

THE
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WATCHMAN
AND HERALD OF HEALTH



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STREET SCENE, BHOPAL

Every Expectant Mother Should Read—
SHALL THE BABE BE NORMAL?



TWO Chileans, prospecting on the island of Chilco, off the coast of Chile, found platinum. Mine experts, after examination, report this to be the "richest platinum deposit in the world."

THE Nationalist Government of China has decided to employ women on the state railways, and a number of young women are now installed as ticket-sellers on the Peiping-Minden railway.

CENTURIES ago France put a tax on windows. The landlord paid it, and based his rent on the number and size. Last year the tax was abolished, and now builders are rejoicing in the opportunity to make windows extravagantly large and beautiful.

CHINA dinner plates are the cause of the enormous increase in the population of Europe since the Middle Ages. At least this is the interesting theory advanced by Dr. C. T. Currelly, of the Royal Ontario Museum at Toronto. Before the era of cheap glazed tableware, people ate their meals off flat boards. These wooden trenchers were porous, full of cracks, and impossible to keep clean. The germs lived happily, but the diners died. Sanitary dishes have saved millions of lives.

THE Japanese have adopted a system of simplified characters for use in writing and printing called *Katakana*. At first they were written in perpendicular columns, reading from right to left. By a newer method they are arranged in horizontal lines and read from left to right. The new system uses ordinary Arabic numerals. A special Japanese typewriter was invented by Robert M. Jones of America. The characters number eighty-four and are arranged on the keyboard in a special and convenient manner.

CENTURIES were required to make a loud-speaker, which we consider a modern invention, but long ago men were trying to invent them. Leeds Church, near Maidstone, England, has a device installed to conduct sound to all parts of the building. Since the device has been in the church for hundreds of years it is not made by a microphone or electricity, for such things had not been invented at the time of its installation. Fifty hollow earthenware jars, open like a jam pot at one end, and sometimes pierced with a cross shaped slit at the other, were embedded in the walls on either side of the nave. It is not likely that they would have been put there at such trouble and cost unless they had proved useful as an improvement on the acoustics of the church.

THAT rarest aid to restless sleepers—a really dark room—is brought within the reach of everyone by a new "sleep mask" designed especially for the purpose of shading a sleeper's eyes. Padded with soft down, it fits lightly and comfortably over the face (says *Popular Science*). Useful when sleeping on trains, in hotels, and on sleeping-porches where electric lights often shine directly in the eyes, it aids sufferers from insomnia in the home as well. Modern lighting systems make it difficult to shut out reflections from street lamps and other artificial illumination, but a mask provides the equivalent of natural darkness. Late morning sleepers, and those who take afternoon naps, as well as users of artificial sun-lamps, may also find it helpful, according to the maker. The mask covers only the eyes so there is no interference with breathing.

A MACHINE has been invented that enables twenty motor-cars to be parked where only two could be parked before. They are parked in cages, and are lifted vertically by an endless chain, in the manner of a ferris wheel.

THE Emperor of Abyssinia, who has a great liking for all modern labour-saving devices, recently purchased an adding machine for his own use, and also, it is understood, recommended the use of such machines in the government departments.

IT is authoritatively reported that Soviet Russia proposes to spend £10,000,000 on wireless broadcasting stations by 1932. The erection of 22 100-kilowatt stations is contemplated, and 133 smaller stations of from one kilowatt to 100 kilowatts, are planned for installation in the next twelve months.

A NEW mechanical eye which sees for two miles through fog of average density was described to the Engineers' Club of Dayton, Ohio (U.S.A.), recently, by Mr. W. F. Westerdorp of the General Electric Research Laboratory. The apparatus is designed to rest on the tail of an aeroplane, sight an airway light through the fog, and reproduce on the aviator's dashboard a synthetic beacon.

A NEW process recently perfected in Germany uses silver for sterilizing water. The method is based on the germ-destroying action of minute amounts of finely divided, catalytically active metals, among which fine silver is the most effective. When in a very finely divided state, traces of silver dissolve in the water more rapidly than does ordinary silver. Filtration devices provided with an active silver surface are used, which make it possible to kill 21,000,000 germs per cubic centimetre of water in forty-eight hours.

BIRMINGHAM has opened the first Empire Shop south of the Tweed. Indian products only are on view and crowds have come to see and to buy. Extra policemen had to be brought to regulate the traffic at that particular corner. There are cases of tea, jars of condiments and spices, and tins of mango-pulp. Curry-powders are on sale, as well as turmeric, tamarind, poppy seeds, cardamoms and rice. The shop also has a large kitchen in which demonstrations in cooking are given. The walls of the shop are decorated with pictures and posters of India.

THE newest museum for Berlin is one devoted to aviation alone. The building will be erected on the Tempelhofer aerodrome land with funds given for the purpose from German and American private sources. The whole history of flying, with the originals of the earliest machine, motors, and models, will make the collection one of the greatest value to all airmen of the future. There will be a court of honour containing busts and portraits of the pioneers of modern aviation, and those distinguished for their work both in war and peace time. A restaurant to seat 1,000 persons, and halls capable of accommodating members of future conferences will be added. Dr. Edinger has been approached with a view to handing over his Zeppelin museum at Friedrichshafen to the new Berlin foundation.

Shall the BABE *be* Normal?

Much Depends on the Diet of the Expectant Mother

By P. Martin Keller, M.D.

IS my baby normal?" This is one of the first questions that come to the mind of the mother after the birth of the child. With the termination of the many thoughts of the passing months, perhaps alternate distress and delightful expectation, this becomes her uppermost thought at this time. Fortunately for the mother of today, the prenatal care, the scientific equipment of the various hospitals, the surgical asepsis, and the pain-conquering anæsthesia, as well as the obstetrical skill of the modern physician and the registered nurse, all unite to greatly diminish the dangers attending childbirth, the nervousness of the expectant mother and the possibility of an imperfect child.

Save the Babies

In Bible times, not only the habits of the mother, but the training of the child were included in the angel's instruction to the Hebrew parent. It was not enough that Sampson, the child who was to deliver Israel, should have a good legacy at his birth; this was to be followed by careful training.

The dependence of the offspring upon the mother for food to supply its primitive needs can be realized only when we remember that one fourth of the civilized race die during the first year of life, and that 60 per cent of these deaths are due to nutritional disturbances. The mortality of the first year is nearly sixty times that of the fifth year.

Diet plays a prominent part in the care of the mother and the physical development of the coming child. Although pregnancy is a normal bodily function and should not be regarded as a malady, it is certainly attended with some risks,



The normality of the infant must surely be the fond hope of the mother's heart

and there is such a small border line between its physiology and pathology (abnormal conditions) that the utmost care is necessary. Every pregnant patient should come under prenatal advice. Various toxæmias may occur; the kidneys may demonstrate that they are overworked; or perhaps there may be the persistent vomiting of pregnancy.

Use Fruits and Vegetables

Scientific men have done excellent work in the study of nutrition and food requirements. They find that vegetables and fruits, with the exception of prunes, plums, and cranberries, give an alkaline ash, causing increased alkalinity of the blood and urine. When we speak of alkaline ash, we could compare it possibly to the fuel in the stove. We place in the stove fuel—ash is an end product. We give to the patient fruits and vegetables, and with this type of diet there is an end product, or ash, which is alkaline.

At one time when I was in charge of an obstetrical clinic in connection with a large medical school, the free use of fruits and fresh vegetables was advised, avoiding strongly flavoured vegetables, such as onion. We found the urine becoming alkaline and the blood pressure going down. The addition of cereals or meats to the diet caused an acid urine and an increase of blood pressure. We recently had a good illustration of the prune as an acid ash, or end product. A mother brought in her baby. Its urine showed a strong ammonia odour and an acid reaction. A rash was found on the body. We stopped the feeding of prunes, and prescribed milk and vegetable broths, which cleared up the difficulty.

The diet of the expectant (*Turn to page 28*)

Nutritional Lessons for INDIA

Interesting Experiments

By H. C. Menkel, M.D.

DURING my recent visit to America I was greatly interested in the studies on nutrition as conducted at various research centres. Thousands of small animals are kept in wonderful comfort, and fed with various test meals according to the problem desired to be solved, and every known scientific measure and appliance is employed to aid in the study. Doctors, nurses, metabolism and laboratory experts are in attendance on these animals. With such research our basic problems of life and health are gradually approaching solution.

At one centre study was concentrated on observing the effects of fat given in varying proportions as part of the regular diet. Here one saw reproduced in these little creatures the experience of human beings in the different degrees of corpulency, from the slightly overweight to the excessive, almost helpless, obese type. The effect of such feeding on health and longevity made its particular appeal to me as it deals with a fact in our national diet. We, in India, are heavy consumers of fat, as it enters so largely into the preparation and cooking of our foods and making of sweets. Fat in food, like the fat of the overweight individual, has been treated largely as a joke and a basis for indulging an appetite for rich dishes.

The first not altogether pleasant awakening were the findings of the insurance companies—that the overweight individual had a lessened life expectancy in proportion to his weight being above the average normal. The slightly underweight policy holder showed the longest life average and highest resistance to disease.

Then came another important discovery—the findings that the two essential vitamins A and D were intimately associated with such food fats as cream, butter, ghee, and to some extent in vegetable oils, but very rich in the fish liver oil.

When this became popular knowledge many immediately increased their already heavy fat-containing foods, and cod liver oil was accounted even more important than castor oil for the rearing of healthy children.

Now come the conclusions covering years of study and observation by Dr. Sansom of California. He has been working with small animals, feeding some on diets similar to the diets many adults and children are consuming in India. On this diet a considerable percentage of the animals

developed diabetes, while many became ill of chronic acidosis culminating in coma and death.

Observations thus far show that for the average individual the fat content of the diet should not exceed one part fat to three parts carbohydrates, *i. e.*, starches and sugar. Fat unbalanced by sufficient carbohydrates gives rise to the acetone type of acidosis. The symptoms of this type of acidosis are sluggish feelings both physical and mental, and headache with nausea and vomiting. This may be in varying degrees of severity. Many children's illnesses begin with these symptoms and are associated with acidosis or, more accurately, alkaline starvation.

The demand for rich (fat) cooking should be corrected and a real effort made to cultivate the appetite for more simply prepared foods.

Blood Vessel Disease

I saw groups of rabbits placed on various observation diets to ascertain the effect of food combinations on blood pressure, and disease of the blood-circulating system.

The first group was on a diet of wheat and alfalfa grass. The wheat leaves an acid ash when oxidized in the body but this was balanced with the alkaline ash formed by the alfalfa. The alfalfa corresponds to green vegetables in human diets. This diet was so balanced as to yield an excess of the alkaline-ash-forming elements, with the result that the rabbits kept in perfect health for two years. They were then killed and examined, but no trace of blood-vessel or kidney disease could be detected.

The next group of rabbits was fed on grains only. These animals showed early symptoms of disease and most of them died within the first twelve months. All developed high blood pressure, diseases of the circulatory system, and inflammation of the kidneys, with albumen in the urine.

This experiment demonstrates the dangers of a diet excessive in wheat and rice, both of which are heavily acid-ash forming. Such diets, to be safe and healthful, must have an abundance of green-vegetable substances in addition.

The diet of the third group (twelve in number) proved still more detrimental to health and life. In fourteen and one half months eleven out of the twelve rabbits died. Increase in (*Turn to page 26*)

A Menacing

INDUSTRIAL WAR

Is a Marked Phase of Modern History and
a Sign of the End

By E. Hilliard



Will world troubles
increase as we near
the end?

TODAY the world is teeming with wealth and burdened with poverty. There is a great concentration of money power that surpasses anything previously known in the history of the world. Statistics show that in 1850 the United States was worth £1,400,000,000; in 1870 £6,000,000,000; in 1921, £50,000,000,000. Today the American nation is the richest nation on the globe or in the history of the world. It is said that 90 per cent of this vast wealth is in the hands of two per cent of her population.

