

THE
ORIENTAL
WATCHMAN
AND HERALD OF HEALTH



G. I. P., Railway Publicity Bureau.

THE CUFFE PARADE, BOMBAY

*Few People Escape Accidents. Read—
HOME EMERGENCIES*



THE largest gold nugget ever found in Western Australia was recently discovered by a boy prospector. It weighs 1,135 ozs 15 cwt., and is valued at £6,000.

AN Italian liner is installing large gyro-stabilisers which will keep the ship on an even keel through the roughest seas. They weigh 100 tons and cost a total of £200,000. The auto-gyros have proved successful on smaller craft, but this is their first use on a large ocean-going vessel.

RUBBER slabs for roadways have been used to good purpose in many cities of the world. Rubber is hard-wearing and effective for roads, and the expense has been decreasing gradually. The initial cost may be high, from £2 to £3 per square yard, but there are no maintenance costs and the roads last so long that they are a saving in the end. They do away with dust as well as noise.

THE "bacteriophage" or germ-eater that destroys the germ of dysentery has been well known for some time. Another germ has been discovered that will destroy the germs that form boils and abscesses. "Staphylococcus" is the scientific name for the organism that creates all forms of boils, carbuncles and abscesses. The new bacteriophage is its parasite, which grows on it and finally destroys it.

KINTARO SAITO is a vendor who tramps the roads around Sakagawa, Japan. He is young, strong, and cheerful, but very poor. At night he reads the newspapers, and if he reads some sad account of a widow in debt, or a sick man too poor to pay the rent, Kintaro sends those persons a postal order for a small sum. He cannot give much, but he gives all he has, playing the fairy godfather to people more unfortunate than he.

THE physical fitness of aeroplane pilots is tested by their ability to hold their breath for at least 69 seconds. This shows the efficiency of the respiratory system, including the lungs, the nerves which control them, and the blood circulation maintained by the heart. If something is wrong with any of these, the individual will not be able to hold his breath as long as 69 seconds. The test also indicates the stability of the nervous system when flying at high altitudes. It is a test of the candidate's ability and willingness to keep going and stick to a task under difficulties.

GEORGE SPERTI, an American professor, has just sold an idea for the sum of \$25,000,000, plus royalty. The money goes to his university for further research, and the purchaser is the General Foods Corporation of New York. The two chief uses of the invention are the preservation of foodstuffs, and the investing of them with vitamin D. Vitamin D comes from sunlight, cod-liver oil, and so forth, and prevents rickets in children. The ultra-violet rays of the sun are made to impregnate milk and other foods with this necessary and healthful vitamin. Selected rays may also be used to grow hot-house flowers more quickly. Poultry-men will find them valuable for their fowls. Also, Professor Sperti's invention determines what wave-lengths of light will kill bacteria. By killing these bacteria food becomes sterile and free from decay without altering the taste or appearance.

GERMAN research workers are perfecting a process which yields material closely resembling cotton. It is manufactured from the iron we use for constructing buildings. It looks and feels like cotton, but is black in colour. This defect may be remedied in time.

ENGLISH is taught in every high school in Japan, as well as in the rural districts, and school attendance is compulsory for children until they reach the age of fourteen. There is a movement on foot to Romanize the written language of Japan, which promises to meet with both popular and official approval.

THE Paris prefecture of police has decided to issue all blind men in the city white canes for use as signals in crossing the streets. Motorists are instructed to slow down or stop when they see such a cane raised over the head of the owner, for it is a signal that the blind man wishes to cross. Each white cane is stamped with a number to prevent misuse of the signal by unscrupulous persons, and the carrying of such canes by unauthorized persons was made a punishable offence.

A WONDERFUL new treasure chamber has been built below the streets of Paris. It took three years to construct, requiring the labour of 1,500 men. In the vaults will be accommodated a gold reserve worth £250,000,000. The chamber is 200 feet below ground, and covers an area of two and a half acres. Water and solid rock lie between the vaults and the street above. Anyone entering the elevator to the vaults has to pass through six steel towers protected by electricity. Any or all of these towers can be charged with electricity that would kill any person trespassing in the lift. In the event of war or revolution 1,000 men could be accommodated in the vaults, even if the bank above were to be destroyed. Food supplies are kept on hand. In an emergency the lift shafts could be flooded. Further protective measures have been taken, but these are known only to a few important government officials.

SOME people believe that if anyone succeeds in completely splitting up the atom such power will be released as will blow up the earth. Scientists, however, say that there are no grounds for alarm. Sir Ernest Rutherford has been able to knock off some protons from the nitrogen nucleus. Another scientist pried into the heart of the atom without blowing up the earth, or himself. Other experiments have been made with atoms with varying success, but none has succeeded in completely splitting up the nucleus. The Berlin Institute of Physical Research is about to try to crack an atom and convert it into radiation. Artificial lightning of fifteen million volts, which is the largest voltage ever created by man, will be generated to hurl at the atoms. The method is secret. A laboratory, an aluminium-lined chamber resembling a large boiler, has been constructed. It is built half underground on a concrete foundation. If scientists were able to split the stable nucleus of an atom and change the number and arrangements of its protons and electrons, they could transmute one element into another and unleash tremendous energy. It has been estimated that one million horse-power would be given off for one hour in forming four grains of helium out of hydrogen. Considerably greater energy would be produced if man could make positive and negative charges rush together and transform themselves into light rays. No one yet knows sufficiently the nature of the energy stored up in an atom to be able to tell how it can be released for practical uses.

HOME EMERGENCIES

Foreign Bodies in the Eye, Ear, Nose and Throat

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

THE presence of foreign bodies in such delicate organs as the eye and ear, constitutes a fairly common form of emergency likely to be encountered any day in the home, while such objects in the throat often threaten life acutely, especially in children. When this happens, it is not often that there is time to consult a book as to what to do. Therefore it is always best to obtain this knowledge beforehand and to be prepared, should such an occasion arise.

In the Eye

Do not rub the eye as this may damage its delicate structure or drive sharp pieces of metal, glass, or grit deeper into the eyeball. Examine the coloured part, or cornea, and the white part, or conjunctive, to see that this is free from foreign matter. If it is, then it is necessary to make a search beneath either the upper or the lower lid. Before doing this, however, it may be worth while trying the following simple methods which are often successful. First of all blow the nose forcibly, keeping the eyes closed. If this fails, try opening and closing the eye under warm water.

If the foreign substance still remains, make a careful examination of the eye and ascertain whether the offending particle is lodged beneath the upper or lower eyelid. If it is in the lower lid, evert this by pulling it gently downwards, thus exposing the inner surface. The foreign body will then most probably be seen, and can be removed by wiping gently with the corner of a clean, wet handkerchief or a piece of linen.

If the cause of the trouble lies beneath the upper eyelid, hold the latter between the finger and thumb and pull it forward from off the eyeball. Push the lower lid upward beneath the upper, and press the two lids together for a few seconds.



Then ask the patient to open the eye sharply. This procedure will probably remove the foreign substance, even if not successful the first time.

Should it not do so, the upper eyelid must be everted. To do this, seat the patient in a chair, stand behind him and lay a match, knitting needle or similar instrument across the upper lid, about half an inch above the lashes. Press the instrument gently backwards towards the eyeball, seize the eyelashes and turn the lid

upwards over the instrument. The foreign body may then be removed as before with the corner of a wet handkerchief.

If a piece of metal, or similar substance, be embedded in the ball of the eye, it is advisable to have this removed by a surgeon without delay. Should this not be possible drop one or two drops of castor oil on the inner surface of the upper or lower lid, apply a small pad, and bandage with sufficient pressure to prevent movement of the lids and eyeball, and leave until the next day.

Should acids or quicklime reach the eye by accident, plunge the face and eye at once into hot or cold water to which some bicarbonate of soda has been added. Open and shut the eye several times. Afterwards introduce a drop or two of castor oil into the eye and bandage to give rest.

After the removal of any foreign body, it is advisable to sooth the eye with a drop of castor oil, or warm compresses, and then to bandage for a few hours to give rest.

In the Ear

The ear is a very delicate structure and any manipulation in this cavity requires skill and care. Not only may the drum of the ear be easily pierced and hearing permanently impaired, but inflammation may be set up which may spread to the

membranes of the brain and endanger life. Never use instruments to remove anything from the ear. As a rule this only serves to drive the object further in and cause trouble.

Insects fairly frequently enter the ear, but as a rule, these are not difficult to get rid of. First lay the patient down with the head sideways on a pillow, the ear to be treated being of course uppermost. Pull gently on the lobe of the ear to open the passage and slowly pour in about half a teaspoonful of warm oil. This will float the insect out. If preferred, the ear may be syringed gently with warm water. Either of these methods is almost always successful.

If the foreign body projects from the ear, as in the case of a piece of pencil, etc., it may be carefully withdrawn, so long as there is no fear of its being driven further in during the process. A little warm oil poured in afterwards tends to allay irritation.

In the case of buttons, peas, beads, etc., it is best to obtain the aid of a doctor. Syringing and the use of oil should not be employed in cases where the liquid would tend to increase the size of the objects mentioned.

When children are concerned, they must be watched to see that they do not introduce a finger into the ear and so cause pain and damage by pushing the foreign body further in. To prevent this it is often advisable to tie the hands to the sides, until the ear can receive attention.

In the Nose

Foreign bodies in the nose do not as a rule give rise to so much anxiety or cause great trouble in removal. Apart from children who sometimes

introduce such things as pencils into the nose, the most common objects we have to deal with in this cavity are things likely to be taken in food, such as pips, pieces of bread, etc. Making the patient sneeze is usually sufficient to expel anything of this nature. This is easily accomplished by a pinch of pepper or snuff, or by tickling the nostril. If the foreign body passes into the back of the nasal cavity, it usually falls into the pharynx and is swallowed. It should then be treated as a foreign body in the throat.

In the Throat

As long as the foreign body is in the throat itself and not in the trachea or larynx, there is no great cause for alarm. Objects in the throat can often be removed by coughing or vomiting. Examine the throat carefully and remove the body if possible with the finger. In some cases, if smooth and not too large, the object may be pushed downwards into the stomach. Do not be unduly alarmed if an object has been swallowed and has passed into the stomach. Eat freely of such things as puddings and gruel to protect the lining membrane of the stomach and intestines, and as a rule all will be well.

If the foreign body has entered the larynx, the condition is much more serious and the nearest surgeon should be sent for at once. In the meantime try slapping the patient on the back between the shoulders, or if possible do this with the patient held head downwards by the feet. Try also passing the finger into the throat.

Should the patient become unconscious give fresh air and artificial respiration until the doctor arrives.

Rhapsody

By Eugenia T. Finn

*I shall remember only pleasant things!
Clean, wind-swept clouds; a magic moon on high;
The sparkle of the stars across the sky.
A ship afloat upon the silvered sea.
The songs of birds in grateful ecstasy;
The dance of leaves on every tree and plant,
To notes of Nature's deep, unending chant.
The glint of sunshine on a plane in flight;
The radio's clear tones on waves of light.
The laughter of the children at their play,
While Youth climbs up, where Aë has carved the way.
The love of those whose lives are linked with mine;
That human touch so close to the Divine.
I shall remember only pleasant things.*

CHRIST

in the Word of Prophecy

By Gerald Elden Hibbard



Divine prophecy serves as a light to mariners upon life's seas

PROPHETS of God, living before the time of Christ, were divinely informed concerning the life of Him who should come as the Divine Saviour of the world. This being the case surely from their description we can tell whether the conditions outlined beforehand were fulfilled in the life of Jesus. We will look through writings written, many of them, hundreds of years before the birth of Jesus; and the prophecies we shall consider will be of a specific, not a general, character. They will not be like the Delphic oracle which, at one time when inquired of by a certain king as to whether his expedition against another empire would be successful or not, gave the verdict: "Go forth, and a great empire will be destroyed." The king gave battle but was himself conquered. However, the priests of the oracle claimed that the prophecy had been correct—for had not a great empire been destroyed? The oracle had not designated which empire would be destroyed and so would have been right in either case. Such are not the writings of the prophets of the Bible from which we quote now.

The first mention we have of a Redeemer, in the Bible, is found in the book of Genesis, the third chapter and the fifteenth verse. The man Adam had sinned. Seeing nothing ahead but death, he was discouraged and fearful. But the pronouncement of God flashed a ray of hope upon the future. The words are these: "I will put enmity between thee and the woman, and between thy seed and her Seed; it shall bruise thy head, and thou shalt bruise His heel." This was spoken to Satan in the guise of the serpent, and in it Adam discerned that sometime in the future from among women would One be born who would have the power to crush the head of the serpent and put an end to sin, although He Himself suffer in the process. Through Isaiah we have the promise in the ninth chapter and the sixth verse: "For unto us a Child is born, unto us a Son is given: and the government shall be upon His shoulder: and His name shall be called, Wonderful, Counsellor, the Mighty God, the Everlasting Father, the Prince of Peace." This was written over seven hundred years before Christ, and contains the same (*Turn to page 29*)

The Burden

of OBESITY

How to Reduce Weight

By M. S. King, M.D.

Though most of us are deprived of this form of work, we can all find means of exercising our limbs freely.



THE question of obesity is one which is of more than passing interest to both the medical profession and the laity, and is worthy of the most careful consideration. It is probably of special interest to the women, both because they are usually more concerned about their personal appearance and because they have a tendency to put on flesh more readily than men. Many of us, when we get to the middle age of life,—that "fair, fat, and forty" stage,—find, that we show a decided tendency to put on extra weight, and that the waistline gets a little bigger year by year. The middle age of life has been described as that stage when we stop growing at both ends, and start growing in the middle. One authority has classified the four stages of obesity as follows: the enviable, the majestic, the comical, and the pitiful.

