

THE
ORIENTAL
WATCHMAN
AND HERALD OF HEALTH



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THE PALACE, JAIPUR

*Does Your Wife
Cook Scientifically? Read—*
THE PRINCIPLES OF COOKING



TODAY nearly one-fifth of the world's entire supply of monetary gold is held in France, and a little more than two-fifths in the United States.

A LONDON inventor has designed a ship with propellers fixed under the engines in the middle of the vessel instead of the stern. The idea is to prevent the propellers coming out of the water in a rough sea. When this happens the ship loses power and speed, and there is a risk of the propeller blade smashing as it once more hits the water. The new type of propeller proposes to obviate these risks.

GALLIUM is a rare and unused element that may be of use some day. It has been discovered that gallium, a greyish white metal, melts at 86 degrees, but remains liquid and does not boil even when raised to 3 000 degrees. Mercury boils at a temperature of 600 or 700 degrees, and cannot be used to record higher temperatures. Gallium offers new possibilities in the measurement of heat.

THE extensive mud flats and estuaries on the Atlantic coast of America are covered by a species of grass named spartina. Their stout underground stems form a dense network which keeps pushing outwards, thus helping in the formation of firm, dry land. It is the only plant that is capable of gaining foothold on those bottomless muds. Spartina has been planted outside the dikes of Holland and is building up land rapidly.

GERMAN telephone engineers are experimenting with an attachment by means of which written words may be sent over the line in addition to sound. The listener, using the German device, switches it on whenever he has difficulty in understanding a word. The speaker then spells the word and it appears before the listener in writing. German long-distance lines, it is expected, will be the first on which the attachment will be employed.

A TRADITION of centuries' standing is handicapping Italian engineers in their work of reconstructing the buildings destroyed by the earthquake in Italy. Dozens of well-built new modern homes have already been constructed to replace the loosely built old dwellings destroyed by the quake. But the majority of the peasants absolutely refuse to live in them! Their chief objection is that farm animals, which from time immemorial have lived in the same buildings as their owners in hilltop communities, are not furnished accommodation in the new structures.

THE first demonstration of a radio-typewriter was given at Detroit, U.S.A., recently. It consists of a mechanical and radio apparatus, whereby messages typed on a typewriter are received in typewritten form at any distance from the sender. The speed is limited only by the ability of the operator, since the apparatus has a capacity set at 1,200 letters a minute. Short-wave radio impulses, through the usual radio apparatus, are released by mechanism attached to the typewriter, and the impulses are in turn picked up and converted into battery impulses, strong enough to operate the receiving typewriter.

DO you know that an ordinary hive of bees contains from 50,000 to 75,000 workers, from 500 to 1,000 drones, and one queen.

SIR WILFRED GREENFELL has been presented with the Livingstone gold medal, by the Edinburgh Centre of the Royal Scottish Geographical Society, in recognition of outstanding public service in which the principles of geography have been applied to the benefit of the human race.

THE announcement from California that work has started on a new \$150,000 plant to manufacture rubber from guayule has attracted wide scientific interest. Growing of guayule in the Salinas Valley of that state has been successful enough to insure confidence in the venture, and to start manufacture on a large scale. This rubber plant grows wild in Mexico.

THE University of Pittsburgh, U.S.A., is erecting a building forty stories high. It will contain 105 classrooms, each accommodating from 30 to 90 students, and 14 lecture rooms, each seating from 200 to 500 students. It will have 52 laboratories and 12 department libraries. It will be possible for it to accommodate 9,000 students at one time. This building will be taller than the Great Pyramid of Egypt.

PROFESSOR PITKIN of Columbia University, U.S.A., has set down in a recent book ten of the strongest characteristics of a highly intelligent person. They are (1) keen curiosity along many lines; (2) a desire to investigate; (3) a tendency to analyze; (4) a fairly active imagination; (5) especially even performance; (6) concentration on a dominant interest; (7) a fine selective memory; (8) patience with details; (9) interest in reflection and observation; and (10) a very modest opinion of oneself.

THE filth allowed to accumulate in Monrovia, capital city of Liberia, has compelled the Bank of British West Africa to close its doors and remove its offices from the town. Before deciding to leave, the Bank staff endeavoured to remove the heaps of disease-breeding refuse in the vicinity, but they were prevented by the local officials. Constant outbreaks of yellow fever occur in the chief towns of Liberia, yet the authorities will not remove the cause. The action taken by the Bank may bring reason to Liberia through the influence of merchants and business men, for money matters will become complicated without a bank.

WILFRED STEVENS, who is one of the most remarkable, interesting and valuable men in Washington, U.S.A., knows thirty-one languages, and has invented two more languages of his own. He is said to be the only man who ever resigned from the government service whose resignation was not accepted. He rides to work every day on a bicycle, lives largely on the fruit known as the papaw, thrives on a diet which costs 25 cents a day, and has become an accomplished horticulturist while carrying around at least 100,000 words in his head. The thirty-one languages at this remarkable man's command, several of which he speaks with the greatest fluency, are English, Swedish, French, Spanish, Italian, Portuguese, Roumanian, German, Danish, Norwegian, Dutch, Sioux, Russian, Polish, Bohemian, Serbo-Croatian, Slovenian, Slovak, Bulgarian, Greek, Hungarian, Finnish, Latvian, Armenian, Lithuanian, Ukrainian, Esperanto, Arabic, Japanese, Chinese, and Latin.

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Treatment as Administered by means of LIGHT

Remarkable Advantages as a Medicine

By F. Throssell



Giving artificial sunlight treatment to children in a London hospital

LIGHT is such a common force in Nature that, like the air we breathe, we have, in the ordinary affairs of life, ceased to marvel at its daily phenomena or to ponder its vast possibilities. So it is that light, until recently, has not been studied as carefully as its importance deserves, and we have failed to appreciate its remarkable advantages as a medicine and its necessity to our very existence. During the past few years, however, much has been revealed as to the peculiar characteristics of light, which, in a special way, is useful in the healing art. It is the purpose of this article to point out some of these characteristics and the methods by which the advantages

accruing therefrom may be used beneficially in maintaining and regaining health.

Let us think for a moment of the wonderful vitalizing and regenerating power of sunlight. We are all familiar with the change in Nature during the spring of the year, from the brown and barren to life and beauty: the tiny buds bursting forth from their prison cells to develop into flower and fruitage, all the result of the magic influence of the sun's rays. Again, have you not noticed with amazement the change in an invalid, the rich blood coming into the veins, the sparkle in the eye, vigour to limb, resulting from the stimulating effects of the sun bath?

The sun's rays act favourably on the mind as well as the body. Witness the neurasthenic

patient on a clear, cool, sunny day, and observe the same patient on a damp, grey, grizzly day. You would not know him to be the same person. What has made the difference? Sunlight.

But, some say, "We have so little sun in England and only during the warm season is it possible to take sun baths in the open. Even then there is no certainty as to when the sun will put in an appearance." True, but what about the electric light? Have we not in it "bottled sunshine" under our absolute control, ready for application when desired, and with the widest range of adaptation?

Briefly we have three kinds of rays in "sun-

shine," viz. (1) heat rays, (2) light rays, (3) chemical or actinic rays. It has been clearly demonstrated that all these can be produced by various forms of electric light and that each kind has a special function in the healing art.

Heat Rays

The "heat rays" are given off plentifully from the original carbon filament lamps, which have a good power of penetration, and these are extensively used in radiant heat baths in hospitals, sanitariums and health homes.

A hand lamp brought as near to the skin as can be comfortably born for twenty to thirty minutes has a wonderfully stimulating effect. If a blue light is substituted for the white, the rays have a sedative effect and should be used in painful conditions. Having deep penetrating qualities this type of ray is eminently suitable for such disorders as rheumatoid arthritis, neuritis, and sciatica. Conveniently designed apparatus for enclosing the knee, elbow or shoulders, fitted internally with suitable lamps and control switches, is placed in position and the current switched on for a required length of time. After the apparatus is removed the part is sponged with cold or tepid water and dried.

Light Rays

Light rays, or those proceeding chiefly from the yellow band of the spectrum are not so penetrating as the heat rays (the latter are also called "red rays" because they proceed chiefly from the red band of the spectrum). They do, nevertheless, fill an important place in therapeutics as well as for illuminating purposes. They are produced plentifully by the modern metal filament lamps and are used in similar pieces of apparatus to those already mentioned. Not having so much power of penetration their chief action is on the skin and underlying tissues where they are absorbed and turned into heat, producing redness of the skin resulting from dilation of the blood vessels. In this way they relieve internal congestion and improve the general circulation. Large areas of skin and indeed the whole body may be bathed in these rays with beneficial effects by using suitable pieces of apparatus.

For stomach, kidney and liver disorders, gout, obesity, chronic rheumatism and neuralgia the full electric light bath is of great benefit. Internal congestion is associated with all the foregoing. The effect of the light rays is to relieve this by drawing the blood to the surface. The procedure

is followed by the cold spray or mitten friction. The half bath is used over the trunk for similar disorders where the patient is unable to leave his bed.

Chemical or Actinic Rays

The chemical or actinic rays are those which proceed chiefly from the violet band of the spectrum. For this reason they are also called "violet rays." They must not, however, be confused with the violet ray treatment now used by hair-dressers—a very different thing, having no connection with light rays.

These are the rays which affect the photographic plate, produce sunburn, and blister the skin. For the most part these rays are produced artificially in what is known as the Quartz lamp, commonly called the "sun lamp." They have a powerful bactericidal effect, killing germs in a very few seconds. They are of short wave length, are less penetrating than light rays and owe their valuable qualities to their chemical effect. Only a few second's exposure will cause a very painful injury to the eyes, hence coloured goggles are worn by patient and operator. A few minutes is sufficient to cause a sunburn or blister.

Skin diseases such as psoriasis, eczema, and long-standing ulcers often yield to the healing qualities of these rays.

So wonderful have been the results in cases of rickets and tubercular disease of the joints that this treatment has come to be looked upon almost as a specific for them.

The tonic value of a course of treatment in conjunction with "light rays" is not to be overlooked. The "light rays" bring the blood to the surface, where it can receive the beneficial effects of the chemical rays. In this way great volumes of the blood are affected. One of the results is to actually increase the number of corpuscles in the blood.

The arc light (perhaps the nearest approach to sunlight) is much used. It consumes a heavy current and emits all three kinds of rays and in about the same proportion as the sun.

Since the Creator uttered those words, "Let there be light," no phenomenon has been so capable of producing such marked effects on the mental and physical well-being as light. Let us not avoid these health-giving rays of the sun by walking on the shady side of the street, but let us dwell in the light as much as possible, and remember that "bottled sunshine" is a wonderful substitute and is always at our service.

"OUR lives are songs. God writes the words,
And we set them to music at pleasure;
And the song grows glad or sweet or sad
As we chance to fashion the measure.
We must write the music, whatever the song,
Whatever the rhyme or metre;
And if it is sad, we can make it glad;
Or if sweet, we can make it sweeter."

Does SPIRITISM

Lose Its BATTLES?

A Case of Healing at Nevasa



By W. Hume McHenry

Christ exercised His healing power, and cast out demons by His word.

IT is scarcely possible to live long in India without seeing people under the influence of a power which is manifestly both super-human and malignant. It is generally understood that the mysterious force at work, in such cases, is an intelligent agent which has taken up its abode in the body of the victim.

Together with this prevailing experience throughout the land there is the belief in evil spirits. Much of the worship that is offered by the people is intended to appease the wrath of the evil spirits whom they fear. These spirits are everywhere, and are constantly seeking to bring hurt to men and women. They enter into the victims of their evil designs, and in many cases produce strange phenomena indeed—spectacles which astonish onlookers.

If the reader has read the life of Christ he knows that He not only recognized the existence of evil spirits but taught that they could enter into and control the human victim. A victim, as the Sacred Records reveal, might be forcibly thrown upon the ground, or cast into fire and water, or be deprived of reason, or be possessed of super-human strength. The evidences of spirit possession were manifested in various ways.

The Bible does not leave us in ignorance as to who these evil spirits are. They belong to an order of beings higher than man, called angels. They were formerly pure and holy. Thousands of

years ago, Lucifer,—a beautiful, wise and powerful angel—stood in the very presence of the Creator and was vested with great power. Finally he began to covet the place of the Son of God and permitted pride, envy and jealousy to get control of him and lead him into open rebellion. Mark the indictment in the following: "How art thou fallen from heaven, O Lucifer, son of the morning! how art thou cut down to the ground, which didst weaken the nations! For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: I will ascend above the heights of the clouds: I will be like the Most High." Isa. 14: 12-14.

While God is all-powerful, He will not force the will, for the only service He can accept must be willingly offered out of an appreciation of the justice, love and character of God. This necessitates that His worshippers possess the power of choice—the freedom of the use of the will.

Every effort was made to persuade Lucifer to recognize the mistake he was making and return to allegiance to God; but he refused. As a result, he could no longer be retained in heaven in the presence of God. He was cast out, and he finally succeeded in getting power over the inhabitants of this earth. Also by his sophistry and deceitful working, he succeeded in winning almost countless angels to his side. These also were cast out of heaven with him.

Having degraded himself from his former exalted position in which his name was Lucifer, the Morning Star, he is now known as Satan, the liar, murderer, deceiver, accuser and destroyer. Jesus Christ often met him and his evil angels in open conflict. Evil spirits are none other than these evil angels. Jesus showed His power over these evil spirits by driving them from many who were possessed.