What a blessing to humanity it would be if a portion of this accumulated wealth could be used to help the needy, starving poor. But, instead, millions of pounds are expended for seats in amphitheatres to witness a prize fight or a foot-ball game, while thousands of ill-fed and thinly clad men, women, and children are suffering intensely from hunger and cold. Because of this condition of affairs the chasm between the immensely rich and the destitute poor is widening and deepening. There is a growing hatred on the part of the poor toward the extremely rich who have hoarded up exorbitant fortunes, and this, in many cases, by taking advantage of those dependent on daily labour. Today there is an industrial war between the rich and the labouring class. This is seen throughout the world by great strikes on the part of organized labour against the capitalists and wealthy corporations.

This industrial warfare is set forth by the Apostle James as an omen of the second return of

our Lord in power and glory to end all earthly sorrow and trouble. He says, "Go to now, ye rich men, weep and howl for your miseries that shall come upon you. Your riches are corrupted, and your garments are moth-eaten. Your gold and silver is cankered; and the rust of them shall be a witness against you, and shall eat your flesh as it were fire. Ye have heaped treasure together for the last days." James 5: 1-3.

Let us notice, first of all, that when these prophetic words have their fulfilment is in "the last days." Next is the cry of organised labour, protesting against this heaping up of wealth by defrauding the labourer of his just due. "Behold," says the apostle, "the hire of the labourers who have reaped down your fields, which is of you kept back by *fraud*, crieth; and the cries of them which have reaped are entered into the ears of the Lord of sabaoth." James 5: 4.

The apostle further charges the rich who have hoarded their treasures with these words, "Ye have lived in pleasure on the earth." He then admonishes the followers of Christ, lest they should become impatient and discouraged under hardships and self-denial, "Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh." James 5: 8.

Some of these millionaires themselves see and realise that a fierce struggle between capital and labour will eventually take place. A short time ago a company of millionaires were riding along in a railway coach in the suburbs of New

York City en route for a millionaire picnic. Most of these wealthy men lived in beautiful mansions. One, however, lived in a plain, common residence. It so chanced that the train passed by his humble dwelling. Some of his associates, looking from the car window, ridiculed and made sport of his little home, calling it a cottage, etc. When the ridicule ceased the owner said, "Gentlemen, when the cry is raised for bread I had rather live in a cottage than in a mansion."

The numerous strikes by the labouring class predict an imminent crisis with trouble for the rich. Here is what the late Judge Gary, former head of the United States Steel Corporation, says:—

"Unless capitalists, corporations, rich men, faithful men themselves, take a leading part in trying to improve the conditions of humanity, great changes will come mighty quickly, for the mob will bring them. . . . Things are being said very similar to the things said just before the French revolution. I tell you the spark may yet make a flame, and that soon."

Since these words were uttered there has been no change for the better. Not all of the rich are selfishly hoarding their wealth. There are men and women who are immensely rich, some of whom are generous to the poor and who give employment to many. A West Australian daily, in speaking of the wealthiest woman in the world, says:—

"If Senora Cusino is not the richest woman in the world she is certainly one of them, for she is credited with the possession of coin, valuables and estates which amount in value to £40,000,000 sterling. . . . She owns a fleet of steamers, a magnificent estate near Santiago, and employs

hundreds of work people in her vineyards alone. In fact she owns a town—the mining port of Lata, whence she ships coal to all of the South American ports. This town is run by this remarkable woman, even to drapery and grocery stores."

Riches are a blessing if made good use of and a curse if misused. The patriarch Job was rich above all the men of the East. But he made good use of his wealth. He said, "I was a father to the poor; and the cause which I knew not I searched out." Job 29:16. Eternal riches await both rich and poor who make right use of their talents during probationary time. Wealth may buy a golden casket, but it cannot buy salvation or purchase a single mansion that Christ is preparing for those who love and serve Him. "Neither their silver nor their gold shall be able to deliver them in the day of the Lord's wrath." Zeph. 1:18. If both rich and poor would only realise that "godliness with contentment is great gain," knowing that "we brought nothing into this world, and it is certain that we can carry nothing out," the world would be a thousand per cent better off.

If some of the same love that was bestowed upon the world by the Saviour of men dwelt in the hearts of the rich and the poor today, there would be far less suffering in the world. Christ's advice to us is, "Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal; for where your treasure is, there will your heart be also." Matt. 6:19-21.

As a Tree

By EUGENE ROWELL



"As a tree planted by the waters." Jeremiah 18:8.

*As a tree springeth forth from the earth-covered seed,
So shall My people have faith for their need,*

*As the roots strike as deep as the leaves reach above,
So shall My people be grounded in love.*

*As the tree drinks of fountains unseen in their flow,
So shall My people life's hidden springs know.*

*As the tree meets the rage of the rough winter blast,
So shall My people in trial stand fast.*

*And as an uplifting, calm, beautiful tree,
So shall My people yearn upward to Me.*

The Role

of BILIVACCINES

in Cholera Epidemics

By G. Loucatos

FEW scientific products have won such a large measure of success as rapidly—it may even be added—as deservedly, as Bilivaccines did in this country. This success appears all the more remarkable when viewed on the background of the cool scepticism that greeted the first appearance of the product in India, rather more than six years ago. Then, the air was heavy with scarcely dissimulated doubts, blunt criticism—and even opposition.

Before eliciting the goodwill of the authorities and the public, the newcomer was expected to lay its value bare before them—to prove that it had come to fill an important gap in the stock of defensive resources against cholera, typhoid, and dysentery—till then available. And it did it in a most brilliant manner.

The first year after the introduction of the new vaccine, the indifferent attitude till then shown, began to yield fast under the weight of the remarkable practical evidence accumulating in favour of the product. Passing from success to success, its efficacy and advantages were exhaustively gauged and fully brought to light—under Indian conditions. Four years had scarcely elapsed when Bilivaccination by the Mouth found itself adopted by the Government of India, and was deemed a favourite method of protection with a considerable majority of public and private institutions in the land.

The reasons are self-evident: the hypodermic inoculation is just as effective as Bilivaccination by the Mouth but causes reactions more often than not, and definitely contra-indicated in subjects suffering from certain diseases, in too young or too old individuals, in pregnant or nursing women, and generally in all persons not enjoying a normal state of health.

The public were glad to welcome a vaccine that could safeguard them against disease just as efficiently as the inoculation, without fear of unpleasant after-effects. In their turn, the public health authorities were not less pleased to find a treatment which could be carried out efficiently, smoothly, economically, on any scale, and which fulfilled remarkably well an essential requisite under conditions of strong epidemic pressure: that of producing a positive state of immunity in an incredibly short time, thus making it possible to nip epidemics in the bud, and bring them under control before they have had time to spread.

It has, nevertheless, been recently argued by certain public health authorities that, as far as the wholesale protection with Bilivaccine of the masses, is concerned, the task of assembling those masses on three consecutive mornings, and ensuring their coming on an empty stomach (a condition necessary for effective Bilivaccination) presents insuperable difficulties. It is very painful indeed to see that on vague grounds a vaccine as useful as this should be incriminated, and that its so many and remarkable features should be passed under what appears to be a deliberate silence.

But, after all, is it really as difficult as that to persuade people, however primitive they be, to come, for the sake of their lives, on three successive mornings and swallow on an empty stomach a harmless tablet which would protect them for a full year from infection? Is it easier to assemble the same masses—naturally so resentful of physical pain,—for the purpose of subjecting them to the painful inoculation?

Secondly, is protection against disease the exclusive privilege of the "primitive masses"? What about the other classes of people, namely the cultured ones, who would only be too glad to procure Bilivaccine for themselves and their families, paying its cost from their own pockets, and bilivaccinating themselves without the assistance of anybody?

At any rate the objections of the health authorities in question are far from being shared by health authorities in all the other provinces of India. They, fully alive to the importance of Bilivaccination, profess the belief that Bilivaccine is by far more popular with masses than the inoculation, and it would be superfluous to say how much more to reason their view sounds.

For the last two months, the press has been broadcasting the news that cholera was playing havoc in Belgaum, Bijapur, and the adjoining districts. The attacks and deaths amount to several thousands, and the disease is still spreading with an appalling alacrity.

What steps have been taken by the authorities to stem up the flood of infection and put a stop to this frightful mortality? We shall perhaps hear, after a few days, that since the beginning of the epidemic, 10,000, 20,000 or perhaps 50,000 inoculations have been carried out, whereas the disease will still continue to wreak ravages until it subsides, not as the result of (*Turn to page 27*)

The SOLAR HOLIDAY

of the Ancient World

By M. L. Neff

WHEN the sons of men rejected God's word, they turned to the apparent source of life, and worshiped the sun, and from then on the adoration of that heavenly body has always been in direct opposition to the worship of God. Under many titles was the sun deity revered in various lands. He possessed such names as Baal, Apollo, Isis, and Mithras. As "Baal," or the "Lord," he was the preeminent god of the heathen people of Palestine and Phœnicia. When the children of Israel settled in Canaan, their first temptations came to them in the form of sun worship. This religion in its vilest practices was about them; but Jehovah warned His people of sun worship, and called them to strict obedience to His commands and precepts.

In the frailty of human wisdom Israel, losing sight of the true God, became like the heathen around them. They made altars to Baal, they turned their backs upon the temple of God, and bowed their faces to the sun (see Judges 2:13; 1 Kings 16:31-33; Ezekiel 8:16); and with this apostasy came the rejection of the Sabbath of God. When they turned to the worship of idols and the sun god, they left God's holy day.

Messages of mercy came to Israel to call them back to repentance. "Moreover also I gave them My Sabbaths, to be a sign between Me and them, that they might know that I am the Lord that sanctify them. But the house of Israel rebelled against Me: . . . and My Sabbaths they greatly polluted." Ezek. 20:12, 13. Israel followed the pagan customs of idol worship, fire worship, and other sins enumerated in this twentieth chapter of Ezekiel.

Origin of Sunday

It was not to be wondered at that Israel forgot the Sabbath of the Lord when they turned to heathen sun worship, for the heathen worshiped their deity on another day. The sun god was worshiped on "the venerable day of the sun." The *Sunday School Advocate* endeavours to trace this day in the time of sun worshippers. We quote: "In the days of very long ago the people of the world began to give names to everything and they turned sounds of the lips into words, so that the words could speak a thought. In those days the people worshiped the sun because it was kind and gave to them heat and light. By and by after many words were made to tell of many thoughts about many things the people became Christians and were ruled by an emperor whose name was Constantine. This emperor made

Sunday the Christian Sabbath, because of the blessing of light and heat which came from the sun. So our Sunday is a sun-day, isn't it?"—*Issue of Dec. 31, 1921.*

Sun worship became the powerful religion of the Roman Empire; and when Christianity came with its message of love and faith, Mithraism, the name of sun worship in Rome, was a powerful foe of the new faith. Mithra's day of worship was the same that had been revered by sun worshippers for past ages in Baal and Apollo worship. "Mithra's holy day was Sunday. On that day work was forbidden to his worshippers, except such labour as was particularly helpful to the crops. The law of Constantine, which went into effect in A. D. 321, was an attempt on the part of the emperor to combine the practices of Mithraism, which had been his faith, and those of Christianity, to which he had been converted."—"The Story of Superstition," page 180.

Along with pagan rites and ceremonies came festivals and holydays bearing a heathen origin. "Our most important ecclesiastical feast days," says Edward B. Tylor in his book "Primitive Culture," "are but survivals of ancient solar festivals."

No Bible Authority

In the Old or the New Testament we find no authority for the observance of the first day of the week in the church of Jesus Christ. Neither the apostles nor Jesus Christ Himself ever taught or observed that day. The early Christian believers did not observe it until several centuries after Christ's ascension, when the compromise with pagan sun worship had been formed. Standing firmly upon authentic historical data, the historian finds that Sunday was never anything but a solar holiday of heathenism until adopted into the church by leading ecclesiastics many decades after the New Testament had been written.

