

THE
ORIENTAL
WATCHMAN
AND HERALD OF HEALTH



F. M. Waßstaff, Ranßoon

BUSINESS PREMISES IN PEGU, BURMA, AFTER THE RECENT EARTHQUAKE

Pegu presented a scene of appalling devastation after the recent terrible earthquake shocks. Thousands were left homeless, and hundreds were killed by falling debris and by fire

Read in this Issue:—

THE HAPPY HEALTH WAY



THE Iceland Parliament, known as the "Althing" began its existence in 930, due to the influence of early Christian missionaries, who assisted the people in forming a stable government and codifying their laws. It is said to be the world's oldest parliament, and this year is celebrating its one-thousandth anniversary.

TELEVISION is being made comfortable. In previous experiments with television the beam of light that played over the face of the speakers whose voices and pictures were being sent was so intense as to cause suffering to the eyes. In a recent successful trial in New York, the lighting of the room and the transmitting beam of light were both comfortable. The transmitting instruments were concealed. One simply spoke and acted as if the other person were right there. The answering voice sounded in the air, the face appeared on a screen at eye level. More and more the development of television illustrates how God both sees and hears our every act and word.

ON the completion of his thirty years as secretary of the British and Foreign Bible Society, Dr. J. H. Ritson was entertained at a luncheon by his friends. In the course of his work, Dr. Ritson has made twenty foreign tours to nearly every country on the face of the globe. Dr. Ritson also served as president of the British Wesleyan Conference a year or two ago. During his period of office, Dr. Ritson has seen the circulation of 237,000,000 volumes of the Scriptures, which is more than 77,000,000 more than in the previous ninety-nine years of the Society's existence; and its income has advanced from £230,000 to £418,000. When Dr. Ritson began his work in 1899 twelve volumes were distributed for every pound spent. Today twenty-six volumes per pound are distributed.

LEPROSY still grips between two and three million sufferers, most of these are herded into colonies which dot the globe. There they are treated, often cured. Recently Bacteriologist Hermann Dostal, of Vienna, announced that he had isolated the leprosy bacillus and developed a serum. One problem which has always confronted scientists attempting to isolate the bacillus has been a means of keeping it alive once it was removed from the human body. Dr. Dostal's success lay in developing a culture medium. Another difficulty: animals not being susceptible to leprosy, it is necessary to experiment with humans. His serum, he announced, has been used with "gratifying" results in the Bari Clinic. Some of his patients showed marked improvement, others were definitely cured.

THE front page of a newspaper has been transmitted by wireless and reproduced completely on apparatus invented by Mr. Charles Young, son of Mr. Owen D. Young, of Reparations-Plan fame. The experiment was made with a copy of the *San Francisco Bulletin*, and the full-sized reproduction was witnessed in the laboratory of the General Electric Company at Schenectady, New York State. The achievement, says the New York correspondent of the *London Daily Mail*, hints at the fulfilment of a prophecy made some years ago by a famous financier, that pages from London newspapers would one day be flashed to New York. Mr. Young's invention is about the size of a suitcase, and can be fitted to any wireless receiver. On a roll of paper, moving automatically through the machine, news is printed at the rate of half an inch to the minute.

LIVE fish have been found by artesian well borers 200 to 300 feet beneath the burning sands of the Sahara Desert.

GREECE and Turkey sign an accord at Istanbul, Turkey, which ends the hundred years' enmity between the two countries.

THE Graf Zeppelin arrived back at Friedrichshafen, Germany, after having travelled 18,000 miles since her departure on May 18.

THE American Booksellers Association has made public the titles of 491 of the books it is presenting to the White House library, now in the process of establishment. There are 162 works of fiction, 20 detective stories, and 29 juveniles, in addition to biography, drama, travel, poetry, and history.

THE economic committee of the German reichstag has approved a proposal to limit the number of places in the republic where intoxicating beverages may be sold to one for each 400 persons. It is estimated that about 70,000 places licensed to sell liquor will be eliminated by this bill if it becomes a law.

THE *New York Sun* calls attention to the cost of China's civil war in terms of human life. The Province of Hupeh is cited as typical. Here statistics show the population to have been diminished by 4,000,000 in three years. This province has not suffered from famine or pestilence, and there has been no general emigration. In 21 of its countries which lie outside the war zones, there was a normal increase of 1,000,000 in the population. Four million lives, at least, have been wiped out of the remaining forty-seven countries, through war and brigands. If the figures could be given for the whole of China during this period, in addition to losses by famine and pestilence, they would be appalling.

THE world population of Jews is estimated at 15,435,000 of whom 10,121,500 are in Europe, and 4,085,000 in North America. In New York City there are 1,701,260 Jews; in London, 150,000; in Paris, 100,000; Budapest, 169,000, and Vienna, 147,000. *The Jewish Lexicon*, published in Germany, "estimates the number of Christian Jews who entered existing Christian churches during the nineteenth century at about 224,000." This authority gives the number of 60,000 Jews in Soviet Russia, 40,000 in Poland, and 97,000 in Hungary converted to Christianity since the Great War. It is said that the Red Army contains only two per cent of Jews, and less than that percentage of Jewesses among women communists.

SOME aquatic birds accomplish amazingly long journeys. The turnstone, breeding in Greenland, Iceland, Spitzbergen, and in arctic Europe and Asia generally, is known to wander to the coasts of southern Asia, Africa, Oceania, and Australia. The curlew-sandpiper, a small wading bird, breeding also in the arctic zone, has reached New Zealand in its south-bound migrations. The greenshank, travelling from northern Europe, also has penetrated far into the southern hemisphere. These are but a few examples. Many other kinds of wading birds accomplish vast migratory flights. Nay, more, it is astonishing to think of the journeys made by birds scarce three months old. Independent of escort, they embark on their travels before their parents.

The Happy Health Way

By L. A. Hansen

NO ONE ever thinks of health as anything but the most enjoyable. The very word is synonymous with well-being, and health itself is one of the greatest essentials to happiness. Not only is health enjoyable, but we are to find enjoyment in doing the things that bring health.

Too many have the idea that the practice of health is a hard road of terrible trial and undue denial. They seem to think it means giving up everything that is to their liking and doing many things they do not want to do. In eating, it is taken to mean rigid dieting on things one doesn't like and being deprived of the things he does like.

Living healthwise does mean abstinence from the harmful, and doing that which is right. But that does not mean that the harmful are the good things and that the things good for us are anything but good. It would seem rather a queer turn, wouldn't it, to find our best enjoyment in ways that lead to disease, and to find hardship and dislike in the way to health?

Nature does not mock us thus, holding out to us the offer of health enjoyment providing we will suffer enough to earn it. Health is big enough, broad enough, and enjoyable enough to make it worth while even in the process of getting. The things that make health are in themselves attractive, and offer more pleasure

in their doing than is available through any of the many practices that are contrary to health interests.

We heard Dr. Hindhede, of Denmark, in a lecture, refer to a very popular view. He said, "A man will say that he prefers to enjoy life while he is living it, eat what he pleases and do other things to his liking, even if they do cut his life shorter by a few years. But what enjoyment can there be in spending years of suffering with impaired kidneys, poor digestion, or other ailments due to wrong eating?"

There is sound sense in that question. Even though a man might look forward to his sufferings terminating the sooner because he is not going to live his full time, the satisfaction must be small comfort and not any too much enjoyment in thought. Better, surely, for one to live both in the full enjoyment of health and with the satisfaction of expecting a long time of it.

It is probably in matters of eating that our likes or dislikes conflict most with what is best for us. This is not so much that foods in themselves are distasteful as it is that our tastes are not normal. We can easily develop unnatural tastes and perverted appetites. The taste for tobacco is not natural; not many like it the first time. The very rebellion of the body against it may be considered a protest against something unfit for its use. This is true of a number of things people think they must have.

HEALTH FACTS

HEALTH truth, as all truth, stands out in dignity, honour, and majesty as contrasted with error.

Health truth is plain, simple, sound and sensible, always in good taste and acceptable to good thought, reason, and intelligence.

There is plenty of room to use all the intelligence we can in applying health principles; foolish fads, narrow notions, and extreme ideas are out of place in an intelligent health programme.

The gospel of health is not a creed merely to be believed; it is something to live every day.

Some of our tastes are matters of training. Others are associated with habit formation, with a hold that is difficult to break even when we so desire. Tobacco, alcohol, coffee, tea, mustard, pepper, and other things of the kind, obtain their hold because of their stimulating properties. The desire for such articles is more than a matter of taste.

When we have cultivated certain tastes for foods that we find are not good for us, we may have to re-educate our palates, which can be done in most cases. Many a person has found it necessary and possible to cut down on the amount of salt or sugar used, to refrain from greasy foods and rich pastries, and stop eating this or that article that was not best. Such changes in one's eating gives more than a compensation for the things one gives up, in better digestion and in freedom from after-eating distress and even from chronic ailments. And the new way of eating may in itself become just as enjoyable as the former, or more so.

Many food prejudices are in the mind, perhaps the result of earlier impressions or having heard others speak disparagingly of certain foods. Often it is wholly ignorance, without any experimental knowledge about how a food might taste, never having tried it. It is a common experience for people to be surprised at how good a thing is when they do try it.

Enjoyment of food is quite an essential to good digestion. Palatability is an important part of good eating. Health practice does not require that we live on things we do not like. Forcing the appetite is not good practice. It is quite in place to learn how to make foods palatable, but at the same time wholesome. Good cooking is consistent with the best of living. And hygienic cooking may be as good as any and better than most kinds of cooking.

The ample provision of nature in giving us a very wide and comprehensive food supply permits quite a range of selection. No one needs, within reasonable and normal limits, to be so restricted in eating that the diet cannot be thoroughly enjoyed.

Why eat spinach if you don't like it? Why take carrots as you would a distasteful dose of medicine? Don't misunderstand; we are not saying anything against spinach or carrots, for they are splendid food materials, no doubt just as good as dietitians picture them. But we can live without them, not because we do not want them, but because there are so many other things that will supply their food elements.

The idea that good food reform requires us to subsist largely on some one thing, is wrong. Advocates of certain articles may make their propaganda so strong as to obscure the value of other foods just as good as their pet one. The constant presentation of this or that virtue of a product may overshadow related elements, and cause us to lose sight of other important facts.

That food is provided for our enjoyment as well as our nourishment is evident from the many pleasing flavours naturally possessed by them. We

may spoil some of these excellent flavours by trying to improve them according to our wrongly educated tastes or abnormal appetites. We would do well to follow nature's suggestions as to what is natural, normal, and best, and conform as closely as possible to original flavours.

Many foods, fruits, nuts, and a number of vegetables may be eaten without cooking and usually without much preparation. Some combinations of foods and their flavours may be used to advantage for good relish and wholesome eating. The education of our appetites toward a liking for natural flavours will enhance our food enjoyment. This is of course to be taken within reasonable bounds. No one would probably ever learn to like the olive as picked from the tree, and no one needs to, for it is perfectly in harmony with good eating laws to properly process the olive to make it fit to eat.

That food may not only be wholesome but all the more palatable, is best evidenced by actual experience. Many a person has so learned to like simply prepared foods because of their real goodness, that they would not think of eating them any other way. And the liking is not a forced one either.

The fact that so many articles of food are susceptible to being overpraised by their enthusiastic devotees is indicative of the wealth of value possessed by them as a whole. If so much can be said of oranges, or raisins, or potatoes, or lettuce, or soy beans, or peanuts, or raw fruits, or green-leaf vegetables, or sauerkraut, or whole wheat, or what anybody may have, as it almost seems, just see how fortunate we are if we happen not to care for any particular one of these; there are still enough other par-excellent things we can have. And we may have all we need without going beyond the range of that which is really good.

We need not confine ourselves to the eating question in this consideration of the best being the best. A good night's sleep is far better for real enjoyment than any of the usual substitutes that tax us to keep awake. There is real enjoyment from wholesome exercise; the tingle of the free coursing of fresh blood, the clear-headed thinking, and the general feeling of well-being and vigour are in themselves a pleasure.

It is a provision of nature that the things best for us are not only for our good, but are good in themselves. As already indicated, one of the first advantages in the use of things that are for health is that they are the most agreeable and the most enjoyable. It is when we have gone in bypaths, have indulged in things that are contrary to health interests, and have developed our unwholesome tendencies and tastes, that we may find it a little difficult to come back readily to that which is right, with the same degree of interest and enjoyment that we would have had had we always followed the right way.

The health way is the better way in every way. It is the way to real enjoyment and the way of enjoyment. Be happy the health way.

A Scientist's SOLUTION

Are Recent Earthquakes an Indication of an Aging Planet?

By Gentry G. Lowry

THE terrific earthquake and volcanic eruptions which recently took place in Southern Italy, killing more than 2,500 persons and injuring 1,315 more; the devastating and destructive typhoon which swept over Korea on the 18th of July destroying 2,500 houses, killing 2,000 people, sinking 1,803 boats and causing great loss of property and untold misery to those who escaped with their lives, together with the recent Burma earthquake disaster, have drawn the attention of thinking people to the very large number of similar natural calamities that have occurred in the various parts of the world during the past few months. And the question is being raised in many quarters as to why these things are happening, and also as to whether it is possible to find one dominating cause for them.

The famous meteorologist, Sir Napier Shaw, whose opinion has been invited, expresses little doubt but that earthquakes such as those which have afflicted Rangoon, Pegu and other places, are some of the many signs that the world is growing old. The following, giving Sir Napier's opinion, advanced a few months ago, is from a report in *The Statesman*, Calcutta:—

"We are getting earthquakes," he said, "because

the world is getting tired—tired of the work it has had to do for many centuries, tired of carrying its immense load which never grows lighter.

"Among the immense tasks," he added, "is the duty of supporting its outside crust, and one of the clearest signs of advancing age was that it cannot always do so."

Countless and indeed wonderful, are the things to be ascribed to the handiwork of the Creator. The more men study the great secrets hidden away in the earth, the more awe-inspiring they become. How this planet of ours, loaded as it is with its six thousand quadrillion tons of weight, spins around on its axis once in every twenty-four hours; and at the same time pursues its appointed way through space around the sun at such tremendous speed, without losing a second of time in thousands of years, or without flying to pieces, is beyond the power of the minds of men to fathom.

This floating globe, with its huge mountains, its islands, its oceans, its continents, its living freight of eighteen hundred million passengers, its millions of cattle, and other animals of forest and jungle, is flying through space at the tremendous speed of sixty-six thousand miles per hour.



F. M. Wagstaff, Rangoon

A Portion of the Town of Pegu, Burma, after the Recent Earthquake and Fire

The world stood aghast as it read in the newspapers of the feat performed by Sir Henry Segrave when he went careering over a Florida beach at 231 miles an hour in a motor car; and of Captain Orlebar in his super-marine plane meteorizing off the Isle of Wight at 357 miles an hour. Indeed these were marvellous feats performed by man, but what are these when compared to what this earth of ours is doing every day?

