm of the wrath of an offended God burst upon those who have despised His mercy. "In the latter days" it shall do its work, falling grievously upon the head of the wicked. Jer. 23:19,20. The earth will be strewn from end to end with the bodies of the slain of the Lord, as "dung upon the ground." Jer. 25:31-33. The great and mighty, the nobles and princes, are called upon to howl and mourn over their impending ruin:

"Howl, ye shepherds, and cry; and wallow yourselves in the ashes, ye principal of the flock: for the days of your slaughter and of your dispersions are accomplished; and ye shall fall like a pleasant vessel. And the shepherds shall have no way to flee, nor the principal of the flock to escape." Jer. 25:34,35.

This is the doom of the rebellious race:

"Thine hand shall find out all Thine enemies: Thy right hand shall find out those that hate Thee. Thou shalt make them as a fiery oven in the time of Thine anger: the Lord shall swallow them up in His wrath, and the fire shall devour them. Their fruit shalt Thou destroy from the earth, and their seed from among the children of men." Ps. 21:8-10.

### Dashed in Pieces Like a Potter's vessel

While the heathen are raging and the people imagining a vain thing, while rulers plot and kings devise impotent devices, then—

"He that sitteth in the heavens shall laugh: and the Lord shall have them in derision. Then shall He speak unto them in His wrath, and vex them in His sore displeasure." "Thou shalt break them with a rod of iron; Thou shalt dash them in pieces like a potter's vessel." Ps. 2:4,5,9.

In this manner the long controversy between God and man will close. There is no other prospect than this for a sin-cursed and impenitent race which persists in sin.

The race which obstinately continues its rebellion, and thus makes itself the enemy of God, cannot hope for life.

When Christ shall come to decide the controversy, then "a fire goeth before Him, and burneth up His enemies round about." Ps. 97:3.

"The Lord at thy right hand shall strike through kings in the day of His wrath. He shall judge among the heathen shall fill the places with the dead bodies; He shall wound the heads over many countries." Ps. 110:5,6.

Similar to this is the instruction given to Ezekiel. After he beholds the terrible wrath of God poured out upon the nations which then existed, his eye pierces the future to the events of "the latter years." And there, in connection with the consummation of the great controversy between a rebellious race and its Creator, he sees the countless foes of God marshalling themselves to battle against Jehovah like the gathering of a great army. But he also sees them met with the fearful fury and vengeance of a despised God, who rains upon them "hailstones, fire, and brimstone," while at the same time He summons all the fowls of heaven and the beasts of the earth to come and gorge themselves upon the flesh of His enemies, the great and mighty of the earth, who have been struck with divine justice. Ezek. 38:3-9,17-22.

In the vision of Daniel the kingdoms of the earth are represented by a great image, grand and imposing, the materials of which degenerate in character until from the head of gold we descend, through silver, brass, and iron, to the feet made of a mixture of iron and clay. And then, with a suddenness which takes the world unawares, a great stone, thrown by unseen hands with terrible velocity, strikes the colossal image on its feet,



and crushes it all to powder, a powder which is driven and scattered by the whirlwinds and tempests of God's wrath until not a vestige of it remains, while the stone which overthrows the kingdoms of the world becomes a great mountain which fills all the earth.

Here is foreshadowed the fact that earth's kingdoms would degenerate, and the character of the race become so sinful that the resistless might of an offended God would at last smite them, resulting in their extermination, while their destruction would be followed by a better order of things in the kingdom of God, represented by the stone cut out of the mountain without hands. This stone is to crush every opposing power, and fill the entire earth with its eternal and beneficent influence.

Passing on to the prophecy of Joel, we find him predicting the same events, and the utter overthrow of the enemies of God. All nations are summoned to the conflict. The men of war are bidden to come up. Their plowshares are to be beaten into swords, and their pruninghooks into spears. Both weak and strong are summoned to the valley of Jehoshaphat, to which place Jehovah Himself is to bring down His mighty ones, and sit to judge the nations round about. Then the command goes forth,

"Put ye in the sickle, for the harvest is ripe: come, get you down; for the press is full, the fats overflow; for their wickedness is great." Joel 3: 13.

Multitudes are there in that valley of decision. The skies overhead are clouded with a pall of blackness. The voice of God thunders out of Zion, the heavens and the earth are shaken as by an earthquake's power, and God's judgments fall with a fury which exterminates all His puny foes.

Similar allusions will be found in Amos, Obadiah, and Micah. Zephaniah foretells the time when God shall "rise up to the prey" (Zeph. 3:8), when the nations are gathered and the kingdoms assembled. And at that time he declares that God will pour out upon them His indignation, even all His fierce anger, and the fire of His jealousy will devour the whole earth.

And the prophet Haggai delivers this message from God.

"I will shake the heavens and the earth; and I will overthrow the throne of kingdoms, and I will destroy the strength of the kingdoms of the heathen; and I will overthrow the chariots, and those that ride in them; and the horses and their riders shall come down, every one by the sword of his brother." Haggai 2: 21, 22.

According to Paul, who comments on this

passage, this shaking will be more severe than that on Mt. Sinai when the law was given, for that voice shook only the earth, whereas it will now shake both earth and heaven, removing everything that can be removed, while the things which cannot be shaken, and the kingdom that cannot be moved, will abide, and become the eternal heritage of God's people.

Thus the testimony of inspired men on the point of the destiny of the human race is characterized by unity and harmony. It leads to but one conclusion. The controversy between a revolted race and the Creator will be closed by judgment unparalleled and indescribable in severity.

From the description which the prophets have given of the condition of the earth during the millennium, we see that it will be a waste, desolate wilderness. There will be no man here. The righteous will be in heaven. The wicked will all be dead. The cities of the earth will be broken down at the presence of the Lord. All the works of man will be destroyed. Darkness will cover the earth. The bodies of the dead will be from one end of the earth to the other end. There will be no one to lament them or bury them.

It is the earth in this condition which is called the "bottomless pit," into which Satan is cast and bound. The term "bottomless pit" is used in Revelation 9: 1, 2, and is there applied to the Arabian desert, from which issued the hordes of Saracens and Turks which are described in that chapter. The term means any place of darkness, desolation, and death. And when this earth, during the millennium, returns

to its original condition of chaos, "without form and void," it becomes the "bottomless pit" of Satan's captivity.

Here, in this desolate earth, with its cities broken down and its whole expanse become a great wilderness, without any of the human race left, Satan will be compelled to stay for one thousand years. He is bound with a great chain. This chain is not a chain of iron or steel, or tungsten, or brass, but a chain of circumstances. He is unable to do anything. He cannot deceive the righteous, for they are in heaven, out of his reach. He cannot deceive the wicked, for they are all dead. There is nothing he can do. By the very circumstances of his position he is bound, and he must of necessity remain bound until some change is brought about either in the condition of the righteous or in that of the wicked.



*The New Jerusalem*



While this is not Satan's final punishment, it is a just preliminary to it. It is sin which causes the wreck of the world. It is sin which causes the cities of the earth to be broken down. It is sin that slays the wicked. It is sin that makes the earth a desolate wilderness. All this is the work of Satan. This is the result of the rebellion he started in heaven and continued upon earth.

And now, during the millennium, he is made to understand what it all means, what its results have been. This ruined world is his handiwork. And for a thousand years he is compelled to view the results of his work. He is compelled to live in the conditions which he himself has brought about. His work of deception has been made impossible. The righteous have at last escaped his grasp, and are enjoying the delights of heaven at the court of the King of the universe. The wicked are before him, but they are cold in death.

