

THE  
**ORIENTAL**  
**WATCHMAN**  
AND HERALD OF HEALTH



*B. B. & C. I. Railway Publicity Dept.*

KASHMIR IN THE HIDAR VALLEY

*Read in this Issue—*

**START THE CHILD RIGHT**





ADELAIDE, South Australia, has just been connected with Europe by telephons.

TODAY the automobile industry is the largest single industry the world has ever known. Thirty years ago it was nothing.

CHINA recently opened a new mint in Shanghai, after spending ten years in its construction. It cost \$1,000,000, and is capable of producing 40,000 coins an hour.

BELGIUM is sending the city of New York one gram of radium, valued at \$70,000, for use in the city hospitals in the fight to control cancer and alleviate the suffering of cancer victims. The city already has three grams—its own property—at work.

THE tiniest germ, at least the tiniest ever seen by man, is the germ of creeping paralysis, which was recently seen for the first time, as revealed by the powerful instrument, the ultramicroscope, in the laboratory of the Westminster Hospital, London.

JAN SOUSEDA, a Czech engineer, has designed a new electric motor-car with a small eight-horsepower gasoline motor to keep the batteries charged. When the car runs downhill the motors will be converted to dynamos, charging up the batteries and acting as brakes. One of the best features of the new car is a four-wheel drive, giving excellent traction on bad roads.

A GENERATION ago, Robert G. Ingersoll predicted the speedy downfall of the Christian church and said that the Bible would soon be an unused book. During the last calendar year, the Christian people of the United States contributed \$1,500,000,000 to the church and its allied interests. During the same period, 36,500,000 copies of the Bible were put into circulation.

WHEN an open safety pin is swallowed it constitutes a serious menace because of the danger that it will penetrate the wall of the stomach and set up peritonitis. So serious is this possibility that not infrequently the patient is operated on immediately and the stomach opened in order that the pin may be removed. In a case treated recently by Dr. W. B. Huff a technique was devised which enabled the condition to be handled without opening the wall of the stomach. Ingeniously the doctor introduced into the esophagus a rubber tube with a piece of gauze at the end. The abdomen was opened, the pin felt with the fingers, and then, without opening the stomach, the pin was fastened to the gauze at the end of the rubber tube and closed. The rubber tube was then slowly withdrawn, bringing the safety pin with it. In the instance described the child recovered without further disturbance. The method seems to be of value particularly because it permits proper handling of the condition without opening the stomach wall.

ITALY, weary of paying the high duties on paper imported from foreign countries, has set her own technicians to work to develop a process of manufacturing fine book paper from rice straw.

HEIDELBERG, Germany, has a city forest of 8,300 acres, dating back to 1692, which produces more than 30,000 cords of wood annually, while that of Zurich, comprising 4,200 acres and maintained for ten centuries, yields an annual income of over \$2 an acre.

WHAT is claimed to be the oldest known dictionary in the world has been discovered in southern Syria. A French archaeological expedition under the leadership of Dr. E. A. Stradbourg made the find, in the ancient city of Zepouna. The "dictionary" consists of large tablets of baked earth, some of which show an unknown script and language going back to about 1400 B.C.

To check piracy in the waters off the coast of China, a British inventor has devised a nearly automatic S. O. S. signal. This signal is inclosed in a bullet-proof case, and is operated from the captain's bridge. As a piratical vessel approaches, the officer of the watch indicates on a dial the ship's latitude and longitude and presses a button. The invention then sends out the call for help and the ship's position, and keeps on sending it until the danger has been met and the contrivance is switched off.

MISS E. T. CHEN, who received her scientific education in America, is making a series of tests and experiments in the psychology laboratory of Amoy University in China to determine the principal mental difference between Chinese and Caucasians. She has concluded that the Chinese boy or girl of high school age has a better memory than the average Caucasian of similar age and education. A Chinese youth she says, can look at a printed page for only a few minutes and then without seeing it again be able to repeat it word for word the next day.

THE bird called the "dipper," or the "water-ouzel," both walks and flies and swims under water. The bird manages to keep down, although it is much lighter than water it stays dry, and keeps its eyes open. While many birds are swimmers and some divers, this little creature walks around on the bottom of a pool of water, and swims for many yards under the surface of the water.

It belongs to the wag-tail family, but it is generally called the dipper. Those who have watched its habits are amazed at the length of time it can stay under the water, and the way it propels itself along by wing movements, which are exactly like flying under water. As it is only three-fourths as heavy as water, it requires real force to keep such a cork-like body down. Yet the bird endures the icy waters of mountain streams for an amazing length of time.

The secret is that nature has provided it with an extra coat of thick down under the true feathers, which is kept oily by means of a gland under the bird's tail. When beneath the water, no dampness can penetrate to the bird's skin. It is able to keep its eyes open under water because, like practically all creatures that spend time in air and water, it has an extra eyelid, quite transparent, through which it can see, even when the eyelid is closed over the eye for protection from the water.



# START *the* CHILD RIGHT

*Establish Health Habits in Children*

By W. A. Ruble, M.D.

**F**EW mothers realize the importance of starting a child right in matters pertaining to digestion and nutrition. Fortunately Nature has provided a source of perfect food for the child during the first year of his life if the child is not robbed of his rightful heritage. During that time, if not before, every mother should search diligently for a knowledge of the proper food and care that should be given to the child when it begins to derive its nourishment from other than the maternal source.

A few illustrations of failure to start children aright, gathered from recent observations, may not be amiss. For a considerable time the writer has made it a practice to inquire into the early habits of eating in the study of causes of ill-health in children, girls, and young women. In almost every instance we have found that the individual had been permitted to choose articles of food that appealed to the taste rather than those that constitute a well-balanced dietary. Especially has this been apparent in cases of girls at the critical age when they are changing from childhood into womanhood, or soon after. At that time many serious ailments develop, such as anæmia, goitre, disorders peculiar to women, headaches and many others.

What are some of these errors? If you watch these girls take their food you will in almost all cases find them taking a poorly balanced diet. One says she cannot eat green vegetables but makes a meal of white bread, jam, tea and cake. Another says she cannot take milk, or any milk products, or anything that has milk in it. Another

discards eggs and all foods containing eggs. In almost every instance the girl has a decided sweet tooth and she gratifies it upon every occasion that she gets. Even between meals she is nibbling sweets at any time.

Now the desire for sugars is a normal and a natural one. More than half of the food required in the body should be some form of sugar—carbohydrate. Cane-sugar, however, is the worst form of sugar. Well-cooked, starchy foods, honey, and fruit-sugars are the best forms.

If one follows up the life habits of these ailing girls he will find that in almost every case there is some gross error in her diet. This has deranged the body functions and has brought on a grave disease.

One might ask why these remarks are directed so largely to girls and young women. The reason is that more young women than young men fail in early adolescence. One reason, doubtless, is because they are more delicate in their eating. The boy leads an outdoor, knock-about life, is ready for his meals, and gets a general diet of whatever is set before him. In so doing he gets all the required

elements for building up his body and his strength. Then, too, he is out-of-doors much of the time. He is exercising vigorously, while his puny sister is indoors lounging about nibbling sweets or other titbits.

Who now, is to blame for this condition of affairs? We must go back to the early training of the child. The mother is the one who is at fault. She either does not know what are the proper foods for the



*They brighten our homes, and—rightly trained—reward the care we spend upon them*



child, or does not take enough interest in the matter of nutrition to start the child aright in its early habits. Children can be taught to choose the kind of foods that are best for them. Every child should be given a varied diet in order that he may have all the elements needed in the body. Nature has distributed these essentials over a very large variety of food stuffs and has made it necessary to take a variety of foods in order to preserve health.

As has been said the taste for sugar is a natural one. This can be satisfied by natural sweets such as sweet fruits—figs, dates, prunes, raisins and others. Left to itself the child almost always will choose some form of artificial sweets. Here is where the work of the mother comes in.

The proper choice of bread and other farinaceous food is one that should be formed early. Most children choose cake, biscuits and white bread in preference to the whole-wheat products. Here is a great source of malnutrition. White bread and jam are probably responsible for more cases of malnutrition in children than any other one thing. Even butter is withheld in many instances. White bread and other products of white flour are deficient in several vital elements of nutrition. It has little or no mineral salts. Here is where rickets and bad teeth begin. There is no mineral to build bones or teeth. It has little or no vitamins. How many of the obscure ailments of early life are due to vitamin shortage of various kinds we do not know. Probably many more than we know yet, and we know of many. It has little, if any, roughage. This is one of the defects in early feeding of children that is responsible for constipation, and constipation is the forerunner of legions of health defects.

A common error in early feeding is giving too much flesh food. There are other foods that are much better for children than flesh food. In fact, children do better on a well-chosen dietary free from meat. Meat also lacks mineral salts, vitamins and roughage. It contains toxic waste materials that are injurious to children. Raise your children on a liberal diet of fruits, grains, vegetables, nuts, eggs, and milk products, and then health will be almost assured.

It is very important that children be taught early to partake freely of raw green vegetables. They are the natural source of vitamins and mineral salts. Let them also use cooked vegetables freely. Fruits also are a source of the higher

class of elements needed in the body.

Teach the child early to drink freely of water. How famished children become for water is little understood until one sees the eagerness with which a child will grasp a glass and pour the water over his clothes in a mad rush to drink an entire glassful at a single gulp. Offer the child water many times a day and thus early teach him the habit of taking water freely.

Educate the child to have his food at regular intervals. While quite young he may need five or even seven feedings a day. At the age of five or six, however, he should be taught to have his meals regularly on time at three stated meals. Eating between meals is a pernicious habit and is responsible for many, many cases of serious digestive disorders.

Last, but not least, train the child to respond to the call of Nature, to go to stool three times a day after meals. Watch your nurse if you have one, for she may by punishment and threats prevent the child from making her this trouble. She will form the habit in the child of delay and thus lay the foundation for constipation and all the evils that follow in its trail.

The following quotation from an article entitled "The Finicky Appetite" in a recent health publication is to the point:—

"Occasionally consult the child's preference about his food, but never let him feel he is free to dictate as to what he will and will not eat. Teach him that certain foods are required if he is to grow big and strong and rugged like the daddy he adores. . . . The child who early learns to eat with a good appetite whatever is set before him, will be saved much discomfort and embarrassment in later life. . . . The child with the finicky appetite is an excellent culture medium for the dreaded tubercle bacillus."

Let mothers consider the title of this article an appeal to them to train their children to a plain, nourishing, wholesome diet. If they don't want this it will not in most cases hurt them to go without a meal or two until they care to take proper food. Pampering the appetite with sweets and tittbits only strengthens the tendency to impoverished feeding.

The well-known adage, "Train up a child in the way he should go, and when he is old he will not depart from it" is good physiology as well as good religion.

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## For the New Year

"May You Have—

*Enough happiness to keep you sweet;*

*Enough trials to keep you strong;*

*Enough sorrow to keep you human;*

*Enough hope to make your heart sing;*

*Enough labour to keep you from rust;*

*Enough leisure to keep you broad;*

*Enough religion to make you value the best;*

*Enough of the love of Christ in your soul*

*to make you glad to serve."*



# What Was ABOLISHED by CHRIST?

By G. F. Enoch

**I**N his letters to the saints in Ephesus and Colosse, the Apostle Paul has given us an exposition of the meaning of the cross of Christ unique in Scripture and worthy of our most profound meditation. He here expounds the deep things of God.

Many superficial readers of the word isolate some of these expressions, giving to them a meaning foreign to the original. Let us then carefully consider what the Apostle Paul says in his great argument in Ephesians, the second chapter. But in so doing we must bear in mind the distinction which he makes between the moral and ceremonial laws. This distinction is broad and clear, and has been recognized by all the great evangelical churches of Christendom. One was a ritual law, a "law of commandments contained in ordinances," a law dependent on the priesthood of Aaron (Lev. 7:35-38; Heb. 7:12), a law prescribing certain ceremonies and ordinances pointing forward to the Lamb of God, who would take away the sin of the world; the other is the moral law of Jehovah, which is eternal, pointing out and defining sin. The first was written by Moses in a book and carried in a pocket in the side of the ark (Deut. 31:24-26), the other was written by the finger of God Himself, on both the first and second (Deut. 10:1-4) tables of stone, for the preservation of which the ark was made. The law which man had broken, enshrined within that ark, was the centre around which the typical services revolved. The cere-

monial law "stood only in meats and drinks, and divers washings, and carnal ordinances, imposed on them until the time of reformation," Heb. 9:10; the moral law is spiritual and "holy, and just, and good." Rom. 7:12. What God Himself has thus separated, let none try to join together.