Inspired Testimony

But Sir Napier Shaw opines that there are evidences that the world is getting too old—is getting tired of supporting the tremendous weight that rests upon it—is wearing out. His statement agrees with the testimony given to us through inspired writers of the Bible, who show that the earth would "wax old like a garment." The prophet Isaiah, who wrote nearly three thousand years ago, in comparing the righteousness of God with things of earth, said, "Lift your eyes to the heavens, and look upon the earth beneath: for the heavens shall vanish away like smoke, and the earth shall wax old like a garment, and they that dwell therein shall die in like manner: but My salvation shall be forever, and My righteousness shall not be abolished." Isa. 51:6. Through another prophet the following word comes, "I said, O my God, take me not away in the midst of my days. Thy years are throughout all generations. Of old hast Thou laid the foundation of the earth, and the heavens are the work of Thy hands. They shall perish, but Thou shalt endure. Yea, all of them shall wax old like a garment; as a vesture shalt Thou change them, and they shall be changed." Ps. 102: 24-26.

Is it going too far to say that the earthquakes, floods, fires, and other calamities that we are witnessing in various parts of the world in these days are a fulfilment of these ancient prophecies? No indeed! God has spoken to us through His Word, telling us that these very things would take place, and that these things should be to us signs of the approaching end of the world.

Recent Disasters

And one can not but be impressed with the large number of calamities taking place in India and other parts of the world in these days.

On May 6, a terrific hail-storm swept over the Chittagong district, and considerable damage was done. Some of the hailstones are said to have weighed two pounds each.

On the same day, May 6, a terrific earthquake occurred in Burma, the worst there within living memory. With the earthquake a fire broke out. The papers report that over one thousand were killed, two-thirds of the town is in ruins, and thirty thousand people are left without homes. In Rangoon fifty were killed and many more injured.

India is not the only country to suffer from such things, for on May 7 a terrific tornado swept over the southwestern part of the United States of America, killing hundreds of people and leaving a trail of havoc and destruction in its wake.

On May 9, an earthquake of one and one-half minutes duration occurred in the northern part of Persia, in which three thousand people perished, and five hundred were injured. It is said that the earth was so shaken that in one place the ground opened up and a new valley about two miles wide was formed.

On the same day, the papers reported that Ceylon and the southern part of India was swept by a cyclone and torrential rain, resulting in wide-spread damage and floods. Unprecedented scenes were witnessed in Colombo. In some of the streets of Colombo water stood fifteen feet deep. In others the water swept over the roads at an estimated speed of twenty-five miles per hour, forming miniature cataracts where it poured into the low-lying fields alongside. Many villages were submerged, and in Colombo alone over 10,000 people were left homeless.

The unproductiveness of the soil in large portions of this earth, and the irregularity of the seasons, are some of the evidences that the world is wearing out. In the beginning it was not so. Every inch of the earth's surface at that time was productive, and needed no fertilizers of any kind to make it produce fruit. But as a result of sin, the curse of God has rested heavily upon the earth, and the conditions now obtaining in the earth are the results.

Christ's Own Testimony

In speaking of the signs that should appear in the earth that would indicate the nearness of the time when He Himself would return to this earth, Christ said:—

"And great earthquakes shall be in divers places, and famines, and pestilences, and fearful sights and great signs shall there be from heaven." Luke 21: 11.

And again in speaking of how these happenings would effect men who should see them, He says:—

"And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity, the sea and the waves roaring; men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken." Luke 21:25, 26.

In looking down the stream of time, Christ must certainly have seen our day. The picture He gives in the above-quoted verses certainly fits our times. When was there ever a time in the history of the world when there was so much distress among the nations, and so much perplexity and uneasiness among the peoples of earth, as there has been during the past few years? Verily our generation is unique in the history of the earth. It has seen more war, earthquakes, tornadoes, floods and other terrible disasters, than any other.

When Christ made the prediction that all these disasters would come upon the world, He was answering a question asked Him by the disciples.

(Turn to page 20)

What Every MOTHER

Should Know About Her Child's TEETH

By Esther Schupack

WOMEN who would not neglect their own teeth often ignore the needs of their children's teeth. Nature discards the baby teeth anyway, they argue, so why bother about them? The naive idea that diseased teeth in younger children require no treatment does immense harm to children's health.

Pus pockets surrounding the teeth in a child's mouth set up foci of infection just as they do in adults. There is growing concern about the prevalence of heart disease in children. Child specialists now believe that the so-called growing pains—aches of the joints—result from infections. Bacteria from diseased teeth pass by way of the blood to lodge in the vital organs and joints and thus undermine the whole system.

Another calamity is the irresponsible way in which uninformed parents, after neglecting the child's mouth, complacently view an extraction of the diseased teeth. It is not generally appreciated that the baby teeth stand guard over the positions to be taken by the permanent teeth and guide the second set into place.

The teeth behind a vacant space in the arch tilt forward as if the jaw were contracting. When the newcomers erupt from the jaw bone their rightful position has disappeared. They turn, twist and lean in order to find a place in the mouth. Instead of an unbroken line of pearly whiteness, the lips part upon a disorganized and disfiguring array.

Nature has planned for the first teeth to last until a certain age, because health and digestion require them. A child who has been cheated out

of their use loses some measure of this natural aid to perfect growth and development.

Unwise extraction of teeth is not the only cause of malformed jaws. Sometimes a youngster is discovered to have one jaw smaller than the

other. The lower juts beyond the upper or recedes behind it. Proper mastication is, of course, impossible and the face lacks the accepted standards of beauty.

These are sometimes cases of mixed inheritance. The small jaw comes from one ancestral line and the large jaw from another. Modern dental technique through a specialty known as orthodontia—the straightening of teeth—makes it possible to reform the jaw. The smaller arch is widened by slowly moving the teeth, one by one, into correct positions.

Faulty alinement of the teeth, either through inheritance or premature extractions, should have the early attention of the dentist. The age at which reconstruction should begin is so varied that no rule can be stated.

But by all means a dentist should be consulted before the child reaches the age of 14. Delay until after 21 makes attempts to reshape the ranking of the teeth inadvisable, because of the denser bone tissue and the unyielding nature of the sockets in an adult.

Orthodontic treatment requires the periodic service of the dentist from several months to several years depending on the age of the child and the positions of the teeth. It is futile to begin this work unless the parent and child are willing to give the dentist continuous co-operation and patiently to await results.

A most distressing oversight frequently occurs



Preserve the Child's Teeth

in the lack of attention given the six year molars. Orthodontia may restore twisted teeth to their natural beauty and utility but once a permanent tooth is gone nothing can really replace it. Artificial teeth may look well but they do not have the natural anchorage in the bone nor can they give the service of one's own.

A child's mouth is small. It accommodates only twenty teeth, five on each side of the centre in the upper and lower jaws. These teeth are all temporary and make way for permanent successors. Some time after the age of 5 the first permanent molar begins to appear behind each series of five. The parents have outlived their preoccupation with the coming of the child's teeth as incidents of major importance and the molars erupt unnoticed.

Soon cavities may appear and the mother, dominated by the idea that these are temporary teeth that need no attention, permits caries, or decay, to spread deeply. A visit to the dentist reveals the necessity for removing the molar or the nerve.

Thus the child, early in life, begins to lose teeth that are necessary for digestion and facial beauty through the rest of his existence.

Other baneful effects, involving orthodontic treatment, arise from the extraction of the six year molars. When a tooth is removed the one above it or below it grows longer. It tends to occupy the space of the missing tooth. In chewing each tooth strikes against two in the opposite jaw. When the neighbour of the extracted tooth erupts against the elongated one, the system of masticating surfaces is thrown out of line as the opposing teeth attempt to accommodate themselves to each other.

When the teeth are not facing properly, openings are formed between the teeth, which encourage the collection of food debris. This makes it more difficult to keep the mouth clean.

Children usually first make the dentist's acquaintance when their mouths are sensitive with pain and they are consequently suspicious of everything said and done to them. Mothers should plan to make the child's introduction to the dentist a painless one. When the first discoloration appears on the baby's teeth, he should have the sympathetic, gentle attention of the cleaning brushes in the hands of the dentist. The sensation often tickles children and the mechanical scrubbing, followed by a pleasant mouth wash, establishes a friendly relationship between the child and the dentist. A visit every six months cements friendship and confidence.

Should the painful ministrations of the dentist be required, the child is ready to believe that an effort is being made to help and not to add further hurt.

Lying to a child is the way of failure. If one has a child's confidence he can be soothed into patient and stoical endurance of temporary suffering. Tell a trusting child that the additional pain is necessary to end all the aching, and the child will be a Trojan.

Parents are careless about discussing their dental aches and pains in the presence of children. Nine out of ten who rebel fiercely at a necessary visit to the dentist for treatment are in a state of fear because of scraps of conversation overheard in the family circle.

On the surface this is a mere detail of family discipline and restraint, but it has far more serious consequences. When the mother is baffled about the child's lack of interest in food, when baby complains that this cereal is too hard and that fruit is too sour, when the daily natural routine is out of tune and the stomach is in distress, this is the time to recall that a mouth alive with agony may have something to do with these disturbances.

May Conceal Pain Through Fear

A dull ache in the mouth makes eating uncomfortable and the child whose fears impel him to dodge the dentist keeps mum about the pain. The sudden carrying of the hand to the face, restlessness at night, crying in sleep and a rise in temperature are some of the symptoms of a hidden toothache. It often happens that the mother is unaware of her child's trouble until the sudden onset of intense suffering makes further concealment impossible.

A child who has learned to meet the dentist without misgiving or mistrust will confide his distress at the first pang, when aid to a diseased tooth will not require drastic treatment.

Children's teeth are so small that the pulp chambers containing the nerves and vital tissues occupy a much larger proportion of the whole than in the teeth of the adult. The layers of enamel and dentine are thinner and the blood vessels much nearer to the surface. It is therefore important that small cavities be treated and filled immediately before the decay reaches the pulp. The tiny crevices in the surface of the tooth can be discovered only through periodic visits to the dentist. By the time children's teeth reach the aching stage, it may be too late to save them.

The desirability of eating coarse foods which exercise the teeth has frequently been stressed for adults. The practice is more beneficial for children because food habits that are not easily broken are thus formed. There is a physical pleasure in eating stuff that really needs vigorous chewing but this can not be done with an afflicted mouth. Once children develop idiosyncrasies against certain foods it is troublesome to restore normal eating habits. The reluctance to chew persists long after the original cause has disappeared.

Mothers show unnecessary concern about the hugeness of the successors to the milk teeth. The first teeth fit the size of the child's mouth. While the face and jaws grow, teeth do not. They appear in the mouth permanently fixed in size and shape.

As the second set replaces the baby teeth they appear enormous in contrast with such first teeth as have not yet been discarded. The tooth that made way for its permanent successor did not leave width enough for the larger growth, so the newcomer twists and tilts. (Turn to page 30)

The End *of the* CONFLICT

Between GOOD and EVIL

A Study in Revelation, Chapter Twenty

By George F. Enoch

THE first two chapters of the Bible tell us of Paradise that was, before sin entered, in which all was happiness and joy. In the third chapter from the beginning we make the acquaintance of the devil for the first time, and learn the sad story of the fall. From that point to the third chapter from the end (Revelation 20) we have the dreadful story of the ravages of sin and death and the way in which God met the crisis. But in that third chapter from the end of the Bible we see the last of the devil and of his angels, also of all the finally impenitent who through the ages have joined him in rebellion. Then the last two chapters carry us over into Paradise restored, and describe the happy scene from which sin has been forever banished, and where there shall be no more curse. The happy eternal reign of Jesus has begun and a wonderful picture is drawn of the joyous conditions prevailing when the nations of the saved walk in and out of the New Jerusalem, sharing its unalloyed joy and ineffable bliss. It is near to blasphemy to intrude sin and sinners into this happy scene and to apply its abounding joy to the millennium of ruin and desolation.

The language of the twentieth chapter of Revelation, which tells the story of the last things, is simple and easy to understand. Like the first and second chapters of Genesis, the Lord carries our minds through to the end in verses 1-9, keeping out all digressions that would come through the insertion of details. Then after the complete picture is drawn, an appendix is added, developing the details.

In Genesis 1 to 2:3, the brief but comprehensive story of the creation is told. The additional details follow in the explanation about the creation of plants, of man, of the garden and of Eve. Some misguided men have tried to make two creations, by ignoring the simple fact that these are but additional details amplifying the record. It is just the same with the twentieth chapter of Revelation. The Spirit of God led the mind of the Apostle John through to the end when the fire from God devours the rebels. Then in an appendix similar to that in the Genesis record, He gives additional details of those closing days, such as the resurrection of the wicked dead, the judgment of the great White Throne and the final destruction of all rebels in the lake of fire. If we ignore this obvious procedure we land ourselves in confusion, making two general resurrections of the wicked, two judgments,



*To be restored
to Edenic beauty in the
time of restitution of all things*

and two destructions of rebels in "the fire from God."

The twentieth chapter opens with the binding of Satan. To keep straight the events that follow in swift sequence it is necessary to note carefully the verbs used. Satan is stated to be bound the full thousand years. This is the thousand years to which we give the name "millennium." It is only 1,000 years long—no more. Satan is bound "until the thousand years be fulfilled" or "finished," as the Revised Version says. AFTER THAT he must be loosed for a LITTLE SEASON." If human language conveys exact meaning, this says that Satan will not be loosed during the millennium, but AFTER it is finished. The "little season" of his loosing is no part whatever of the millennium experience.

By the same law of exact interpretation of human language the resurrection of the wicked dead marks the exact close of the millennium, and is therefore before the "loosing of Satan." "Blessed and holy is he that hath part in the first resurrection." The rest of the dead lived not again until the thousand years were finished." The particular one thousand years that we call "the millennium" is bounded by these two resurrections. (Verses 5 and 6.)

Verse seven now carries us beyond the bounds of the millennium over into the "little season"

and therefore beyond the resurrection of the wicked dead. "And when the thousand years ARE EXPIRED Satan shall be loosed out of his prison." When the thousand years "ARE FINISHED" says the Revised Version. There is no interpretation of human language that can make an event that is subsequent to another event, (expressed by the present-perfect tense), precede that event.

The numberless hosts of Gog and Magog, "the number of whom is as the sand of the sea," are not the comparatively few people who happen to be alive at the second advent. We can number the people who are in the world today. This description applies to those who come up in the second resurrection, whom the Apostle John has already said would live again as soon as the thousand years were finished; and they include every finally impenitent soul from Cain the first murderer to the last impenitent soul to be born into the world. This is a real rebellion of countless hosts that Satan leads against the "camp of the saints," and not a small side-show of the comparatively few who happen to be alive at the return of Jesus. This final Armageddon is the culmination of rebellion from the very beginning when Lucifer rebelled in Heaven; and on those plains that surround Jerusalem God will settle finally and forever the score against sin and evil.