As it was the destruction of the wicked and the translation of the righteous at the second coming of Christ which bound Satan, so the great chain with which he is bound will be broken by the resurrection of the wicked at the close of the thousand years.

The millennium begins with a resurrection and ends with a resurrection. The righteous dead are raised at its beginning, and accompany Christ to heaven. The wicked dead are raised at its close.

"The rest of the dead lived not again until the thousand years were finished. This is the first resurrection." Rev. 20: 5.

It is plain from this passage that the wicked dead are not raised until the close of the millennium; for if the rest of the dead live not again *until* the thousand years are finished, then when the thousand years *are* finished, the rest of the dead (the wicked) will live again.

This, then, the resurrection of the wicked, breaks the chain of circumstances with which Satan has been bound during the thousand years, and makes it possible for him again to enter upon the work of deception. The emptying of the earth of all human inhabitants constituted his binding, and now the resurrection of the wicked brings about his release.

The vast hosts of evil angels have been gathered about Satan, and now this great company is joined by the innumerable throng of the wicked.

"The earth . . . shall disclose her blood, and shall no more cover her slain." "The earth shall cast out the dead." Isa. 26: 21, 19.

Here are included the giants who lived on the earth before the flood, and who perished with the flood. During the ages that are past the earth hid her dead. Blood defiled the land, and the pollution of the dead carcasses made it unclean from end to end. But now an end has come to all this. The earth discloses its blood, and no longer covers its slain.

The earth casts out the mighty dead. Every sinner comes forth. Death and the grave deliver up the dead which are in them. The sea delivers up the dead which are in it. The accumulated generations which were in the world "which then

was," and was overthrown with water at the time of the flood, generations which are now submerged in the bed of the oceans, and all the generations which have gone into their graves since the world was overflowed with water, come forth together to receive their final and eternal punishment.

Many of these who come forth in the second resurrection are skilled in warfare, and they are just as eager as ever to destroy their opponents.

It is at this time that the Holy City, the new Jerusalem, comes down from heaven and rests upon the earth.

"I John saw the holy city, New Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband. And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people, and God Himself shall be with them, and be their God." Rev. 21:2,3.

That beautiful city, lightened with the glory of God, destined to be the capital of the new earth, settles down upon the place prepared for it, in the sight of the wicked. And in the city are the redeemed of the Lord who have been living and reigning with Him during the millennium.

---

## Why do the Wicked Prosper?

Sterling B. Slater



WHY the wicked prosper is one of the enigmas of life and a phase of God's providence that is hard to understand. The wicked seem to get along fully as well as those who try to live righteous lives. The sun shines just as brightly on them as on the righteous. We see a very wicked man at the height of prosperity, and a conscientious and godly man suffering without the barest necessities of life. Such seeming injustice in God's providence often makes us bitter and rebellious. We feel that there is no profit in doing right. Since God apparently does not justly reward righteousness, why not enjoy the pleasures of sin?

Let us, however, analyse the conditions before we form a conclusion. Why do we do right? Do we do right just to win God's favour and material rewards, or because it is right and best? If we do right just for the favour of God and material rewards, we are not to be trusted; if sin seemed to offer greater rewards, we would turn to sin. No virtue lies in such right-doing. On the other hand if we do right regardless of reward, merely because it is the right thing to do, we can be trusted; we are to be commended and rewarded. The trial of our integrity reveals the kind of righteousness we have, and characterizes us either as true to principle, and of God, or unprincipled, and of Satan.

Also we must always remember that this earthly life is not man's permanent state. It is but a probationary life in which it is decided whether he is worthy to spend eternity with God. God is not unjust because He permits a righteous man to undergo adversity, while the wicked seem to prosper. Were He to make the wicked man's environment unfavourable, the wicked man would



blame God for his damnation. He would claim that his environment was less favourable for righteousness than that of the righteous man, and that he did not have equal opportunity.

God cannot be partial in favouring the righteous man or in punishing the wicked until it has been definitely proved that the righteous will stand the test and that he is justified in contending with the devil (the god of this world) for the salvation of the righteous, while he condemns the wicked.

We can readily see that this is the only fair thing that God can do. Any other course would not justify the righteous or condemn the wicked; for, one might argue, under more favourable circumstances the wicked could have developed righteousness, and under adverse circumstances the righteous might have failed. It is for this reason that many righteous are put through adversity and many wicked are put through prosperity as a probationary test.

Sometimes the circumstances of the wicked are even more favourable than are those of the righteous so as to give him even more than a fair chance. Then if he does not change his ways, he is without excuse.

This, however, does not prevent God's rewarding those who have proved true, nor does it forbid His punishing those who have proved false, even in this world. It is the inevitable result. The prosperity of the wicked is short-lived, and the adversity of the righteous is only temporary. It has been said that "truth is born in a stable, cradled in a manger, passes through its Gethsemane, is crowned with thorns, and is duly crucified."

This is usually the experience of truth, or righteousness, but the writer just quoted failed to state that where truth is crucified there is always a resurrection.

Right is might; truth is always the most powerful and will surely gain the victory over evil. Most of us see the wicked shooting up out of a marsh of lies and deceit and we lose heart.

We have perhaps failed to champion what appears to be a losing cause, because of our unwillingness to hold to the right because it is right. When we try to flourish in this uncongenial soil, we again meet with failure, which results in our becoming embittered, declaring that the world is all wrong. We did not champion the right long enough for God to vindicate it; and when we tried to grow in wickedness, it was not our natural element, and so we were overcome. Had we been true to right, and had faith in it—trusted to it, staked our lives on it—God would have been able to vindicate our course, for it would then have been a contest between right and wrong.

Reeds and rushes shoot up overnight and thrive in marshes. The oak grows slowly on good soil: but if it abides its time, it will be a massive tree long after the flags have withered away and become fertilizer for the marsh.

As the Bible says, when the reeds and rushes are yet in their greenness they wither. Even though no effort is made to cut them down, they wither before any other herb. So with the wicked

## ANOTHER NEW RUGBY

A BRILLIANT ACHIEVEMENT.

WORLD CHALLENGE

FOR VALUE.

Touring Rs. 2700/-

*Elegance-Speed-Economy.*

Distributors:—

HILL, SAWYER & CO. LTD., BOMBAY.

Poona Agent:—MODY & Co.

East Street, Poona.

—they flourish for a short time in the mire, but when they seem to be blossoming at their best they fade away, even though no device is used to cut them down.

We cannot always see God's plan from the beginning: but as the photographic plate is at first hazy and vague, and clearly discernible only when fully developed, so God's providence, like a picture becomes clearer and the impression sharper, as the years roll on until at last, in the day of final awards, all mysteries will be made plain and we shall understand.—*Present Truth, England.*

## Cigarettes and Women

(Continued from page 13)

and her inspirational influence? The "smoking woman"—what can there be but repugnance, disgust, distress, in the thought; there can never be a reason; only an excuse. Women may have a right to do every foolish thing that man ever did, and give a "good excuse" for it; but it is woman's privilege to hold high the standard of femininity for the sake of the race, and there are many reasons why she should choose to do this. Thus by maintaining her standards and holding high ideals, she may retain the place long accorded her by her children and her man, and the place that no woman, no matter how modern, down deep in her heart wishes to surrender.



# OUR HOMES

## Making Home Homely

### The Mother's Part

THE character of a home is of course created by those who live in it, and it is very largely influenced by the mother. She is its ruling spirit. She is the "author of the show," and if she is of the home-making, home-loving sort, everything works easily, regularly and comfortably. She knows it is up to her to make home homely and attractive, and she is capable of making the most humble little cottage a charming and enticing spot. But oh, how many are her tasks, how endless her duties, how constant her forethought, how almost superhuman her resources.