How did this change come about from the Sabbath, or seventh day of the week, to Sunday, the first day? Like all other practices and rites from paganism, the change was a gradual one. The popularity of the Christian religion had much to do with the change. When the Roman Empire began to profess Jesus Christ, the multitudes were very unwilling to part with their pagan customs and habits; therefore the leaders of the church baptized these new "converts," but allowed them to continue much of the round of pagan practices as they had previously done.

A Pagan Observance

"During the early ages of the church," states Dr. Lyman Coleman, "it [the first day of the week] was never entitled 'the Sabbath,' this word being confined to the seventh day of the week, the Jewish Sabbath, which, as we have already said, continued to be observed for several centuries by the converts to Christianity."—"Ancient Christianity Exemplified." The true Sabbath was known by the converts to the faith of Jesus Christ; but the truth was gradually over-powered by pagan errors until in A.D. 321 the emperor Constantine made the first law enforcing the observance of Sunday in place of God's Sabbath. He specifically called it "the venerable day of the sun."

If we have been told that Sunday originated with the apostles in honour of the resurrection of our Lord, let us remove this error from our minds. The observance of Sunday, the first day of the week, was common in all lands where sun worship was the religion. This was true for centuries before Christ was born. The enemy of truth had prepared his counterfeit to the truth in the earlier generations.

Eminent authorities brand this day as un-Christian. The *North British Review* terms it "the wild solar holiday of all pagan times." Webster's International Dictionary, says: "Sunday, so called because this day was anciently dedicated to the sun, or to its worship."

Baptized from paganism, the first day of the week has become the day of rest of most churches bearing the name of Jesus Christ. But, as Dr. R. W. Dale declares in his book, "The Ten Commandments," "It is quite clear that however rigidly or devoutly we may spend Sunday, we are not keeping the Sabbath. . . . The Sabbath was founded on a specific, divine command. We can plead no such command for the observance of Sunday. . . . There is not a single sentence in the New Testament to suggest that we incur any penalty by violating the supposed sanctity of Sunday."

Thus we find the answer to the question, Whence came Sunday into the Christian church? Its history points back to the rites of the sun

temples, to the groves where idols were worshiped as gods of the sun. It points back to the festivals and rites most abominable and degrading, for as the church historian Mosheim says of the worship, "their festivals and other solemn days were polluted by a licentious indulgence in every species of libidinous excess; and on these occasions they were not prohibited even from making the sacred mansions of their gods the scenes of vile and beastly gratifications."

Sabbath Never Annulled

The commandment to keep the Sabbath of the Lord has never been annulled or changed. The Decalogue is the eternal word of God. How, then, could such a change have taken place where-by the truth of God has been compromised to the extent that it "changed the truth of God into a lie"? Dr. Edward T. Hiscox, author of "The Baptist Manual," before a group of ministers, made this candid admission: "There was and is a commandment to keep holy the Sabbath day, but that Sabbath day was not Sunday. It will be said, however, and with some show of triumph, that the Sabbath was transferred from the seventh to the first day of the week, with all its duties, privileges, and sanctions. Earnestly desiring information on this subject, which I have studied for many years, I ask, Where can the record of such a transaction be found? Not in the New Testament, absolutely not. There is no Scriptural evidence of the change of the Sabbath institution from the seventh to the first day of the week."

"Of course," he continues, "I quite well know that Sunday did come into use in early Christian history as a religious day, as we learn from the Christian fathers and other sources. But what a pity that it comes branded with the mark of paganism, and christened with the name of the sun god, when adopted and sanctioned by the papal apostasy, and bequeathed as a sacred legacy to Protestantism!"

Sun worship and paganism have wielded a mighty influence over much of the Christian doctrine taught today. The sign of the cross, holy water, the festivals of Easter, Lent, and Christmas are all baptized remnants of the (*Turn to page 28*)



The sun was regarded as the great fertiliser and became an object of special and superstitious veneration

HEADACHE-

Its Cause and Cure

*Being a short "Health Talk" given in the drawing room of the
Wahroonga Sanitarium, Sydney, Australia*

By Eulalia Richards, L.R.C.P., L.R.C.S., (Edin.)

HHEADACHE is probably the most common pain to which poor, suffering humanity is heir. No, we must acknowledge that heartache is the one great universal pain. Is there one who has never suffered the pangs of heartache? The good Book says, "Every heart knoweth its own sorrow."

But headache is almost as universal. Only seldom have I met a patient who acknowledges complete freedom from headache. Such a patient is the exception who proves the rule.

But is it needful that we all suffer from headache?—By no means. We may be the victims of an occasional headache, such as heralds the approach of an acute infectious disease, as influenza; but there is no need that we busy people who have our share to carry of the world's work should be burdened regularly with this painful complaint.

Let us consider the subject for a little while.

Headache is not a disease in itself, but a symptom, a danger signal, a red light displayed to indicate that the road is obstructed or that there are dangerous curves ahead.

Give Heed to the Signal

A motorist travelling an unknown road at night would be foolish to ignore a danger signal set to guard his safety. He might feel momentarily annoyed at having to break his journey, or reduce his speed, but if he is wise his feelings will be one of gratitude to the person or persons who have warned him of his danger.

Then you, dear friends, who are here, having had to break your journey in life or reduce your speed for a little time, should perhaps feel grateful to the various pains, or danger signals, which have warned you of your danger.

Headache, then, is a danger signal that something has gone wrong with the body—our marvellous living machine which is so fearfully and wonderfully made—the masterpiece of God's creation.

We take better care of our horses and cows and our sheep, than we do of ourselves and our children. We accord to our motor-cars, to our farm and household machinery, greater care than we give to our own bodies. We work without due rest; we eat and drink and live as fancy or circumstances dictate. We sometimes forget that "we are not our own." We should study our

bodies that we may learn to interpret the various danger signals that nature hoists, before it is too late to prevent catastrophe.

Causes of Headaches

Headache most often means auto-intoxication, or self poisoning, the absorption into the blood stream of poisonous substances derived from the digestive canal. The majority of people today are victims to constipation. The owner of a lazy bowel or colon is almost certain to suffer from headache and other symptoms of self-poisoning. The food residue, if not promptly ejected from the body, decomposes and becomes infected with certain disease-producing germs. These germs thrive and multiply in the bowel, producing poisonous substances which are later absorbed into the blood stream. The poisoned blood in turn irritates the nerves and causes other disturbances of the various functions.

Then there are headaches due to intoxication or poisoning from without the body.

A few hours spent in a crowded and ill-ventilated room is a frequent cause of headache. Certain body wastes are thrown off in the breath.

It has been estimated that an adult, with each breath renders impure or unfit to breathe again, three cubic feet of air. How necessary then, that all public halls, as well as private houses, be well ventilated, so that there may be a constant circulation of pure air. It is really as insanitary to breathe air soiled by another as to use another's toothbrush.

Then there are other toxic substances as alcohol, tobacco, tea and coffee, which, when taken into the body, are sometimes a cause of headache. Quite true, these stimulants, particularly tea and coffee, are often taken for the relief of headache. But a headache usually follows the discontinuance of any such drink as tea or coffee, which by their stimulating properties, produce an unnatural excitation of the nerves.

Another common cause of headache is eye-strain. It is possible for a person's eyes to be quite normal as regards appearance and service and yet to be under constant nerve strain because of a refractive error. Any person, then, who is suffering from headaches for which no other cause can be found, should have his eyes carefully examined by a competent optician or ophthalmic surgeon. The wearing of accurately prescribed

spectacles will cure almost any headache due to eye-strain.

Again, headache may be caused by either congestion or anæmia of the brain. In cases of congestion the face is hot and flushed and there is throbbing of the arteries in the head and neck. In conditions of anæmia the face is pale and the lips are almost colourless. There is evidently an insufficiency of blood circulating through the head to maintain the health of the nerve centres.

Lastly may be mentioned a form of headache that has only recently come to be understood. I refer to a severe and persistent headache that is caused by a disturbance or lessening of the secretions of certain internal glands. The function of these internal glands was long regarded as a mystery. But now we know that they produce secretions which in some marvellous way influence the life and activity of the various structures of the body. If these internal secretions are normal, well and good; but if they become excessive or deficient, woe to the poor body, which must suffer in consequence!

The severe headache that results from a lessening of these internal secretions is usually promptly relieved by the taking of a certain gland substance, usually in the form of tablets. It seems needless to say that only a skilled physician is competent to determine which gland substances are lacking in the body, and to prescribe for such a deficiency.

So far I have mentioned only the common or functional causes of headache. The unfortunate victim of headache should not trouble his poor head about the possibility of his pain being caused by the absence, tumour, or other organic disease of the brain. In ninety-nine cases out of a hundred the headache from which the patient is suffering is an ordinary, common "garden variety" of headache. This being the case, the matter of cure is generally fairly simple.

How to Cure the Headache

It is generally possible to relieve headache by the taking of one or more aspirin, phenacetin, or various headache tablets or powders.

But such a remedy affords only temporary

relief. The true cure consists in a removal of the cause. It is the doctor's duty, by careful examination and observation of the patient, to ascertain the cause of the headaches, and to point out the cure. It is the patient's duty to co-operate with the doctor in diligent efforts to remove the cause.

In a majority of cases the treatment will resolve itself into a well-organized conflict with constipation. The sufferer may enter this warfare with the full assurance that perseverance and courage will win the battle. Not only will the headaches disappear, but with them many ailments and discomforts commonly caused by constipation.

The headaches caused by congestion of the brain may be relieved by massage and hydropathic treatments, such as the hot foot or leg baths, fomentations to the spine, iced compresses to the head and neck. The anæmic headache is also successfully treated by hydrotherapy combined with suitable diet, etc.

Now just a word in closing about the headache tablets and powders.

There are circumstances, as when one is travelling or away from home, when it may seem advisable or almost necessary for one to seek temporary relief from a severe headache by taking a headache tablet. (Aspirin is considered the safest remedy for headache or nerve pains.) But such remedies should be regarded merely as a means of temporary relief, and be resorted to only under stressful circumstances. Habitually to deaden one's pains by taking sedative drugs is to obliterate the danger signals that nature has hoisted for the protection of the body.

Let each headache or other pain be regarded in its true light as a warning signal that

there is danger ahead—some obstruction in the road to health. The wise traveller, when he receives such a warning, will not obliterate the danger signal, but will rather endeavour to remove the obstacle that is blocking his road to health.

"It is suicidal to hurry one's meals. Almost anyone, by proper planning, can find time to eat slowly. Masticate thoroughly, and do not season your food with care."



Quite often the friends of the farm receive more care than ourselves and our families

Hints in Poisoning

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

A KNOWLEDGE of poisons and their antidotes is of great importance and often means the salvation of a life. Poisons, as a rule, act quickly, and the right remedy must be applied quickly. Cases of poisoning are almost of daily occurrence.

Lysol

Perhaps the poison that causes most tragedies is lysol. If, however, the suffering and torture caused by this chemical were known, it would never be swallowed. The name "Lysol" was a patent one; the lysol patent specification expired in 1890. This disinfectant is now made up by many firms. It is a preparation of cresol and potash soap, and makes a wonderfully efficient disinfectant. The old name, "commercial carbolic acid," is now rarely used. Lysol is generally prepared by mixing oil of tar with linseed oil or with some fat, making it into a soap with caustic potash or alcohol.

The local effects on the mouth and stomach are similar to those produced by carbolic acid. The depression and heart failure are very pronounced, and stimulants are necessary to keep the patient alive. The emetic or stomach-pump should not be used, as they may rupture the walls of the stomach. On no account should water be given except for the purpose of washing out the stomach. Water would help the absorption of the poison into the system. The stomach should be washed out with a stomach-tube, if one is procurable. The tube is moistened with a little glycerine and swallowed. As the patient swallows the tube is gently pressed onwards and downwards. This little operation is not at all difficult to perform. Into the funnel of the tube pour in warm water and then syphon it out by lowering the funnel part. This may be done several times, after which give white of egg (obtained from five or six eggs,) olive or other sweet oil, butter. The same remedies used in carbolic-acid poisoning may be employed.