How vastly more impressive and important does the sacred writer make this last solemn scene! The great company there gathered include every son and daughter of Adam and Eve. The books of God which record every name born into this world are here opened for final execution of punishments and rewards. The hosts of the saved are inside the city, because their names are written in the Book of Life. All others are outside the city among the lost. Jesus the Son of God, and the Son of man, receives His own throne, to which He elevates His people. Then the Great White Throne is set up and the great coronation takes place as judgment is executed on those who are finally confirmed in their rebellion.

Satan and his rebel hosts are swallowed up in the lake of fire. The day has come "that shall

burn as an oven; and all the proud, yea, and all that do wickedly, shall be stubble; and the day that cometh shall burn them up, saith the Lord of Hosts, that it shall leave them neither root nor branch." Satan, the root, and his followers the branches, are said by "the Lord of Hosts" to be "consumed." Jesus said of this same time, "Fear Him which is able to DESTROY BOTH soul and body in hell." Matt. 10:28. Thus the "hell (or Gehenna) of fire of "the Lord of Hosts" is very far different from the mythical hell of those sectarians who delight in the eternal-torture-of-the-damned doctrine, for it (the former) "burns them up" and "they shall be as though they had

not been." "For yet a little while, and the wicked shall not be: yea, thou shalt diligently consider HIS PLACE and it shall not be." Obadiah 16; Ps. 37:10. Of the final end of Satan the prophet Ezekiel says, "All they that know thee [Satan] among the people shall be astonished at thee; thou shalt be a terror and never shalt thou be any more." Eze. 28:19.

The prophet Malachi completes the picture by saying that the righteous will go forth into the broad expanse of the New Earth after the fires of the last day have done their work, and the wicked "shall be ashes" under their feet. The explanation is given by the Apostle Peter in the third chapter of his second epistle: "But the heavens and the earth which are now, by the same word are kept in store, reserved unto fire against the day

of judgment and PERDITION OF UNGODLY MEN." The hell of fire into which Satan and his angels, and the finally impenitent, are cast is then vividly described by the Apostle Peter. That fire melts this old earth by its great heat. That cataclysm is universal. But it is not eternal. The Apostle Peter looks beyond the purifying fires and says, "Nevertheless we, according to His promise, look for a new heavens and a new earth wherein dwelleth righteousness." There is Abraham's inheritance. There the "meek will inherit the earth." There the prophecies of Isaiah which are wrongly applied by some men to the millennium will find their fulfilment. May we be there!



Do You Have

SINUS Trouble?

By Leslie D. Trott, M.D.

IF THE sinuses would keep their troubles to themselves, it would not be necessary to speak of them. But when we look at the list of general diseases initiated through infected sinuses, the importance of knowing how to prevent sinus trouble is apparent. To meet our difficulties intelligently and to face the facts are more than half the battle in any business. The farmer who in addition to hard work co-ordinates the best knowledge of agricultural science to his own needs is the one who succeeds. In the field of health it is well for us to apply the same principles.

Three minutes is as long as the best diver can remain under water, and I am sure very few of us could hold our breath much longer than one minute. Try it with your watch as a check. It seems to be our continuous occupation from the moment we are born to take air in through the nose and blow it out again fourteen to twenty times each minute. How much do you think that amounts to each day? Allowing a very minimum amount for each breath (thirty cubic inches) during twenty-four hours, 350 cubic feet of air would pass in and out. In addition to the actual air breathed, the air that we exhale is so loaded with poisons that it will contaminate over 50,000 cubic feet in twenty-four hours. Thus we can readily understand the need of a large supply of fresh air for proper health.

Acts As Filter

The tissues of the nose help to prepare this air for the lungs by acting as a filter, or cleanser. Picture the amount of dust in an ordinary living room each day, and you then can appreciate the valuable work done by the tissues in your nasal cavity.

The nasal cavity is divided into two chambers by a middle partition named the septum, composed of bone and cartilage. From each side wall three bony shelves project part way to the septum and, with edges curved downward, extend almost the depth of the nose. These are named the turbinate bones,—upper, middle, and lower. Underneath these shelves, or turbinates, openings are found that lead into the various bony spaces (sinuses), also openings for the tears from the lachrymal duct. Lining the nose, covering the septum and turbinates and walls, and following into all the sinuses in one continuous sheet, is the mucous membrane. The same sort of membrane extends on down, covering the throat, mouth, esophagus, stomach, etc., also the larynx, trachea, bronchi, and alveoli of the lungs. That which affects one part may affect any other part or all, therefore

the importance of knowing what we can do to protect this membrane from disease. The thickness and structure of the mucous membrane varies in different parts of the nose, but over all its surface are very fine, constantly moving hairs (called cilia), which act as a conveyer belt for the dust particles. Over the turbinates this membrane is richly supplied with blood vessels, and has the power to swell very rapidly and become engorged with blood for warming the air and giving fluid for secretions. When other parts are engorged or swollen, it is due to severe irritation or disease.

The back part of the nose has two openings, the same as in front, thus making direct passage for the air into the upper part of the throat, then into the larynx, trachea, and lungs. On each side of the nose, beneath the eyes, in the bone of the cheek, there is a space (or sinus) that has a connection with the nasal cavity through a small opening. This space is called the *maxillary sinus* or antrum), and is found already formed in newborn babes, though no larger than a bean. However, it reaches full size by the time all permanent teeth are erupted. The capacity of each adult maxillary sinus is from two to four teaspoonfuls.

May Affect Eyes

Above the eyes and nose beneath the bone of the brow and extending upward, are the *frontal sinuses* which also open into the nasal cavity. These do not begin to form until the third or fourth year, and in some persons may never develop, or only one may be found. The size also varies a great deal.

Just beneath the frontal sinuses and extending backward in the bone under the brain are the smaller *ethmoid cells* from six to ten in number on each side, with very thin partition walls. Separating these cells from the eye, there is such a thin bony wall that it is called the "paper plate." Disease here causes much difficulty with the eyes. The openings into the nose are very small, and are easily blocked through swelling or inflammation.

In the back part of the nose, almost in the centre of the skull are located the *sphenoid sinuses*. Just above them lies the pituitary gland. They begin to develop at four months, and enlarge to full size by sixteen years.

A sinus never becomes diseased in and of itself, unless by actual injury in accident. The nose is the entrance way, and a simple cold is the first step. When a simple cold becomes a severe one, then it has stepped over into one or more sinuses. Frequent colds, long-drawn-out colds, colds with profuse discharge, all should be warnings

to investigate the sinuses. A chronic catarrh may be the forerunner of serious sinus disease. A person may have a sinus infection during a simple hard cold, and not realize the fact at the time. Later he may develop some other disease such as neuritis or arthritis; and when he is examined by a careful physician, it is found that the sinus contains pus, and was the point from which the disease entered the blood. For many months or years this may have been present without the knowledge of that person, except as a "catarrh" of the nose or throat. This occurs in childhood more frequently than we realize.

Loss of Smell

Not alone should we think of the actual discomfort of the nasal discharge in sinus disease, nor yet of the general diseases that may follow an infection of one or more sinuses, but the loss of the sense of smell, which so frequently follows. There may be compensations at times for this loss, but when you understand that so many of our foods are tasted almost as effectively with our sense of smell, you will hesitate deliberately to discard this sense. None of us can do so well when our food is tasteless or unappetizing. Life has lost many of its most delicate pleasures when we have destroyed our sense of smell. Let us, therefore, take in hand our simple colds at their very beginning.

The mucous membranes becoming swollen during an acute cold block off a mass of bacteria and secretions that rapidly enlarge in volume. If this happens beneath one of the turbinates, the increased pressure forces the fluids and bacteria through the openings into empty sinuses. Irritation frequently swells the tissues at these openings, and then the bacteria are bottled up in this warm, moist place, where they grow at a tremendously fast rate. This may bring on so much pain and suffering that we visit a physician, who washes out the pus, at last leaving the sinus clean. But in many cases we may not be aware that the sinus has been invaded, and a battle between the natural secretions and the bacteria is waged for many months or years. During this time the membrane lining this sinus has become thinned, thickened, or weakened, so that penetration of bacteria may take place into the circulating fluids of the body. In addition, the constant escape of some of this irritating substance with or without bacteria from the sinus into the nose and down the throat leads to chronic "catarrh," with possible infection of adenoids, tonsils, or pharynx. At this stage it belongs to the physician to help you; but let me mention a few things that to my mind are important for us all to know in preventing sinus infection.

First of all, you must study the mechanical efficiency of your nose; for example, there must be sufficient space on each side of the nose for free breathing even under severe exertion. Also the walls must be smooth and reasonably straight so that blowing of the nose will be effective in clearing out accumulations of dust and secretions. This may require the service of a physician who can

look into the nose and see the bony conformation.

Where Infections Start

Keep the fingers away from the nose unless they are well scrubbed and the nails thoroughly cleaned. Wash the hairs at the entrance of the nose with soap and water, and do not try to free the dried secretions by picking with the fingers or pulling out the hairs. Very dangerous infections have thus been started. Start with a clean handkerchief at least every morning.

Protect yourself from impure, dusty, bacteria-laden air. Country air under ordinary conditions is superior to that of any city. Avoid crowded, poorly ventilated public auditoriums. Superheated air without the addition of moisture is a danger, especially in dry climates.

Proper clothing of the body prevents congestion of the mucous membrane of the nose, therefore the limbs should be protected from chilling; this means legs, ankles, feet, arms, wrists, and hands. Neither must we forget in this age of motor-cars to protect the back of our own heads from chilling, and to have a thought of our passengers if we give them the back seat. Deafness is hastened also by habitually subjecting one's self to the chilling of the back of the head and neck by the rapidly moving air as we hurry in our motor-cars.

The Influence of Diet

Any habit of eating that deranges the stomach, causing increase of mucus, also stimulates the same glands in the nasal mucosa, and thus, if continued, makes a "catarrhal condition." This chronically inflamed mucous membrane makes a favourable soil for bacterial invasion. Guard against overeating, and take your light meal in the evening. Do not eat between regular meals, especially of candies, jellies, jams, and ice cream. Concentrated sweets should be eaten only when the stomach contains food that will dilute them, otherwise they are irritants. Fried foods retard digestion. Please remember your six glasses of water a day.

Not the least important are the alkalizing foods. Harmful bacteria cannot prevail when our body tissues are bathed in alkalized body fluids. Such foods as vegetables and fruits supply us with these salts. The dangerous foods from this standpoint are flesh meats, especially chicken and oysters. The grains, such as wheat, corn, barley, rice, rye, and also nuts, except almonds, must be considered as lacking in this chemical substance. The exact values are to be found in any good book on dietetics.

The aforesaid touches a few principles of health that influence the liability to disease through the respiratory tract; yet nothing has been said about the importance of well-regulated times for work, play, and rest, and the value of mental and emotional poise and contentment, and freedom from anger and passion. Most of these matters come within our own powers of choice, and we would do well to profit by them. There are times when disease comes to us all, but let it not be because we have brought it upon ourselves through neglecting the simple laws of health.

No
BIBLICAL
Authority
for
ETERNAL
TORMENT

By M. L. Andreasen

When the Bible speaks of men dying in battle, we invariably understand that they DIED. Is there any reason for changing the meaning of the verb "to die" when it refers (in any of its conjugated parts) to the final judgment of the wicked?



LET us now notice just what the Bible says in regard to the fate of the wicked,—those who neglected repentance.

They shall perish. "God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." John 3:16. See also John 10:28; Rom. 2:12; Ps. 37:20; 92:9. *Perish* is defined: To pass away from life or existence; to be destroyed; to come to nothing; to waste away; to pass away; to die.

They shall be destroyed. "The Lord preserveth all them that love Him: but all the wicked will He destroy." Ps. 145:20. See also Ps. 92:7; Prov. 29:1; Luke 17:27-29; 1 Thess. 5:3; 2 Thess. 2:9; Phil. 3:19. *Destroy* is defined: To unbuild; to break up the structure and organic existence of; to demolish; to ruin; to bring to naught; to put an end to; to kill, to slay.

They shall die. "The soul that sinneth, it shall die." Ezek. 18:4. See also Ezek. 18:26; Rom. 8:13; 6:23; James 1:15; Rev. 21:8. To *die* is defined: To cease to live; to become dead; to perish, to pass away from life; to expire; to cease to exist.

They shall be cut off. "The Lord loveth judgment, and forsaketh not His saints; they are preserved forever: but the seed of the wicked shall be cut off." Ps. 37:28. See also Ps. 37:22, 38; 94:23; Prov. 2:22; 1 Sam. 28:9. *Cut off* is defined: To put an end to; to destroy; to cause to die an untimely death.

They shall be consumed. "The wicked . . . shall consume; into smoke shall they consume away." Ps. 37:20. See also 2 Thess. 2:8; Deut. 32:22; Isa. 5:24; Ps. 104:35. *Consume* is defined: To destroy gradually, as by burning or decomposition; to use up.

They shall be no more. "For yet a little while, and the wicked shall not be." Ps. 37:10. "Let the sinners be consumed out of the earth and let the wicked be no more." Ps. 104:35. "They shall be as though they had not been." Obadiah 16.

They shall be rooted out. "The wicked shall be cut off from the earth, and the transgressors shall be rooted out of it." Prov. 2:22. See also Ps. 52:5; Isa. 5:24; Mal. 4:1. *Root out* is defined: To pull, dig, tear up by the roots; to eradicate; to extirpate.

They shall be *despoiled of life.* Prov. 22:23, A. R. V.

They shall be *burned up.* Ps. 97:3; Matt. 3:12.

They shall become *ashes.* Mal. 4:3.

They shall become *as smoke.* Ps. 37:20.

It would seem from these passages that God intends to convey the idea that the time will come when the wicked shall be no more. He is at pains to select words and illustrations that imply not only cessation of life and activity but annihilation. And it may be interesting to know that God selects the strongest words that can be found to convey His thoughts on this subject. (Turn to page 29)

EDITORIAL



The Cult of the Late Sir A. Conan Doyle

THE Spiritist Cult has lost one of its most prominent adherents in the death of Sir Arthur Conan Doyle. In his later days Sir Arthur spent much of his time in lecturing in different parts of the world as a propagandist of his creed. Last autumn found him lecturing in Scandinavia, and a long illness commencing in November has been attributed to his activities in that country.

In harmony with the tenets of the cult, Doyle believed that it is possible for the living to communicate with the dead. For the central doctrine of Spiritism is that dead folk are alive and active.