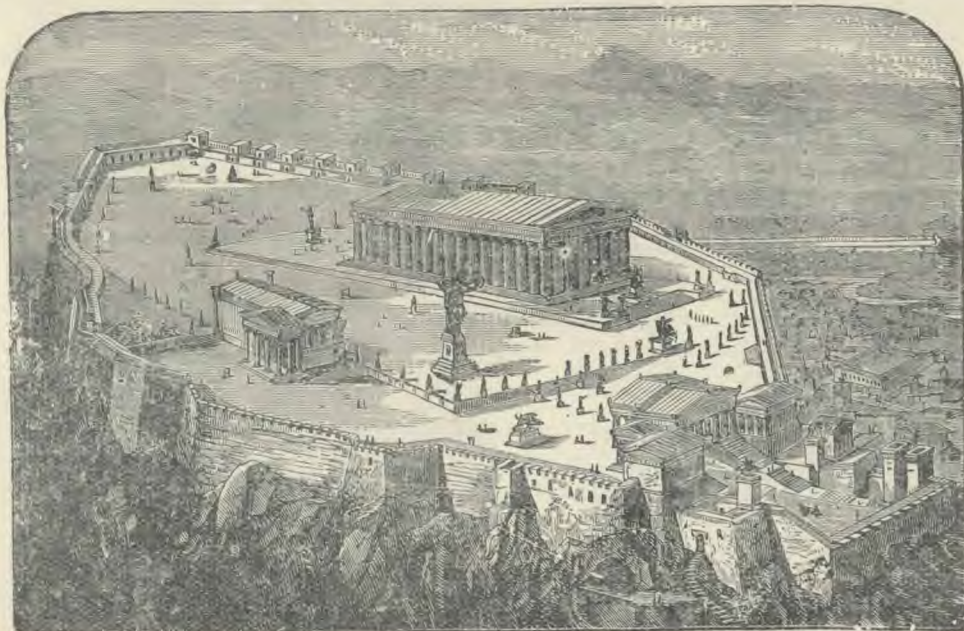
The unanimous testimony of the evangelical churches on this subject is as follows:—

"Although the law given from God by Moses, as touching ceremonies and rites do not bind Christian men . . . yet notwithstanding no Christian man whatsoever is free from the obedience of the commandments which are called moral." *Article VLI of Articles of Religion, Church of England. See also Article VI of Methodist Church.*

"We believe that the law of God, revealed in the ten commandments . . . is forever established in equity, so that no human work shall abide except it be built on this foundation." *Article XIII, Presbyterian.*

"We believe that the law of God is the eternal and unchangeable rule of His moral government." *Article XII, baptist.*

Let us now turn to the witness of the Apostle Paul concerning these two laws. "Having abolished in His flesh the enmity, even the law of commandments contained in ordinances." Eph. 2:15. "Do we then make void the law through faith? God forbid: yea, we establish the law." Rom. 3:31. The same Greek word which is translated "abolished" in Eph. 2:15, is translated



When Christ, the Lamb of God, died for sinners, the sacrificial worship centering in Herod's Temple at Jerusalem was needless. The ceremonial law was effectually nailed to His cross.



"make void" in Rom. 3:31. In one case the apostle says that a certain law is "abolished" or made void, in the other he as distinctly says that the law to which he there refers is not made void or abolished under the Gospel. He must be speaking of two different laws. The "law of commandments contained in ordinances" is the ceremonial law, given through Moses, and not the moral law spoken by God and written with His own finger.

Jesus Christ came to establish morality, not to destroy it. "For what the law could not do, in that it was weak through the flesh, God sending His own Son in the likeness of sinful flesh, and for sin, condemned sin [the transgression of the law, 1 John 3:4] in the flesh: that the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit." Rom. 8:3, 4. The Gospel does not abolish the moral law, but makes provision that it may be obeyed.

The ancient prophet said of Jesus, "He will magnify the law, and make it honourable." Isa. 42:21. Jesus thus expresses His own attitude toward the law: "I have kept My Father's commandments." "Which of you convinceth Me of sin?" John 15:10; 8:46. David said of Jesus, "I delight to do Thy will, [law] O My God: yea, Thy law is within My heart." Ps. 40:8. The keeping of this moral law was to Him a pleasure and a delight. Jesus was perfectly happy, and perfectly free from sin, because He was perfectly obedient to the law of God. And so will every true Christian be.

The Sermon on the Mount is not mere theory but is a practical exposition of the inner meaning of the law of God as exemplified in the life of Jesus Himself. No thought of evil found place in His heart. Jesus taught that the law of God goes to the innermost recesses of life. This sermon is the fulfilment of the prophecy that He would "magnify the law."

Jesus vehemently denied the charge that He came to abolish the moral law. "Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil." Matt. 5:17. Fixing our eyes on the furthest point of human vision, when time merges into eternity, He adds, "For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled." Then to forever enshrine the teaching of the ten commandments in the heart of Christian doctrine He concludes, "Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven." Matt. 5:19. Commandment breakers will not enter into "the kingdom of heaven."

In concluding this great sermon Jesus places outside the kingdom those who break His law and teach men so. "Not every one that saith unto Me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of My Father which is in heaven. [His law, Ps. 40:7, 8.] Many will say to Me in that day, Lord, Lord, have

we not prophesied in Thy name? and in Thy name have cast out devils? and in Thy name done many wonderful works? And then will I profess unto them, I never knew you: depart from Me, ye that work iniquity" [transgress the law]. Matt. 7:21-23.

So then anyone who preaches or does any wonderful works in the name of Jesus, and at the same time teaches that the law of God is abolished, or done away, will in that day hear, not words of commendation, but the word "Depart." Be not in their company now, that you may not share their fate then.

In commenting on this portion of the Sermon on the Mount, John Wesley said:—

"In the highest ranks of the enemies of the Gospel of Christ are they who openly and explicitly judge the law; who teach man to break not one only, whether of the least or of the greatest, but all the commandments at a stroke; who teach, without any cover, in so many words, 'What did our Lord do with the law? He abolished it. From any demand of the law no man is now obliged to go one step.' This is indeed carrying matters with a high hand; this is withstanding our Lord to His face, and telling Him that He understood not how to deliver the message on which He was sent. O Lord! lay not this sin to their charge! Father forgive them! for they know not what they do! The most surprising of all the circumstances that attend this strong delusion is that they who are given up to it really believe that they honour Christ by overthrowing His law, and that they magnify their office in destroying His doctrine. Yea, they honour Him just as much as Judas, when he said, 'Hail Master,' and kissed Him. And He may justly say to every one of them, 'Betrayest thou the Son of man with a kiss?' It is no other than betraying Him with a kiss to talk of His blood and take away His crown, to set light by any part of the law under pretence of advancing the Gospel. Nor indeed can anyone escape this charge who directly or indirectly preaches faith in any such a manner as to set aside any branch of obedience; who preaches Christ so as to disannul, or weaken in any wise the least of the commandments of God. . . . Thou shalt both do and teach all the commandments of God from the least even unto the greatest; thou shalt teach them BY THY LIFE as well as by thy words, and so be called 'great in the kingdom of heaven.'"—*Wesley's Sermons, Vol. I, pp. 352, 353.*

Therefore we conclude that these modern antinomians who teach the abolition of the law of God, deny their Lord and Master and put Him to an open shame before a wicked, sin-loving world.

"A YOUNG Brahman came to a missionary. In the course of a conversation, he said: 'Many things which Christianity contains I find in Hinduism; but there is one thing which Christianity has, and Hinduism has not.' 'What is that?' the missionary asked. 'A Saviour,' said the Brahman.—*Presbyterian Record.*



# Sweetening the INTESTINAL CANAL

*How to Destroy Disease-Producing and Age-Hastening  
Bacteria in the Colon*

By G. Kingsford Harris

MODERN research has proved beyond any contention that intestinal infection by bacteria is a cause of many obscure diseases, and it has been proved that various micro-organisms are responsible for most chronic states.

How do we know this? Because when the intestines are cleaned of these micro-organisms the chronic disease disappears.

The organisms generally prevalent in civilised Western peoples are the *Bacillus coli*, *Streptococci*, Spore-bearing bacilli, and other Gram-negative bacilli including the coli-typhoid type (which do not ferment lactose), the proteus type, found usually in epilepsy, stammering, and varieties of recurring nerve storms; and the pyocyanus type, which is generally associated with obvious lesions.

The *B. coli* is apparently a normal inhabitant and is found in man, animals, and birds.

The *Streptococci* are almost as commonly present in man as the *B. coli*, and to a certain extent in animals.

The Spore-bearing bacilli, of which group the *B. Welchii* and tetanus are members, are generally found in man and animals.

The Gram-negative bacilli are in numbers almost without limit, though most of them can be placed in one of the sub-classes of the main group, and these nonlactose fermenting Gram-negative bacilli, whether of a known variety, or not, may be the cause of toxæmia even though not giving rise to obvious lesions; indeed the great majority of this type probably never do, or can, cause anything more than a little mucous colitis or something of that nature. The fundamental characteristics of these bacilli is that they are of the coli-typhoid type, which do not ferment lactose, and their varieties are unending. The majority of these bacilli do ferment glucose; giving acid and gas, and do not ferment lactose or saccharose.

Now these organisms interfere with the action of the *Lactic-acid bacilli* in their production of acid; and the acid reaction of the contents of the large intestine is of importance in two ways—

1. It inhabits the growth of the injurious bacilli.
2. It supplies an acid medium in which bacteria are not able to produce toxins to any extent

comparable to their ability to do so in an alkaline medium.

Now the reaction of the contents of the bowel of the large intestine of persons fed on an ordinary diet is *alkaline*: but the reaction of the contents of the bowel of persons fed on a natural diet is *acid*, and the micro-organisms found therein are the *B. coli* and the *Lactic-acid bacilli*.

It thus necessarily follows that the health of persons fed on natural foods is *far superior to that of persons fed on ordinary diet*.

Fermentation occurring in the intestine fed under alkaline conditions is quite different from that under acid conditions, and apart from the bacterial toxins, many of the more dangerous poisons obtainable from protein, are *not* formed in an acid medium.

From these facts it will be seen that if we can—and we can—produce an acid condition of the large bowel, intestinal toxæmia will be modified or non-existent.

An alkaline condition favours notably the growth of certain strains of organism and the compounds that cause foulness and which are notoriously poisonous if absorbed in any quantity into the blood, and this condition is favoured by stasis, or as it is generally termed, constipation, which is so prevalent.

Furthermore, this poisonous and foul condition deadens the reflexes and produces inertia of the muscle response or peristaltic action; but on the other hand the *Lactic-acid bacillus* has the opposite effect, cleansing the bowel content and preventing the production and growth of the injurious bacilli.

The bacterial content of fæces found generally in civilized countries and usually regarded as normal, is undoubtedly very far removed from the true normal; and one of the most striking effects of the cleansing of the intestine is the great change in the bacterial flora. But make no mistake about this, neither purgatives nor laxatives, intestinal antiseptics, nor ordinary therapeutic measures have permanent effect and do not cause any marked alteration in this respect. The abnormal organisms which so much interfere with the complete cleansing of the bowel, probably have their stronghold in the gall bladder, where such treatment cannot reach them.

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# UNNATURAL STIMULANTS

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

LIFE is largely dependent upon certain forms of stimulation. The heart receives about seventy definite and regular stimuli from the brain every minute which cause it to beat. In fact, the nerves form a network all over the body which conveys these stimuli and impulses from one organ to another, the brain controlling the whole system. Then the body receives the stimulation of sunlight, warmth, food and fresh air. All these are necessary for good health. Any interference with these natural forms of stimulation means that the body will not be working normally and that health will be imperilled.

There are other stimulants which naturally have no part in the normal working of the human machine, but which nevertheless exercise a potent effect upon body metabolism. As examples we may mention alcohol, tea, coffee, tobacco and numerous other drugs. Also we ought not to overlook the many forms of present-day excitement, which are only another type of stimulation, especially of the nerves.

The class of stimulants mentioned in the last paragraph may be called artificial or unnatural because not only are they not required by the body, but they are extremely harmful to it. Moreover they interfere with the natural stimuli passing from organ to organ, and so upset the delicate balance of the body.

## Nature of Stimulants

What exactly is the nature of an artificial stimulant? It is, as a rule, a poison which acts principally on the heart and nerves, stirring them to increased action. This extra exertion of the body frequently produces a sense of well-being in the individual which masks the true action of the drug and is therefore dangerous. It should be quite clearly understood that no energy is put into the body but that it is energy latent in the body which is abstracted and used up. Following the period of stimulation, the body naturally is left in a more exhausted state than before. Stimulants,

therefore, deceive those who use them without understanding their true nature, and it is to this property of deception alone that they owe their popularity.

Why is it that the use of some form of artificial stimulant is almost universal today? The answer is probably to be found in the fact that people are trying to get too much out of life. In some cases work, but more often pleasure, is carried on well into the night, robbing the body of the period set aside by Nature for rest. Soon the individual feels jaded and weary, but instead of reforming, an artificial stimulant is taken to whip up the system. Stimulating the body in this way

has much the same effect as whipping a tired horse up a hill. Instead of strength or nourishment being put into the body, it is actually removed from it. When the period of stimulation is over, the body feels more exhausted so that further "tonics" and "pick-me-ups" are resorted to. In this way a circle of disease is started which goes on until the body breaks down permanently and organic disease sets in.

It may be argued that if the use of unnatural stimulants is so general, how is it that there is not more disease today. The answer is that there is more disease. Only those whose work carries them into contact with the

sick realize how very few people there are who are really sound and healthy. Really the fact that so many diseases which were scarcely heard of a hundred years ago are most prevalent today must open one's eyes to the fact that something is radically wrong with the living and habits of the present generation.

Why should the normal working of the body be thrown out of gear by taking alcohol, tea or coffee? All these contain most poisonous bodies which are eliminated from the system with the greatest possible speed. In fact it is largely this effort on the part of the body to get rid of the poison that produces the stimulating effect.

Alcohol is a most deadly poison. It destroys

## Want This?

"A whole year of real health.  
Freedom from ills, aches, and pains.  
Full enjoyment of life and living.  
Keen interest in all your undertakings.  
Vim, vigour, and energy for all your needs.  
A feeling of fitness for work and play.  
Ability to work moderately without weariness.  
Better efficiency in your work, and with it greater earning power.  
A hearty appetite for wholesome food.  
A digestion that needs no outside help.  
Sound sleep that rests you.  
A feeling of renewed strength when you get up in the morning.  
A clear head for thinking through your problem and planning your business.  
An unclouded brain, so you can give proper thought to the higher ideals of life.  
Less time spent in moaning and complaining about not feeling well.  
More time to give to helping others worse off than yourself."



all forms of protoplasm or living matter. As all the cells of the body, including the heart and brains contain protoplasm, it does not require much knowledge to see how deadly and far-reaching must be the action of alcohol as it passes along in the circulation from one organ to another. To take it in any form is a sure means of shortening one's days and is only one of the many ways of committing suicide slowly, and escaping detection, except by the medical attendant. In the light of modern research it has even ceased to be of value as a drug.