Now since unity and peace are essential features of the homely home, it is obvious that anything in the way of serious quarrelling must be discouraged. This smoothing of troubled waters, and making rough places plain, is mother's job. It is not easy, and small wonder if, in her efforts at pacification, she gives dissatisfaction and gets into hot water herself. Let her take comfort and courage. These "ructions" and family squabbles are just little safety valves. They soon blow over if tactfully handled and do not really interfere with the general harmony and happiness of the home. If mother keeps her own heart warm and human, her example will not be wasted, and bickering, grumbling, and general fisticuffs will soon slink out ashamed.

Mealtimes provide a happy rendezvous for the family and bits of news from school or office provide general conversation for all. But for mother the chief care is the *menu*. Divergence of tastes has to be considered. Daddy loves roast beef. Mother hates it. Bobby and Billy are dangerously keen on fried fish. Mary and Lizzie will eat nothing but puddings and cakes. Half the family detest all vegetables. The other half detest brown bread. It is a really formidable difficulty. Wise training in the nursery would, of course, have saved the situation so far as the children are concerned. But if daddy *must* eat beef, well, daddy *must* eat beef and there is an end of it. Let him, therefore, have a menu to his liking and see to it that you cook your very best, because although I consider it infers a base libel on any man to say, "feed the brute," it is well to remember that we are all naturally happier, more content, and better tempered when well fed and well cooked for. Remember that wise catering and good cooking make for the comfort and consequently the homeliness of your home.

Order, we all know, is imperative. Without it the home would get completely out of hand. But I do think some mothers are a little too exacting. It is not diplomatic to insist too strongly upon tidiness. It is quite possible to drive your family away from the house by a constant insistence on putting things in their place. A certain laxity is desirable if home is to be a place of comfort, rest

and relaxation. By all means train your family in habits of tidiness, but if one of them throws his cap or coat down on the drawing-room sofa, do not enter into a hurly burly with him in consequence. You will notice that there is never any hustling nor rushing things in the truly homely home. Nor is there any nagging. And that brings us to another consideration.

No home can ever be homely, it cannot be even the ghost of home sweet home if the woman who rules over it is handicapped with a long tongue and a short temper. Such a woman is fully equipped with all the natural implements, the dangerous tools and destructive weapons wherewith to break up and demolish the happiest, most homely home on earth. It may be exquisitely beautiful, luxuriously comfortable, hygienic to a fault, labour saving beyond all modern woman's dreams. It may be an ideal home, one upon which wealth, art, even science has been spent, achieving the well-deserved title of "the perfect home." But to every member of her family, and even to herself, that home may be a perfect "hell upon earth" if she has a bad temper and a nagging tongue. No home is homely where mother is a scold, and when her temper and her tongue have driven first her man, and then her boys and girls, to some more home-like and cheery fireside she will realize her mistake and her great necessity for a change of tactics. It is high time we women made a real effort to live down the discreditable words of the cynic who, to our everlasting shame, has said that a woman's tongue is her sword, which she never lets rust. Let no soul-destroying apathy prevent our earning a more worthy reputation.—*Marie Blanche in Good Health, England.*



## Nellie's Wish

By Arthur H. Maxwell

THE holidays had begun. School was over. Everyone was looking forward to Christmas day.

How slowly the time seemed to pass! It seemed as though Christmas day would never come. Outdoors it was too cold to play and indoors there seemed nothing to do that did not get in mamma's way.

"Oh, what shall we do?" said Nellie to her little sister Elsie.

"Let's write that letter to Father Christmas we were going to send him."

"If you like," said Nellie, "but do you know I believe Father Christmas is only daddy dressed up."

"Do you?"

"Yes. Last Christmas I kept one eye open till someone came in my room to fill my stocking, and I'm sure it was daddy in his dressing gown."

"But let's write the letter anyway," urged little Elsie.

"Oh, yes, that will be fun. What shall we ask him to send us?"

"Let us get some paper and a pencil first so we won't forget anything."

"I'll run and get some," said Nellie, and off she went, coming back in a few minutes with enough paper for a very long letter.



Elsie, having just learned to write, it was agreed that she should write the letter, while Nellie sat by her side to tell her how to spell the words.

"Before you begin, let's try to think of what we would like most," said Nellie.

So they talked the matter over very seriously and came to the conclusion that they wanted a very large number of things. Elsie was sure she needed a box of paints, a baby doll, a doll's pram, a ball, lots of sweets, oranges and apples, and a musical box. Nellie had bigger ideas and wanted a scooter, some good books with pictures in, a big box of chocolates and, above all things, a fairy doll.

"I really don't think he will be able to carry them all," said Nellie.

"Oh, I do," said Elsie. "He has a big bag."

"Yes, and there is no harm in putting them all down."

So they did. With much painstaking care little Elsie wrote the letter, underlining all the things they specially wanted. At last it was finished and ready to be placed in an envelope. Before doing so Nellie read it over, all the way from "Dear Father Christmas" down to "Hoping to see you soon." Then she gave a little sigh and put it down.

"Why, what's the matter?" asked Elsie.

Nellie was silent a moment. Then she said, "I think it is rather a selfish little letter."

"Why?"

"Because we have only asked things for ourselves. There's not one thing that we have asked for anyone else."

"That's right. What had we better do? Must we write it all over again?"

"Oh, no; that would take too long. Why not let us add a postscript?"

"What's that?"

"Just a few words at the bottom." "All right. What shall we say?"

"I would like to see some of the poor children at school get some nice things like we have asked for."

"So would I."

"There's Kittie Gordon," said Nellie. "She's such a dear girl but her mother is so poor that I don't suppose she will get any Christmas present at all."

"Won't she really?"

"I don't suppose so."

"Then let's ask for something nice to be taken to her. I'm sure she would like a fairy doll like you."

"Yes," said Nellie. "Let us put that down. Then the letter will be all right, I think."

So Elsie carefully added the words, "Please see that poor Kittie Gordon gets a beautiful fairy doll." Then they folded up the letter, put it in the envelope, stuck an old stamp on it, and handed it to mother, asking her to see that it was posted.

Christmas morning came, and with it all the glorious fun of opening the stockings and examining the parcels that were piled up beside their beds. Nellie and Elsie were as happy as children could be, shrieking with delight as each parcel was opened and they found something else for which they had asked in their letter. Of course they did not get all their requests, but it seemed as though they had been sent the things they wanted most of all.

There was one thing wrong, at least so far as Nellie was concerned. She did not say anything about it till she had opened all her parcels. Then she began to look just a little bit worried. She turned all the brown paper over again and again and looked under the bed, even in the cupboard, but in vain. The thing she wanted most of all was not there.

"What's the matter, Nellie?" asked Elsie. "Haven't you got enough things?"

"Oh, Elsie," said Nellie, "I know I have some lovely things, but *IT* is not here."

"What do you mean?"

"Oh, I did *so* want a fairy doll."

"Perhaps he forgot and took yours to Kittie Gordon."

"Perhaps so," sighed Nellie, "but I didn't mean him to do that, and I'm sure Kittie would never get one anyway. Her people couldn't afford it."

Hardly had she said this than she realized how mean it was. She had had all these beautiful things and most likely poor Kittie had had nothing. She began to wish she could take something to Kittie right then, but of course

she couldn't go in her nightie. All day she felt a little unhappy about it and, in the midst of all the happy play with the new toys, she kept thinking of Kittie.