It must be said, however, that Modern Spiritism is a revival of the Necromancy of the ancients. Nations of antiquity practised the art, believing—as Spiritists today believe—that between the living and the dead there is a channel of communication. We learn from the records of Holy Scripture that the practise of Necromancy by the Canaanitish nations was not only condemned by man's Creator, but that it was in part the cause of their compulsory forfeiture of territorial possessions in Palestine. The following, from Deut. 18:10-12, clearly shows that such was the case: "There shall not be found among you anyone that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch, or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer. For all that do these things are an abomination unto the Lord: and because of these abominations the Lord thy God doth drive them out from before thee." The adherents of the system—supposing their dead to be alive—honoured them with worship. A striking instance of this sacrificial worship is given in Num. 25:2, 3, "They called the people unto the sacrifices of their gods, and the people did eat, and bowed down to their gods. And Israel joined himself unto Baal-Peor, and the anger of the Lord was kindled against Israel." The inspired Psalmist, in referring to the same Moabitish incident in the history of the wilderness journeyings, says, "They joined themselves also unto Baal-Peor, and ate the sacrifices of the dead." Ps. 106:28.

Their delusion was complete. In supposing that the dead were capable of intelligently receiving their worship, they suffered themselves to be most cruelly imposed upon. Not to the dead did they render homage. In reality, this was paid to a host of malignant spirits who took advantage of

their error, and whose dupes they were. To make this more clear we quote the following testimony, given through Moses: "They provoked Him to jealousy with strange gods, with abominations provoked they Him to anger. They sacrificed unto devils, not to God; to gods whom they knew not, to new gods that came newly up, whom your fathers feared not." Deut. 32:16, 17.

In this we have the clearest proof that the conscious recipients of those old-time sacrificial honours were the demon-followers of the arch-deceiver who beguiled Eve in the Garden of Eden, and who is in holy Scripture called "the devil" and "Satan." Behind the gods of gold and silver are the fallen angels, "the angels which kept not their first estate, but left their own habitation." Jude 6. These led the nations into degradation of the worst kind. And the Israelites mingled with the practisers of those forbidden arts "and learned their works. And they served their idols, which were a snare unto them. Yea, they sacrificed their sons and their daughters unto devils." Ps. 106:35-37. There were plain reasons, therefore, why the following admonition was given: "Regard not them that have familiar spirits, neither seek after wizards, to be defiled by them." Lev. 19:31.

Agreeing with the foregoing is the testimony of the Apostle Paul. He says, "The things which the Gentiles sacrifice, they sacrifice to devils, and not to God." 1 Cor. 10:20. Should there be any doubt in anyone's mind as to the nature of their oracles, their sorcery, and their magic? That their oracles were channels of communication between men and demons, it would be wrong to deny.

Let us consider the Grecian oracles, for instance. In those bygone times these were regarded as sources of supernatural information. The most famous oracle of the false god Apollo was situated at Delphi, the ancient name of which was Pytho. Now, from Pytho is derived Pythius, which was a surname of Apollo. Is there any reference to the cult, or to its devotees, in Holy Writ? There should be no doubt that we find a very clear reference in Acts 16:16, "A certain damsel possessed with a spirit of divination met us, which brought her masters much gain by soothsaying. The same followed Paul and us." We should note here that for the words, "of divination," the margin of the Authorised Version has, "of Python." And for "a spirit of divination," a footnote in the Revised Version gives, "Gr.

a spirit, a Python." The incident occurred when the great apostle was beginning his work in Macedonia, and it would be scarcely likely that the Apostle Paul's great adversary, Satan, would allow him to begin his work unchallenged and without molestation. For he was bringing the Gospel of deliverance to many bound by sin, and in Satan's chains. Yes, the Gospel was contrary to the densely-dark beliefs connected with those oracles of the Greeks. Can we doubt, therefore, that the Apostle Paul, on the very threshold of his work in the country, was confronted in this very instance by those malignant forces which were holding the deluded people to devil-worship?

Far from being an entirely new thing, Modern Spiritism is a revival of the occult arts of the ancients. The points of resemblance between the necromancy, witchcraft, and oracles of ancient peoples, and the Spiritism of Eastern and Western nations of today, are far too patent and striking to admit of any doubt that the invisible agents responsible for the various phenomena are of the same class in all cases. These unseen agents are indeed the angels who rebelled against their beneficent Creator at the instigation of the mighty angel, Lucifer, who later received the name of Satan, that is, after proving himself to be no longer worthy of bearing the honoured name which he had before. These were removed from their place in Heaven as we are shown in the pages of Holy Writ.

As deception is constantly practised by these evil spirits, it is evident that we should earnestly study the Word of God, which reveals their plans and puts us upon our guard. As visitors to earth, these evil angels endeavour to hide their true character, for they would not be likely to find listeners if they came as angels dishonoured and degraded. They wish to be regarded as dead friends and relatives of persons to whom they appear. Their guise is very perfect. The counterfeit is looked upon by many as genuine. Messages are given by these fallen angels and received by living individuals who confidently believe that they are in touch with some loved friend or relative known to have died and been buried. They are welcomed because it is thought that they are able to inform and enlighten the living. The grave danger of having anything to do with Spiritism is evident. Many begin to study the claims of the cult without being aware of all that the Bible teaches concerning the plans and work of Satan and his agents. Sir Arthur Conan Doyle, we understand, was not reared as a Spiritist, and it is clear that he did not in his early life show that interest in the cult that he showed in later years. In fact, he became converted to Spiritism. If he had taken the warnings of the Sacred Book of God he never would have become attached to the Spiritist movement.

Mr. Adrian Doyle, the son of the late Sir Arthur, is a Spiritist as his father was. Yet, even he is compelled to admit, in effect, that the spirit-visitants are not trustworthy in all respects. We quote in proof the following from *Reuter* in a

Bombay newspaper (Mr. Adrian Doyle having been interviewed by *Reuter* on July 7): "Asked whether before his death, his father spoke of communicating with his family after death, Mr. Adrian Doyle said: 'Why of course. My father fully believed that when he passed over he would continue to keep in touch with us all. His family believe so, too. I know perfectly that I am going to have conversations with him, but there are practical jokers on the other side as here. It is possible that they will attempt to impersonate him. There are, however, tests which my mother knows and which will tell us that father himself is speaking.'"—"*Late Spiritualist*," in *The Times of India*, July 9, 1930.

Now this is a clear admission, and should have given rise to very sober thinking on the part of Mr. Adrian Doyle as we hope it has done. If there are spirits who are bad enough to impersonate his father, are they not wicked enough to be guilty of deceiving men as to their real identity? If there be such things as disembodied human spirits (which we do not admit) it would be wrong for one of them to impersonate Sir Arthur, just as it would be wrong for a demon to impersonate him. In either case, the act would be a wicked deception. Obviously, the word of these spirit visitors is never to be relied upon. Surely the admission, coming from a member of the deceased leader's own family should make even Spiritists, all the world over, deeply distrustful of the spirits' claim to be departed human beings from this world.

Members of the Doyle family will never receive messages from this departed husband and parent. The Holy Scriptures teach that the dead do indeed actually die when they seem to die. These inspired Writings do not allow that all men have by nature a spark of life, inextinguishable and eternal. It is because death is the absolute forfeiture of life that the state of the dead is set forth under the figure of "sleep"—implying a condition of unconsciousness and inactivity. The Psalmist shows what takes place when one ends his mortal life here, for he says, "His breath goeth forth, he returneth to his earth; in that very day his thoughts perish." Ps. 146:4. And another inspired writer says, "The dead know not anything." Eccl. 9:5. Others employ terms in harmony with the foregoing. There will be no recall from the silence of death until the Resurrection Day. Those who have confessed their sins and have pleaded the Saviour's blood for their perfect cleansing, and who shall be overcomers in the end, will rise from the dead, immortal and triumphant, in the great, glad day of the Lord's second coming.

There is much danger in tampering with Spiritism, even from the motive of curiosity. Those who value their Christian experience will do well to hold aloof from it. The evil spirits have a malignant purpose. The Holy Spirit has shown this, as we learn from the following passage: "Now the Spirit speaketh expressly, that in the latter times some shall depart from the (*Turn to page 30*)

The Majesty of SUFFERING

*The Cup of Human Suffering Contains
a Draught for Human Weal*

By O. H. Shrewsbury

FOR in the hand of the Lord there is a cup, and the wine is red; it is full of mixture; and He poureth out of the same: but the dregs thereof, all the wicked of the earth shall wring them out, and drink them." Ps. 75: 8.

The cup has ever been used as a symbol of the dispensations of Providence to humanity, and perhaps no other symbol used for this purpose speaks more effectively to the hearts of men. Perhaps no other symbol moves to deeper and more far-reaching thoughts in humankind.

Longfellow has expressed something of this in the following beautiful lines:—

"Filled is life's goblet to the brim;
And though my eyes with tears are dim,
I see its sparkling bubbles swim,
And chant a melancholy hymn
With solemn voice and slow.

"This goblet wrought with curious art,
Is filled with waters that upstart,
When the deep fountains of the heart,
By strong convulsions rent apart,
Are running all to waste.

"And he who has not learned to know
How false its sparkling bubbles show,
How bitter are the drops of woe,
With which its brim may overflow,
He has not learned to live.

"Let our unceasing earnest prayer
Be for light, for strength to bear
Our portion of the weight of care,
That crushes into dumb despair
One half the human race."

The Holy Scriptures many times make use of this symbol, which stands both for the acts of God toward men and for the acts of wicked powers toward those whom they have sought to influence; and one thing which is especially emphasized in the Bible is the fact that he to whom God offers the cup "shall certainly drink" of it. There is no evading the draught which God designs for us. Sooner or later, willingly or unwillingly, we must drink.

This being the case, we all have need to inquire what should be our attitude of mind and heart when receiving from the hand of God this draught which we are indeed destined to drink. We need to know, as far as we can know, why He offers it to us, and how we may co-operate with Him in

Christ and His disciples in
the Garden of Gethsemane.
When the cup of suffering
was offered to Christ, He
submitted to His
Father's will



His design. Let us then re-read the words quoted at the beginning of this article, "For in the hand of the Lord there is a cup, and the wine is red; it is full of mixture; and He poureth out of the same: but the dregs thereof, all the wicked of the earth shall wring them out, and drink them."

First, and most important of all, we learn that this cup of which we must "certainly drink" is in the "hand of the Lord" and not in the hand of an enemy. It is very essential that we bear this in mind, as many go through life acting as though all that happens to them comes forth from an evil source. Let the horizon grow dark with a cloud and they think it forebodes great evil. If the slightest thing goes wrong they picture every detail of a long line of misfortunes culminating in disaster. An outstanding example of this unwise course is found in the life of Jacob. His whole subconscious experience, to almost the close of his life, seems to have been the result of his having regarded the cup of providences as being in the hand of an enemy. He did not seem to be able to grasp its truth that it was in the hand of One who loved him and who was working out all things for his good. We have a striking instance of this attitude in that night of wrestling by the ford Jabbok when he struggled with desperate energy against One whom he thought to be an enemy, but whom, later, he found to be his best friend. The cup was in the hand that was nailed to the cross for us. This is our privilege to know. Let us remember, then, that God orders our every experience, and that we may "count it all joy" when we are being tried in the fire of affliction,—if we but remain humble and complain not.

But someone may ask how we can conceive that the cup is in the hand of the Lord when evil men, and circumstances which, in themselves, we feel to be against our best interests, are constantly making themselves felt in our experience. And, too, there are our own fallible



judgments, and the resulting errors and mistakes that seem ever to mar our best endeavours. How, then, can we feel that God is in everything, and thank Him for everything, when there are so many intermediate agencies of a malignant nature intruding themselves between Him and us? For these evil agencies are manifestly bent on opposing His will, and they seem to exert such an immense controlling influence upon our lives.

A lady who was much troubled over this very question, received an explanation of it in a dream, as recorded in "The Christian's Secret of a Happy Life."

She seemed to see a great number of wild beasts approaching her from all sides. She felt much alarm, thinking that she would be devoured. But at that moment her attention was drawn to a Presence which seemed to surround her on all sides, so that wherever there were animals there was the shielding Presence.

The animals approached quite near, but the woman noticed that not one of those creatures could break through to do her harm. She then knew that God "worketh all things together for good" to all those who refuse not to drink of the draught which He pours out for them—that nothing harmful can possibly touch them. And this is true, for by the time the shaft (to change the figure) directed by the adversary reaches God's children, it is transformed into a thing which has disciplinary value in the life. In Divine love, the shaft is permitted, but the event has a wondrous power for their good.

This was the secret of the wonderful peace that Christ enjoyed. I suppose that every student of the life of Christ must be impressed by the fact that in a life which was a target of the combined forces of evil men and evil angels, such amazing tranquility should appear. Jesus stepped along His earthly way unmoved and unperturbed by the

storms that constantly made Him their centre. He was as "the ray of moon or sun which storms assail in vain, moving unruffled through earth's war, the eternal calm to gain." And He seemed to have drawn this wonderful peace from our text, for He said, "The cup which My Father hath given Me shall not I drink it?"

It is stated that God, "poureth out" of this cup. And what wonderfully touching scripture passages there are to show us with what tender care the Father above leads us into our trying and difficult experiences, and to reveal how He tempers all of them with mercy and loving kindness that our spirits may not faint under the strain. For every bitter pool of Mara there is the branch of healing.

Once when talking to His disciples He found them unable "to bear" some things He wished to tell them, so He withheld those words. At another time, in counselling His church, He said, "I will put upon you none other burden." Ah, tender Saviour! He will not permit our trials to be greater than we can bear.

Are men to conclude from the foregoing that the children of God are creatures of fate, and that all they can do is to passively accept that which comes to them in life; and to regard all as just what ought to be? Or can they have part in making up the "mixture" which they must drink? Yes, they do have a part to play, and that is the attitude they must sustain toward God the dispenser of their life's experiences. They can, by prayer, patience and thoughtfulness, sweeten their cups; or they can, by repining and rebellion, make it more bitter than it was intended to be. Recognizing that the draught is for the purpose of purifying them, they should be thankful and not rebellious. Like Job, they should realize that the Lord has a plan in their lives, though they cannot always discern it, and that all is working out for their ultimate good.

The *dregs* of the cup are to be the portion of the wicked. To every son of Adam life's cup, when first offered, contains a mixture of mercy and justice, and they who do not deliberately pursue a course of persistent murmuring and complaining, finally ending in a refusal to drink, will be purified by the draught. But a persistent refusal to drink would result in our finally reaching the place where it is too late for the draught which purifies, and so our characters would become fixed, and we would be classed with the "wicked." Then the dregs of justice alone would remain for us.

The terrible picture of the draining of the dregs of the cup by those who have refused mercy's offers is presented in various ways throughout the Bible. It describes indeed the hopeless abandon of those who, having daily persisted in trying to evade this draught from the hand of God, are at last only fit to drink the dregs of the cup.

Ah, hopeless struggle! How dare anyone oppose his Creator and pit his feeble strength against the Almighty? "For he stretcheth out his hand against God, and strengtheneth (*Turn to page 30*)

Has the EARTH'S TILT AFFECTED the CLIMATE?

Ninth in the series of scientific evidences on the Flood

By Ben F. Allen, A.B., LL.B.