Read the following: "They arrived at the country of the Gadarenes, which is over against Galilee. And when He went forth to land, there met Him out of the city a certain man, which had devils long time, and ware no clothes, neither abode in any house, but in the tombs. When he saw Jesus, he cried out, and fell down before Him, and with a loud voice said, What have I to do with Thee, Jesus, Thou Son of God most high? I beseech Thee, torment me not. (For He had commanded the unclean spirit to come out of the man. For oftentimes it had caught him: and he was kept bound with chains and in fetters; and he brake the bands, and was driven of the devil into the wilderness.) And Jesus asked him, saying, What is thy name? And he said, Legion: because many devils were entered into him. And they besought Him that He would not command them to go out into the deep. And there was there an herd of many swine feeding on the mountain: and they besought Him that He would suffer them to enter into them. And He suffered them. Then went the devils out of the man, and entered into the swine: and the herd ran violently down a steep place into the lake, and were choked. When they that fed them saw what was done, they fled, and went and told it in the city and in the country. Then they went out to see what was done; and came to Jesus, and found the man, out of whom the devils were departed, sitting at the feet of Jesus, clothed, and in his right mind: and they were afraid. They also which saw it told them by what means he that was possessed of the devils was healed. Then the whole multitude of the country of the Gadarenes round about besought Him to depart from them; for they were taken with great fear: and he went up into the ship, and returned back again. Now the man out of whom the devils were departed besought Him that he might be with Him: but Jesus sent him away, saying, Return to thine own house, and shew how great things God hath done unto thee. And he went his way, and published throughout the whole city how great things Jesus had done unto him." Luke 8: 26-39.

Read also Mark 1: 23-28; 9: 14-27; Luke 4: 33-37, 40, 41; Acts 10: 38. While the people marvelled at the many miracles of healing and other miracles that Jesus performed, the miracle of casting the evil spirits out of the people possessed, attracted wide attention and led multitudes to accept Him as the Saviour.

Does the Lord Jesus exercise the same power today? The writer is glad to testify that He does do so. At Indian woman of Nevasa had been troubled for years with certain phenomena. At times she has been suspended in the air and forcibly struck against first one wall, and then the other, of the room; and finally dashed exhausted to the ground. At times she would be seized with a violent and vile spell of cursing and swearing. At other times she would be seized with a violent shaking of the head, when the spectator would think that the next violent swing must break the neck. These experiences came quite frequently, and, as a result, her life became a burden. She was in constant fear of the next attack. Her countenance was sad.

She desired deliverance and healing. She performed many ceremonies. But still she got no relief. At this juncture, an old Christian woman said to her, "Why do you not attend the services of the Adventist Mission and learn of Jesus? He can deliver you if you will accept Him." She began to attend the meetings. She learned how Jesus healed the sick; raised the dead; stilled the storm and the raging sea; cast out demons, etc. Faith in Jesus sprang up in her heart. She soon came to believe that on the day she should be baptised and become a disciple of Jesus she would get deliverance. The week before she was to be baptised the spirits appeared to her and threatened her with all kinds of trouble if she became a Christian. She was much tormented. But her courage failed not. Her faith in Jesus triumphed. In February, 1930, she was baptised. And the miracle is that, from that day to this, she has never had even one more attack.

She knows from experience that Jesus has delivered her. She praises Him. Life is no longer a burden. Fear has given way to joy and peace. She believes in the invisible Creator of the universe.

Has not Jesus shown His power to save? Reader, will you not learn of Him, and believe on Him, that He may show His power to cast sin out of your life, and bring you peace and reconciliation with God?

Great Things

THE Lord hath done great things for thee
All through the fleeted days,
Jehovah hath dealt wondrously;
Lift up thy heart and praise,
For greater things thine eyes shall see,
Child of His loving choice,
The Lord will do great things for thee;
Fear not, be glad, rejoice.

—Havergal.

Keeping Fit

in HOT WEATHER

Nature's Method of Cooling the Body

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

THE human body is similar in construction in many respects to an engine of the internal combustion type. Fuel in the form of food must be added daily to keep up the normal temperature. A variation of a few degrees above or below normal means that the human engine is not functioning properly. Sub-normal temperatures indicate that the body is in a low condition or that shock is present. High temperatures are met with in fevers and other diseases.

There is, therefore, some form of heat-regulating apparatus in the body which keeps the temperature constant, or approximately normal. This mechanism is controlled from within chiefly by the nerve centres, but it is also dependent, to some extent, upon external factors. We all know the peculiar sensations conveyed to the mind by heat and cold. In cold weather, the skin and superficial vessels contract, and as much heat as possible is retained in the body. On the other hand, when the external temperature is high, the organs on the surface of the body are relaxed and heat in the form of perspiration is lost.

As this, therefore, is Nature's methods of cooling the body, it should not be checked unduly. Many people are in the habit of using preparations which are advertised to check perspiration, but this is a pernicious habit which should be discouraged. When perspiration becomes excessive there may sometimes be reasons which make it advisable to control it to some degree, but this should not be done as a rule or haphazardly. Throwing powder and similar preparations over the sweat glands chokes the ducts and results in the retention of waste and poisonous matter within the skin. When this is continued for any length of time it usually results in the formation of blotches and pimples and the fine, delicate texture of the skin is destroyed.

Heat and the Figure

Really the way to avoid excessive perspiration is to reduce the figure, or, in other words, to get rid of any superfluous flesh. This is not always an easy matter to accomplish at will, but there is no doubt, however, that it is the thin person who scores in hot weather.

It may be worth while, therefore, to try to keep the figure somewhat on the light side, which is a much more simple matter than attempting to get rid of extra weight once it is there. There are four things which play a large part in determining whether we are fat or thin. These are the appetite,

exercise, the condition of the lining cells of the digestive tract, or in other words, our power of absorption, and lastly the state of the mind.

The appetite is largely a matter of habit. Most of us undoubtedly eat too much and masticate too little. We should be guided by our work and by the amount of food we actually need rather than by our appetite. This is undoubtedly much more important as we near middle life and become less active.

Exercises, especially walking, are often useful in getting rid of superfluous flesh, but they have the disadvantage that they frequently increase the appetite.

We will not go more into this question at present except to say that those who have lived in strict accordance to the laws of health are not likely to have cause to worry about their figure. They certainly should be the ones who are least affected by variations in the weather.

Value of Temperance

This brings us to another point. Obedience to general health principles and the laws of health and temperance day by day, will be of more value than anything we may actually do during a heat-wave. Temperance in all things is of special importance and its value cannot be over-estimated. Over-indulgence, even in things which are good in moderation, such as, for example, eating and working, will tend to undermine the resistance, and leave us more susceptible to sudden changes of temperature. Tea, coffee, alcohol, tobacco and flesh foods are all poisons which act in the same way, and those who really desire soundness of body and clearness of mind will not take these even in moderation.

Diet is especially important during hot weather, as the body requires less fuel at such a time we should certainly see to it that we eat less than normally. As a rule this is not a difficult matter, for high temperatures automatically cut down the appetite. Flesh foods are especially objectionable during hot weather for many reasons. They produce a large amount of wear and tear on the body and give rise to many poisonous waste products. They are also more likely to be infected at such a time. All forms of fruits and light foods which produce little energy may be taken freely.

Food and Drink

With regard to drinks, water should be taken freely on rising and between (*Turn to page 29*)

Some Marvels

of the Human BODY

By A. W. Truman, M.D.

THE body is often compared to a machine, but such comparison can really be made only by contrast. What man-made mechanical device can grow or build into its own useful structure the materials fed into it? What machine can repair itself while running? What machine can think, or see, or hear, or choose, or love, or develop character? The psalmist David, while contemplating the wonders of the body temple and meditating upon its origin, exclaimed: "I will praise Thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."

The body is indeed a part of God's marvellous works. Only an infinite Creator could design and construct such a wonderful mechanism as the human body. It is indeed lamentable that so many teachers of our day would rob God of the glory and honour due as Creator, and man of the high dignity of his origin, expressed in the words of Holy Writ, "which was the son of God." These would lead us back into the misty past to the slimy ooze of some prehistoric pool in their search for the origin of the human family in the ameba, the tadpole, the mollusks, the reptiles, and on through the ape family. Missing link! Indeed without the record of Genesis there are a thousand missing links, and they will never be discovered!

Let us briefly survey the human machine, and consider some of the marvels of this living mechanism. We will begin with the heart, "The life is in the blood" and "perfect health depends on perfect circulation" of this vital fluid. The blood in its onward course through the arteries, veins, and capillaries meets with resistance, and would not circulate were it not under pressure. The heart is a force pump, and to some extent also a suction pump. It receives blood from the veins where the pressure is lowest, and forces it into the arteries where the pressure is highest. Thus the heart develops all blood pressure, and maintains this difference of pressure throughout the circuit, and makes possible the circulation of the blood. The heart beats seventy-two times a minute, and at each stroke pumps from four to six ounces of blood against a normal pressure resistance of 150 millimeters of mercury (mercury is $13\frac{1}{2}$ times heavier than blood) in the parent arterial trunk, the aorta. In thus pumping more than four thousand strokes an hour, the heart does sixty thousand foot pounds of mechanical work every twenty-four hours. Think of the amount of work required to lift thirty tons one foot high, "or raise the man himself to twice the height of the loftiest skyscraper in New York" (Stewart)!

This amount of work the heart accomplishes every day without vacation for ten, twenty, fifty, eighty, or one hundred years.

How large is this heart engine which lifts thirty tons daily? As big as a Packard motor? No, it is about the size of one's closed fist, and weighs less than one pound. Who designed and built this most efficient engine known to man, and who keeps the heart beating? Although science has done a great deal of praiseworthy work in the investigation of the cause of the heartbeat, it is still without an answer.

It has long been known that every nerve to or from the heart may be severed and it will still continue to beat indefinitely. In the scientific investigation of the origin and rhythm of the beats, the heart has been cut into several sections and every portion scrutinized with the microscope for the secret. It was found that the heart muscle contains two collections of nerve cells, or ganglia, and scientists said, "Now we have the answer. The heart has a brain of its own within its muscle structure, which governs its action." Further study revealed the fact that if the heart of certain animals be cut into a number of pieces each portion will continue to beat for a time, and the part which will beat the longest and the strongest is the apex, and there is not a nerve cell within it.

One standard authority gives the following explanation, which is a fair sample of those offered to explain the heart's action: "The origin and maintenance of the heartbeat are best explained by assuming an inherent, automatic rhythmicity of the myocardium" (heart muscle). Let us briefly consider this statement, "Best explained by assuming." What can be explained on an assumption? assuming an inherent (within itself), automatic (runs itself) rhythmicity (orderly rhythm or sequence of the beats of the heart muscle). Does not a noisy but empty statement like this remind one of the question propounded to Job by the Creator: "Who is this that darkeneth counsel by words without knowledge?" Job 38:2. In the thirty-sixth verse of this same chapter we have the true explanation of the origin and maintenance of the heartbeat. "Who hath put wisdom in the inward parts? or who hath given understanding to the heart? Verse 36.

The Eye

"The light of the body is the eye." What would you take for your eyesight? Truly the eye is a marvellous little organ. It operates on the

principle of a camera. But think of a camera the size and shape of a marble, that is, less than one inch in diameter, with fixed dimensions, without a movable screen to accommodate varying focal distances, and yet one which is able instantly and automatically to focus rays from objects a few inches, a few feet, or many miles distant, and to send these pictures to the brain for interpretation and permanent registry. The almost limitless range of movement of the two eye-balls and their harmonious adaptation and adjustment which keeps the visual axes parallel, thus preventing overlapping of images with confusion of vision, is made possible by the action of six muscles attached to each eye globe. Within the eye and suspended just behind the pupil is a small transparent body about the size and shape of the half of a split pea. This is the crystalline lens, which focuses the rays of light. A delicate muscle surrounding this biconvex lens within the eyeball is so attached that when it contracts, the tension upon the lens is lessened and it becomes more convex, thicker, and therefore stronger, enabling it to focus rays from objects near the eye, whose rays enter so divergent that special action of this muscle is required to enable the lens to focus them.

The optic nerve, with its 500,000 nerve fibres, enters the back of the eye and spreads out, forming the inner lining coat of the eyeball. Upon its terminal nerve endings are placed a myriad number of delicate, highly specialized light receptors, the rods and cones for receiving photographic images of objects viewed. Within these light receivers there is a sensitive photochemical substance, the visual purple, which makes the eye more sensitive to light. Every one has observed that in passing into a dark room, for a time one may not be able to see anything, but after a few moments something happens which enables the eye to see in the darkness. What occurs is a sudden increase in the amount of sensitive visual purple supplied to the "rods" and the eye may quickly become twenty-five times as sensitive to light. Also the coloured curtain diaphragm, the iris, in front of the lens, which in very strong light shuts down, now opens widely, admitting more light. This automatic diaphragm shutter performs another service essential to clear vision. When objects near the eye are viewed, this coloured muscle curtain contracts reducing the size of the pupil, thus stopping out the outermost rays of light which are so divergent that they could not be accurately focused on the visual screen, but which if allowed to enter would form overlapping diffusion circles and a blurred, indistinct image.

