

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



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

SHALIMAR GARDENS, SRINAGAR, KASHMIR.

*Give baby a good start. Read:—*

**HINTS AND CAUTIONS FOR  
THE NURSING MOTHER**



IT is now possible to travel from Cairo, Egypt, to the Cape by the means of a taxi system. This line has broken many records as the longest taxi line in the world.

EVERY day ten children under ten years of age are killed by automobiles in the United States. Drivers are held to be largely responsible.

THE town council of Allonne, near Beauvais, France, decided at a special meeting to offer to Britain the ground on which the R101 crashed on October 5 for the erection of a monument to the men who lost their lives in the accident. The ground was given to the town many centuries ago by a bishop of Beauvais, and it has been common land ever since.

PROFESSORS CALMETTE and Guerin of France are the developers of the *Bacillus Calmette-Guerin*, commonly called BCG vaccine. It is prepared from living tuberculosis germs taken from disensed cows. Doctors believe that it has been proved that BCG vaccine, if fed to infants during the first ten days of life, immunizes them against tuberculosis.

LITHIUM, a new and rare metal, so far the lightest metal known, has been in great demand for building airships. But engineers were not able to use it, because its cost was prohibitive—about Rs.112,500 a ton! Now the good news comes that deposits of lithium have been discovered in South Africa, enough to keep the world supplied with thousands of tons for many years. A new alloy of lithium and other ores makes a metal as strong as steel and yet so marvellously light that it will float on water.

IN the State of Illinois, U.S.A., a new type of road has been laid down as an experiment. It has a base of iron over which is spread a layer of sand. It is hoped that such a road will provide an indestructible base with a perfectly smooth surface and with flexibility enough to withstand all changes of temperature. An additional advantage in this type of road is that sections of it may be picked up and removed for repairs without destroying the slabs or seriously interfering with traffic.

IMPORTANT messages may now be transmitted by telephone without danger from eavesdropping. Anyone, but the intended receiver, hearing the message would hear only a gibberish of strange grunts and squeaks. At the receiving end of the radio telephone a special translating apparatus turns the garbled sounds into normal speech. The invention is already used by five trans-Atlantic radio telephone channels. The Bell telephone laboratories are working on improvements.

BARON ANATOL VETTING HOF-SCHEEL, an Austrian scientist and musician, has been experimenting with the relationship between sound and colour. He has demonstrated that by directing certain coloured lights on to taut strings he can make them vibrate audibly. After a long exposure, the vibrating string registers on a photographic plate, the colour produced by the string changing as the tension alters. The baron designed a "light piano" to demonstrate his discoveries and gave a recital in Vienna. The audience heard music and simultaneously saw it transformed into terms of exquisite colour. Each note of the piano caused a corresponding colour to flash upon a screen.

A NEW and novel way to stop up a leak which might cause much danger to a ship has been invented by a Berlin engineer. His idea has just been tested with very good results. He lowered a refrigerating plant into the water just outside the leaky hole in the hull of a ship, which froze the water into a hard plate of ice over the leak. It was thus made quite water-tight, and the vessel continued her course in perfect safety. It has been found that a remarkably small amount of power is required to keep the rent frozen over, so the invention seems to be practicable as well as novel.

A VERY rare and beautiful fish has been washed ashore on the South African coast. It is called the king of the herrings, and is a long serpent-like shape, speckled with silver. The specimen was nine feet long, but the species when full grown even grows to twenty-five feet in length. This specimen was too badly mutilated (evidently in a fight with cuttle-fish) to be kept as a museum specimen. It is believed that this long fish was the origin of the myth about the sea-serpent.

THE first commercial telephone call across the Atlantic from a moving train was received at a London house last month by Mr. R. Bell, assistant general manager of the London and North-Eastern Railway. Mr. Bell was rung up in London by Mr. C. E. R. Sherrington, secretary of the Railway Research Service of Great Britain, who was at that time on a train travelling at more than sixty miles an hour in the neighbourhood of Montreal. Mr. Bell was unaware that the call was coming through until he was rung up by the post office.

THERE are no oil wells in Central Europe, so that petrol has been very expensive. Chemists turned their attention to obtaining a cheaper supply of motor fuel from other sources. They made use of a cheap brown coal that is plentiful in some of the countries. The process of obtaining oil and petrol from coal was worked out by Dr. Bergins, a German scientist. The coal is mixed with crude oil until it is like putty. Then it is placed in large containers and treated with hydrogen gas under great pressure. After this treatment, the coal is changed into a crude oil, from which petrol is distilled, in the same way as it is from ordinary petroleum oil. After the petrol has been removed the rest of the heavy oil is used to repeat the process. So successful has this method proved that one large European company now has a factory that uses a thousand tons of coal daily, making motor fuel.

THOSE of us who have our eyesight are apt to forget about the many who are forced to go in darkness. It is not many years since the Braille system of reading for the blind was invented. In that time men have laboured to produce books that can be easily read with the fingers. A new geography school book has just been published in England for the special use of blind boys and girls. It took four years to make the eleven volumes of this book which weighs a total of 23 pounds. In one of the ordinary diagrams of the book there are over three thousand dots, and the embosser had to give at least three blows to make each dot. The illustrations were difficult to make so that they would be easily understood. When they were nearly finished the expert embosser of the National Institute for the blind died and another man had to be trained to finish the work. Varying thicknesses of dots were used to show the different lines on a map, requiring more than thirty sizes of punches.

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

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## Advantages of a Meatless DIET

By D. H. Kress, M.D.

*An average longer life by ten years and fifty per cent less sickness for the strict vegetarian over the habitual meat-eater, is the opinion of the writer.*

THE human body may be fitly compared to a boiler. Food is its fuel. It is the food fed to this human boiler that maintains its vital fires, producing heat and energy.

The human body is more than a mere boiler. It may be said to be a boiler, engine and machine, all in one. Food, too, is more than mere fuel. Food in addition to being fuel is body-building and repair material.

In obtaining fuel for our furnaces and boilers we aim to get the best. We select the fuel that has the least waste, and which produces the least amount of clinkers. The same care should be exercised in the selection of fuel for the body. To obtain food unassociated with impurities, we must secure it at the source of its supply. All food primarily comes from the vegetable kingdom, the fruits, the nuts, the cereals, the legumes, the tubers, and leafy vegetables. These foods contain all the elements needed to maintain heat and energy and to build and repair tissue.

The milk furnished to the young has these elements in just the right proportion to meet their needs and in the most available form. But all of the elements found in the milk are obtained from the vegetable kingdom. A deficiency of any one element in the food means a deficiency of that same element in the milk.

While meat is a food, it contains organic wastes and impurities formed in the body of the animal from the breaking

down of tissues. The body of an animal is, in fact, a factory of poisons. It may be compared to a large modern city. Like a city made up of thousands and millions of individuals, the body of an animal is made up of living individuals, known as cells. Each one of these cells possesses a distinct life of its own.

These cells, just as individuals in a city, must be fed, and provision must be made to carry away the wastes they produce in order for them to live. The arterial system conveys the food to the cells. The venous circulation corresponds to the sewage system of our cities. It conveys the wastes to the organs of elimination. When an animal is slaughtered, the cells continue to live for a time, but when the circulation ceases, the sewer is blocked up, and wastes accumulate. Then, death of the cells occurs. The individual cells die from the retention of their own poison.

A dead animal body may, therefore, be compared to a cemetery. After death these cells rapidly undergo putrefaction. This necessitates meat being kept on ice in warm weather. Meat undergoes the same changes within the human alimentary canal under suitable conditions that it undergoes outside of the body, and it produces the same offensive odours and the same deadly toxins. It is the toxins thus formed that cause disease and shorten life.



### Postponing Old Age

Dr. Arnold Lorand, in his excellent book "Old Age Deferred," says:—

"Arteriosclerosis is very seldom found in persons who have been addicted for many years to vegetarianism. With a vegetarian diet coupled with milk there is much less intestinal putrefaction than with a meat diet." He adds, "We have seen that a vegetarian diet, with milk and a few eggs, can give the best results not only in the prevention and cure of man's diseases, but also in the preservation of health in old age."

Sir Arbuthnot Land of England, a noted surgeon, attributes the rapid increase of cancer and the high mortality from the disease chiefly to the prevalent use of meat. He said: "What we should do if we would avoid cancer is to eat whole wheat bread and raw fruits and vegetables, shunning all meats, first, that we may be better nourished, and second, that we may more readily eliminate waste products, and drain adequately the house in which our cells live."

Possibly there is no greater or more reliable authority on foods than Dr. McCollum of Johns Hopkins University. He says:—

"All the evidence from both animal experimentation and human experience supports, in a manner which can never be broken down, the viewpoint that meat is not necessary in the human diet. It also supports the conclusion that the best type of diet is a lacto-vegetarian diet. I am convinced that anyone who eats the average amount of meat consumed in this country will improve rather than suffer by cutting it all out of his diet."

### How To Live a Century

Franklin, the philosopher, early in life it seems adopted a strictly vegetarian diet, and drank water while those about him ate meat and drank beer. He says in his biography, "I made the greater progress from that greater clearness of head and apprehension, which generally attend temperance in eating and drinking." He ate meat when better foods were not obtainable. In his eightieth year of life, he said, "It may be well my posterity should be informed that to temperance I ascribe my long continued health and what is still left to me of a good constitution."

Dr. Stephen Smith, who at the age of ninety-nine gave an address before the members of the American Public Health Association a few years ago, attributed his long and useful life to his manner of living. He was a weakling in infancy and early childhood and consequently found it necessary to eat sparingly and only of the simplest foods. Shortly before his death, in speaking of his personal habits, he said:—

"In the last forty years I have become an addict to natural foods, grains, vegetables, and fruits. Only occasionally do I eat meat, and my health has been better than ever before. Neither fresh air nor physical culture can prolong life to any great extent if one persists in eating the wrong kind of food."

Count Liya L. Tolstoy, the son of the famous Leo Tolstoy, referring to the personal habits of his father as well as his own, says:—

"My father was a strict vegetarian for the last thirty-five years of his life. He lived in the cold climate of Moscow and Tula, and he never felt better than after he ceased to eat meat. He was a vegetarian till the hour of his death, and never had to give it up. Neither did he give up total abstinence.

"I am fifty-seven years old now, and the longer I live the more I become persuaded that people who really use their brains come to realize the harm of eating meat.

"Both ethically and scientifically, vegetarianism is proved. Vegetarianism is recommended by all the best physicians of all civilized countries.

"Preaching or writing against vegetarianism is a proof of narrow-mindedness and ignorance."

### Intelligent Selection of Food

A knowledge of food, and the confidence which accompanies an intelligent selection of food, are very essential in obtaining the good out of the food that is eaten. The good we get out of even good food depends largely upon the good we see in it. Food must appeal to the mind in order to get out of it the best there is in it. Eating should not be merely mechanical. Food should be enjoyed. A knowledge that the food we are eating is the purest and best will afford this enjoyment.

I imagine there were a great many dyspeptics among Israel's host who said of the best food heaven could provide, "Our soul loathes this light bread." Not being the food of their choice they obtained very little good out of it. That which God designed as a blessing they, by their mental attitude, converted into a curse. With their wrong mental attitude, the food undoubtedly disagreed with them. This confirmed them in rebellion and in the belief that they were not nourished by it. Food, to be of the greatest value must be the food of one's choice. This necessitates a study of foods.

### A Personal Testimony

For forty years, I have been living on what, for lack of a better name may be termed a vegetarian diet. I am not a vegetarian, as the term would indicate, for I eat very few cooked vegetables. I live mostly on fruits, grains, milk, nuts, and raw, leafy vegetables at times. I am not discouraging the use of cooked vegetables, but I do believe the majority of people in civilized countries live too largely on such foods. Cooked foods are as a rule dead foods. The vitamins or living elements in most of them are destroyed. Knowing that fruits and cooked vegetables do not as a rule combine well when eaten at the same meal, as they tend to encourage fermentation, and being fond of fruits and knowing their medicinal value, from choice, I exclude cooked vegetables largely from my meals. For forty years I have adhered strictly to a vegetarian diet, and it is a source of satisfaction to have lived to see the day when the best authorities are agreed that a vegetarian diet is preferable to a meat diet or mixed diet.

# EXPERIMENTAL RELIGION

(Part I)

## Are We Building upon Foundation Knowledge?

By Melvin Oss

**N**ATURE, with her myriads of marvels in land, sea and sky, testifies of the power and wisdom of her Creator. The life of Christ reveals the *love* of the Father of all. Atheism and unbelief result when men have their attention diverted from God to the machinations, ingenuity, and teachings of the heroes and scholars of the world. It is dangerous to lose one's vision of God. Let us say, however, that to listen to gospel sermons, or to tell others about the virtues and teachings of Christ, is not necessarily to be a Christian. We become obedient sons of God and followers of the holy Jesus when we experience in a personal way the power of salvation from sin.

"Thou shalt call His name JESUS: for He shall save His people from their sins." Matt. 1:21. "He that saith, I know Him, and keepeth not His commandments is a liar and the truth is not in him. But whoso keepeth His word in him verily is the love of God perfected: hereby know we that we are in Him." 1 John 2:4, 5.

### Heart Religion.

Christianity is the religion of the heart. The life of Christ is the light of men. "In Him was life; and the life was the light of men." John 1:4. "This is the record, that God hath given to us eternal life, and this life is in His Son. He that hath the Son hath life; and he that hath not the Son of God hath not life." 1 John 5:11, 12.

From the manger to the cross Jesus lived a perfect life. Now He lives again in heaven and in the hearts of His followers. The transformation in their lives is an actual fact. "If we walk in the light, as He is in the light, we have fellowship one with another, and the blood of Jesus Christ His Son cleanseth us from all sin." 1 John 1:7.

Jesus said, "I am the way, the truth, and the life: no man cometh unto the Father, but by Me." John 14:6. His religion is not the exercise of faith in mummified formalism handed down through successive generations. Neither is it the acme of modern intellectual skill and achievement.