MANY scientists agree that the change of the climate at the time of the Flood was so sudden, so new, and of such a nature as to demand a cause outside of and independent of the earth itself. This is the theory I will follow in this article, though there may be other theories that may seem more plausible to others. This outside cause could have been a sudden force exerted by gravity by the passing of a large body of matter near, causing the earth to wobble so as to change its tilted angle. If such an outside body had actually struck the earth, the earth would wobble in proportion to the weight of the body as compared to the weight of the earth and the speed and direction of each. It now tilts $23\frac{1}{2}^{\circ}$ from the plane in which it revolves around the sun; that is the line from pole to pole through the centre of the earth has that much of a slant from the level of the path the earth travels around the sun. This is one of the great mysteries of astronomy. It has never been accounted for.

Tilt Makes the Seasons

This tilt is the chief cause of our summer and winter seasons. Otherwise, our seasons would vary only a total of one fifteenth between extremes, for the earth receives only one fifteenth more heat in its near approach to the sun than when it is farthest away. In our Northern Hemisphere the extremes between summer and winter are slightly reduced, because the earth is some 3,000,000 miles nearer the sun in winter than in summer. This calls for a corresponding increase in the extremes in the Southern Hemisphere. In my home state, Arkansas, one fifteenth would amount to only 4° or 5° , whereas the actual difference now averages 37° , and the difference would be still more if it were not closer to the sun in winter and farther away in summer. This earth, before the Flood, as we have found from the record of the rocks, as evidenced by the distribution of plants and animals, was a striking example of just such equableness of temperature.

However, no one contends that the tilt alone is the cause of the change. The whole cause is not known. It is an utter mystery. Many scientists contend that there must have been a change in the laws of motion. Dr. Meech, astronomer, says: "The causes of notable geological changes must be other than the relative position of the sun and the earth under their present laws of motion."—*Smithsonian Trans.*, Vol. 9, page 41. But my point is that the facts of the fossils and rocks

demand some changes in the laws of motion, as well as in other natural laws, to have produced them. It is probable that the earth receives as much heat now as it ever did, but the distribution of that heat was mysteriously, suddenly, and tragically thrown out of balance. The climate was wetter, considering the whole earth, but neither so hot in summer nor so cold in winter as now.

It seems certain that this tilt $23\frac{1}{2}^{\circ}$, with its extreme effect in making the seasons so radical, did not exist before the Flood. Also, even in the Hebrew account, the evidence is against it, for the light placed on the fourth day that divided the day from the night, which was the sun, was "for seasons." But, as we have seen, it is now the tilt of the earth, mainly, and not the sun, that causes the seasons; for that has many times more to do with the change of seasons than the sun, the sun causing only one fifteenth variation of temperature, owing to the earth's being one fifteenth nearer, during the winter season of the Northern Hemisphere. [For further references on the probable astronomical causes of changes see: (1) "Astronomy,—A Revision of Young's Manual of Astronomy," by Russell, Dugan, and Steward, Vol. 1, 1926, pages 116-144; (2) "Shifting of the Earth's Axis," by Townley, *Popular Science Monthly*, Vol. 75, 1909, pages 417-433; (3) "Motion of the North Pole of the Earth," by Payne, *Popular Astronomy*, Vol. 14, 1906, pages 513-515; (4) "New Study of Polar Motion and Z for the Interval," 1890.0-1908.5, see *Astron. Nach.*, Vol. 181, page 389; (5) see papers by Sir George Darwin, in the Cambridge Press, 1907.]

The tilt may have been in just the opposite direction. It would have had the same effect on the tidal action, and the change of climate is no more mysterious one way than the other. It is a fact that the most ancient star map known—that of the ancients of the Euphrates Valley—left a large field of the starry sky in the south vacant, more than need be from there now. The most reasonable explanation seems to be that they could not then see as much of the southern sky as now; and this calls for a tilt in the earth. ("The Astronomy of the Bible," by E. W. Maunder, page 182.)

A Titanic Convulsion

If a force strong enough to give the earth the entire tilt of $23\frac{1}{2}^{\circ}$ were to act upon the earth, astronomers have calculated that the earth "would begin to wobble, and it would continue to wobble

as a top does when going to sleep."—*Houghton*. It would wobble faster and faster for a while and then slower and slower for the same length of time, till it came to rest in its new position. If it came to rest at $23\frac{1}{2}^{\circ}$ from its original position, it must, according to the laws of swinging pendulum, have wobbled through an angle of 47° on its greatest swing, or twice the angle at which it finally came to rest. According to this theory, it would increase till the one-hundred-fiftieth day, when it would wobble through an angle of 47° and then steadily decrease till the three-hundredth day.

This would have two terrible effects upon the surface of the earth. One would be to throw the whole crust of the earth into convulsive earthquake action, and the other would be to throw the oceans into two mighty tidal waves at very rapid speed.

These tidal waves, on opposite sides of the earth, would sweep around the earth once each day at the rate of one thousand miles an hour at the equator. Two such waves would pass each point each twenty-four hours. The speed would be gradually less toward the poles, of course. They would increase steadily in depth or height till the one-hundred and fiftieth day, when they would be six miles deep at the equator, and decrease gradually toward the poles. Some scientists, however, figure that some of the water would be deflected toward the poles. (Prof. J. F. Twisden in *Quarterly Journal of the Geological Society*, Vol. 34, page 41; "New Geology," by Prof. Geo. M. Price, pages 681-686, 688-692.)

Of course the earth could have tilted less than the entire $23\frac{1}{2}^{\circ}$, and in that case the wobbling and the height of the waves would have been less in proportion. But the speed of one thousand miles an hour at the equator and the three hundred days would have remained the same.

The tides of today travel that fast on the open ocean. The encyclopædias do not discuss this question in its relation to the Flood, but their discussions of the tides caused by the moon and the sun certainly harmonize with these principles. (See *Ency. Am.*, art., "Tides," paragraphs 6, 7, "Tide water deflected to poles;" *New Inter. Ency.*, page 265, "Speed of tides and depth of water, water deflected to poles;" *Ency. Brit.*, page 947.)

On the ocean proper such a tidal wave does not mean the actual travel of water, the actual transfer from one place to another. No waves of any kind do this. But when the waves strike shallow water, shallower than the depth affected by them, they make a mighty rushing power. However, their speed, whatever it might be, is soon checked by friction and slowed down or stopped by obstacles. It would be impossible for water to exist as such passing through the air or over the land at a speed anything like one thousand miles an hour. The powers of the sun and the moon, however, which cause the tide, pass on regardless; and wherever water enough is found, the tidal waves travel with them at the regular speed of one thousand miles an hour.

Of course there is much difference of opinion and several different sets of figures; they are all worthy of study. We must beware of dogmatic

narrowness, and beware of efforts to confine a process, about which there seems so much of the supernatural, to the confines of narrow science.

Slightly Wabbling Still

As for the earthquakes and upheavals, it is a surprising fact that the earth does now have a slight wobble called "wandering of the pole." This may be the remains of the wobbling that caused the tidal Flood. One famous authority, Professor Milne, author of our well-known *Milne's Arithmetics*, *Milne's Algebra*, and textbooks on higher mathematics and astronomy, says that while the pole is wandering fastest there are more frequent and more violent earthquakes. If he is right, then a sufficient wobble to cause the earth to come to rest at $23\frac{1}{2}^{\circ}$ from its former position, or even half that amount, seems ample to produce all the earthquake action which then took place. This is especially appropriate when we consider such action as going on while the Flood was in progress, and continuing thereafter for some time.

It is well known that the most violent earthquakes ever seen or known in historic time have been under the ocean water; and not only that, but they have been mere feeble tremblings compared to the mighty convulsions that once caused the very hills to dance lightly into place and threw the very greatest mountain chains together.

It is well to bear in mind that the Bible contains many prophecies that the process by which the earth is to be made new will be, except the waters, just such a scene repeated, wobbling and all, and be accompanied by fire. It is to be a reversed process for a reversed purpose; namely, to restore the earth to its Edenic condition. If it is to be restored to its former climatic condition,—which will be absolutely necessary if it is to produce all over its surface, or even anywhere, the plants and animals it once produced,—whatever happened to cause the Flood will have to be undone, reversed. If the tilt were a part of it, it will have to tilt back again, and hence the frequent mention in the Bible of the reeling and wobbling of the earth during the restoration process. I believe a close study of these prophecies would yield much light on the physical cause of the Flood.

However, the real *cause* or *reason* of the Flood, aside from the means by which it was brought about, may never be discovered by science, for the real *cause* or *purpose* as stated in the Bible is not measurable or even discoverable by science. It involved spirituality, morality, which science must admit exist, but which are beyond science to measure or calculate. It must be borne in mind that the moral and spiritual impulses of man are the very source and fountain of all the activity, both physical and mental that man himself can or does exert, and that man was made in the image of God in this respect as in other respects. In studying the Flood, it is well to remember that God's purposes spring from moral and spiritual sources, motives of love, mercy, and justice in dealing with good and evil, and that these, though science is utterly baffled at them, even in man, yet are the most powerful *causes* in the world.

A Scientist's Solution

(Continued from page 6)

"And as He sat upon the Mount of Olives, the disciples came unto Him privately, saying, Tell us, when shall these things be? And what shall be the sign of thy coming, and of the end of the world." Matt. 24:3.

As we look out into the world today we can see that the predictions that He made are being fulfilled. Each one of these things which we see happening in the earth is a message to us telling us that Christ is soon to come and that the end of the world is upon us. For Jesus, after giving a long list of things that would happen just before His second advent, said:—

"Now learn a parable of the fig tree: when his branch is yet tender, and putteth forth leaves: ye know that summer is nigh; so likewise ye, when ye shall see all these things, know that it is near, even at the doors." Matt. 24:32, 33.

A Word from the Revelation

In describing the events just prior to the coming of Christ, the Apostle John, the last writer in the Bible, says:—

"And the stars of heaven fell unto the earth, even as a fig tree casteth her untimely figs, when she is shaken of a mighty wind. And the heavens departed as a scroll when it is rolled together; and every mountain and island were moved out of their places. And the kings of the earth, and the great men, and the rich men, and the chief captains, and the mighty men, and every bondman, and every free man, hid themselves in the dens and in the rocks of the mountains; and said to the mountains and rocks, Fall on us, and hide us from the face of Him that sitteth on the throne, and from the wrath of the Lamb: for the great day of His wrath is come; and who shall be able to stand." Rev. 6:13-17.

The above is undoubtedly a description of the coming of Christ the second time, and pictures most vividly the conditions of those who are unprepared for His advent. In another text, in the Old Testament, mention is made of the state of mind of those who have made preparation to meet Him and are glad to welcome Him.

"And it shall be said in that day, Lo, this is our God, we have waited for Him, and He will save us: this is the Lord, we have waited for Him, we will be glad and rejoice in His salvation." Isa. 25:9.

When that day comes, only those who have their faith placed in God will be able to stand.

Do not blind yourself to God's love. Detect it in the rainbow and in the rain, in the rose and in the red life that blossoms from the ground. Having detected it, answer it. Answer it by obedience. Obedience is the final demonstration of confidence, and confidence is never perfect unless it is the confidence of perfect love.—G. Morgan.



Is Daddy Home

I HEAR Bob shout a block away,
"Is Daddy home?"
When Mother calls them in from play,
"Is Daddy home?"
While Bower, who is older grown,
Employs convention's milder tone
And yet his eagerness is shown,
"Is Daddy home?"
Oh, what a blessed thing to hear,
"Is Daddy home?"
From voices so intent and dear,
"Is Daddy home?"
I hope that in the years to be
My boys will know such love for me
That often they will call to see
If Dad is home. —O. L. H.

Father

I HAVE no theories of fatherhood to present, only a radiant memory, says Henry Turner Baily, in the *Kindergarten Review*, and then he goes on to describe the memory:—

"I remember a tall man with a full black beard, clear, light-blue eyes, a high, white forehead with a flourish of dark hair above it. . . . I can see him now, walking to his mill with a quick, long stride, or standing before a turning lathe with a snowstorm of shavings powdering him from head to foot.

"This was the man whom mother was always glad to see. This was the man who never came into the house without stopping to put his arm about her and kiss her and whisper something in her ear. This was the man who drew me between his knees before breakfast, and called me 'Little Sonny.' He rode me upon his shoulder, set me upon his knee, and practised me on the sounds of the alphabet until I never mispronounced, and took me upon the front seat by his side whenever he drove anywhere.

"I was afraid of him, just a little; because he was so tall and strong, and because everybody and all the animals I knew, minded whatever he said. I used to think mother was afraid of him, too, because she used to blush when he came near her. And then once when I was busy playing, and said, 'Wait a minute,' twice, when mother asked me to put away my things and go to bed, he looked at me and said, 'Henry!' in such a way that I never forgot it. I imagine it was the memory of such a look that made my brother Fred once ask mother to punish him for some disobedience rather than tell father about it; or perhaps it might have been Fred's recollection of a punishment which I received for lying. 'Is it possible that my first boy will tell a lie to his mother?' my father had asked, with a piercing look straight through me. He talked with me calmly, kindly, but to his sorrow I persisted in my lies, defying him and everybody else to make me say anything I did not

please to say. 'Then I shall have to punish you,' he said, and reached for a stick which I had been using upon my wooden horse. I have never forgotten that whipping—the thrill of it which took away my breath, the pain of it which surprised me beyond measure, the wonder that father's face could be so calm through it all. He shut himself into his bedroom afterward, and prayed to God, with tears, that his boy might never tell a lie again. I discovered that day the heinousness of sin.

"Not long after, when father was away, I was throwing stones near a shop in the village, and broke a pane of glass. Somebody told mother. She called me in and said, 'You know what your father told you about throwing stones in the street?' Yes, I knew. 'When he comes home, tell him at once what you have done, that you are sorry, and that you will never do so again.' Oh, the agony of the afternoon! What would father say? What wouldn't he do! He would kill me. Ah, how little I knew him! When at last he came, and I had managed to sob out my poor story, his keen eyes softened with tears, he wrapped his strong arms about my shrinking little body, and lifted me tenderly into his lap. He told me that he would forgive me, that he was happy to know that I had told the truth, that he would pay a man to set the glass; and then his voice failed him, and he kissed me upon the forehead. The memory of that kiss will go with me as a benediction for ever. I knew that day the joy of a pardoned sinner.

"How I admired that man! When I awoke of a spring morning, I could hear him whistling while he spaded the garden. He hived bees, and managed horses; he could mow and milk, and run the machinery in the mill. He could make the most wonderful things with a jack-knife—toads that could hop, jumping jacks, willow whistles, darts, bows and arrows, windmills. When the new church was built in the village, he sawed the shingles, turned the rosettes, carved the ornaments with his own hand, made the great clock dials, and set up the clock.