It will be observed that when viewing near objects the action of certain muscles turn the eye-balls inward to prevent double vision. The muscle curtain diaphragm contracts, making the pupil smaller; the ciliary muscle also contracts, making the focusing lens thicker and stronger, and the sensitive visual screen receives the image picture and sends it on to the brain. This marvellous living camera has an automatic adjustment mechanism which performs its work so gently and deli-

cately that its owner is not conscious of what occurs in the act of vision. Who designed and constructed this camera? Only a Creator who can see could make an eye. Little wonder that Mr. Charles Darwin exclaimed: "Every time I think of the eye and try to account for its origin, it makes the cold shudders creep over me." He that formed the eye, shall He not see?" Ps. 94:9.

The Miracle of the Ear

Even the wonders of the eye are rivalled by the marvellous mechanism of the ear and the function of hearing. There are three parts or divisions of the human ear; an outer, expanded cartilage, which we see on the side of the face, with a canal leading from this to the eardrum; a middle ear comprising a small cubical space, the outer wall of which is formed by the drum. This space is bridged across by a chain of three delicate, bony ossicles, the hammer (malleus), one end of which is attached to the eardrum near its centre, the anvil (incus), and the stirrup (stapes). The hearing portion, or internal ear, is about the size and shape of a small snail shell. It consists of a spiral, bony tube which winds two and one-half times around a central spindle. The fibres of the eighth cranial or auditory nerve pass up this spindle, and are distributed to the specialized sound receptors within the tube. This spiral tube has within it, stretched across from side to side, "24,000 strings varying gradually in length as stated, and resembling in general arrangement the strings of a piano" (Professor Howell, of Johns Hopkins). Think of it, 24,000 strings in each ear, tuned to appreciate sound waves ranging from the low bass of sixteen double vibrations per second to the high tenor with more than forty thousand double vibrations per second. A piano contains about two hundred and fifty strings. Think of its size!

How large is this human ear piano? The whole structure of the middle and internal ear combined occupies much less space than the last joint of the little finger. The spiral bony tube is filled with fluid through which the strings are stretched. The foot of the bony stirrup fills a window near the base of this spiral tube. Sound waves caught by the outer ear are conducted through the auditory canal and, striking the eardrum, set it to vibrating. These vibrations are transmitted over the little bony chain across the middle ear, and through the foot of the stirrup are communicated to the fluid within the spiral tube. Disturbances within this fluid are further communicated to the 24,000 strings, which are thus caused to vibrate. Impressions from these vibrating strings are transferred over the auditory nerve to the brain, where they are interpreted. Who originated and designed this marvellous mechanism of hearing? Only a Creator who can hear could construct a human ear. In Psalms 94:9, we have the true explanation: "He that planted the ear, shall He not hear?"

The Organ of Voice

If all the varied and beautiful forms of musical art but one were to be banished (*Turn to page 29*)

The Toll

of the MANAGUA EARTHQUAKE

One of the World's Capital Cities in Ruins

By Thos. Killoway

TRAGIC reports of another major cataclysm gripped the whole world as the news was spread abroad that Managua, the capital of Nicaragua, an independent state of Central America, had been completely destroyed by a terrific earthquake.

The daily press has reported only a fraction of the horrors which afflicted that unfortunate city. Heart-rending and pathetic were the scenes witnessed as men, women, and even little children and babies in arms, were ruthlessly trapped amidst the devouring flames and falling debris. The air was rent with the groans and shrieks of the dying, mixed with the tramp of marching troops and of those out to help the injured. Many have lost all their possessions, while thousands were forced to take refuge on the outskirts of the city under the most trying conditions. The death-roll is now estimated to be at least 5,000, and would have been much heavier but for the fact that many officials, forty per cent of the population, had left the city for the seaside for the Easter holidays. All inmates numbering 700 were killed as a result of the collapse of the hospital and the penitentiary. The damage sustained at Managua is provisionally estimated at £7,000,000. The city will have to be entirely rebuilt and this it is believed will require many years.

This terrible calamity—so unexpected, so unthought of—only serves to bring to our minds, once again, the fact that man, notwithstanding all his proud scientific achievements, is completely helpless and powerless of himself.

The cause of such troubles has been a matter of speculation, but while scientific minds investigate the origin of them let us candidly state that the real origin is a moral one—Sin. The world is being warned of the nearness of Christ's kingdom. Yet, that is what the Managua calamity implies—beyond the shadow of a doubt. Man has become so wicked, so selfish, so self-centred, so proud, that it takes a major disaster, to arouse him from his spiritual lethargy and renew his search for the Lord while "He may be found."

A hurrying, careless world soon forgets each new disaster, and for the most part fails to see the deeper significance and the personal challenge of it all. Human sensibilities have become blunted by

intimate contact with vice and violence and by oft-repeated accounts of human anguish and suffering, until only the most shocking calamities cause people to give more than a passing thought to them. For the understanding student of the times and of God's Word, these sickening things of so persistent and frequent occurrence have but one meaning,—they say to him in thunder tones, "Prepare to meet thy God."

The prophet Isaiah testifies: "When thy judgments are in the earth, the inhabitants of the world will learn right-

eousness." Isa. 26:9. This has been proved time and time again. It was not until the people of Nineveh were threatened with immediate destruction that they repented in sackcloth and ashes. The antediluvians did not make an attempt to enter the ark that (*Turn to page 28*)



The Signs Declare that a Crisis is Imminent

PREVENTION of CHOLERA, Typhoid and Dysentery Is Now a Much Less Complicated Task

By G. Loucatos

UNTIL recently, the underlying note of medical treatment has almost exclusively been "cure." With many, even at the present day, the idea of cure, as the main objective of medicine, predominates. The importance of prevention has been recognised, and its value more fully gauged in comparatively recent times. Before this, many tried to have us picture, as the loftiest ideal, the worker setting out to obtain a cure for some terrible disease. Although this pursuit aims at a very high objective, none the less praiseworthy is the purpose of the worker to find out an efficient means of securing *immunity* against the same disease. At the present day, the preventive aspects of medicine receive a growing amount of attention, and the trend of modern medicine slants more and more towards prevention rather than treatment. Maybe the principle function of the physician of the future will be that of an adviser on methods of maintaining health.

The evolution of preventive methods has nowhere a wider scope of utility than in the tropics where disease flourishes in some sort of relation to temperature. It is rather unfortunate that, of all tropical countries, India should harbour the most numerous diseases. In the year 1927 above six million people died in India from various diseases—most of them preventable. In analysing this appalling mortality we find as chief causative factors: cholera, typhoid, dysentery, malaria, kala-azar, small-pox, tuberculosis, etc. A long list of diseases—most of them fatal, or easy to become fatal.

The first three scourges—cholera, typhoid, and dysentery are endemic in India. An all-the-more enhanced rate of mortality invariably results from the fact that their prevention among the rural population of India is very difficult—due to unsanitary conditions of village life, and apathy and lack of good will exhibited by a part of the population toward public health measures. A considerable amount of time and energy has been devoted by authorities to the task of changing this mentality, and it is gratifying to observe that the prolonged apathy of former generations gradually yields under the determined effort of the authorities, and that the ordinary ryot—who, till recently, was content to carry on in the same groove as his ancestors did before him—now shows a different frame of mind.

The awakening of a spirit of self-help in the ryot marks a great step in advance; and there are hopeful signs of a not-too-remote future when the peoples of India—wide awake to the importance

of hygiene and sanitation—will have learned to come forward spontaneously and assist those in charge of public health to successfully grapple with the problems they are called upon to face—along the line of disease prevention.

Fighting Cholera, Typhoid and Dysentery

For many years past, the constantly recurring epidemics of cholera, typhoid and dysentery in India have been a matter of grave anxiety—not only to the authorities of this country, but also to the nations of the world. While considerable attention has been paid to the epidemiology of cholera in particular, and many points have been made clear, effective control of the above diseases still constitutes an extremely difficult problem and every possible means is being utilized to reduce their incidence. The provision of pure water supplies, rapid collection and disposal of refuse, the extension of health organisations and staffs, and the immediate notification of outbreaks of this disease, are all important essentials which are receiving more and more attention from provincial governments and public health departments.

Individual Protection

Anticholera inoculation is a very effective means of inducing immunity. Unfortunately there is an appreciable risk of injury from inoculation due to the sometimes severe reactions it provokes and the numerous contra-indications handicapping its universal application. The normal individual, naturally, instinctively resents physical pain and discomfort. Thus a large majority, especially women and children, have been found to persistently avoid inoculation even in the presence of danger. The general unpopularity of inoculation is to be much regretted. Save for these drawbacks, the case in favour of inoculation would have been almost complete.

Vaccination by mouth with Bilivaccine Tablets, prepared according to the method of Prof. Besredka, appears to have aroused a considerable interest in India, and to have gained much ground during the six years of its history in this country. Judging from the available statistics, reports and publications containing practical evidence of its good reception in India, Oral Bilivaccination would seem peculiarly well adapted to meet Indian mentality and conditions. The comparative study of Lieut. Col. A. J. H. Russell, D.P.H., Madras, published by the League of Nations, and entitled "Cholera Bilivaccine and Anticholera Vaccine" (*Turn to page 30*)

How to Live

a CENTURY

The Lesson of Bulgaria

By D. H. Kress, M.D.

A STUDY of vital statistics leads to the conclusion that there is none well, no not one, and really that is true. A great many people think they are well that are not well. We have a comparative way of speaking. When we say, "I am well," we simply mean, "I am not as bad off as somebody else."

Some years ago two men came into my office. After they sat down, I found they were brothers. One had rather a dyspeptic appearance, while the other one was the picture of health. I naturally would have picked out the dyspeptic individual as the patient, but when he said, "Doctor, which is the patient?" I picked out the other one, and I was right. He weighed about two hundred pounds or more, and appeared to be in health, but he was the patient. The other one was not conscious of his condition, for he too should have no doubt been a patient.

A short time ago I was examining a patient; his wife came to me and said, "Doctor, I am not sick, I am in excellent health. However, I think while I am here I may as well have an examination." Every organ seemed to be in perfect condition as far as could be determined from the physical examination, but in making some of the laboratory analyses we ascertained that she had the beginning of diabetes.

It was a fortunate thing for that woman that this discovery was made in time. In another year she would have been an incurable diabetic. As it was, with just a little aid in the selection of her food, she was able to avoid a disease which is incurable.

Dr. Fisk in referring to the prevalence of disease in supposedly healthy subjects made the assertion: "I feel justified in asserting that the evidence of widespread premature physical decay which is suggested by our vital statistics, is to a considerable degree confirmed by actual examinations of large groups of supposedly healthy young people. Thousands of people are slowly and inevitably preparing for physical breakdown or premature death and there can be no more important

work for modern medicine than to bring such cases, as early as possible, under proper hygienic or medical guidance."

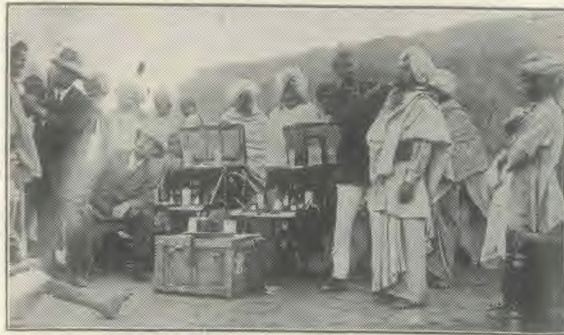
Oh! And he adds, "That there is some particular influence at work causing the upward trend in mortality from organic disease, seems probable."

We have a great deal to say about the wonderful progress made by medical science during the past fifty years. It is true we have increased the average length of life, in fact almost doubled it, during the past century; but if you look up the last census report of the United States, you will find there are fewer real old people living today than fifty years ago.

Fifty years ago there were in the United States, with a population of a little over fifty million people, over four thousand centenarians. There are at the present time only two thousand eight hundred and forty-one with a population of nearly twice that of fifty years ago. This means that in proportion to the present population, there were three times as many people who reached the age of one hundred years in 1880. It may seem strange at first thought, that one thousand eight hundred and sixty-seven of the two thousand eight hundred and forty-one centenarians were women, and only a little over nine hundred were

men. We may ask, Why is it there are so many more women who succeed in reaching the century mark than men? There is a reason for it. Women up to the past fifty years have lived more simply and have not acquired the health destroying habits of men.

Bulgaria is held up as possibly the healthiest country in the world. Bulgaria has more centenarians than are to be found in any other



Our physical frame sometimes needs experienced examination and treatment.

country. Before the war there were over three thousand centenarians in Bulgaria with a population of a little less than four million. They had nearly one centenarian to every one thousand of the population, while Germany, a country just a little distance from Bulgaria with a population of over sixty million, had less than one hundred centenarians. There is a reason for this. It lies in

the difference in the habits of the people.

I have a quotation from the journal of the British Medical Association which reads, "The Bulgarian peasants eat very moderately and drink little or no alcohol. Their food consists mainly of corn flour, coarse brown bread and milk curds. The women are fine and strapping, tall and well set up. Their features are regular and striking and have the appearance of perfect health. They are fond of bathing and keep their houses neat and clean. Quite remarkable is their carriage; and it is not an exaggeration to say that a slouching man or woman is never seen."