#### Tea and Coffee

Tea and coffee are also very poisonous and unnatural stimulants. They contain no food value and do nothing but harm even when taken in small quantities. Coffee contains a poison—*caffeine*—which acts on the heart, causing it to beat faster. Tea contains *theine* which stimulates and ruins the delicate nervous system.

There are few English-speaking people today who do not take either tea or coffee regularly. These drugs create what is termed a "longing" or habit, and most people who take them become slaves to their use. "I should die if I did not have my cup of tea," is an expression commonly used by tea drinkers, and it shows what a grip the drug has upon its victims. The truth is really that the individual will die sooner if tea be taken regularly, but going without what the body does not require cannot possibly kill anyone.

All people who take tea, coffee or alcohol are deceived by them, the deadly work that the poison is doing being masked by the sense of stimulation produced. The wisest man who ever lived, or ever will live, has told us that "wine is a mocker" and that it deceives those who use it. This statement was made well over two thousand years ago but it was left for twentieth century science to prove it true by experiment beyond all possibility of doubt.

Those who are wise, therefore, will not trust to mere feeling or passing sensations as a guide, but will rely on facts and sound health-sense. No one who really and truly desires good health and wishes to live to the end of his allotted days will touch alcohol, tea or coffee.

#### The Moderate Drinker

There is one person to whom we must say a few words and that is the one who takes tea "very

weak," or "only just a little now and then." By the way, we do not recollect coming across anyone who owned that they took tea strong or very often. To those, however, who do take tea or coffee really weak we would repeat that these substances are drugs pure and simple, containing real poisons but no food value. Why then take into your system, even in small quantities, that which can do nothing but harm? Is it worth being classed as a user of alcohol, tea or coffee when you take so little? Surely our object should be to see how perfect and healthy we can keep our bodies, not how close we can go to disease without contracting it. By far the safest and wisest plan is to make an absolutely clean sweep of all harmful practices and even of those which are doubtful.

Tobacco is another habit-forming drug the use of which is increasing to an alarming extent, especially among women. Recently a prominent member of society owned that the knowledge he

had of tobacco was that gained from his wife and daughters as he himself was a non-smoker. Such a statement makes one realize where womanhood—at one time so sacred a word—is heading today. Woman may claim equality with man, but it is quite impossible for her ever to be so from a medical standpoint, and for this reason we view with grave concern the spread of the tobacco habit among women. What will the next generation be like when its babies are cradled in the arms of tobacco-reeking mothers? Surely there are some women left who will take a firm stand against this dirty, pernicious and health-destroying habit, and raise again the high

standard of grace and purity which was once a charming characteristic of the sex.

We cannot conclude this article without a word about another modern form of stimulation, namely, the craze for pleasure and excitement. Carried to excess as it so often is today the morbid desire for excitement and something new is almost as health-destroying and habit-forming as are the drugs we have already mentioned. Dancing, gambling, racing and night life may produce thrills but they wear out the body prematurely and break down the barrier between health and disease.

Some form of pleasure and recreation is necessary for health, but it is not the type of artificial excitement so much in demand (*Turn to page 28*)

### Do This

"Resolve definitely to correct your faulty habits of living.

Breathe only fresh air, avoiding badly ventilated rooms.

Live in the sunshine; get out in it, or let it in where you live.

Drink plenty of pure water every day.

Eat only wholesome, well-selected, and properly prepared food.

Take time to chew your food.

Eat enough, but don't overeat.

Get your required amount of sleep.

Watch your posture, stand, sit, and walk erect.

Exercise some, every day.

Dress sensibly, with clothes light and porous, suited to season and occupation.

Wash your hands before eating.

Avoid all drugging.

Keep the teeth clean.

Use moderation in work, play, and everything else."



As  
**GOD**  
*Views*  
**History**

By Keld J. Reynolds



*The site of ancient Nineveh. The foundation of this city belongs to the beginning of the story of the nations*

**A**ND Cush begat Nimrod: he began to be a mighty one in the earth. He was a mighty hunter before the Lord. . . . And the beginning of his kingdom was Babel, and Erech, and Accad, and Calneh, in the land of Shinar. . . . And it came to pass as they journeyed from the east, that they found a plain in the land of Shinar; and they dwelt there. And they said one to another, Go to, let us make brick, and burn them thoroughly. And they had brick for stone, and slime had they for mortar. And they said, Go to, let us build us a city and a tower, whose top may reach unto heaven; and let us make us a name, lest we be scattered abroad upon the face of the whole earth."

In this brief and simple record from the book of Genesis we have the beginning of the story of the nations, the beginning of the colourful pageant of postdiluvian humanity.

**Nebuchadnezzar Tells What Happened**

And on a clay tablet found in Borsippa, suburb of the once proud city of Babylon—a ruin that the Arabs have from time immemorial called "Birs Nimroud," the tower of Nimrod—we read the result of the experiment as recorded by Nebuchadnezzar:—

"The first, which is the house of the earth's base, the most ancient monument of Babylon, I built and finished it. . . . This edifice, . . . the most ancient monument of Babylon, a former king built it but he did not complete its head. Since a remote time people have abandoned it, without order expressing their words. Since that time the earthquake and the thunder have dispersed its sun dried clay; the bricks of the casing have been split, and the earth of the interior has been scattered in heaps." The record on another tablet is: . . . "the father of all the gods he turned from. The thoughts of his heart were evil. . . . Babylon corruptly to sin went and small and great mingled on the mound.

\* \* \*

Their work all day they founded,  
 To their stronghold in the night entirely an  
 end he made.

In his anger also the secret counsel he poured out.

To scatter abroad his face he set;  
 He gave a command to make strange their speech . . . their progress he impeded.

\* \* \*

Violently they fronted against him,  
 he saw them and to the earth descended.

\* \* \*

Violently they wept for Babylon,  
 very much they wept."

The Genesis record of what happened to the tower builders reads:—

"So the Lord scattered them abroad from thence upon the face of all the earth; and they left off to build the city."

Thus the ancients have left in their own words on their monuments the record of their defiance of God, their turning from Him to sin, their great efforts to build, and how God confounded their plans.

With these records before us it is not difficult to reconstruct the story. From Ararat the restless spirits in the family of Noah spread south into the fertile valley of the Tigris and the Euphrates. Probably they were enticed by the glowing reports brought back by the hunters who had boldly set out from the settlements in pursuit of the new delicacy, the flesh of animals, which Jehovah had first permitted men to eat after the flood, before the earth was restored to cultivation.

Finally the pioneers came to the lower end of the valley, to a place that was then near the sea coast, and there someone—perhaps it was Nimrod himself—conceived the idea of the tower. This tower was to serve the threefold purpose of providing an ascent to the heavens, an asylum in case of another flood, and a point of attraction to hold the population from scattering.

In thus establishing an urban centre the new settlers were going directly counter to the commands of God, and were showing their disregard for His pledged word. He had ordered them to scatter; they planned to remain together. He had



promised them that there would be no more floods; they set about the building of a great tower to which they could flee for safety from a flood. Their activities were a direct challenge to Jehovah, and they knew it; for both Noah and righteous Shem were living long after the tower episode was finished. This is shown by the significance of the name Peleg, in the tenth of Genesis, in whose day the earth was divided, and who was born about one hundred years after the flood.

But then, as now, there were people who deliberately shut their minds to the evidence of Divine interposition in human affairs, and there were some who denied the very existence of God. The flood they attributed to natural causes. These were the leaders in the tower project. And they found a ready following among those who, while still believing in God, had allowed rebellion to fill and harden their hearts.

#### The Beginning of Idolatry

Recognizing the human need for an object of worship, now that Jehovah had been rejected, impressive and splendidly furnished chambers were built into the tower for the occupancy of the gods that the leaders had had made for the people. In another portion of the tower were built the humbler quarters of the workers and their families. Thus the people were attached to the project by the two strongest ties their leaders could devise. The tower was their home and their temple.

As the magnificent ziggurat rose higher and higher the imaginations of the people rose with it. This tower, they thought, was to be an eternal monument to the wisdom and skill of the builders. And their city was to be the capital of a world empire.

Probably Nimrod was the leader behind this ambitious scheme. "And the beginning of his kingdom was Babel." Possibly the power that may have come to him as the designer, foreman or labour organizer, he used to better his position until he was able to assume command over a race of men who had never acknowledged royal authority. That his leadership was in a direction away from God is suggested by the fact that one ancient manuscript calls him a mighty warrior against Jehovah. This idea is further attested by his name, which means "supercilious contempt," or the "extremely impious rebel." Certainly Nimrod was the embodiment of the spirit of rebellion that actuated the whole settlement, and since he was king we naturally assume that the leadership in impiety was his.

Because the leadership turned away from God ruin overtook the people of Babel. The Lord would have His purposes accomplished; so He confounded their tongues, and in small groups whose members were held together by the ties of a common speech, they sadly scattered. "And the Lord came down to see the city and the tower, which the children of men builded. And the Lord said, . . . Let us . . . confound their language, that they may not understand one another's speech. So the Lord scattered them . . . and they left off to build the city."

The tower story should be given serious thought by every student of history. This is true in the first place because it records the founding, by a company of rebels of Babylon, the city that in the Bible stands as the symbol of insurrection against God and all His plans. As stated in the notes of Dr. A. B. Smith on Isaiah, in the expositor's Bible: "Throughout the extent of Bible history from Genesis to Revelation, one city remains, which in fact and symbol is execrated as the enemy of God and the stronghold of evil. In Genesis we are called to see its foundation, as of the first city that wandering men established, and the quick ruin that fell upon its impious builders. By the prophets we hear it cursed as the oppressor of God's people, the temptress of the nations, full of cruelty and wantonness. And in the Book of Revelation its character and curse are transferred to Rome, and the new Babylon stands over against the new Jerusalem . . . Babylon is the atheist of the Old Testament, she is the antichrist of the New." This is the city founded by Nimrod, the impious rebel.

#### Triumph of Jerusalem over Babylon

In the second place, the swift and complete retribution that overtook the empire builders clearly demonstrates the determination of God to have His commands obeyed. Had the Babelites gone on unchecked, they would have demoralized the world in its infancy by the creation of a tremendous iniquitous power. God intended otherwise. The event was one of the great crises in the struggle between good and evil. And the outcome demonstrates the supreme power of God and His willingness to use that power to interfere in the affairs of men for the accomplishment of His plans.

This is the philosophy around which our studies are to be built. Everyone who goes behind the facts of history must have some viewpoint to guide him in his study. And this is ours, that we regard history as a record of the titanic struggle between good and evil, between God and Satan, the former winning the ultimate victory, in which His city and His people are to share. History is the story of the triumph of Jerusalem over Babylon. It is the record of the orderly progression from certain well-defined causes to this Divinely willed end. And in the Bible is found the key to this interpretation of history. In the words of Dr. Bernard, in his "Progress of Doctrine in the New Testament:" "The Bible. . . places before us the restoration, not only of the man of God, but of the city of God. . . . In its appearance the revealed course of redemption culminates, and the history of man is closed; and thus the last chapters of the Bible declare the unity of the whole book, by completing the design that has been developed in its pages, and disclosing the result to which the preceding steps have tended. Take from the Bible the final vision of the heavenly Jerusalem, and what will have been lost? Not merely a single passage, a sublime description, an important revelation; but a conclusion by which all that went before (*Turn to page 30*)



# New Hope for the NERVOUS WOMAN

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

THE present age is one of high tension and "nerves." Speed is necessary in most things today if we are to keep abreast of the times and be successful in business. Times have changed since the peaceful days of the old stage coach when each town and village was more or less a kingdom to itself. Modern inventions and up-to-date methods have made life one long hurry and bustle, and absolute rest is becoming more and more difficult to obtain.

What are the results of this strenuous battle for existence which we see going on all around us? Is it conducive to peace, happiness and prosperity, or is it something which is ruining our natures, and that most precious gift of all, our health? We fear that whatever advantage there may be in the modern type of living, it is certainly injurious, not only to the nervous system, but to the body as a whole.

## Modern Stress

The number of nervous wrecks is increasing year by year and apart from those broken in the Great War, it will be found that women constitute by far the greater proportion of these cases. Why should this be? There are many reasons. First of all a woman is built along less robust lines than a man. Her nervous system consists of more delicate material and is less able to withstand hard wear and tear. The same remark may be applied to all organs of the female body.

It is little wonder, therefore, that with the attempt on the part of woman to do man's work permanently, we meet with constant breakdowns. The new conditions are not normal as woman has not been trained along these lines for the past few centuries. Consequently the results produced are abnormal. Disease comes sooner or later to all who overstep the bounds of Nature and fail to safeguard their health.

Then, too, apart even from modern conditions, there is another point we must not overlook. A man's home is the world but a woman's world is her home. This necessarily brings about a difference in the viewpoint—a most important factor in



*These nervous conditions—in numerous cases—  
may be avoided*

moulding our lives. A housewife who has the duties of home devolving upon her goes through much the same routine day after day, and, if this monotony is not broken by some form of change from time to time, her vision becomes cramped and limited and her nerves overstrung and super-sensitive. Things which would pass unnoticed by a man who is out in the world all day, appear as terrible catastrophes to the woman confined in the home. Soon she begins to harp on her troubles and difficulties, and before she is aware the habit of worrying is established.

What is worry? Worry is the habit of thinking the same thought over and over again, without coming to any definite conclusion. It quickly undermines the health and ruins the delicate nervous system. The constant habit of thinking the same old thoughts day after day without bringing happiness, soon exhausts the cells of the brain and nerves until the nerve centres become irritable and the condition known as neurasthenia becomes established.

Lastly, there is a class of women—rather a large one at the present day—who voluntarily place themselves under the heading of neurasthenics. Their will-power is weak and almost absent. They give way to almost every ill and trouble however small and expect others to help and pity them. This is probably the most difficult class of all to treat as they carry their troubles around with them and refuse to let them go.