In the evening Nellie and Elsie went out to a party that was being given by the people next door. There were several other little girls there and they had a splendid time together. After tea—and what a tea it was!—they all went into another room, in the centre of which was a tall Christmas tree, covered with presents and little coloured lights. It was a very pretty sight, but the thing which most took Nellie's attention was the beautiful fairy doll perched right on the top of the tree. Her heart beat faster as she thought that perhaps now, at last, her great wish might be granted.

They played all sorts of games around the tree and at long last the presents were distributed. Oh, how one thought was in Nellie's mind—who was going to get the fairy doll? Impatiently she waited and waited while every other child received a gift. There was just one thing left on the tree. It was the fairy doll.

"This," said the lady, "is for—"

"Nellie," said all the children, for they saw that she had had nothing from the tree so far.

Nellie blushed and jumped up from her seat. Taking the doll from the lady she hugged it tightly to herself while everybody clapped.

Then a strange thing happened. Nellie was walking back to her seat when suddenly she turned quite white and, pointing to the window, cried, "Oh, look!"

Everybody looked, but there was nothing to be seen. The blinds were up, but outside all was dark and still.

"What was it?"

"It was poor little Kittie Gordon. She was looking in at the window and I'm sure she had been crying. Oh, I must go at once."

And without another word Nellie rushed to the front door and out, all in her party frock, too.

Far down the street, under a lamppost, Nellie thought she saw a little figure.

"Kittie!" she cried. "Kittie! Come here."

But Kittie went on and Nellie had to run the whole length of the street before she caught up with her. "Oh, Kittie!" she panted, "I have brought you something. Please do stop and take it."

Then she pressed something into Kittie's arms and, with a hasty "Goodbye," turned and ran back to the house as fast as her legs would carry her. For one thing she was feeling very cold without her jacket and for another thing she felt happier than she had felt all day.

As for Kittie, she stood in the street looking at the wonderful thing she held in her arms that had, it seemed to her, dropped from the very skies.

It was the fairy doll.

## Small Beginnings—Great Endings

By Courthope Todd



FROM small and almost insignificant events many of the greatest benefits have accrued to the world. There is a wise saying, "Little is much if God is in it." Modern surgery is largely due to what is known as "The Rontgen Rays." There are few now who meet with accidents who are not at once subjected to the wonderful discovery of Prof. Wilhelm Rontgen, popularly known as the "X-Rays." He tells us it was "quite by accident" he discovered that certain rays of light passing through any part of the body would enable a shadow picture to be produced showing the exact place of injury. Everyone knows how valuable were these rays in the time of the Great War and in our present fully-equipped hospitals.

Thousands of people have seen an apple fall to the ground but their only (Turn to Page 27)





## OUR BIBLE READING

*"The entrance of Thy Word giveth light"*



### *Christ and the Sabbath*

Earl F. Hackman

#### *Who made the Sabbath?*

"All things were made by Him; and without Him was not anything made that was made." John 1: 3.

#### *Of what did Christ say He was Lord?*

"The Son of man is Lord even of the Sabbath day." Matthew 12: 8. See also Mark 2: 28.

#### *What did Christ teach concerning acts of necessity and mercy on the Sabbath?*

"Behold, there was a man which had his hand withered. And they asked Him, saying, Is it lawful to heal on the Sabbath days? that they might accuse Him. And he said unto them, What man shall there be among you that shall have one sheep, and if it fall into a pit on the Sabbath day, will he not lay hold on it, and lift it out? How much then is a man better than a sheep? Wherefore it is lawful to do well on the Sabbath days." Matthew 12: 10-12.

#### *When Christ foretold the destruction of Jerusalem by Romans, what did He admonish His disciples to do?*

"When ye therefore shall see the abomination of desolation, spoken of by Daniel the prophet, stand in the holy place, (whoso readeth, let him understand:) then let them which be in Judea flee into the mountains: let him which is on the house-top not come down to take anything out of his house; neither let him which is in the field return back to take his clothes. And woe unto them that are with child, and to them that give suck in those days! But pray ye that your flight be not in the winter, neither on the Sabbath day." Matthew 24: 15-20.

NOTE.—"He who made the Sabbath did not abolish it, nailing it to His cross. The Sabbath was not rendered null and void by His death. For forty years after His crucifixion it was still to be held sacred. For forty years the disciples were to pray that their flight might not be on the Sabbath day."

#### *From what did Jesus come to save His people?*

"She shall bring forth a Son, and thou shalt

call His name JESUS: for He shall save His people from their sins." Matthew 1: 21.

#### *What is the Bible definition for sin?*

"Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law." 1 John 3: 4.

Thus Jesus came to save His people from transgressing the law.

#### *Is the carnal mind subject to the law of God?*

"The carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be." Romans 8: 7.

#### *What do we become in Christ?*

"If any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new." 2 Corinthians 5: 17.

#### *Will any man who abides in Christ knowingly or willingly break God's holy law?*

"Whosoever abideth in Him sinneth not: whosoever sinneth hath not seen Him, neither known Him." 1 John 3: 6.

"Hereby we do know that we know Him, if we keep His commandments. He that saith, I know Him, and keepeth not His commandments, is a liar, and the truth is not in him." 1 John 2: 3, 4.

NOTE.—We do not keep the law to be saved, but we keep the law because we are saved. No man can obey the commandments without the abiding presence of Christ in his heart. Therefore if he keeps the commandments because he is saved, he will also observe the Sabbath commandment.

#### *If we break the Sabbath commandment, of what are we guilty?*

"Whosoever shall keep the whole law, and yet offend in one point, he is guilty of all." James 2: 10.

#### *Can you afford to break the law in one point, and thus be made guilty of all? Can you afford to exchange your crown of life for the commandments of men?*

You have the answer for this question. Will you not settle the matter now, saying, Yes, Lord, I will surrender all to Thee, and by Thy grace observe all Thy commandments?





# The DOCTOR SAYS



*"Kindly let me know if there is any cure for snoring during sleep."*

It would be well to have the throat examined thoroughly for adenoids and large tonsils. Sleeping on the side will often prevent snoring. The last extremity might be binding the chin up by a towel passed under the chin and over the head to keep the mouth closed during sleep.

*"I have been suffering from gastritis and insomnia for some time and should be glad if you would suggest suitable diet and treatment."*

Gastritis may be treated successfully by dieting. A milk diet is generally successful in this condition. Use a half pint of milk every two hours during the day. Rest as much as you can reclining. Drink a glass of hot water early in the morning, before taking any food. Keep the bowels well regulated. Be out in the fresh air as much as you can. Gradually work up exercise in the out-of-doors. This treatment will also assist in overcoming insomnia. However, a neutral bath at body temperature for thirty minutes before retiring is most helpful.

*"I weigh 225 pounds, am fifty-eight years old and five feet and ten inches high. I am troubled with shortness of breath, and feel a fluttering of the heart. I have high blood pressure. What shall I do for it?"*

From your weight and height I judge that you "eat a little too hearty."

You are getting older and should be eating very much less than you did fifteen or twenty years ago, and unless you can eat so as to get your weight down to not more than 180 pounds (160 might be better), your heart trouble is likely to keep increasing until—

Life insurance men have found that after the age of thirty-five a man who is 10 per cent under the average weight, is likely to live longer than if he is the average weight; that is, the average man weighs too much; and the reason he weighs too much is because he eats too much, and every extra pound means that much extra work for the heart. So we count nowadays that heart disease has come to be the principal cause of death among old people because they eat too much.