What we usually speak of as "fat" is known histologically as adipose tissue. Adipose tissue is rather peculiarly constructed, and appears under the microscope as a net work of reticular tissue which contains a great many droplets of fat, this fat at body temperature being in a liquid or semiliquid form. This adipose tissue is distributed in considerable quantities over the body, not evenly, but more in certain portions, such as the abdomen, the axilla, the cheeks, and the thighs. Even the most slender or emaciated person has a considerable amount of fat deposited in his body, women having a great

deal more than men. A very slender woman has more adipose tissue than a stoutly built man. This, perhaps, helps to explain the fact that women make such good channel swimmers.

A Reserve Supply

This fat deposited over the body acts as a reserve supply of food and energy. This is, perhaps, better illustrated in animals. In times of plenty they store up a reserve supply of nourishment to carry them over a time of want. With man it is nearly always a time of plenty, so that there is not such a variation of the fat deposits. The hump on a camel's back that enables him to go many days without food or water is the best illustration of this. Adipose tissue being a poor conductor of heat, also acts as an insulation, and helps to keep the body warm. Polar bears and animals that live in the icy waters of the arctic regions have a heavy deposit of fat, or blubber, that helps to keep their bodies warm. It also acts as a padding, and, in proper distribution, gives the body a rotundity and a symmetry that helps to make it beautiful.

When the fatty deposit becomes too heavy, however, it is prone to cause discomfort of mind and body, and becomes a burden to the individual and oftentimes a distinct menace to the health. Sometimes the deposit of fat is so extensive that it encroaches upon the tissues of the normal organs

of the body; for instance, replacing the muscular tissue of the heart, causing a condition known as fatty heart, with a subsequent weakening of the myocardium. The fats and carbohydrates which are taken into the body as foods and which are not converted into energy or stored in the liver as glycogen are mostly deposited in the body in the form of fat.

"Nobody Loves a Fat Man"

Extreme obesity is a most distressing condition. There is more truth than poetry in the expression, "Nobody loves a fat man." A person carrying around an excessive amount of adipose tissue is under a distinct handicap. This type of person, however, has an advantage, in that he usually takes life at an even tenor, worries very little, gets a lot of enjoyment out of life, and is good-natured. As one rather corpulent gentleman said to me when I remarked that fat people were always good-natured, "A fat man can neither fight nor run, so he has to be good-natured."

In taking up the treatment of obesity, it is first necessary to consider the causes of it. Heredity and family characteristics have an important part to play in the cause of obesity. It is natural for some people to put on weight, and next to impossible for others to do so. Different individuals differ greatly in the way in which they digest, absorb, and assimilate various kinds of food. A greyhound is built long and slender, and all the feeding you can do won't make a short, fat pug dog out of him; neither can you, by exercise and diet, convert a pug into a greyhound. Each has certain natural tendencies as to his physical development. A life of indolence and ease tends to obesity; although, because a person is fat, does not necessarily mean that he is lazy. A man doing hard, physical labour or athletic work is not likely to put on much weight.

Disturbances of the internal glands of the body which regulate the metabolism are oftentimes the cause for overweight, especially certain types of obesity. The thyroid and the pituitary bodies are the glands which are usually not functioning properly. The fat boy who waddles along the street, fairly bursting from his clothes, and the mountains of flesh to be seen in the side shows of circuses and carnivals are usually of this type. Glandular irregularities are generally accompanied by other irregularities and symptoms as well. A careful study of a case is necessary in order to determine just how much the endocrine glands are involved.

The Diet

The diet, of course, is a great factor in the cause of obesity. The fats and carbohydrates that are not oxidized in the body are stored up in it as adipose tissue. Oftentimes a person is eating too heavily of this type of food, and the body is overloaded with stored-up fat. The drinking of water does not cause the formation of fat, although it may, to some extent, cause the retention of fluid in the tissues, and keep up a person's weight.

Perhaps the most important phase of the question of fat, especially for those who are inclined

that way, is the treatment. The proper treatment of the more pronounced cases requires a carefully worked-out programme, the proper supervision of that programme, and a rigid adherence to it; and that means a lot of patience. Results can not be obtained in a short time. Most people who start out on a *regime* of this kind do not have the proper programme to begin with, and usually want results too quickly. It is not a good thing to lose weight too rapidly, as the treatment in that case is too severe, and the other tissues of the body suffer. From two to three pounds a week is as rapidly as a person should lose weight. The idea of a weight-reducing *regime* is to get rid of the superfluous adipose tissue slowly without depleting the normal tissues of the body.

The most important thing in the treatment of obesity, whatever the cause, is the diet. Most people realize this, but, as a rule, they do not have a very clear-cut idea of how to diet properly. Some will cut out a meal a day, and then eat enough at the other meals to make up for it. Others will go on a fast or an orange-juice diet for several days, only to eat heartily again at the close of their fast. By such a fast they are unable to keep up their strength, and they lose weight at the expense of other tissues as well as the fat. The ideal diet is one which will furnish enough strength and energy for the body and yet minimize the fat-producing elements. The idea is to diminish the caloric value of the diet, as far as is consistent with the maintenance of nutrition and strength. The character of the foods should be such that they are of low caloric value, and so the diet is voluminous rather than concentrated. It is highly important that the diet should contain enough nitrogen: in other words, 90-100 grams of protein a day are necessary to prevent breaking down of tissue.

It Takes Time

If the amount of fat to be lost is more than 8-10 pounds, 6-8 pounds a month is about as fast as a person should lose, and with the very obese not more than 40-50 pounds a year. It, of course, makes a lot of difference how heavy the person is, and how much exercise he is taking. For the average person about a 1,200-1,500 caloric diet, mostly protein, is the ideal one.

The patient who is slightly overweight can be reduced by confining his meals to vegetables, fruits, and eggs,—in general, it might be said any of the green vegetables; all fruits except bananas, and eaten without cream or sugar; eggs in any form; thin soups; and such drinks as buttermilk and lemonade. The foods to be avoided are the starches and sugars, fat meats, and oily or fatty foods, rich desserts, pastries, and thick soups. The urine of a patient on a reducing diet should be examined from time to time—the presence of acetone meaning that the dietary programme is too severe, and that body tissues are being broken down.

Exercise is another important item in a reducing programme. Many of these overly fleshy persons are unable to stand vigorous exercise, and their exercise should be (Turn to page 30)

The LEAGUE of NATIONS

By G. W. Pettit

*Russia has proved the mightiness
of her man power.*



THE organization of the League of Nations had its birth about twelve years ago. I do not doubt the sincerity of many statesmen who are the spokesmen for their countries in the League. It is evident that, in certain directions, better understandings exist. The League has worked to lessen the burdens of war, and in perhaps some reduction in the piling up of armaments and the reduction of standing armies. We have today more than four million men in Europe, with reserves of trained and experienced men that could swell the totals to twenty million, ready for a titanic struggle in less than a fortnight's notice. Though Germany has been humiliated, she could throw into a conflict at least four million strong, well-trained men within a few hours' notice.

The League of nations has sought to reach some agreement by which she might bring about a reduction of standing armies in Europe. Little impression has been made. France well knows Germany's preparedness. Italy has a mighty host that she could use at a few hours' notice, and France well knows that.

The representatives of the nations who meet in the League council, are, for the most part, men of experience, and I do not doubt their good intentions. Further, I believe that an all-wise Providence has used these men to safeguard the lives of innocent mothers and children, and to guide the affairs of state with the effect of postponing the day of resumption of international hostility. There is a scripture that speaks of the winds of war being held back by four mighty angels, who stand as sentinels to prevent universal war until the gospel of a soon-coming Christ has been preached to the nations of earth. "And after these things I saw four angels standing on the four corners of the earth [indicating the four directions of the compass], holding the four winds [of strife and bloodshed] of the earth, that the wind should

not blow on the earth, nor on the sea, nor on any tree. And I saw another angel ascending from the east, having the seal of the living God: and he cried with a loud voice to the four angels, to whom it was given to hurt the earth and the sea, saying, Hurt not the earth, neither the sea, nor the trees, till we have sealed the servants of our God in their foreheads." Rev. 7: 1-3.

God has used men to accomplish His task. It has been no easy task that has been entrusted to those who seek to maintain "peace."

However, it must be admitted that the League of Nations has not done what had been expected of it. There have been men on those councils who have met with sinister motives, and on more than one occasion this League of Nations, in official meetings, has ended in fist fights, and the strifes already in existence have been fanned into the next thing to open hostilities.

Some Vital Facts

I wish to present some facts to help you to gain a better conception of its impossibility of bringing about a *millennium of peace*.

1. As long as selfish interests are found in the human heart, we may not expect to see very much accomplished by the advocates of peace.

2. As long as nations continue to pile up their huge armaments by land, sea and sky, and to increase their standing armies to a position not known prior to the Great World War, and as long as nations have to groan under the load of burdensome taxation, we can not hope for lasting peace.

3. Wars come about oftentimes as a result of misunderstandings. Misunderstandings increase between nations in proportion to the points of contact between nation and nation. The past quarter of a century has increased very materially the points of contact between nations, and thus has opened wide the door leading to war. Any present day contact in any one line may lead to war, and

May We Look to the League to Bring to Our World a Millennium of Peace?

end in the destruction of humanity. There are political contacts, social contacts, industrial contacts, commercial contacts, financial contacts, border-line contacts, international contacts, religious contacts, customs-and-duty contacts, rights-to-cross-boundaries contacts, and many others that might be mentioned.

4. As long as nations are overcrowded and are seeking contacts by which they may find openings for their surplus manhood and legitimate occupations, there is bound to be war. Italy has her land all occupied. Her population is on the increase. She has no outlet for her people. She must keep in mind and maintain an army strong enough to enable her to force doors open in other countries for her citizens. Italy has this ever in her mind. Japan is looking in different directions for a place for people of her greatly over-populated country. She has her eyes on the most fertile portions of China, particularly Manchuria. She is also glancing at Russia's great grain-growing belts. She has her eyes fixed on certain island groups, one of which is the Philippines. Fertile California, on the western shores of America, also attracts her attention. Japan is hastening her preparations that one of these days will surprise the civilized world. She must break open some closed door for her nationals, and it takes not only a strong navy but a mighty standing army for this. Germany still looks with a jealous eye over at France, at Poland, at the little country of Belgium, and she hopes some day to find an open door to the Adriatic and the Black Sea. She too is secretly preparing, and the diplomats that meet around the League-of-Nations table well know it.

5. The far-flung British Empire has her vital trade route that must be kept open; and her vast colonies to nourish and foster, as well as to protect from the hand of the intruder. She can not expect other nations to guard her interests. This involves the serious question of preparedness by land, sea and air. The very recent development of aeronautics has greatly increased the dangers of contact and misunderstanding. We have at times felt it in connection with the important mail routes to India and other countries.

Let us look at the League of Nations from God's viewpoint. His viewpoint is clearly revealed in Bible prophecy.

See Micah 4:1-3; Isaiah 2:2-4. Here the great God has spoken. We see pictured a great league of nations in the last days. (Such an organization had its birth in the first years of the dawn of the *twentieth century*). He tells us that the nations would in the "last days" say "neither shall there be war any more." When that great Peace Palace was built at the Hague, the Czar of Russia was the sponsor of the call to a great council of the representatives of the nations to a "peace conference." The nations responded to the call. Their representatives were nearly all there. Every minute of that great peace council in the Hague, the Czar of Russia was, with red-eyed frenzy, preparing for war in his homeland, whilst his smoke screen of "peace" lay heavy upon the hearts of the representatives of the nations. Every peace conference held from that day to this has resulted in some nation gaining very material advantage. Japan, Italy, and France have made tremendous gains at the expense of more peaceful nations. Every detail of these prophecies has had its fulfilment. They have said that they *would never again go to war*, yet notwithstanding this cry of disarmament, they go on preparing for war at a prodigious pace. In Joel we are told what God has said, whilst the nations in their peace conferences are "crying disarmament" and "no more war." Prophecy says:

"Proclaim ye this among the Gentiles; Prepare war, wake up the mighty men, let all the men of war draw near; let them come up: Beat your ploughshares into swords, and your pruninghooks into spears: let the weak say, I am strong." Joel 3:9, 10. The verses which follow locate the time as just prior to the second advent of Christ—a time when there will be a great awakening among the weaker nations of earth. Japan, only a few years ago one of the weak and almost unknown nations, has in a little over a quarter of a century, risen so that she now takes her place along in the councils of the great nations. In fact, every time any convention of governments meet for council, you will today find Japan occupying a front seat. Admittedly, she is today one of the great nations of earth. A few years ago the other nations felt they would hold Japan down to a low ratio in armaments, but every important meeting Japan has scored one (Turn to page 27)



The late Czar Nicholas II of Russia, grandson of Christian IX of Denmark

The Principles of COOKING

Some Things to Remember in this Important Science

By George E. Cornforth, Dietitian



Our girls should study Domestic Science

A GREAT interest in the science of food and food preparation has been stimulated by the introduction of the name "dietitian," and young women are taking a full college course in schools of dietetics. This is good. The terms "dietitian" and "dietetics" have given a dignity to the profession that is not carried by the words "cook" and "cooking." Of course the dietitians will say that a dietitian is far more than a cook and dietetics includes much more than cooking, which is true. It would certainly be safer for those who must do the eating if all cooks were dietitians. However, many dietitians who have taken their courses in some school of domestic science, while they have acquired a valuable fund of scientific and theoretical knowledge about food and how it should be prepared, have had a ridiculously small amount of actual experience in the preparation of food, some having cooked as much as half a potato, for example, so I have read, during their course; but we learn by doing. The more practical experience in the handling and preparation of food that can be put into courses in domestic science and dietetics, the greater will be the skill, ability, and proficiency of the graduates of the school.