"Then came illness. The dust of the mill was too much for his lungs. The puffing engine, the humming planer, the great crying and singing saw which ate its way through oak logs, the buzzing lathe, and the clucking shingle jointer were all sold and carried away. Father built a boot shop, and set up new machinery. He was often away, and had wondrous stories to tell of locomotives and steam boats and elevators, of which we boys never tired.

"When I was about seven years old, father took me to Boston. It was just after a great fire. I remember the heaps of red-hot ashes, the queer, distorted shapes of iron, the weird ruins of granite walls, and the soldiers with tall hats and glittering regalia standing guard. It was a gala day for me, but a day of thick darkness for him. The fire had ruined his business. The creditors came to the factory in the country, examined the machinery, looked through our house, walked over the little homestead, and went away.

"Again everything was sold. With hired

money, father built a little cottage from plans which he drew himself, and into it we went. There were four of us boys then, all as vigorous and as hungry as healthy country boys alone can be. We must be fed. He opened a repair shop in the village. It was our delight. There were a buzz saw, a jig saw, a carpenter's bench, a hand forge with rotary blower, a turning lathe, together with all sorts of big tools for repairing machinery, and all sorts of little tools for repairing clocks and watches.

"But business was slack. It was a hard winter. Day after day no work came to the shop. But what good times we had at home! Father played horse with us. We rode upon his back as he crawled about the floor on his hands and knees. He told funny stories. He taught us how to make little trellises for house plants, and how to saw wall brackets from thin wood, which, later, we sold from door to door in a neighbouring village, and so earned our first money. We had enough to eat, such as it was—the simplest and often coarsest of fare—but meal-times were always jolly. Father was the light and joy of the house.

"But every day there was a time when we missed him. I wondered about it at first; but once or twice I found him in a room alone with a Bible before him, and once I found him upon his knees. I love that Bible now, and when I turn to the twenty-third psalm, and find the pages soiled and worn, or to the last chapters in the Apostle John's Gospel and to his epistles, and find the leaves loose and brown and spotted as with tears, I know the secret of those silent hours, and I know also the secret of that perpetual joy which like a fountain of living water overflowed upon us all in prosperity or adversity, morning, noon, and night, every day of his life.

"He never made us boys a promise which he did not keep; never deceived us; when he wished us to obey him, never spoke more than once; and never required the formation of an intellectual or moral habit which he did not himself exemplify. And yet he was not harsh or unkind, or even inconsiderate in dealing with us. We were taught by example a reverence for sacred things, a respect for age, and a thoughtful courtesy toward women.

When we began to read for ourselves, he knew what we read. Because of his thoughtfulness in those days I have never read a useless or vicious book.

"Another invaluable lesson taught by example was industry. We were to do with our might whatever our hands could find to do, simply because it was right to work that way. Moreover we were to be generous in our living. We were to help—to help one another, and to help God save the world. Therefore we must give of our time, our talents, our money to assist in every good work.

"From my earliest recollection of him to the sad day of his death I never heard a cross or unkind word or saw an angry or impatient look pass between him and the woman he loved, the sweet mother of the seven children who now rise up and call him blessed."—*M. J. Vine.*



"Forgive Me, Please"

THE lips that say, "Forgive me, please;
I know that I did wrong,"
Will wear a smile, and be at ease,
And sing a happy song.

—Selected.

Albin Stuart, Errand Boy

By Nellie M. Leonard

ALBIN! Albin! Telephone!" called Mrs. Stuart.

Albin arose slowly from the hammock to answer his mother's call. He leaned for a minute against the verandah rail, finished the page he was reading, then went into the house.

"It's 'Albin!' all the time," he scolded. "I'd like to change my name; then you could tell 'em that Albin wasn't at home. Who was it this time, mother, what do they want now?"

"Mrs. Randolph wants you to get her a yeast cake. She forgot to order it. That won't be heavy, son. And please look in her box at the post office and bring the mail."

"Walk 'way down to the post office this hot day, just for a yeast cake! She doesn't want much does she? Why doesn't she remember to order what she wants? She likes to keep a fellow running errands. And I've got to tramp all over town with my newspaper this afternoon. Well I s'pose I can go!"

Snatching his cap, Albin started for Paxton's Corner, where the post office was in one corner of the village variety and grocery store.

He was gone a long time. Mrs. Stuart began to wonder what had happened. A thunder shower was gathering in the west, and Albin's papers were lying by the side of the road, where the motorman had thrown them from the electric car.

By-and-by Albin returned, red of face and disgusted.

"I'm going to print a sign and wear it on my cap: 'FREE ERRANDS—JUST HOLLER!'"

"Did you help many people on this trip, son?"

"I'd say! Everybody's helpless today; its hot, and I think they're all tired. I bought the yeast cake. Then the postmaster said he had a parcel post package for Miss Peck and she told him I'd be willing to bring it up. I took the package—it was as heavy as lead—and started home. I got up to the church, when I remembered I didn't get Mrs. Randolph's letters. Her box was nearly full. I guess she hadn't been to the mail this week. Mr. Paxton's talk about the package made me forget to ask for those letters.

"I knew Mrs. Randolph would cross-question me if I didn't bring any mail, so I went back and got it. Then I had to go away up Bramble Lane

with Miss Peck's bundle. She was so interested to open it and see if it was just what she sent for that she never even thought to say 'Thank you!'

"On top of all the rest, when I was coming past Widow Paine's house, she was trying to chase her rooster and a dozen hens out of her flower garden and strawberry bed. Of course, when she saw me she called, 'Albin! Albin!' Well, they're in that hen yard—every last hen of them. I don't know anything that's more dense than a hen. They flew and scrambled and squawked until the widow threatened to soup them all. Now I'll peddle papers."

Mrs. Stuart went back to her sewing.

"Albin does seem to be a general favourite when people need some one to run errands," she sighed. "It is good for him to be helpful, but sometimes I wish that people would be more thoughtful."

The hot summer passed; late autumn brought the measles, a real epidemic, to Paxton's Corner. Albin peddled his papers from house to house, calling fearlessly upon his little sick friends.

"I'm not afraid; I had them when I was a little kid," he explained.

But one day he came home with red eyes, a burning face and dreadful headache. He was very ill for several days.

"They're the regular old-fashioned, square-toed measles, my boy," said the jolly doctor. "You're having a second dose of them. But then, you might have expected it; lots of plain folk have measles twice—I did myself!" and he rumbled Albin's red hair playfully.

One morning, when he was better, his mother brought in some orange sherbet. It seemed to Albin that nothing had ever tasted quite so good.

"I think you must have made many friends since we moved here, son," smiled his mother. "Mrs. Randolph sent a whole freezerful of this sherbet. And here's a lovely carnation plant that Widow Paine brought while you were asleep. Just see these lovely red blossoms, and there are several buds."

"She knew that red carnations are my favourite flower," smiled Albin. "May be folks do like me, after all."

When he was able to go out into the lovely autumn out-of-doors, wearing blue glasses to protect his weakened eyes, Dr. Holmes took him for a long auto ride to the seashore, which was the crowning treat of all.

"Just look mother!" he cried, his eyes sparkling with pleasure, "just look here! Two neckties, a book, a new pocketbook, a flashlight, and ten shiny shillings. All presents from my paper customers. Mother, Paxton's Corner folks are all right! I used to think they were selfish—that they just wanted to use me for an errand boy—but I made a mistake."

"I've learned that when things are dead wrong, it pays to wait a bit, instead of thinking bitter things. Wait, son! after a little we see more clearly. It's a pretty good, friendly world, after all," said Mrs. Stuart quietly.—S. S. Times.



MEATLESS RECIPES

Some Tomato Dishes Tastefully Prepared

TOMATOES, along with greens, seem to stand at the head of the list of vegetables in health giving properties. They seem to be valuable in the same way that oranges are valuable, and they contain twice as much iron as oranges contain. Tomatoes retain their health giving qualities better than most vegetables when they are cooked. Fresh tomatoes served in various ways, are most valuable. In India they are, generally speaking, plentiful, and could be used in different ways much more frequently than they usually are. The following are a few inexpensive and palatable recipes:—

TOMATO BISQUE

3 cups stewed tomato 4 cups vegetable broth
4 tablespoons chopped onion, a large sprig of parsley
2½ tablespoons vegetable butter
2 tablespoons nut butter
1 small bay leaf, a sprinkle of thyme, salt to taste.

Put the vegetable butter, parsley, onion, bay leaf, and thyme into a small saucepan, and let simmer for a few minutes. Add all the liquids, and boil gently for 30 minutes. Dissolve the nut butter in a small quantity of warm water, and add to the soup. Mix well, salt to taste, strain, and serve.

TOMATO CREAM SOUP

Heat two quarts of strained stewed tomatoes to boiling, and four tablespoonfuls of flour rubbed smooth in a little cold water. Let the tomatoes boil until thickened, stirring constantly that no lumps form; add salt to season. Have ready two cups of hot rich milk or thin cream. Add the cream or hot milk, and let all boil together for a minute or two, and serve.

BAKED EGG IN TOMATO

½ cup buttered crumbs, 3 tomatoes
parsley, butter 3 eggs, salt

Select firm, medium-sized tomatoes. Cut off one end and scoop out the centre. Sprinkle a little salt in the tomato shell and turn upside down on a tray and let drain one-half hour in the ice box. Pour one-half teaspoon of butter in the tomato shell, then drop one whole raw egg into the shell. Add a little salt for the egg, over the top sprinkle buttered bread-crumbs, and bake until the egg is as firm as you desire. Take out of the oven and sprinkle a little chopped parsley on top and serve hot on toast.

BAKED STUFFED TOMATOES

2 cups cooked rice (dry) 1 teaspoon salt
1 tablespoon capsicum (chopped) 1 tablespoon onion (chopped)
2 teaspoons sugar 3 tablespoons butter
6 tomatoes ½ teaspoon Marmite

Select firm, ripe tomatoes. Cut slices from the stem ends. Remove the centres. Mix rice, salt, onions, capsicum, sugar and melted butter. Add Marmite dissolved in a little tomato juice. Add part of the tomato pulp removed from the centres. Fill tomato shells, dot with butter and bake in a moderate oven forty-five minutes or until brown on top.

BAKED TOMATOES AND CORN

2 cups of cooked corn 2 cups of cooked tomatoes,
1 teaspoon of salt 1 teaspoon of sugar
1 cup of fresh bread crumbs 3 teaspoons butter

Mix all the ingredients together and pour into an oiled baking dish. Melt the butter and pour over the bread crumbs. Spread the buttered crumbs over the corn and tomato mixture. Bake until brown.

TOMATO MACARONI OR VERMICELLI

1 cup strained tomato 2 cups water
4 teaspoons peanut butter 1½ tablespoons macaroni
1 teaspoon salt broken into small pieces,
or vermicelli

Rub the peanut butter smooth with the water. Add the tomato and salt, and heat in a double boiler. Add the macaroni or vermicelli and cook from twenty to thirty minutes, or till the macaroni is tender.

TOMATO AND EGG SALAD

Cut off the tops of tomatoes and scoop out a little of the pulp. Sprinkle the tomatoes with salt, mash up the yolks of hard-boiled eggs and half fill the tomato. Serve on lettuce; cut up the whites of the eggs, and sprinkle over. Garnish with parsley.

LETTUCE AND TOMATO SALAD

Arrange lettuce leaves on a plate. Have a ripe tomato peeled and cooled. Lay on lettuce leaves. Run a sharp knife across the middle of the tomato, cutting it nearly in two, then crosswise, so that the four quarters fall back, yet hold together underneath. Drop a teaspoon of mayonnaise into the centre of the tomato, and serve.



Ques.—"What is the cause of hiccough and how may it be relieved?"

Ans.—Hiccough is produced by a sudden spasm of the diaphragm. It may be excited by eating too much, thus causing indigestion and irritation of the stomach, drinking a large quantity of cold water, or by long continued or immoderate laughter. It also occurs, sometimes, in the last stages of wasting diseases, when it is regarded as a very grave symptom, indicating approaching dissolution.

Hiccough can generally be stopped by taking a very small sip of very cold water or swallowing a small piece of ice. It may also generally be checked by holding the breath a long time, so as to interrupt the paroxysm, which occurs at regular intervals. When it is very obstinate, and is evidently the result of indigestion, the stomach should be washed out with a stomach tube.

Ques.—"Why are bowel troubles so frequent in summer time?"

Ans.—"Bowel troubles" are the prevalent disorders of summer, and the mortality lists are lengthened by fatalities due to this class of maladies. Old and young suffer, but infants most.

Recent experiments and observations by European physicians show that the chief cause of these maladies is to be found in the increase during the warm months of the particular class of germs which give rise to putrefaction.

Milk, meat, and bad water are the chief sources of infection. Milk may be boiled, and meat should be discarded, better forever, but certainly during the hot months, when it is always swarming with the germs which cause decay. Water should be boiled unless known to be pure. Water from dug wells or from lakes, streams and any sources except springs or artesian wells, is certain to contain harmful germs, parasites, and various impurities. Such water is always unfit for use without boiling.

A precaution which will almost certainly prevent these summer bowel troubles is the careful disinfection of fruits and all other fresh foods, such as lettuce, celery, radishes and cabbage. These foods are often soiled with sewerage or soil used as fertilizer and hence are highly infected. They often introduce animal parasites into the intestine. It is easy to render these foods entirely wholesome as follows: Wash thoroughly in clean water, then soak for five minutes in a solution of Dioxogen, one part to twenty of water. After soaking in the solution rinse well. Fresh fruit and raw vegetables from the market should never be eaten without this preparation. Of course, vegetables grown in one's own garden may be known to be safe.

Fruit, fruit juice, cereals, and fresh vegetables should be the chief dietary during the summer months. Keep the bowels moving freely by a laxative diet, and keep the general health up by free water drinking, the daily cold bath, and the out-of-door life. This advice can not be too often reiterated.

Ques.—"Please tell me what can be done to correct stammering in an 8 year old boy. Until recent months, the child has only had the trouble on occasions, but now he is bothered by it, principally when he tries to relate an incident that has happened or when he answers the telephone. I would like to know the cause of this, and any treatment that can be given. He is a reserved, quiet, rather sensitive child."

Ans.—The manifestations of this 8 year old boy are typical of most stammering—(a) irregularity of manifestations; (b) stammering only when talking under peculiar cir-

cumstances (when he tries to relate an incident or answer the telephone); (c) disturbance chiefly with the first word or two of the sentence. Also the fact that he is a boy rather than a girl is suggestive, and the age of onset is typical. The repetition of an entire word, while occasionally met with, is not so characteristic as the repetition of the first sound of the word.

Speaking merely from the evidence available, this child is probably developing stammering in the usual manner and unless the tendency can be arrested, is destined to become a more or less severe and confirmed stammerer.

Behind the evident muscular difficulties in talking, one should look for disturbance of the emotions. This inward nervous stress while talking to people is dependent on a variety of conditions. One must at the start presume on the existence of more or less underlying tendency to excitability and emotionality. The general health should be looked after and the boy should sleep normally and sufficiently; lack of these constitute important possible causative factors.