Unfortunately, with many of us older people food continues to taste good, and as long as it tastes good we continue to eat, perhaps taking desserts, etc., after we should have quit.

I should earnestly suggest that you leave the table every time hungry, and that you eat nothing between meals.

*"Does the banana contain poison? Are bananas dangerous for children to eat? Some people say they cause constipation. Is that true?"*

I have no reason to think that the banana contains any poison. They are supposed to be injurious to children under four years of age, although I have seen a number of quite young children eating them without noticing any very serious effects. They do not cause constipation.

The banana is a particularly nutritious fruit, containing about 20 per cent of sugar and starch, a trace of fat, and 4 or 5 per cent of protein, large quantities of C and B vitamins.

*"Does every one have worms? Are they naturally present? and if not, where do they come from? Are they more common in children? Are they injurious?"*

Not every one has worms. But in some countries nearly every one is a victim. Worms are not naturally

present. They get into the intestinal tract in the food and the drink, or from dirty fingers. The hookworm reaches the intestine after entering the skin of the feet.

Worms are more or less injurious, some much more than others. At best they are a parasite living at the expense of the host and causing more or less distress. At the worse, as in hookworm, they sap the vitality, rob whole regions of efficiency, render many helpless invalids and shorten life.

*"What is meant by parathyroid treatment?"*

Parathyroid treatment is the administration of an extract made from the parathyroid glands (small glands lying near the thyroid, but distinct from the latter).

Some investigators in England found that the parathyroid treatment caused the healing of old leg ulcers that had resisted every other form of treatment. Later it was found that ulcers of the stomach and intestines and even tuberculosis are benefitted by this treatment.

As with all other treatments, further investigation may show that the first reports are a little too glowing.

*"Having decided to discontinue the use of meat, I desire to know what will take its place."*

Milk will more than take the place of meat, as it furnishes lime and vitamins much better than meat, and its proteins are fully as capable of satisfying the body needs as are meat proteins. In nearly every way milk supplements the cereals, making a balanced dietary, better than does meat. Graham Lusk, well-known as a nutrition expert, says that no family of five should purchase any meat until they have purchased at least three seers of milk. That is, in his estimation, three seers of milk a day is a prime necessity in the diet, even more necessary than meat. A diet in which milk and cereals form the nucleus is not very likely to go wrong for want of necessary nutrients. With these may be combined fruits and vegetables, though these latter are better not eaten at the same meal. One may do without milk by using a more liberal amount of green vegetables, but it is much easier to ensure a balanced dietary with milk than without it. The cow's digestive apparatus is much better fitted than ours to digest the coarse vegetables and extract therefrom the vitamins.

*"What are the dangers from obesity?"*

Plump people are only one-fourth as likely to suffer from tuberculosis as a person of average weight, while lean people are six times as likely to suffer from this disease as those who are overweight. Dr. Symmonds has clearly shown that leanness predisposes to tuberculosis, or, at least to fatal tuberculosis: while lean persons are only half as likely to suffer from diabetes as persons of average weight.

Lean persons, on the other hand, are twice as likely to die from pneumonia as persons who are overweight. Flethy persons seem to be in some way immune against the germ of pneumonia, while lean persons are especially susceptible. Overweights suffer twice as often from Bright's disease, both acute and chronic, as do persons of normal weight. This is probably due to the excessive feeding to which overweights are likely to be habituated. Obese persons suffer from cirrhosis of the liver three and one-half times as often as persons of normal weight.

Doctor Rogers, the chief medical director of a great life insurance company, has shown by extended and careful study of the data furnished by the experience of this insurance company, that persons who are even ten per cent above the normal weight have a considerably higher mortality than those who are ten per cent below the normal weight.





## My Favourite Text and Why

"Lo, I am with you always, even unto the end of the world." *Matthew 28:20.*

Alexander Marshall

THERE is hardly any other text of Scripture that inspires me so much as this promise of our Lord, that, though He was leaving the disciples, yet, through the presence of the Comforter, He would be with them always.

Most of us know the strange feelings that creep in when we move to a new city or district. We wonder whether we shall be able to get on as well as we did in the old home, whether we shall be able to get along with our new neighbours; but things are not half so bad if there is a friend living in the house across the street.

So it is with us in the world. Christ, our guide, has been here before us. He is thoroughly acquainted with every step of the way. He has suffered sorrow to a greater degree than we can understand. His temptations were such that they drew drops of sweat, as it were blood, yet He yielded not. His joy is complete when some wayward soul of earth looks unto Him for life. Through the Comforter—the Holy Spirit—Jesus is to be with us always.

Sometimes I stray into the fields of doubt and sorrow,—doubt of myself or of my friends, doubt of my work; I wonder if the struggle is worth while. Then comes the thought, "Lo, I am with you." What child of God is not encouraged to a new and a better effort when he knows that the Master is here, realizes that Jesus is willing to help him to be an overcomer of the same things that He overcame, that his troubles, sorrows, and temptations are all understood by the One who has passed the way before,—understood so well that He promises to stand by always,—knowing that in man is no strength to win life's battles. Earthly friends may stay long, through many trials and reverses, but eventually they will fall away; but this Friend says, "Even unto the end."

Sometimes when I feel lonely and the general view of life throws a blanket of fear around me, then again I hear that voice, soft and soothing, full of love and compassion, "Lo, I am with thee."

Thousands upon thousands of people are always ready to stand for hours to greet a king or a prince, some country's queen or president,—all total strangers to one another; but the Majesty of the universe, known to nearly all of us, must wait a more convenient season. Few stop to think that these kings are no better than they themselves, that they consider your wants and wishes only to keep the peace of the masses, and barely do that; as to walking with you, they would never do it. But the King of heaven waits, finds peculiar de-

light in walking with those who are willing that He should. Only the true child of God can know the fulness of meaning, the heights of friendliness, the depth of love and wisdom, which my text inspires. Unbounded security, immortality, unending happiness, are assured in the words, "Even unto the end of the world," for to us there will be no end, for all things are become new in Christ Jesus.

## Don'ts for Young Mothers

DON'T kiss the baby on the mouth or allow your friends to do so.

Don't give soothing syrups to the cross baby.

Don't give "patent" cough mixture for a cough.

Don't fail to secure the best milk you can afford to buy.

Don't allow flies to rest or feed on baby's bottle or nipple.

Don't fail to wash the bottle and nipple before feeding the baby.

Don't fail, after feeding baby, to wash bottle and nipple. Don't let the milk bottle stand about, off the ice.

Don't fail to keep the baby's food, when prepared, on the ice.

Don't fail to feed baby at regular periods, day and night.

Don't let the baby use a "pacifier or dummy." Constant sucking of a dummy teat causes deformities and interferes with baby's growth.

Don't neglect the daily care of baby's mouth—wash out with boric acid after each feeding.

Don't excite the baby—especially before sleeping time or after eating.

Don't rock the baby to sleep.

Don't let anyone sleep with the baby.

Don't let the baby sleep in the sun with light shining into its eyes.

Don't overdress the baby, and in summer avoid wool near skin.

Don't pick up very young babies without supporting the back.

Don't neglect to bathe the baby daily. In summer frequent wet dips help.

Don't fail to clean all folds of skin, and powder well. Don't let a wet bib or wet cap string chafe baby's neck.

Don't keep baby in the house; fresh air is necessary for growth.

Don't permit flies to bother baby when sleeping; use a net.

Don't fail to screen in the windows, particularly in the nursery, against flies and insects.