## Prevention of "Nerves"

Providing that our lot in life is fairly normal, there is no reason why anyone—above all the Christian—should suffer from "nerves." Nerve troubles come on slowly and insidiously as a rule. It is our duty to nip these troubles in the bud and keep our minds and hearts healthy and happy. Close every avenue to the mind that might allow the entrance of sordid and unkind thoughts. Refuse to see evil in others but dwell rather upon the good points which are always to be found in every character. Close the ears to the hearing of evil gossip and above all keep the tongue from repeat-



ing it. Failure to do this will surely in time blight even the most beautiful nature and leave a scar upon the soul. More than this, we may harden the heart of a fellow creature and drive someone deeper into the mire of hopelessness.

Acquire the habit of admiring the beauties of Nature and keep in touch with the Infinite. Daily meditation upon the higher things of life and communion with the Creator will keep us free from being ruffled by the passing things of earth.

Above all, avoid the habit of worrying. To worry is to acknowledge defeat for it shows that we are losing a grip on the things of life and of ourselves. Worry kills, avoid it like the plague. It is by far the commonest cause of nerve troubles.

Any weakening of the will-power must be checked at once. If we find ourselves giving way to our complaints, and unable to control our habits or our emotions, we must begin at once to reassert the power of the will. Every time we gain a victory by refusing to yield we strengthen our nerves and our character until perfect self-control becomes an established fact. Many persons today are depressed and melancholic because they suffer from numerous imaginary complaints. If these individuals would cease brooding over these phantom ills and wrongs and reassert the power of the will, they would quickly find health and happiness returning.

Lastly, if we wish to keep our nerves strong and healthy we must keep the body healthy as a whole. This means obedience to the laws of health so frequently set out in these pages. We must eat the right kind of food at the right time—plenty of fruits, grains, nuts and vegetables. We must breathe the pure air through the nose and attend to the calls of the body in eliminating waste material. Several glasses of water a day between meals and eight hours' sleep, or more, each night, are points which are especially important in preventing the onset of nerve troubles.

Then it is absolutely essential that we give up all drugs such as alcohol, tobacco, tea and coffee, which ruin the nerves. Thousands of women today are slaves of the tea habit. This alone is responsible for many of the nervous wrecks seen at the present day. Even in moderate doses, tea injures the delicate cells and fibres of the nervous system and should be discarded absolutely, for it is a drug, pure and simple, and not a food.

#### A New Hope

But what of those who are already nervous wrecks? Is there any hope for them? We are sure there is providing they are willing to do their part. That part consists in changing their mode of living and their mental viewpoint.

In some cases the nerves become jaded owing to excessive work or trouble—things perhaps over which we have no control. In such cases, rest of mind and body is imperative. A busy housewife, who toils faithfully from day to day, is surely entitled to a rest and change at least once or twice a year. And what rest does such a woman get when she takes the family away to a place where

she has to work harder and is more worried than at home? Yet is this not the usual type of holiday?

Such an one should be allowed to get away into some quiet beauty spot of Nature where she may have all the rest that she needs. She should also think thoughts and lead a life which is entirely different from the one at home. Leave all your troubles behind and cast them on the One who has promised to bear them for you. Under these conditions, tired and worn out nerves will soon become healthy and strong and the heavy heart happy and gay.

"Oh, yes," you say, "how nice it all sounds, but how difficult to put into practice." But is it really so very difficult or impossible? How much better to spend a little time and money in this way rather than in buying useless nerve "tonics" and "cures." It will cause far more disturbance and expense in the home if mother fails permanently, than if she takes a short holiday. Far better to take time to bring the roses back to her cheeks than to weave lilies into a wreath when she is gone.

And what of those who are despondent and melancholic, that great class who are losing a grip on life and are almost without hope? If possible, all such must have their circumstances changed, but especially their viewpoint. They must be taught that the one hope of the world today is Christianity. In that alone is found the panacea for all our ills. To the true Christian, the events of this life are but minor happenings in the day of preparation. His hope is in things eternal and beyond, and the vicissitudes of this life move him but little.

Here, then, is the real hope for the aching heart and brain. Get into close touch with the Creator of the universe and the human body. Reach out to Him through His works. Study the beauties and glories of Nature—the harmony of the sunset sky and the tints of the autumn woods; the marvels of the star-lit sky and the fresh, sweet hues of dawn. Take time each day for meditation and rest, both mental and physical. Dwell also upon the higher things of life—those things which really matter. Avoid as far as possible the rush and bustle of every-day affairs and devote some time to acts of kindness to the sick and those who are less fortunate than we.

This method of living will act as balm to tired nerves, and soon the almost forgotten days of health and happiness will return. We shall be calm, contented and self-possessed. Instead of being a wreck, drifting with the tide, we shall be a force in the world, shedding happiness around us and making life worth while for ourselves and also for our friends.

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"A cheerful disposition is not only a power—it is also a great health tonic. A cheerful soul can resist disease, and it is well known among physicians that there is a greater chance for recovery from exhaustive diseases by a bright, sunny soul than by a gloomy, despondent one."



# EDITORIAL



## *Excavations in Palestine Confirm Biblical Records*

**A**RCHAEOLOGICAL investigation in the ancient land of Palestine has been yielding rich results. Unparalleled activity in the work of exploring historic sites has been witnessed since the World War, and interesting finds have been made. Among those who have done very serviceable work in that country is Professor John Garstang, who has repeatedly visited some of its ancient sites and walled cities. He became profoundly impressed by the fact that the results of spade work accomplished in the Holy Land threw light particularly upon the times of Joshua and the Judges of ancient Israel. A few months ago he delivered a lecture entitled "Archæology and Bible History" before The Royal Institution in London. A part report of his lecture was published in *The Times of India* of June 4 last, from which we quote the following: "The names and strategic importance of numerous cities of the Canaanites in the age of Joshua are identical with those mentioned in the annals of the Pharaohs of the XVIIIth Dynasty, in particular the records of the hundred years between the conquests of Thotmes III., and the decline of the Empire under Akhenaten, 1475-1375 B.C."

Again he says: "The historical details and topographical allusions in the old sources of the Book of Joshua are found on examination to accord with the material results of investigation; while the fragmentary picture of Israel's position under the Judges is found to fit adequately into the frame provided by Egyptian chronology."

Such testimony cannot fail to be of interest to many Bible students all the world over. Events recorded in the Books of Joshua and Judges are well supported as to their truthfulness by the findings of modern scientists. This is natural. The Bible is the Book of God. Men wrote these sacred records under the inspiration of the Holy Spirit. "All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: that the man of God may be perfect, thoroughly furnished unto all good works." 2 Tim. 3: 16, 17.

Professor Garstang gave special attention to Jericho, Ai and Hazor. Spade work was done at each and produced gratifying results.

The thrilling story of modern scientific exploration in Palestine may be said to have had its beginnings in 1838. In that year Professor Edward Robinson, of Union Theological Seminary, New York, set out with Eli Smith, a missionary, to study some of its ancient places and remains.

Robinson came to the country again in 1852 with the same object. He published the results of both campaigns in three volumes entitled "Biblical Researches" in 1856.

Without attempting to name all the workers in the same cause who have laboured there, we will briefly set forth a few facts relating to some places, the names of which are met with in Holy Scripture, which have been brought to light in our day through scientific observation.

The ancient city of Lachish is mentioned in Joshua 10: 3 and in 2 Kings 14: 19. Its modern name is Tell el-Hesi. The Palestine Exploration Fund began to excavate on this site in 1890. It appears that in the course of ages one city after another rose upon the mound of ruins and debris and dust—all that remained of others which had been there before. Touching the work of the Exploration Fund in that year, a writer observes: "This mound was about 120 feet high, and half of it showed remains of ancient buildings. From what Petrie saw exposed on the weathered side of the mound and in the trenches which he cut into it, he was convinced of its great antiquity. He published his researches in 'Tell el-Hesi' (Lachish) (1891). Dr. F. J. Bliss continued the work in 1892, and discovered the horizontal strata of eight cities. He found one cuneiform tablet, of the times of the Tell el-Amarna letters, in the third city from the bottom, thus dating this stratum from about 1400-1350 B.C. The lowest stratum or city Bliss put at about 1700 B.C., at least 500 years before the entrance of the main body of Israel into Palestine. Each successive stratum or city, from the lower to the higher, introduced the excavator to the peoples who successively occupied the land from 1700 B.C. to the last remains on top of the mound. Bliss published his results in a volume entitled 'A Mound of Many Cities' (1894)." —*The Monuments and the Old Testament*, by I. M. Price, pp. 90, 91.

Gezer has also been identified. Concerning it the following statement is made in Holy Scripture: "Pharaoh king of Egypt had gone up, and taken Gezer, and burnt it with fire, and slain the Canaanites that dwelt in the city, and given it for a present unto his daughter, Solomon's wife." 1 Kings 9: 16.

Mr. Price says, "The most successful and complete excavation of any city ruin in Palestine was carried out by R. A. S. Macalister at Tell el-Jazar (Gezer) six miles southeast of the village of Ramleh. Clermont-Ganneau had already identified



that ruin as Gezer (Joshua 10:33; 2 Sam. 5:25). Macalister worked on this mound with occasional interruptions from 1902 until 1909. Out of these ruins more archaeological material has been collected than out of any other place in Palestine. Gezer was found to have been inhabited by an early non-Semitic people, who were cave-dwellers. Their occupation was earlier than 2500 B.C., for about that time a Semitic race captured the place, and it was held by Semites down to the end of the Hebrew kingdom. Macalister thinks he found traces of four different periods of Semitic occupation as seen in the walls and implements and weapons used. (1) The first closed about 1800 B.C.—the time of the fall of the Twelfth Egyptian dynasty. (2) The second ended with the close of the Eighteenth dynasty of Egypt, about 1350 B.C. (3) The third closed with the beginning of the Hebrew kingdom, about 1000 B.C., and the fourth was coeval with the Hebrew kingdom ending 586 B.C. The place seems to have been deserted in the Maccabean wars, about 165 B.C."—*"The Monuments and the Old Testament,"* by I. M. Price, pp. 91, 92.

A detailed record of Mr. Macalister's finds at Gezer is published in four volumes entitled "Excavations at Gezer," 1902-5, 1907-09 (1912).

Another city to be noted is Beth-shemesh—mentioned again and again in the sacred records. Thus we read: "They of Beth-shemesh were reaping their wheat harvest in the valley: and they lifted up their eyes, and saw the ark, and rejoiced to see it." 1 Sam. 6:13.

To quote again from Price: "Beth-Shemesh (Ain Shems) was investigated in 1911-12 by the Fund under the direction of Duncan Mackenzie, helper of Arthur Evans in Crete for ten years.

Some important remains were certainly older than 1500 B.C. Hebrews lived there until Sennacherib's invasion in 701 B.C."—*"The Monuments and the Old Testament,"* by I. M. Price, pp. 92, 93.

The names of few Palestinian cities are more familiar to our ears than that of Jericho. The name was used by our Saviour in His parable of The Good Samaritan. That it was a city of Old-Testament history is well known. Writing of the work of an Austrian society, Mr. Price says: "The same Austrian Society, under Sellin's charge, in 1907-09 excavated on the site of old Jericho. The mound was penetrated at the level of the virgin soil, and they found distinct traces of a prehistoric people. On the top of this were remains of a Canaanitish occupation, in which was found a scarab of the Twelfth Egyptian dynasty, about 2000 B.C."—*"The Monuments and the Old Testament,"* by I. M. Price, p. 95.

These contributions to our knowledge of Bible lands and Bible peoples are of immense importance. Modern attempts to explore the ancient Land of Israel are welcomed by lovers of the Bible, for the results of archaeological investigation invite men to receive its great messages, and to embrace the revelations it makes of God's love. The Old Testament contains history indeed. It tells us of the people of whom our Saviour came. It contains also true prophecies of His coming into the world to shed His blood for the redemption of sinful men, and it proclaims to us today that He is coming again to resurrect the dead, and glorify a great ransomed host composed of the resurrected ones and His believing people who are alive on the earth when He comes. To that glad day we look with confidence. And the event is imminent.—P.

## Thanksgiving

By Alva Romanes

Lord, for the year You have shared with us,  
And all its priceless days,  
And for its hours that You fared with us  
Now render we our praise.  
Far have we voyaged; but now are we harboured,  
Sheltered from wind and wave,  
And here, as we wait for the coming year,  
We give thanks for the year You gave.

Giver of all that this glad year has brought us!  
Keep still our faith secure;  
For day by day has time's passing taught us  
That love is ever sure,  
Lord, this we ask in our deep thanksgiving,  
Give us to understand  
That time is our part in the scheme sublime,  
And that all things are wisely planned.

Teach us, O Lord, that love cannot alter,  
And let the days to be  
Bring forth a faith that shall never falter;  
A faith serene and free.  
Father, we thank You for all our blessings;  
Make still our pathway clear,  
And may we prove worthy of every day  
That You give with the dawning year.

—Unity.







**T**HE secret of regaining health is not much different from that of having health in the first place. In both cases it is a matter of man's co-operation with the natural laws of health. Practically the same health process that makes a man well, will keep him well. It is a healing process that is constantly at work to make health.

In normal health, nature is maintaining a balance of the processes within the body which if not kept right, will cause disease. Elimination through the skin, lungs, kidneys and bowels must be kept up, or else the retention of impurities will cause disease. Digestion and assimilation must go on in proper manner; otherwise some nutritional disease will result. The circulation of the blood must be maintained; if not, serious conditions may arise. So with many other processes; they must be continuously operative to keep the body healthy. A disturbance or irregularity of these functions means disorder or disease, its severity depending upon the degree of disturbance.