Christ does not strive to gratify the *outer* man of the body but the *inner* man of the heart. Christian service does not consist in making offerings to the God of appetite. See Rom. 16:18; Phil. 3:19; Titus 1:12. It is, on the contrary, a worship given



*A sure religious experience does not come by the making of long and wearisome pilgrimages*

to the great God who speaks to our hearts. Only one kind of knowledge is essential to one who would claim the heritage of Christianity, and that is to know the true God. The great apostle said, "I know whom I have believed, and am persuaded that He is able to keep that which I have committed unto Him against that day." 2 Tim. 1:12.

This knowledge is achieved only by a heart experience. The initiation into the inner circle of Christ's disciples is a change of heart. Thus, the Psalmist prayed: "Create in me a clean heart, O God; and renew a right spirit within me." Ps. 51:10.

### Fellowship with the God of Love

Christianity is knowing God; and God is love. The following is the utterance of Christ—a part of a prayer,—“This is life eternal, that they might know Thee the only true God, and Jesus Christ, whom Thou hast sent.” John 17:3.

And through John, His disciple and apostle, the word comes,—“He that loveth not knoweth not God; for God is love.” 1 John 4:8.

It is fellowship in a personal way with the supreme Person, whose we are by creation and redemption. The Christian not only is intellectually informed concerning Divine attributes, but he recognises God as his Father. He knows and he is known. Intimate filial relationship exists between God and the believer. Devil-worship recognises beings more powerful than human, but it is a religion of fear. The demon gods are sometimes thought to bring troubles and distress. Consequently, because of seen or unseen calamities, devil-worshippers appeal to their gods with gifts and worship, hoping to appease their wrath. Our God loves us! Christianity is fellowship with a God of love.

Love is the most winning force in the world. Christ's conquest is as the sunlight that enlightens every land. It penetrates every experience of life, and melts away the coldness of unbelief.

There is power in love. We will not disobey God's requirements if we are drawn to His service by love. The greatest joy is possible only when we seek to express our love for our Master. “If a man love me, he will keep My words: and My Father will love him and We will come unto him, and make Our abode with him.” John 14:23.

This satisfaction and peace (Turn to page 29)

# The CHILD'S DANGER ZONE

## *Lumps on the Necks of Children*

By C. H. Hayton, M.D., F.R.C.S.

**N**OT very long ago a mother brought her little son, a boy about six years old, to the hospital and inquired of the doctor present if the boy had mumps. He certainly looked ill, and the large irregular swelling could be plainly seen on the right side of the neck just below the ear. It was distinctly tender to the touch, and the little fellow had some rise of temperature and his pulse was more rapid than usual. When, however, the boy opened his mouth, the cause of the trouble was easily seen. A swelling, about the size of a walnut, was plainly visible on the right side of the back wall of the mouth. It was painful, swollen, and inflamed. An acute abscess had formed on the wall of his throat from some small glands which are found there. After opening it and letting out the pus, the child felt much better. He gargled his mouth for a few days after and the swelling entirely disappeared.

### Mistakes

Parents frequently make similar mistakes. But there are many things that a swelling on the side of the child's neck might be. First, there are swellings that come up quickly and are hot and painful to the touch. Second, there are the swellings that come up gradually, taking months, sometimes a year, to form, which are neither hot nor painful, and seem to cause the child no inconvenience. Among the inflamed swellings which are common may be mentioned abscesses, tonsilitis, and mumps. Among the gradual swellings, tuberculous glands are the commonest.

If the swelling has been noticed for only a few days and seems quite tender when touched, if the child cannot eat ordinary food but only liquid, and does not open the mouth freely, especially if there has been a past history of taking cold, the swelling may be either an abscess, or an inflammation of the tonsils. An inspection of the mouth can generally settle the question. If, in addition to the above, the child has a foul breath, a dirty tongue, is fretful and peevish, and wants to lie down, and if in a few days a like swelling appears on the opposite side of the neck, especially if an epidemic of mumps has occurred in the school, the neighbourhood, or in the same house, then most



*Childhood*

likely the child has mumps. If, on the other hand, the swelling has taken considerable time to form, is neither hot to the touch nor painful when eating, and seems to cause the child no inconvenience, then the swelling is evidently due to tuberculous glands. These swollen glands are usually caused by milk from tuberculous cows, which the child has used as food. The glands of the neck are in the line of the lymphatic vessels which drain the mouth, and hence the germs of the mouth find their way into them. These glands are filters, and protect the body from disease. They catch the germs, as it were, in a net. The presence of the germs makes the glands inflamed and swollen.

### Neglect

Germs, like ordinary weeds, need a neglected soil in order to grow. The more neglected the ground the more rapid and prolific the growth. Germs can multiply only in filth, dirt, and uncleanness. Any cavity of the body neglected and not kept clean is an incubator for germs. The mouth especially is often a filthy cavity. It harbours a great many germs. Diphtheria, rheumatism, pneumonia, and tuberculosis germs (*Turn to page 29*)

# RELIGION and Contentment as HEALTH RESTORERS

By Louis A. Hansen

WITH all that may be said of the benefit a vacation may be to the man or woman who needs a rest, we should recognise that a few days at the beach, in the mountains, or on a motor trip, will not do for the whole year. Sometimes it means a more strenuous time than ever and calls for another rest after the vacation is over.

But the regular routine is still there when we come back to it, and there is the same old grind that made it necessary for us to take our vacation. There are also our nerves, perhaps in not too good a condition to stand the routine and the grind. Perhaps peculiar conditions of surroundings make our lot particularly trying. Most of us think our lot is unusually difficult, different from that of everybody else, and one which calls for special consideration.

It is a nervous age, marked with a rapid increase of nervous disorders. Mental impairment is more common. Insanity is becoming a big problem to handle. It is said that at the present rate it will not be many years till we will all be crazy. Indeed, it is almost generally agreed that all of us are more or less unbalanced on some subject, with a peculiarity of mind or disposition.

Well, there is plenty to make people nervous. Many factors peculiar to our day contribute to this. With our modern progress and the development of many things to interest us and occupy our time and attention we are almost in a mental whirl. Business competition and complications, pleasure seeking and keeping up with world conditions keep us keyed to a high pitch. Startling happenings, tragedies, crime, accidents on land and sea, in the air, and under the earth constantly attract our attention. We hear and see so much of accidents, we almost live in apprehension.

As people become more nervous, there is an increasing use of sedatives to quiet the nerves and of tonics to stimulate them. Many a man falls into intemperance because of taking something to steady the nerves. Even soda fountains dispense "nerve bracers." Needless to say soothing remedies, palliatives, or stimulants do not remove the cause, nor do they make better nerves.

With many there is a state of worry and fretting that is closely allied to nervousness. It may be needless in almost all cases and useless in any case, but people will worry and fret. Psychologists are offering ever so much free advice as to how we shall overcome it all. The unrest of our age is telling on us. We cannot well change world conditions, so we must learn to turn to our advantage the disagreeable things. We do need to know

how to find real rest. Is there a way?

Worry and fretting accompany nervousness, but in a great measure they may be eliminated by just stopping them. It is true that the condition of the body has much to do with the state of the mind, but it is also true that the mental state affects the whole being. The nerve centres of the brain modify greatly the nerve impulses of feeling and motion, travelling to and fro over the nervous system. Physical changes are affected by varying mental attitudes, in the circulation, in inspiration, and in digestion.

Without granting everything to psychology, we can say that our thinking has a great deal to do with our bodily state. Despondency is depressing to health. Worry magnifies little things, makes trials look bigger, borrows trouble, and causes anxiety over things that do not exist and that never will exist. Fretting makes life harder for ourselves and for others and like any other habit, it grows; and as it grows, it becomes more and more difficult to overcome. Cheerfulness is an antidote for worry and fretting. Good cheer is a real medicine, a health measure, a remedy for many ills and evils. It belongs to the healthy home. It lightens labour, and makes hard tasks easier. If the day is a hard one, all the more need for putting cheer into it.

Real rest does not come by mere thinking, and you cannot force genuine joy. Real joy or cheer is not to be found in mere stimulation of temporary amusement. Joy, the Bible tells us, is a fruit of the Spirit. Therefore, turning to a few weeks' vacation, taken under the most favourable conditions, may not bring us the rest that stays by us. Peace of mind is more than a mental state, it is a real spiritual condition. It is not offered by the best the world can give. Contentment will not be found in the things of this life, and the more strenuously we seek after it, the more discontentment shall we find. Gratification of appetite is never full, desire for wealth is never appeased, love of pleasure is never satisfied, fame or honour is never great enough. "A man's life consisteth not in the abundance of the things which he possesseth." Luke 12:15. We may seek a species of rest in change of surroundings, or in a different climate. While some good might thus come to us, if the trouble is in our own lives we cannot get away from it by travelling; we merely take it with us wherever we go. Peace of soul is not found in material or external things, far or near.

Neither will abiding peace—true rest—come by denying the existence of sickness and suffering, sorrow or distress. Mental (*Turn to page 28*)

# FOCAL INFECTION

*The Ground of Much Present-day Ill Health*

By G. H. Heald, M.D.

IT is a rather formidable name, one must admit, but perhaps most persons who go to doctors know by this time what it means; though to most doctors it meant nothing about fifteen years ago. Although Dr. Benjamin Rush in 1819 cured an attack of rheumatism by the removal of a tooth, and though others, especially since the seventies, have noted some relation between infected teeth and disease in other parts of the body, it was not until about 1912 that the subject of focal infection began to attract wide attention. Perhaps the subject was given too much attention, for doctors since that time have been ordering teeth pulled for all kinds of conditions, without first determining whether the cause might not be somewhere else, and in not a few instances removal of the teeth made the condition worse rather than better.

Focal infection may be defined as a more or less general infection of the body, proceeding from some infected point, or "focus of infection," as it is called. This focus may be an abscessed tooth, or a diseased tonsil, or infection of some of the sinuses (cavities) about the nose; or it may be located in the gall bladder or the vermiform appendix or elsewhere. That a local infection of this nature may set up disturbances all over the body, causing rheumatism and other pains, heart disease, neuritis, and other nervous symptoms, has been repeatedly shown, when the removal of the offending focus was followed by complete abatement of the symptom.

Unfortunately, many cases of tooth extraction, tonsil removal, and the like are not followed by relief of the general symptoms. It has been shown that this may be due to one or two or more causes. The trouble may not be due to focal infection. The right focus of infection may not have been discovered. If a tooth is removed, perhaps the worst offender is left, or perhaps the tonsils are more at fault than the teeth; or perhaps the condition has progressed so far that there are several foci of infection; or perhaps—and this is frequently the case—the physician, after removing an offending focus, fails to follow up the treatment of the patient so as to develop his powers of resistance to the germs still remaining in his body.

Before jumping to the conclusion that a



*Medical Clinic, Penang, S.S.*

certain neuralgia, or headache, or rheumatism is due to focal infection, careful examination should be made in order to exclude any other possibility; and when it is fairly certain that it is a focal infection every possible effort should be made to ascertain the location of the infection. X-ray plates should be made of the teeth, cultures of the tonsils, and the like. That is, all facilities for study of the case should be utilised. For in proportion as this is done will the mistakes be minimised. In nearly every case of mistaken diagnosis there is some little point, apparently trivial, which, if linked up, would have thrown light on the subject and resulted in a more accurate diagnosis and more effective treatment.

The usual experience seems to have been that abscessed teeth, more commonly than anything else, furnish the first focus of infection, though perhaps the tonsils are a close second. At any rate, infective mouth conditions are the common cause of many general conditions ranging from a somewhat painful joint trouble to total incapacity and even death.

One who has a neuralgia or a rheumatism or other chronic pain or disability, should not content himself with carrying about a potato in his pocket or wearing a magnetised ring, or using some nostrum, but should submit to a thorough examination to determine the cause of the trouble; for it not only may cause pain and discomfort, but may set up processes which in the end will terminate life.



# Hints and Cautions

## for the Nursing MOTHER

### Baby's Food, Sleep, Exercise and Outings

By Eulalia Richards, L.R.C.P., L.R.C.S.

**B**OOTH doing well." What a world of meaning is conveyed by these three simple words.

Some woman has passed, perhaps for the first time, down through the valley, where so many dangers lurk, her heart fortified by the glad hope of motherhood so soon to be bestowed upon her. These three words mean much: that her hopes are realized; that she has made her journey safely and emerges from the valley with her loved babe in her arms and a song in her heart.

While child-bearing is a natural and physiological process, it is one not unattended by danger to both mother and child. Modern methods of prenatal care and "child-bed" nursing have done much to safeguard both mother and child; yet, each year, many a mother sacrifices her life that her child may be given birth.

We believe that no care or expense should be spared to safeguard the health of the expectant mother and her babe.

We believe in the establishment of pre-natal clinics, baby clinics, and child welfare centres. We would gladly lend our aid to any movement either public or private which tends to the betterment of the community, to the conservation of the national health.

#### Hints Concerning Confinement

Returning to our subject, we have stressed the point that the expectant mother, both for her own sake and that of her child, deserves the best possible care during the period preceding and following the birth. In these days, it is often desirable and altogether more convenient for the mother to be cared for in a well-managed private hospital than at home. This is particularly true if there are other children.

During this experience in a mother's life, she should, if possible, be permitted to step aside from her home duties and the cares and anxieties of her family. She requires rest and sleep and freedom from petty worry. The strength and courage with which a mother faces her new and increased duties depends largely upon the care and the rest which she has enjoyed during the period of her confinement.

For a fortnight after the birth of her child the



mother should rest quietly in bed. Toward the end of this period she may be assisted into a chair, while her bed is being turned and made comfortable, or she may be helped to a couch on a verandah where she may revel in the sunshine and fresh air. These latter blessings she may and should enjoy even in her bedroom. No darkened chamber for milady in these enlightened days! Air and sunshine bring health to the sufferer, and should never be excluded from the sick-room.