A food is a substance which, when taken into

the body is used to provide heat and energy, to build tissue, to repair wasted tissue, and to regulate body processes.

Cooking is the art of preparing food for the table by the application of heat and dressing. It should facilitate the process of digesting the food, and may, in some cases, start the process. Poor cooking often renders food less digestible, and the eating of such food sometimes results in digestive disturbances, headaches, and other ills, and may even be the cause of a craving for stimulants and tobacco.

The objects sought in cooking are, besides making the food more digestible, to develop food flavours, to make food more palatable and more attractive.

Both Science and Art

Cooking is both a science and an art. As a science, we have said it prepares food for digestion—makes such changes in the food as will leave it in a better condition to be acted upon by the digestive fluids. Cooking breaks up the organic structure of foods, as in the softening produced in a potato or an apple by baking, in cereals and legumes by boiling, and in vegetables by boiling and steaming. It produces chemical changes, as the change

of starch from insoluble to soluble by boiling, and to dextrin by browning or baking. It destroys living organisms, germs or bacteria (they may be disease germs or the organisms that cause food to spoil), as in sterilizing milk, and in cooking fruits and vegetables in the process of canning.

Good cooking is as necessary in a cottage as in a royal palace.

Of cooking as an art, Robert Burton, in the sixteenth century, said, "Cooking is become an art, a noble science; cooks are gentlemen." Later some one said, "The fine art of cookery consists in developing the full natural flavour of the foods themselves, and in combining them in pleasing ways." Some one else has said, "Good pies are more popular than portraits in oil. . . . A plate of good scones is an accomplishment of which the daughter may be proud. When diplomas stand for fitness for work, the one from the cooking school will be prized over all others. . . . It is as necessary to have good cooks as good chemists, and, after all, there is not much difference between the chemistry of the test-tube and that of the casserole."

Under this phase we notice that cooking changes the appearance of food. A raw potato does not look very appetising, but the sight of a hot baked potato, may "make the mouth water." Cooking develops food flavours. The flavour of raw beans does not appeal to us, but almost anyone enjoys sitting down to a dish of well-baked beans. Cooking also enables us to serve food at different temperatures—soup hot, desert cold or even frozen.

Methods of Cooking

I am sure it is not necessary for me to discuss here the different methods of applying heat to food, as boiling, stewing, baking, steaming. But perhaps this might bear repeating, that water boils at 212° F. The loss of heat from the surface of boiling water is rapid enough to prevent the temperature of the water from rising above 212° F. No matter how hot the fire, the temperature of boiling water in an oven or simply covered kettle cannot be made hotter. For this reason it is wasting fuel to try to hasten the process of cooking by increasing the fire after the water in which the food is cooking has begun to boil. The temperature of water can be made hotter than 212° F. by confining it under pressure while heat is applied, as is done in a pressure cooker. By the use of one of these utensils the time required to cook cereals or beans, for instance, can be greatly lessened. And with one of these outfits fruit and vegetables are canned with much more certainty that they will not spoil.

Baking temperatures are named as follows: Slow oven, 270° to 350° F.; moderate oven, 350° to 400° F.; quick even, 400° to 480° F.

Frying Should Be Avoided

Frying is a method of cooking that is not to be recommended from the standpoint of the wholesomeness of the food thus treated. If frying is a proper method of cooking, as some, relying on their taste, would like to believe, it would seem that the Creator must have made a mistake when he created us. He should have put the fat-digesting enzyme in the

mouth, so that it could digest the fat off from the outside of the food and prepare the rest of the food for digestion in the stomach. But He did not do this. He has the fat-digesting fluid enter the digestive tract below the stomach. And in harmony with that arrangement, when the Creator makes a combination of fat with other food substances, He puts the fat on the inside, as it is in cream, olives, and nuts; and when these foods are acted upon in the stomach, the other food substances are digested away and the fat is set free, ready for digestion when the food leaves the stomach. But when cooks—that is, most of them—make a combination of fat with other food, they cook the fat on to the outside. The making of mayonnaise salad dressing is an exception. In this an emulsion is made in which the droplets of fat are incased in the substance of the egg used in the dressing.

On Using Measures

Accuracy in measuring and in following directions is very essential to success in cookery, on the part of a beginner or one who has not had considerable experience; and even one with experience must measure accurately in making some things, in order to have success instead of "luck." Failure may often result because one does not carry out some little detail in the recipe, or imagines that the recipe means something it does not say.

Flour, meal, and powdered sugar should be sifted before measuring. A cup of dry material is measured by dipping into the cup with a spoon more than enough to fill the cup, then, with a knife cutting off the material level with the top of the cup. A cup of liquid is all the cup will hold, not simply as much as can be conveniently carried in the cup. Tin or glass measuring cups marked off in quarters and thirds should be used in measuring. A tablespoonful or teaspoonful of dry material is measured by dipping up with the spoon more than enough to fill it, then with a knife cutting the top off level with the edges of the spoon. It is well to have a combination measuring teaspoon that includes a half and a quarter teaspoon. Be sure, when measuring, not to confuse a tablespoon with a dessertspoon. A tablespoon holds four teaspoons, but a dessertspoon holds only two teaspoons.

Eggs

EGGS are rich in protein, and the yolk, particularly, contains a generous amount of fat-soluble vitamin and cholesterol. In most digestive disorders eggs are well tolerated. There are but few contra-indications to their use. Because of the amount of cholesterol in the yolk they should be restricted in all cases of gall-bladder disease, especially if stones are present, and in pregnancy, as in these conditions the blood and bile already contain too much cholesterol. In acute inflammatory conditions of the stomach and intestines, eggs are digested more easily when poached, coddled, or soft-boiled.—*Selected.*

TOBACCO—

a Great World-Menace

By G. F. Enoch

DO not consult a drug addict expecting an unbiased opinion concerning his favourite habit. He has created in his physical system an unnatural craving which can only be satisfied by his favourite indulgence. His judgment is warped. But if you want to know whether tobacco is injurious or not, approach the consideration of the question in a scientific manner—analyse its ingredients, study their effects on men and animals, pass under the rod of careful investigation large numbers of smokers and non-smokers—then you will learn the truth.

Such an investigation results in but one conclusion—tobacco is one of the greatest of present-day menaces to the health and vitality of the world. While medical science is reducing the mortality due to such diseases as tuberculosis, small-pox, diphtheria, etc., there is an alarming increase in deaths due to organic diseases. Degenerative tendencies that undermine the very foundations of life are being manifested in many ways, particularly among those who have passed middle life. The use of any drug that weakens the vital organs so that early or premature death results in times of physical stress and strain, should be summarily discarded. Tobacco is such a drug.

Let us examine some of the evidence. *Pereira's Materia Medica*, p. 567, quoted in "Enemies of Health" by Mr. Mookerjee, says of the drug nicotine; "Nicotine is particularly a heart poison. It acts also on the blood vessels and kidneys, giving rise to high blood pressure and hardening of arteries. Nicotine is an energetic poison, destroying life with a suddenness and activity almost equalling hydrocyanic acid."

The late Sir Lauder-Brunton, eminent English physician and surgeon, said, "Tobacco produces first convulsions and then paralysis. When applied in small doses to a frog's heart it causes the beat at first to become slow and afterwards to become quick. In mammals it causes a slowing of the heart with enormous rise in blood pressure."

We could quote much scientific testimony proving to the hilt the poisonous nature of nicotine even in smallest quantities. But this is not the only charge against the cigarette. The *Journal of the American Medical Association* Oct. 12, 1929, contains a lengthy article, entitled "The Composition of Cigarettes and Cigarette Smoke," by Emil Bogen, M.D. The doctor says: "Nicotine, however, is not the only injurious agent to be found in cigarette smoke. Local irritation from the aldehydes formed during the combustion from ammonia, produced from other nitrogenous substances during the course of smoking, and from the heat of the smoke itself,

as well as the irritating tarry substances comprising the so-called tobacco oil, may not be disregarded."

Let us consider some of these other substances found in cigarette smoke. George Thomason, M.D., F.R.G.S., says, "Collidon is the principal substance giving colour to tobacco. Collidon is an alkaloid as poisonous as nicotine. It is so highly poisonous that the twentieth part of a drop will kill a frog. If a person breathes it for a few seconds he experiences muscular feebleness and vertigo." Dr. Thomason adds this testimony concerning another drug found in cigarettes, "Prussic acid is the most powerful poison known. To the presence of prussic acid in tobacco, certain phenomena are due, namely, vertigo, headache and nausea. The quantity of prussic acid varies in different kinds of tobacco, being strongest in the Havana brands. The black semi-liquid matter that is condensed in the interior of pipes contains both prussic acid and nicotine."

Carbon monoxide is another by-product of cigarette smoking. Concerning this and furfural, still another deadly product of cigarette smoke, Dr. D. H. Kress, neurologist in one of the largest hospitals in Washington D.C., says, "Carbon monoxide is extremely poisonous to the body, through its affinity for red blood cells, thus preventing them from absorbing oxygen. Its first effect is to produce quicker respiration and more rapid beating of the heart, trembling, and finally convulsions." Concerning furfural, the doctor says, "Immature or crude whiskey owes its poisonous nature to furfural. It is said to be fifty times more poisonous than alcohol. Each cigarette when smoked develops an amount of furfural equal to that present in two ounces of crude whiskey. Furfural seems especially to injure nerve and brain tissue. It is responsible for the nervous tremor in cigarette users. In time it produces intellectual and moral degeneracy in the young."

Thomas A. Edison, the great inventor, thus describes acrolein, still another cigarette smoking product, "Acrolein is one of the most terrible drugs in its effects on the human body. The burning of ordinary cigarette paper produces acrolein. This is what makes the smoke so irritating. I believe it often makes boys insane. We sometimes develop acrolein in this laboratory in our experiments with glycerin. One whiff of it from the oven drives my assistants out of the building. I can hardly exaggerate the dangerous nature of acrolein, and yet this is what a boy is dealing with every time he smokes an ordinary cigarette."

Columns could be taken in presenting the scientific evidence to prove the charges against

tobacco. For example "The Life Extension Institute" as organized in America for the purpose of maintaining a clearing house of information regarding personal hygiene and how to live so as to raise the standard of efficiency and to improve the vitality of the nation. To ensure scientific accuracy a board of 100 men eminent in medical science, and in educational work, was enlisted, with Ex-President William H. Taft at the head. One fruit of this effort was the famous book, "How To Live" by Prof. Irving Fisher of Yale, and Dr. Eugene Lyman Fiske, published by Funk and Wagnalls, which has run through many editions, and has been translated into many languages.

The Hon. Mr. Taft says, in the foreword, "The insidious encroachment of the chronic diseases that sap the vitality of the individual, and impair the efficiency of the race is a matter of increasing importance." In the preface of the fifteenth edition, issued at the close of the Great War, Ex-President Taft adds, "The test of war, however, revealed the startling degree of physical insufficiency that characterizes civilized man all over the world. According to General Crowder's report close to 40% of the men called in the draft (in U.S.A.) were disqualified for active military service because of physical defects." This is given as an added reason for bringing out the new edition of the famous book.

"How to Live" covers the whole range of vital matters, such as housing, food, poisons, exercise, hygiene, etc. Two sections of this book are given to the consideration of the effects of tobacco on the human system, and the scientific evidence presented is overwhelmingly against its use.

In this book we read, "The evils of tobacco have not been so much studied and are not so well understood as those of alcohol. But every athletic trainer observes that the use of tobacco lessens physical fitness. The ordinary smoker is unconscious of this and often denies it. He sometimes says, 'I will stop smoking when I find it is hurting me; it does not hurt me now.' The delusive impression that one is well may continue long after something has been lost from the fitness of the body, just as the teeth do not ache until the decay has gone far enough to reach the nerve. At Yale and at Amherst it has been found by actual measurement that students not using tobacco during the college course had gained over the users of tobacco in weight, height, growth of chest and lung capacity.

"Professor Pack of the University of Utah, finds that tobacco-using athletes are distinctly inferior to those who abstain. Professor Lombard of the University of Michigan, finds that tobacco lessens the power of the voluntary muscles, presumably because of the depressing effect on the central nervous system. There is also much experimental evidence to show that tobacco in animals induces arterial changes: . . . The tobacco problem bids fair to become one of the major problems of public and private health."

—*"How to Live," pp. 82, 83.*

"Later in the book we read, "Tobacco contains a powerful narcotic poison, nicotine, which resembles prussic acid in rapidity of action, when the fatal dose is taken. The percentage of nicotine present varies according to the brand and the conditions under which it is cultivated. The following figures are given by various authorities, London Lancet (vol. I, 1912. p. 944) .64 to 5.3%
French Dept. of Agriculture .22 to 10.5%

(CLI p. 23)

U.S. Dept. of Agriculture Bulletin

(102 p.12)

.94 to 5%

"Aside from nicotine it also contains small quantities of related substances—nicotellin, nicotine, a camphoraceous substance termed nicotianin said to give tobacco its characteristic flavour, and likewise a volatile oil developed during the process of preparation. On heating, pyridin (a substance often used to denature alcohol) picolin, collidin, and other bases are formed, as well as carbolic acid, ammonia, marsh gas, cyanogen, and hydrocyanic acid, carbon monoxide, and furfural. Furfural is a constituent of fuesel oil, which is so much dreaded in poor whiskey."