Carbolic Acid and Phenyle

In poisoning by carbolic acid and phenyle the lining membrane of the mouth is burnt white. Avoid emetics. Use the stomach-tube. Then give sulphate of magnesium (Epsom salts), half an ounce (about a tablespoon full) to half a pint (a large breakfastcup full) of warm water, or sulphate of sodium, which is preferable to the magnesium salt, and may be used twice the strength. Tincture of iodine (the mild form) is said to be a perfect antidote—use the same quantity as the amount of poison taken. Lime water may be freely taken,

after which give milk or olive oil. If there is collapse, keep the body warm by hot-water bottles, covered hot bricks, and give brandy in warm water as an enema—a tablespoonful or more.

Antipyrine, Aspirin

These drugs, which are so much used for headaches, frequently cause collapse and heart failure, especially if taken in large doses. Some constitutions are especially liable to poisonous symptoms from their use. Stimulants are needed, brandy, coffee, or oxygen. Keep the body warm, as directed under carbolic-acid poisoning.

Toadstools and Vegetable Irritants

Give an emetic such as a tablespoonful of common salt or mustard in a pint of warm water, or sulphate of zinc, half a teaspoonful in half a pint of warm water. After the stomach has been emptied give two teaspoonfuls of glycerine of tannic acid, or thirty grams of tannic acid in one-quarter pint of warm water. Give white of egg or gruel, or linseed tea or arrowroot. Keep the patient warm with hot-water bottles and blankets. Give stimulants. Keep the circulation going by rubbing the limbs thoroughly. Tincture of belladonna, in doses of fifteen minims (or drops) is a suitable antidote.

Ptomaine Poisoning

Flesh foods and tinned fish are often the cause of violent ptomaine poisoning. A tin of salmon may appear perfectly good, and yet produce violent symptoms and even death. This may not occur in more than one tin out of twenty thousand, but there is always some danger. It is safer to boil all tinned meat or fish before using.

Emetics should be given at once and the stomach well washed out with warm, weak permanganate solution (Condy's fluid). Give a brisk purgative, such as Epsom salts. Inject salt and water (a teaspoonful of salt to the pint of water) into the bowel. Heart failure will require stimulants and warmth, such as already mentioned.

Poisoning from Matches

(Phosphorus)

Use the stomach-tube or give an emetic. Sulphate of copper is a good emetic, and it is also an antidote; give five grains in water every fifteen minutes. Afterwards wash the stomach out with a weak solution of this salt (say a teaspoonful of the copper sulphate to a quart of water). Permanganate of potassium, five grains in two ounces of water, is an efficient antidote. So also is the peroxide of hydrogen, used with equal parts of warm water. Oils and butter (*Turn to page 29*)

The Beauty of HEALTH

Have You a Sallow Skin?

By W. A. Ruble, M.D.

ONE of the obsessions among women today is the quest for beauty. It is said that the expenditure of money for cosmetics, rouge, powder and puffs vies with that for cigarettes and sweets. The "make up" is not confined to the dressing rooms behind the stage settings but has broken out and has captured the minds of most of our women and girls.

Beauty, however, like health, is a matter of everyday habits and practices rather than one of "make up" for some special occasion.

The strife for beauty is so keen today that it seems to have robbed many of our women and girls of their natural modesty as seen in their attempts to "make up" appearance. Powder-puffs, lip-sticks and rouge-pats pose in public places blatantly.

The desire for beauty is a laudable one if pursued laudably. Beauty is one of women's most rightful possessions. The procuring of it and the preservation of it are both proper procedures. But what is the basis of beauty? First, good health. A clear, clean, natural complexion most of all. Features, of course, have much to do with beauty, but not all.

To such an extreme is this desire for beauty going at the present time, that girls are ruining their health in an endeavour to imitate the illustrations found in fashion plates. They resort to all kinds of subterfuges to "reduce." They will forego any kind of food, and take any kind of medicine, in order to look slimly built. Too many of our finest girls today are ruining their health in following methods suggested to them, in the hope of developing beauty, whereas they are little less than suicidal.

What are some of the means of developing and maintaining beauty? The practice of the laws of health underlies all rules for beauty. Proper habits of eating, drinking, sleeping, exercising and thinking. Proper functioning of all of the organs of the body is most important. The skin is a most important organ in preserving beauty.

Powder and paint on the surface of the skin are often destructive of beauty. They may camouflage for a time, but soon the pores of the skin are clogged, pimples and blackheads appear, the skin becomes sallow and dry and wrinkled, and beauty disappears at an early age.

Warm, soft water and pure soap promote the health and beauty of the skin. Cool or cold water should be applied after every ablution. Ordinarily the natural oil of the skin is all that is necessary. Massage of the face, either self applied or done by another, is most beneficial.

The greatest factor in preserving the natural beauty of the body is proper food. As a rule the greatest mistake is made in not getting sufficient salads and coarse foods in the diet. Green vegetables and fruits are most essential. No girl can be in the pink of health without these elements of food.

One of the most beautiful women in the world today is said by a leading daily paper (writing of her charm recently) to renounce particularly meat, wine, spirits, tea and coffee. There is good reason for avoiding all of these substances if one desires to remain as youthful and as beautiful as possible. They all throw an excess of toxic substances into the blood system, thus clogging the system and causing the eliminative organs to be overworked.

Out-of-door exercise is most essential to a pleasing complexion. The day has happily gone when girls must be kept indoors and protected from the sun and air. Most girls know today that plenty of exercise in the open air gives them a glow of health that we are coming to recognize as beauty. For this reason, more than for any other, probably, the average girl of today is becoming an athlete. She plays tennis, golf, basket ball, and other out-of-door sports as freely as the young men do. This is much to her credit and to her profit.

Last of all, but by no means least, is the necessity for proper hours of sleep. No one can keep well or beautiful without proper sleep. This should be at regular hours. The habit of sleep cannot be maintained unless it is regular. The beginning of ill-health and the beginning of the loss of beauty are often due to the irregularity brought about by attendance at fashionable functions, which turn day into night and night into day, thus depriving girls of the natural and normal times for sleep.

I must not finish this article without reference to that pernicious habit that is coming into use among too many of our girls and women, namely—smoking. There is nothing that will so soon sallow the skin, age the tissues and vitiate the blood as this useless and harmful habit.

Let us remember that the laws of health are the laws of beauty.

MODERN scientific research has demonstrated that most maladies from which human beings suffer, chronic as well as acute, are due to infection of the alimentary canal with poison-forming germs.—*Dr. J. H. Kellogg in "Simple Life in a Nut Shell."*

EDITORIAL



The Cotsworth Calendar Proposals

THE Calendar revision scheme commonly associated with the name of Mr. Moses Cotsworth is not one which will commend itself to true lovers of religious liberty.

The British Government could not legislate in favour of the proposed measure without reversing those noble principles embodied in the following Royal Proclamation: "Firmly relying ourselves on the truth of Christianity and acknowledging with gratitude the solace of religion, we disclaim alike the right and desire to impose our convictions on any of our subjects. We declare it to be our royal will and pleasure that none be in any way favoured, none molested or disquieted, by reason of their religious faith or observance, but that all shall alike enjoy the equal and impartial protection of the law, and we do strictly charge and enjoin all those who may be in authority under us, that they abstain from all interference with the religious belief or worship of our subjects, on pain of our highest displeasure."—*Queen Victoria, Royal Proclamation, 1858.*

Such principles cannot be ruthlessly trampled upon. Seventh-day Adventists have ranged themselves with opposers of the Cotsworth scheme, because its adoption would "smash the weekly cycle and penalise conscientious majorities." The Adventists were given a hearing before the Preparatory Committee of the League of Nations on Calendar Revision of the Transit and Communication Section, June 9, 1931.

Mr. A. S. Maxwell, a member of the delegation, in addressing the committee said:

"Mr. Chairman, and Gentlemen of the Committee,

"Our delegation has been appointed by the General Conference of Seventh-day Adventists that we might set before this Preparatory Committee the convictions of this international body of Christian Sabbath-keepers.

"At the present time Seventh-day Adventists number over 313,000 adult members, and are increasing at the rate of 14,000 a year. Their principles of faith, and their position with regard to Calendar Reform, are set forth in detail in the Memoranda already handed to the Committee.

"At the outset we would emphasize that we are not opposed to all reform of the Calendar, but only to that phase of the present proposals which would break the continuity of the weekly cycle.

The Blank Day

"As this Committee is well aware, the two plans for the reform of the Calendar which have

received the most publicity and support, both involve the inclusion of a blank day. It may be called 'year day' or 'leap day' or 'sol' day, but the intention is to make it blank, and erase it so far as possible, from the reckoning of time.

"The effect of the institution of such a blank day is immediately obvious to all who give study to the matter. It must lead, inevitably, to the interruption of the weekly cycle.

Effect upon Religion

"So far as business interests are concerned, this might not appear to be of serious consequence, but from a religious standpoint the effect would be disastrous.

"To multitudes of conscientious people, the week is a divine institution, handed down, unbroken, from time immemorial, even from the creation of the world. The seventh-day of that unbroken cycle has always been regarded by a considerable body as a holy rest day. . . .

"Imagine, therefore, the distressing results that would certainly follow the insertion of a blank day in the Calendar. Let us suppose that we have come to the night of Saturday, December 31, 1933, and that the new Calendar is in vogue. The week has ended. The next morning, calendar or no calendar, the rising sun heralds the first day of a new week. The conscientious Sunday-keeper awakes with every intention to observe it as of old. But he is informed that it is not Sunday, but a *dies non*, a blank day, perhaps a national holiday, decreed so by Parliament.

"Identically the same problem will confront the Seventh-day Adventist and all others who keep the Sabbath of Holy Writ. During 1934 their Sabbath would fall upon 'Friday,' during 1935 upon 'Thursday,' and during 1936, being leap year, upon 'Wednesday' and 'Tuesday.' In other words, their Sabbath would wander through the week for all time. What would they do? *What would this body have them do?* Either they would be true to conscience and endure the consequent hardship, or they would needs smother their conscience in order to gain their daily bread.

Penalizing Religious Minorities

"It must be obvious to this committee that the introduction of a blank day would inevitably lead to the penalizing of all who would be true to their conscientious convictions in this matter of Sabbath or Sunday observance, for no other day, mechanically provided, would satisfy them. It is useless for the Calendar Reformers to say, 'We will

give you an alternative Sabbath, equally as good.' That would be offering stones for bread.

"Consider further, however, the difficulties that would confront the religious minorities that decided to adhere to the seven-day cycle. Where would they find employment? What business would wish to hire a man with a wandering Sabbath? Imagine the educational embarrassments they would suffer—and the fines, possibly imprisonment, they would incur through keeping their children from school on their holy day. Think of the permanent loss to the children themselves through losing two days' schooling every week.

"It surely could not be right that such people by tens of thousands, of the best type of citizen, normally law-abiding, honest, and good-living, the very salt of the earth, should be discriminated against in this way!

"Moreover, at such a time as this, when lawless forces are gaining ground, when militant atheism is asserting itself, it would surely be in the last degree unwise to foster legislation which would impair and alienate so valuable an asset to law and order. It is never in the best interest either of business or of good government that the consciences of men should be trampled underfoot.

"Furthermore, gentlemen, we would ask, with all respect, whether this august body, whose honour and privilege it is to safeguard minorities, is willing that these godly men, women, and children—solely because of their loyalty to God and to His Sabbath—should be caused, unnecessarily, to endure hardship and persecution? *Will it permit big business thus to ride roughshod over religion? Will it suffer conscience once more to be crucified on a cross of gold? Will it offer such homage to the almighty dollar? It cannot be.*

No Demand for Change

"We would further submit that the drastic and retrograde step proposed by those who would reform the calendar is entirely unnecessary. Where is the public demand for such revolutionary changes?

"Up to yesterday only fourteen national committees had even submitted their reports and many of them, we suggest, are by no means favourable. Does this demonstrate a world interest in the matter? Would anyone suggest that it intimates the Nations are clamouring at Geneva for a Blank Day?