Don't forget that babies nursed by their mother's milk, and given plenty of fresh air, have three times the advantage over others in escaping diarrhoea, pneumonia, and children's infections.

Don't forget that a mother who thinks her milk is not right or sufficient for her baby may secure medical advice on how to improve it in both quality and quantity—she should consult her private physician.



## MEATLESS RECIPES

### SCOTCH PLUM PUDDING

Soak overnight 4 tablespoonfuls small sago in 1/2 pt. milk. Next day add one teacupful of brown breadcrumbs, one teacupful of stoned raisins, and 1/2 teacupful of brown sugar. Also one tablespoonful oiled butter, and 1/2 teacupful carbonate of soda dissolved in a little milk. Steam in a buttered basin for three hours.

### BROWN SOUP

Two Spanish onions, 2 carrots, 3 stalks celery, 1 teacupful Marmite, 1 cup tomato juice, 2 tablespoonfuls oil, 1 tablespoonful browned flour.

Slice onions and fry in oil in soup pan. Pour on plain or vegetable water in which is cooked roughly-cut carrots and celery. When the vegetables are tender rub through a colander. Reheat with the addition of Marmite and tomato. Lastly add the browned flour rubbed to a smooth paste.

### APPLE CHEESE AND NUT SALAD

Four medium-sized apples, 1/2 lb. cream or St. Ivel cheese, 1/2 cupful broken walnut halves, 1 cupful mayonnaise dressing.

Peel and dice the apples and marinate them with the juice of two lemons to prevent discoloration. Cut the cheese in half-inch cubes and add to the apples. Add enough of mayonnaise dressing to blend the ingredients, and serve on garnished salad plates. On top of each serving scatter some of the broken walnuts.

### CLUB SANDWICHES

Six hard-boiled eggs (chopped fine), 1 tablespoonful finely-chopped onions, 2 tablespoonfuls tomato juice, 4 tablespoonfuls cucumber (chopped medium), 1 tablespoonful butter, juice of 1 lemon, celery salt to season.

Mix ingredients until well-blended, and spread on buttered bread.

### MAYONNAISE SAVOURY

Add to two well-beaten eggs, 1 teaspoonful celery salt, 1/2 teaspoonful common salt, and 1/3 cupful of lemon juice.

Beat well together and cook in double boiler over fire, stirring constantly until it thickens. Then remove from fire and beat until cold.

### SAVOURY TOMATOES

Grease a pie-dish and fill with alternate layers of sliced or tinned tomatoes, breadcrumbs, fried onions and grated cheese. Pour over the whole enough of this liquid—1 beaten egg to 1/2 pint milk—to well cover contents of dish. Cook standing in dish of water until set. This method of cooking prevents curdling.

### PASTRY STRIPS

1/2 c. seeded dates      1/4 c. chopped walnuts  
1/2 c. seeded raisins    Plain pastry

Roll out pastry into oblong shapes; spread with paste made by putting the dates, raisins, and walnuts through a chopper, and, if quite dry, moisten with a tablespoon of orange juice. Roll the strips and then flatten slightly with a rolling-pin. Cut into one-half inch strips, and bake in moderate oven.

### FIG PUDDING

3 eggs                                      1 qt. milk  
1 c. bread crumbs                      1 1/2 c. chopped figs  
1/2 c. sugar                                      (about 1 doz.)

3 tbsp. powd. sugar

Heat the milk. Add chopped figs, crumbs and sugar. Beat one egg-white and add the three stiffly beaten egg-yolks. Fold in and bake until set. Make a meringue of remaining egg-whites and sugar. Bake in a slow oven until meringue is browned. Serve hot with cream.

## UNDERWOOD TYPEWRITER QUIET MODEL



The Machine YOU WILL Eventually Buy  
SPEEDIEST WRITING MACHINE KNOWN THE  
WORLD OVER  
HOLDS HIGHEST AWARDS FOR SPEED AND  
MECHANICAL EFFICIENCY

Sole Agents in India :

**P. S. WARDEN & CO.**

Wadia Bdg. Bruce Rd. BOMBAY

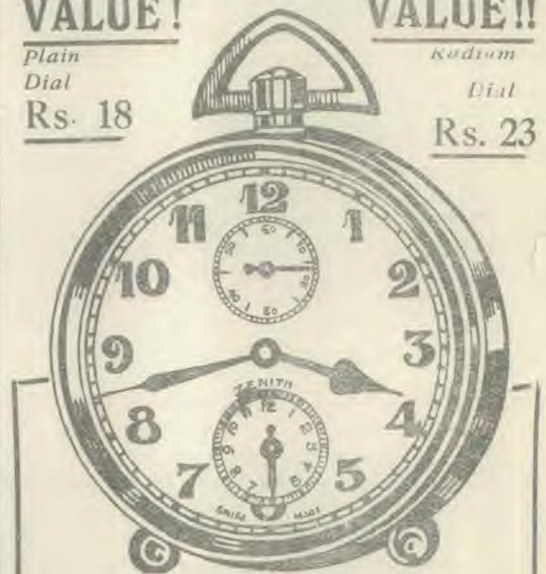
Telephone No. 25329 Also at: Calcutta, Madras Delhi, *Telegram* UTICO, Lahore Simla, Karachi, etc.

**VALUE!**

Plain  
Dial  
Rs. 18

**VALUE!!**

Kodiam  
Dial  
Rs. 23



3/4 SIZE

"Improved"

**ZENITH**

ROC ALARM TIMEPIECE

(Jewelled Escapement)

**FAVRE LEUBA & Co. Ltd.**

Hornby Road BOMBAY Dalhousie Square CALCUTTA



## Small Beginnings—Great Endings

(Continued from page 22)

care has been whether it was ripe or otherwise; it was, however, on the fall of an insignificant apple that the great philosopher Sir Isaac Newton founded his system of gravitation, the force which draws and attracts material bodies to one another. This great man lies with others in Westminster Abbey.

To turn from the realms of science to very common-place incidents in history. Every Scotch child knows that it was the sharp cry which rose from a besieger of Edinburgh who pricked his foot with a thistle, that awoke the guard and saved the capital.

Constantinople also was saved from its foes many centuries ago by the unusual barking of its hundreds of dogs in its streets at night. The new moon rising at that instant, the inhabitants observed the enemy approaching and were able to repulse them. Roman history makes us familiar with the story of how Rome was saved by the cackling of geese so that the soldiers on the Capitol were enabled to shield their famous city.

The possessor of the bicycle now fitted with pneumatic tires is apt to forget the merriment which was occasioned by what seemed a mad proposal to place an air-filled hose-pipe round each wheel of the machine. Of the enormous possibilities in such a very simple invention England and America never dreamed.

Perhaps in recent years nothing has been more wonderful than the increase of traffic in the world by road, sea and air, and yet "many trifles make perfection, but perfection is no trifle." In my house I possess a very old engraving; it is the work of a great artist. James Watt is shown as a lad watching the steam as it came from a kettle whose lid was thus made to rise and fall. Placing a spoon in the vapour he noted the condensation thereon. His tall, fine-looking aunt, coming in at that instant, sternly reproved him for his waste of time. Little did she dream that his simple experiments would secure for him a place amongst the world's greatest benefactors.

Pisa in northern Italy has a beautiful cathedral and Galileo, born in 1546, noticed as he stood in the edifice a glass chandelier swinging to and fro. As he studied the movement he conceived the idea of a pendulum, by which mechanical arrangement time on clocks is measured.