Even the wee babe may daily bask in the sunshine. His bassinet may, from the first, be placed each day on a sheltered verandah. Care should, of course, be taken to see that baby is warmly dressed in cool weather and that he is protected from draughts or from the glaring sunlight. A hot-water bottle well wrapped in flannel may be placed in baby's cot to ensure his comfort.

#### Beware of Over Activity Too Soon

During the third week after the confinement, the mother, if progressing favourably, may begin to walk about and may resume light duties. But the old-fashioned rule of a month's retirement from active life is by far the best for the mother.

She will never regret the few extra days spent in rest and in the recovery of her strength.

The patient who from necessity or otherwise leaves her bed too soon after confinement is likely to suffer evil consequences of a more or less permanent character.

#### Feeding the Infant

The mother's food should be light and nourishing throughout the period of her confinement. As she resumes her usual duties, her diet will need to be somewhat increased in amount and in proteid content so as to supply the demand of her growing babe.

We take it for granted that if possible the mother will nurse her infant.

During the first two or three weeks of baby's life he should be put to the breast every three or three and a half hours during the daytime and not more than once at night. In many cases the night feeding can be dispensed with from the start.

After the early weeks, a four-hour interval

between feedings gives the best results in case of strong and vigorous babies. Small or premature infants may thrive best on the three-hour interval, at least for a few weeks or months. But whatever plan is followed, it is most important that regularity be observed.

#### Constipation in the Baby

Frequently young babies, though healthy, are troubled with constipation. The difficulty can generally be overcome by giving frequent sips of boiled water between feedings, several spoonfuls of orange, tomato, or other suitable fruit juice daily, or by the administration of a teaspoonful of Nujol or liquid paraffin once or twice daily.

#### Rules for Baby's Health

The following brief suggestions may be helpful in maintaining the health of the new-born child:—

Feed baby regularly. Give nothing except water or fruit juice between his regular meals.

Keep the little one scrupulously clean. A warm bath each morning and a sponge bath at bedtime are essential as well as careful local cleansings whenever baby's napkin is changed.

Baby's clothing should receive careful attention, particularly the napkins, which should be washed, well rinsed, and thoroughly dried after each use. If attention be given to these matters, baby's skin should remain soft and healthy. If in spite of care it becomes chafed and irritated, the use of a little good talcum powder, cold cream, or calamine lotion will soon give relief.

The formation of regular habits should be one of the mother's chief concerns in her daily care of baby. A regular hour for baby's food, his bath, his sleep, his outings, and regular attention to his bowels, will ensure a good baby.

There is no necessity of a home being entirely disorganised because a wee babe has sought shelter beneath its roof. A baby requires certain attention, of course, but if these requirements are met regularly and quietly, baby will respond wonderfully to this good care and will fairly radiate health and happiness.

#### Mother and Babe

The relationship between a mother and her nursing babe is very close. What disturbs one is likely to disturb the other. The mother who has had a restful confinement and has benefited by good nursing and medical care, is in a better condition to assume the care of her babe than the mother who has been the victim of neglect.

A healthy mother, if she leads a quiet, composed, and orderly life, is likely to have a contented baby. And a good baby, in turn, reacts favourably on his mother. If her nights are undisturbed and her days are filled with joyous service, she will in all probability be able to nourish her infant in a gratifying way.

The mother should aim to nurse her baby for

nine months, but failing this, should if possible continue breast feeding for five or six months so as to give the little one a good start.

A careful regulation of the mother's health and the practice of perseverance will work wonders in most cases.

#### Baby's Sleep, Exercise, and Outings

During the early weeks of life the healthy baby spends most of his time in sleep. But as the months pass by, his waking hours are gradually lengthened. The wise mother will then vary baby's daily programme to suit his changing needs. Once or twice each day she will remove most of his clothing and will let him enjoy a few moments of delightful freedom. Lying on a wide bed or on a rug in a sheltered part of the room, he will stretch his little limbs, and discover the existence and use of his various muscles. This pleasant diversion might precede baby's morning nap, or his evening bed-time. Each day baby should be taken out into the sunshine and fresh air. When he is quite young it is best to leave him to sleep in some sheltered part of the verandah or garden, but as he grows older he will appreciate a short ride in his pram every day. We would here utter protest against the custom of taking young babies on shopping excursions, to picture shows, and other crowded gatherings.

If there is no one with whom to leave baby, of course there will be times when it is necessary to take him to places not altogether suitable. But we feel that the devoted mother who has at heart the best interests of her child will gladly make such personal sacrifices as are needful for his well-being.

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## Children's Teeth

A CHILD with bad teeth has a bad digestion, a poor appetite, and much pain. From their earliest years children should be trained to brush their teeth, night and morning, with water and a good tooth paste or a little bicarbonate of soda. Failing this, a rub on a cake of soap does just as well. If the milk teeth are neglected they tend to decay and drop out too soon. The jaw contracts and the second teeth come up too crowded, and soon decay also. Decayed teeth poison every mouthful of food. Care of the mouth, nose, and throat is of the first importance, for these form the gateway of the body. Dummies are filthy things and do a great deal of harm by introducing all kinds of infection into baby's blood through the mouth. The constant sucking spoils the shape of the baby's mouth and, later on, of the teeth. It encourages mouth-breathing long after the child has discarded his comforter, and this leads to serious alterations in the mouth, throat, and ears.—*Selected.*

# What Can We Do about ASTHMA?

## Causes of the Complaint

By Conan and Nellie Shaw

**A**STHMA is one of the complaints which still baffle the medical practitioner. This is shown by its being vaguely described as a constitutional condition in which the bronchial apparatus becomes irritated, as a result of chemical, reflex, or psychological stimulus. The number of people suffering from the complaint has become so large that definite steps have been taken by a select committee of medical men to probe into the whole question of the malady.

Doctors are not yet agreed as to the real causes of the complaint. Some say the fault lies in a toxic condition of the blood and that the blood of the asthmatic is different from that of a normal person. Others say the cause is a faulty structure of the nasal organ, and that relief may sometimes be obtained by a slight operation. The "allergens" (dust, particles of eggs, feathers, the presence of cats) also appear to affect the sufferer, and asthmatics have benefited by living in "allergen-free" chambers. The curious thing about asthma is that it does not exist over an altitude of 4,000 feet, and the help derived from treatment given at such places as Mont Dore and Davos is testimony to this fact.

It may be mentioned here that asthma is common in Holland, which is particularly low-lying.

From direct observation by a sufferer the causes of asthma appear to be connected with: (1) the nerves; (2) the stomach; (3) the heart; and (4) the weather.

Most people who have suffered from the complaint are agreed that the nerves play an important

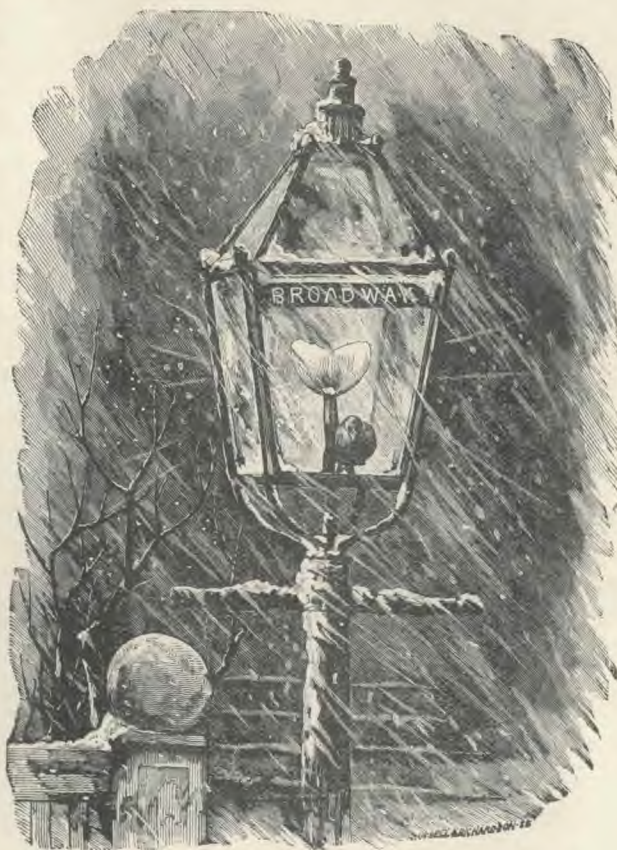
part as a causative factor, and any treatment which steadies the nerves helps in diminishing asthma attacks. Mainly involved is the vagus nerve, which has connections with the heart and stomach. Irritation of the stomach nerves appears to cause catarrhal asthma, while irritation of the heart nerves seems to give rise to the dry type, which is undoubtedly the worst form, as those can testify

who have suffered from it. The reason why dry asthma sometimes follows the catarrhal form may be that whilst the particular treatment received has stopped the stomach trouble, the result of excessive coughing and expectoration may have affected the heart nerve.

A distended stomach can and does produce asthma. When acids form in the stomach, owing sometimes to the consumption of unwise mixtures (such as tea with sugar and milk), the stomach nerves become irritated, producing an abnormal blood condition, and this eventually affects the mucous membrane, resulting in catarrh, the forerunner of respiratory troubles.

In a number of asthmatics under observation it is remarkable to note a slow heartbeat. This condition gives rise to a state in which the system is unable to discharge waste matter adequately through the pores of the skin. The wastes, therefore, accumulate in the body, giving rise to stomach trouble, and eventually to the asthmatic condition.

Perhaps one of the most important conditions is the weather. Many cases have been noted in which several asthmatics start an attack almost



"Many cases have been noted in which several asthmatics start an attack almost simultaneously during weather which is close, overcast, or wet."

simultaneously during weather which is close, overcast, or wet. When atmospheric aggravations pass away, relief is noted immediately. Heavy, low-lying clouds appear to draw upon the supply of oxygen in the air, resulting in a derangement in the hyper-sensitive person suffering from respiratory trouble. When the atmosphere is clear and dry, conditions for the asthmatic are, in many cases, similar to those obtaining at high altitudes. Sudden, radical changes in temperature, especially from warm to cold, often bring on an attack. There appears to be a considerable amount of research work necessary as to the susceptibility of the asthmatic to varying atmospheres.

#### Treatment

At the present time there is no known permanent cure. What gives relief to one person does not to another. In the drug line (which, we feel convinced, should only be resorted to as a last resource and then only by a doctor's orders) are adrenaline, ephedrine, and ephedrine. As a rule, these drugs give almost instant relief. Adrenaline has a disadvantage in that it becomes changed in its substance where no such defect has been noticed. Ephedrine, a drug introduced in 1923, has certain advantages, as it can be administered by the mouth and its action lasts from six to eight hours. It can also be used as a spray, mixed with other ingredients. There are various powders containing stramonium which should be inhaled through the mouth (not the nose). These may give relief, and if persisted in, while at the same time everything possible is done to build up the system generally,

the sufferer may gradually outgrow the trouble.

On the question of diet only actual experiment can decide the right type of food to be taken. A full vegetarian or fruitarian diet has been successful in a number of cases, although it is advisable to make the change gradually. Fasting one day in the week is a help to some. It is generally better never to eat after 7 p.m., always avoiding many mixtures, and taking drink separately. Exercise is specially good, particularly walking, deep breathing, and swimming; while a Turkish bath weekly often gives relief. In many cases, a sharp walk after meals helps the digestion and so wards off attacks, and it often appears best to sleep on the right side. Experience proves that it is better to refrain from indulging in a nap after a heavy meal, no matter how sleepy one may feel.

Often, asthma attacks occur at the week-end, and these are probably due to the change in the ordinary routine of the week, the taking of less exercise, and the increased consumption of food, which upsets the digestion.

Asthma leads the sufferer, if not very careful, into a state of mind which is depressing and gloomily apprehensive. This is only natural, following on the distressing symptoms of the complaint. Hence it is of paramount importance for the asthmatic to keep as cheerful as possible, particularly avoiding depressing company.

Finally, the psychological aspect of treatment should be mentioned, because the ideas at the back of "suggestion" play a large part both in bringing on an attack and in warding one off.

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## The Perfect Rose

By Eugene Rowell



*Yesterday, a bud held in a vase  
Upon my desk. Today  
A miracle of beauty takes its place  
By some God-given way  
In tender-tinted sweetness to unfold  
Each faultless petal knows,  
It rounded into bloom, and I behold  
A fragrant, perfect rose.*

*Even so was love divine for me.  
First folded close, it grew,  
And opened leaf by leaf, that I might see  
Its beauty, till I knew  
Each day some rarer petal, purer glow,  
Or fragrance, would uncloze;  
And life, and all eternity, will show  
Love's fullness, Sharon's Rose.*

# How to Give

# FIRST AID

## In Some Common Accidents and Emergencies

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

### Bruises

**A** BRUISE means that blood has been poured into the tissues from lacerated blood-vessels. The bruise will remain until this blood is again taken up into the circulation. Before it can be reabsorbed, however, it must undergo changes, and these are seen in the greenish-yellow colour of the skin of an old bruise.

The first treatment is to prevent more blood being passed into the tissues. Directly an accident occurs, bathing freely with cold water will do this. After the blood is in the tissues, cold applications can of themselves do no good. No external applications such as tincture of arnica, the popular remedy, will hasten absorption; liniments do good only from the massage employed in using them. Circulation cannot be carried on apart from warmth, hence the parts should be kept at blood heat. Hot fomentations applied frequently, with an occasional douche of cold water, are helpful. The moist heat brings healthy blood to the parts and the cold drives it into the circulation again after it has absorbed some of the extravasated blood which causes the bruise. Bruises disappear more quickly when kept warm by bandages between the treatments by fomentations.

### Sprains

The same treatment given for bruises applies also to sprains. In sprains, however, muscles or ligaments are strained or lacerated, making rest necessary. Fomentations should be applied more freely with sprains than with bruises. Firm bandaging is necessary in all sprains, such as those of the ankle, wrist, etc. After two or three days of fomentations, liniments do good through the rubbing that is necessary. The compound soap liniment is a useful application. Tincture of iodine helps in sprains after the first three or four days. Rest is essential for quick recovery from a sprain. A sprained ankle may be bad for months if not rested.