In disease, extra demand is made upon the natural health processes to affect restoration, the curative processes being a special effort made by Nature to meet abnormal conditions and to make health. The same processes of normal conditions must keep at work, perhaps in a more active manner.

We may illustrate this by a few examples:—

The eyeball is constantly being bathed with a fluid washed over it in winking. This keeps the eyeball moist, and prevents irritation and inflammation. If a cinder gets in the eyes, there is a greater flow of fluid to prevent irritation and injury, and to wash out the foreign particle if possible.

Eating spoiled food, or taking certain drugs, cathartics, for example, will cause the natural peristalsis of the bowels to be unduly active to eliminate the offending thing. Diarrhoea may result, but Nature is doing her best to correct an evil.

## What a Sick Man

to

By Lo

Certain reserve forces of Nature are usually put to work in disease conditions. If we wear a shoe that is too tight or one that does not fit properly, an irritation is caused in some part of the foot. To protect against this, Nature hardens the tissue at the place of irritation, and a corn is the result.

The eliminative processes of the body may become deranged and the system clogged with impurities. These impurities must be removed from the body, or they will poison it. Nature, therefore, undertakes to destroy them by burning them up. The extra combustion process means a rise in the body temperature, or a fever. If carefully watched, this fever need not do serious harm. If the amount of poison within the body is too great for the system to handle easily, a long siege of fever may set in. This fever process may go so far that it not only destroys the poisons within the body, but lays hold on some of the body tissues, leaving the patient considerably emaciated when the fever subsides. Typhoid fever may be taken as an illustration of this. And sometimes the accumulation of poisons may be so great, or the body be so weak, that it is a losing fight, and death results.

So the fight against disease is to be fought on natural grounds by the natural processes that are all the time available within the body for regular service or for emergency work.

The wise physician aims to lend every possible help to these natural processes. He endeavours to ascertain first what the patient has done to make him sick, what lack in his living programme might bring disease, and what he should stop doing or what more he should do.

It is imperative in curing disease that the cause be





*A Himalaya snow scene—a glimpse of the sublime, awe-inspiring grandeur of God's creation.*

# How Do GET WELL

Hansen

removed. It should go without saying that no man can get well while doing the thing that makes him sick. But as simple as that may seem as a proposition, it is not easy of accomplishment. People usually do the things that make them sick because they want to do them, and therefore they find it hard to give them up when told to do so. And it is not easy to convince a man that his pet indulgence has much to do with his illness.

The absolute need of removing the cause of illness in order to get well, may be illustrated by again referring to the cinder in the eye. As long as it is there, it will give trouble. The eye will do its best to accommodate itself to the presence of the cinder and to protect itself from injury, but real relief can come only by getting rid of the cinder.

So, too, in the case of the tight or misfitting shoe and the corn. As long as the ill-fitted shoe is worn, so long will there be a corn or other foot trouble. To get rid of the corn, a different shoe must be worn. It may still take some time to cure the corn.

There is, then, a cause for every ailment. Disease does not come of itself. Neither is it sent of Providence. No one can wish it upon us. We ourselves are usually responsible for our ailments. And we ourselves can often do the most toward getting well.

We do not advocate self-treatment and the disregard of the competent physician. Too many people "doctor" themselves, trying this or that thing advertised in the patent-medicine column or recommended by some well-meaning friend. The evil of self-drugging is one of the principal causes for the prevalence of disease. Many people pin their hopes to some widely and strongly advertised so-called remedy, and are thus kept from doing the

very things which would cure them. In many cases of disease a cure could be effected by simple measures taken in time, but when neglected, the disease gets to the point where a cure by any means is impossible.

It must be borne in mind that in disease, nature is working under an added task, trying to undo the evil effects of some error or wrong. The recovery of the sick is dependent upon Nature's recuperative powers and the vitality of the patient. In many cases, recovery may be assured if Nature is left alone; often nothing more needs to be done than to give the natural restorative processes free hand.

It is always better to do nothing than to do the wrong thing; to do too little rather than too much. While it is well to do everything possible to aid Nature, we must be sure not to do anything to hinder. No added burden should be placed upon the system. In many disease conditions the eliminative organs are taxed heavily in taking care of the added poisons being formed. Putting into the system alcoholic patent medicines, poisonous drugs or nostrums may be the turning-point from possible recovery to failure.

Whatever is done to help Nature fight disease, must be in harmony with Nature. This will generally mean not to treat symptoms, for these are Nature's remedial efforts to correct a wrong condition. In the case of the fever, which is Nature's effort to burn up the excessive poisons of the system, instead of at once endeavouring to check the fever, intelligent aid should be given Nature to rid the system of impurities. There may come a danger point when the fever begins to destroy the tissue, when definite action must be taken to stop it.

Aiding the natural curative processes may not take us far from the things that are regularly needed for health maintenance. We shall still need fresh air, good food, water and sleep. We may need a regulation of these health essentials to suit the abnormal state of our being. But we can no more



get along without them when sick than before; in fact, we may need them all the more.

If one has become ill from the lack of fresh air, by living too much indoors, frequenting crowded places, sleeping with closed windows, working where the air may be poisoned by chemicals or dust or by improper breathing, a first essential will be fresh air. It is a case of doing the thing that has been left undone; of getting back on the road to health at the point where we left it.

One of the principal ingredients in the modern prescription for the treatment of tuberculosis is plenty of fresh air. It must be obvious that if a person is ill from lack of pure air, substituting somebody's "Consumption Cure" is not going to answer. A cure can be effected only by eliminating the conditions that give rise to the illness and by supplying the elements which Nature uses to restore. Nature is not fooled by the fraudulent claims of the patent-medicine vendor, even though many are taken in thereby. You may fool all the people some of the time, some of them all the time, and most of them most of the time, but you cannot fool Nature any of the time.

Digestive disorders are very common, and so are "Dyspepsia Cures," recommended to give relief "no matter what you eat." The most common cause of dyspepsia is in the way people eat. The dyspeptic will look in vain for relief through the use of stomach bitters, digestive tablets, pepsin tonics, or any make-believe remedies, as long as he continues his old eating habits. Nothing can take the place of correct, common-sense dietetic principles.

Instead of scanning the advertisement of quack nostrums, let the dyspeptic try this on his stomach:—

Eat slowly, taking time to chew the food thoroughly.

Eat only a few kinds of food at one meal, getting variety in different meals.

Avoid fried foods and rich and complicated mixtures.

Be regular in meals, eating nothing whatever between meals.

Eat only a light meal in the evening, long enough before retiring to give the food time to digest, so the stomach can rest during sleep. There will then be an appetite for breakfast, and the other meals of the day will have a better chance to be taken care of.

Be moderate in eating, remembering that overeating is one of the worst dietetic sins, and a cause of much physical trouble. After all, it is not what is eaten that nourishes, but what is digested; and excess over this becomes a burden to the system.

Eat only such combinations of food as will not cause distress. If fruits and vegetables do not seem to agree and they don't in some people's stomachs, don't eat them together.

Let condiments, such as pepper, mustard, vinegar, alone. They do not nourish; they are stomach whips and nerve irritants.

Avoid foods of extreme temperatures. Too-

cold food deadens or benumbs the stomach for a time, and delays digestion until the normal stomach temperature is restored. Excessive heat enervates or weakens the stomach.

Leave soda out of the bill of fare. It is very hurtful to the stomach and destructive to certain essential food elements.

Eat without worry, anxiety, or care. Leave perplexities of all kinds out of the meal hour.

Eat *with* pleasure, but not *for* pleasure. Enjoy the food.

Then let the food alone, leaving digestion to the stomach and other digestive organs.

And let drugs alone. The stomach was not made for them. If any medicinal remedies are ever used, let it be only on the prescription of the careful, conscientious physician who alone should say when and how anything of the kind should be used.

And so we might deal more or less with various ailments. Instead of resorting to uncertain and even harmful or dangerous procedures, follow the rational method of treatment. Ascertain, if possible, the cause of the illness, and remove it. Cease every harmful practice. Adopt correct and corrective habits of living. Don't experiment with short-cut cures. Consult a reputable doctor.

While it should be plain that nature can cure only through her own recognized means, most of the so-called therapeutics of today are methods entirely outside of Nature's use. Very few of them call for the first essential to a cure, namely, a reform in living. Too many promise to cure regardless of what the patient may do.

The forces of healing have not been revised to suit our foolish ideas or whims. No man, by any modern discovery, has been able to change them. Healing of diseases is still dependent upon getting right with the natural laws of health. If we properly relate ourselves to the laws of healing, the chances are good for our having health. The provision for health and healing is ample enough. Man's part is to make right use of it.

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## *Effects of Tea and Coffee Drinking on Blood Pressure*

THE use of tea and coffee as beverages, not to be recommended at any age, is especially harmful in the case of the aged, according to the *Journal of the Iowa State Medical Society*. With advancing age comes increased nervous irritability and the body becomes more sensitive to such stimulants.

Caffeine stimulates the action of the heart and thus tends to raise the blood pressure. While it also dilates the blood vessels, as well as stimulates the heart, its dilating action upon the hardened vessels of the aged is less effective than in the case of younger persons and the increased pressure due to the heart's action will not be compensated for by relaxed arteries. "Old people should avoid tea and coffee not only because they are undesirable irritants of the nervous system, but also because they have a harmful effect on the blood pressure.



# The FLOOD *the KEY* to the *World's History*

*Last in the Series on the Scientific Evidences  
of the Flood*

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



*The present condition of the world, geologically, topographically, ethnologically, is an absolute enigma without an understanding of the Noachian Deluge. The photograph shows a bit of the picturesque coastline of Japan.*

THERE are many accounts of the Flood besides the Hebrew. It is deeply cut in the traditions of every important branch of the human family. Besides, written accounts of it have been dug up from the ruins of ancient cities in many lands. China, India, Babylonia, Persia, Egypt, Greece, Lithuania, and others have the story of the Flood in various forms buried deeply in their tradition or even in written form. Several tribes of Indians in North America, several in South America, in Central America, Mexico, and the West Indies also have it. Go to the savages of Australia, New Zealand and the scattered islands of Polynesia, and the Flood is in their lore. The striking evidences that one single event was the source of all these accounts are the many similarities and points in common.

Almost all these accounts, though badly distorted and degenerated and differing in many ways, point (1) to a flood; (2) to the fact that it was attributed to the wrath of the gods; (3) that it came because of the evil conduct of men; (4) that a

warning was given; (5) that the one wise and just man and his family were saved; (6) that they were saved in a boat, or ship; (7) that they believed they were saved by following the instructions of the gods; (8) that animals were saved with this family; (9) that the flood was caused by rain or an ocean upheaval or both; (10) that the boat landed on the mountains, and (11) that all the earth was repopled by the few saved.

How can we doubt that such an agreement of accounts sprang from one and the same event? Those who study the languages and customs of peoples, and thus seek a knowledge of their past, all agree that harmony in legends and traditions among ancient peoples means that they once lived together or had the same ancestry. (See "Deluge," any encyclopædia, but beware of the apparent attempt to confuse and garble and discredit the Bible account with the other accounts; "Modern Science, Noah's Ark, and the Deluge" Dr. Harry Rimmer, pages 31-41; "New Geology," Prof. Geo. M. Price, pages 150, 280, 297, 551, 571, 664, 687, 688.)



### An Ideal World Destroyed

We have seen that the evidence all points to the sudden flooding and the burial of a wonderfully fair world of universally balmy climate. The fresh flesh of cold-storage animals, mingled with dead warm-water corals and tropical cold plants in the rocks in the polar regions, are only a part of the evidence that literally covers the face of the earth and is carved in every organic rock.

### Earthquake and Tidal Action

The great expanses of evenly alternating rock layers covering areas larger than states and the alternating rock beds everywhere, even among the coal beds, testify to a regular tidal action kept up during the Flood proper; and the surface changes prove conditions that would naturally follow. The intensive earthquakes and crustal movements that show evidence everywhere of having been mingled with this tidal Flood, greatly altering the effects thereof, fit the situation like a glove, and explain problems otherwise impossible to solve. Couple with this the wonderful harmony of the speed of the waves, their immense power, their tidal action, the three hundred days of action as worked out by famous astronomers as it harmonizes with the Hebrew account; add to this the wabbling motion of the earth and the present tilt, considered with the effects the present slight wandering of the pole has on earthquake activity; and we have a picture that is natural and convincing.

We found by actual calculation that the power of these mighty tidal waves was sufficient to do all that they are supposed to have done, with power yet almost unspent. Our greatest difficulty is to comprehend such extreme power.

### Water Power, Heat, Explosive Power

We saw that the heat, the percolating waters, the production of steam and strong acids and gases could have been produced in such abundance only by the *sudden* mingling and burial of a whole luxuriant world of fresh plants and animals. Vast thicknesses, often thousands of feet, can be seen everywhere to have been acted upon all at once by the heat, by pressure, by cracking, by strong chemicals, by mineral-charged waters, by hardening, or cementing caused by the mixing the same elements it takes to make our modern cement, and by eruptive power of steam and gas that could have been formed only by one simultaneous mingling of all. It was all one event.

### The Marks of Decline as Proof

We find just the gradual decline in earthquake action, just the decline in faulting and folding, just the decline in the effect of heat on the rocks and their hardening under all these conditions in their entire mass all at once that the mingling of all these causes together at one time requires.

The old shore lines, river terraces, and broad interior basins, now deserts but once filled to overflowing with ocean water, along the shores of which cities and civilizations once flourished, all speak plainly of just such a flood followed by just

such gradual decline in their rainfall. The once mighty raging torrents now declined to puny streamlets, and the evaporation of the great interior basins into deserts, of which none existed before the Flood, all point backward to that awful event.