"No, indeed. On the contrary, the most noticeable feature concerning Calendar Reform in every country, outside the United States, is general apathy bordering upon total indifference. But for the agitation so persistently carried on by certain American business men, we doubt whether this committee, or anyone else, would ever have heard of the matter.

"Take the situation in Great Britain. A large number of questionnaires were sent out, but less than 300 were returned; and not one of these revealed any desire for a radical change of the Calendar. We have the assurance of Mr. Morley, the London Secretary of this Committee, that,

apart from the fixation of Easter, there is no demand or desire for any Calendar change in Great Britain. From the 1930 Annual Report of the British Chamber of Commerce we quote the following:

"Towards the end of the year, the Chamber received from the Burnham Committee a Questionnaire upon alternative schemes for the reform of the calendar, to which replies were sent that, in the opinion of the Council, *the present calendar was not seriously inconvenient and that the inconveniences of transition from the present to another system would outweigh the advantages of reform.* The Council also took the view that, having regard to the pressing and important matters demanding attention and concentration at the present time, the subject of calendar reform was one which might well be deferred to a more convenient season. So far as the Chamber was able to judge, *there is no special desire for any change except as regards the fixing of Easter, to which it attaches particular importance.*

"If it should be suggested that there is no active opposition in Great Britain, we would reply that it is because the religious bodies have not been aroused to see the serious consequences of the present proposals.

"What is true of Britain is true, we have reason to believe, in other countries, and we repeat that there is no world-wide public demand for any reform of the Calendar of so revolutionary a character as that envisaged by the proponents of the Blank Day Scheme.

"What is more, sixteen million Jews are opposed to it, all the Seventh-Day Baptists, 300,000 Seventh-Day Adventists, 3,500,000 Disciples of Christ, besides the entire Mohammedan world of over 400,000,000.

"Nevertheless, Mr. Chairman, even if there should be such demand, if every business in the world were insisting upon a Blank Day calendar, it would surely be the privilege and responsibility of this body to refuse to set its seal of approval to a plan which strikes so deadly a blow at one of the most sacred traditions of mankind.

"Respectfully we would remind this Committee that only on two occasions in history have national governments sought to tamper with the weekly cycle. One was at the time of the French Revolution, the other in Russia of recent date. Both changes were proposed with the avowed object of destroying religion. *Shall it be said that the League of Nations was party to a similar attack? Shall it be said in years to come that from Geneva—birthplace of liberty, cradle of the Reformation, trysting place of the doves of peace—there went forth to the world a plan that led to the undermining of religion, the decay of the best elements in social life, and the persecution of religious minorities? God forbid!*

"Gentlemen, this is a matter of deep concern to us. In the spirit with which David addressed Goliath, we are constrained to say to the Blank Day Reformers: *'Thou hast (Turn to page 30)*

WHEN school has begun and the children of school age are off again on their regular school programme, the parents may have had occasion to note some of the health short-comings of their children. Some are no doubt dealing with problems of correcting physical defects, some may be more or less anxious as to how the school child will fare healthwise during the school year. And then, of course, there are still other school years ahead, and the health problems enter as the future years are contemplated.

All this may be suggestive of the importance of beginning early in the development of health and in the training of health habits. The best time to look after the health of the school child is in the preschool period. In fact, what is done in early childhood is perhaps of greatest importance for his health, not only for school time, but for all the future. The best health building is done in early life on a good foundation.

It is in the preschool age, from the second to the sixth year, that the physical and mental development in the life of the child is quite rapid. Tendencies toward normal or abnormal are rather pronounced at this time. They are, however, quite susceptible also to correction or proper development. Physical defects can at this time be the more easily corrected, which defects, if allowed to continue for a few years, may reach the point where correction is quite difficult, even if possible.

The good thing about health development is that it follows such natural lines that it really need not be a matter of great effort or anxiety. Bear in mind that it is probably as easy to establish right habits as wrong ones, and that when habits are once established they are habits. Health practice then becomes quite natural, and the task of health development need not be regarded with fear and trembling and apprehension.

More and more does medical science emphasize the fact that nature's own provisions in health essentials are the main means of health building. And usually these essentials are easily available and utilized. Two requisites of healthy, happy childhood are sunshine and fresh air. Not much difficulty is involved in securing them. Letting the child spend as much time outdoors as possible, suitably clothed, secures the benefit of both fresh air and sunshine. With open windows at night the fresh air is still available, and with open windows in the daytime the benefits of sunlight are more or less obtainable.

The normal child will get its exercise in play. Certain supervised simple duties may help to furnish exercise. The proper amount of rest, however, should also be provided. The small child needs twelve hours of sleep at night, and in addition an afternoon nap. The last meal should be light, so as not to interfere with the sleep. Nothing exciting in the way of visiting, play, or story-telling should be permitted just before putting to bed.

The food problem for the child ordinarily need

BEGIN HEALTH

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not be a problem. Three meals a day of milk, fruit, vegetables, and whole-grain products, is the main thing. A very important item, however, is to allow absolutely nothing between meals, unless it be milk for the malnourished child given at proper time between the regular meals. For one and one-half pints to a quart of milk a day should be provided the child, this amount to include that used in cooked foods.

The well-balanced diet will provide:

1. Foods for building the body: proteins in milk, cottage cheese, peas, beans, lentils, and nuts; minerals in whole-grain cereals, vegetables (including the green ones), fruits (raw and cooked), milk and eggs.

2. Foods to provide heat and energy: sugars in honey, syrup, and fruits, particularly dates, figs, raisins, prunes, and a limited amount of sugar; starches in grains, breads, macaroni, spaghetti, noodles, and vegetables; and fats in cream, vegetable oils, ripe olives, nuts, and egg yolk.

3. Food for growth and body regulation: minerals and vitamins in milk, whole-grain cereals, but if fresh and sweet, eggs, vegetables, and fruits.

When we recommend eggs for children, it must be understood that it means in quite limited amount, and that the eggs must be absolutely fresh and from healthy, well-kept hens.

Water drinking is very important. Two thirds of the body weight is water. Nearly all the bodily functions require water—digestion, absorption, and elimination through perspiration, through the bowels and kidneys, and even by the lungs. The body temperature is regulated by the water.

No factor in health building and maintenance is of greater importance perhaps than that of proper elimination. A great deal of discomfort and even ill health and serious sickness of youth and adult age may



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Happy Children

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attributed to faulty elimination. The early life is the best time for establishing proper bowel habits.

Let the child have a regular time for the daily bowel movement, about an hour after breakfast is a good time. Impress upon the child the fact that nothing should interfere with this essential. It is well to train the child to eat certain foods in order to facilitate proper bowel activity. A natural dietary adopted early will avoid constipation and relieve later on the use of special foods for its correction. This is certainly a desirable procedure, as many can testify.

The habit of cleanliness can be established easily. It soon becomes just as natural to wash the hands before eating as to do the eating itself. Teach the child that the mouth is the gateway to the body through which disease germs may enter to make trouble within the body.

If that gateway is guarded, disease of the body may be largely prevented. The fingers and thumbs are ten ways of conveying disease germs to the body by the mouth. With the hands always washed before eating, the danger that disease germs will enter is greatly minimized. Particularly after visiting the toilet, the hands should be washed after visiting the toilet.

A further safeguard in which the child should be instructed is to keep out of the mouth such articles as playthings, coins, pencils, etc. Of course, never should the child take in to its mouth food, fruit, sweets, chewing gum, or other things that another child has had in its mouth.

For body cleanliness a warm tub bath every day should be given. Brushing the teeth night and morning should begin early in life, and be kept up. The care of the teeth should begin with the baby teeth. Bad baby teeth are often the cause of troubles that may be permanent, such as diseased tonsils, bad heart, impaired kidneys, or enlarged glands.

The toothbrush does not make teeth. It can

only help to make them clean. It takes proper food to build teeth. With food that supplies the body with the necessary lime and other minerals for building teeth, there need be little fear of tooth decay or toothache. Tooth decay really begins from within, and not from without. Plenty of milk, whole-grain foods, leafy vegetables, and fruits will supply the needed elements for good tooth building.

Shoes should always be comfortable to the child, with no restrictions for the growing foot. Think of the foot as the under support of the entire body and for moving about with surety and agility. The anatomical construction of the foot with its proper functioning is of far more importance than the dainty shape of the latest style of shoe. The child may be taught to think more of foot comfort than of looks.

Clothing should be such as to permit the freest circulation of blood without tight bands or garters. Its weight should be suspended from the breadth of the shoulders and not from the shoulder tips where it would tend to make a child round shouldered. Fit the clothing to the play or occupation of the child.

Prevention is always better than cure, even better than at the ratio of the proverbial ounce to the pound. The prevention of disease lies in positive health building. Early development of health habits is the surest means of prevention.

We may think of health development and disease prevention as applying more particularly to general constitutional health; that is, with the development of a good sound physique we need not fear organic troubles, such as heart disease, kidney affections, nervous disorders, or other serious affections. We may count on the years' adding strength rather than tending to weakness and decay. It is not only the development of the general health, however, that results from early health building, but a protection against epidemics and contagion. A body that is well protected by a healthy blood stream has the resistance against the invasion of most of the germs that cause disease.

The same is true, more or less, in the matter of the common children's diseases, which have been thought by many to be so common that every child is supposed to have them. We are getting out of the belief that it is necessary for children to have diphtheria, scarlet fever, whooping cough, and measles and that the earlier they have them the better. Medical science has proved this to be a fallacy of a most dangerous kind. Children's diseases that have at times been thought of as indoor sports for children, or at the worst, of light consequence, are really quite serious in character.

These children's diseases are now known to be preventable. Every precaution should be taken to protect the preschool child from exposure to any disease, and the longer the disease can be postponed the better it will be for the child; the disease will be of less severity and with less liabilities to serious consequences later, for be it known that very serious conditions may (Turn to page 28)



sy. This is a weighty reason for at the very earliest age.

Our Great

HIGH PRIEST

In His Heavenly Temple

A Lecture by Pastor O. Montgomery

NOW of the things which we have spoken this is the sum: We have such an High Priest, who is set on the right hand of the throne of the Majesty in the heavens; a Minister of the sanctuary, and of the true tabernacle, which the Lord pitched, and not man." Heb. 8:1, 2. "But now hath He obtained a more excellent ministry, by how much also He is the Mediator of a better covenant," Heb. 8:6. Christ as the Mediator became the Priest, and as Priest He ministers. He ministers at the right hand of the throne of the majesty of the heavens in a sanctuary, in the true tabernacle which the Lord pitched and not man.

In our former studies we have considered Christ Jesus as the Mediator of the covenant between God the Father and God the Son. I want to carry the thought a little farther, to dwell upon His ministry and the place of His ministry. The very centre of all the truth concerning Jesus Christ as the Saviour of men shines forth from the sanctuary. That which makes the sacrifice of Christ on Calvary's cross available, which brings the sacrifice of the cross on Calvary to your heart in a way that it may become real to you, comes to you because of that which Christ is doing, and has been doing since His crucifixion on Calvary as He ministers in the heavenly sanctuary. Apart from the ministry of Jesus in the sanctuary, Calvary would be of no avail. Apart from the ministry of Jesus Christ as the Mediator of the covenant you could not be benefited by the shedding of His blood on the cross as He died for the sins of man.

Israel was four hundred odd years in bondage in Egypt and through that bondage, that slavery, that period of darkness and oppression they lost sight of God and of His truth very largely. Very many of them became entangled with the idolatries of Egypt. They lost sight of God; and when God led them forth by the hand of Moses out of Egypt according to the covenant which He swore to Abraham our father, even that covenant was lost sight of. God desired and purposed to bring to Israel a new knowledge of the true God, to bring anew to Israel, as His chosen people, the terms of the everlasting covenant, the provisions of the everlasting covenant, the full plan of salvation.