One should look for possible exciting causes for his emotional or excitable tendency. Such causes are subtle and hard to detect. They are such as might not in any manner affect an adult and yet are potent for a child. They lie in environmental conditions, such as overbearing attitude of an older brother or playmate; overcrowding of the child in the work of home or school; atmosphere of nervousness in the home or school; conditions tending to incite fear.

As to correction, the thought should be to remove the child from emotionalizing influences, such as from reciting at school, from talking to groups of people, from situations generally which seem to produce emotional excitement; to insist on plenty of sleep—if possible, a day-time nap.

One should tactfully (not insistently) attempt to encourage tranquillity in talking; tactfully (so as not to make the child more excited) discourage any attempt to talk while showing excitement; and one should encourage slow and smooth talking. Teach the child by example, rather than by insistence. Recite children's rhymes slowly and distinctly while he repeats them line by line in the same, smooth, distinct manner. Intelligence in handling is necessary.

After a fair attempt has been made to secure results, should the stammering continue, consult an expert in disorders of speech, but remember that the ignorant, unreliable, self-exploiting advertiser is to be avoided. Aid should be sought without undue delay, for the longer the stammering goes on and the older the child, the more profound is the effect on the character and the more difficult the recovery.

Ques.—"Is there any objection to taking two spoonfuls of best olive oil and one spoonful of honey mixed with oatmeal porridge in the morning as well as at night? I take olive oil in hot milk first thing in the morning to relieve the bowels and it proves effective."

Ans.—There can be no objection to taking two teaspoonfuls of olive oil and one of honey with your porridge in the morning and evening.

Ques.—"Are medicinal tonics of use for toning up the nervous system?"

Ans.—Medicinal tonics are of no use in building up the nervous system. The body can only be built up by means of proper foods. Drugs produce good feeling without actually improving existing conditions. The best tonics are good food, fresh air, proper exercise and cold bathing. Outdoor sleeping has an excellent tonic effect. The morning cool bath has no superior as a tonic. When cold water cannot be tolerated or cannot be conveniently obtained for the morning bath, the cold air bath may be substituted.

Training the Appetites of CHILDREN

By Laretta Kress, M. D.

IMPROPER feeding is the most active cause of disease in childhood. A great deal of suffering and many premature deaths result from digestive derangements.

Puny children with shrunken, wasted frames, would in many instances become happy, healthy, and well nourished, if fed according to their needs. There is rarely any lack of food, for mothers are only too willing to provide for their little ones; it is for want of food which they can digest and assimilate that so many suffer.

The pernicious habit of cramming something into the child's mouth every time it cries, is responsible for much mischief. Regularity is a necessity in infant feeding, and the frequency of the meals must be determined by the age and physical condition of the child.

Few children cry from hunger. Pain resulting from overfeeding is a much more likely cause, and a little warm water internally, or a hot application externally, will usually give speedy relief. Whatever is done, more food should not be crowded into the stomach merely to hush the child's voice. The voice may be hushed forever in this way if repeated.

Natural Nourishment

The best food for babies is mother's milk. Whenever possible, infants should be nursed for ten or twelve months. Children who have inherited good constitutions, do not require more than five meals—four in the daytime and one at night—in each twenty-four hours, except during the first two months of life. Between the fourth and eighth months the interval between feedings may be prolonged to four or five hours, and at the end of the first year only three meals a day, with possibly a nutritive drink between meals in some instances, need be provided, the child being allowed to sleep soundly all night.

To break a child of night nursing, a little warm water may be administered in the bottle in place of the customary milk; the baby will, after a time, drink freely, and then drop off to sleep again.

Feeble or premature children must be fed rather more frequently than those of sounder constitutions, and they require extra care.

An infant should not be allowed to sleep at the breast, or with a feeding bottle in its mouth. Science rightly condemns the baby "comforters" so commonly employed, because they cause a waste of saliva and tend to cause posterior nasal growths. Nor is it advisable to give sugar, teats, or sweets to soothe a crying child. Some mothers administer sugar and water the first few days of life. This is often responsible for digestive disturbances. Herb teas are unnecessary and often harmful. Plain water is by far the best drink for your children between feedings.

Artificial Nourishment

When the mother is unable to suckle her child, so that artificial feeding becomes a necessity, cow's milk, properly sterilized and diluted, is the best substitute. Since it is hard to keep the nipples and tubes of feeding bottles clean and free from germs, it is much better to teach the baby as soon as possible to eat from the spoon. Although more of the mother's time is taken up by this method, the results justify its expenditure.

At the third or fourth month Zwieback (twice baked bread) finely grated or powdered, may be added to the milk. This product is more easily digested than many of the so-called "infant foods." The mother should depend upon the physician to recommend the most suitable infant's food and the quantity desired.

During the summer months milk must be kept cold to prevent souring, which is a frequent cause of stubborn diarrhoea. Hand-fed infants, dependent as they are upon milk and milk preparations for subsistence, are the chief sufferers from spoiled milk. Milk that is not Pasteurized is unsafe, and should not be used. Boiled milk produces a softer and smaller curd, and is easier of digestion than is raw milk. It adapts the cow's milk better for the human infant. Orange juice between the feedings supplies the vitamins destroyed by boiling or Pasteurization of the milk.

The Weaning Process

The proper time for weaning is from the tenth to the twelfth month, the change of diet being made gradually. When the child reaches the age of nine months, begin to substitute occasionally simple soups, Zwieback, and ripe or stewed fruits for the regular meal. Adopting this plan, when the infant is ten to twelve months old, the mother may cease the nursing altogether.

Very gradually, additional articles may be introduced into the daily bill of fare; but meats, cheese, coarse vegetables, tea, coffee, condiments, spices, pastry, rich puddings, and all other substances difficult of digestion, should be studiously avoided.

Nearly all children crave fruit. This is perfectly natural. Ripe fruit and all kinds of fruit juices may be provided. They are well adapted to the digestive organs of the young. The scraped pulp of raw apples or pears, ripe peaches, and in fact any of the semitropical fruit products may be freely eaten at the regular mealtime, for the fruit furnishes just the material needed for the plump little bodies so characteristic of early childhood. Eating between meals is a pernicious habit, and should be guarded against at any age. It is surprising how easily children can be trained so as not to desire food between meals. There is truth in the scripture, "Train up a child in the way he should go; and when he is old, he will not depart from it." Prov. 22:6.

What to do for PNEUMONIA

By D. A. R. Aufranc, M.R.C.S., L.R.C.P. (Lond.), L.D.S., R.C.S. (Eng.)

PNEUMONIA is one of the most widely spread and fatal of all acute diseases. John Bunyan styled consumption the "Captain of the Men of Death," but this title has been transferred by Sir William Osler to pneumonia. It is difficult to arouse the public to the fact that pneumonia is one of the deadliest of all diseases. No other disease kills one-third to one-quarter of all the persons attacked. From the records of a large insurance society, for the winter months, it was shown that the death rate for pneumonia almost equalled the combined death rates of cancer and tuberculosis. The actual figures were 8.7 per 1,000 for pneumonia and 10.4 for cancer and tuberculosis.

In the year 1902 in England and Wales there were 26,526 deaths from pneumonia while in 1903 there were 40,725. Another important point is that while the mortality from tuberculosis has been halved during the past forty years, that of pneumonia has increased twenty-five per cent.

Enough has been said to show how dangerous a disease pneumonia really is. It should never be regarded lightly and no pains should be spared to give a sufferer from this complaint the best treatment possible. Even mild cases often take a sudden turn and end fatally.

Pneumonia is an acute, specific infection characterized by inflammation of the lung, toxemia and fever. It usually ends by crisis about the eighth or tenth day.

Prevention

Pneumonia is very largely a preventable disease. In many cases it is due to carelessness and neglect. It frequently follows a severe chill, especially if the individual has some weakness of the lungs. Or perhaps a second chill may be contracted before the first one is out of the system. It must not be forgotten that pneumonia may be caught from a person suffering from the disease. Therefore the sputum and any discharge from the patient should be handled with care and burnt.

Pneumonia frequently follows an attack of influenza but in almost every case it is due to the individual's failing to rest and stay in bed until the attack of influenza is over. Ordinary care and common sense are all that is necessary to prevent the majority of these cases.

In patients addicted to the use of alcohol, the prognosis is much worse. The heart, weakened by the use of alcohol, is often unable to stand the strain of the acute fever and the patient succumbs. The death rate among alcoholics who contract pneumonia is very high indeed.

An important point in prevention is the thorough cleansing of the mouth. The germ of pneumonia is present in large numbers during the course of the disease and is often present even in healthy

mouths. Careful attention to the points of oral hygiene, therefore, is important in preventing the germs multiplying in the mouth and making this cavity a base for raids on the lungs whenever the resistance becomes temporarily below normal.

Value of Water

There are three points to strive for in the treatment of pneumonia. They are to combat toxemia, to support the circulation and to reduce pain. These three points should be kept in mind when deciding the form of treatment to carry out. Needless to say, every case of pneumonia needs the care of an experienced physician. But the matter does not end with the arrival of the doctor. This is a disease which requires careful nursing, and much can be done to aid recovery and make the patient comfortable by those in charge of the case at home. The patient's strength must be conserved from the beginning so that he may be able to face the crisis successfully.

The same general hygiene of the sick room should be carried out as for all fevers. It is important not to have the patient too wrapped up with clothes. It is better to have the clothing light so that air can circulate round the body. A light flannel jacket which opens in front to give easy access to the chest is most useful. Sunlight and fresh air are great enemies of pneumonia and all fevers. The sick room must never be allowed to become stuffy but the patient should be protected from a direct draught. A bright, sunny and well-ventilated room is the ideal one, and in some cases it may be possible to have the bed in the open air if not continuously, at least for a time each day.

It is not good to adopt routine treatment in cases of pneumonia. It is better to treat the patient and his symptoms rather than the disease. If the patient is full-blooded, the object of treatment should be to relieve or deplete the overtaxed heart and circulation. If, on the other hand, the pulse is feeble and irregular a more stimulating form of treatment will be called for.

There is no specific treatment for pneumonia, but nothing gives greater relief to sufferers from this complaint than the application of moist heat. Hot baths, hot packs, and the hot foot bath given in bed and kept up by the addition of more hot water, are all useful. Half to three-quarters of an hour should be spent over the foot bath and a little mustard may be added if desired.

If it is not convenient to apply fomentations for a long period, a preparation called Antiphylogistine will be found very useful. This is a kind of clay which when spread on linen and applied to the body will keep up a supply of moist heat for a period of several hours. It may be obtained from almost any chemist and should be applied according to instructions. It is often advisable to use it in conjunc-

tion with a pneumonia jacket. Formerly it was a very common practice to bleed patients suffering from pneumonia, but today with our knowledge of hydrotherapy, we are able to bleed the patient into his own tissues. In other words, we are able to draw the blood away from congested areas to other parts without losing it.

Some physicians claim success from the application of cold compresses alternating with hot fomentations, but these are not generally liked by the patient. The compresses should be wrung out of cold water and changed as soon as they become warm which will be every few minutes. After three hours of this treatment, hot fomentations should be applied for ten minutes.

If the fever becomes very high, it may be necessary to employ cool sponging, a wet-sheet pack or cool bath, the cool enema; or to apply the ice-bag to the affected side. Cool sponging usually gives great relief and is also convenient. When this is done limb by limb, the patient is but little disturbed. The cool enema is also very useful for reducing temperature. Half to one pint of water at a temperature of 40° to 60° should be used for each injection. If the cold treatment causes much chilliness, it should be discontinued.

Diet and Drinks

Diet, which is of course important, is much the same as for all fevers. The chief points are that it should be light and unstimulating. Fresh ripe fruits, milk, and easily digested articles are good, but meat and all forms of meat extracts are most harmful and should be avoided.

Drinks should be given freely to get rid of the

toxins and encourage perspiration. Water, barley water and hot lemonade are very useful, and will give the patient comfort and relief. Such drinks should be given regularly.

It is most important that the bowels be kept free by the enema or a mild aperient if necessary.

As the crisis is approaching, a stimulant may be necessary to support the enfeebled heart and circulation. But the treatment during this period, when the life often hangs in the balance, requires great experience and is too serious a matter to be left in the hands of anyone but the physician. It is a mistake, however, to postpone treatment until the crisis is reached, or even until symptoms appear, as then the patient's strength is usually low. The methods set out above should be put into practice in the first days of the disease while the patient is comparatively strong.

Frequently sleeplessness and cough are two troublesome symptoms which it is difficult to treat. Good long nights of rest should, if possible, be secured for the patient in the early days of the disease when there is a reasonable chance of sleep. Absolute quietness should be observed in the sick room and the patient should be as little moved and disturbed as possible. If these symptoms do not yield to the ordinary simple remedies, the matter should be explained to the physician and left in his hands.

If the case has been treated carefully from the first there will be little risk of complications. Remember that although pneumonia is so deadly, it is preventable, and can be largely avoided by a little care and commonsense in every-day habits. It is certainly easier to prevent than to cure.

A Physician's Appeal to Women SMOKERS

By G. Thomason, M.D., F.A.C.S.

FROM the first introduction of the tobacco habit into the human family it has been an ever-increasing menace to the physical, mental, and moral stability of the human race. The physical effects of tobacco, with its usage confined to men, were most serious; but now that smoking is becoming so prevalent among women, the results are, and will be, utterly appalling. The results of decimating wars, devastating plagues, floods, fire, tornadoes, earthquakes, and other convulsive forces of nature are as nothing compared with the besom of destruction involved in the tobacco habit.

This may seem like stating the matter too emphatically, but far from it. It is impossible in human language adequately to describe it. Plagues and disasters at most are usually quite local in character. But here is a habit, well-nigh universally practised, now numbering among its devotees not only the men but the women and myriads of those of tender years, in fact, including the great majority of the human family. It cannot be any

exaggeration to state that today tobacco represents the greatest single menace to the mental, physical, and moral integrity of the human family.

As a Protective Barrier

Hitherto it has been quite generally acknowledged that in poison habits, with their potential hereditary influences, woman has stood as a helpful and protective barrier between the habit and the child. But with the smoking habit gaining so rapidly among women, this barrier is rapidly being broken down.

A nation's greatest asset is its children. It is the inalienable right of every child to be well born. No parent has the right to practise any habit that prejudices the possibility of the best physical hereditary preferment. Speaking regarding the hereditary effects of alcohol on the child when both parents were addicts, some years ago Professor Forbes Winslow, a universally recognised authority among medical men, stated: "When the mother as well as the father is a drunkard, the children are sure to be either drunkards, criminals, or insane,"

showing the increased hazard to the child when both parents are involved.