### Fainting

Fainting means that the heart is not pumping blood to the brain in sufficient quantities to maintain its functions. The sufferer should lie flat on the bed or floor: sitting up or standing delays recovery. Sips of hot or cold water stimulate the heart and the blood supply to the brain. Alcoholic drinks are not necessary as a rule. Sponging the face and hands with cold or very hot water stimulates the heart through

the nervous system. The clothes around the neck should be loosened so as not to impede the venous circulation. Fresh air is very important. One purpose of the circulation is to carry oxygen to the tissues, including those of the brain. Ill-ventilated rooms, or too many spectators in the room, use up the oxygen and delay recovery. Subsequent treatment depends on the cause of the fainting, such as heart disease, debility, or stomach trouble.

### Apoplexy

Apoplexy is due to the breaking of a blood-vessel in the brain the result of arterio-sclerosis, a brittle condition of the walls of the blood-vessels. There may be high blood pressure, but such is not always so. The patient should be put to bed with a low pillow. Loosen the clothing about the neck, and keep the body comfortably warm but not hot. It may be necessary to keep the feet warm with hot-water bottles. See that the room is well ventilated. On no account should stimulants be given; even hot drinks may be too stimulating. A doctor should be sent for.

### Vomiting

Vomiting up to a certain extent is nature's effort to rid the stomach of some poison or irritant. In such cases a good pint of warm water should be given; this will clear the stomach of mucus and irritant matter. After this, if necessary, measures may be taken to allay the vomiting, such as sucking small pieces of ice, or the application of hot fomentations under the left breast (the region of the stomach). Frequently a plaster of mustard and flour (tablespoonful of each) mixed with tepid water and spread on muslin cloth and applied to this part will ease vomiting. One-sixth of a grain of calomel every hour has in most cases a marvellous effect. No food should be taken until the tendency to retch has disappeared. The patient must remain in the recumbent position.

### Nosebleed

In some constitutional troubles bleeding at the nose is beneficial, and unless excessive should not be stopped. Such diseases include chronic diseases of the heart and lungs, acute bronchitis, and the strain of high blood pressure, the result of over-exertion, excitement, anger, or other emotional cause. Bleeding from the nose may avert an attack of apoplexy or prevent heart strain by relieving pressure on the right side of the heart.

To stop the bleeding, (*Turn to page 30*)

# EDITORIAL



## *A Marvel of Transit Development*

**M**ODERN facilities for quick transit in this age of scientific progress have often been commented upon, but it must surely come as information to many that the world's railway mileage figures have well passed the mark of three-quarters of a million.

Yet it was less than ten years ago that the Railway Centenary was celebrated. The celebration, in fact, took place in June, 1925. Let us glance at the beginnings of railway engineering. The Stockton and Darlington Railway, in England, was opened on September 27, 1825. Before that date, however, the practice of hauling trucks on set rails had been in vogue,—the contrivance had been in existence for more than a century and a half. Incidentally, it should here be pointed out that the Stockton and Darlington was not the earliest public railway. Goods had been carried between Wandsworth and Croydon, in England, by the Surrey Iron Tramway which was laid down in the year 1801.

Coming now to the invention of the locomotive engine. Before 1825 the locomotive had been used in many collieries, and it is said that many of the colliery locomotives had been built by Stephenson himself.

Why, then, is 1825 to be regarded as the beginning of an epoch? Those twenty-five miles, or so, of rail between Stockton and Darlington had the distinction of being the first line constructed by public subscription carrying goods and ordinary passengers in trains using steam locomotive power. The year 1825, therefore, has the right to stand unchallenged on the starting point of our modern railway era.

Some idea of what has been accomplished in India may be formed from the following which appeared in a Bombay newspaper. "The progress of railway construction in India is clearly shown in the annual reports. In 1920-21, 298 miles were constructed, and the mileage for the following years were: 1921-22, 124 miles; 1922-23, 381 miles; 1923-24, 430 miles; 1924-25, 233 miles; 1925-26, 340 miles; 1926-27, 421 miles; 1927-28, 700 miles; 1928-29, 1,238 miles.

"In the year 1928-29, the new mileage opened was 1,282, but the net addition amounted to 1,238 miles, of which 970 miles were State-owned. With this addition the total route mileage of Indian railways at the end of the year was 40,950."—*"World Railway-Building," published in "The Times of India," October 30, 1930.*

The same article also showed that before the World War a broad gauge railroad could be con-

structed and equipped for a lakh of rupees, or thereabouts, for every mile of line laid down. The average cost is now about one and a half lakhs of rupees.

It gave figures for other countries. "In the Empire of Japan, with an area of 260,800 square miles, and a population of 84,000,000, there were 10,866 miles of railway open in May 1926, in addition to 1,735 miles in Korea, 874 miles in Formosa, and 139 in Saghalien, while the South Manchurian Railway in China (695 miles) is under Japanese control.

"It may be worth noting that the total of 764,238 miles of railways in the world is distributed among the various continents as follows:—North America, 316,644 miles; South America, 56,884 miles; Africa, 37,481 miles; Asia, 84,252 miles; Australia, 30,110 miles; Europe, 238,867 miles."

Such facts and figures have special significance for students of history who pursue their studies with the very definite object of tracing the working out of the Divine plan for bringing the saving truth of the Gospel to earth's peoples, and of arresting the attention of mankind by the proclamation of the transcendent doctrine of the Second Advent of Christ. History would read differently if the Divine hand had not controlled affairs and events in ages past; and today we must look earnestly for His handiwork in the onward march of events. The results of our investigations are encouraging to faith.

The Divine administration in the work of the church in bringing the knowledge of redemptive blessings to mankind is very clearly shown in "The Acts of the Apostles"—so much so that it becomes evident that the name of this inspired history of the work of the early apostles represents only in part the sublime contents of the book, for the Holy Spirit was the guiding, controlling worker, and He bestowed the power that brought men and women to repentance and faith. These are the acts of God!

On one particular and outstanding occasion a council was held at Jerusalem, after Paul and Barnabas had been on tour in neighbouring countries. James presided, and he addressed the gathering as follows,—*"Men and brethren, hearken unto me: Simeon hath declared how God at the first did visit the Gentiles, to take out of them a people for His name. And to this agree the words of the prophets; as it is written, After this I will return, and will build again the tabernacle of David, which is fallen down; and I will build*

again the ruins thereof, and I will set it up; that the residue of men might seek after the Lord, and all the Gentiles, upon whom My name is called, saith the Lord, who doeth all these things. Known unto God are all His works from the beginning of the world." Acts 15:13-18. What further evidence is needed? It is clearly shown that the Lord Himself "doeth all these things." The apostles were His instruments. The acts of God are the main things, and the acts of the apostles are merely their carrying-out of the Divine commands, and harmonising of human actions with the Divine pleasure. There is indeed truth for profound meditation in James' assurance,—*"Known unto God are all His works from the beginning of the world."*

A writer says: "Within the memory of men yet living, what events and messengers have been God's chosen forerunners; some of which, like the activity of Carey, have to do both with the preparation and prosecution of missions! There is a sense in which all God's activity is preparatory: it opens the way for what is to follow. What is an effect becomes in turn a cause of further effects, a link in the historic chain, at once connected with the preceding and the succeeding links. As preservation is continued creation, every historic event, seen in the light of God's providence, has a double significance; it points back to His previous acts as its explanation, and it points forward to something which follows, and of which it becomes in turn the explanation and occasion. So historic sequences demand as their solution an

historic Creator and Preserver—One who plans the ages from the beginning and presides over their succession and progression—the God whom all events acknowledge as their infinite Controller."—*"The Modern Mission Century,"* by Arthur T. Pierson, pp. 21, 22.

In His great prophetic discourse, given upon the Mount of Olives near the end of His earthly life, Christ said to His followers,—*"This gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come."* Matt. 24: 14.

It is to assist in the fulfilment of this grandly sublime prophecy that the world has quicker modes of transport and communication than ever our forefathers knew or dreamed of. The Creator of the universe wills that wheresoever the children of men have made their habitations they shall hear that His dear Son is coming soon, and that very diligent heart-preparation must be made by those who would be prepared to meet Him. His overtures of mercy invite us to come to Him. We have the assurance that we may obtain peace through the blood of the infinite Sacrifice made on Calvary's cross.

Soon the end shall come. While the last movements of earth are closing, including the great Gospel movement itself, fateful decisions are being made. Many are choosing the broad road to ruin—and death. Few are choosing the narrow path that leads to life. Our wisdom is to make the better choice.

## The Heart of the Wood

By Nathaniel Krum



*I'll follow the path to the heart of the wood,  
And seek a quiet nook;  
For I hear God's voice there, calling me  
To His throne beside the brook.*

*The Christ got tired of city streets,  
Of the noise and dirt and dust;  
So journeyed the path to the heart of the wood,  
To renew His faith and trust.*

*So I stole from the crowd to the heart of the wood;  
I trod where the Master trod;  
I entered His tabernacle there,  
And communed a while with God.*

THE drama of this world's history is almost over. Soon the curtain will be drawn forever on sin and its results. God has faithfully warned men, through His holy prophets, of the wrath to come. Sure forerunners of the climax of the ages are before us. What are they? Let us review again some that relate to Armageddon:—

1. *The waning power of the Ottoman Empire—foreshadowed in the Book of the Revelation by the drying up of the symbolic river Euphrates.*

John, the seer of Patmos, writing by Inspiration, said: "The sixth angel poured out his vial upon the great river Euphrates; and the water thereof was dried up, that the way of the kings of the East might be prepared." Rev. 16:12.

For years the drying-up of the Turkish Empire has been in progress as may be seen from the following:—

(1) In 1783 Turkey was compelled to surrender to Russia the territory of the Crimea, including all the countries east of the Caspian Sea.

(2) In 1828 Greece secured her independence.

(3) In 1830 Algeria was ceded to France.

(4) In 1867 Turkey was forced to recognize the independence of Egypt.

(5) In the same year Turkey lost possession of Servia and Bosnia.

(6) In 1878 the Treaty of Berlin granted autonomous government to Bulgaria, and independence to Roumelia, Roumania, and Montenegro.

(7) In 1912 Tripoli was taken over by Italy.

(8) In 1912 and 1913 the Balkan States and Greece dispossessed Turkey of nearly all of her remaining territory in Europe.

(9) During 1914-1918 that which still remained to Turkey, both in and out of Europe, was taken

# The Coming C in

Present-day Fulfilments

(Third in a Series of F

By

from her, with only a few minor exceptions.

The outcome of the World War was disastrous to Turkey. Ever since several of the great powers of Europe undertook to jointly preserve her from complete destruction in order that Constantinople, that coveted prize of kings, might not fall to any one of the great nations, Turkey has been little more than government in name. Her power has been practically all been wrested from her, and even her existence is dependent upon the greed of the European nations among themselves. When this drying-up process is complete, the "way of the kings of the East" is prepared, and Armageddon is inevitable.

2. *The awakening among the powers of the East.*

Read carefully the following:—

"Proclaim ye this among the Gentiles; Prepare ye to wake up the mighty men, let all the men of war draw up, and let them come up: beat your ploughshares into swords, and your pruninghooks into spears: let the weak say, I am strong. Assemble yourselves, and come, all ye heathen, and gather yourselves together round about: thither will I come, and thither will I sit, I will be as a watchman upon the tower, and I will be as a watchman upon the tower. Thy mighty ones to come down, O Lord. Let the heathen be awakened, and come up to the valley of Jehoshaphat: for there will I sit to judge all the heathen round about."

Put ye in the sickle, for the harvest is ripe: come, ye, and tread the vintage; ye shall tread grapes, and you shall be full, and ye shall be drunk, and ye shall be as the nations. For ye have despised my word, ye have despised my voice, ye have despised my law, ye have despised my commandments, ye have despised my words, ye have despised my law, ye have despised my commandments, ye have despised my words, ye have despised my law, ye have despised my commandments, ye have despised my words. Joel 3: 9-13.

"The sixth angel poured out his vial upon the greater river Euphrates, and the water thereof was dried up, that the way of the kings of the East might be prepared. And I saw three unclean spirits like frogs come out of the mouth of the dragon, and out of the mouth of the beast, and out of the mouth of the false prophet. They are the spirits of devils, working miracles, which go forth unto the kings of the earth and of the world, to gather them to the battle of that great day."



Laudable Peace Speeches at Geneva Have Not Cured the Savage Instincts of Nations



# lict ORIENT

## cal Prophecies Reviewed

(Relating to Armageddon)

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of God Almighty. Behold, I come as a thief. Blessed is he that watcheth, and keepeth his garments, lest he walk naked and they see his shame. And he gathered them together into a place called in the Hebrew tongue Armageddon." Rev. 16: 12-16.

The awakening of the eastern world today need hardly be pointed out. Nations of little or no significance have risen within the past few years to pinnacles of power never before hoped for or realized. These races of earth, because of their newly-found strength, are all astir and are making hectic advancement in war preparations. They do not know where they will end up in their drive westward, but the prophet of God clearly settles it that the decisive battle of the ages will be fought in Palestine, in the "place called in the Hebrew tongue Armageddon." Rev. 16:16. Joel's prediction, under the inspiration of God, when he says, "Let the heathen be wakened, and come up to the valley of Jehoshaphat," tallies exactly, as to the events described, with John's description of the clash of nations at Armageddon in the Book of the Revelation.

### 3. Great world-peace propaganda.

Observe the following predictions:—

"It shall come to pass in the last days, that the mountain of the Lord's house shall be established in the top of the mountains, and shall be exalted above the hills; and all nations shall flow unto it. And many people shall go and say, Come ye, and let us go up to the mountain of the Lord, to the house of the God of Jacob; and He will teach us of His ways, and we will walk in His paths: for out of Zion shall go forth the law, and the word of the Lord from Jerusalem. And He shall judge among the nations, and shall rebuke many people: and they shall beat their swords into ploughshares and their spears into pruning-hooks: nation shall not lift up sword against nation, neither shall they learn war any more." Isa. 2: 2-4.