Bible truth is replete with illustrations to the same effect. The prophet Zechariah (4:10) puts the question "Who hath despised the day of small things?" He is reproving the people for their ungrateful unbelief at the "small beginnings" of God's work in the hand of Zerubbabel—the head of the tribe of Judah who led the return of the exiles from the Babylonish captivity. Work in its early stages is often despised, but God regards it with rejoicing and will continue to do so. The divine eye notes the first impression made on a soul; perhaps through reading a tract, and He has in view the great end of that soul's conversion.

## THE AMERICAN EXPRESS CO. INC.

(Incorporated in U. S. A.)

### INTERNATIONAL BANKERS AND TRAVEL AGENTS.

Offices in all Principal Cities  
Throughout the World.

#### BANKING DEPARTMENT

Current Accounts and Foreign Currency Accounts carried. Demand Drafts, Letters of Credit, Travellers' Cheques issued, Telegraphic and Mail Transfers effected and Dollar Money Orders issued. Foreign Money Bought and sold.

#### TRAVEL DEPARTMENT

Railroad Tickets issued. Passages booked on all lines at the usual concession rates. Hotel reservations arranged. Travelling Bedrolls supplied. Baggage cleared and stored. All classes of insurance effected. Uniformed Interpreters at all important Centres.

#### A WORLD SERVICE

BOMBAY OFFICE

240 Hornby Road

CALCUTTA OFFICE

14 Government  
Place East

COLOMBO OFFICE

1 Queen Street

Cable Address AMEXCO



The  
Film  
that puts  
"SNAP"  
into  
SNAP-  
SHOTS

## Wellington

ANTI-SCREEN.

Write for free illustrated booklet No. 18.

WELLINGTON & WARD LTD.

Works . . . . . Elstree, England

Cook's Building  
Bombay

12K Park Street  
Calcutta



## Seeking the Unknown God

(Continued from page 11)

converted into sobriety and sincerity to-day—these are the greatest possible evidences of the power and genuineness of religion.

A vast multitude of human beings who in every age and clime, have had this personal experience of Christ in their lives, constitute a volume of evidence as to the reality of religion that is incontrovertible. This transformation of life is the witness of God's Spirit in the human soul.

"He that believeth on the Son of God hath the witness in himself." 1 John 5:10.

The fact that the very frequently used personal testimony is rejected as inadmissible evidence to the modern man, who believes in justification by verification, should occasion no great surprise. It remains true, in spite of its rejection, that God sends His greatest witness to the individual, and through that individual to the world. Christ's reply to Nicodemus was one of certainty and of personal testimony: "We speak that we do know, and testify that we have seen; and ye receive not our witness." John 3:11. Christ says to His people, "Ye are my witnesses," and He sends them forth to witness of what they have experienced of His transforming power. Small wonder if that witness be discredited in some quarters as was the testimony of their Master!

We believe that much of the difficulty which appears to bar the modern man's acceptance of the evidences of God, is not, in the last analysis, an intellectual difficulty; it is rather a matter of the heart, the conscience. One of our ex-Premiers touched the vital point in a recent speech, when he said that the hardest thing in the world was the human heart. If the modern man of science would be justified by verification, he must first verify with his own heart and soul. He will then feel and know that the inward "witness of God" is greater than the witness of men. (1 John 5:9.)

But so long as men continue to regard religion solely as a matter of intellectual comprehension and verification, and omit the element of faith so necessary to the relationship between the human soul and its Divine Lord—just so long will the "cult of the Unknown God" continue to thrive.

Spiritual perception is something devoutly to be sought with both heart and mind. He who finds this spiritual discernment (1 Cor. 2:14) will, unlike Mr. Wells' "prevailing man of the future," "presume" to know God as Saviour and Upholder. That, after all, is very definite knowledge of the being of God.

John's first epistle is literally full of this triumphant certainty of personal experience. The whole Bible is full of it. It is for each and all to verify. It will, in spite of modern incredulity, continue to be, in its results, the most powerful and the most effective of Christian evidences.



**A=Always  
B=Buy  
C=CASTROL**

**The  
A-B-C-  
of better  
motoring!!**

**Better piston seal  
Better starting  
Better consumption  
Less carbon  
Easier running.**

*Obtainable everywhere*

**Wakefield  
MOTOR OIL**

**"Sole Makers:  
Messrs. C. C. Wakefield & Co. Ltd."**

## Ridding the Household of Insect Pests

(Continued from page 9)

and insecticides, most of which possess strong odours, could not be used. The entire floor was covered with a mixture of sea salt and sawdust. Water was then applied. This was allowed to remain on the floor over night. The operation was repeated after an interval of five days. The fleas were killed by this treatment. If boiling water is used on the sea salt and sawdust the operation will be more effective.

If simple methods have failed to eradicate fleas in your house, and fumigation cannot be practiced, one of the best ways is to sprinkle over the floor of an infested room five pounds of flaked naphthalene. The room should be closed tightly for at least twenty-four hours. After this period, the flaked naphthalene may be swept into another room that requires treatment. This is effective for the destruction of all adult and larval fleas. To be sure that all eggs have been destroyed wash the floor with kerosene, kerosene to which cresol has been added, a weak solution of bichlorid of mercury, or hot soap suds. After the floor coverings are thoroughly aired and beaten, they should be sprinkled with kerosene, powdered alum, pyrethrum powder or flaked camphor.



## THE NEW "CLIFTOPHONE" WONDER PORTABLE

Rs.  
97/8



This is the finest portable model obtainable. Note for note and tone for tone, its reproduction is as perfect as that of the most expensive Gramophone of any other make,—thanks to the wonderful Cliftophone Tubular Amplifier.

*Model A.* Finished in finest quality black leatherette and nickelled fittings. Size 12½ ins. x 12½ ins. x 7½ ins. Weight 14 lbs. Collaro Cliftophone motor, with extra strong single spring. Plays 12 in. records. Plays with the lid closed. Record container for nine 12 in. records. Also finished in red, blue, green or brown finest quality leatherette.

Rs. 97/8/- .

*Model B.* Covered in black leatherette and fitted with strong single-spring motor. Plays 12 in. records. Nickelled fittings.

Rs. 67/8/- .

S. ROSE & CO. LTD.

FORT, BOMBAY.

Telegrams: "Rosebud."

PACKING AND POSTAGE FREE

### Geology and the Bible

(Continued from page 7)

would hardly be deposited in a deluge of two hundred and seventy days. Again, footprints of dinosaurs are found in sedimentary rock which the Deluge theory presumes was laid down in the same Deluge that destroyed the dinosaurs.

The latter is the only serious criticism of the theory. The others are almost meaningless. There is no good reason for the assumption that the Deluge was a great and sudden sweep of water that buried everything almost instantaneously. Genesis gives virtually no details of the nature and manner of the Deluge, but it tells us that it required weeks or months to reach its culmination and half a year or more for it to subside. On this basis, the animals doubtless perished gradually. Many by going here and there could doubtless survive for quite a time, until much sediment had been deposited, and thus they could leave their footprints there. This is doubtless the explanation why footprints of animals are found in sediment deposited in the same Deluge which destroyed the animals. It also provides sufficient explanation of the segregation of fossils of different kinds in the same, as well as in different, places. The situation resolves itself into this:

It must be decided whether sedimentary rock was formed at intervals during extended millions of years, or whether it was formed in one great time of world ruin. It must have been one or the

other. You cannot crowd a series of geologic ages into 6,000 years, or even 6,000,000 years, it was one great catastrophe, or it was millions upon millions of years long.