"It has been maintained by some that nicotine is practically destroyed in the process of smoking, and that the effects of tobacco are limited to the decomposition products resulting from burning tobacco, especially pyridin. . . . Recent painstaking experiments by high authorities have shown the presence of nicotine in tobacco smoke, and when we reflect that there is sufficient nicotine in an ordinary cigar to kill two men, it is not strange that enough of it may be absorbed from the smoke passing over the mucous membranes of the nose, throat and lungs to produce distinct physiological effect. . . . Nicotine is undoubtedly decomposed by burning, but it may become volatilized by heat, and a certain amount absorbed before decomposition takes place.

"Lehman found in tobacco smoke the following percentages of the nicotine contained in the tobacco: Cigarette smoke 82%, cigar smoke 25 to 97%. The *London Lancet*, 1912, gives the following figures: Cigarette smoke 3.75 to 84%, pipe smoke 77 to 92%, cigar smoke 31 to 63%.—Page 340.

This book cites expert opinion on the part of "hard-headed veterans of the Great War—active army surgeons, who handled men at the front." Major Lelean of the Royal Army Medical Corps, says "The effects of smoking on the heart and on the quality of the pulse are well shown by pulse tracings. Without going into the question of such various objectionable ingredients in tobacco as nicotine, and the more harmful furfural, one may say that excess of smoking produces rapid heart, muscular relaxation, and diminution of visual activity. These conditions result in shortness of wind which is bad for marching, and produce muscular tremor and loss of effective sight which it need scarcely be said are worse for shooting." He concludes, "Smoking should be forbidden; it causes thirst, tremor and rapid heart." Similar effects are reported by Capt. John Parkinson, of

the Royal Army Medical Corps, in the *London Lancet* of August 18, 1917.

Another authority quoted in "How to Live" is Dr. George J. Fisher, Secretary, International Committee, Young Men's Christian Association, in his interesting book "The Physical Effects of Smoking." In every experiment whether for accuracy of brain or physical precision or fitness, the decision was overwhelmingly against tobacco and its use.

In America the effects are so well understood that no athlete who expects to succeed uses tobacco. Connie Mack, the brainiest and most successful manager of base-ball teams, said "We find that players who smoke never amount to a great deal in the profession. Players, for instance, who should have continued in the game until they were thirty or thirty-five years of age, had to be let out before their time, as the cigarette poison had unnerved and weakened them so that they were utterly unfit for the duty they had to perform. There is very little smoking among our base-ball boys. We do everything in our power to discourage the use of cigarettes knowing the great harm it has done to those players who have

been addicted to them." Ty Cobb, the idol of the base-ball world, said, "Too much cannot be said against the evils of cigarette smoking. It stupefies the brain, saps vitality, undermines the health, and lessens the moral fibre of the man."

The same testimony is born in the football field. Red Grange a noted football player and non-smoker says, "You cannot drink and smoke and expect to succeed as an athlete." Knute Rockne, one of the greatest football coaches the world has produced, recently killed in an air accident, was offered \$2,000 by a certain maker of well-known brand of cigarettes for a recommendation, but indignantly spurned the offer. "Hurry-up" Yost of the University of Michigan said, "I have four all-American stars. Not one of them has ever taken a drink or ever smoked. Are they effeminate? The four of them can handle thirty of the other type without straining a muscle. They are men of the highest order, and their influence extends far beyond the athletic field."

In the *London Standard*, July 4, 1930, Big Bill Tilden attributed his falling off in the tennis field as due to the fact that he (*Turn to page 26*)

Solving Problems

of Human NUTRITION

The Present-day Message of the Clinics

By H. C. Menkel, M.D.

THE writer has recently returned to India after eight months spent largely at important research centres and clinics in Europe and America.

It has been suggested that I share with readers of the *ORIENTAL WATCHMAN* some of the inspirations received from observing the indefatigable research workers wrestling from nature those important secrets which mean so much to suffering humanity. This I shall attempt in several articles to follow.

In the field of metabolism or nutritional research one experienced thrills of pleasure at being associated with a department in medicine which is effectively solving some of the most basic problems of human nutrition and therefore of human progress.

After weeks of wandering through corridors that literally house thousands of small animals, all under experimental feeding observations, one became conscious of an obligation of gratitude toward these lesser members of the animal kingdom for the valuable fund of information they are yielding, so that we—"lords of creation"—might learn how to live lives more worthy the living and more full of potential promise.

To the diabetic, the hypo and hyper metabolic, these lesser animals are in a manner saying: "Cheer up brother, we have good news! there is real hope

for the effective relief of your problems through the newer dietary findings."

At another centre I saw the deaf being made to hear. Old chronic catarrhal deafness, for which there has been no word of hope under older methods, are now finding new joys in restored hearing.

Perhaps the most enthusiastic joy-centre I found was at a cancer clinic where, during one week, I saw more real miracles than I have seen before in all my twenty-five years of medical practice.

But where one becomes optimistic is in seeing children who were crippled by that scourge of childhood—infantile paralysis—literally being trained back to almost full use of the affected members by methods now being employed.

While at Boston I observed Miss Stern at work in her Social Centre and listened to records of cases where seemingly incorrigible and criminally inclined youth have been helped to a correct mental attitude toward life. They were readjusted and have become useful and contributing members of society.

These are some of the things I hope to share with you in the next few numbers of this magazine. I shall try to suggest how we might apply the findings to our problems in India.

EDITORIAL



The Transfiguration of Christ

THERE can be no complete understanding of the significance of the transfiguration of Christ recorded in the inspired narratives of Matthew, Mark and Luke, until these accounts are read in connection with one of our Saviour's utterances of a few days earlier. In the presence of His disciples He said, "Verily I say unto you, There be some standing here, which shall not taste of death, till they see the Son of man coming in His kingdom." Matt. 16: 28.

This promise received very speedy fulfilment. To Peter, James and John, members of that company of hearers, was given the privilege of beholding a miniature representation of Christ's coming kingdom of glory. Of this kingdom, the transfiguration was a true and useful type.

Continuing our reading, we find that chapter seventeen opens as follows: "And after six days Jesus taketh Peter, James, and John his brother, and bringeth them up into an high mountain apart, and was transfigured before them: and His face did shine as the sun, and His raiment was white as the light. And, behold, there appeared unto them Moses and Elias talking with Him. Then answered Peter, and said unto Jesus, Lord, it is good for us to be here: if Thou wilt, let us make here three tabernacles; one for Thee, and one for Moses, and one for Elias. While he yet spake, behold, a bright cloud overshadowed them: and behold a voice out of the cloud, which said, This is my beloved Son, in whom I am well pleased; hear ye Him. And when the disciples heard it, they fell on their face, and were sore afraid. And Jesus came and touched them, and said, Arise, and be not afraid. And when they had lifted up their eyes, they saw no man, save Jesus only." Matt. 17: 1-8.

Consider the two characters, Elijah and Moses. That they really appeared, there should be no doubt. They were on the mount in bodily presence.

Although the general resurrection of the saints of God is an event still future, we are in no difficulty in accounting for the appearance of these two personages when the Holy Scriptures are properly studied in this connection. Elijah was translated, having never seen death. And to Moses a special resurrection must have been vouchsafed through the intervention of the Lord Himself after His servant had been laid to rest. This is not a mere theory. There is a passage in the Book of Jude from which weighty conclusions may be drawn. Its ninth verse reads as follows, "Michael the

Archangel, when contending with the devil He disputed about the body of Moses, durst not bring against him a railing accusation, but said, The Lord rebuke thee."

Christ, the Son of God, the Second Person of the Holy Trinity, is also the Head and Commander of the angelic hosts.

In proof that He is in truth Michael the Archangel, read John 5: 27-29; 1 Thess. 4: 16. He has power to give life to the dead. On more than one occasion He has broken open the prison-house of the grave.

Satan, on the other hand, regards the dead as his own—as his lawful captives. He has no wish to see any of the sleeping ones rise triumphant through the power of Christ.

As soon as Michael's intention became evident to Satan, the latter was alarmed, greatly fearing that his captive prey would escape him. But Satan was rebuked. Can we doubt that Moses was raised on that occasion?

There, on the Mount of Transfiguration these two men communed with Christ. This miniature representation of the kingdom would not have been complete without their presence. Each man represented a class. Very clearly is it revealed in Holy Writ that there will be two classes of the redeemed in that glorious kingdom. See 1 Thess. 4: 13-18. Moses represented the risen saints, who will be a great multitude and they will arise to die no more. Elijah represented those who will never taste of death. Being found alive on the earth at the time of the Lord's appearing, with hearts prepared to meet Him in peace, they will experience the thrill of imparted immortality, and will be translated.

May we share the comfort that the three disciples must have drawn from the scene. Christ is soon coming for His blood-bought possession. Let us confess Him before men. Let us aspire to reign with Him in the glorious kingdom that is fast drawing near.

"BIBLE study is the food for the spiritual life. As we would not be content simply to have another tell us *how* food tasted or to eat our meals for us but would desire to taste it and to eat for ourselves, so we should not be content to let another simply tell us *about* the Bible or gain our knowledge and views of the Bible through another. Let us, rather, study the word for ourselves as one who has to give account to God."

LIVE WELL

to be WELL

STUDENTS of hygiene have demonstrated that whether we shall be sick or well is largely a matter of our choosing. This may be a new thought to some. According to accepted conservative authorities, more than half the sickness and deaths of civilised people is easily preventable. What may be accomplished has been demonstrated by health workers in reducing infant mortality 50 per cent during the last two decades. Adult death-rates are still excessively high. It seems easier to regulate the health programme of babies than adults. It is the first duty of an individual to promote personal health for what it means to oneself, to one's family, to the commonwealth, and to God. A clean living may depend much upon a clean liver, and a sweet temper upon a good digestion. Every one who needlessly becomes incapacitated through illness throws an unnecessary burden upon society, while losing to society their contribution of productivity.

We might learn something from the Chinese, who are said to pay their doctors to keep them well. If you begin before you are sick, the results will be more certain. We all think a man a fool who walks in some dangerous place just to see if it will bear his weight. Many do this with their health, by using tobacco, alcohol, tea, and coffee, and neglecting the simple rules of hygienic living until a break begins. It is then too late, oftentimes, to repair the damage.

Modern life with its high-pressure living, is having its effect upon our health. Find out how you can offset and avoid premature breakdown. The following suggestions will point the way, and will increase the strength while decreasing the strain:

Fresh Air.—Open the windows of your living-room, office, and bedroom. If too draughty, insert a window board. Indoor temperature is best at 66 degrees to 70 degrees F. One-third of your time is spent in bed. Sleep on the porch or with the windows open at top and bottom. Fresh air is the cure for tuberculosis, and persons who like fresh air do not so often have colds. Spend some time working, playing, or walking out of doors daily, where fresh air is at its best. Wear porous underwear and clothes that admit air to the skin, where its tonic effects of changing temperature stimulate the circulation as well as remove invisible perspiration. Spend your vacation in the open air on walks, or driving, or working in the garden.

Sunshine.—Nature furnishes its own remedies

By

O. S. Parrett, M.D.

Fresh air is beneficial in any country.

for disease. Spectroscopic analysis shows the sunlight contain a variety of rays, including infra-red, light, ultra-violet rays. Ordinary glass filters out the most valuable of these rays, such as are used for the cure of tuberculosis and rickets.

These rays stimulate metabolism and tissue activity, destroy germs, increase calcium content of the blood in many other ways tend to bring about a healthful state. Ingenious methods of manufacturing quartz and of ultraviolet lights enable us to select the rays for treating special conditions. If we remove a plant from the sunlight soon becomes puny and pale. Replacement in the sunlight quickly restores its lost colour. The good effect of sunlight has been shown to be due largely to its general effect upon the skin, and the measure of the results to be expected is largely determined by the extent and degree of tanning of the skin.

In taking sunbaths, the entire body should not be exposed at first. Begin by exposing not more than a quarter of the body's surface, and working from the bottom up, increase gradually the surface exposed and the time of exposure as the parts become tanned. You may not have a quartz light, but you can avail yourselves of ultraviolet rays, the most valuable of which are in the sunlight provided you take it direct, and not through window glass.

Cleanliness.—Germs cause most diseases. Many of these disease organisms are found in the mouth. Brush the teeth after every meal will help to reduce the danger of disease. Wash the hands before eating, as you never know what germs may lurk on objects that have been handled. Daily baths of tepid or cool water, followed by vigorous rubbing with a Turkish towel, have a decided tonic effect upon the system.

Food.—Tea and coffee are not foods. They contain stimulating poisons and create drug habits. Do not say "They do not hurt me." They hurt everybody who uses them. When you are conscious of injury, irreparable damage is done and natural protecting defences broken down.





Health Rather than Wealth

Is Man's Greatest Asset

successful as a real estate man because of his hobby. If you have no hobby, get one before a stroke of apoplexy cuts off your vocation, and you find it too late to learn an avocation. I had a patient die in the madhouse because when he became incapacitated for drilling oil wells he had no other interest to turn to and was of all men most miserable. Hobbies that take one out of doors are best.

Eat slowly. Use some fruits, green vegetables, and whole-grain cereals daily. Simplicity in variety and seasoning aids digestion. Avoid much sugar, and especially milk and sugar together. Prefer boiled and baked foods to fried foods. Do not eat acid fruits and coarse vegetables at the same meal. Eat nothing between meals and avoid eating hearty and late suppers. When very tired, eat lightly, at all. Do not talk shop at dinner. Enjoy the dinner hour. Do not wash food down as eaten, but drink freely between meals, from five to seven glasses of water daily.