God was dealing with a people who had been in the most abject slavery for more than four hundred years. Generation after generation had suffered bondage and oppression, and they had become sunken in ignorance, superstition, unbelief

and darkness until many of them did not know the true God at all, and did not even know His name by which He was called. Now God purposed to bring to that people the revelation of His truth. He gave them an object lesson. He instructed Moses to build a sanctuary that He might come and dwell among His people, that He might manifest His presence, that He might reveal His power, that He might make known His truth. And He told Moses to be very careful that He should make that sanctuary according to the pattern which God had shown him. What was that pattern? It was the temple in heaven. It was the place where God's throne was located, and through divine revelation Moses saw the heavenly temple of God. And he saw the throne of God. He saw the angels of God. The Lord told him to make a tabernacle that would represent that temple.

What was God's purpose in doing that? That God might dwell among men and that God through that simple lesson of being in the midst and having the tabernacle there in their presence and outlining a service for that people to observe constantly, that they might learn again of the true God, that they might learn the sacrifice of His Son who was to come as the Seed of the woman, that they might understand the promise of the Mediator that would come in fulfilment of that everlasting covenant, and understanding it in the object lesson, their faith might reach beyond those ceremonies and those services day by day and grasp by living faith the reality.

There is no part of the work, the sacrifice, or the service of Jesus Christ for the redemption of lost man including all that he did on this earth, and all that He has done, and will do in heaven before the Father, not one single thing pertaining to that sacrifice, that death and resurrection, that ascension and ministry of the Son of God, that is not typified and shown forth in the service of the sanctuary. If we are to understand the ministry of Jesus Christ, and get the wonderful lesson of His sacrifice on Calvary in its full setting, we must go back and study that object lesson that He gave to Israel, because there you find the unfolding of it all generations before it happened.

The Apostle Paul unfolds the fulfilment of those types. He shows the spiritual lessons that God intended Israel to learn in their day in the wilderness. If we would understand fully and clearly the ministry of Jesus for lost souls, then we must

understand the book of Hebrews, and in order to understand this book we must go back and study the very thing that the Apostle Paul understood.

Our High Priest "is set on the right hand of the throne of the Majesty in the heavens; a Minister of the sanctuary, and of the true tabernacle, which the Lord pitched, and not man." I turn to the ninth chapter of the book of Hebrews, the eleventh verse: "But Christ being come an High Priest of good things to come, by a greater and more perfect tabernacle, not made with hands, that is to say, not of this building; neither by the blood of goats and calves, but by His own blood He entered in once into the holy place, having obtained eternal redemption for us." And then the fifteenth verse: "And for this cause He is the Mediator of the New Testament, that by means of death, for the redemption of the transgressions that were under the first testament, they which are called might receive the promise of eternal inheritance."

Now you notice that it speaks of Christ offering Himself without spot to God, that He entered into the heavenly temple or sanctuary not with the blood of bulls and of goats or of calves, but He entered in with His own blood. Go back now to the eighth chapter, the third verse: "For every high priest is ordained to offer gifts and sacrifices: wherefore it is of necessity that this man have somewhat also to offer." Speaking of

voice of God declared that He was His beloved Son in whom He was well pleased. Jesus entered upon His ministry and began to preach throughout all Galilee. Having been thus anointed as priest He had the right to make an offering. And He had the right to choose the offering that He would make. And He chose the offering which He had pledged from the very foundation of the world.

All that Christ has wrought out for the redemption of His children outside of what He did here while He was in the earth, He has accomplished for us in the sanctuary.

One phase of service was performed in the court, the other in the sanctuary itself in the holy and most holy places or apartments. In the court all the offerings, or practically all that were slain, were slain in the court, not in the tabernacle, and all that was done in the court typifies and represents all that Jesus did here in this world. That which was done in the first and second apartments of the sanctuary represent all that Jesus went to do for us at His ascension to heaven.

Whenever you study the sanctuary service as it was carried on in the court, that slaying of the animal and the placing of it by the priest upon the brazen altar, the burning of it, the ashes falling down through the grate, and later taken out by a fit man into a clean place and spread abroad—all that took place in that court represents that which



Under Divine direction Moses erected the tabernacle in the wilderness

the earthly priests and the goats and the calves that were offered, every priest was ordained to do that. So this third verse says that it is of necessity that this man who ministers as High Priest at the right hand of the throne of the Majesty of the heavens have somewhat also to offer. He has His own blood to offer and gets the right to offer it because He was consecrated or ordained to the priesthood at the time of His anointment when He went down into the water and was baptized and the Holy Ghost descended upon Him, and the

Jesus did here in the earth. In the sanctuary you see typified what Christ, as our High Priest, went to do for us at His ascension to heaven as He ministers in the heavenly sanctuary.

It is only through His ministry that Calvary becomes of value. He died, He lives, He pleads. It is in that ministry as Pleader that we ought to have our thought centered.

Every feature of the sanctuary service bore a spiritual lesson. We can notice a few of these spiritual lessons.

Let us go into the sanctuary and notice the central figure of the entire sanctuary furniture and service. Where was that central figure or most sacred piece of furniture found? In the Most Holy place. It was called the ark. It contained the law of God. The breaking of that law which was contained in the sanctuary was the only reason for all the service that was carried on in connection with the sanctuary, the only reason for all the sacrifices, for all the ministry of the priests, the only reason for all the service of the high priest. The only reason for those things which were typified by the lamps, and by the altar of incense and by the table of shewbread,—the only reason for it all was the fact that that law in the ark had been broken,—broken by man, and the breaking of the law of God by man is called sin. God purposes to save from sin, to make an atonement for our sins and save us from our sins. There you have the ark with the law of God inside.

Now what was above the ark? The mercy seat. What was on both ends of the ark? The cherubims. They stood there looking down on the mercy seat with their wings outspread. What did they represent? The angels of God that minister around His throne. What did the mercy seat represent? It represented the throne of God.

Now what dwelt above the mercy seat and between those cherubims? The shekinah. It was the divine presence and it was seen or manifested by a holy shekinah of glowing light that abode there all the time and Israel understood that that was the light of His presence. God dwelt there among His people.

Now you see that this mercy seat was a figure or a type representing the throne of God, and that the shekinah was the visible manifestation of God's presence there. And it was from that place that God communed with His people. It was from there that He made known to His people His will. The cloud of glory that rested above the mercy seat between the cherubims, how many people could look upon that? No one but the high priest, and he could look upon it only once a year; just one brief occasion as he went in once a year to minister.

Now I want to read a few Scriptures in closing on this thought of God's throne. I want to read Ps. 103:19. I want you to keep in mind all the time what this sanctuary is for,—this earthly sanctuary. I do not want you to get your eye and thought so much on the earthly sanctuary and its service that you will forget all about what we are really studying. We are studying the heavenly sanctuary,—the ministry of Christ. We go back to study the earthly sanctuary as an object lesson. We learn through that what Jesus is doing for us.

"The Lord is in His holy temple, the Lord's throne is in heaven: His eyes behold, His eyelids try, the children of men." Ps. 11: 4.

These scriptures make it very clear where the throne of God is. But you tell me that the mercy seat of the earthly sanctuary covering the ark

which was above the law, which man had broken, represented God's throne, and these scriptures make it clear that the throne of God is in heaven. The Lord is in His holy temple, the Lord's throne is in heaven.

Jer. 17: 12. "A glorious high throne from the beginning is the place of our sanctuary." Now Isa. 6: 1: "In the year that king Uzziah died I saw also the Lord sitting upon a throne, high and lifted up, and His train filled the temple."

Where was the throne of God then? In the temple. Who was sitting upon the throne? The Lord. Where was this temple? In heaven. Now above the throne. "Above it stood the seraphims: each one had six wings; with twain he covered his face, and with twain he covered his feet, and with twain he did fly. And one cried unto another, and said, Holy, holy, holy, is the Lord of hosts: the whole earth is full of his glory. And the posts of the door moved at the voice of him that cried, and the house was filled with smoke." Then you know the rest of it. Isaiah said, "Woe is me! for I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips: for mine eyes have seen the King." Who was the King? The Lord of hosts. Where was He seen? In heaven on His throne.

Take another one, Ps. 45: 6. "Thy throne, O God, is for ever and ever: the sceptre of thy kingdom is a right sceptre." (Turn to page 30)

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OUR HOMES



Right Ideals About "Growing Up"

By Edith L. Reid

YOU forgot something," mother called to Gerald as he left the dinner-table to join his playmates in the yard.

With reluctant feet and half sulking, Gerald came back. "When I grow up I'll never fold my serviette," he said, cramming a rather rumpled piece of linen into the ring, and banging the door by way of emphasising his resentment.

"When I grow up I won't wear galoshes any more," pouted Betty Lou, when reminded of the wet sidewalks as she started to school.

"Teachers only have to ask questions—they don't have to learn any old multiplication tables," grumbled Joe, as he struggled over the "nines." "When I grow up, I won't have any books except, about knights and aeroplanes."

These expressions of rebellion and dozens of others similar in tone are heard all too often by parents and teachers. Children complain about restrictions and what they regard as the freedom of adulthood.

Such a condition of mind is annoying to those who have the training of boys and girls. But the truth is that the child's attitude toward the future and its privileges is determined in early years by those in authority.

Unless the folding of the serviette at the table implies more than mere social conformity, it will very soon lack interest for the small boy. Let mother introduce this habit as a test of advancement in ability to do things.

"I believe you are almost big enough to fold your serviette now without anyone to help you match the corners. Let's try it for two days and see just how well you can do." After the two days the time may be extended to a week, always with the challenge to his growing powers of responsibility. This manner of training removes the idea of a command. From a mere rule of etiquette folding a serviette might become to Gerald an opportunity to display development.

And as to the wearing of galoshes, Betty Lou's mother may almost entirely remove this worry by making this a milestone in her small daughter's judgment and self-reliance.

"I believe you are old enough to decide whether you need to wear galoshes, dear. If I am not mistaken you can see when it is cloudy and when the walks are damp just as well as I can. So I am going to give you this 'growing up' privilege this week. You may prove to me whether I am right."

When the week is ended, mother may again say, "Well, you did pretty well, but just to show you are really ready for this responsibility all the time, we will try the plan one more week.

At this very point Betty Lou begins to sense that "growing up" is not throwing off rules, but

learning to apply them through personal choice. By such a course the child loses the false notion that to grow up is to "do as I please." Growing up becomes a dignifying experience of every day.

When mothers hold out responsibility as a trophy to be won by diligence and acclaimed as an accomplishment, good habits and resourcefulness will result. Resentment will die unborn or become submerged in the zest of worthy performance.

A System of Memory Training

JAMIE'S mother said he never remembered anything. The simplest direction must be repeated two or three times for him.

When Jamie's mother was ill, his grandmother came to take care of the family. Grandmother knew a great deal about boys, because she had brought up five, and all were men to be proud of.

The first day grandmother was there, Jamie forgot to go to the grocer, and forgot—there were just seven other things that he forgot.

"You have to tell him a dozen times before he remembers," said poor mother from her pillow.

"Oh no, dear! Let us teach him to remember with only one telling," said grandmother.

The next morning grandmother said, "It's time to feed the chickens, Jamie."

Just then Raymond called from the back yard. He had a new ball and Jamie went out to admire and play with it.

"Jamie," said grandmother from the doorway, "come here, please. Did you do what I told you?"

"What did you tell me, grandmother?" said Jamie pleasantly.

"Sit down here until you can remember," said grandmother.

Jamie scowled fiercely, but he sat down. He wanted very much to play ball with Raymond, so he hurried and thought of everything he might be asked to do. When his eye fell upon the pan of chicken feed, he remembered, and was off like a flash to do his work.

When he started to the grocer's that day, he came back to say that he had forgotten what he was to get.

"Sit down here, and think until you remember it," said grandmother. It took much longer that time.

Every time that day that he forgot what he had been asked to do, he was required to sit down and try to recall it. Once he could not, he simply had not listened at all, and grandmother had to tell him again. But that was not until he had spent nearly a half hour trying to remember. No fellow likes to take a half hour to remember, when the boys are out in the back yard waiting for him.