"Of the times and the seasons, brethren, ye have no need that I write unto you. For yourselves know perfectly that the day of the Lord so cometh as a thief in the night. For when they shall say, Peace and safety; then sudden destruction cometh upon them, as travail upon a woman with child; and they shall not escape." 1 Thess. 5: 1-3.

Never before in the history of the world have men put forth such tremendous efforts to establish world peace. "This is the day of peace leagues, peace societies, peace plans, peace treaties, peace essays, peace prizes, peace conferences, and peace petitions."

Bible prophecy makes it plain that, just before the Armageddon struggle bursts upon the world in the closing



Long Distance Guns Have Been Used in Modern Warfare

days of this age, there will be a great "peace and safety" cry sweeping over the world, and there will be a general talk of disarmament and of outlawing war. (See Isa. 2: 2-4; already quoted).

And this is exactly what we see today. What does this mean? Let the Scripture answer. "For when they shall say, Peace and safety; then sudden destruction cometh upon them, as travail upon a woman with child; and they shall not escape." 1 Thess. 5: 3. Surely this prediction of peace sentiment, on a world-wide scale, is a sure precursor of sudden destruction coming in the war of Armageddon.

4. Peace propaganda versus colossal war preparations. (See Isa. 2: 2-4; Joel 3: 9, 10, 13; before quoted.)

These two prophecies—the one from Isaiah, and the other from Joel—both describe the same period of time. But they seem to stand in absolute opposition to each other. One says: "They shall beat their swords into ploughshares," and the other, "Beat your ploughshares into swords."

But there is really no contradiction between them. The one prophecy tells what the nations will be *saying*, the other tells what the nations will be *doing*, just before the end comes. This again is exactly what we see today. On a scale that exceeds in its potential power for destruction and slaughter all the war preparations of past centuries put together, the nations are feverishly attaining to a state of war preparedness, while continuing to proclaim peace parleys.

Such overwhelming evidence that we are near the last great battle must surely cause us to be sober and thoughtful. From the very fact that the stage for that final conflict is now being set so rapidly, we may be sure that the end of all things is very near at hand. Those who do not make their peace with God now, will find themselves in that great day of the Lord in a maelstrom out of which they cannot escape, but will share the destruction that awaits the unbelieving and wicked world. These great prophecies are sent as warnings to the world in a generation of wickedness such as it has never before seen. In love and mercy our Father forewarns us in order (Turn to page 29)

# CANCER

## and its Predisposing Causes

By W. A. Ruble, M.D.

ONE of the most baffling things about cancer is to find out the cause. Unlike most other diseases, especially those over which we have more signal victory, no germ of disease has been found. Many times our hopes have been raised to a high point of expectancy when it has been announced by some credulous experimenter that the cause has been discovered, but just as many times they have been dashed to the ground.

There are, however, a few things that we do know about the cause of cancer. They are: (1) That it is a disease of middle and old age. (2) That in many, if not all, cases it is brought on by irritation. (3) That the growth is a degenerated tissue, or it may be better to say, a retrograde tissue. (4) That it never occurs in the healthy tissue.

No organism or specific disease germ has as yet been found to account for the disease.

To understand the growth of the cancer cell we must know something of the developing or embryonic cell. Every animal organism begins from a single parent cell. This cell, when fertilized, divides into two cells. These, in turn, divide into four cells, and so on until they get to a certain stage where they begin to differentiate into different tissues, as bone, muscle, skin, nerve and other tissue cells. Up to this time the cells have all been the same, every cell exactly like every other cell in the embryo, but now, different organs and different parts of the body must be formed and some cells develop into muscle, gland or bone cells, as is necessary. Up to the time of this differentiating period the law that governed the embryonic cells was growth and growth only. This is the great characteristic feature of embryonic cells—growth, appropriating everything that comes into contact with it to its own growth. A normal embryonic cell, however, comes to a time when it gives rise to other cells that make the various organs of the body. Later, when these organs, and other members of the body have been fully developed, they cease to multiply and the organs and the body cease to grow; no more cells are formed as a general rule. There is a law of differentiation, a law of cessation of division when the time comes, the normal cell recognizes the rights of other cells of the body community. It appropriates to itself only the nourishment needed for its own legitimate use as determined by its responsibility to the rest of the body. It contributes to the body the substance or function for which it was developed. In other words, it is a law-abiding, co-operat-

ing, contributing member to the body politic.

Not so with the cancer cell. Examined under the microscope it is exactly like a normal young embryonic cell. It, however, has but one function—growth. It exists for but one object—self-preservation and development. It respects no rights of any other cell or member of the body. When the cell starts to divide and grow, no power can stop it but extirpation. It encroaches upon, overpowers, crushes and devours all other cells in its way. It has been demonstrated that one cancer cell, in the course of a few years, would grow and divide into many tons of cancer tissue. It contributes nothing to the body welfare, and produces only toxic substances to poison the body. It continues to grow without cessation until it finally encroaches upon vital organs to the extent that death intervenes.

In case of injury or destruction of tissue in the healthy body, nearly all cells have the ability to reproduce themselves to the extent of repairing an abrasion, but as soon as the loss is made up the particular reparatory cells cease to multiply. That is, the repairing cells become embryonic for a time but submit to the control that is best for the body as a whole. The process is constructive.

Cancer cells begin in much the same way where there is an injury from some form of friction. If the body is in a normal healthy condition this repair process—the normal embryonic cells,—will result in restoration of the part. If the body is not normal, is toxic or below par, the embryonic cells that should repair, may get out from under control, become bolshevistic and destructive. This is cancer.

The most important factor determining the incidence of cancer is age. Young people under forty very seldom, if ever, contract cancer. Now-a-days one person in six, over the age of forty, dies of cancer. Age is not always measured by years. One person at forty may be as old in reality as another is at sixty. That is, the tissues may be aged at a comparatively young period of life. That is probably the reason why some people have cancer at forty or soon after, and others later in life.

This being so the most important matter for consideration is that of recognizing the factors that age the tissues, and to adopt measures that postpone age or that preserve the tissues in the best possible condition.

It is evident that cancer is what is known as a degenerative disease. That is, it fastens upon old and degenerated tissues, those having low

vitality. It is an acknowledged fact that cancer does not begin in a normal healthy tissue.

Diseases may be classified under two great heads—infectious diseases and degenerative diseases. The latter class comprises Bright's disease, diabetes, arterio-sclerosis and its accompanying disorders such as high blood pressure, appendicitis, gastric ulcer, apoplexy, arthritis of many forms, and cancer.

Degenerative diseases are usually caused by abuse of the organs of the body, improper methods of living, and transgression of the laws of health. When any one of these diseases attacks a person the first questions asked by a medical adviser are, How are you living? What are you eating? The instruction that follows has mostly to do with the laws of health and especially diet. It is a noticeable fact that native races who live simply, almost never have these diseases. These maladies are the product of transgression of the laws of health. Our greatest hope in combating this great scourge of cancer lies in a reformation in our manner of living.

All degenerative diseases are increasing in mortality at a frightful rate. Infectious diseases have largely been overcome simply because civilization has attacked the cause vigorously. We can prevent the other fellow from spreading infection or can quarantine him so he cannot be a menace

to society, but we cannot do that with the cause of degenerative diseases because the cause is our darling sins, our destroying habits, our depraved appetites and natures. Until we can, by education and persuasion, cause a reform in our manner of living we shall never make progress in combating these degenerative diseases, including cancer.

Some of these things that are prematurely aging our tissues and making them susceptible to diseases, and which give rise to poisonous substances in the body, are excessive use of sugar, high protein diet, refined flour, tea, coffee, alcohol, tobacco and irritating condiments. Certainly we would be much better if we did without these articles. Constipation ought to be named as a curse of civilization. It has a prominent place in the causation of these diseases.

A high protein diet is probably the greatest offender in this list. The poisons resulting from a large amount of flesh meat play a great part in rendering the body liable to disease. Uric acid, urea, ptomaines, and many other toxic substances accumulate in the body, and render the tissues susceptible to disease.

The greatest need today for the health of the nation is a reformation in the manner of our eating and drinking.

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## What is Good Health?

Too much do we restrict the meaning of the term "good health" to the body and its physical state. If our food digests, our tongue is clean, our bowels are regular, our sleep is good, and we are free from aches and pains, we say we have good health.

But the physical is only part of us; health means wholeness, and concerns the whole being, mind as well as body. We do not regard mental patients as sound, even though their digestion, circulation, and other bodily functions are in good order.

Good health includes a sound mind. Not only does it include a sane mind, but a mental poise, free from nervous fretfulness and irritability. Hope, cheer, courage, and aspiration, go with a healthy mind. Despondency, gloom, anxiety, and worry are symptoms of a mind more or less sick.

And more, a healthy mind is a pure mind. Hatred, envy, pride and lust have no place in the life that is truly whole. Which means that uprightness, good morals, virtue, righteousness have a part in declaring the soundness of one's health and life.

Inasmuch as it is true that as a man thinketh, so is he, it follows that the state of mind determines the character of a man. So we have it that a sound mind in a sound body is not the full expression of the true meaning of health.

Good health, then, involves also the spiritual life. A strong physique, sound physical health and a sane, sound mind have their complement in a strong, vigorous character.

Health, wholeness, and holiness are words of much the same meaning and may be correctly used one for another in speaking of either the physical being, the mental state, or the spiritual life.

Good health in its fullest sense, means the well-being of the whole man. It is the health that the Great Physician gave when He made man every whit whole.

—Selected.

# A Talk with Young MEN

By T. H. J. Hargreaves, M.R.C.S., L.R.C.P.

**M**ORAL character is unquestionably the first essential to a pure life, but right habits of eating and drinking and general conformity to the laws of health are powerful aids to moral character in resisting the temptations which, sooner or later, confront every young man.

## Rationality in Diet

The adoption of a simple, natural dietary is in itself a great victory. When it comes to matters of appetite the average young man with reason, knows more than he is willing to put into practice. Needless to say, practice must conform to belief if all-round physical efficiency is to be attained, and reason and will power must be brought to bear upon appetite as well as passion. To eat for strength and not merely to please the palate should be the objective.

The question is not, What foods will afford the most pleasure in eating and drinking, or how can I best tickle my palate? It is rather, What foods will impart the greatest amount of strength?

The keynote to the answer of this question is simplicity in diet. Simple foods are more easily prepared and more easily digested than the more complicated ones. Nature forbids us to bolt our food, or wash it down with copious draughts of tea or coffee. What healthy young man, may I ask you, requires an infusion of tannin or caffeine at his breakfast or tea-table? As young people, we should be most temperate in food. In fact, the one golden rule for us to follow is "Temperance in all things." Most people, I am convinced, eat too much. Cocoa is preferable to tea as a drink, whilst brown bread is far superior to white. The value of meat is over-rated. Nuts are not valued as highly as they deserve.

*Alcoholic beverages* are, of course, impossible indulgences for us as young men who desire to cultivate habits that make for purity. I would say that an acquaintance with most of the leading athletes in all branches of sport leads me urgently to put forward the claim of total abstinence as being the only safe and natural method for the production of the best results. And I would also add a note of warning against smoking. Tobacco is really a powerful drug poison which has no business in the system. Its seductive influence on the nerves makes it a most dangerous thing for any young man of principle to tamper with. If you are a strong, healthy young man, tobacco will assuredly make you less strong; if you are weak, tobacco will make you weaker.

## Rage for Amusements

Today, however, there are forms of dissipation that are not only unwholesome but injurious.

The rage for amusement is derogatory to health of mind and body. Those crowds of people awaiting the opening of theatres and music halls are not doing themselves justice. After work indoors all day, which has been the lot of most of them, to spend the evening in a stuffy theatre is not physiological; a vigorous walk in the fresh air would be far better. Other forms of physical exercise, such as gymnastics, cycling, tennis, football, come next in importance to walking as a means of physical fitness. What every young man needs to realise is his individual responsibility to make the most of himself physically, to store up a goodly reserve of vital energy for the days to come; and to watch with jealous eye every outlet. In fact, every young man should have a passion for physical improvement. His daily question should be, How can I live today so as to make me a stronger man tomorrow?

## A Healthy Mind

There is also the need for young men to cultivate a healthy attitude of mind as a requisite to robust health. The reading of exciting serial stories and cheap literature tends to unnerve both mind and body. Keep your thoughts under control. Let every waking moment be brightly and profitably occupied, either in work or healthful recreation. Health of body tends to produce health of mind, the two reacting on each other. A fit condition of the whole bodily system certainly helps to bring about clarity of mind, a firm mental grasp of things, and a strong moral character, as well as the ability to "get on in the world."

Finally, live to a purpose. Employ your powers of mind and body in energetic work for the good of your fellow-men. Endeavour to gather up and reflect as much of the brightness and joy of life as you possibly can, ever remembering that the source of all lasting joy is humble trust in God and obedience to His will.

## Effects of Tobacco on the Heart

TOBACCO paralyses the heart, and gives rise to what is known as "tobacco heart." A man suffering from tobacco heart is short of breath. He is unfit for any exercise likely to put a strain on the heart; it is for this reason that runners and athletes in general are forbidden the use of tobacco when preparing for a contest. The effect of tobacco on the blood-vessels is shown by the fact (stated by Professor Janeway, of New York, an eminent authority on diseases of the heart) that a single cigar will, in thirty minutes, produce a rise of blood pressure amounting to twenty points.—*Selected.*

# OUR HOMES

## Be a Pal

By Mrs. H. Christensen

BE a pal with your boy today, father,  
His youthful confidence win;  
Your sympathy strong and abiding  
May save him from many a sin.

Let him see that you haven't forgotten  
How to hike, and swim, and play ball;  
His heart will beat a bit faster  
When he finds you're a boy, after all.

He'll look upon you as his hero,  
You'll be on the throne of his heart;  
Life's battles for him will be lighter  
With you by his side to take part.