Work.—Idleness breeds sickness and abnormal states of mind. You should enjoy your work. If it bores you, find something interesting about it. Trying to excel at it may add interest. If you cannot change your attitude toward your work, then change your work. Purposeful, interesting, physical work is the best insurance against breakdown. Balanced mental and physical exercise means a balanced nervous system.

Rest and Sleep.—"Come aside, and rest awhile." Sleep seven to nine hours each night. If you cannot sleep, do not worry and let it upset your nerves. Try to find the cause, and remove it. Take a warm bath, breathe slowly and deeply, then relax and let go. Many persons by simply hanging on to themselves consume enough energy to accomplish all they had ever hoped to do. Work hard while at the job, then quit and forget it, relax and let go. If you are tired and nervous, rest at least fifteen minutes and if possible go to sleep. Many lecturers find the best inspiration for public speaking in a half hour's rest and forgetting.

Play.—"He who works and turns to play, will likely work another day." It has been proved that he who takes time to play, will do more and better work. Diocletian found recreation in raising cabbage heads. A personal friend of mine is a fancier of brown leghorn chickens, and takes great pleasure in winning first prizes by seeing that every feather is in place and their legs polished to look like ivory. His business is real estate, but he is more

Worry.—Worry, that functional cancer of civilisation—what failures and ill health it causes! Some one says, "I cannot stop worrying." Surely the philosophy of Christianity should make us superior to this blighting curse. Listen to the Prince of philosophers laying down the basic laws of life, "Take no anxious thought for the morrow." Some one has said that one-half of anticipated trouble never reaches us, and the other half we are well able to stand. Probably the greatest factor in many failures is over-anxiety to succeed. "Which of you by taking thought can add one cubit unto his stature?" You may, by taking food along with thought, add one pound to your weight. We cannot always control the things that happen in life, but we can meet them with a spirit that will change their effect upon us. Begin now to rejoice at things as they are, and get a lot more out of life, and thus increase its depth and breadth.

The Joy of Right Living

KEEPING the mind right and bright; following intellectual pursuits of a congenial and cheerful character; inspiring one's ideals with love and altruism; cultivating a wholesome sympathy for others; freedom from pessimism, useless anxiety, and destructive fear; the willingness to give unto others that which is their due; abandoning all hatred, envy, and contentious emulation; keeping the mind clean, sweet, and magnanimous; being interiorly grateful for the opportunity of living in a world of sunshine and natural beauty, and of listening to the strains of music, the songs of birds, and the wisdom of sages; maintaining in all things an equable poise of temperament amid the adversities and tribulations of failure, as well as among the counter-balancing joys of success and good fortune—these are some of the essentials of life and living, of happiness and health, of prevention and freedom from disease.—*Arthur Vos, M.D.*

The Everlasting COVENANT

A Lecture by Pastor O. Montgomery

I WANT to take up in these studies the theme of the ministry of a personal Saviour. We are saved by a Person. Salvation is in a Person. In our ministry and service for souls in His name we must minister the personal life and power of that Person. The abstract theory of the gospel never saved any man. And it is that thought that I want to dwell upon and emphasize.

I have chosen as the first text to introduce this series of studies, the words of the Apostle Paul in the closing part of the last chapter of the book of Hebrews. This book of Hebrews is a masterful setting forth of the ministry of Christ as the mediator of the covenant, and as the minister "of the true tabernacle, which the Lord pitched, and not man." Note the summing up in these words:

"Now the God of peace, that brought again from the dead our Lord Jesus, that Great Shepherd of the sheep, through the blood of the everlasting covenant, make you perfect in every good work to do His will, working in you that which is well-pleasing in His sight, through Jesus Christ; to whom be glory for ever and ever. Amen."

I would emphasize a thought in connection with the resurrection of the Lord Jesus. "Now the God of peace, that brought again from the dead our Lord Jesus Christ, the Great Shepherd of the sheep, through the blood of the everlasting covenant, make you perfect." The fact stands out clearly that God brought again from the dead our Lord Jesus because of some covenant. He was bound by the terms of that covenant to do that thing. And He could not fail to do it except He violate the covenant which He had made on oath. And it states clearly that, while the Lord Jesus is the Great Shepherd of the sheep, God brought Him from the dead through the blood of the everlasting covenant.

This covenant, then, must be of vital importance, and must hold first place in the whole Scriptural story of God's dealings with the human family, and it must be of paramount importance to every true believer in Him as a personal Saviour. So I have chosen to preach concerning the work, the service, the love, the compassion, the infinite mercies of Him who died to save us through the avenue of this covenant.

It is said to be an everlasting covenant. And because of the blood that sealed that covenant the Father was compelled to resurrect Jesus, His Son. The thought stands out clearly that we are to be made perfect, to be made in His likeness. We are to receive His righteousness, character, life and power. He is to "make you perfect in every good work to do His will, working in you that which is well pleasing in His sight, through Jesus Christ" whom He raised from the dead through the blood of the everlasting covenant.

I want to read one or two other passages that will add emphasis to the words of the Apostle Paul in this text. May I turn to Zech. 9: 11, 12.

"As for thee also, by the blood of thy covenant I have sent forth thy prisoners out of the pit wherein is no water. Turn you to the stronghold, ye prisoners of hope, even today do I declare that I will render double unto thee."

The prophet, in referring to this same covenant, makes it clear that the "prisoners of hope" shall be brought forth from the dead through the terms and the conditions of this covenant. Take another reference. Isa. 42: 1-8.

"Behold My servant, whom I uphold; Mine elect, in whom My soul delighteth; I have put My Spirit upon Him: He shall bring forth judgment to the Gentiles. He shall not cry, nor lift up, nor cause His voice to be heard in the street. A bruised reed shall He not break, and the smoking flax shall He not quench: He shall bring forth judgment unto truth. He shall not fail nor be discouraged, till He have set judgment in the earth; and the isles shall wait for His law."

He who was raised from the dead through the everlasting covenant will not become discouraged. He will not fail.

"Thus saith God the Lord, He that created the heavens, and stretched them out; He that spread forth the earth, and that which cometh out of it; He that giveth breath unto the people upon it, and spirit to them that walk therein: I the Lord have called Thee in righteousness, and will hold Thine hand, and will keep Thee, and give Thee for a covenant of the people, for a light of the Gentiles; to open the blind eyes, to bring out the prisoners from the prison, and them that sit in darkness out of the prison house. I am the Lord: that is My name: and My glory will I not give to another, neither My praise to graven images."

Notice how the prophet Isaiah connects it with the thought we are dwelling upon. He will give Him for a covenant of the people, for a light of the Gentiles, to open the blind eyes and bring out the prisoners from the prisons, and those that sit in darkness out of the prison house. Observe the personal element that enters into this expression: "I will give Thee," says God the Father. And it was a personal gift. He gave His Son to the human race. He did not lend Him. He came down here for a time to associate with us, but in going back to heaven He went in a new relationship to us. He gave Him to us, and throughout all eternity He will be clothed with the same body that was resurrected from the grave, that never was touched by corruption. He is united with the human family by a bond that shall never be broken.

Referring to that expression, "the everlasting covenant," I understand that right back in the beginning, God the Father and God the Son clasped hands in solemn and holy covenant in which God the Son promised the Father that He would redeem man from the curse of sin, that He would become the Saviour, the Redeemer. God the Father entered into that covenant with the Son. The Son pledged Himself to give Himself a ransom for a lost race. God the Father pledged Himself that He would accept of such a sacrifice on the part of the Son who would be a ransom for many.

That covenant was made known to man in the garden of Eden, and there Jesus Christ the Creator visited Adam and Eve after the fall, and gave in their hearing that wonderful promise that the Seed of the woman should bruise the serpent's head. When children began to be born to Adam and Eve, the latter thought that the seed had been given to her, that the promise had been realised. Then when Cain slew Abel, and later Seth was born, it was the hope of every mother among all God's people that she might be blessed of God by being the mother of the promised Seed.

I pass on to the covenant that was made with Abraham. In the Abrahamic covenant we find the expression of the everlasting covenant that we are studying. In that we find practically every condition of the everlasting covenant incorporated. All that pertains to the plan of salvation, all that pertains to the conditions that were stated by God in the beginning, are found in that covenant.

I want to notice the main points of the Abrahamic covenant. Turn to Genesis 12. Beginning with the first verse, we find God's call to Abram. Observe the conditions of that call:

"Now the Lord had said unto Abram, Get thee out of thy country, and from thy kindred, and from thy father's house, unto a land that I will shew thee: and I will make of thee a great nation, and I will bless thee, and make thy name great; and thou shalt be a blessing; and I will bless them that bless thee, and curse him that curseth thee; and in thee shall all families of the earth be blessed. So Abram departed, as the Lord had spoken unto him; . . . and Abram was seventy and five years old when he departed out of Haran."

So here is a call to Abram to a complete separation. God would have him separate himself from everything that held him to the old life. For the old life was a life of idolatry. Abram was called out of darkness. And God was calling him to a country that should become his home.

I want to say tonight that you cannot hope to receive the baptism of the Holy Ghost, which will fill you and qualify you for service in His name, until every vestige of every idol is taken out through the door of your hearts, and you have made the complete separation required, that God may receive you and bless you and establish His covenant with you.

So God wanted Abram to walk out on the full promise of the call, and He wants you to respond

in the fullest and most complete manner to the call that He has given to you to separate from everything in this life and this world that is contrary to Him and to His will and to His truth.

Now you have the condition of his call and you have the blessed promise here that he would make Abraham a blessing. When we come down into the thirteenth chapter of the book of Genesis and the fourteenth verse, we find what took place immediately upon his separation from Lot: "The Lord said unto Abram, after that Lot was separated from him, Lift up now thine eyes, and look from the place where thou art northward, and southward, and eastward, and westward; for all the land which thou seest, to thee will I give it, and to thy seed for ever. And I will make thy seed as the dust of the earth: so that if a man can number the dust of the earth, then shall thy seed also be numbered. Arise, walk through the land in the length of it and in the breadth of it: for I will give it unto thee."

What became a part of the covenant with Abram? Coming down into the fourteenth chapter we find the story of Lot being taken captive and taken away when the kings came against Sodom and the city was overthrown. They carried the whole of the people of the city away, and word came to Abraham that Lot was a prisoner. Abraham gathered his household, and all of his servants, and, in the name of the God who had called him, he went into battle. He gave battle, and was victorious, and recovered all of the men, women and children, and he brought them back. As he returned from the slaughter of the kings, the king of Salem came out to meet him, to greet him and to bless him. This king of Salem, the Scripture says, was Melchizedek. He was king of peace, he was the priest of the Most High God, he was the king of Salem and his name was Melchizedek. God has declared in the scripture just now read, that He will make His covenant with Abraham. He will make his seed as the sand of the sea. He will make him a blessing to all people. And now here he goes back from the slaughter of the kings and the priest of the Most High God comes out and ministers to him and blesses him with the blessing of the Most High God.

We find, then, introduced into the life of Abraham, as the priest who ministered to his soul, Melchizedek, the priest of the Most High God. Therefore the Melchizedek priesthood is introduced into the covenant with Abraham. When Melchizedek, the priest of God, came, he brought forth to Abraham and set before him bread and wine. And under the terms of the new covenant, and in the ministry of Jesus as the mediator of the new covenant, when He introduced the supper that should commemorate His death, what did He take? Bread and wine. And He said, "Take, eat: this is My body, which is broken for you: this do in remembrance of Me. After the same manner also He took the cup, when He had supped, saying, This cup is the new testament in My blood." 1 Cor. 11: 24, 25.

What do we have, then? Introduced into the life of that man whom God had chosen to be the father of the faithful, the man whom God had chosen and with whom He would establish His everlasting covenant for all generations, we find the Melchizedek priesthood, and the emblems of the broken body and spilt blood of our Saviour Jesus Christ.

When Abraham worshipped and accepted of God's divine blessing, and partook of the bread and the wine, what did he then do? He gave him tithes of all. We find in the Abrahamic covenant the Melchizedek priesthood and the emblems of the Lord's supper. We find the tithing system for the support of God's cause. Abraham rendered to the priest of God the tithe that belonged to him.

But that is not all that is brought into this covenant. In the fifteenth chapter, in the story of God's dealings with Abraham, in the first verse we read: "After these things the word of the Lord came unto Abraham in a vision, saying, Fear not, Abram: I am thy shield, and thy exceeding great reward."

That promise is a personal promise as a personal part of a definite covenant which God was making with His chosen servant.

"And Abram said, Lord God, what wilt Thou give me, seeing I go childless, and the steward of my house is this Eliezer of Damascus? And Abraham said, Behold, to me Thou hast given no seed: and, lo, one born in my house is mine heir. And, behold, the word of the Lord came unto him, saying, This shall not be thine heir; but he that shall come forth out of thine own bowels shall be thine heir. And he brought him forth abroad, and said, Look now toward heaven, and tell the stars, if thou be able to number them: and He said unto him, So shall thy seed be." Gen. 15:2-5.

Can you just imagine Abram stepping out from his tent and looking up to the heaven and trying to grasp the promise and understand what it all meant? I remember when I stood on the Andean Mountains in South America, I suppose about fourteen or sixteen thousand feet closer the stars than I am now, and there looked up into the starry southern heavens from a spot that is counted by all the astronomers of this world as giving the most wonderful view of the starry heavens that can be found anywhere on earth, I thought of the promise made to Abram that as the stars of heaven, so should his seed be.