Before a week had passed, Jamie's memory was improved to such a degree that he could listen to grandmother's grocery list once, and then repeat it correctly to the grocer when he got to the shop.—*The Mother's Magazine.*



A Wish for Every Day

MONDAY, I wish for eager feet,
On errands of love to go;
Tuesday, I wish for a gentle voice,
With a tone both soft and low;
Wednesday, I wish for willing hands,
Love's duties all to do;
Thursday, I wish for open ears,
Wise words to listen to;
Friday, I wish for a smiling face,
A brightener of home to be;
Saturday, I wish for quickened eyes,
God's beauty all to see;
Sunday, I wish for a tranquil heart,
That may to others joy impart.

—Selected.

The First Day at School

POLLY was going to school for the first time in her life, for her mother had been her teacher up to this time.

"I am afraid the girls will laugh at you," said Cousin Blanche.

"Why?" demanded Polly, "I don't see anything about me to laugh at."

"Oh, you will see, tomorrow!" answered Blanche. Blanche had been to school for three years.

Blanche called for Polly the next morning.

"You must be very careful to do everything just right," she said.

"Of course," answered Polly. "I always am." And that ended her cousin's advice.

The children watched Polly curiously, and she smiled back at them with very friendly eyes. At playtime the girls looked with disapproval at Polly's boots.

"What makes you wear that kind?" asked one, boldly.

"Bronze boots?" queried Polly. "Oh, Uncle Morton sent them to me! Aren't they lovely?"

The girl looked surprised. "Nobody else wears 'em," she said, a little scornfully.

Polly glanced around on the black-booted group. "Haven't any of you bronze boots?"

They shook their heads.

"I'm awfully sorry," Polly said. "Maybe Uncle Morton will send you some if I ask him to. I'll ask him in my next letter."

The others did not know what to say.

"What makes you be called Polly?" queried the bold girl. "You told the teacher your true name was Mary."

"Yes, but I like Polly best."

The bold girl turned up her freckled nose. "It is—countrified!" she said.

"Is it?" returned Polly, innocently. "Oh, I'm so glad! That must be why it is so beautiful, Don't you just love the country? I do, I was there a whole month last summer."

"Haven't you ever been to school before?" asked the bold girl's comrade.

"No, never," smiled Polly.

"And don't you know how to read?"

"Oh, yes! I have studied with mother."

"It must be horrid to have to study at home," said the girl.

Polly opened her brown eyes wide. "I suppose you never tried it," said she. "Why, it is perfectly splendid! Mother makes plays to help me get my lessons, and tells me stories about them, and hears them all in the morning if we are going away in the afternoon—oh, it's beautiful! But father and mother thought school was best now. It is lovely, too."

The girls looked at Polly in wonder.

"She won't think it lovely when the teacher keeps her in at playtime; will she?" and the bold girl tossed her head.

"What will she keep me in for?" said Polly.

"When you don't know your lessons."

"But I shall know them," declared Polly.

"Always?"

"Why, yes, of course. Why not?"

"Does your mother make your dresses?"

"No, she doesn't," Polly answered, smiling.

"Who does? Your dress isn't a bit like any of ours."

"You see," Polly said frankly, "my cousin Marguerite, who lives in the city, outgrows her clothes so fast that she can't wear them out; so auntie sends them right up to me, and they nearly always fit. Isn't that nice? I think this dress is so pretty, don't you?"

Nobody answered for a minute. Then the bold girl said, "I don't believe it's the latest style; I never saw anything like it."

"No, I never did, either," returned Polly, blithely. "Marguerite always has such pretty clothes, and they are different from other girls', too."

"I shouldn't think you'd want to wear somebody else's things, just like a beggar," retorted the other.

Polly looked surprised. Then she laughed.

"Excuse me," she said; "but you are so funny! I never beg for Marguerite's clothes. Did you think I did? Auntie sends them to me for a present—that's all. Oh, it is such fun when the boxes come! I try on everything right away. And it is so nice that mother doesn't have to make my things. She has ever so much more time to tell me stories."

"Oh, come on!" cried Blanche. "Let's play something! You can't snub Polly if you try. She thinks everything and everybody are lovely!"

"Of course they are!" laughed Polly, catching her cousin and whirling her about. Then she threw an arm around the bold girl's waist. "I like you!" she cried. "You're so funny!"

—Selected.

MEATLESS RECIPES

Eight Different Ways of Using Apples

“EAT more fruit and less protein foods” is sound counsel for the average person living in a tropical climate. In addition to the nutritional value of fruits they are indispensable as natural laxatives and for other disease-preventing properties.

With no small reason has the apple been dubbed “the king of fruits.” Its acids and mineral salts are in the highest degree health-giving. Apples contain the vitamin that prevents scurvy, and their cellulose content has a stimulating effect on the bowels and helps to prevent and even cure constipation. Apples form both an excellent food and medicine.

To obtain the best dietetic value from apples they should be eaten raw and without removing the skins; however, for the sake of variety and to suit all tastes there will be many occasions on which it is desirable to have them cooked. Plainly baked apples are specially wholesome and digestible. There are numerous methods of cooking this ever-popular fruit, but the simpler ways are preferable, and a few useful recipes are here given.

APPLE RICE

5 or 6 apples, 1½ pints of milk,
2 ounces rice, 2 ounces sugar,
1 ounce butter, Grated lemon rind,
 2 whites of eggs.

Melt the butter in a casserole, add the rice, milk, sugar, and grated lemon rind. Cover, simmer gently till the rice is nearly cooked. Peel, quarter, and core the apples and place among the rice, cover again and continue cooking till the fruit is soft. Remove the lid and heap the stiffly whisked whites of eggs over the apples and rice. Sprinkle with sugar and bake till lightly browned. Serve at once, with cream.

APPLE SNOW

3 large apples, Whites of three eggs,
2 ounces sugar, 1 lemon,
 Glace cherries.

Peel, core and slice the apples and cook till tender with a little water, the sugar and lemon rind. Remove the rind and beat the apple to a pulp. When cold, add the lemon juice and the stiffly whisked whites of eggs. Heap the “snow” in custard glasses, and decorate with halves of glace cherries. A little whipped cream is an improvement.

BAKED APPLE DUMPLINGS

Pare and core tart apples, set each apple on a 4½ inch square of rolled pie crust, fill the cavity with sugar, and a little finely chopped preserved ginger. Wet the the corners of the crust, bring

them together on the top, and press together. Brush with milk, and bake to a nice brown colour. Serve with lemon or vanilla sauce.

APPLE AND RAISIN PUDDING

4 cups chopped tart apples, ¾ cup seedless raisins,
1½ cups baked crumbs, ½ cup sugar,
Grated rind and juice ½ cup water.
 of 1 lemon, Vegetable butter,

Pare, quarter, and chop the apples, and mix with the lemon juice and rind. Place a layer of the rolled, baked crumbs in an oiled baking pan, then a layer of apples. Sprinkle with sugar, small pieces of vegetable butter, and a layer of the raisins. Repeat until the dish is nearly full, finishing with a thin layer of crumbs on the top, and small bits of vegetable butter. Pour the water over, cover, and bake in a good oven until the apples are tender; then remove the top pan and brown lightly. Cool and serve with cream.

APPLE, CELERY AND RAISIN SALAD

5 medium apples, 1 small head of celery,
¼ cup seeded raisins, ½ cup salad dressing,
 1 head of lettuce.

Peel and dice the apples. Clean and dice celery. Mix apples, celery and raisins together with the mayonnaise and serve on crisp lettuce leaves.

WALDORF SALAD

1 cup diced sweet apple, 1 cup finely diced celery,
A little chopped parsley, ½ cup chopped walnuts,
 Cream mayonnaise.

Dice the apples first, and mix with mayonnaise, so as to keep them from turning a dark colour. Mix all the ingredients except the walnuts, which must be added just before serving, to prevent the salad from turning dark. Serve on tender, crisp lettuce leaves.

APPLE AND DATE SALAD

1½ cups diced apples, 1½ cups finely chopped dates,
 ¾ cup sliced Brazil nuts.

Mix the date and apple, arrange on plates. Pile on top of each a generous portion of cream dressing, sprinkle the top with the nuts and serve on fresh lettuce with bits of fresh celery hearts laid on the plate beside the salad.

PEAS AND APPLE SALAD

1 cup green peas, 1 cup diced ripe apple,
 A little mayonnaise dressing

Peel and dice very finely the apple, add boiled tender green peas and mix with a little mayonnaise dressing. Serve on crisp lettuce.—F.



The DOCTOR SAYS



Ques.—"Does increased blood pressure 165 or 170 with albumen in urine indicate nephritis? Is mild exercise harmful?"

Ans.—"The blood pressure reading you have given is only partial. It is not possible to interpret the significance of this without knowing both systolic and diastolic pressure. Increased pressure and albumen in urine need not necessarily mean nephritis. The pressure may be due to failure in the detoxicating function of liver, and presence of albumen could be from other cause than inflammation of kidney. The presence of these two symptoms, however, do strongly suggest nephritis.

The condition calls for a diet low in protein, definitely alkaline ash forming, avoiding table salt and providing freely of fruits, fresh fruit juices without sugar, raw green vegetables, also fresh juice from green vegetables. Moderate exercise is not harmful. The liver hormone known as Anabolin is very useful, in maintaining the liver detoxicating function.

Ques.—"I am suffering from renal colic for some years past. Attacks coming once in two or three years. Tendency toward obesity, every two or three years have an attack of boils on legs, lasting about three months. Will you kindly prescribe something?"

Ans.—"What you very evidently require is a checking up of your dietary practices to ascertain where you are going wrong. The fault and cause of your troubles most likely lies in over consumption of acid ash producing foods, like breads or cereals, meats, fats and oils, with a failure to take sufficient fruits and vegetables, both raw and water-cooked.

The tendency to obesity indicates that your food intake is in excess of your nutritional level. It is also possible there is an under functioning of the thyroid and pituitary glands and that this needs correcting.

Ques.—"Will you recommend something for canker sores in the mouth? What causes them?"

Ans.—"Try burnt alum. Take a piece of ordinary alum and heat it on the stove until it turns to powder, or else ask for burnt alum at the druggist's. By means of a toothpick, apply a small quantity of the burnt alum to each of the sores.

The presence of canker sores would seem to indicate digestive trouble. Perhaps you need to look after your diet.

Ques.—"What is the best way to treat a member of the family who is subject to hysterics?"

Ans.—"In treating a case of hysterics, first be sure that there is no physical basis for the trouble—and then the best way to treat a case of hysterics is to let the person alone, keeping all people out of the room, and the person afflicted will promptly recover. The basis of hysterics usually is extreme selfishness, and desire on the part of the afflicted to attract attention to himself.

Ques.—"What can I do for a poor appetite?"

Ans.—"Nature has provided appetizers for us in the form of fruits. We find that fruit juice taken about half an hour before meals stimulates the glands of the stomach to activity, and at meal-time the stomach is ready to digest food, and we have what we call an appetite. Citrus fruit juice is the best appetizer, and when taken one half hour before meals, does not interfere with the alkalinity of the saliva at time of eating. Poor elimination is one cause of a poor appetite, and so your elimination must be improved also.

Ques.—"I have been suffering from a severe stomach pain for the past four years. After X-Ray examination the doctor pronounced it as duodenal ulcer. Kindly advise as to cause, treatment, and prevention."

Ans.—"Duodenal or gastric ulceration is the result of wrong and injurious dietary practices. Nature stands abuse as long as possible but in the end rebels. The ulceration is due to local resistance having broken down, with the wrong doing becoming apparent.

The more active causes of ulceration are overeating, too frequent eating, the use of hot and irritating foods, also combining at one meal foods which chemically are incompatible with each other, as starchy and acid foods; starches and protein. To illustrate, bread, potatoes and meat with pudding taken at the same meal, excessive use of salt, sugar and vinegar.

This is perhaps sufficient to suggest the necessity of revising your entire food practices if you seriously desire getting well.