You may say you're exceedingly busy,  
For trifles you haven't the time;  
But ah! while you're buried in business,  
Your boy may be buried in crime.

Take him into your business with you,  
Try him out in making a plan;  
By companionship and by suggestion  
Teach him how to become a good man.

The hour you might have spent daily  
In being a pal with your son,  
You may spend after years in regretting  
When his boyhood is over and done.

So be a pal with your boy, dad,  
And teach him to be true;  
He's your life's most valuable asset—  
Some day he will prove it to you.

Some day, when you're old and gray-headed,  
And occasionally feel rather blue,  
Your boy will do more than earn money,  
He'll be a companion to you.

## Carving a Character

By Helen Searles Marsh

I DO not know what to do with my two boys," a wealthy woman declared. "They are very destructive, always scratching the woodwork and marring, yes, actually destroying the furniture."

"We are in despair over their lack of appreciation for the beautiful in the home," added the father.

Mr. and Mrs. Jordan had an unusually elegant home. The two boys eight and ten, had been brought up in an artistic environment, but had been sadly restricted with regard to freedom of movement and outdoor activities. They were told continually not to touch, or not to do this or that until they found indoor life, including games, books, and study, irksome. They were normal boys and wanted real work and play.

A noted wood-carver heard the complaints of the parents and was interested at once in the so-called unruly, mischievous, and destructive boys.

"They are rather too old to begin to form good habits now," he said. "However, send them to me. I think I know just what these youngsters need in the way of discipline."

He took them to his workshop-studio. They were given tools and were taught to sharpen and

care for them. He showed them what could be done with these instruments in creating something worth while and artistic from a piece of oak or mahogany.

Slowly, patiently, and happily the boys worked with the artist, who was teaching them lessons in character-building as well as in wood-carving.

It was not long before both boys began to feel respect for the efforts in craftsmanship, represented in the hand-carved furniture and beautiful wood-work in their home.

"How much hard work and skill it must have taken to make just one design on this chair," the older boy said to his father one day, gazing at a familiar piece of furniture with new eyes. And a week or so later, "It must have taken a long time to build this library table of mahogany. How wonderfully it is carved!"

"Just how did you do it?" the delighted father asked the artist the next time they met.

"I put the mischievous but ingenious hands to work," the artist explained. "The boys were taught to be responsible for their tools, and to design and create simple, useful things—a glove-box for their mother, a book-rack for your study, and tool-chest for themselves. Their originality and skill in craftwork has increased, but the lesson I really wanted them to get and which they certainly are learning is not confined to wood-carving or to its art in decoration. I mean SELF-DISCIPLINE. They are learning it because they are acquiring the habit of appreciation and to see the need for it."

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## *I Can't, I Promised Mother*

THE school was out, and down the street  
 A noisy crowd came thronging;  
 The hue of health, a gladness sweet,  
 To every face belonging.  
 Among them strode a little lad,  
 Who listened to another,  
 And mildly said, half grave, half sad,  
 "I can't—I promised mother."

A shout went up—a ringing shout,  
 Of boisterous derision;  
 But not one moment left in doubt  
 That manly, brave decision.  
 "Go where you please, do what you will,"  
 He calmly told the others;  
 "But I shall keep my word, boys, still:  
 I can't—I promised mother."

Ah, who can doubt the future course  
 Of one who had thus spoken?  
 Through manhood's struggle, gain and loss,  
 Could faith like this be broken?  
 God's blessing on that steadfast will,  
 Unyielding to another;  
 That bears all jeers and laughter still,  
 Because he promised mother.

—Selected.

## *"A Whole Loaf, Please!"*

*How a Hungry Girl's Prayer Was Answered*

(Based on an Actual Happening)

**I**N the days following the awful revolution in Russia there was much suffering among the people of the country. Many thousands starved to death. Thousands more, who once had had all that they could wish for, became beggars. It was difficult for the children to understand, for the change came so suddenly upon them all. I think many of them must have "cried their eyes out" lots of times.

There was one family that I know about that had a very hard time. Father had been killed, mother had died, and grandma was left with three children. Once they had lived in a beautiful home and their table had always been spread with good things. Grandma was knitting hard all day to try to earn enough to keep the children alive. But when she had done her work it was very difficult

to obtain food in exchange for it. There was so little food to be had.

One day the last morsel had been eaten. After a crust apiece for the midday meal there was not a crumb left in the house. Grandma was very, very sad, but she tried not to let the children see her anxiety. She called them around her, told them what was the matter, and then they knelt down to pray. She felt that they had come to the end of their resources, and that unless Jesus should help them they would surely die of starvation like the other poor people around them.

So they prayed. What a prayer meeting that was! Just grandma and the three children, but they prayed as only the starving can.

I don't know what they all said, but the little girl's prayer was like this:—

"Dear Jesus, please send us something for supper, not just a crust, but a whole loaf, please."

They had not seen a whole loaf for many a long day and it was like our asking for a birthday cake for an ordinary tea.

Tea-time came, but still there was no food. Poor little dears! How they must have longed for something to eat!

"You haven't sharpened the bread-knife yet," said the little girl to grandma, still fully believing that her prayer would be answered.

So grandma sharpened the knife, according to Russian custom.

The evening passed and night drew on. Cold and hungry the children were about to go to bed when there was a knock at the door.

A man stood outside covered with snow. He had tramped nearly twenty miles that day. Grandma recognized him as an old friend of the family, and welcomed him in.

"What has brought you here tonight?" she inquired.

"About noon today something impressed me that you were in dire need, and that I must come to you at once."

Then, turning to the children, he said; "And you will never guess what I have brought with me."

"I can," said the little girl.

"What is it, then?" asked the gentleman.

"It's a whole big loaf," said the little girl.

"And that's just what it is," said the friend, opening his overcoat and drawing one out. And how did you know?"

Then they told him how they had prayed that Jesus would send them not a crust, but a whole loaf, and together they went down on their knees and thanked Him for His wonderful care for those who believe in Him.

And though it was only a loaf and no butter on it, what a wonderful supper it was they had that night!

[The foregoing story has been reprinted from one of A. S. Maxwell's books for children's titled "Bedtime Stories." There are six volumes in this series, each containing 96 pages and well illustrated. Bound in attractive coloured paper covers, the price is Rs. 1-5 per copy posted. Many similar stories are found in these books, and they are real favourites with the boys and girls. Parents should not fail to get them for their children. Obtainable from the publishers of this journal.]

# MEATLESS RECIPES

## Appetizers for Hot Days

### FRESH STRAWBERRY CREAM PIE

2 cups milk, Whipping cream,  
 ½ cup flour, 1/8 teaspoon salt,  
 ½ cup sugar, 1½ teaspoons vanilla,  
 2 egg yolks, 1 tablespoon butter,  
 Strawberries, pastry.

Scald the milk. Mix the dry ingredients together. Add the milk slowly, stirring all the time. Return to the double boiler and cook until the eggs thicken. Add the vanilla and pour into a baked crust. Add fresh strawberries, as many as you like. Whip the cream and spread over the top of the pie, placing some ripe strawberries on top.

### RASPBERRY PARFAIT

1 pint raspberries, 1 cup sugar,  
 ½ cup water, 2 egg whites,  
 ½ pint whipping cream.

Crush the raspberries, and add one-half cup of sugar; let stand, then press through a colander. Put one-half cup of sugar and the water into a saucepan and boil until the syrup spins a short thread. Add to the stiffly beaten egg whites. When cold, add the whipped cream, then add the raspberry pulp and freeze.

### FRUIT COCKTAIL

1 cup diced pineapple, 1 cup grapes, seeded,  
 1 cup diced apples, ½ cup pineapple juice,  
 ¼ cup lemon juice.

Dice the fruit, seed the grapes, mix and add fruit juices. Chill. Just before serving place the fruit in stemmed glasses. On top of the fruit place a teaspoonful of whipped cream slightly sweetened and flavoured with vanilla. Serve with currant jelly tarts.

### CURRANT JELLY TARTS

1¼ cups pastry flour, ½ cup butter,  
 ¼ teaspoon salt, ¼ cup cold water,  
 Currant jelly or jam.

Make pastry of flour, butter, salt and water. Toss on a bread board and roll out thin. Cut in fancy shapes. Cut one half plain and the other half into fancy designs. Spread the plain ones with jam or jelly and over each place a fancy one. Press edges gently together and bake in a moderate oven until a delicate brown.

### PAPAYA WHIP

To 1½ cups papaya pulp add juice of 2 limes, ½ cup sugar, and beat into stiffly whipped whites of eggs. Serve in stemmed glasses.

### FROZEN FIVE THREES

3 large bananas, 3 cups sugar,  
 3 oranges, 3 cups water,  
 3 lemons.

Squeeze the juice from the lemons and oranges. Select ripe bananas, peel and puree. Add puree to lemons and orange juice. Make syrup of the sugar and water by boiling until sugar dissolves. Cool and then add to the fruit mixture and freeze.

### STUFFED CELERY

One quarter cup nut meats, crisp white celery hearts, cream cheese.

Cream the cheese and add the finely chopped nuts. Fill the celery stalks with the blended mixture and serve crisp and chilled.

### PRUNE SALAD

20 large steamed prunes, ¼ cup chopped nuts,  
 ½ teaspoon salt, ½ cup mayonnaise,  
 1 cup grated cheese.

Dry the prunes, remove the pits, and chill. Mix the cheese, nut meats and salt. Stuff into the prunes. Serve on lettuce leaf with mayonnaise or French dressing.

### ORANGE AND BANANA SALAD

2 oranges, 2 bananas, 1 cup French dressing.

Peel oranges, and remove all the white membrane. Separate into whole sections. Peel bananas, cut into quarters lengthwise as orange sections. Make French dressing, using three parts of oil to one part of lemon juice and salt to taste. Pour French dressing over the banana and orange section, let stand one-half hour. Drain, arrange on a lettuce leaf three sections of orange alternate with three sections of banana to form a flower. In the centre put a generous tablespoonful of a pineapple cream dressing.

### PINEAPPLE CREAM DRESSING

1 cup mayonnaise, ½ cup whipped cream,  
 2/3 cup grated pineapple.

Drain all juice from pineapple. Mix with the mayonnaise and whipped cream.

### ASPARAGUS SALAD IN BASKETS

5 asparagus tips, 1 lettuce leaf,  
 1 teaspoon mayonnaise, 2 strips of capsicum,  
 Several small crisp radishes.

Make a basket of firm, smooth cucumber by cutting off ends. With sharp-point knife, shape handle and side of basket and take out centre of cucumber. Place basket on lettuce leaf, fill with asparagus and place mayonnaise on top. Garnish with strips of capsicum and radishes cut into novel shapes.



The

# DOCTOR SAYS



**Ques.**—"For a long time I have been troubled by a constant watering of the right eye, and by continual drying this has become very sore. The left eye is, however, perfectly normal. Do you think that this is due to some organic trouble, or is it simply weakness, and can you suggest a remedy?"

**Ans.**—Epiphora, or overflowing tears, is usually due to a narrowing of the tear duct from the eye into the nose, and this usually is caused by catarrh of the nose, or cold of some kind. The overflow occurs mostly when one is out in the wind. The treatment for this condition is best suggested by an eye specialist. Usually he will give some drops for a time to put into the eye to endeavour to allay the inflammation and thus permit the tears to pass the natural way. Next to that, the tear duct may be stretched by passing some small catheters. Thirdly, an operation is necessary to remove the tear gland. My advice would be for you to see an eye specialist and be guided by his suggestions.

**Ques.**—"I would be glad if you would kindly advise me with reference to a vegetarian diet. Since becoming a vegetarian I have suffered acutely from indigestion, and I find it quite impossible to take any kind of nut meat."

**Ans.**—A change from the ordinary diet to a vegetarian diet must be made with wisdom. This is not always easy to make. Before making a radical change in your diet, it would be well for you to secure a good book on cookery from a vegetarian standpoint, study it thoroughly, and learn to make such vegetarian dishes as will keep up your nutrition and will be easily digested.

**Ques.**—"Is there any permanent and safe cure for piles other than by a surgical operation?"

**Ans.**—There is no efficient and safe cure for piles except an operation. They may be relieved somewhat by the use of hot sponging followed by resinol ointment.

**Ques.**—"What would you advise for spastic constipation—small ribbon-like stools?"

**Ans.**—Spastic constipation can be largely overcome by diet. You should take fruits, grains, vegetables, and possibly bran fairly freely. Fruits and vegetables should not be taken at the same meal, but should constitute a considerable amount of your diet. Use whole-meal bread; drink freely between meals—not at meal times. I would advise a thorough enema twice a week. This should be cool. Massage and sinusoidal electricity to the abdomen are beneficial.

**Ques.**—"Is dilation of the stomach curable? I would be glad to receive your advice."

**Ans.**—Dilation of the stomach usually can be greatly improved, if not entirely remedied, by proper dieting and careful living, together with appropriate treatment. Great care must be taken that the stomach is not overloaded with food. Eat small meals of dry food; but masticate thoroughly. Do not drink at meals and take only two or three ounces of liquid at any time, between meals. Avoid all stimulants and narcotics. It is better to eat more than three meals a day rather than to overload the stomach at any one time. Hot and cold applications to the stomach are beneficial. This consists of hot fomentation for three minutes, then place a cold compress over the stomach for half a minute. Repeat three or four times at night before retiring. Use an abdominal supporter to keep the stomach and intestine up in position. If you can have some treatment take abdominal massage lightly at first, followed by a course of Sinusoidal electricity to the stomach and abdomen. Following this Faradic electricity may be of some use. Avoid taking any food that will produce flatulence.

**Ques.**—"Will you kindly prescribe suitable diet for a person of forty-four years of age suffering with an excess of uric acid in the system which affects the nerves and digestion?"