Now the sixth verse says that Abram believed in the Lord. He accepted of His promise and believed in the Lord, and the Lord counted it to him for righteousness.

"And he said unto him, I am the Lord that brought thee out of Ur of the Chaldees, to give thee this land to inherit it. And he said, Lord God, whereby shall I know that I shall inherit it? And He said unto him, Take me an heifer of three years old, and a she goat of three years old, and a ram of three years old, and a turtledove, and a young pigeon. And he took unto him all these, and

divided them in the midst, and laid each piece one against another: but the birds divided he not. And when the fowls came down upon the carcasses, Abram drove them away. And when the sun was going down, a deep sleep fell upon Abram; and, lo, an horror of great darkness fell upon him. And He said unto Abram, Know of a surety that thy seed shall be a stranger in a land that is not theirs, and shall serve them; and they shall afflict them four hundred years: and also that nation, whom they shall serve, will I judge: and afterward shall they come out with great substance. And thou shalt go to thy fathers in peace; thou shalt be buried in a good old age. But in the fourth generation they shall come hither again: for the iniquity of the Amorites is not yet full."

What was God describing to Abram here? The Egyptian bondage. The terms of deliverance from Egyptian bondage were made to Abraham in this night vision as he watched over the sacrifice he had prepared in direct obedience to God's specific instruction, and while he watched there and drove away the birds a deep sleep came over him. He was given in vision a divine revelation, and in that revelation God showed him that his posterity should go into bondage. They should be in slavery for four hundred years or more, and then they should be brought out and delivered. Why bring that in as a part of this everlasting covenant? That was a harrowing experience. That was a most difficult experience. (Turn to page 26)

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Growing dearer all the while.
How his touch can draw our heart strings!
How we treasure every smile!"

On Equal Footing

By Rebecca Dunlap

I NEED a yard and a half for my apron, and about half a yard more." The young woman at the counter had a most attractive face, and as she finished, a little girl came up and looked at the pretty cloth with shining eyes. She smiled up at the clerk, "That's for mine, too," she said, with satisfaction.

"Oh, so you are going to have an apron. Well, what are you going to do, wash dolly's clothes?" The child nodded, and they went out.

And when the mother's apron was made, with its gay rick-rack border, an identical apron, with a rick-rack border, was made for the little girl.

"Anne!" The little girl came running. "I've finished our aprons!"

Anne proudly viewed herself in hers, standing on a chair so as to see better.

Later, when her mother wanted an errand done, happy little legs flew to do it.

"I don't see how you get your child to do so many things—mine want to play all day, and then their play gives me extra cleaning to do," a neighbour said.

"Well, Anne would get lonely playing by herself, and, being an only child, she would naturally have to do this a great deal as I can't spare the time to play with her, you see. But we are together nearly all the time, and if you will listen and watch I'll show you how Anne plays."

First, there were the dishes. Anne dried those while her mother washed them, and they chatted or sang together as they worked. It was not really work to either of them. A little stool was provided for Anne to climb on to reach the shelves—and it would always be a day of celebration when she could reach a higher shelf.

She had her little broom, and they raced to see who would finish first with satisfying results.

"I take indoors, and she takes outside," explained the mother as Anne disappeared with her broom. "She has the porch, the steps, and the front walk. Then she cuts flowers while I empty the vases and fill them. That keeps her out, and busy too.

"Here is our corner for sewing." There stood two pretty work-boxes, side by side. Anne's—just as if she were truly grown up. It gave her pride to own something that was as important as her mother's—a work-box that didn't have to be put away. "And when I make my child clothes, she makes her child some." Anne's child was a beautiful doll that slept in a little bed beside Anne's own.

"Don't you hate to have the toys cluttered around, though?"

"Anne's things are not cluttered. She keeps them in order and is just as nice about cleaning up as anybody could be. She loves her doll, so why shouldn't she have her where she likes?"

And after Anne had stood on the other side of the pretty grown-up beds to help in making them up, her mother reciprocated by standing on the other side of the doll's bed to help in making that up.

"Anne is a darling. I know, of course, that she should have more companionship with children. They can do things for her that I cannot do. For all-round development one must associate with one's peers. I want her to know more children as we live here longer. But," and the mother shook her head, "she couldn't have much more fun than now. We're friends, best friends, and we work together, and then we take a day off now and then and play together—just romp and picnic, and go out in the woods and discover treasures. In fact, instead of making her old, I believe our companionship just keeps me young."

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Billy's Crutch

WILL you please buy my geranium, sir? If a musical voice, a bright face, and a beautiful plant, all belonging to a young girl with dimpled cheeks and laughing blue eyes, will not bring a man to a standstill, then it must be that he is hurrying through the world too fast, and wants nothing to come into his life that will gladden his heart and renew his youth.

I came to a full stop, and would not have missed the sight for a great deal. As the girl stood there on that bright October morning, it was difficult to tell where the sunshine left off and the girl began. They seemed made for each other; it was a perfect match, with the dividing line hard to discern.

"Have you any objections to telling me your name?"

"Oh, no, sir! My name is Gertrude Wilson."

"What a beautiful geranium you have there!"

"Isn't it lovely?"

"Indeed it is, the finest I ever saw. Where did you get it?"

"About three years ago a lady left a slip lying on the seat in a tram car. I took it home, got the richest dirt I could find, put it in this old paint tin, and then set the slip in it, and it began growing at once. I've given it plenty of water to drink, and kept it in the sunshine as much as possible."

"Why, I should think you would love it very dearly!"

"Love it! I do love it! It seems just like a part of myself."

"Well, my dear, if you love it so much, pray tell me why you want to sell it."

"Oh, I wouldn't let it go if I did not want to help God answer Billy's prayer! Don't you think it splendid to help answer somebody's prayer?"

"How do you know I believe in prayer?"

"Oh, I'm sure you do; you have a prayerful look!"

"Yes, I do believe in prayer," I said. "Now tell me who Billy is."

As I made this request a joyous look came into her face, and her large blue eyes shone with delight; and as the dimples deepened in her cheeks, I beheld a picture that was worth going a long way to see.

"What? Billy? Oh, he's the nicest and best little fellow in all the city! Why, he is goodness, sunshine, and music all in one lump. Some one let him drop when he was quite young and broke his hip, and ever since he has been a cripple. But his leg is the only crooked thing about him. My mother says that Billy's mother was the best Christian she ever knew. Well, when she died last year, everybody in our tenement house wanted to adopt Billy; so you see, he belongs to all of us. He pays his way by selling newspapers, and no

one with good legs can get around livelier than Billy can with a crutch.

"But yesterday his crutch caught in a hole in the footpath, broke in two, and let him fall. He managed to get into the house, and was not hurt. Well, last night, just as I was going to bed, I heard Billy praying. His room is next to mine, with only a board partition between, so I could hear it all. Oh! I shall never forget his words, as he said:

"Dear Lord, I've never complained about my broken hip, and I'm willing to go through life with it, but I can't get on without a crutch. I've no money to get another, and I don't know who to ask, so please, dear Lord, send me another one. Mother always told me to go to you when I was in trouble, and so I come now. Please, dear Lord, answer my prayer, for Jesus' sake. Amen."

"I lay awake a good while thinking of that prayer, and it was the first thing I thought of this morning, and I began wondering if I could do something to help God answer Billy's prayer. Well, while I was wondering, I saw my geranium, and then I said, 'Oh, maybe I can sell it and get enough to buy another crutch!'"

"Now, you know who Billy is, and why I want to sell my geranium. Won't you please buy it?"

I was greatly moved and interested, and I will own up to a great deal of moisture in my eyes, as I inquired, "How tall is Billy?"

"Oh!" she quickly responded, "I have the measure of his old crutch, if that is what you mean."

"Yes, that is just what I mean, so if you please, Gertrude, we'll go and see about a crutch."

It did not take us long to find a store where such a thing was to be produced, nor a great while to get the keeper of the store as much interested as I was in the girl's story. Just the right kind of crutch was found, and a minimum price put upon it.

"Well," I said, "I will give you that much for the geranium, Gertrude, and it is very cheap at that."

"Oh, thank you!" she said, and her eyes fairly danced with gladness. "I'll take the crutch, please, but Billy mustn't know a word about where it came from. Isn't it just splendid to help God answer Billy's prayer?"

The moisture in my eyes didn't subside one bit as I said, "I want you to do me a favour, Gertrude. I am hundreds of miles away from the place where I live, and I can't carry this plant around with me. Would it be too much trouble for you to keep it for me?"

"What! Do you want me to take care of it for you?"

"Yes, if it will not be too much trouble."

"Oh, you splendid man, you! I'll be glad to do it, and I'll take just as good care of the plant as I did when it was mine."

I carried the plant, while she carried the crutch, and after reaching the house, Billy was called in to see me, while (*Turn to page 30*)



The

DOCTOR SAYS



Ques.—"An analysis of my urine shows it to have an excess of uric acid. As you have given advice regarding diet in your April issue to one thus affected will you be kind enough to name the protein foods as well as the foods to be used as raw salad?"

Ans.—An acid urine is an indication of a disturbed acid-alkaline metabolism balance. The cause probably lies in faulty dietary practices. All foods after being digested and oxidised leave a residual ash in the form of certain mineral salts. This ash is either alkaline or acid in its reaction and effects.

In a correctly balanced diet the proportions should be twenty parts of acid ash forming foods to eighty parts of the alkaline ash forming variety.

The acid ash forming foods are: Meats, poultry, fish, visceral foods, egg-white, nuts, legumes fats, all cereal or bread stuffs, prunes, plums, rhubarb.

The alkaline ash forming foods are: All fruits, except prunes and plums, all vegetables, milk, citrus fruits as oranges, lemons, limes, and grapefruit, are especially high in alkaline forming qualities. We believe that correcting your diet as suggested will solve your problems. For further information on diet we suggest the book "Healthful Diet for India" by Dr. H. C. Menkel, Rs. 6.

Ques.—"A young lady member of my family has been suffering for some years from bleeding gums. An X-ray examination of the teeth shows no caries and the result of a blood coagulation test shows no abnormality in that respect. There is no pain in the teeth or gums. The bleeding is more in evidence in the morning after cleaning the teeth. Her general health is good. She also suffers from piles. What is the remedy for the bleeding gums, please?"

Ans.—Dentists usually ascribe this condition of the gums to an acid mouth. The fact too, that this patient has piles indicates that she is under the influence of a toxic condition, which is lowering the tone of blood vessels, thus resulting in varicosity, i.e. piles at the rectal orifice and tendency to bleeding in the mouth. The blood vessels within the body are undertone, but it does not become evident as at the orifice. This patient requires a careful physical and habit check up to find the cause. We suggest a search for focal infection and to have a metabolism test, bowel retention test, or check up in regard to diet to ascertain if there are deficiencies of food elements, and as to acid and alkaline balance. An examination as suggested should reveal the underlying cause and remedial course necessary. Local measures are of little value."

Ques.—"Lately we have been hearing a great deal about the benefits of eating bananas. Some even go to the length of saying that a pound of bananas is equivalent to a pound of meat. Is this true and are they advisable for one with a weak digestion? Is it a fact that the powder of dried bananas is used for making patent infant foods? I shall feel much obliged if you will throw some light on the subject."

Ans.—Bananas are a very good food when thoroughly ripe, and eaten as part of the regular meal. Their caloric value per ounce is 11, while that of lean mutton is 42. (Mc Carrison.) Aside from its caloric or heat and energy giving value this fruit ranks high as a source of alkaline tissue reserve.

Dried banana powder is marketed and used in child feeding after the child is of suitable age to take starchy food. We would not recommend bananas or any other food as a

remedy for an over-loaded stomach. Take less food and avoid the evil of over-loading, you will then require no remedy.

Ques.—"Would you kindly give me a safe and definite cure for obesity?"

Ans.—There are just two things to do for obesity that are safe. One of them is to regulate the diet, avoiding fattening foods, such as butter, cream, milk, cheese and other fats; and limiting the sugars and other carbohydrates. Plan the diet so as to get bulk rather than a concentrated food. Green vegetables, salads, a moderate amount of fruit, and moderate amount of protein should be chosen. The second thing is to exercise. This must be regulated according to the other conditions of the body. If strong and vigorous one can take strenuous exercise. Work is the best exercise, games possibly the next.

Ques.—"Would you be so kind as to let me know the best home treatment for gout?"

Ans.—In treating gout, the first essential is to correct the diet; flesh meat of all kinds should be avoided, the diet consisting largely of uncooked vegetable salads, raw fruit, lactic cheese, and milk; in addition, the diet should contain wholemeal bread and butter and plenty of bran. Plenty of water should be taken between meals and before breakfast. The affected part should be completely rested and hot fomentations applied.

Ques.—"What can I do to stop stammering? When speaking in public I talk normally, but when I attempt to talk to individuals I stammer, sometimes more than at other times."

Ans.—Stammering is not a physical defect, but rather an emotional defect. There are some persons who, while speaking in private, would have no trouble stammering, but who would have difficulty if trying to speak in public,—just the opposite from you.

It is probable that you fear you are going to stammer, and this increases the trouble. I know of nothing in medication or in treatment that will help this condition, except for you to get a different attitude toward the situation, and overcome the fear that you will stammer and the sensitiveness you feel over the fact that you do stammer.

Ques.—"Can a tendency to appendicitis be cured without an operation. My son, aged fourteen, has had two slight attacks during the past three months, but there does not seem to be any immediate danger."