A great scientist went up there to study and ascertain the secret of their longevity, and why these people live so much longer than those of other countries. He finally concluded it was due to their free use of sour milk. For some time Bulgarian buttermilk was advocated everywhere. The doctor was wrong. Their long life was really due to the simple foods they ate. They did not feed on luxuries and felt that a meal was not complete unless they had a dainty or two at the close. It is eating so many different things at one meal that is chiefly responsible for the prevalence of disease. A great variety of highly seasoned food leads to overeating, and overeating is one of the chief causes of disease.

People Eat Too Much

Edison at the age of eighty said, "I keep my health by dieting. People eat too much and drink too much. If the doctors would prescribe diet instead of drugs, the ailments of *normal* man would disappear. Half the people are food drunk all the time. Diet is the secret of my health." Edison is right. Diet is the chief secret of health.

Oliver Wendell Holmes once said, "In order to live to a good old age, you have to be rejected by a first-class life insurance company." He meant we have to get ill and acquainted with our actual

condition in order to make the reforms that prolong life.

That was the secret of Cornaro's life, the great Venetian centenarian. At the age of forty, we are informed, the doctors told Cornaro that he could at best live about one year. This set him to thinking, and he made up his mind to ascertain why this must be. He discovered and purposed to remove the causes of his ill health. He then became so abstemious in his manner of eating that his friends predicted he would die of starvation in less than a year, but in a year's time, we are told, he managed to get rid of all his ills.

Ten years later, or at the age of fifty, he wrote a letter to his physician and said he was in excellent health and fully expected to live another quarter of a century. The fact is, time more than fulfilled this, for he passed the century mark. His experience offers hope to those who are ill at the age even of forty or fifty.

We ought to understand the importance of having a thorough physical examination once in a while. Once a year is none too often. We would not dare to drive a car for one year without running it into a garage to have it inspected. We should not allow the human machine to go on year after year as we do without once in a while, at least, having it thoroughly inspected. I do not mean simply to have a doctor take the pulse and look into the face and perhaps make an ordinary physical examination because that is not a thorough examination. Usually a disease has reached an incurable stage when it can be detected in this way.

There is only one way of having a satisfactory examination made, and that is by going to a medical institution where they are equipped with appliances that make it possible to have a thorough examination, and thus find out the actual condition. Men do not as a rule make reforms in living until they are informed of their actual condition.

I Ask for Light

By Gladys Macalister

O Father God, Thou art so near to me,
So near, Thy peace can shelter me from care,
Making the inner soul of me to see
Thy very nature is to give, to share,
Thy love. I ask for light, Thy light, to shine
Upon my path, which sometimes seems so dim.

Thy graciousness will let that light divine,
Reflect its gleam upon the path of him
Who walks close by. A chalice for Thy grace,
A mirror for Thy love—these let me be.
Thou art so near, the glory of Thy face
Illumines the path I walk in ecstasy.

EDITORIAL



A Great Commandment

THE world needs a deeper appreciation of the essential principles of the Decalogue. This law is not made up entirely of negative commandments. Its positive commandments show clearly that it requires that we do more than refrain from wrongdoing. There must be, on our part, an active exhibition of love towards God, and towards man.

Let us examine the teaching of Christ regarding this great principle of love. "One of them, which was a lawyer, asked Him a question, tempting Him, and saying, Master, which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it. Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets." Matt. 22:34-40.

Was this teaching altogether new? Let us consider the instruction which came through Moses. He said, "Hear, O Israel: The Lord our God is one Lord: and thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might." Deut. 6:4, 5. We read another passage: "Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself. I am the Lord." Lev. 19:18.

The Ten Commandments admit of two classifications. Four of the precepts outline our duty towards our God. Six show what is our duty towards man. Again, there are two positive commandments and eight negative ones.

As to the first of these two classifications, the precepts prescribing our duty towards our Maker are the first four. The manward commandments are the last six.

Coming to the second classification, the two positive precepts are the fourth and fifth, and they are of special importance. They are the best test of love. They call for certain performances on our part, which those who love aright will render.

The fourth commandment requires active obedience, the performance of a duty, the observance of the Sabbath. We must note the terms of that precept, which are as follow, "Remember the Sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: but the seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant,

nor thy cattle, nor thy stranger that is within thy gates: for in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it." Ex. 20:8-11.

The fifth commandment *also* requires active obedience—the honouring of parents. And—as we shall show later—this precept demands that we love our neighbour whoever he may be and of whatever clime.

The first section of the Decalogue has, therefore, one positive commandment and three negative ones; and it is evident that all who keep these four commandments which set forth man's duty towards his Creator will be recognized in this world as His worshippers.

Still speaking of this first section, it must be very clearly held in mind that its first three precepts do not call for any religious activity, but merely require us to refrain from ill-suited practices. Though important and obligatory, they are not the surest test of love. The safe test is provided by the fourth commandment, the observance of which displays active love for the Maker of us all. For various reasons it is a very important commandment. Obedience to it involves obedience to the three negative precepts. It is evident that if one loves his Creator so sincerely that he is found keeping His Sabbath, he will be found observing the three commandments which prohibit offences. If one really loves and worships God, will he turn to fictitious gods, make idols, and use that kind of speech which brings dishonour upon His name? Assuredly not.

And the second section of the Decalogue has one positive commandment and five negative ones—all manward commandments. Its last five precepts do not call for any activity for the good of others, but merely require us to refrain from what is dishonourable. We must do no harm to others. We may not covet. Any sacrifices for the well-being of people around us are not involved in the keeping of them. Though they are to be upheld by us, and are, indeed, absolutely binding upon us, they are not the surest test of love for mankind. The safe test is provided by the fifth commandment, which requires of us works of mercy and helpfulness that bless others in the world.

How can we be sure that the fifth commandment brings the only satisfactory test of this love for man of which we speak? It teaches the duty of honouring parents. It behoves all to know how much is included in this.

The fifth commandment teaches our duty towards the whole human family. It is well known that if any person were to hurt a child, he would hurt the mother of that child if she were a true mother, because she would feel for it. Many parents would feel it to be a reflection upon themselves if another individual were to but breathe anything against their children. It is easy to see, therefore, that people would be guilty of breaking the fifth commandment if they were to show unkindness towards their brothers and sisters. They must render even to these members of the household the honour that is due to them. Active love must be shown.

Even that is not all. The obligation to honour one's grandparents is of course included in the requirements of the commandment. Following a similar line of reasoning, we judge that one should pay honour to their children—where such exist. Aunts and uncles are entitled to love and respect.

We go another step back. Honour is due not less to one's great grandparents, and if there are any descendents of these around us, honour is due to them.

Right through the corridor of the past the same principle applies, and at the beginning of it there stand Adam and Eve—our first parents.

Adam and Eve were the first pair. They had no ancestors behind them, for they were brought into being by the creative act of God. They were in full human stature from the first day of their existence. From them the human race sprang. This fact we must recognise in considering the scope of the first commandment. It is our duty to love every member of the human race.

But it may be suggested that ancestors of long ago are dead. That fact does not affect the question. There are three things to be mentioned which show that this line of reasoning is valid. Firstly, the dead are entitled to our respect. Secondly, their descendents who are with us are their representatives. Thirdly, all who are now dead and turned to dust shall rise again.

But do the Holy Scriptures teach that this is indeed the scope of the fifth commandment? Let us consider a passage in the Epistle to the Romans. "Owe no man any thing, but to love one another; for he that loveth another hath fulfilled the law. For this, Thou shalt not commit adultery, Thou shalt not kill, Thou shalt not steal, Thou shalt not bear false witness, Thou shalt not covet; and if there be any other commandment, it is briefly comprehended in this saying, namely, Thou shalt love thy neighbour as thyself. Love worketh no ill to his neighbour: therefore love is the fulfilling of the law." Rom. 13:8-10. The apostle is referring to the manward section of the Decalogue. As we have said, there are six precepts in it. The apostle cites the five negative ones. Does he make any reference to the positive injunction? Yes—in the following language: "If there be any other commandment, it is briefly comprehended in

this saying, namely, Thou shalt love thy neighbour as thyself." The application fastens upon the fifth commandment. Its whole spirit is comprehended in the sentence, "Thou shalt love thy neighbour as thyself."

And the keeping of this fifth commandment involves the keeping of the five negative precepts. Then, he who loves his neighbour could not entertain the notion of killing him, because love prompts one to save life. "Love worketh no ill to his neighbour."

The following parable may be read in this connection. "A certain man went down from Jerusalem to Jericho, and fell among thieves, which stripped him of his raiment, and wounded him, and departed, leaving him half dead. And by chance there came down a certain priest that way: and when he saw him, he passed by on the other side. And likewise a Levite, when he was at the place, came and looked on him, and passed by on the other side. But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him, and went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him. And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee." Luke 10:30-35.

This parable was given for the benefit of a certain ruler. After finishing it, the Saviour said to him, "Which now of these three, thinkest thou, was neighbour unto him that fell among the thieves?"

The lawyer replied, "He that shewed mercy on him."

Then Christ admonished him, "Go, and do thou likewise."

It must be noted that both the priest and the Levite kept, in this instance, the negative injunctions of the Decalogue, for they inflicted no injury upon the wounded man. But they had given no proof of love. On the other hand, the Samaritan conformed to the positive injunction. He showed active love. The positive commandment was the real test of character.

In perfect harmony with this, we find the Holy Scriptures encouraging sacrifice for the good of others.

"If thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day: and the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not." Isa. 58:10, 11.

Other illustrations of the principle could be given. Charity is one of the ways in which the fifth commandment is fulfilled.

We do well, at this point, to return to the quotation from Matthew 22. (*Turn to page 26*)



Paddy house at Kamamaung, Burma

THE selection of good food is a matter of vital interest to all. When it is realized that the body builds its structure from the nutrient material ingested, the importance of the question can readily be appreciated. The automobile driver recognizes the value of good gasoline and lubricating oil, and also knows that defective parts in his car are ruinous to successful driving, but how much more important are good food and drink for the human machine if it is successful in making its journey through life.

It is of prime importance that every one should know something of the character of the various food products that are at hand if proper choice is made to keep the body in good condition. It is therefore necessary to give some study to the question if one really wishes to make a selection on the side of health and efficiency.

The majority of people think of the food problem from the standpoint of pleasure, rather than from the angle of supplying materials which will build a good body.

Another point that should be remembered is the fact that there are many fads in the air today, and it is easy to get side-tracked on a line of eating that will be detrimental. The real facts that are essential in connection with a proper food supply are not very complicated, and can be easily mastered by the ordinary individual.

The Biblical statement, "Whatsoever a man soweth, that shall he also reap," is abundantly true in connection with health matters. In fact, this statement has a very special application in connection with the dietary problem. The food supply may be compared to lumber which is used in building a house. If the timbers which are used in constructing a building are defective and weak, then the resulting structure will be correspondingly fragile, and thus unable to withstand the stress of wind and storm. Applying this principle to the body temple, when it is supplied with poor quality nutrients it will be unable to resist the attack of disease germs, and thus may fall an easy prey to their constant warfare.

For convenience of study, the dietary problem may be subdivided into seven headings as follows:

SOUND FOOD

One of the Things

By Edward

1. Protein.
2. Calories.
3. Mineral salts and water.
4. Vitamins.
5. Acid-base balance.
6. Bulk.
7. Combinations.

A brief discussion of each of these factors may be helpful as well as interesting to those who desire to preserve health and strength.

Protein food is essential, for it is the material from which the structure of the tissues is produced. The word "protein" means "of first importance." During the growing period of life larger amounts of protein are needed than in adult life, where the actual replacement of tissue is very small from day to day. Too large an amount may be detrimental as well as too small an amount. For an adult about 10 per cent of the total calories or 12 per cent of the weight of food should be in this form. The following foods supply protein in liberal amounts: milk, eggs, peas, beans, nuts, and grains. Many other foods supply smaller quantities. A quart of milk will supply about half the amount of protein needed for a day.

The calorie is the unit used in the measurement of energy output. With increased activity and work the output of calories is correspondingly increased. Therefore when one is doing hard work a larger number of calories must be supplied. For convenience in computing an individual's needs, the following figures are approximately correct: Ten to twelve calories per pound of body weight a day for a person who is resting in bed, fifteen to eighteen calories per pound for one who is doing sedentary work, and twenty or more for heavy work. Old people need proportionately less, and young



The best body-building a

OD-SENSE

hat Make Life's Successes

ey, M.D.

ople more than persons of middle age. Women require ghtly less than men. Sugars, starches, and fats are the ost important calorie-yielding foods. About 88 to 90 per cent of the total calories should be supplied by these foods, proximately one fourth by fat and three fourths by rbohydrates. Proteins also supply calories, but as a urce of energy they are not so desirable as those here entioned.

Mineral salts or ash of food is the portion which would main were the food burned. This ash consists very gely of lime, soda, potash, magnesia, iron, sulphur, osphorus, and iodine, although these substances are esent in very small amounts, they are just as essential are the more abundant constituents of food. Of these, ne, phosphorus, iron, and iodine are especially important. he mineral elements are usually supplied in sufficient antity if the food eaten consists of a good variety, and if a fairly large part of it contains the entire product as produced by nature. For example, entire wheat and other cereals are more sure to supply such constituents than are the refined manufactured products. Iodine is sometimes deficient on account of the fact that in certain localities the soil and water are very low in iodine content, thus being unable to supply the element to the growing plants which are producing the foods.