**Ans.**—Excess of uric acid is caused largely from a protein diet. In fact, uric acid cannot be produced from any other source than the nitrogenous element which is found largely in protein. For this reason protein should be limited in the case of a person who is suffering from uric acid Diathesis. Flesh meat is the first thing to be eliminated inasmuch as it is highly nitrogenous, and in addition to that characteristic it also carries with it the toxins produced in the body of the animal. Other protein should be reduced to a minimum. This would mean that protein to the amount of not more than 10% to 15% should be used in the diet. The diet should consist of vegetables, well cooked grains, fruits and a moderate amount of nuts. Use raw salads once or twice a day. Drink freely of water between meals. Three pints of water is not too much for the day's consumption.

**Ques.**—"My ankles have swollen terribly these last few weeks and my feet bleed frequently. My heart is weak owing to a goitre which I am going to have removed shortly. Do you think my swollen ankles are due to this heart-weakness? What could I do to relieve them?"

**Ans.**—Swollen ankles may be due to several things, one of which is a weak heart. In the case of exophthalmic goitre the weak condition of the heart may be responsible for the swollen ankles. You must be under the guidance of a good physician and follow his direction.

**Ques.**—"Are potatoes fattening?"

**Ans.**—Potatoes used in sufficient quantity are fattening. Where there is a tendency to obesity, we sometimes have to limit or forbid the use of potato.

**Ques.**—"Will you tell me if niter is of any benefit to the kidneys? Also, is it safe to take it every day?"

**Ans.**—Sweet spirits of niter causes the kidneys to act by irritating the kidneys. It acts like a whip. You would better use more water and use lemonade to increase the action of your kidneys.

**Ques.**—"My little daughter, age 3, has St. Vitus' dance. Is it possible that she could be cured in time by some home treatment? I would be very glad to have your advice?"

**Ans.**—St. Vitus' dance calls for treatment and advice of a competent physician. The condition can be cured at home but institutional treatment for a number of weeks is usually indicated. The child must be kept from school and relieved of all study and anxiety, encouraged to take as much out of door exercise as is advisable, and be given nourishing but easily digested food. This should be largely free from flesh meats. Use milk, grains, well-cooked vegetables, and fruit. I would advise that you see a physician and be guided by his instructions.

**Ques.**—"For some years I have been greatly concerned about my hands. My fingers are constantly festering just around the nail, which becomes loose and painful. Your advice would be appreciated."

**Ans.**—You are doubtless suffering from a disease known as onychia. This calls for special treatment by a skin specialist. The nails must be kept clean. The flesh adhering to them should be kept pushed back and one per cent, of iodine solution used around the nails once a day, followed by an application of vaseline containing one per cent of carbolic acid.



# Eat More POTATOES

## Some Interesting Experiments

By G. H. Heald, M.D.

THE potato, a plant native to America, and introduced into Europe by the early explorers of America, has proved to be of vastly more value to the world than the silver and gold that come from America's mines. It is, in fact one of the greatest food blessings to man. In the latter part of the seventeenth century it had become the most important food dependence of the Irish; hence the name, "Irish potato." Now, however, it is used as freely in other European countries as in Ireland.

In some parts of Ireland, even now, it is the main reliance. Hindhede, the Danish food expert, made a visit to Ireland to study what he calls "the poorest people I have ever met." These people, abiding in the crudest of dwellings, lived almost entirely on potato. In fact, the noon meal consisted of potato and nothing else. At some of the other meals, they had bread with a little butter. . . and perhaps occasionally some buttermilk. "On this diet," Hindhede says, "I found the strongest and healthiest people in the whole of Ireland, and I believe in the whole of England." The Dublin police, he says, are selected largely from the potato districts.

As an experiment, Hindhede and some of his assistants went on a diet consisting entirely of potato, margarine, and water, the margarine being a vegetable oil product. One of the men lived for six months entirely on this diet, maintaining excellent health and doing an unusual amount of work, "the work of two men," as Hindhede expressed it. Other food experts have also experimented with the potato. Hindhede quotes Abderhalden, a world-renowned physiologist, as having written, "There is no longer any doubt that it is possible to live on potato alone. The potato is a complete nutriment." Two other German professors, after experimenting on a potato diet, wrote, "Our experiments fully confirm the correctness of the statements of Hindhede."

The question naturally is suggested, why does the potato have such a high nutritive value, far above what it has been generally credited with by the nutrition experts of the world? It has been considered to be largely starch, and the protein being a vegetable protein has been considered of an inferior quality. But its 2 per cent of protein has been shown to be of a high biologic value. That stands to reason, for it has been the only protein source of a number of men for months. About 70 per cent of this protein is utilized in the body. In view of the comparatively small amount of protein actually required by the body, much less than was formerly supposed to be the case, we need not wonder that the men on the experimental diet

found it possible to continue in good nutrition though getting no protein except what they received from the potato.

The potato, containing 18 to 20 per cent of carbohydrate and 2 per cent of protein, contains also 1 per cent of mineral matter, of very high value to the body as this "ash" is strongly alkaline, and so is very useful as a substitute for the cereals (which are acid ash) in cases where there is a tendency to acidosis. In all cases of acid tendency it is advantageous to use potato more freely and cereal less freely.

Many people as a rule tend to live too freely on cereals, such foods as bread, cake, and other pastries, and breakfast foods. The habit of eating largely of cereals and flesh foods is one important cause for "that tired feeling" which is so prevalent, and for many of the frequently recurring colds that afflict some persons. Such people would find it excellent practice to reduce their intake of the acid-ash foods to a minimum, and to eat very much more potato than they have been accustomed to use.

According to Hindhede, "The potato is not only an excellent food, perhaps the best of all, but it is a remedy. It dissolves uric acid as well as lime, and is therefore able to cure different forms of gout and rheumatism. I have seen many examples. If you send your patient to an alkali well or if you give him plenty of potato, the result will be the same, but the potatoes are cheaper.

But you are warned not to forget to use the water in which the potatoes were boiled, else you lose much of the vitamins and minerals.

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### Arterio-Sclerosis

ARTERIO-SCLEROSIS is a change in the blood-vessels, a hardening that seems to be a part of the aging process. In persons who live to a very advanced age, the hardening of the blood-vessels does not begin so soon as in others who die younger. As a rule, those whose arteries begin to harden early, die early.

There are a number of causes of arterio-sclerosis. Among these causes are various poisons, such as syphilis, lead, and alcohol. There seems to be some reason to believe that the use of an excessive amount of food in proportion to the amount of exercise hastens the hardening process.

To avoid arterial hardening (that is what the word "arterio-sclerosis" means literally), avoid all excesses, including what is known as "good living." If you live simply and sanely, this old world will not try to get rid of you before your time.—*Selected.*

# Ambassador

# to GOLDEN EMPIRE

## *The Unique Position of Daniel as Statesman-Prophet*

By Keld J. Reynolds

IN the banquet hall of the king's house, surrounded by the treasures of nations, the dazzling reminders of the glory of his grandfather Nebuchadnezzar, Belshazzar the king made a great feast to a thousand of his lords. But joy was not a guest. The gaiety was forced and alcoholic. The semblance of joy was kept up with fierce intensity, simply because the company did not dare to stop to think, to reflect, for they knew in that direction lay despair. Babylon, the first world empire, was tottering.

Ten years before, Cyrus had invaded Babylon. But on the banks of the Tigris, at the fords of Arbela, he had been repulsed. He had returned to Media and waited, confident that the follies of Nabona'id, the Babylonian king, were working for him. He had been right. The irreligion of Nabona'id alienated his capital; his poor statesmanship drove the provinces to desperation and revolt.

Then Cyrus returned through the disaffected provinces. Nabona'id with the imperial army met him and tried to block his way, but was defeated and taken prisoner. Cyrus pushed on undeterred until he stood before the walls of the capital itself. Trusting in the strength of these walls, the young prince-regent, acting king in the absence of his father, shut himself up in the citadel, the inner city, the sacred inclosure containing the chief temples and palaces. Here with the remnant of the court and army of the Golden Empire, he held high revelry with his nobles, trying to drink away their fears on that fateful night.

### The Climax of Defiance

One thought persisted in the wine-fogged brain of Belshazzar; he must keep up the courage of his companions. In desperation he looked about him for means. Through the openings in the walls he caught a glimpse of the temple towers, the lofty ziggurats of Esagila, and they gave him his idea. Were not Bel and Nabu and Marduk the gods of Babylon, and had they not made the great empire and brought victory in times past? Within the walls of Esagila lay the proofs of the superiority of his gods, the trappings and vessels of a score of gods, patrons of as many nations long ago humbled by Babylon. He would have these evidences of victory and superiority brought to the banquet hall to cheer the company.

But which should he call? There were so many.

His sluggish brain began naming them over. He made his decision. There was a people whose God even in captivity had shown remarkable vitality. His devotees were possessed of peculiar spiritual power. His prophets were wiser and more skilled than all the soothsayers and magicians and Chaldean astrologers, so much so that the great founder, Nebuchadnezzar himself, had become a convert to this God.

He called an attendant, who prostrated himself before him. "Bring me the vessels that the great Nebuchadnezzar carried from Jehovah's temple at Jerusalem," Belshazzar commanded. "They are in the Esagila storerooms."

The vessels were brought, and the prince and his lords drew comfort from the wine they drank out of them. Again the revelry was wild and hectic.

Then a strange thing happened. A hand appeared and wrote four words on the wall of the banquet room. Panic took the already unstrung company. The drunken songs were broken off. The coarse jests were left unfinished. The revellers were still, paralysed by fright. Instinctively their eyes turned to their leader.

Belshazzar, seeing all eyes were upon him, knew that he was expected to do something. He looked at the writing, but its message eluded him. Then he thought of the wise men of the court. His treasury supported them for just such a time as this. They were called over to the king's table. But they could throw no light on the mystery.

At this point the queen mother appeared. She was the daughter of Nebuchadnezzar, taken to wife by the usurper Nabona'id for a connection with the old dynasty. She knew a man who had extraordinary understanding and in whom was the Spirit of God, a man who had helped her father many times. "Let Daniel be called," she counselled her son, "and he will show the interpretation."

### Daniel Explains

The venerable man, now over eighty years of age, was called, and was promised a place next to that of Belshazzar himself, the third place in the kingdom, if he could interpret the words on the wall.

After refusing the gift that he knew Belshazzar would never be able to give, the old man read from the wall the doom of Babylon, aided by the same

unerring, Divine wisdom that had stood him in good stead in the happier, golden years of the great founder. "Thou art weighed in the balances, and art found wanting. Thy kingdom is divided, and given to the Medes and Persians."

Daniel made the situation perfectly clear to the company. Belshazzar, and the nation of which he stood as the representative, had failed. The great Nebuchadnezzar had found God and had prospered. Greatness and glory and majesty had been his. But though he knew all this, Belshazzar had not humbled his heart, but had lifted himself against the Lord of heaven. As he and Nabona'id, his father, had done, so had their people. Now destruction and dissolution were to overtake king and nation.

#### Significance of Babylon's Fall

In that night was Belshazzar the Chaldean king slain, because he would not reverence and obey the God who gave him life and in whose hand was his destiny. And his empire fell with him. Darius the Mede, vice-regent for Cyrus, received the kingdom.

The fall of the Babylonian Empire has great spiritual significance for the student of history. There are reasons for this. Notably, it demonstrates more clearly than is the case with any nation except the Hebrews, the indisputable fact that God takes a direct and leading part in the affairs of the nations, acting in accordance with principles known to man, and therefore permitting his activities to be in a measure predictable by man.

#### Why in Babylon

On the surface, the contact of Babylonian and Jew, after the fall of Jerusalem and before the coming of Cyrus, was that of conqueror and vanquished. Besides being captives, the Jews were to be teachers; in being conquerors, the Babylonians were to be disciplinarians for God, the active agents in the reformation of the Jews.

The latter fact is clearly attested by the prophets Jeremiah, Ezekiel, and Isaiah. They left no doubt in the minds of their people that they were to be taken to Babylon as a punishment for their sins. But, on the other hand, they made it equally plain that God would be with them in exile, that they were expected to learn a lesson from their experience, and that they were to be given a new opportunity to demonstrate the results of their chastening. Ezekiel's statement may be taken as representative of the message of these prophets. He compared Judah to a rusty, filthy pot that had to be thrown into a fiery furnace, that the true metal might be purged of its dross and recast into a vessel fit for Jehovah's use.

But the rehabilitation of God's people could take place only on one condition: they would have to fulfil their destiny, they would have to be missionaries. And what a commission was theirs! It stands as one of the most wonderful events in the whole controversy between Christ and Satan, that the former should send His emissaries into the very capital of Babylon and that the chief missionary should also be the prime minister of the empire.

This invasion of Babylon also demonstrates the justice and goodness of God, who is not willing that any should perish, but gives to all the opportunity to lay hold on eternal life.

Now God did not leave this great task to the mass of dispirited exiles. By Divine commission the Jews were a missionary people; by choice they had always been exclusive and self-centred. Their history is one long record of their failure to fulfil their missionary destiny. It was because of this failure that we must pass over such a long period of time, from Sinai to the captivity, before we again find God's people playing a leading part in a critical moment—critical, that is, from the standpoint of world history. In Babylon this people could not be expected to develop great evangelistic powers. But from their number God chose a few to represent Him; then he caused the Babylonian king to give them high places in the government, in order that their influence might be great. Of these, Daniel was the chief, and one of the greatest missionaries of all time.

By birth and training Daniel was a prince. And such was his intelligence and integrity that he quickly rose to a position of favour with Nebuchadnezzar. Said Daniel to Nebuchadnezzar, "Thou art a king of kings, unto whom the God of heaven hath given the kingdom, the power, and the strength, and the glory." God meant that Nebuchadnezzar should understand that great opportunities were his.

The presence of Daniel in the court was a constant reminder of the God who controlled his life and who spoke through him. And to Daniel was entrusted the task of winning the king—a task in which God helped him. It is true that God once had to resort to chastening measures to humble the king, but in the main He heaped favours upon Nebuchadnezzar. And then He made plain to him their source. To a remarkable degree God made known to the king the history of his own people and of the world—revelations well calculated to compel respect and reverence. In all this, Daniel was the spokesman for God and the respected adviser of the king.