Ans.—Appendicitis can rarely be cured without an operation. It is dangerous to neglect it in the hope of a cure by other means. It is a treacherous condition which may light up at any time and become extremely dangerous. A person who has had attacks of appendicitis should have the offending organ removed.

Ques.—"The upper joints of my fingers have become very much enlarged and are very sore indeed. A friend of mine suggested that this might be a form of rheumatism. Do you think this is so? How ought I to treat this condition?"

Ans.—The enlargement of joints indicates a rheumatic or arthritic condition, which should receive early attention; otherwise these joints and others are liable to become greatly enlarged and possibly develop into a serious deformity. I would advise strict dieting and, if possible, that you take a course at some hydrotherapeutic institution.

BACKACHES—

Their CAUSE and REMEDY *Sometimes an Effect of Faulty Posture*

By George H. Heald, M.D.

DOCTOR, what can I do for backache?" "Remove the cause, madam." Rather pert, but perhaps the only sensible answer.

There are a number of kinds of backache, each with its own cause and its own method of treatment.

To relieve a backache by some "pain-killer," or anodyne, is like putting a pan under a leak instead of repairing the roof.

If one finds water coming through the ceiling, the sensible thing to do is to find the leak and repair it. A pan is a poor temporary makeshift—useful until the leak is found, but shiftless and wasteful for continued use.

So with backache. One may obtain temporary relief by means of pain-killers and the like; but unless the cause is found and remedied, the patient is planning for more backache and other trouble.

Now it is possible in some cases for the patient to determine for himself the cause of the backache, and possibly he can remedy it himself, in other cases, he will need assistance.

If medical assistance is needed, he should go, not to a man who merely gives him something to take; any chemist could do that, which is merely placing the pan under the leak. He should consult a physician who is willing to take the trouble to make a careful examination, unsatisfied until he is certain that he knows the cause.

Infection Backache

If the backache comes on suddenly, with a high temperature and other symptoms of fever, it may be an acute infection, such as smallpox or influenza. In this case, the backache is the result of the infection, and there is little to be done to remove the cause. In such a case, the patient will doubtless have the services of a physician, who will look after the backache as well as other symptoms. In case he does not, one of the best means of relief is by the use of large hot fomentations (cloths, usually a quarter of a single blanket, wrung out of very hot water, folded, and applied to the back over a dry cloth) or a mustard plaster.

Rheumatic Backache

Backache is sometimes a form of rheumatism, and is then likely to accompany or alternate rheumatism in other parts of the body. A rheumatic backache is probably caused by a slow chronic infection in tonsils or teeth, or elsewhere. The rheumatism is not permanently curable while

the original infection remains. The physician or dentist must locate and remove the trouble by operation or dental work. The teeth should be X-rayed.

Posture Backache

Backache is sometimes caused by faulty posture. Some occupations require long standing in uncomfortable positions. A surgeon, for instance, bending for hours over the operating table, might have a torturing backache. In such a case, there is also a weakness of the muscles because of insufficient general exercise. The prevention is avoidance, as far as possible, of straining positions; and second, the adoption of a course of developing exercise.

Weak Feet May Cause Backache

If a person has backache when standing, the feet should be examined; for footstrain is sometimes the main cause of a backache. Many persons with weak feet suffer from backache until they get good relief through properly made shoes or arch support.

Kidney Backache

It is possible to have backache from kidney disease. But such cases are unusual. Unfortunately, many persons, as soon as they have pain in the small of the back, rush to the chemist for some kidney remedy. The chances are, a hundred to one, that they do not have kidney trouble. If they do, the worst thing they can do is to begin fooling with some nostrum while the disease is progressing to an incurable stage. The one safe course for a person with serious kidney trouble is to see a competent doctor, who will do all that can be done for the case.

Sacroiliac Backache

There is a local form of backache, quite low down, that comes from a loosening of the joint between the hip bone and the sacrum—the sacroiliac joint. A little stretching of the ligaments of this joint permits a small displacement of the bones, so slight that it is often overlooked in making an examination. The back is very painful, the pain being greatly increased by motion of the affected limb. Such a condition may come from a sudden and unusual movement, such as the violent cranking of a car by one who is not used to such work.

It may be necessary to have a replacement of the bone in some cases, and then give rest to the joint for a while, by strapping the hip so as to prevent slipping of the joint.

The Everlasting Covenant

(Continued from page 20)

Why bring it in here? I think there is a spiritual lesson in it. What does Egypt represent in the Scriptures? Spiritual bondage. He gave to Abram the assurance that His chosen people would be led forth out of the bondage of this world, out of the spiritual bondage of sin, and be brought back into the land of promise according to the covenant that He had made with Abram, and that according to this covenant God would dwell with His children as a mighty Saviour.

What do we have in the covenant? First we have the call. Then we have the promise of the inheritance, the promise of the blessing. And then we have the Melchizedek priesthood and all that went with that, and the hithing system. And then we have the experience of righteousness by faith. I would like to take you over into the book of Galatians into the other writings of the Apostle Paul where he writes in such a splendid way of God's dealings with Abraham, teaching this wonderful lesson of God. Abraham was counted righteous because he believed God's promise. I do not know of any scripture in the Word of God that teaches so beautifully and so clearly and so deeply the principles of the gospel of righteousness by faith.

Abraham has prepared a sacrifice according to God's instruction, laid piece against piece, and laid each piece, one against another. He was watching them to keep the birds away, and then the sun went down. God made him to understand it all and gave him this wonderful promise. Then God came down. There was the personal presence of Christ the Son of God, the Creator of the world. The giver of the covenant came down, and as He came down into the very presence of Abram He walked through—between those pieces—and, as He passed through those pieces they were consumed by the personal force of His own divine presence.

Abram's name was not as yet changed. You will find the change of his name in the seventeenth chapter, beginning with the first verse:

"And when Abram was ninety years old and nine, the Lord appeared to Abram, and said unto him, I am the Almighty God; walk before Me, and be thou perfect. And I will make My covenant between Me and thee, and will multiply thee exceedingly. And Abram fell on his face: and God talked with him, saying, As for Me, behold, My covenant is with thee, and thou shalt be a father of many nations. Neither shall thy name any more be called Abram, but thy name shall be Abraham; for a father of many nations have I made thee. And I will make thee exceeding fruitful, and I will make nations of thee, and kings shall come out of thee. And I will establish My covenant between Me and thee and thy seed after thee in their generations for an everlasting covenant between Me and thee and thy seed after thee in their generations for an everlasting covenant, to be a God unto thee, and to thy seed after thee."

In the twenty-second chapter there is the test of Abraham's faith. There is a lesson in this. The

son of promise had come. He had come to young manhood, and so God came and tried the faith of Abraham. "And he said, Take now thy son, thine only son Isaac, whom thou lovest, and get thee into the land of Moriah; and offer him there for a burnt offering upon one of the mountains which I will tell thee of." Abraham took his son and went. Do you know that on the day that Abraham climbed up that mountain and prepared an altar and bound his only son and laid him on the altar, and lifted the knife to take his life, he believed that, according to God's everlasting covenant, His eternal promise, if he, in obedience to God's command, sacrificed his son, God would immediately resurrect him from the dead? He knew that in that bound son depended his only salvation, and the personal salvation of every repentant sinner in all this earth, for it was through that son the promised Seed should come to bruise the serpent's head. He understood it all, and the book of Hebrews says that when he took the knife to slay his son he accounted "that God was able to raise him up, even from the dead; from whence also he received him in a figure." Heb. 11:19.

There is something very precious about this whole thought of the Abrahamic covenant. In it there is every condition of God's covenant of grace with every repentant sinner,—a call to separation, the promise of full redemption, the Melchizedek priesthood.

The Son of God came to our world and was made a priest after the order of Melchizedek. And, because we need cleansing and righteousness, Jesus Christ is the Mediator of the new covenant.

[This lecture was delivered on Thursday evening, December 18, 1930, at the Council Meeting of the Southern-Asia Division of the General Conference of the Seventh-day Adventists which was held at Salisbury Park, Poona, and lasted from December 17, 1930, to January 3, 1931, inclusive.—ED.]

Tobacco—a Great World Menace

(Continued from page 14)

smoked moderately. He said that no heavy smoker could last long enough to reach any position in athletics. He also said, "I believe that much of the decline in the tennis of Billy Johnson was due to his very moderate but continued smoking, and to a much less degree drinking, over years of competition in athletics. Johnson passed out of the picture at the age of thirty-three. Old Man Time uses all such indiscretion to pay his toll."

In boxing and pugilism it is endurance and good judgment that win. Eugene Tunney who won the championship of the world from Jack Dempsey in 1927 takes pride in saying over his own signature, "I have never used tobacco or liquor." A cigarette manufacturer sent an agent to Jack Dempsey with a most tempting financial offer if he would sign a recommendation for his cigarette. Dempsey turned on the agent with the stinging words, "You could not get me to sign that for ten times what you offer. I do not smoke cigarettes and never did. Do you think I am going to ask young boys who read about me to take up cigarette smoking? I don't sign your testimonial for cigarettes."

10 Henry Ford, perhaps the greatest industrialist in the world today, has found that cigarette smoking is most detrimental to efficiency and has ruled it out of his factories from purely business motives. He has much to say on the subject. I quote but one paragraph, "The boy or the young man whose brain is fogged by the use of cigarettes finds himself hopelessly handicapped. His services are accepted only as a last resort; and if there is anyone else available, he is not intrusted with important matters or considered for future possibilities." Thomas A. Edison says, "I never employ a cigarette smoker." Many of the great railways of America will not employ a cigarette smoker in any position of great responsibility where the lives of the passengers they carry are at stake.

President Hoover recently said, "There is no agency in the world today that is so seriously affecting the health, efficiency, education and character of our boys and girls as the cigarette habit. Yet very little attention is paid to it. Nearly every delinquent is a cigarette smoker. Cigarettes are a source of crime, and to neglect crime at its source is a short-sighted policy unworthy a nation of our intelligence."

This evidence can be multiplied indefinitely. But however adult addicts may argue in favour of the fragrant weed, I think all agree as to the most damaging effects on growing boys and girls. A practical example of the way tobacco dwarfs both the intellect and the body is shown in the industry that has produced dwarf dogs. One such dog fancier in Paris revealed the secret thus, "You see, I put a speck of nicotine in their daily food when they are quite young, then a little more as they get older; and in this way I keep them from getting their growth." When asked if the nicotine did not sometimes kill the puppies, he replied, "Yes, many of them die, but I get a big price for the little fellows that are left."

The same is true of the effect of cigarette smoking on women. If women smokers could but see in their favourite smoke the sallow, leathery skin, the wrinkles, the protruding lower lip, the starey eyes and the wrecked nerves, that destroy everything divine and womanly, they would hesitate. But even if that does not stop them, the bringing into the world of babies doomed to lifelong misery and handicap surely should touch their hearts.

Just because tobacco is an insidious poison, and smokers do not die on the spot, many doubt the truth of these statements. Luther Burbank, the noted scientist and plant wizard, said, "How much would you know about tobacco if upon the tombstone of every one killed by it were inscribed 'killed by tobacco' You would know a lot more about it than you do now, but you would not know all, because tobacco does more than kill. It half kills. It has its victims in the cemeteries and in the streets. Let me tell you how tobacco kills. Smokers do not drop dead around the cigar lighters in tobacco stores. They go away, and years later die of something else. From the tobacco trust's point of view, that is one of the finest things about

tobacco. The victims do not die on the premises even when sold the worst cigars. They go away and when they die, the doctors certify that they died of something else—pneumonia, heart disease, typhoid fever, or what not. In other words tobacco kills indirectly and escapes the blame."

A personal experience right here in Colombo. Last year two young men were stricken with a virulent type of enteric. One fought the high fever for forty days and won through, much to the surprise of those who had his medical care; the other succumbed. The one never had used tobacco, the other was a heavy user. One is today the head of a large school in North India, moulding the lives of large numbers of young people committed to his care; the other lies in a premature grave, his life of usefulness ended.

I must hold my pen for this time, with just one more word as to the greed of the tobacco interests. In America alone last year \$54,000,000 were spent by three tobacco companies to promote the use of the weed. It is difficult to lift one's voice in protest because of the greed of the tobacco interests. Your correspondence columns give evidence of this. No sooner had a mild protest been raised against this body and soul destroying vice, than some one from a section of the island where tobacco is grown raised the voice against even allowing the discussion of the matter, for it might hinder one of Ceylon's industries! It might be well to raise another "war" memorial in Colombo, and lay on it the forms of our boys and girls, ruined for life, prematurely dwarfed physically, mentally, and morally and dedicate it to the greed of those who raise and those who sell the noxious weed as a fitting memorial of that rapacity which would crucify the young manhood and womanhood of Ceylon on a cross of gold.

The League of Nations

(Continued from page 9)

new place, and now her latest demands is that she be placed on an equality with the greatest sea-fighting nations of earth. It is evident that God, when He spoke through prophets, saw our day and our relation to Japan. It is a picture that belongs to the *twentieth century*.

Daniel saw in the dream of the king of Babylon, as it was revealed to him, a picture of the League of Nations. He saw that it would not end in a "peace pact of no more wars." He shows us that the League of the *twentieth century* is not to end in a *great world millennium of peace*. The dream as given is recorded in Daniel 2: 1 to 30. Daniel, to whom the God of Heaven had made known the dream which troubled the king, said: "But there is a God in heaven that revealeth secrets, and maketh known to the king Nebuchadnezzar what shall be in the latter days. Thy dream, in the visions of thy head upon thy bed, are these." Verse 28. He traces the overthrow of Babylon, Medo-Persia, Grecia and Rome. He

carries us down to the divided state of the Roman Empire when she was to be broken into fragments. Those fragments, being ten, were the foundations of modern empires of Europe. The Roman Empire was not fully divided into her ten constituent parts until 476 A.D. On the ruins of those heathen kingdoms, began the growth of the most powerful states and nations of earth.