### Conclusion

We conclude that the Flood is the key to the earth's history, so far as the record of the rocks and the life buried and imprinted in them is concerned. It is the key to true geology and to the truth about the handiwork of the Creator on this earth. Therefore the diligent, honest, accurate, thorough study of it is bound to lead us back to the Creator with a wiser, warmer faith than ever, provided we love the truth, and are willing to obey it. Faith is built on evidence, even material or scientific evidence, so far as material things can convince us of the reality of the spiritual and the unseen. It is built on the proper relation of the measurable to the immeasurable. Knowledge of the measurable facts about the Flood lead us face to face with the immeasurable Creator.

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## Sweetening the Intestinal Canal

(Continued from page 7)

If a person in ordinary health will live on natural uncooked foods consisting of raw fruits, nuts, vegetables, and vegetable salads, dairy produce, wholemeal bread and cereals, milk puddings, and for fluids, water, milk, and such-like harmless drinks the character of the fæces will change from being dark and solid to a bright yellow, soft or semi-solid, and *from an alkaline to an acid reaction*.

This change is brought about by the Lactic-acid bacilli, which are practically non-existent in alkaline stools: but multiply in response to this diet until they may constitute as much as 30 per cent of the total bacterial flora, with a corresponding diminution of *B. coli*, streptococci, and spore-bearing bacilli.

This change can be rapidly brought about by the addition of three to four tablespoonfuls of coarse uncooked oatmeal to the above-mentioned dietary daily. It may be taken sprinkled on cooked porridge or puddings, or eaten with fruit juice, cream, etc.

The result will be a marked improvement in general health and an increased sense of well being. Sleep will become much more restful, and less of it will be required. Energy will be increased, and the sense of fatigue diminished.

True substitutes for meat are nuts, cereals and possibly bananas, particularly the nuts, which can with great benefit be partaken of to the extent of several ounces daily and well masticated, pounded, or finely minced.

Individuals who diet thus cannot develop cancer and if they have been in the pre-cancerous state of health, this state will gradually disappear until all danger from that fell disease is overcome entirely.



# OUR HOMES

## I Asked God for a Boon

By Linda Buntyn Willie

I ASKED God for a boon, and worried not  
Lest He should fail to give it me.  
I knew He would not fail, if what I sought  
Were for my good and happiness.  
I simply asked and left it in His hands  
And went about my daily tasks.  
And, lo, He did not fail!  
He gave me all I asked.

## Effect of Fear Upon Young Children

By Janette Stevenson Murray

IN one of our parks last summer, there was a well dressed woman with her two little boys. The three-year-old kept running away. Finally in exasperation she shook him saying, "If you don't stay beside me, I'll throw you into the bear's pit and he'll eat you up."

Another distraught mother in a big hotel silenced her obstreperous son with the threat, "Now you make less noise or I'll go away and leave you here alone."

An ordinarily intelligent and well-educated woman had her three-year-old daughter in a store. The baby kept handling things on the counter. "Don't do that" exclaimed the mother, "or the man will put you in the cellar."

We often hear declarations such as these, even in this day, though there is a general feeling that the time has passed when the child was scared into obedience by being told that the bogey-man would get him.

Such threats strike terror to the child's heart when he first hears them. There is a shock, the effect of which is never overcome, even though he soon learns his parents have no intention of doing as they say.

One should never punish by shutting in a closet or a dark room; never force a child to do anything that he greatly fears. As much as possible fear should be kept out of the little child's thought. If he is afraid to go to bed, attention should not be called to the fact, but some one should go with him through the dark hall and shadowy stairway, encourage, befriend him, and make him happy so that he will quickly forget about his fears.

The use of fear in discipline should be strenuously avoided. A frightened child is cramped and handicapped with lack of confidence, chronic anxiety, and morbid dread. He has no desire to use his powers or assert his ability.

From the time Martha was three months old,

she had been severely punished by her own mother and had become thin, nervous, secretive, and afraid of everything. She had always been restrained—never allowed to talk or give vent to her feelings—so upon entering school she would not open her mouth, not even to read out loud. The teachers knew she could read because they noted her interest in the printed page when she thought herself unobserved.

An aunt and a neighbour went to see her teacher who became especially interested upon hearing the story of Martha's life. Persistent kindness and encouragement at school have helped the child to overcome fear. She reads aloud in her class and the teacher is planning to have her read before a visitor as soon as she is quite willing.

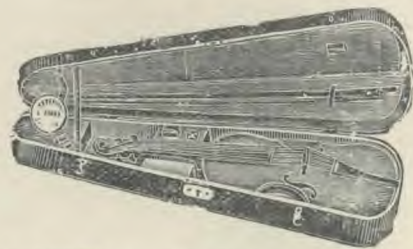
Another timid child became so frightened at a rather cross teacher that he could not read. His mother went to see the teacher and told her that the boy was affected in something the same way by his father's stern manner and gruff voice. The mother said, "Tom's throat fills up and he can't read. Try a little love and praise; he will get rid of his fear and be able to read." The teacher tried this. It worked out just as Tom's mother had predicted it would.

If we inspire children with a feeling of confidence, it will help them to develop naturally and will be the first step towards the habitual desire to do the right things. Fear paralyses; confidence bestows that freedom which is the foundation of success.

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## Somebody

SOMEBODY did a golden deed,  
Somebody proved a friend in need,  
Somebody sang a beautiful song,  
Somebody smiled the whole day long,  
Somebody thought, "'Tis sweet to live,"  
Somebody said, "I am glad to give,"  
Somebody fought a valiant fight;  
Somebody loved to help the right:

Was that somebody—YOU?

—Selected.

## Happy New Year

GERALD sat up with a start—at least he thought he did, but really, his head was resting on his pillow, and he was sound asleep.

What was that?

Ha, ha!

Again! A jovial laugh it was, but so mysterious. What ever could it be?

"I'll find out!" thought Gerald, and throwing off the bedclothes he felt around on the floor for his slippers, and in less time than it takes to tell was outside his bedroom door.

There, to his surprise, he saw Pauline, his little sister, hugging Bella, her new doll.

"Gerald," she said in a scared whisper, "What was that noise?"

"I don't know. Come with me, and let's see if we can—hark!"

"Ha, ha! Happy New Year, Healthy New Year!"

It came from the play-room.

Pauline slipped her hand into Gerald's and swiftly and silently the two tiptoed along the passage towards the play-room, and as they did so the big clock in the hall below finished striking twelve. The new year had arrived!

They opened the play-room door and peeped in. It was filled with the funniest creatures that ever they had seen.

Nearest them was an indescribable little gentleman who would have needed an oversize coat had he not adopted wind and sunshine for his apparel. He whirled toward them and laughed at the surprised look on their faces.

"Happy New Year," he cried, "May you enjoy many long hours with me during 1931. Ah, here's my friend, Peaceful Longsleep. He, too, has good wishes to offer you, if I am not mistaken."

And as Fresh Air, with his hat of sunlight breezily whirled out of sight, a drowsy, sleepy-eyed pillow put himself forward.

"A Happy New Year," he drawled, "May your heads rest on me at least ten hours every night," and his last words trailed off into nothing

as he sleepily and stumbly followed Fresh Air.

"Glad to see you," greeted the next one—fat, brown-skinned Potato. "I have come to wish you good health this year. You will grow strong and big if you eat plenty of me. Ah, here's my great friend, Milk. I am glad to introduce him to you. I tell you quite frankly that there's no one like him for making boys and girls strong and well—absolutely no one."

Mr. Milk looked quite pleased at the compliment, and wished a very happy new year to the two children.

Behind those two, nearly tumbling over himself, and followed by Greens, came rosy-faced Apple.

"Happy New Year, Healthy New Year," they cried. We are going to keep you well this year if you will allow us. We are two of the best friends you have," as they passed on.

And then came Tooth-brush, tall and stern, with Bath, holding a tablet of soap in one hand, and with a towel over the other arm. Tooth-brush spoke.

"I see that you have many friends to go with you along the path of 1931, but you will have enemies watching you closely, seeking to harm you whenever the chance presents itself, and so we—Bath and I—offer ourselves as your guardians, to ward off those terrible enemies of yours—germs. If you will accept our help you will have a happy, healthy year."

"Happy, Healthy New Year," echoed Bath.

"Happy, Healthy New Year." It was a sweetly familiar voice that called this time, and then Gerald realized that he was in bed, and it was morning of the first day of the new year, and Mother was at the door wishing him a happy, healthy New Year.—M. P.

## What Nuts Are

"WHAT are nuts? They are the seeds of the plant on which the nuts grew. Open a peanut carefully and divide the kernel. You will easily find the tiny bud at one end. This bud is the part of the peanut that commences to grow when it is planted. The tiny plant uses the nut meat for food until it is strong enough to get food from the ground.

"Nearly all nuts grow on trees and have very strong shells, so that they have to be cracked before you can get at the meat inside. Several chestnuts grow together in a prickly outer shell, which is called a bur. This bur is a round ball with the prickles pointing in every direction. Walnuts grow in a smooth outer husk.

"The next time you crack a nut to eat remember it is the seed of the plant on which it grew, and that the meaty part is the food the tiny plant would have lived on until it was strong enough to get food from the soil."



# MEATLESS RECIPES

## *Eat Captured Sunlight in the Green Leaf of Spinach*

**R**ECENTLY scientists discovered why leafy foods are such wonderful health-builders. It is because Nature has manufactured in the laboratory of the green leaf certain essential food elements—mineral salts and vitamins, so necessary to keep one in good condition.

During the last ten years a great deal has been written about vitamins and their importance in nutrition. And although their nature and properties are still not fully understood, yet it is known that their absence from the diet causes nervous disorders, checks proper growth and development, and that certain diseases are due to their deficiency. Now spinach is an excellent source of the three vitamins, A, B, and C. According to Sherman the cooking of spinach does not seem to injure vitamins A and B, but while vitamin C is still present, its content is considerably less than in raw spinach.

As spinach contains a good deal of cellulose it makes good roughage; and being a bulky food it lends a helping hand to middle-aged and elderly people who are inclined to overeat, for it gives the stomach a sense of fullness without overloading the blood. And though the caloric value is low, it is rich not only in vitamins but it has a high content of the indispensable alkaline salts. It supplies to the tissues in a convenient and agreeable way the necessary iron and lime. Indeed, fifteen ounces of spinach, containing only about one hundred calories, furnish the body with sufficient iron for the day.

Spinach is therefore an excellent food for children to help keep their physical resistance high; also for the grown-ups, the middle-aged, the elderly. Its alkaline reaction being so decided it is excellent for combating acidity, for toning up the body and helping to clear the foggy mind. It is one of our best foods to help ward off chronic disease and senility. So all who are striving to retain their youth, as well as those who are searching for the fountain of youth, would do well to be on friendly terms with spinach.

We give below a few ways of using this valuable vegetable that should prove interesting and wholesome:—

### SPINACH SOUP

1½ cups spinach pulp, 4 cups milk,  
1 tablespoon butter, 1½ tablespoons flour,  
1 teaspoon grated onion.

Rub the cooked spinach through the colander. Blend the flour with a little of the cold milk, add to the hot milk and bring to a boil. Brown the onion in the butter, add the spinach pulp and mix this with the hot milk sauce. Salt to taste. In cooking the spinach put on to cook with only the drops of water remaining on the leaves after thorough washing, thus conserving flavours and

salts of the spinach. When tender rub through a colander, saving all the juice for the soup. Water may be used in place of the milk in this soup. Serve with a teaspoonful of cream to each plate of soup.

### SPINACH CROQUETTES

2 cups cooked spinach, 4 hard-boiled eggs,  
4 raw eggs, ½ teaspoon salt,  
1 cup bread crumbs.

Put hard-cooked eggs through a colander. Mix with the chopped spinach. Beat the eggs well and add salt. Add to the spinach mixture and mix thoroughly. Form into croquettes. Roll in bread crumbs, place in buttered pans, and bake until nicely browned. Serve with onion sauce.

### CHEESE AND SPINACH RAMEKIN

2 cups cooked spinach, 1 cup grated cheese,  
½ teaspoon salt, 3 eggs,  
2/3 cup milk, 2 tablespoons butter,  
onion juice to taste.

Make sauce of the beaten egg yolks, melted butter, cheese, milk and salt. To one half of the cheese sauce add the spinach and beaten egg whites. Bake in a baking dish until firm. Serve with the remaining sauce.

### SPINACH AND EGGS

2 pounds fresh spinach, ½ cup tomato juice,  
3 tablespoons butter, ½ cup grated cheese,  
4 eggs, salt to taste.

Select fresh spinach, wash well to remove all sand. Cook until tender, drain and chop. Place in buttered baking dish, pour over the tomato juice and salt. Make four holes or nests in the spinach, break an egg in each. Sprinkle grated cheese on top and bake in moderate oven until eggs are cooked. This may be served in individual dishes using one egg to each ramekin.

### SPINACH LOAF

1 cup cooked spinach, 1 cup cooked tomatoes,  
1 tablespoon grated onion, 1 cup cottage cheese,  
4 eggs, 1 tablespoon butter,  
1 teaspoon Marmite.

The spinach and tomatoes should be well drained. Add other ingredients (eggs well beaten). Mix thoroughly and bake in buttered dish in moderate oven about three-fourths of an hour, or until liquid has evaporated.

### SPINACH AND EGG SALAD

2 cups cold boiled spinach, 3 hard boiled eggs,  
4 teaspoons capsicum, ½ cup mayonnaise, salt.

Add the salt and half the mayonnaise to the chopped spinach. Mix well and cover the egg yolks with a spoonful of the mixture. Roll in the finely chopped whites of eggs. Sprinkle with the chopped capsicum or parsley. Serve on lettuce leaf with mayonnaise.