Water is a body regulator, and though not often classed as a food, yet its presence makes the digestion and handling of foods possible. As a rule, people drink too little water. Six or eight glasses should be used a day in addition to that taken with food. Food should not be washed down by liquid, and it will be found that better results will follow if a large part of the water ingested is taken between meals.

Vitamins are essential



Wheat is a nutrient rich in protein

food principles which have been more recently studied, but which are now recognized to be indispensable in the maintenance of normal nutrition. They are now classified in five different groups. Vitamins are found in most natural foods, especially in milk, fruits, vegetables, and whole grains. By eating a fair quantity of natural fresh food, the vitamin supply is usually sufficient for perfect nutrition. The dietary commonly used by the average English and American, consisting of white bread, meat, potatoes, pie and cake, and tea and coffee, is likely to be deficient in vitamins as well as inorganic salts. It would seem especially important then that the person who is now living on such a programme should give very earnest heed to more careful planning of his food intake. The remedy lies in eating more fresh fruit and vegetables. In other words, liberal use of food which is direct from the hand of nature, will give protection in a nutritional way.

Foods may be classified as to whether they yield acid or base (alkali) in the body. This refers to the final utilization of the food, and not to its condition in the stomach. The oxidation, or burning, of foods in the tissues yields in some instances acid bodies, while in others the resulting products are the opposite, or alkaline in reaction. It is important that there should be a balance in this regard, that is, the acid formed should be controlled by an alkali production as nearly as possible. Foods may be classified in accord with these facts as follows:

1. Acid forming—cereals, eggs, and meats.
2. Base (or alkali) forming—fruits, legumes, milk, and vegetables.
3. Neutral—fats, oils, starches, and sugars.

Our present knowledge leads us to select a dietary which will be fairly well balanced so far as acid and base forming foods are concerned. A marked excess of acid-forming over base-forming foods is evidently unfavourable to such organs as the kidney, and it is also decidedly detrimental to those who have a tendency to high blood pressure. The average American dietary has a tendency to an excess of acid formation, and this may in part account for the steady increase in kidney diseases and high blood pressure conditions. (Turn to page 28)



ucing foods are obtained

Is the Cotsworth

CALENDAR-REVISION SCHEME

Justifiable?

Biblical Facts Examined

By F. C. Gilbert, Hebrew Christian

IN THESE days of discussion of calendar revision we occasionally hear the question raised, Can we determine the proper succession of days? How do we know whether the days of the week we now have are in the true line of succession from the beginning? That is, do we really have the same cycle of days that was given at creation?

This really is a pertinent question, one that demands a correct reply. Men cannot afford to be in a quandary on this point, for it decidedly is a vital question.

Can Time Be Lost?

We at times hear it said, with a great deal of satisfaction, that it is impossible to trace back to the beginning the origin of the days, or the accurate counting of time. The idea that time has been lost has been received with such grace that a large number have come to regard it as self-evident.

However, it may well be asked, Is it possible to lose time? Is there some means whereby seconds, or minutes, or hours, or days, or weeks, might be lost track of? Can such a thing be possible? Without reverting to the Sacred Scriptures to prove this point, let us note what thoughtful men say who devote their entire time to the consideration of the heavenly bodies.

Dr. Harlow Shapley, director of the Harvard Observatory, Harvard College, Cambridge, Massachusetts, delivered a lecture before a large audience under the auspices of the Society of Arts of Massachusetts Institute of Technology in which he said, "The day gets one thousandth of a second longer every one hundred years."—*Boston Post, December 15, 1924.*

This scientist based his findings on the motions of the heavenly bodies covering a period of several thousand years. The movements of the sun, the moon, and the stars are so exact and accurate that the records preserved for centuries and millenniums are indisputable. If the day lengthens one thousandth part of a second in one hundred years, it means that there may be a gain of one second of time every one hundred thousand years. A hundred thousand years is a long period. While it is true there is a class who today discuss time by the hundreds of thousands and millions of years, we have no records to indicate that time in this world has covered more than six thousand years.

Archaeological Discoveries

The spade and pick of late have unearthed remarkable and unusual discoveries. They bring to us from the bowels of the earth stones and tablets covered with records of ancient peoples and times. These silent messengers bear startling revelations; yet thus far nothing has come to light to indicate that any living peoples inhabited this earth beyond the time indicated by written or authentic history.

Not a single piece of evidence has been offered to show that there has been civilization on, or occupation of, this earth prior to the time specified in the sacred word of God. It has yet to be proved that time has been led astray or has been lost somewhere in transit.

In turning to the record of the Bible in regard to time, we find a definite, concise statement of the origin of the weekly cycle. In the first chapter of the book of Genesis it is recorded that God performed certain specific acts of creation. The language contained in this introductory chapter of the Sacred Volume is clear, plain, and simple. There is no simile, nor metaphor, nor allegory. The language is evident, and the descriptions are easy of understanding. The narrative declares:

"In the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. And God said, Let there be light; and there was light. And God saw the light, that it was good: and God divided the light from the darkness. And God called the light Day, and the darkness He called Night. And the evening and the morning were the first day." Gen. 1: 1-5.

Following this Scripture statement through to the end of the first chapter, we find it recorded that God performed other acts of creation. On each day He called certain portions of this earth into existence. At the conclusion of each particular act of creation He designated a new day. For example: "The evening and the morning were the second day." Verse 8. "The evening and the morning were the third day." Verse 13. "The evening and the morning were the fourth day." Verse 19. "The evening and the morning were the fifth day." Verse 23. "The evening and the morning were the sixth day." Verse 31.

At the end of the first chapter of Genesis and

with the opening of the second chapter we note the following: "Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended His work which He had made; and He rested on the seventh day from all His work which He had made. And God rested the seventh day, and sanctified it; because that in it He had rested from all His work which God created and made." Gen. 2:1-3.

From the foregoing we learn that the Creator accomplished by specific acts His work of making this earth. No task was undertaken by Him that He left incomplete. He ended the work He began before another day was announced. At the completion of an act or a series of acts God pronounced a new day.

From the time the Lord began to create this earth until He said it was all completed there were just six days. See Gen. 1:31. These creative acts covered six different days, from the first day to the sixth inclusive. When the heavens and the earth were finished, the Lord added another day. This day He designated the seventh day. On this seventh day God performed no labour. He set apart this day for Himself, and He called it His rest day. He wanted the race to understand that upon this particular day He performed no act of creation. Hence He designated this seventh day as His holy rest day.

It must be clear from what has preceded that man had no part in the creation of this earth. He was not in evidence till he was created on the sixth day. (Gen. 1:26-29.) There was no man in existence during the time of creation. There were present the Father, the Son, the Holy Spirit. (Gen. 1:1; John 1:1-3,10; Heb. 1:1,2; Gen. 1:2). When man was placed on this earth, he had no knowledge of what had transpired prior to this creation. He was unacquainted with what

had been done save as he was informed by His Maker.

By the record that declares that God made all things in six days and rested on the seventh day, we have the origin of the days of the week, and the original cycle of seven days. There is no record of days or of time preceding the one found in Genesis, chapter one.

The Creation of Man

The record says that on the sixth day man and woman were formed. (Gen. 1:26, 27.) There is only a brief statement of what was told them by the Creator after Adam and Eve received the gift of life and their Eden home.

The scripture states that God gave man control of this earth. He told Adam to fill up the earth, and to carry forward the tasks committed to him. Man was placed as the supervisor of this planet. As long as he obeyed his Maker, he was assured of life, health, and every essential blessing.

To preserve time was no part of man's task. This necessity had already been arranged for by the Creator, for says the scripture: "And God said, Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years." Gen. 1:14.

Man's Disobedience

The heavenly bodies were to be guardians of time, under divine supervision and jurisdiction. It was impossible for man in anywise to reach these heavenly bodies or to influence them. They were stationed in the heavens, outside of human skill or ability to approach them. God would cause these bodies to rise and to set, and time would be guarded by these heavenly luminaries.

Just how long man lived in peaceful tranquility before he disobeyed we have no Scriptural infor-



The blank days proposed under the new calendar-reform scheme would have the effect of temporarily holding up much of the world's work

mation. We are told that the first parents sinned. (Isa. 43:27). They must die. (Gen. 2:17.) However, before God passed the death sentence upon Adam and Eve, He assured them of a hope through a Redeemer, if they in the future would obey Him. (Gen. 3:15.)

Though man had departed from the ways of his Creator, the days of the weekly cycle continued uninterrupted from creation. Adam and Eve understood the week of seven days, and they taught this to their children; for after Cain and Abel had been instructed of the promised Saviour, the record says: "And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the Lord. And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the Lord had respect unto Abel and to his offering." Gen. 4:3, 4.

The Hebrew rendering of that portion of the foregoing scripture—"And in process of time"—literally is, "And it came to pass at the end of the days."

In Genesis, chapter one, we have the record of the six creation days, followed by the seventh day as the Sabbath of the Lord in chapter two. Therefore at the end of the days, that is at the end of the weekly cycle, on the seventh or last day of the week, came the two sons of Adam to offer before the Lord, each his offering. Abel's offering indicated his faith in a sacrifice to come; Cain's offering showed a lack of faith in the promised Redeemer. Adam evidently instructed his family of the importance of showing faith in the coming Saviour, and of the necessity of worshipping the Lord on the Sabbath, the seventh day of the week.

The Weekly Cycle Preserved

Following the death of Abel, who was murdered by his brother Cain, to Adam was given another son, Seth. (Gen. 5:3.) The race multiplied till the days of the Deluge. At this time man had so increased in evil that God decided to destroy him from the face of the earth. To preserve and continue life upon the earth Noah, the tenth from Adam, was commanded to build an ark, in which he and his family were saved from destruction.

The eighth person in genealogical ancestry from Adam was Methusaleh. Adam was 687 years old when Methusaleh was born. (Gen. 5:3-24.) Since Adam lived to the mature age of 930, the first man lived contemporary with Methusaleh 243 years.

The latter was 369 years old when Noah was born. (Gen. 5:21-27.) Since Methusaleh lived to be 969 years old, he and Noah lived together 600 years. Noah was five hundred years old when his oldest son was born. His youngest son was one hundred years of age at the time of the Flood. (Gen. 5:32; 7:11.) The first fifteen hundred years of the world's history are covered by these three men, Adam, Methusaleh, Noah. There surely could have been no misunderstanding of the weekly cycle during the first millennium and a half of earth's history.

The weekly cycle was preserved during the

time Noah was in the ark; for when he left his refuge from storm and wind, the Lord gave him the assurance that this planet never again would be visited by a world deluge, in the following language: "While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease." Gen. 8:22.

To certify to Noah's posterity the faithfulness of this sacred pledge, God promised to put His bow in the cloud when a storm appeared. (Gen. 9:8-17.) So long as there exists a rainbow, we know that this earth will never again be visited by a world deluge; and we are equally certain that day and night will not cease. Day and night are the measurements of time.

The Posterity of Noah

The scripture says that Abraham, the father of the Hebrew race, is the tenth generation from Noah. (Gen. 11:10-26.) The latter died when he was 950 years of age. (Gen. 9:29.) When Abraham was born, the patriarch of the Deluge was 892 years old. Noah lived with Abraham 58 years.

Abraham was one hundred years of age when Isaac was born. (Gen. 21:5; 17:17.) The patriarch lived to be 175 years old. (Gen. 25:7.) Isaac was 60 at the birth of Jacob. Abraham lived to see his grandson Jacob celebrate his fifteenth birthday.

Isaac passed away at the age of 180. (Gen. 35:28.) He was contemporary with Jacob 120 years. The latter lived to be 147 years old, and he died. (Gen. 47:28.) Jacob was privileged to bless grandchildren. (Gen. 48:8, 9.) We now are brought to but two generations to Moses; for Kohath, who was grandson to Jacob was grandfather to Moses. When in the days of Israel's lawgiver God personally delivered the Ten Commandments audibly to the tens of thousands of the Israelites, the Creator confirmed the weekly cycle as He repeated the fourth commandment of the Decalogue.

So we have an unbroken weekly cycle of seven days from creation to the times of the Israelites. The week was not tampered with during these first twenty-five hundred years of earth's history. The Hebrew people preserved the week till the first advent of Christ, as is evidenced by the following Scriptures: Luke 23:54, 56; 24:1. Had there been any difficulty on this question at this time, the Saviour would have corrected it, for He originated the weekly cycle at creation.

When the canon of Scripture closed, the week was identical with that of creation week. Certain well-established and clearly defined facts prove that the days of the week from the first advent of Christ till the present time are identical. The heavens, the earth, the orbits, the technical instruments made by the cunning of man to detect the slightest error in the loss or gain of time unite in the declaring that the weekly cycle given by the mouth of the Lord at creation is unbroken. After six thousand years of this unmoved decree of God, will man now for the sake of commerce dare to disconnect this heavenly unbroken chain of time?

When God introduced the (*Turn to page 29*)

OUR HOMES

The Years Before School

By Mrs. Nestor Noel

ONE day I was on a visit with my four-year-old daughter. There were no other children in the house, and she was getting lonely. "Lend her a book," I said. They could not find a picture book. "Any book with large print will do," I told them.

A book with good plain letters was brought. To their astonishment, the little girl was quite happy, reading words here and there.

"She should not know how to read at her age," objected a woman.

"Why not?" I asked.

"It's bad for her health," was the reply.