Geologic time has been too short for those millions of years. Earth movements required by the theory were impossible. There is no true order or system in the different geologic strata: types that are above at one place are beneath other strata in other places. The only possible conclusion is that all were formed in one period of earth ruin. That this ruin was the Deluge of Genesis is indicated by the record of Genesis and by the almost universal tradition of the peoples of the earth of such an event.

Many persons believe that there is no sense in going to the dentist if the teeth do not hurt. This is a serious fallacy, Dr. W. M. Gardner says in *Hygeia*.

If a tooth aches it usually means that decay has penetrated far into the tooth and that the acid formed by bacterial fermentation is causing a chemical irritation to the nerve. In such cases more skill is required to place a filling and the filling is less permanent than if the cavity had been discovered earlier.

Periodic visits to the dentist will forestall many a toothache, Dr. Gardner concludes. It is poor policy to wait for an aching tooth to drive one to the dentist. Prevention is by far the wisest plan to adopt.



Published Monthly by

The Oriental Watchman Publishing Association

Post Box 35, Poona, India.

J. S. JAMES, Editor

Single Copy, 8 Annas.

**Subscription Rates:** Single yearly subscription, Rs. 4-8-0 in advance. Special club rate three years' subscription, Rs. 12-8-0. Postpaid. V. P. P. ans. 2 extra.

**Change of Address:** Please give both old and new addresses.

**Expiration:** Unless renewed in advance, the Magazine stops at the expiration date given on the wrapper.

No magazines are sent except on paid subscriptions, so persons receiving the WATCHMAN without having subscribed may feel perfectly free to accept it.

Printed and Published by J. S. James, at and for the Oriental Watchman Publishing Assn., Salisbury Park, Poona. 350/28

## Pays Tribute to Laennec Inventor of Stethoscope

THE life story of Rene Theophile Laennec, the inventor of the stethoscope, the common instrument by which a physician listens to sounds in the chest, is told in *Hygeia* by Dr. J. A. Myers in his series on tuberculous physicians and their contributions.

When Laennec was very young he went to live with an uncle who was a member of the faculty of medicine at the University of Nantes. Through this uncle Laennec's interest in medicine was aroused and he became a prize student. When he was only 21 years old he published a series of medical papers and at 22 gave a course of lectures on pathologic anatomy.

Laennec devised the stethoscope about 1816. He interpreted the sounds coming to the ear from the lungs so that he was able to differentiate the various diseases. No one has made more satisfactory descriptions of the sounds within the chest, Dr. Myers states. In 1818 he published a book about his studies that is considered one of the eight or ten greatest contributions to the science of medicine.

From childhood Laennec was not strong. In his intense interest and his indefatigable labours he overtaxed his strength. In 1819, when he was 38 years old, his health failed and he spent two years resting. Being much improved, he returned to his work, but within four years he developed a cough, lost weight and suffered from pleurisy. He grew gradually weaker and died in 1826 at the age of 45. Thus Laennec, who knew more about tuberculosis than any man who had lived before him, fell on his battlefield. In his strenuous efforts to save others he entirely forgot himself.

## THOS. COOK & SON, Ltd.

(Incorporated in England)

In co-operation with

WAGONS-LITS CO.

Head Office: Berkeley St., Piccadilly, London W. 1  
300 Branches throughout the World

Tours of all descriptions arranged. Itineraries planned. Train reservations and hotel reservations made. Rail and Steamer tickets issued to all parts. Inclusive Independent Tours arranged. European Tour Managers engaged to accompany Tourists. Steamer passages engaged to all parts of the world. Baggage received, stored and forwarded. Insurance effected. "INDIA" pamphlet free on application.

## Thos. Cook & Son, (Bankers) Ltd.

(Incorporated in England)

Letters of Credit and Travellers' cheques cashed and issued. Drafts issued and payment effected by mail or telegram at all principal towns in the world.

Current Accounts opened and Banking Business of every description undertaken.

LOCAL OFFICES: { BOMBAY, CALCUTTA, DELHI, SIMLA,  
RANGOON, MADRAS, COLOMBO,  
BAGHDAD, SINGAPORE, ETC.

## PERERA BROTHERS & CO.

LEADING BAKERS  
CONFECTIONERS  
AND  
CATERERS

X'MAS Cakes with Almond Paste per lb	Rs. 2.75
X'MAS YULELOGS ... ..	1.90
WALNUT CAKES ... ..	2.50
BRUDHERS ... ..	1.00
MINCE PIES ... .. a dozen	2.40
PASTRY CAKES ... .. Do	1.44

85 THIMBIRIGASYAYA ROAD

Havelock Town

Colombo

CEYLON

Telephone No. 4106



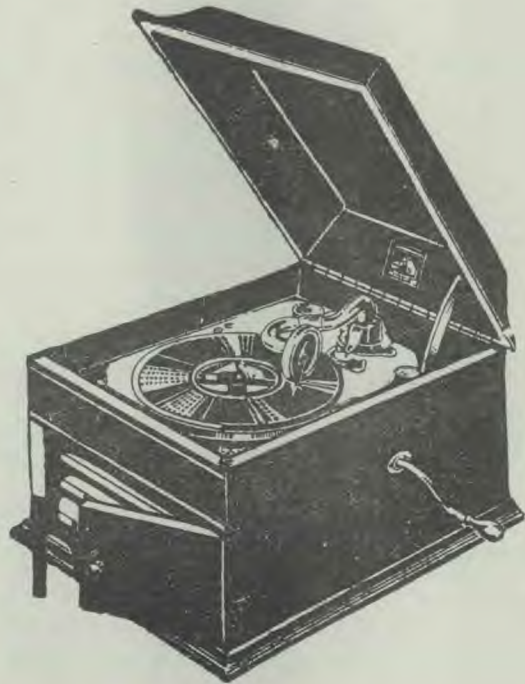
# The *NEW* "His Master's Voice" GRAMOPHONE

**E**VERYONE who hears the New "His Master's Voice" Gramophone realises at once the improvement that has been made in the science of musical reproduction.

Hear it side by side with any other Gramophone—the difference will amaze you.

PRICES OF  
TABLE GRAND MODELS

No. 101	Portable	-	-	Rs. 135
No. 103	Oak Finish	-		Rs. 150
No. 103	Mahogany Finish			Rs. 160
No. 109	Oak Finish	-		Rs. 200
No. 109	Mahogany Finish			Rs. 210
No. 111	Oak Finish	-		Rs. 250
No. 111	Mahogany Finish			Rs. 260
No. 126	Oak Finish	-		Rs. 285
No. 126	Mahogany Finish			Rs. 295



*Any "His Master's Voice" Dealer will be pleased to demonstrate these models to you.*

THE GRAMOPHONE COMPANY, LIMITED.

P. O. BOX 48  
CALCUTTA

28, RAMPART ROW  
BOMBAY

The Mark



of Quality





## *Builders—of Roads and of Business*

New roads mean new business—and Graham Brothers Trucks are building both everywhere.

Skillful design, rugged chassis construction, careful selection of finest materials fit these trucks for the unusual demands of road building work . . . And they are money makers. Six-cylinder engines, 4-wheel brakes and 4-speed transmissions result in a high earning power without sacrifice of economy.

SOLE AGENTS:—

BOMBAY CYCLE & MOTOR AGENCY, LTD.

16, New Queen's Road, Bombay.

BRANCHES: LAHORE, KARACHI, NAGPUR AND DUZDAB

# GRAHAM BROTHERS TRUCKS AND BUSES

BUILT BY TRUCK DIVISION OF DODGE BROTHERS, INC.  
SOLD BY DODGE BROTHERS DEALERS EVERYWHERE