And to Daniel came the gratification of seeing the conversion of Nebuchadnezzar. Perhaps his ears heard the testimony of the great king: "I blessed the Most High, and I praised and honoured Him that liveth for ever, whose dominion is an everlasting dominion, and His kingdom is from generation to generation. . . . Now I Nebuchadnezzar praise and extol and honour the King of heaven, all whose works are truth, and His ways judgment: and those that walk in pride He is able to abase." Dan. 4 : 34, 37.

Daniel himself could not have written a better tribute to his God than that left by the great king on a little clay tablet:—

"O eternal Ruler; Lord of all being;  
May the king whom Thou lovest,  
And whose name Thou hast proclaimed,  
Flourish as is pleasing to Thee.  
Do Thou lead aright his life,  
Guide him in a straight path.

I am the prince who obeys Thee,  
 The creature of Thy hand ;  
 Thou hast created me,  
 And dominion over all people  
 Thou hast intrusted to me.  
 According to Thy grace, O Lord,  
 Which Thou bestowest on all people,  
 Cause me to love Thy supreme rule,  
 And inspire in my heart  
 The worship of Thy godhead,  
 And grant what seems good to Thee,  
 Because Thou hast fashioned my life."

It was a great thing to put humility into the heart of the king of the whole civilised world. It was one of God's great triumphs.

#### It Might Have Been

But unfortunately for the people and the nation, they did not follow the lead of their king. They held to their old allegiance. And soon trouble came. Nabuchadnezzar died. Political dissensions and violence shook the kingdom and weakened the throne. Unworthy men wore the crown. The provinces dropped away. Once more Daniel stood before a Babylonian king, on the night of Belshazzar's feast. But this time it was as the prophet of doom. Cyrus had come. Babylon's hour had struck because she had neglected her opportunities. Historians may lay her fall to the balance of power, the decay of her military, the decline of her civilization. But the fact remains: God destroyed Babylon because she refused Him. Henceforth it was to symbolize to the end of time the stronghold of Satan who is the prince of the nations of the world that are rebels against God. It is this spiritual fact, above the purely historical, which makes the fall of Babylon a crisis in world history.

A new master now stood upon the ruins of the mighty Semitic communities that for centuries had ruled the world, a master who did not regard Babylon as the world's capital, nor her culture as the last word. A new force had come to its own. A new chapter in human history had begun. The Golden Empire had passed.

The great statesman-prophet continued for some years over into the new regime, a living example and a very articulate representative of the God of heaven. But his work was for a new set of rulers and a new court, not for Babylon. The Persian conquerors were to be influenced to free the Hebrews, that they might go back, rebuild their capital, and start afresh their national existence, a chastened and a sadder nation. Then, too, the truth of God was to be taught the conquerors themselves and for their own sakes, in the infancy of their empire and before the burden of the world rested upon their shoulders. When these purposes had been accomplished Daniel's work was done.

#### Lesson and Example

In the captivity of the Jews there was a lesson for them and an example for Babylon. In the fall of Babylon there is a lesson for all the world and for all time. God rules the nations. He gives the control to whomsoever He will. If a nation is righteous He exalts and prospers it; if it allows

itself to degenerate He gives its power and position to another.

This does not mean that the world is gradually being rid of evil nations and evil men. The power of Satan is also at work in the world, striving against God. Many nations that start out well yield to the blandishment of Satan and are seduced by him. But his power is not sufficient to secure their continued prosperity, or even their continued existence. When a nation reaches the state of Babylon under the last of her kings, and when its rulers reach the state of Belshazzar, God will always have an individual or a power of whom it can be said, as it was of Cyrus, who destroyed Babylon: "He is My shepherd, and shall perform all My pleasure." Isa. 44:28. All this God will do, because He is to win the age-long controversy with evil.

The most important person in history is Jesus Christ. All of the major events before His incarnation were a preparation for that supreme event. The rise and fall of nations, the tutoring of each world empire, as it arose, in the ways of God, the line-upon-line building of religious knowledge and experience—these were all parts of the stage-setting for the most amazing act in the human drama, when God became a man and died for the sins of the world.

This Man for all the ages came in the fulness of time. That is, He came exactly upon the stroke of the prophetic clock. But He came in the fulness of time in another sense. He came when the world needed Him and His message with a need so great that had He not come the civilization of the age would have been wiped out. He came to seek and to save lost men.

He came to a world whose very need was a preparation for His coming.

## *Religion and Contentment as Health Restorers*

*(Continued from page 7)*

narcotics do not do away with sin and disease. Artificial thinking is not the remedy for real evils. The wonderful powers of the mind were not given to be spent on fighting phantoms. Not only imaginary enemies, but formidable forces are to be conquered. The Bible bids, "Gird up the loins of your mind." 1 Peter 1:13.

Vigour for the mind, health for the body, tone for the nerves, are in good part attainable through a proper mental grasp of life's real needs, purposes, and privileges. Counting one's personal blessings and benefits can work wonders for almost any invalid. Let praise, gratitude, and joy take the place of complaining, melancholy and gloom, and improvement will be seen at once.

It is a great help even to talk cheer and courage. And if that is too much to do, refusing to talk discouragement is a benefit. Giving expression to our feelings strengthens them. Counting our blessings is a good way to see them increase. Telling how bad we feel, how poorly we

slept, how long we have been sick, and how much longer we fear it will be before we get well, will only make things worse.

There is no real cure for the unrest of the world, but the religion of Christ. No phase of rest is more helpful than the peace that comes from knowing we are right with God and man. The consciousness of wrong-doing is a most powerful element of unrest. But the joy of forgiveness more than meets it.

With all that we may do to cure nervousness, worry and fretfulness, let us not forget the fundamental prescription, "Come unto Me, . . . and I will give you rest." Matt. 11:28. The Source of real rest offers the real remedy.

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### *The Coming Conflict in the Orient*

*(Continued from page 16)*

that as individuals we "may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man." Luke 21:36.

Soon the words of the Lord recorded in Prov. 1:24-33 will be fulfilled: "Because I have called, and ye refused; I have stretched out My hand, and no man regarded; but ye have set at naught all My counsel, and would none of My reproof: I also will laugh at your calamity; I will mock when your fear cometh as desolation, and your destruction cometh as a whirlwind; when distress and anguish cometh upon you. Then shall they call upon Me, but I will not answer; they shall seek Me early, but they shall not find Me: for that they hated knowledge, and did not choose the fear of the Lord: they would none of My counsel: they despised all my reproof. Therefore shall they eat of the fruit of their own way, and be filled with their own devices. For the turning away of the simple shall slay them, and the prosperity of fools shall destroy them. But whoso hearkeneth unto Me shall dwell safely, and shall be quiet from fear of evil." This solemn exhortation should come home to our hearts with added force, as we note the various indications of the proximity of Armageddon. Without a doubt, the time is nearing for the kingdoms of this world to become the kingdoms of our Lord and of His Christ. It is as King of kings and Lord of lords that He is to come from the heavens to reign for ever and ever. May God help us to be ready in that day to hail Him as our Lord and Saviour.

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### *Exercise and Health*

YOU cannot be fully and completely alive in every sense unless your blood circulates freely throughout every part of the body. When the muscles of the body are exercised, the blood is called in a much greater quantity to the tissues so used. New, live cells are brought to them; the dead cells are carried off, eliminated, thrown out of the body.

It is thus the muscles become renewed, made over again, and the process of growing old is greatly retarded.—*Selected.*

## *Experimental Religion*

*(Continued from page 5)*

can never come from anything that we can do of ourselves, nor can it come by the merit or skill of any mortal man. "We love Him, because He first loved us." 1 John 4:19. The cross demonstrates the infinite love of God. It is a powerful magnet that attracts men to a close fellowship with Jesus. Christianity came from God, and it leads men to God.

Many religions are the results of men's vain attempts to find God, but Christianity is God searching for lost mankind. In it we see the great God coming down into this world of men. Christ, the God-man, is the Mediator between God and man. Conversion is not a mere belief or theory, but an experience. The sinner's life is changed by the power of God; so he can overcome his sins and become one of God's children. When we have fellowship with our Father in heaven we also have fellowship with His children below. See 1 John 1:6, 7. The Christian's ideal is to spend eternity in fellowship with God.

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### *The Child's Danger Zone*

*(Continued from page 6)*

are frequently found there, while the germs of scarlet fever, whooping cough, and mumps are known to be there also. They lurk in the many crypts and crevices of the mouth, only waiting a chance to do their evil work. Hundreds of children, every year, go into untimely graves because of neglect to keep this cavity clean. Nowhere in the whole history of disease does the old adage, "An ounce of prevention is worth a pound of cure," apply so forcibly as it does in keeping the mouth clean. Every family should have a simple, cheap, and effective gargle at hand for each member to use. It is not sufficient simply to clean the teeth. Rinse the mouth out as well. A home mouth wash is made by adding to one pint of boiling water one teaspoonful each of common table salt, borax, and sodium bicarbonate. There are more pleasant preparations in the drug store, but they are expensive and no more effective. Every schoolboy or girl should habitually wash out his or her mouth before proceeding to school, and again after returning.

#### **Conclusions**

1. The glands of the neck are one of nature's barriers for protecting the body from disease.
2. They become swollen and inflamed because of the germs they have received from the mouth.
3. Nearly all the common diseases of childhood affect the child through the mouth.
4. These can be prevented by keeping the mouth of the child clean through the use of some simple antiseptic mouth wash.

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## How To Give First Aid

(Continued from page 13)

the patient should lie down quietly with head raised; the face should be sponged with cold water or a cold, wet cloth should be placed across the nose. The water is better iced. The sucking of ice is also beneficial. If the bleeding is arrested, the patient should remain in the recumbent position a few hours and take all foods with no stimulants. It may be necessary, however, to pack the nose with absorbent cotton-wool. The plug should be directed backwards and not upwards, on a level with the mouth. Cold, wet applications to the upper part of the spine will often help. If these remedies are not effective, a doctor should be sent for.

### Choking

Bend the head forward and downward so as to favour the dislodgment of the offending substance. If this is not effective, place the finger bodily into the back of the throat and if possible hook up the obstructing mass. If this cannot be done the obstructing mass may be pressed further down past the larynx, when it probably will be swallowed.

## Eat Dried Fruits for Quick Energy

DRIED fruits are lauded as quick sources of energy and also as sources of minerals by Doris McCray in *Hygeia* for December. The energy-producing factor is the fruit sugar, of which raisins contain 75 per cent; dried figs 56 per cent; dried apricots 57 per cent; dried pears 47 per cent; prunes 39 per cent, and dried peaches 39 per cent.

Calcium, phosphorus, iron, magnesium, potassium, sodium, chlorine and sulphur are all found in dried fruits. Mrs. McCray quotes authorities to the effect that dried fruits are effective in the production of hemoglobin, the red coloring matter of the blood, and are therefore valuable in treating anaemia.

The fibre content of dried fruit has considerable value as bulk or roughage, which stimulates peristalsis. Studies of the vitamin content show that prunes contain vitamin A; raisins, prunes, peaches and apples contain vitamin B; and apples and peaches contain vitamin C.

## Cancer Among Fish

ONE of the most horrifying discoveries made in recent years is the great prevalence of cancer among fishes. This is what might have been expected, firstly, because of the purely carnivorous character of the diet of fishes; and secondly, because these creatures are, to a great extent, subsisting as they do largely on filth that finds its way into rivers and lakes from sewers of towns standing on their banks. Cancer in fish is most prevalent among those raised in captivity as in the so-called fish hatcheries. A few years ago cancer assumed the nature of an epidemic in some hatcheries, and it is stated that every trout hatchery in the United States is infected with this disease. It has been noticed that when several trout ponds are arranged at different levels the disease is most common in the lower ponds when the water has previously passed through the upper ponds, which clearly indicates that the disease is in some way contagious. It has also been shown that the eggs of fishes may become infected. A quantity of trout eggs sent to New Zealand and hatched there has been known to carry the infection to that country, and cancer has developed extensively in the fish grown from these imported eggs. Cancer epidemics among trout have been reported by Pick, Bashford, and others.—*John Round, D.Sc.*

## Vegetarianism Increasing

WRITING on "Vegetarians and Holidays" in the *Vegetarian Messenger* (England), "M. B." says: "The medical faculty is coming over to our way of thinking, there is more advocacy in that direction than ever before, and as this change of attitude and its consequences develop, vegetarian guest-houses will be more and more in demand. As members of the 'cult' it is ours to be ready for this demand, and so be able to work together with doctors to banish illness through wrong diet with its non-comitant cruelty and death from this land of ours."

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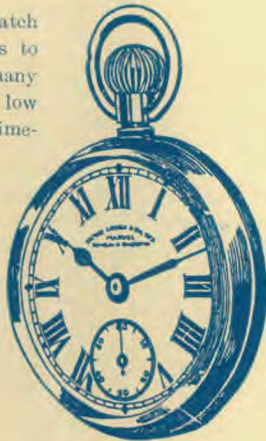
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# GOLDEN RULES

*Do as you would be done by.—Persian.*

*Do not that to a neighbour which you would take ill from him.—Grecian.*

*What you would not wish done to yourself, do not unto others.—Chinese.*

*One should seek for others the happiness that one desires for oneself.—Buddist.*

*He sought for others the good that he desired for himself. Let him pass on.—Egyptian.*

*Let none of you treat his brother in a way that he himself would dislike to be treated.—Mohammedan.*

*The true rule in life is to guard and do by the things of others as they do by their own.—Hindu.*

*The law imprinted on the hearts of all men is to love the members of society as themselves.—Roman.*

*Whatsoever you do not wish your neighbour to do to you, do not unto him. This is the whole law. The rest is a mere exposition of it.—Jewish.*

*All things therefore whatsoever ye would that men should do unto you, even so do ye also unto them.—Christian.*

—Selected.