This child had not been urged to read. At an early age, I had given her alphabet blocks with which to play. As she wanted to know what the blocks meant, I told her the names of the letters. From that, it was not long before she knew the words under the pictures on the blocks and was picking them out of every book she came across. It afforded her much amusement on a rainy day. Knowing something about books, she was, later, less timid at the idea of going to school.

There are other things, however, more important. Before reaching the school age a child should be taught to speak good English and should understand and practice pleasing manners. Some children are entirely untrained in the little courtesies before they enter school, and often school does not improve them in the least in this respect.

"I do not know what kind of manners the children are taught," remarked a woman to me once. "They seem ever so much rougher than before they went to school."

If the home influence does not keep the children as polite as they should be, it is unreasonable to expect the school to do so. It is the home life which has the most influence. It very largely determines the future. Before school age, when we think our children are learning nothing, they are really learning a great deal. It rests with us to see what they learn. In the bright sayings of children we often get an insight into their daily home life.

Are You a Chum?

WE mothers should be chums with our children. How are we to be real chums? We "kiss the place to make it well" while they are tiny babies; and when they are sick we stay awake for them night after night if necessary; we sympathise with them in their little troubles; when they break their cherished toys, we mend or

replace them. This is not all that is required of us. We share their tiny troubles patiently, but do we as patiently share their joys?

I once saw a lonely little girl in school on a celebration day. She was in tears. All the other children had their parents there. Why had not hers come? I tried to find out, but there seemed to be no real excuse. When our children have to recite in public, do we put off everything to go?

We can lose our children in more ways than one. We must play with them as earnestly as we work with them, and then they will tell us almost everything that is in their hearts. If we don't, they will think we are too "grown up" and will confide in others instead.

"I never think of you as grown up," said my daughter to me one day.

That seemed to me one of the highest compliments she could pay me.

Allow a child to crumple your dress a little. What are such trifles compared with her happiness?

Do you think you are a wonderful parent because you give your child enough to eat and drink, nice clothes to wear and a pretty room in which to play? Maybe she wants you to play with her.

When playing with a child, be careful to play as a child, or she will not enjoy the game. If you get a little disappointed (seemingly) because you lost, she will like you better. I know, I have tried it.

At the same time you must (*Turn to page 30*)

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Resolved

Each day I'll do my very best
The rules of health to keep;
With windows open while at rest,
Each night nine hours I'll sleep.
I'll clean my teeth last thing at night,
I'll eat whole wheat, not bread that's white,
And cereal which is good;
Then, out of doors I'll often play,
Rest after eating, too;
While lots of milk I'll drink each day,
And not forget to chew.
Green vegetables, fruit also,
I'll eat; drink water pure;
A full bath once a day or so,
And I'll feel fine, I'm sure!

—Selected.

Nature's Medicine Cabinet

THE kind of medicine which nature gives us is much better than the drug-store kind, which comes in bottles, often tastes bad, and hardly ever does much good anyway.

Some drugs may stop a pain or ache for a while because the strong poisons in them deaden the nerves of feeling.

Some drugs have a stimulating effect, that is, to whip up the nerves or get quick action of the heart and other organs. But, like the whip on a horse, they do not give the body real strength.

Medicines do not need to come in bottles, and we do not have to go to the drug store for them. A real medicine is that which makes health or gives it back to us when we are sick.

Nature's way is always the best way and that is true in medicine. Nature's laws, which are really God's natural laws, are the means of keeping us in health when we obey them.

If we get sick, it is because we or somebody has done something contrary to the laws of health. But nature is very good, and does everything possible to get us well again after we have made ourselves sick.

Nature's medicines are the same things that would keep us well in the first place if we would use them as we should. They are all pleasant to take and they give lasting benefit.

A good big dose of fresh air, taken ever so often, is one of the best blood makers there is. It helps purify the blood, and pure blood is most necessary to good health.

You don't think about taking medicine, do you, when you take a drink of nice, cool, pure water? And yet, it is one of the very best medicines to be had.

Good food, when rightly used, will build up the body and keep it in health. It is also one of the chief things used for a great many diseases. Doctors find it wonderful as a medicine.

One thing the doctor or nurse is always careful about is to see that a sick person gets sleep, because sleep will help to cure the sick one. So that makes sleep a medicine, doesn't it?

For, you see, anything that gives health is a real medicine. And that kind of medicine is good even when we are not sick. It is a kind of medicine that will keep us from getting sick if we use it.

Wouldn't it be ever so much better always to use these good health givers, and not have to be sick?—Selected.

Human Sponges and Bellows

YES, each child has two sponges which were not grown at the bottom of the sea. And they have holes in them, too, but not for little creatures to live in. These holes are to draw in air, for these human sponges are bellows as well as sponges.

You have seen people blowing up the fire to make it burn well. They lift up one handle and the bellows are filled with air. Then they press the two handles together and the air comes out again at the tube end, where it went in.

Can you guess which parts of your body are like sponges and bellows also? We call them lungs. They are in the chest. I wonder if you know how to take a deep breath and fill all your bellows with air? When you run quickly you can hear them working.

The children who want to win in out-door games must have good bellows and use every part of them. Take a deep breath and see how your chest swells out when you use the air holes. There is something in fresh air we cannot live without for longer than three minutes. Its name is oxygen. Therefore when you get lots and lots into your bellows, you are getting more life into you.

The sponge which grew at the bottom of the sea, when wet, can be squeezed into such a small space that the holes are closed up tight. The human sponges are like that, too. "But," you say, "I can't take the sponges out of my chest and squeeze them in my hands." That is true, but when you do not put your shoulders back, you are squeezing your sponges so that there are some holes where the air cannot enter. In fact, because of this very thing some people's chests are at the back instead of at the front. We call them round-shouldered. Boys look so manly when they put their shoulders back and bring out the chest in the right place, and girls look more graceful and will be more likely to have nice, rosy cheeks.

—A. E. Chappel.

MEATLESS RECIPES

Salads for the Sultry June Days

DURING the hot, trying days, when the members of the family seem to suffer from jaded appetites, it is so necessary to provide them with the food elements best suited for maintaining good health, and for this reason fresh, raw food should be a part of the daily diet of everyone. At least one meal a day should contain one or more of the fresh, raw foods in which vitamins are abundant.

Leafy vegetables are rich in mineral salts and vitamins, and in partaking freely of raw vegetables and fresh fruits we provide the body with invaluable elements for maintaining good health. By the judicious combining of vegetables or fruits a great variety of delicious salads may be made, and nothing is more refreshing on a hot day. Nearly all vegetables may be served in the form of salads, but those made with raw vegetables are more refreshing than those made with cooked vegetables, and the same may be said of the fruits.

Some of the recipes given may seem somewhat unusual to some of our readers, but try them, and see how good they are. The more substantial salads are suitable for lunches and may form the main dish of the meal. Always use lemon juice instead of vinegar in salad dressings. Apart from its delicious flavour, it contains natural salts and vitamins, so necessary to good health.

FRESH VEGETABLE SALAD

1 cup grated carrots, 5 young green onions,
1 cup tender green peas, $\frac{1}{2}$ cup mayonnaise dressing
1 cup celery cut fine, 2 tablespoons cream.

Slice the onions in very thin slices and mix with the peas and carrots. Mix the cream with the mayonnaise dressing. Reserve half for the carrots and the other half pour over the vegetables and toss them together with a fork. Shred crisp lettuce and line a salad bowl. Place the vegetables in a heap in the centre and make a ring of the grated carrots mixed with the dressing around the vegetables. Dot the top with a few candied red cherries and finely shredded lettuce and serve cold.

CABBAGE AND EGG SALAD

1 head cabbage, 4 eggs,
 $\frac{1}{2}$ cup mayonnaise, 1 cup finely diced cu-
Olives, cumber.

Select a small firm head of cabbage. Slice the heart very finely, add diced cucumber. Place three spoonfuls on a lettuce leaf and in the centre place a heaped spoonful of mayonnaise. In the

mayonnaise place one-half stuffed egg. Hard-cook the eggs until the yolks are mealy. Cut the eggs crosswise, take out yolks and mash with a fork. Add one teaspoonful mayonnaise and a few chopped olives. Fill the egg whites for the centre of the salad.

STUFFED TOMATO SALAD

Select large, firm tomatoes, the number desired. Remove the skin carefully with a sharp knife. Cut off a thin slice from the blossom end and remove the seed portion without breaking the tomato. To a sufficient amount of cream cheese for filling the tomatoes, add a little thick cream and chopped pistachio nut, walnuts or almonds. Fill the tomatoes, and on the top of each put a teaspoon of mayonnaise dressing or whipped cream. Serve on fresh lettuce or water cress leaves. Nuts may be omitted and finely chopped raisins used in their place.

CARROT SALAD

2 cups grated fresh carrots,
 $\frac{1}{2}$ cup chopped walnut meats,
1 cup chopped celery leaves or stalks,
1 tablespoon chopped parsley,
1 cup cream cheese,
 $\frac{1}{2}$ cup boiled salad dressing.

Mix the first ingredients and form into small balls. Serve on lettuce or water cress leaves; a little salad dressing on top of each ball. Plain cream may be used in place of salad dressing.

COOKED MAYONNAISE DRESSING

2 eggs, $\frac{1}{4}$ cup olive oil or butter
 $\frac{1}{6}$ cup lemon juice, 1 teaspoon salt,
 $\frac{1}{6}$ cup water.

Beat the eggs in the inner part of a double boiler. Add the salt and stir until well-blended. Then add lemon juice and oil or butter. Cook until mixture begins to thicken, stirring constantly. Remove from fire and cool at once.

RAW MAYONNAISE DRESSING

2 egg yolks, 1 cup olive oil,
 $\frac{1}{2}$ teaspoon salt, 2 tablespoons lemon juice.

Add salt to the yolks and beat until thick and yellow. Add lemon juice, beat until well blended, then add oil, drop by drop, beating constantly. When it commences to thicken, increase the amount of oil until all is used. The success of this dressing depends upon having the ingredients cold and upon adding oil slowly enough that it may be thoroughly emulsified before more is added.—*F.*



The DOCTOR SAYS



Ques.—"What is the best cure for hay-fever?"

Ans.—One treatment for hay-fever is a change of climate. If it is truly a case of hay-fever a course of inoculations is advisable. You would necessarily see a physician and ascertain what the substance is that is causing your attacks and then have inoculations accordingly.

Ques.—"I would be glad to know of some method of removing a goitre when it is in its first stages."

Ans.—Painting the neck with colourless iodine may be resorted to. You should take a certain amount of iodine daily with your food. Get the form of salt which is prepared with iodine from your pharmacist or from a first-class grocer and use it as required with your food.

Ques.—"Kindly tell me how to remove a somewhat obstinate bunion."

Ans.—The only successful way of removing a bunion is by operation. You may protect it somewhat by wearing a perforated pad over the joint, so as to remove the pressure. Use also broad-toed shoes or boots.

Ques.—"Three or four times I have had a bad carbuncle, and now it seems that it is returning again. I would be grateful to know of some good treatment for this."

Ans.—A course of inoculation against the germ causing your carbuncle is indicated. It should be what is known as antogenous vaccine which may be prepared by a laboratory under the instructions of your physician. One must keep especially clean with these carbuncles. The germs spread over the body and gain entrance in new places if one is not clean. The carbuncle itself, when discharging, must be prevented from distributing its contents over the body. When a carbuncle starts paint it with iodine. Give a large fomentation over the carbuncle with a smaller cold compress immediately covering the carbuncle itself. The fomentation should extend over a very large part of the area about the carbuncle.

Ques.—"What vegetable foods are good to restore the blood?"

Ans.—All green vegetables, especially those that grow above ground, and red fruits, are beneficial for anemia. Whole-wheat bread is also essential. Anemia most often results from impoverished diet, or is largely influenced by it. All the salts and chemicals needed in the body are found in fruits, vegetables and grains. Those from any other source are artificial. It may be necessary for a time to get mineral salts into the body artificially, but one should depend in general upon the vegetable kingdom to furnish the necessary elements in the blood.

Ques.—"I have a very sour stomach, and, of late, have had repeated attacks of sickness. Would you kindly recommend a diet?"

Ans.—For the immediate treatment of sour stomach take a glass of hot water, for a few days possibly adding half a teaspoon of bicarbonate of soda to the water. Gradually diminish this later, but continue with the hot water. Masticate your food thoroughly. Use a dry diet, taking liquids only between meals.

Ques.—"Could you please suggest the best method of treating earache?"

Ans.—Hot fomentations or a hot bottle applied to the ear will often give relief. A few drops of sweet oil or olive oil may also relieve the pain. If this is not successful, seek medical advice of your doctor.

Ques.—"What treatment should be given for an inactive liver?"

Ans.—The idea that the liver is at fault when people suppose they have bilious attacks, is an error. In nine cases out of ten it is because of constipation or too rich a diet. Simplify your diet. Use fruits largely, and avoid high protein diet, especially meat. Make sure that you are not constipated. You will find, as stated previously, that free water drinking will be very helpful in overcoming constipation and relieving toxemia which is always present in so-called liver inactivity. It may be that you will have to use some mild form of cathartic or laxative.

Ques.—"Could you advise me as to ways and means, if there are any, of at least retaining the little memory that my wife has left? Her memory has been failing for some time, but now it seems to be going entirely."

Ans.—There is little that can be done for loss of memory which takes place often in middle life or later, unless it be to keep the general health in as good a condition as possible. Usually this is a symptom which calls for very careful medical advice. The best thing you can do is to consult a good physician locally, who will advise you as to the best course to pursue.