He speaks in verses 41, 42 and 43 of the attempts which have been made to bring about a united Europe under one ruler. In the eighteenth century Charlemagne made an effort by force to unite Europe. He failed. We find Charles V in the sixteenth century attempting the same task. He failed. Louis XIV also failed to cement the divided kingdoms of ancient Rome. Napoleon Bonaparte, in the nineteenth century, met with defeat. In 1914 the Kaiser of Germany sought to place himself at the head of world empires; he failed, and has spent a number of years in partial exile. Bible prophecy has recorded the facts: "*They shall not cleave one to another.*" In verse 43 we see a picture of the efforts to unite in friendly relations the powers of Europe through inter-marriage. The late beloved Queen Victoria is said to be the Grandmother of all Europe.

The Relationships of European Rulers at the Beginning of the Great War in 1914

"The late Christian IX of Denmark had six children, three sons and three daughters. His eldest son succeeded his father on the throne of Denmark as Frederick VIII. His eldest daughter married Edward, Prince of Wales, and became the Queen Mother Alexandra of England. The second son, Prince William, was elected King of Greece, known as George V of Greece, and was assassinated during the late war between the Balkan States and Turkey. The second daughter married Czar Alexander of Russia, and became the Empress Dowager Dagmar of Russia.

"Thus the Empress Dowager Dagmar of Russia and Queen Mother Alexandra of England were sisters.

"Frederick VIII of Denmark had been succeeded on the throne by his eldest son, who was Christian X of Denmark. His second son, Prince Charles, was elected as King of Norway, where he reigned as Haakon VII. Thus the Kings of Norway and Denmark were brothers.

"The son of the Empress Dowager Dagmar was the Czar Nicholas II of Russia; a son of Queen Mother Alexandra was George V of England; and a son of George V of Greece was Constantine X of Greece. Thus the King of England and the rulers of Russia and Greece were first cousins of the Kings of Norway and Denmark, and also first cousins of each other, all five being grandsons of Christian IX of Denmark.

"The oldest son of the late Queen Victoria of England became Edward VII of England. The oldest daughter of Queen Victoria, Princess Victoria, married Emperor Frederick of Germany, and became the mother of the Emperor William of Germany.

"Thus the King of England and Emperor of Germany were first cousins, both being grandchildren of Queen Victoria.

"A sister of Emperor William of Germany, Princess Sophia, married Constantine X of Greece. Therefore the Queen of Greece and the Emperor of Germany were first cousins of the King of England. And be it remembered, Constantine, the King of Greece, as well as his wife, was also a first cousin of the King of England.

"Czar Nicholas II married Princess Alix of Germany, a first cousin of both King George of England and Emperor William of Germany, being also a grandchild of Queen Victoria. Haakon VII of Norway married Princess Maude of England, a sister of King George of England. Hence the Czarina of Russia, the Queen of Norway, and the Queen of Greece were all first cousins, being grandchildren of Queen Victoria, while the Queen of Norway and the King of England were brother and sister. The Emperor of Germany and Sophia of Greece were also brother and sister.

"Nor is this all. The Queen Mother of Spain was an archduchess of Austria. And King Alfonso XIII married Princess Ena, another granddaughter of Queen Victoria, and therefore the King of England, the Emperor of Germany, the Queen of Greece, and Czarina of Russia, the Queen of Spain, and the Queen of Norway were all grandchildren of the late Queen Victoria, being either first cousins of each other, or, as in two instances, brother and sister."—C. B. Haynes.

God's Word Stands

Thus they were all related by inter-marriage with the "*seed of men*" as the prophet had said. It failed to cement them together. This prophecy comes down to our day, and we are told there will be no peace in the nations of earth, but that we may look for *peace* only when nations are destroyed and God sets up His kingdom on the complete ruin and overthrow of modern civilization. Read verse 44. "In the days of these kings [the present European kingdoms] shall the God of Heaven set up a kingdom, which shall never be destroyed; and the kingdom shall not be left to other people, but it shall break in pieces and consume all these kingdoms, and it shall stand for ever." Christ's second advent will overthrow and destroy all earthly kingdoms, whether Eastern or Western, and they will be consumed and completely destroyed with all their glory, wealth and civilization, of which so many boast. May God prepare us for that glorious day when He shall appear in His glory.

There is *no international peace to come* through the League of Nations, no millennium of peace to banish war and trouble from this world of ours filled with strifes and perplexities. These present serious outlooks are only *God's precious promises of a soon-coming Christ*. A precious hope cherished by the prophets, taught by Jesus, believed on by the apostles, the Christian reformers and many aching hearts of our present day. Our eyes are toward that glorious coming King, who has promised these things.

Christ in the Word of Prophecy

(Continued from page 5)

thought that the foregoing one gives, with the addition that, although born of woman, He would be divine.

The next prophecy we will notice is in Isaiah 7:14: "Therefore the Lord Himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call His name Immanuel." Immanuel means, "God with us." Thus we see that Christ was not to be born of a human father, but the power of God Himself would cause a virgin to bear the child, and thus He would be a union of the human and the divine, a man, and yet God.

A few years later, to the prophet Micah was revealed the birthplace of the promised Messiah: "But thou, Bethlehem Ephratah, though thou be little among the thousands of Judah, yet out of thee shall He come forth unto Me that is to be Ruler in Israel; whose goings forth have been from of old, from everlasting." Micah 5:2. Again is revealed the eternal character of the One who was to be born in the little town of Bethlehem.

Let us notice a verse or two in Zechariah written nearly five hundred years prior to Christ: "So they weighed for My price thirty pieces of silver. And the Lord said unto Me, Cast it unto the potter: a goodly price that I was prized at of them." Zech. 11:12, 13. So we see that He was to be sold for thirty pieces of silver. And the thirty pieces of silver were to be cast to the potter in the house of the Lord. Reading in the Gospels concerning the life of Judas, we find that he it was who betrayed Jesus into the hands of the priests for thirty pieces of silver, and afterward, becoming terror-stricken at what he had done, returned to the temple and cast them at the feet of the priests and went out and hanged himself. The priests took council, and decided, as it was the price of blood, that they could not take it into the treasury and so they used it to buy a potter's field to bury paupers in. Christ, however, was not buried there, but a rich man begged His body and buried it in his own sepulchre, thus fulfilling the prophecy written by Isaiah seven hundred years before. See the fifty-third chapter and the ninth verse: "And He made His grave with the wicked, and with the rich in His death; because He had done no violence, neither was any deceit in his mouth."

In the twenty-second Psalm we find portrayed beforehand the sufferings that would be the lot of the Messiah, his prayer upon the cross, and the mockings of the multitude. It tells how enemies would cast lots and divide His clothes among them. All these things were fulfilled to the very letter in the crucifixion of Jesus.

Never before in the history of the world was a man's life described many hundreds of years before he was born. There are many more details (which we have not had space to mention) in the Bible predictions. These were by no means mere guesses that could be said to be fulfilled either way the event turned out. They were the words of the God of the universe who knows all things,

and to whom the future is as plain as the past. Thus, by the infallible word of prophecy given before of God, Jesus Christ is proven to be the very Messiah and Saviour who was to come into the world. Let us believe on the Son of God and accept the gift of eternal life which He has earned for every one who will follow Him.

Aches and Pains

WHAT is more odious, more atrocious, than severe pain? It takes the life out of a person, and the pleasures out of life. There is no consolation to the sufferer in the thought that pain is useful and beneficent, that it acts as a warning and deterrent, that it is probably deserved. The physician who can and will relieve pain is assured of a large patronage, for sufferers will flock to him from afar.

Pain usually indicates some injury to the tissues, caused by the invasion of disease germs, by burning, bruising, cutting, or by drug corrosion. In whatever the way the injury comes or whatever the source of the pain, the victim is forcibly impressed that it is something to be escaped at all hazards.

So the first aim of the sympathetic physician or nurse is to relieve the pain. Prompt relief will please the patient better than anything else, and he cares little that the relief is obtained by means of a drug that may later prove his undoing. Many an unfortunate began his career as a hopeless drug addict by the use of some drug to relieve pain.

Narcotic drugs sometimes afford relief to pain that is almost worse than death. But the use of such drugs should be a last resort, for every pain-relieving drug is a nerve paralyzant, capable of doing serious harm.

Conscientious physicians, urged by the importunities of the patient and his friends, and deterred by a knowledge of the harmfulness of the drug, make use of such remedies, when necessary, with caution and regret. Many physicians refuse, except in the case of the severest pain, to use pain-relieving drugs, especially the habit-forming drugs which tend toward a condition of slavery far worse than the pain they are given to relieve.

The earnest advice of the writer is, Never use drugs, except as prescribed by a physician of repute.

Are patients, then, to be left to their agonizing pain, without any attempt to relieve their sufferings?—By no means. A large proportion of pains may be relieved by the application of cold or heat to the part; cold for a pain near the surface, and heat for a deeper pain. The application to a throbbing forehead of a cloth wrung out of cold water—a remedy handed down from some past generation—is not such bad practice, though there are more efficient methods of relieving headache. By means of hot or cold applications, most pains, including those resulting from injury, may be relieved.

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Massage, or manipulation of a part, properly applied, often relieves pain. And in this case, as in the case with the hot and cold applications, the relief is not only for the pain, but also, to some extent, for the cause of the pain.

—G. H. Heald, M.D.

Billy's Crutch

(Continued from page 22)

Gertrude smuggled the crutch into his room, and came back with a face as happy as a face could be, but never betraying to Billy by word or look that she had been answering his prayer.

To sum it all up, Billy has a new crutch, and he is the happiest cripple in the big city. Gertrude helped answer his prayer, and a happier girl doesn't live. I own the handsomest geranium bush I ever saw, and the one who takes care of it for me is as proud of that plant as I am.—Selected.

The Burden of Obesity

(Continued from page 7)

carefully outlined and increased gradually as they are able to stand it. Hydrotherapy and mechani-

cal exercise are a valuable part of such a programme. Eliminative treatment, such as the Russian bath, the electric-light bath, and the Turkish bath help to oxidize the excessive adipose tissue; and for those who are unable to take vigorous exercise, massage and mechanical exercising machines are of great value.

If the obesity is due to a glandular disturbance, of course the proper therapy, especially the use of thyroid extract, is indicated; but nothing of this nature should ever be attempted except under the supervision of a physician.

The proper treatment of obesity is really a serious thing, and is attended by many dangers if not properly supervised. Above all things, a person should keep away from quacks and antifat medicines of any kind. Practically all antifat medicines contain thyroid extract as their principal ingredient; and it is dangerous to administer thyroid except under a physician's instruction.

It is not a problem of days or weeks, but of months and, sometimes, years of patient staying by a proper programme. But patience and perseverance, even in the most obstinate cases, will practically always bring about the desired results.

Meatless Recipes

(Continued from page 23)

curds it quickly and is ready to be prepared for cream cheese at once. When weather is hot it is necessary to make the cream cheese out of the fresh milk as that which stands to sour and get thick is often bitter and smells badly and is not good for food.

KASHEW NUT BUTTER

Roast the nut meats until they have turned a very light golden brown, remove from the fire. Remove the skins and crush the nutmeats into a fine paste. This is easily done when run through a meat or vegetable mill several times. A pestle and mortar can be used if you have no mill. This smooth nut paste may be thoroughly mixed with a little water and lemon juice, adding salt to taste, and used in place of cow's butter on bread.—F.

Breaking Bad Habits

FOR those who have not the necessary enthusiasm or self-control to break their unwholesome habits by sheer will-power, the best advice is so to arrange their lives as to make the practice of hygiene inevitable. One physician in Chicago deliberately got rid of his motor-car and other means of locomotion in order to force himself to walk to all his patients, and so secure enough physical exercise. Another man in New York City, with the same object in view, selected the location for his dwelling so that there was no rapid transportation available to take him to his office, making the walking back and forth a necessity from which he could not escape.—Professor Irving Fisher and Dr. Eugene L. Fisk.

The "SANDOW"

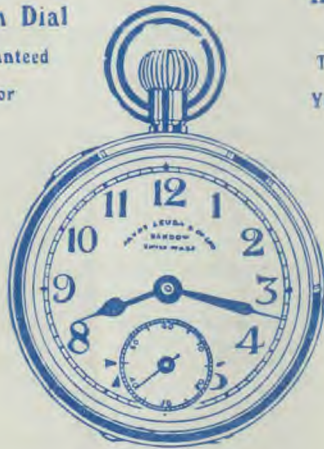
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Who Rings My Bell

By M. Barton

*Bless him who rings my bell today!
Oh, let no stranger pass this way
Without a flash of cheer from me,
However burdened I may be:
A heartening glance, a swift-winged prayer,
A coral word that he may wear
Upon his heart a brief, glad while
To help him win his next glad mile.*

*God bless the neighbour too who rings
Just when a thousand clamouring things
Would claim my time. May he not guess
The plans upset, the startled stress,
His coming caused. But may he find
Me neighbourly and always kind.
And to the borrowed cup of salt
Let me add one good-measure thought.*

*And for the friend who enters here
Reserve a blessing doubly dear:
Grant him to rest a lovely while
Beside my hearth fire's ruddy smile:
When evening's happy sands run low
Let friendship's kindest candles glow,
Sending upon a gladder way
The friend who rings my bell today.*