Would Produce Inferiors

The late Sir B. W. Richardson, one of the best informed of modern medical men, said: "I do not hesitate to say that if a community of both sexes, whose progenitors were finely formed and powerful, were to be trained to the early practice of smoking, and if marriage were confined to the smokers, an apparently new and physically inferior race of men and women would be bred up."

The *New York Medical Journal* speaking of the rapid deterioration of the Maoris, formerly one of the physically finest races of men of modern time, says: "When the Europeans first visited New Zealand, they found the natives the most finely developed and powerful men among the islands of the Pacific. Since the introduction of tobacco, for which these men developed a passionate liking, they have, from this source alone, become decimated in numbers and so reduced in stature and physical well-being as to be an altogether inferior type of man."

It is interesting to note that the day this article is written, the daily papers have announced President Hoover's conference at the White House, looking toward carrying out certain humanitarian activities, particularly as related to child welfare. President Hoover, in addressing the first meeting of the Planning Committee, said; "I need not urge upon you the fundamental importance of this undertaking. The greatest asset of a race is its children, that their bodily strength and development should prepare them to receive a heritage which each generation must bequeath to the next.

It Must Be Included

"These questions have the widest of social importance, that reaches to the roots of democracy itself. By the safeguard of health and protection of children, we further contribute to that equality of opportunity which is the unique basis of American civilisation."

There can be no adequate safeguarding of health and the protection of childhood that does not include the most serious consideration of the great tobacco problem, both as to its hereditary effects and the practice of the habit by the children themselves. It will of necessity take into account the nefarious propaganda so blatantly carried on by the tobacco vendors in their flaming bill-board posters, radio pronouncements, magazine and newspaper advertisements.

That President Hoover's efforts are of the greatest importance is most emphatically emphasised by the ever-increasing multitude of mentally defective children, hundreds of thousands of them demanding admittance to institutions for this class of unfortunates, in America and other countries.

Extensive studies and observations have been made on the effects of tobacco on the sex glands. Petit gave tobacco to guinea-pigs, fowls, dogs, and rabbits, both male and female. Tobacco was given in the form of smoke or mixed with their food. The result was rapid sclerosis, with loss of function of the reproductive organs.

In experiments made by Dr. Dy, it was found that the young of guinea-pigs and rabbits subjected to tobacco were generally born dead, or died soon after birth. This was found true in the case of all animals experimented upon.

The study of the question of still births and premature children born to the wives of smokers shows a much higher percentage of these in the offspring than of non-smokers. As statistics become available in the case of smoking by both parents, the results will undoubtedly be most disheartening.

Slender but Wizened

The latest appeal to induce women to smoke is the ridiculous slogan, "Reach for a cigarette instead of a sweet," to preserve the slender figure. No doubt this is a telling appeal, and will bring the results so earnestly sought by the tobacco merchants. But at what a terrible cost to the women! Grant that by smoking a woman may obtain or preserve a slender figure; tobacco does dry up the digestive secretions; it does hinder digestion and absorption; it does destroy the appetite for food; and this may result in the loss of pounds of flesh.

But the effects of tobacco do not stop there. The tobacco-using woman not only gets a slender figure, but a miserable, *shrivelled* figure; her natural ruddy complexion is gone, giving her a sallow, dingy, pasty-appearing skin, that no "drug store" complexion can successfully obliterate, and will still leave the disappointed woman's face but a "painted desert," and her pathetic appeals for the recognition of her artificial womanly charms will fall upon unresponsive ears.

Professor Lorand of Carlsbad, whose expert medical advice is sought from all over the world, in one of his recent books, speaking of the effects of tobacco on women, states how amazed he has been to find the number of women coming to him, once famously beautiful, who have in a few short years become prematurely old, wizened, and most unattractive in appearance.

Destroys Youthful Appearance

No young girl can smoke cigarettes and maintain her youth and beauty. She certainly will sacrifice all her womanly charms; she will later on abandon all hope of successful motherhood, or at least of desirable motherhood, or, at best, she will confer only a tainted heredity upon her miserable offspring.

It is reported from Paris, where smoking has been practiced by women probably for a longer period and to a greater extent than in any other civilised country, that strong evidence has appeared that the effect of cigarette smoking is to unsex young women by producing premature degeneration of the sex glands. One evidence of this is the development of the feminine moustache, which is becoming noticeably more frequent among young women smokers of Paris.

The solicitous appeal is for woman to seek to maintain her beauty, charm, and attractiveness, to preserve her exalted position in exerting the dominating, helpful influence in guiding the destinies of the race, and for ever to resist any desecration of her fair body temple, the crowning glory in all the creative universe of God.

No Biblical Authority for Eternal Torment

(Continued from page 13)

The wicked shall not only "burn," for which the Greek word is "*Kaio*," but they shall "burn up," a much stronger word, "*Kata Kaio*." (Luke 3:17; Matt. 3:12; Ps. 97:3.) In like manner they shall not only be "destroyed," but "utterly destroyed," a much stronger expression. (Acts 3:23, A. R. V.) It is not merely the ordinary word "consume" that is used, but "consume away." Ps. 37:20. Again it is not enough for them to "perish." They shall "utterly perish." 2 Peter 2:12.

If it were said of a person that he had died, had been despoiled of life, had been slain; that he was utterly destroyed, burned up, consumed, had become as ashes, had become as smoke, had ceased to exist as completely as though he had never been,—if all this were said, it would certainly seem to indicate that the one saying it meant to convey the idea that the man was dead, and not in possession of life. If this is not the meaning of the words quoted, we would be at a loss how to convey any thought by means of words.

Now, all these phrases are used of those upon whom God's wrath will finally rest. They and many others of similar import are used over and over again. From all these expressions we can draw but one conclusion: "The wages of sin is death," therefore the wicked will not live forever but will at last cease to exist.

Why should men cling to the belief that there will be an eternally burning hell-fire?

It has been conclusively proved in these articles that men are not possessed of immortal souls. Immortality is had only through Christ. And with the fall of the doctrine of natural immortality there is destroyed also a belief in eternal hell-fire; the one is dependent on the other. If men do not have immortal souls, they cannot live forever, in hell or anywhere else. If they are so to live, it must be a gift from God. And that is just what the Bible says. "The wages of sin is death; but *the gift of God is eternal life* through Jesus Christ our Lord." Rom. 6:23. This gift God will give to His own, but He will not give it to the wicked. If He should give it to them, it would merely condemn them to a life of suffering. And that would hardly be a gift. How much better is God's plan! "He that hath the Son hath life; and he that hath not the Son of God hath not life." 1 John 5:12. "*No murderer hath eternal life abiding in him.*" 1 John 3:15. As these statements are true, eternal hell-fire cannot be a fact.

We reject the doctrine of eternal torment on the ground that the saints who will have a part in the judgment could never condemn their fellow creatures to unending tortures. Their sense of justice would not permit them to.

We reject the doctrine of eternal torment on the ground that it provides a punishment altogether out of proportion to the crime and thus violates all rules of right.

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We reject the doctrine of eternal torment because it is irreconcilable with the picture that the Bible gives us of Christ. The Christ who took the little children in His arms and blessed them while here on earth will not take other little children and burn them throughout eternity. We may accept one Christ or the other, but we cannot accept both.

We reject the doctrine of eternal torment because it robs us of our God of love, and substitutes a being whose wrath is never appeased.

We reject the doctrine of eternal torment because it provides for a plague spot in God's universe throughout all eternity, and makes it impossible for God Himself ever to abolish it.

We reject the doctrine of eternal torment because it perpetuates and immortalizes sin, suffering, and sorrow, and thus contradicts and nullifies God's statement that the time will come when these shall no more exist. Rev. 21:4.

We reject the doctrine of eternal torment because it would forever cast a shadow over the joy of the redeemed to know that somewhere in the universe blood of their own blood and flesh of their own flesh were in torment.

We reject the doctrine of eternal torment because it vilifies God's character and limits His power, in that it either presents Him as perpetuating torment because it accords with His character and as willing miraculously to sustain life in the unhappy victims for the purpose of aimless and endless punishment, or else as powerless to stop

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that of which He does not approve.

Finally, we reject the doctrine of eternal torment because it is unscriptural; because it is based on the doctrine of the immortality of the soul, which is also unscriptural and the father of spiritism, transmigration of the soul, purgatory, and a host of other errors.

The Majesty of Suffering

(Continued from page 17)

himself against the Almighty. He runneth upon Him, even on His neck, upon the thick bosses of His bucklers." Job 15:25, 26. Ah, it is our privilege to listen to His love pleadings while there is yet opportunity to repent—to drink of the cup while it is tempered with mercy rather than to be forced to drink its dregs when the day of opportunity is over. May God grant that we may make this better course our choice!

What Every Mother Should Know About Her Child's Teeth

(Continued from page 8)

As the jaw expands in development the space increases and the tongue and lips adjust the tooth to its proper position. With the development of adult features the face assumes its proper relation to the teeth and they no longer look immense.

Give the child intelligent care in the formative years, and young men and women will be saved much agony and unhappiness from bad teeth through the major period of existence.—*Hygeia*.

The Cult of the Late Sir A. Conan Doyle

(Continued from page 15)

faith, giving heed to seducing spirits and doctrines of devils." 1 Tim. 4:1. And many have been led astray by listening to false teachings as the prophecy foretold. Satan has formed a deep-laid plot to displace the Word of God from our affections by introducing his own corrupting teachings. He is ever bent upon engulfing us in ruin that we may lose eternal life—which we on our part must ever regard as too precious to lose. The evil one has many ways of tempting men from their allegiance to God, and Modern Spiritism is one of the most dangerous we know of. It is too potent for evil to be even played with. —P.

The Prevention of Poor Appetite in Children

THE loss of appetite in children may be attended with serious consequences, and is often very difficult to cure. Doctor Aldrich of the National Committee for Mental Hygiene gives advice dealing with the prevention of this condition, which usually develops in two stages: "First, a readily understandable physical or mental cause results in lack of appetite. Second, food forced at this time, when it would be better withheld, fixes on the child, psychologic aversion to food, and further continued urging only strengthens this."

Doctor Aldrich has instructed his patients never to urge their children to eat. When a child refuses food, the amount offered should be reduced. The child should be gradually accustomed to changes in food and left alone at meal time. A questionnaire showed that among one hundred and ninety-nine children whose parents had been so instructed, eighty-five per cent ate hungrily or willingly, while in an unselected group only nineteen per cent did so.

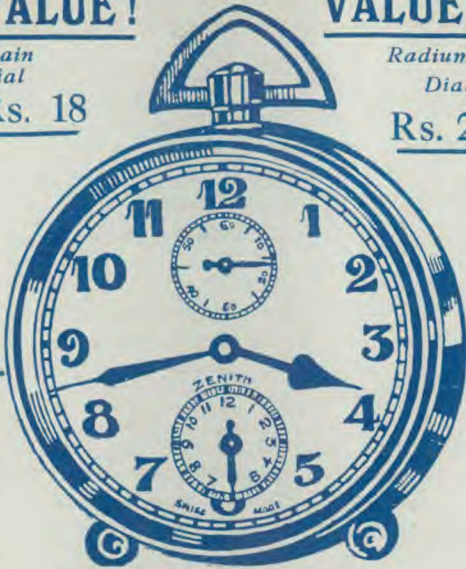
This rule is a good one, but must not be rigidly followed. There are exceptional cases. Loss of appetite is a common symptom of illness, of fever, or of toxemia.

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To Avoid Spoiling Your Child

PARENTS who are spoiling their children will do well to stop and consider the underlying causes of the spoiling and the results of it, as analysed by Dr. George K. Pratt:—

1. Most selfish, disagreeable, conceited, or unreliable adults were once spoiled children.

2. Remember that what your child is in temperament, up to 10 and 12 years of age, usually indicates what he will continue to be all the rest of his life. Temperaments are moulded, not born. You, as his parent, can mould him during these flexible years into almost anything you desire.

3. A spoiled child generally means he has selfish, neurotic, or thoughtless parents.

4. Begin your anti-spoiling methods early. A child can be as thoroughly spoiled at 2 months as he can at 4 years.

5. Don't always do for your child those things he should learn to do for himself.

6. To "give in" habitually to your child is not an evidence of real mother love. More likely it is proof that you prize your own immediate comfort above the child's welfare.

7. Don't "show off" your child before company. Even tiny babies soon learn by this to demand excessive attention.

8. Don't determine to give your child all the luxuries and advantages you may have lacked in your own childhood. Make him earn some of them.

9. Give him some responsibility each day and insist that he carry it out. This encourages self-reliance and fosters pride of achievement.

10. All praise and no blame makes Jack a conceited boy. Praise your child when he merits it, of course. But don't forget the beneficial effects of occasional constructive criticism, or even punishment.—*Selected.*

How to Avoid Colds

IT is not uncommon for people to attribute their ailments to the less important rather than the more important cause, and so fail to get the best benefits of hygiene. Many people bemoan the fact that they sat in a draught and "therefore" caught cold, when what they most needed was not to keep out of draughts but to keep in such a condition that draughts would do them good, not harm. Benjamin Franklin, a century ago, believed, what we now know to be true, "that people who live in the forest, in open barns, or with open windows, do not catch cold, and that the disease called 'a cold' is generally caused by impure air, lack of exercise, or overeating."—*Professor Irving Fisher and Dr. E. L. Fisk, in "How to Live."*

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Prevent Sickness

Sickness is a result of the violation of the "laws of health." By observing the "laws of health" it is possible to avoid at least eight-tenths of the sickness with which the majority of people are afflicted. A knowledge of the "laws of health" and the care of the body would enable most men to greatly increase their efficiency and earning power.

Attain Vigorous Old Age

A vigorous old age is the natural birthright of every man. But the average length of life in India is only twenty-two years. By observing a few simple rules it is possible for nearly everyone to increase his expectation of life by many years.

Healthy, Happy Children

Healthy, happy childhood is also the birthright of every child. The happiness and future welfare of the child is influenced in a large measure by prenatal factors. The sex life of the parents; the care of the expectant mother; the use or non-use of alcoholic drinks by the parents all affect the future of the child. Reliable information on these topics is much sought after.

Emergencies

Are you prepared to meet the emergencies which arise in every household?

If your child should suddenly go into convulsions or push a pea into his nose would you know what to do? Do you know how to bandage a wound so that the bandage will stay where it is put? Do you know how to stop bleeding from the face or scalp or what to do for a scorpion sting or snake bite?

If the life of your son or another member of your family depended upon your nursing and care would you know what to do? Or if the doctor required your intelligent co-operation would you be able to give it?

ALL this information and much more comes in the wonderful book named below. It is written in simple, non-technical language so that all who read may understand. This work is available in the following languages: *Bengali, Burmese, English, Gujarathi, Hindi, Kanarese, Marathi, Tamil, Telugu and Urdu.* Other languages are in course of preparation, more than forty-five thousand families in India have been helped by it. It has fifty chapters, five coloured plates, and an abundance of other illustrations, and is beautifully bound. *Fill in and post the coupon NOW.*

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