Ques.—"I am a great sufferer from dyspepsia. For seven years I have been in poor health, and am compelled to take physic constantly to induce bowel action. My work is sedentary. Could you give me a home prescription?"

Ans.—We cannot recommend a substitute for fresh air, sunshine, and exercise; you must find time to get out of doors for an hour or two daily. Use fruit freely, both fresh and cooked, and especially oranges and stewed prunes and figs. Coarse breads and grain preparations are helpful. Take a glass or two of water in the morning before breakfast; also drink freely a couple of hours after your meals. Avoid all stimulants, condiments, and highly seasoned food. Eat at regular intervals, and not more than three times a day. Chew your food well, and see that it is well cooked. Fried foods are hard to digest, and should not be taken.

Ques.—"What is sick headache? Why does it appear periodically and run in families? What will prevent it? Also, what will cure it?"

Ans.—Sick headache or migraine, as it is technically termed, is a disease in which a periodic feeling of sickness and sometimes vomiting is associated with severe headaches, very often confined to one side of the head; there are also disturbances of vision, in which the patient may become partially blind or see bright specks or wavy lines. The cause of this complaint, its predilection to certain families, and its periodicity are unknown, although many theories on the subject exist; for these details the reader is advised to consult a textbook in medicine such as Osler's or Price's. The prevention of the disease is mainly dietetic. The diet should consist largely of uncooked raw food such as green vegetables and fruit; in addition, there should be a liberal supply of milk, soured by the lactic acid bacilli, some hard boiled eggs, and lactic cheese. For the treatment of the condition, many drugs are used, the most useful being sodium luminal and potassium bromide, which should only be used under the direction of a physician.

Ques.—"I am told that rest is not good for sprains. I would be glad to know, then, what is the best thing to do. I am still suffering from the effects of a bad sprain."

Ans.—Rest is of prime importance in the treatment of sprains; but you should consult your doctor to find out if you actually have got a sprain.

Nature's "Pick-Me-Ups"

By W. A. Ruble, M.D.

CONTRARY to our desires for easy ways to get ahead of Nature, there are few short cuts to health when we have sacrificed it upon the altar of our desires, habits, and passions. In these days of craft, cat-burglary, pick-pocketing, and other short cuts to affluence, the desire to get something for nothing, and to do it quickly, has thrust itself into the quest for health, when it is lost. In order to meet this desire, devices have been concocted to meet every condition of ill health. All one needs to do, when the penalty for his bad deeds overtakes him, is to take up the daily, or even religious paper, and scan the advertisements, or to study the bill boards, to find out immediately what is his trouble and the way to cure it.

Keen business men know the symptoms of disease as well as the doctors, and depict them so vividly in their advertisements, that most introspective people are led to believe they have the disease diagnosed. Of course, the quick cure is presented ready-made, and the gullible public swallows it by the gallon. It is a good business for the "quacks." Study the "ads" in the trams, tubes bill boards, and magazines, and newspapers out of curiosity and observe the psychology of it.

Let us analyse a case. Here is a person who has sacrificed his good health to pleasure, bad habits (overwork is a bad habit), or lust. He finds himself "off-colour" in health. He sleeps badly, has a bad, "dark-brown" taste in his mouth, his tongue looks like bread and margarine, and he has a dozen other harassing symptoms. He does not consult a respectable physician, but studies the "ads" about him and finds his exact condition portrayed. That's the medicine he needs—Pink Pills, Vincardis, Krushing Salts, Farsepherine—it matters little what it is. He is in the market for a "pick-me-up," a "get-well-quick," a tonic, something to buck him up. He takes it to his heart's content, and his health's discontent, for a while. If it has some depressant or narcotic in it, he feels better for a time, but soon finds that he is gradually getting worse. He has kept on his old bad habits, hoping to have their bad influence counteracted by the cure-all medicine. Finally, in a chronically ill condition, he seeks a skilled adviser and says, "Doctor, I must get well quickly; get me some medicine."

Let me tell you, you cannot get well that way. Definite results follow definite causes. If one sows for health, he will reap health. If he sows for disease, he will get it. If he becomes ill from ill use of his privileges and powers, he cannot get well in a minute and maybe not in a month.

But are there no natural "pick-me-ups"? No,

Nature does not say, "Thou shalt not," and then hold out a reward for disobedience. Neither are there artificial "pick-me-ups" that are safe and reliable. They are deceivers. Most of them cover up symptoms and allay fears for a period, only to mock the sufferer later. Much valuable time is thus lost that might have been used in construction work towards health. The greatest lesson in health preservation and health restoration is the old saying, "Whatsoever a man soweth, that shall he also reap." If one sows for health, he will reap it. If he sows for disease, it is sure to come. When it has come, there is no short cut to health. He must sow again and take time for the crop to grow before he can reap. But the reaping is sure in most cases, if reform is not delayed too long. But the old question springing from the old desire for quick recovery is, "Cannot you give me a 'pick-me-up'? Cannot I get well quickly?" In most cases, No. Sometimes a surgical operation will relieve a pathological disorder quickly. Sometimes leaving off a bad habit will bring relief quickly. Sometimes hypnotism or suggestion may relieve an imaginary ailment, but real chronic disorders, which have been coming on for years, must have a systematic course of correct living and rational treatment.

Here, then, are Nature's "pick-me-ups."

1. Observe proper habits. No one can go on wasting his energy on bad habits that are opposed to health. "Quit that meanness," is an old expression that is applicable here.

2. Eat proper food. The body is made up of what is taken in to the system as food. No man can construct a good building with poor bricks. Neither can a strong body be built from poor food. Take good, nourishing food at proper times, well masticated, and you are on the way to health.

3. Drink freely of water between meals. Water is the great purifier of the body within and without. Two quarts of water daily is a proper amount for adults.

4. Breathe deeply of pure air. Expand your lungs. Carry your chest in front of you, not on your back.

5. Exercise a proper amount each day in the open air and sunshine. Stagnation will cause anything to deteriorate.

6. Have some kind of diversion. Get a hobby, if you have not one. Let it be something which will take your mind off your daily work—something that is a decided change.

7. Do not worry.

These seven points are the surest and quickest "pick-me-ups" and they add no sorrow.

The Great Commandment

(Continued from page 15)

"Thou shalt love thy neighbour as thyself" is, according to it, the second great commandment of the law.

But there is a greater duty than that of loving our neighbour. "Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment." It is a great and essential principle. The call for loving devotion to be rendered to our Maker evidently is contained in the first section of the Decalogue. It is our bounden duty to live a life of active obedience in a spirit of love. The positive commandment in that section cannot be evaded. We must keep the seventh day of the week holy. We must outwardly observe the Sabbath by refraining from secular work from sundown on Friday till sundown on Saturday, but an outward observance is insufficient. Our Sabbath-keeping must have in it a loving recognition of the fact that God is the Creator of ourselves and everything which He has given us to use. The Sabbath institution is a lasting memorial of His power in the work of creating, performed from the first day to the sixth day of the first week of time.

"Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended His work which He had made; and He rested on the seventh day from all His work which He had made. And God blessed the seventh day, and sanctified it: because that in it He had rested from all His work which God created and made." Gen. 2: 1-3.

If the human race had persevered in the right observance of the Sabbath, their religion would have been protected by a very effective safeguard against forgetfulness of the fact that all they were, and all they owned, were the result of the creative and preserving power of God. Due recognition of this fact on their part would have tended to increase their love and trust.

When one keeps the Sabbath in the way that he ought to do, he will most likely be ready to obey in other respects. For his Sabbath-keeping springs from love, and he who loves God with all his heart will do anything He requires His servants to do. The keeping of the day holy, making present to his mind the fact of the Creator's infinite power and goodness, will inspire in him deep reverence, and he who truly reverences the Infinite One will surely obey all of His behests. Obedience is a true expression of love.

There are many people in the world today who are willing to keep all the commandments except the fourth. The first two they will observe because gods which have no power to help in trouble, like those made of wood and stone, are not to be trusted in. They will shun profane language because it is vulgar. Their parents they will honour because they are kind. And looking at the fifth commandment in its larger sense, there are those

who believe that it makes for happiness to be on good terms with every one. Many will refrain from killing because they do not want to be sent to the gallows. And they will keep the seventh commandment because they would not wish to break up a peaceful home. We may easily suppose that some will say that they do not steal because the police are alert, and that they do not lie because the true facts of a case often come to light in spite of concealment, and that they do not covet because they have enough of this world's goods and much to spare.

The rendering of such reasons reveals a large amount of self-interest as the ground of their observing nine of the principles of the Decalogue. The test of love for God has not been met and satisfied. The world's standard has been conformed to, but we have failed to discern the spirit of the true worshipper. An irreligious person might be keeping all of the nine commandments we have just at this point referred to. Those who try only to live up to the world's standard of righteousness have noted that the world does not require Sabbath-keeping, so they do not pay any attention to it. If they were worshippers of God, it would be very different, for they would look at the higher standard and seek to be adjusted to it by the saving, helping grace of God.

So the fourth commandment is a great test of character. And it should be carefully noted that the Creator has affixed His documentary seal to this very commandment, for it contains His name, His right to govern, and the territory over which He rules. His right to govern is revealed by the fact that He is shown in the fourth commandment to have created heaven and earth. The other commandments do not make reference to that fact. The Decalogue is one document, from which nothing may be removed; and as the seal is in the fourth commandment the whole document is satisfactorily sealed.

The importance of the fourth commandment is established by still another fact. We have seen from the quotation from Matthew 22 that love for God takes precedence of love for man. It is quite easy to see that he who loves His Creator will also love his fellow men, because they are God's creatures. Love for God compels love for all mankind. So when the Lord sanctified the Sabbath in the garden of Eden, He was announcing, and requiring the observance of, a great principle which included everything which we find in the Decalogue.

From these considerations, and from many others which could be mentioned, it is evident that it was a fatal step of apostacy which men took, when, early in the history of the world, they set up the festival of Sunday, or the first day of the week. This had the effect of destroying their regard for the Sabbath, or the seventh day of the weekly cycle; so that it passed out of the lives of multitudes altogether. And this apostacy prevails today. It is evident that Sunday can never be the test of love and character for the people of earth, because it is plain that the Lord has never enjoined

the keeping of that day as a Sabbath, or as a day of special religious privilege in any other respect. In strict conformity with Biblical practice, our work should start at the beginning of the weekly cycle; and it is clear that the Lord Himself set mankind the example when He began His work of creating our world on the first day of the week—in that first week of time.

The Sabbath comes at the close of the week, and not at the beginning of it. Christ kept the seventh day holy, and honoured His law. The following is one of the Biblical passages which may be read in this connection, because it throws a clear steady light upon our Saviour's manner of observing His own institution. "He came to Nazareth, where He had been brought up: and, as His custom was, He went into the synagogue on the Sabbath day, and stood up for to read. And there was delivered unto Him the book of the prophet Esaias." Luke 4:16, 17.

This Sabbath-keeping life of the Lord Jesus was very natural, for the rest day is a Divine institution; and, like a birthday, it is governed by a past event, and is therefore unchangeable. He Himself enunciated those two great love principles of the law which we found in our reading of that

passage from Matthew 22.

So in His life on earth He submitted to the great test of love and character, and kept the great commandment. His love for His Father in heaven was not a mere sentiment, not just a holy affection that stood alone. His love flowed out in active service. He actually observed the Sabbath day by keeping it holy.

And He loved mankind. And His love was not a mere heartfelt attachment to us as our Creator. It was much more than that. It was a love that flowed in service. It was an active love in a very wonderful sense. He died for us. He shed His blood to obtain our redemption from sin.

In the great test of love and character, Christ was found faultless. He met many other tests too, and He was always loyal to true principles. He never wavered in His love for righteousness.

He is our Saviour, not only in the sense that He removes our sins when we repent of them and confess them, but He imputes His flawless righteousness to us. And He also imparts righteousness to us. And having received that imparted righteousness, we seek the will of our Father in heaven, for in our hearts a love for obedience is born.

We Shall SEE HIM

By E. Hilliard

THERE is in every human breast an intuitive desire to see kings, queens, rulers, and others who have distinguished themselves in the estimation of their fellow men. A few years ago when the Prince of Wales visited Tasmania the streets were tastefully decorated, and everything was done that could be done to show honour to the Prince. The people came from near and far, and some at great expense, to see their honoured guest.

U. S. Grant became famous as a general in the American Civil War of 1861-63. After the war he was elected president of the American Republic, and for two consecutive terms, of four years each, filled the highest office entrusted to any man in the nation. At the expiration of his last term he made a tour around the world. Kings, queens, and nobles paid him great honour. Large crowds gathered in the great cities to see and greet him. At his decease his remains lay in state in the city of Chicago, and tens of thousands of people passed by to get a glimpse of the dead man.

But to behold men in high estate is of minor importance compared to seeing, at last, the King of kings and the Lord of lords in His resplendent glory. He says of Himself, "I receive not honour from men;" and then asks the pertinent question, "How can ye believe, which receive honour one of another, and seek not the honour that cometh from God only?" John 5:41, 44.

We should pay due respect and honour to those who rule over us, and there is nothing wrong in the desire to see them. But that which all

men should seek above everything else is the honour that comes from God only.