The

# DOCTOR SAYS



**Ques.**—"What can I do to relieve headaches coming on for four or five days, and worse at my periods?"

**Ans.**—Headaches have many causes. In any particular case there may be a combination of causes.

Headaches are sometimes caused by some poison in the blood (as from constipation or from decay of foods in the intestines), and sometimes by increased blood pressure. Your headache, if it comes just before the periods, may be due to your condition at these times. Headaches are also caused by eye, ear, or nose disturbances, especially eyestrain, which may cause as much as nine-tenths of all headaches. Uterine displacement may also cause headache, and this may be a cause in your case.

It would be well for you to have an examination to see whether your pelvic organs are normal.

From this you will understand that the detective work of running down the cause of that headache will consist in making a number of examinations until the actual cause is located.

Above all, do not think you can afford to take a short cut by the use of headache powders. This only puts off the evil day, while the conditions are gradually growing worse.

**Ques.**—"My baby girl, eleven months old, weighs nineteen pounds and has four teeth. Is she old enough to wean? What shall I feed her? I have given her only orange and prune juice, scraped and baked apples, and cow's milk."

**Ans.**—A child is ready for solid food as soon as the first teeth appear. It is better to wean gradually, dropping one nursing at a time until the child is entirely on other food.

The best foods for a child that is being weaned are pure cow's milk, well-cooked cereals, and green vegetables, such as spinach, cooked and worked up into a puree. It is well for every young mother to have one or more books on the care of the baby.

**Ques.**—"I have a little girl who stutters. Is there a remedy for it?"

**Ans.**—The cure for stuttering is proper training and education. Probably the girl stutters most when she is excited and embarrassed, and when she fears that she is going to stutter. Usually a person who stutters can read or recite poetry smoothly. I should suggest that she do a good deal of this kind of work until she gains confidence in herself.

**Ques.**—"Please tell me what is the cause of piles, and their cure."

**Ans.**—Piles seems to be an accompaniment of constipation, though not every one who is constipated has piles. There is a stagnation of blood in the veins, and these veins enlarge and become tumorous, sometimes causing bleeding and often considerable distress.

Where piles are quite troublesome, perhaps the most satisfactory method of treatment is surgery. When they are properly removed, that usually ends the matter. Any other treatment is apt to be more or less disappointing.

**Ques.**—"What is the cause of enlargement and excessive action of the thyroid gland?"

**Ans.**—It is not known for certain. It is generally believed to be due to an infection. Hyperthyroidism has often followed acute infections, such as tonsillitis, and acute inflammation of the bony cavities around the nose. In some cases exophthalmic goiter has been cured by the removal of some focus of infection in the tonsils or elsewhere.

**Ques.**—"What is the best diet for a child with auto-intoxication? She seems to have kidney trouble. She is sleepy, gets stupid at times, and learns with difficulty."

**Ans.**—I should want to know much more about this child before attempting to prescribe. In the first place, is there actually any auto-intoxication and kidney trouble present? How old is the child, and what are you feeding it? Is the mental condition due to some bodily trouble, or is it constitutional? The child should be taken to some skilful physician for a proper diagnosis. It is impossible to treat such conditions by mail, for it is impossible with such a description to know what is the matter with the child.

**Ques.**—"After the removal of one kidney, how long may one live? What is a suitable diet for one having only one kidney?"

**Ans.**—Everything would depend on the other kidney. If you have one perfectly sound kidney, there is no reason why you should not live about as long as you would with the two, for one good kidney is capable of taking care of this function.

I know of no special diet for a person with one kidney. There are some things to be avoided; for instance, all irritants, such as spices, condiments, alcohol, tea, coffee, and even salt to any great extent.

**Ques.**—"I am sixteen and weigh almost 200 pounds. Is it safe to use the medicines advertised to reduce weight? If not, what can I do to reduce?"

**Ans.**—You would make a mistake to use any of the drugs that are used for reducing weight. The only way that any drug of this kind will cause loss of weight is by injuring the digestion and producing a worse condition than you already have.

Any normal person can keep down his weight by cutting down very closely on his diet, and taking sufficient exercise. Ordinarily, the person who tends to be stout has no idea how much food he does eat. He eats without knowing it. He eats candy and sweets all day, and thinks, "Just this little won't hurt," and keeps adding to his fat. There are some people who just cannot keep food from slipping down their throats all the time, and wonder why they are fat.

I should say that it would be advisable for you to eat almost no bread, no potatoes, no cereals of any kind, no sugars, no fats. Live quite largely on fruits, green vegetables, root vegetables (except the potato), and a pint of milk a day.

It may be better for you to be under the care and observation of some physician, for it is possible that you have some condition of the ductless glands that makes you tend to be fat, in spite of almost anything you eat.

**Ques.**—"The second joint of my great toe is enlarging. What should be done to prevent it?"

**Ans.**—Probably a bunion is forming on your toe. The pointed shoe presses the toe toward the centre of the foot, causing a bend at the joint. Then the pressure of the shoe causes a swelling of the little bursa over the joint. It swells, then becomes inflamed and painful. The best treatment is prevention—wearing proper shoes in the first place. If the bunion is just beginning, it is possible that you can prevent its further formation by the use of appropriate shoes.

If change in shoes does not suffice, you would better consult a foot specialist.



# Exercising for Health

By A. H. Gallaher, C.S.M.M.G., M.E.

**O**H! I have not time to waste on exercises." "I get enough exercise while doing my work." These are the type of answers one usually receives when inquiry is made as to whether a person takes time for exercise.

When exercising for health, it is not expected that the person will become a gymnast capable of performing stunts and graceful bends. But it is desired to help the person to keep a good physique, to maintain a set of mobile joints, and to use some of the joints and muscles that are not used in everyday life. Let us avoid those weak and stiff joints which manifest themselves far too soon in the spine, shoulders, knees, etc., and keep reminding us that we are getting old.

Many people today lack the sense of correct position. They imagine that they walk, stand, sit, etc., correctly, but to one who knows correct position these faults stand out very prominently. Nothing looks worse than to see a young person walking with round shoulders or a head that pokes forward so much that it looks as if he were ashamed to own it and that it belongs to somebody in front. These bad habits of posture, besides having an ill-effect on the physical condition of a person, also have a bad effect on the mental attitude. One who does not know how to carry himself correctly will be found to be mentally dull.

Why work overtime? It requires a lot more muscular energy to stand or walk in this slouching manner than it does to do it correctly. If a little time is spent each day, preferably in the morning, doing a few systematic exercises, then all the bad habits of incorrect position will vanish, and you will have a sharper intellect and acquire a brighter outlook on life generally.

Exercises should not give hard muscle work and so make one feel so tired after doing them that he is "fagged out" for the remainder of the day. Exercises should be a kind of recreation, and should be taken when one is in a happy frame of mind. They should be one of the privileges of life to which one can look forward.

Exercises may be regulated so as to have specially beneficial effects on:—

1. The respiratory system
2. The digestive system
3. The nervous system
4. The muscular system
5. The circulatory system

They also maintain mobile joints and special exercises may be performed to aid the correction of deformities such as poking head, round shoulders, curvature of the spine, knock knees, flat foot, etc.

Most exercises that call for muscle work strengthen the muscular system, but this is by no means the chief aim of exercises. Special exercises are beneficial to the respiratory organs.

When the muscles that form the abdominal wall are worked, a reflex action takes place and the peristaltic muscles of the stomach and intestines are stimulated to contract. This process has sent the progress of the food through the alimentary canal and so prevents that "intestinal stasis" that leads to auto-intoxication or absorption of the poisons that form in the colon, from which so many people, especially those of sedentary occupation, are suffering. Exercises such as side bending or trunk rolling, which cause alternate squeezing and relaxation of the liver, aid the portal circulation, stimulate the liver cells and the secretion of bile. The chief functions of bile are:—

(a) It helps in absorption of fat.

(b) Its strongly alkaline character changes the acid reaction of the stomach to the alkaline one necessary for digestion in the intestines.

(c) It is a strong intestinal antiseptic.

(d) It stimulates peristaltic action.

Exercises for the nervous system are very varied and may be given so as to have many different effects. Balance exercises call for a great deal of nervous energy, double-sided exercises strengthen the powers of co-ordination; exercises done to "quick command" (orders given by gymnast) brighten the intellect and make the brain more alert; such exercises are very beneficial when given to children who suffer from tonsils and adenoids or those who are rather slow mentally.

Whenever a muscle is worked a reflex action takes place and an extra blood supply is sent to that muscle; thus it is easily seen how exercises can be a beneficial system. It also shows how important it is that the exercises should be grouped in a definite order so as to equalize the amount of blood in the different parts of the body, and not have too great a depletion or repletion of blood in any one part of the system.

From ten to fifteen minutes is quite long enough to spend on exercise each day. The exercises should be done out of doors if possible and no single exercise should be done too often at one time. Furthermore, two exercises having the same effect should not be done directly after each other. Six to ten times each exercise is generally sufficient.

The following is a suggested order for a scheme of exercises:—

1. Breathing exercise
2. Arm exercise
3. Leg exercise
4. Head and neck exercise
5. Abdominal exercise
6. Back exercise
7. Special exercise
8. Abdominal exercise
9. Back exercise
10. Leg exercise (a balance exercise this time)



11. Arm exercise (for double-sided co-ordination)

12. Breathing exercise

One or two special exercises for round shoulders, flat foot, or any other deformity may be given at different times during the scheme.

The above exercises may seem to be very simple yet, when done properly, require quite a lot of nervous and muscular energy. No exercise should be done carelessly. In doing so simple an exercise as arms sideways stretching many mistakes are made. The two arms should be in one straight line, with the palms of the hands down and on a level with the shoulders. To see a person do this exercise for the first time one often realizes how many people's sense of correct position is faulty. Both arms may not be stretched together, perhaps one arm will be a little higher than the other, or both arms will be too high or too low or too far back, or something else will be wrong. All the time the person is doing this exercise he thinks he is doing it correctly. Why? Because the person has not acquired the sense of position to know when the arms are correctly aligned. To do this properly requires practice and it is an education in itself. It is real work for the brain and nervous system, but it is different work from that done in the office or in any other line of work.

When a simple exercise like the one described can be done perfectly and the person stands correctly while it is being done, then the exercise may be combined with a balance exercise, such as heel raising; then with knees bending at the same time, and so the exercises can be made gradually harder.

When beginning a course of exercise the first thing to do is to learn to stand correctly; fundamental standing is one of the positions rarely practised today. Standing anyhow will not do. Get out of that bad habit of standing with your head slightly on one side; keep the shoulders level but do not shrug them; stop putting all the weight of the body on one leg or on the heels. The centre of gravity of the body falls from the head through the cervical vertebrae and in front of the dorsal and lumbar vertebrae to the ball of the foot. In fundamental standing one should stand with the heels together and toes slightly apart. Let the shoulders hang downwards and backwards. The crown of the head should be pushed upwards; if this is done the positions of the chin, shoulders, and abdomen will be automatically corrected. Remember the weight of the body falls through the arches of the feet and not through the heels.

Now that the correct standing position has been attained, a few simple exercises may be tried. Below is a suggested scheme.

Heels raising is very good for persons suffering from flat feet. Walking on the outer borders of the feet and trying to pick up small articles with the toes is also very good.

If several minutes are spent at the beginning of each day doing a few systematic exercises, in a little while you will realize that you are a different person; you will feel younger; yes, you will be younger because you will live longer.

Time spent on exercise is not wasted. You will feel a beneficial effect each day which will last the whole day through. So for your health's sake, "Please exercise."

| STARTING POSITION                | EXERCISE  | METHOD OF PROCEDURE  | USE OF EXERCISE  |
|----------------------------------|---|--|--|
| 1. Standing                      | Double arm circling with breathing                          | Breathe in while arms are raised forwards and upwards                              | For great range of respiration   |
| 2. Wing Standing (hands on hips) | Quick alternate knee raising                                | Place hands on hips and raise knees as high as possible                            | When done quickly for a short time, it makes one breathe deeply. Good for constipation                           |
| 3. Standing arms bent            | Arms bending and stretching forwards, upwards, and sideways |  | For double-sided co-ordination   |
| 4. Wing Standing                 | Head extension; then head rotation                          | Hands on hips. First make a long neck, then extend the head back, keep the chin in | Very good for poking head. Gives general muscle work to muscles of neck which are not used much in everyday life |
| 5. Lying                         | Lifting feet 3 feet from ground                             | Take a deep breath before each performance. Do exercise about four times           | Strong abdominal exercise. To strengthen abdominal muscles   |



|                                   |  |   |  |
|-----------------------------------|--|---|--|
| 6. Wing Standing                  | Trunk rolling                                  | Commence by bending trunk forwards, then carry trunk to left side, and forwards. To be done about five times in each direction            | Gives full range of muscles of back. Stimulates liver. Invaluable for constipation   |
| 7. Wing Standing                  | Trunk rotation                                 | Hands on hips with feet astride. Rotate trunk from right to left as far as possible   | Can be done instead of No. 6. Has same effects, but not so violent an exercise       |
| 8. Wing Standing                  | Heels raising and knees bending and stretching |   | Good balance exercise when performed slowly  |
| 9. Wing Standing                  | Slow alternate knee raising                    |   | Can be done instead of No. 8 with same effects, but is not so strenuous              |
| 10. Standing with arm across bend | Double arm flinging                            | The hands are brought across the chest, the elbows kept on the same level as the shoulders. Both arms are flung sideways at the same time | Good for chest expansion and round shoulders   |
| 11. Standing                      | Arms rotating out with breathing               | The hands and arms rotated out while breathing in and rotated in while exhaling. Be sure to exale thoroughly                              | A good breathing exercise, specially suited for people with contracted chest muscles |

## *Serving Others*

By E. Hilliard

**I**N choosing a life of sacrifice, Christ became the great example for the human race. He never sought the easier way in life.