Today political men and women are seeking for high positions, some of whom are resorting to various schemes to attain their objectives. But these political aspirations, when realised, are only transitory. The honour is momentary compared with the abiding, everlasting honour that cometh from above.

Political controversy, with all of its perplexities and vexing troubles, is to soon end forever. A mighty struggle between Satan, the instigator of war and rebellion, and the Prince of Peace, is soon to take place in one terminal conflict that will eternally decide the rulership of the world. There is no question, whatever, as to which shall wave the banner of victory. Then the faithful followers of Prince Emanuel will not only behold their glorified King, and see Him as He is, but will have the honour of entering His everlasting dominion as subjects of His peaceful reign. They will also behold the eternal destruction of Satan who for centuries has filled our world with strife, devastating wars, intense suffering, sorrow, misery, and death. Listen to the words of the prophet as he foretells the devil's final destruction. He says, "Thine heart was lifted up because of thy beauty." "I will cast thee to the ground, I will lay thee before Kings, that they may behold thee." "I will bring thee to ashes upon the earth in the sight of all them that behold thee." Thou shalt be a terror, and never shalt thou be any more." Ezek. 28:17-19. With the source of all misery and trouble

reduced to ashes, there will be no fear of future trouble. Then the redeemed saints will inherit the kingdom prepared for them from the foundation of the world. Affliction will for ever flee away. "What do ye imagine against the Lord? He will make an utter end: Affliction shall not rise up the second time." Naham 1:9.

The Toll of the Managua Earthquake

(Continued from page 10)

Noah had built until they felt the first drops of the rain that was going to submerge the entire world. The condition of the world today is no different. We are told, that "As it was in the time of Noah, so it will be at the coming of the Son of man." Matt. 24:37, Weymouth. In like manner the Apostle Paul said the last days would be filled with "lovers of pleasures more than lovers of God." Men are so engaged in playing the stock market, attending prize fights, dances, moving pictures, and other like attractions, that the thought of God has been entirely crowded out of their minds.

True it is that there are more elaborate churches now than ever before, but the church has become merely a place to show off a new ensemble or to announce a social function. While retaining a "form of godliness," the worldly church has lost the power. In view of these conditions, is it any wonder that God should permit the world to be afflicted by such calamities as the one we have just witnessed within the last few weeks?

The great calamities by air, land and sea, taking by death annually their thousands of victims; the breaking forth of the turbulent waters into great floods; the cyclonic winds that go forth with demoniacal destruction, breaking houses and buildings, killing men and women,—all these harrowing catastrophes fit into the prophetic mould as given by the writers of the Bible. Luke says, "There shall be signs in the sun, and in the moon, and in the stars; upon the earth distress of nations, with perplexity; and the sea and the waves roaring; men's hearts failing them for fear, and for looking after those things which are coming on the earth." Luke 21:25, 26. Surely there are calamities of the past few months that answer perfectly to the Divine prediction, and Luke finishes the thought by saying, "And then shall they see the Son of man coming in a cloud with power and great glory." How many more destructive earthquakes, floods, fires, and storms will it take to awaken the inhabitants of this world to the fact that already judgments from God are beginning to fall upon a wicked, sinful world, and that soon Jesus is come?

Surely we need not dwell on the famines or pestilences that have held the world in their throes with especial violence since the World War. The terrible famine of 1919 in China, in which 13,000,000 were destitute of food, followed by the tragic one that convulsed Russia from end to end, and more recently the famine in China within the last year, coupled with the epidemics of influenza and malaria that took a toll of human life to be counted in the millions, are suggestive of the exact

fulfilment of that phase of the prophecy.

While it is true that there have been numerous earthquakes in ages past, the most disastrous ones have occurred within the last two decades, two of which took toll of nearly 300,000. These were the quake in the Kansu province in China, in 1920, in which 200,000 lives were lost, and the Japanese quake and fire in 1923, which destroyed 99,331 lives. To these may be added the very recent devastating eruptions in Burma, Persia and New Zealand, and now in Central America.

The student of the Holy Scriptures sees in the whole affair the accomplishment of one main objective, namely, the fulfilling of the word of prophecy that Jesus spoke, stating definitely just what the conditions would be before His coming. "Nation shall rise against nation, and kingdom against kingdom; and there shall be famines, and pestilences, and earthquakes, in divers places. All these are the beginning of sorrows." Matt. 24:7, 8. And events of magnitude and dreadfulness, such as have never before transpired in earth's history, are taking place before our eyes!

Sound Food-Sense

(Continued from page 17)

The properly planned dietary should contain a fair amount of bulk foods. A dietary containing only refined and easily absorbed foods has a very definite tendency toward constipation. By making up the food list so as to include fresh fruits and vegetables as well as whole-grain products, sufficient ballast or bulk is supplied to keep the motility of the intestinal tract up to normal. The most common remedy for the ordinary form of constipation is to include from one and one-half to three pounds of fruits and vegetables in the day's ration. If one persists in a programme of this character, he is sure to greatly benefit, if not cure, his intestinal stasis. Of course it is important to recognize those forms of delayed motility in which there is marked irritation or some surgical condition present in the bowel. These last-mentioned cases should be given appropriate treatment under the care of a competent physician.

In recent years the question of food combinations has not been given as much care as it should have. Much can be accomplished along this line if attention is given to the subject. This feature of the diet regimen is of special importance for those who are sick.

A few simple suggestions may be of value here. Rich and complicated mixtures of food should be avoided. Too great a variety at any one meal should not be taken. On the other hand, the food should be varied from day to day to prevent a one-sided supply of necessary elements in the dietary. Milk should not be mixed with an excess of cane sugar. Fruits and coarse vegetables are not the best combination. An excess of fluid should be avoided, thus giving more opportunity for chewing. Many other principles might be stated, but these will give a suggestion as to the possibilities.

It is hoped that this article will encourage those who read it to make a careful study of the food question with the view of supplying the table with tasty, appetizing dishes, and at the same time providing those nutrients which will build a sound body, and thus maintain efficiency for mental and physical work.

Some Marvels of the Human Body

(Continued from page 9)

from the earth, and it were given to you to choose the one kind of music which would be preserved to the human family, what would you choose to have remain—the violin, the pipe organ, the cornet, or the piano? Doubtless a chorus of echoes would respond, "Preserve to us the human voice." In the realm of music the voice is supreme. It will awaken and stir the deepest emotions of the soul as can no other instrument. Think of the varied qualities, the melody, the richness, the timbre, the range of pitch from two to three and a half octaves, and the individuality of the human voice. You can recognize the voice of a friend speaking over the telephone from across a continent.

Our voices differ as much as our faces. Let us suppose that upon man rested the task of constructing fifteen hundred million musical instruments, each to be so different from all the others as to be distinctive and easily recognized, in each instrument the designer to be limited to just two strings alike in every particular and less than one inch in length. Such is the organ of voice. The little voice box, the larynx, has stretched across it only two vocal cords, exactly alike and less than one inch in length. These are approximated, separated, and their tension increased or diminished by a delicacy and nicety of automatic adjustment through the action of certain laryngeal muscles in a manner truly marvellous. The question propounded so long ago to an ancient prophet is pertinent today. "Who hath made man's mouth? . . . have not I the Lord?" Ex. 4:11.

The marvellous organization, arrangement, and functioning of the brain; the form and structure of the heart, and the prodigious amount of mechanical work which it is able to accomplish; the delicate design and adaptive mechanism of the eye: the miracle of the organ of hearing; and the wonders of the voice,—all bear witness to the divine Architect, and declare that the living body temple did not originate as a matter of chance or accident, but had an infinite Designer and Builder. Truly may we sing, "The hand that made us is divine."

Keeping Fit in Hot Weather

(Continued from page 7)

meals. This will assist in freeing the body of impurities via the bladder and bowels. Lemon juice may be added with a little sugar if desired, but tea and

coffee throw an extra strain on the heart and nervous systems and should be avoided. Iced drinks and ice-cream, if taken in large quantities, produce a very harmful effect and should always be taken with caution.

Other things which must be avoided are indiscriminate and thoughtless bathing and unnecessary exposure to the direct rays of the sun. It is also advisable to avoid exercise and work beyond the point of fatigue during the hottest hours of the day.

A cold bath, unless it be unduly prolonged, produces considerable reaction in a healthy person and is, therefore, not suitable for reducing temperature. A tepid bath, however, taken approximately at the temperature of the body will be found most refreshing and should be taken at least once a day during the hot summer days.

Clothing, of course, is important, but on this point it is difficult to lay down any fixed rule. It would be better if we could vary our clothing somewhat according to the particular temperature that happens to prevail. If this were done more frequently, we should suffer less from chills and even more serious complaints. Failure to give sufficient covering to the chest and the legs is undoubtedly responsible for many disorders of the lungs and circulation which are so prevalent today, especially among women and girls.

Hot Weather and Diseases

Certain diseases die more or less a natural death with the advent of hot weather while others become accentuated. People suffering from certain diseases, especially those of the heart and brain, are more susceptible to changes in temperature and need to take special precautions during a heat-wave. Whenever possible such invalids should stay indoors during the hottest hours of the day and on no account should they indulge in violent or sudden exertion. Hurrying after a train or bus may just provide the breaking strain in such cases. Mental hurry and worry are as bad, or probably worse, and must be avoided at all costs.

What we should, or should not do, in hot weather is largely a matter of common sense. It is not so much ignorance which leads us into trouble as carelessness. A little forethought, therefore, is surely worth while for it may prove not only a health-preserver but in the end a great time-saver as well.

Biblical Facts Examined

(Continued from page 20)

weekly cycle at creation, He made it a permanent eternal institution. For says the scripture: "It shall come to pass, that from one new moon to another, and from one Sabbath to another, shall all flesh come to worship before Me, saith the Lord." Isa. 66:23.

What God hath joined together let not man put asunder. The cycle of the living God has been uninterrupted these thousands of years. Let no man tamper with this sacred ark of God's time.

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Prevention of Cholera, Typhoid and Dysentery

(Continued from page 11)

makes it clearly evident that one full dose of Bilivaccine (three tablets and three pills taken on three mornings) gives much the same degree of protection as two inoculations. The claim is advanced on behalf of Bilivaccination that it gives steady immunity for one year, 48 hours after administration, and that its use is free from drawbacks and quite simple. It causes no reactions of any description and it is not contra-indicated in any sense. There is no age limit, and no restrictions are imposed by any condition of health. It is understood that the Government of India have used, and are still using, large quantities of Bilivaccine, and that several Directors of Public Health issue, at judicious intervals, notifications and circulars calculated to encourage a larger use of Bilivaccines. A considerable number of municipalities, local boards, etc., are reported to use Bilivaccines, largely with marked advantage, because villagers, however primitive, have no cause to shirk the painless and safe Bilivaccination.

Missionaries have given Bilivaccines an ex-

tended trial, and it is not out of place to mention that this vaccine is sold to them at considerably reduced prices. The superintendents of a large number of missions say that the results obtained from Bilivaccination have proved distinctly satisfactory, and, in fact, far above expectations. If this be so (at least all available data definitely point in favour of Oral Bilivaccination), an immense field stretches ahead for the use of Bilivaccines. This treatment, which, among its other advantages, permits self-vaccination, should, if adequately promoted in India, go a very long way in ensuring the effective prevention, not only of cholera, but also of typhoid and dysentery.

Treatment of Skin Disease

IN treating diseases of the skin it is important to search for the cause. It is useless to apply a little of this or that lotion and to expect a cure unless the underlying cause of the trouble be found and removed. Each disease must be considered separately according to whether general or local remedies are required. No one form of treatment will cure all kinds of skin disorders; hence, "cure-alls" are not only worthless, but often do harm.

There are a few points, however, which will be found useful in most skin troubles. First, the diet must be strictly regulated in conformity with hygienic rules. Alcohol, coffee, and tea must be scrupulously avoided, as also must pickles, pepper, and all condiments. Coffee and pepper are especially harmful. In fact, a patient suffering from any form of skin complaint, should aim to live as much as possible on a fruit and grain diet, abstaining from all forms of rich and clogging foods. Milk and eggs may be taken in moderation. The chief points to be aimed at are that the diet shall be light, unstimulating, moderate and simple.

Worry, overwork, and anything that tends to undermine the general health must be avoided.

Local measures consist chiefly in cleansing the parts, then applying an appropriate antiseptic lotion or ointment.—*Selected.*

Are You a Chum?

(Continued from page 21)

teach her how to take losses in a game. Do not keep up the disappointment more than a second.

Laugh a great deal with your children. I once heard a child say, "We never laugh in this house unless we have visitors."

What a disclosure! What a life for that child to lead!

Do not be content to say that you do not understand your children. Study to understand them. If you have not been playing with them, try it as a new method of contact. The mother who plays with her children is the mother who is best beloved.—*Selected.*

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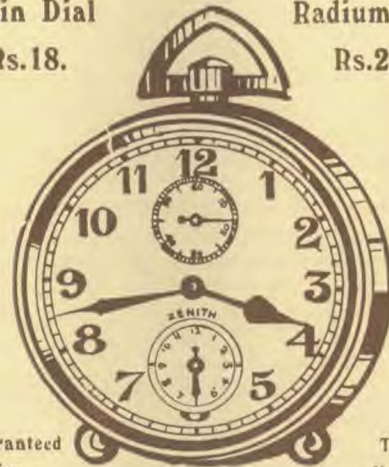
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