Satan offered the cities of the world with all their attractive glory, as a gift to Christ, if He would only worship him. By accepting, our Saviour could have eluded Gethsemane, His mock trial, and His sufferings on the cruel cross. But He chose the suffering and firmly rejected the offer, knowing that it would be fatal to His mission to seek and save the lost. During His entire life on earth He yielded to no selfish inclination. He cheerfully bore the cross for us and freely offers His grace to assist us in bearing the cross for Him.

Selfishness is abhorred in heaven, and it is evident that no selfish person will enter the kingdom. Our heavenly Father freely bestows upon us spiritual and temporal blessings. Instead of imparting these blessings to others it is more congenial to the selfish natures of many to consume them upon themselves. But to do this would be an insult to the gracious Giver.

Millions are daily offering this insult to God's goodness. Thousands of wealthy people are living in the most extravagant luxury; while the poor, under the very shadow of their mansions, are suffering for daily food of the simplest kind. But

the rich have not a monopoly on selfishness. Among the poorest there are those who have proved that they can be just as covetous and selfish as the man who abounds in wealth.

Yet there are many noble-minded wealthy men and women who acknowledge that all they possess belongs to their Creator. Such are faithful stewards who make good use of their entrusted means in helping the poor, and also in supporting institutions established to help the helpless and those suffering from various maladies. They are not seeking the easier, self-indulgent way of life.

All who do not share their spiritual and temporal blessings with others during their short sojourn on earth will find at last, that the self-indulgent way is the hardest way after all—the fatal way to ruin. Self dies hard, but it must be crucified if we enter the narrow way. The Apostle Paul, the great hero of the Christian faith, said, "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself for me." Gal. 2: 20. The crucifixion of self is necessary. The greater the sacrifice we make and the heavier the cross we bear, the greater our happiness and the deeper our peace and joy in Christ.



How to

## Sweeten your BREATH

By G. H. Heald, M.D.

IT is unfortunate for anyone, especially for one who has social ambition or a desire to be agreeable to his friends, to be afflicted with a bad breath, for it is an affliction of which he may be unconscious. His friends, though they may like him in all other ways, detest a whiff of that breath. Yet it is such a delicate matter that his most intimate friend may not have the courage to tell him the truth, and he has no means of detecting it himself.

How is one to know that he is not handicapped with a breath that is an offence to everyone who comes near him? If he is in good health; if he is exquisitely neat in all his personal habits; if he gives scrupulous care to the condition of his clothing, his body surface, his nose, teeth, mouth, tonsils, and entire digestive tube, he may be reasonably certain that he is not harbouring a stench factory on the premises. The trouble is that few of us are so healthy and so scrupulously clean that we can be certain that we are not somewhere maintaining a colony of stench-breeding bacteria. And so, perhaps, we use a perfume as a camouflage.

One who is solicitous about his breath should not content himself with a mouth wash, but should carefully examine, or rather should have examined by doctor or dentist, the teeth and gums, the tonsils, the nose and throat, the stomach and intestine; yes, and bronchial tubes, for a fetid chronic bronchitis gives off a horrible odour.

The odour producers are usually micro-organisms, or "germs," which are like weeds, in that they grow everywhere and almost in spite of our best efforts. And eternal vigilance is the price of a clean breath.

In the mouth, the source of the trouble may be cavities in the teeth, the result of decay, and usually filled with decaying food. Then, there may be pus pockets in the gums and around the roots of the teeth. But, in addition to this, and even in the absence of any tooth defect, bacterial colonies may form about small remnants of food or on the surface of the teeth or between the teeth, producing a garbage-barrel condition; for the warmth and moisture, with an abundance of bacterial food, furnish ideal conditions for the rapid growth of germs such as produce typhoid fever, diphtheria, and other infectious diseases; they are, more likely, decomposition germs—"stench germs," if you like the name. They are the germs whose principle function seems to be to advertise the fact that certain persons are not cleanly in their habits.

So after having the dentist put teeth and

gums in their best condition, one should see that not only the teeth, but the entire mouth is cleansed of all food remnants after each meal, using a brush, a dentifrice if desired, and some antiseptic mouth wash and gargle. Salt water is as good as anything. Or baking soda may be used instead of salt. Peroxide of hydrogen, one part to four of water, is useful. Or if one wants to pay the price, he may use one of the proprietary mouth washes, though their principle advantage is that they are a little more elegant and pleasant to use.

For chronic catarrh, treatment by the family physician, or better by a nasal specialist, is desirable. If this is impossible, the frequent use of a cleansing spray, using a solution containing a level teaspoonful of salt and an equal amount of baking soda to a quart of warm water, is a valuable procedure. Or a solution can be made up from the regular alkaline antiseptic tablets obtainable from any chemist. If one does not have a spray apparatus, the fluid can be snuffed up from the hand or from a vessel. Spraying with a one-to-four solution of peroxide of hydrogen, though somewhat irritating to the nose, is a valuable method of disposing of an excess of germ colonies in the nose. It should be followed by a cleansing spray.

If there is odour from the digestive processes, one should take a brisk purgative to clean out the decomposing intestinal mass, drink freely of water, and live for a time on a very simple and meagre diet of unaccustomed foods. The philosophy of this is that on a diet habitually containing certain foods, especially the high protein foods, certain strains of germs gain a foothold and thrive, producing excessive putrefaction. A radical change in the food will often make a decided change in the character of the microbes inhabiting the intestine. In any case, it is well to remember that meats have worse decomposition products than many of the other foods. Before each meal, take a cup or two of hot water to cleanse the stomach. Keep the bowels active.

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### Unnatural Stimulants

(Continued from page 9)

just now. Such forms of amusement are ruinous to both health of body and peace of mind.

Perfect health—which means a sound, evenly balanced mind in a normal, healthy body—is about the greatest gift we can possess in this world, but we shall not keep this treasure for long if we cling to the use of unnatural stimulants in any form.



# Early Rising

By W. A. Rubble, M.D

WHAT an unpopular subject," I hear you say; but there are some things to say in favour of early rising. Possibly one of the best known is the antiquated couplet:—

"Early to bed and early to rise  
Makes a man healthy, wealthy, and wise."

Early rising is usually associated with seasonable retiring, or should be. Both of these are conducive to health, happiness and longevity. There is no practice among civilized people so destructive to mental and nervous equilibrium today as that of irregular and uncertain times for rest. Nervous disorders, especially those designated as functional, are becoming more and more common. Nearly everybody complains of nerves. If the mother in the home is cross and irritable it is because of nerves. If the father rakes the whole family over the coals periodically it is because of nerves. If the children are disagreeable and intractable, it is nerves. Nursing homes, sanatoria, hospitals and asylums are being filled more and more with people who have "nerves" so highly developed that they can no longer be tolerated at home, but must be sent away for a rest and a course of treatment.

"But," it is asked, "would you attribute all this to late rising?" Not altogether. The matter of irregularity, however, has a great deal to do with nervous instability. In fact an erratic tendency is early manifested in most cases of nervous disorder. One of the earliest and most certain signs of neurasthenia is indisposition in the morning. Ask any neurasthenic when she feels worst and the answer will be, "In the morning." (I say "she" because neurasthenia is most common among women). On the contrary she feels best in the evening. Yielding to both of these feelings she naturally turns night into day by remaining up most of the night and trying to sleep most of the day. I say "trying to sleep," for every nervous person is more or less harassed with insomnia. The natural habit of sleep has been broken and sleeplessness is the consequence.

Modern practices of society are largely responsible for this interference with normal and natural rules of sleep. Social functions last far into the small hours of the night, sleep is interfered with, and soon one loses the power to sleep. Thus the custom of late retiring and late rising is responsible for a large share of nervous breaks.

The early part of the day is best for either bodily or nervous activity. Muscle, nerve, and brain after a good night's rest are ready for their best exertion. As this energy is expended, so they all need rest. If this is denied and one continues his activities or postpones his rest, the

vitality is overdrawn and a depleted nervous condition follows.

All Nature testifies to the fact that activity of mind and body should begin with the dawn. All animal life is astir early. "The early bird catches the worm," we say. Native life in all countries is a testimony to the fact that our activities should begin with the day and cease at night. Great men bear witness to the fact that a successful life is possible only when one lives a regular life.

It makes one's life miserable to have to decide each day whether to get up at a certain early hour or not. It becomes a very simple habit to start the day actively at a regular, early hour if one makes up his mind about it. It must be a terrible mental and nervous strain to decide this weighty question every day of one's life. Possibly the person has someone to waken him. He may resort to that infernal machine known as the alarm-clock to supplement his flagging will-power. For a time he is awakened by one or the other, but he turns over and repeats, in action at least, the words that the wise man attributes to the sluggard: "Yet a little sleep, a little slumber, a little folding of the hands to sleep." After a few mornings even the alarm-clock cannot arouse him and he wakens to find that he is late for duty, has to bolt his breakfast, rushes to office and is frustrated all day because of his improper start. This goes on day after day and he has to fight the battle of getting up over and over again, and to settle the query, "To get up or not to get up?"—paraphrasing Shakespeare's immortal question.

On the other hand, one may settle the matter once for all and decide on a definite early hour for rising, and when that time comes, without an alarm-clock or someone to call him he wakens, arises, goes about his work at a reasonable hour and accomplishes much more than he could otherwise, and this without nervous strain. Such people find time in the later part of the day for diversion. Their lives are regulated by a programme. They get their work done while others are "snoozing" or trying to sleep. Their work is finished early and they have time to relax and seek pleasurable pastimes that mean so much in the pursuit of health, happiness and liberty.

On the other hand, the person who is undecided about starting the day aright is always behind hand, always hurried trying to make up the time he has lost. Such a life is a worry, a bore, a continual annoyance. Such people belong to the old motor-car order and must crank themselves up every time they start. Get a self-starter. Develop your will power. Get some "pep" into you. You need not fear that you will wear out sooner on this programme. No, there is more nervous energy



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expended in deciding each morning, possibly several times, than in one successful effort at starting. Try it and get the habit.

The habit of bringing one's self to system and regularity is an index of character. The one who cannot control himself in this particular is usually erratic and undependable in other respects and does not succeed in life as he otherwise should.

So get into the self-starter class and out of the limbo cranking class. Work to a system. Get time for wholesome diversion and you will be free, vigorous and happy.

### *As God Views History*

*(Continued from page 11)*

is interpreted and justified. We should have an unfinished plan, in which human capacities have not found their full realization, or Divine preparations their adequate result. To the mind that looks be-

yond individual life, or that understands what is necessary to the perfection of individual life, a Bible that did not end by building us a city of God would appear to leave much in man unprovided for, and much in itself unaccounted for. But as it is, neither of these deficiencies exist. The great consummation is there.

It is the steps or the crises in this progression toward the sure and satisfying consummation of all things, the triumph of God, that we will examine in the series of studies of which this is the first.

**ACTION** is a law of our being. Every organ of the body has its appointed work, upon the performance of which its development and strength depend. The normal action of all the organs gives strength and vigour, while the tendency of disuse is toward decay and death.—*"Ministry of Healing."*

It must be admitted that a little starvation and plenty of water for a few days would improve the health, temper, and appearance of most of us. After all, water is the chief item of importance in the expensive "cures" of the well-to-do in the health resorts of middle Europe.—*Dr. E. S. Chesser.*

"**VITAMINS** are substances of unknown composition existing in minute quantities in natural foods, and are necessary to normal nutrition and growth. If any of these are insufficient in the diet, certain definite disturbances occur in the body."

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### The Brain and Mental Power

THE relation of the mind to the brain is a problem that has puzzled philosophers from the earliest times, and now the consensus of experimental psychological knowledge tends to prove that the mind is not a separate entity, but merely a product of the activity of the millions of cells that go to form the structure of the brain. This hypothesis would tend to support the common belief that mental power is directly proportional to the size of the brain, were it not for the post-mortem evidence that has often demonstrated the brains of intellectual giants to be smaller than those of certain mentally deficient. Napoleon, for instance, had a brain under the average weight. On the other hand, it is almost certain that outstanding ability is due to greater refinement and more elaborate connections of the cells that go to form the grey matter. Nothing further can be scientifically advanced to account for the marked divergence in intellectual powers shown by different people. In spite of this difference of mental calibre there is a limit to the storage capacity of the brain, great though this is, and instinctively this limitation is recognized by professional and business people. For example, no attempt is made to retain small details or unimportant facts in the mind. These can easily be found in encyclopedias and by this means the brain is not swamped with unnecessary facts of minor importance, but is unhampered to

collect more useful knowledge. By such means brain power is raised with a minimum expenditure of nervous energy, and is sustained at a high level by diverting its energies into congenial work and maintaining the general physical power in a healthy condition. Wrong diet, indulgence in alcohol and tobacco, overwork, and lack of sleep are the common factors in producing mental deterioration. The arteries begin to harden and lose their physiological property of elasticity, with a resultant deficiency in the blood supply of the brain. Nature attempts to overcome this by increasing the pressure of the blood in the arteries and the signs of premature old age are soon made manifest. Those who value clear, strong mental faculties and physical good health ought to tread the path of abstemious living and avoid all harmful addictions.—*Good Health.*

LET every one fully develop the faculty of hearing, that he may listen with full delight and appreciation to the songs of birds, and the roar of the sea, the wailing of the winds, and the roll of the thunder; and may be able to cheer his soul and calm his heart by hearkening to the music of his fellow-men, and in turn rejoice their hearts by making music for them.—*George Wilson.*

"No man ever lost any time in the heavenly race by stopping to help another."

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preparation of the antidiphtheric serum was perfected. The diphtheria bacilli are grown in special beef teas; and when they have multiplied by millions, they are filtered off, and a highly poisonous fluid filled with toxins is left. This bouillon is then injected in measured doses into a horse, each dose being just a little larger than the previous one. The final result is that the blood of the horse becomes filled with antitoxins ready for injection into human beings. A tube is then inserted into the jugular vein of the horse, and the blood is drawn off, and the serum used as a preventive measure, or injected into those already suffering of diphtheria.

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