During period of treatment the coarse foods need to be eliminated. Meat, fish and fowl should very seldom be eaten. The best food is milk, purees of vegetables and of the less acid fruits, yolks of eggs, vegetable broth very lightly seasoned.

Study a good diet book and learn how to select and combine your foods so as to have the correct balance of mineral salts and all the essential vitamins.

Ques.—"What is a good proportion of sugar in the diet? What are the effects of an excess of sugar?"

Ans.—"There is no good proportion of sugar in the diet. Cane sugar is the result of imperfect plant digestion, and caused by the absence of the digestive ferment in plants which form the fruit sugars from the cane sugar. The effect of cane sugar is that of an irritant, and this irritation gives rise to gastric catarrh, acidity, and indigestion. Ulcer of the stomach and hyperacidity in many cases are caused by use of cane sugar.

Ques.—"Why is it injurious to read while lying down?"

Ans.—"It is difficult or impossible to hold the book in the proper position. If one holds the book in the same relative position to the eyes that he does when sitting, he will not be able to maintain this position long, but will gradually let the arm lag, with increasing, though perhaps unnoticed, strain on the eyes. After a time the strain may become sufficient to cause discomfort. At any rate, it is an unnatural position for reading, and if possible one who reads in bed had better sit up.

Ques.—"I suffer very much with flickering pains in various joints. I have had every possible focus of infection removed. The pain seems to have no connection with fatigue or activity, but is affected by states of mind. What may be the cause of such pain?"

Ans.—"Usually a condition such as you describe is due to bad mental hygiene. You are not thinking the best thoughts at all times, and perhaps there are things in your surroundings that are at least irritating to you. Cultivate a better state of mind. Remember that as a person thinks in his heart, so he is. Change your way of thinking, and you will find your pains leaving you. Try a change of scenery, and when you come back home, you will find yourself a different person, and the things that irritated you before will no longer do so, and will seem to be gone.

CHANGE *Your* DIET

Food Cure for ACID STOMACH

By C. Avery Hansen, M.D.

A CHANGE of food is relished by almost every one. I have seen people leave a table sumptuously loaded and go to the wood or out by the river and cook a meal in the fire, and seem to relish it as a rare treat. The smoked, half-burned toast, potatoes half baked and unsalted, mixed with ashes and soot, were greatly relished despite the fact that sticks were used for tools, and hands, not too clean, for dishes. It was a change,—a change in flavour and in manner of serving as well as in the food served. Often men and women will return from such a dinner with cheer and gladness, when a meal spread in the usual way would scarcely have been appreciated at all. If variety is the spice of life, a change of food will be very beneficial, as man lives on the food he eats.

That a change of food is often the cause of health being restored is only too well known, and I shall find no trouble in presenting this phase of the subject, as every one very readily accepts this idea. Few, however, apply any definite rule to themselves, and few ever give it more than a passing thought. One patient, after hearing and accepting a definite line of dietetic instruction, promised faithfully to follow it as prescribed. After a time he returned, and was no better. When asked if he followed out the instructions as to what he should eat, he said he had complied very strictly, but he added, "I always ate a good big meal afterwards."

When you change your food, it is well to consider why you are making the change, whether it is because of sickness, economy, to reduce in weight, to retain health and vigour, or even to gain in weight. You can change your disposition to a great extent; and I have even noticed a change in the wife by changing the food of the husband. This is not so rare as one might believe. Cooking for a man will often very materially affect his disposition and his pocket-book.

All men were not made to use the same food in the same manner. As no one can be mind for you, so no man can be stomach for you. The man whose stomach is superacid finds difficulty in using sour fruits and coarse vegetables. This causes much gas and even pain about one or two hours after eating; hence, change your food. Use cream soups and well-cooked grains and plain custards for dinner, and plenty of water between meals. Eat a slice of toasted bread each day without butter or water. It may be eaten at breakfast or supper. See that it is hard and is masticated well.

After eating it, drink a glass of water. Your teeth will improve, and your digestion will become normal. If you suffer from acid stomach, a glass of water before breakfast, or as soon as you rise in the morning, will be of great benefit.

Breakfast Diet

For your breakfast eat only one, or at most two things. A well cooked grain with an egg or two and a glass of water will serve you better by far than twice the number of articles and half the amount of each. The grain alone will be better than to take the eggs with it. A full meal of toast with a little cream over it after it has been softened with hot water will digest and cause no trouble when, if a liberal allowance of butter is added, it will sour. The butter retards the digestion, as greased food does not digest in the stomach. If you feel distress from acidity two or three hours after eating, drink a liberal amount of water, and begin to drink before the distress begins. When your cheerful days are on, eat quite as full meals as possible.

If your stomach is low in acid, remember two meals in twenty-four hours is your allowance. A small amount of liquid and soups will suffice. Avoid oily and greasy foods, butter, and fats. Cream is poorly borne, and ice cream is very bad. Use dry foods, corn flakes, and dry toast with poached eggs, discarding the white of the egg, with plenty of grapefruit, oranges, and other fruits. Your dinner should be late, about two or three o'clock, and should consist of thoroughly cooked grains, fresh nuts with fruits, a hot drink if any liquid is desired. This will serve as a sample meal. When you find the articles that agree with your digestion, do not change too often and do not continue their use indefinitely, but change to something else in the same line. In place of oranges, use some other fruit, and in place of corn flakes some other grain, such as shredded wheat or even home-made zwieback.

FEEDING in excess of requirements does not make one stronger, more capable of work, nor healthier, nor more capable of resisting diseases. The best physical state of health is attained if one takes what is necessary with a minimum of proteid. Thereby man attains also his maximum of strength, capacity for work, and endurance.—*M. Bircher-Benner, M.D., in "Food Science for All."*

A Well-Known Author

on Prevalent DISEASES

How, After Invalidism, He Recovered His Health

MR. J. ELLIS BARKER, the well-known journalist, and author of "Cancer" and other noted works, was once a complete invalid, but is now a strong healthy man and a total stranger to ill health. Speaking of some common diseases and their causes and the way in which he recovered his health, he says:

"The consumption of strong stimulants of every kind is obviously unnatural and harmful. Our instinct tells us so. The baby and the young child refuse highly spiced food, alcohol, tobacco, etc. Animals, even if very hungry, will not touch food if pepper, mustard, and irritant sauces have been added. We may teach monkeys to smoke, we may teach horses to eat meat, we may teach dogs to drink beer and wine, to eat spiced food, etc.; however, it requires time and patience and much persuasion to induce them to abandon nature's way. Healthy, wholesome animals and healthy, wholesome children act wisely in refusing the drugs and stimulants of civilisation, and we should learn from them rather than persuade the little ones to adopt our vices.

"Disease of the liver due to the over-consumption of drugs and stimulants is thoroughly widespread and increasing, and disease of the kidneys runs it close. Both diseases of liver and kidneys, which are so common among civilised men, are exceedingly rare among non-meat-eating animals.

"Diabetes, which used to be one of the rarer diseases, is becoming more and more common. Diabetes is supposed to be a disease of over-feeding. During the lean war years when food was doled out to the European nations and when concentrated food was particularly scarce, deaths from diabetes miraculously diminished. Plain living and diabetes do not seem to go together. High feeding and diabetes coincide everywhere, and high feeding is always accompanied by the consumption of large quantities of stimulants and drugs.

"To make meat and fish palatable, people add pepper, mustard, and pungent sauces, and somehow or other a craving for meat is accompanied by a craving for alcohol and strong tobacco. Among the meat-eating nations of the North, alcohol is chiefly consumed in the form of ardent spirits, and drunkenness is widespread. Among the nations of the South, which eat meat rarely if at all, we find either abstinence from alcoholic drinks or great moderation in the use of the native light wines, which are almost temperate drinks.

"An ounce of experience is worth a ton of theory. I was brought up in the belief that concentrated food is beneficial to the body, that meat and fish give strength, and I acted upon it for a

great many years. My originally excellent constitution deteriorated, and I counteracted my permanent lassitude and digestive troubles with drugs and stimulants of every kind. Besides, I increased the intake of 'strengthening food' by becoming a very large consumer of meat. At last I became a complete invalid. After many years of intensive suffering and medical treatment of every kind, I reformed my ways and abandoned the use of drugs and stimulants which I had taken in large quantities.

"I had not only accustomed myself to huge overdoses of meat, spices of every kind, and the various drugs and patent medicines commonly used, but I had acquired the strychnine and quinine habit. I took both dangerous drugs daily in considerable quantities. When I was at death's door I altered my ways and became a new man. On a diet from which meat, fish, and stimulants of every kind have been eliminated, I can walk thirty miles a day without getting tired. I am no longer dependent on tea and coffee. Bodily and mental work can be performed to perfection without any of these artificial aids. I have completely abandoned drugs as routine measures. Their everyday use is gone."

Nutritional Lessons for India

(Continued from page 4)

blood pressure was noted from the third month, the pressure averaging 100 per cent above normal.

This last group was fed on bread and meat. The observed results indicate that bread and meat when regularly taken constitute a definite causative factor in blood-pressure disease. They should be used sparingly and combined with an abundance of green vegetables and fresh fruits. Bread and meat make a poor combination. McCann has shown that a person eating meat and bread three times daily can not possibly eat sufficient of other foods to balance the excess acid-ash produced. Eat less fats, bread and meat, and much more of milk, fruits and vegetables.

In this connection it is of interest to recall the experience of Luigi Cornaro who was a physical wreck at thirty-eight years. He altered his dietary practice so as to eat the yolk of one egg daily, together with grape juice, milk, and whole-grain porridge. His health recovered and on that diet he lived to the age of one hundred and three. The lesson being taught us from the little creatures under experimental finding observations, is, that less fat, bread and meat should be eaten, and much more of milk, fruit and vegetables added to our diet. The latter foods are the real source of essential alkaline-forming salts.

A Tribute to MIRTH-MAKERS

By H. F. De'ath

NOT long ago, a well-known editor wrote a strong and striking testimony to the recuperative value of laughter. Tired in body and jaded in mind, after an exacting day at his office, he had occasion to meet with a very humorous friend, who, for half an hour kept him in fits of laughter by his continuous stream of drolleries. The result was, our editor left the company of his comical companion thoroughly refreshed and rejuvenated in mind and body.

This incident leads us to observe that in this tense, modern world, many people are led either by temperament or by cultivation, or by pressure of circumstances, to think and work rather more than is good for them. And were it not for brief periods of relaxation, they would not be able to "carry on." There need be no conflict between fun and work. Laughter need not necessarily make men less industrious. Indeed, at the right time and in due proportion, it should make for more and better work, by reason of the healthy mental and physical stimulus it affords.

How dismal, drab, and depressing would the councils of the nation be without the presence of certain irrepressible, mirth-producing spirits who, by the exercise of their laughter-provoking gifts, do much to relieve the heavy and exacting grind of the modern legislative machinery. Each political party has its wits, and all parties alike benefit by the happy, stimulating diversions created by those wits. Yes, even legislators, would find it very hard to get along satisfactorily without laughter.

Many times I have had occasion to be grateful to that inimitable and indefatigable creator of pure and wholesome laughter, Charles Dickens. In my student days I would almost invariably conclude the daily grind with a chapter or two from his immortal creations. "You had company in your room very late last night," said my landlady, one morning. "Indeed, Mrs P—, I did not; no one visited me last evening," I replied. "But I heard you laughing outright several times," she returned dubiously. Then I had to explain that I had been reading "Pickwick Papers." And I am only one of tens of thousands throughout the wide world, whose minds have been so often cheered and refreshed by the witty sallies of Sam Weller, or the comic woes inflicted on comfortable Captain Cuttle by his fearfully vigorous and sharp-tongued landlady, Mrs. McStinger. During the Great War, we are told that thousands of soldiers on both sides learned in those terrible trenches to bless the wholesome wit and humour which Dickens puts into the mouths of his cleverly portrayed characters, because it made them laugh when it was agony to think.

Recently at the close of a busy and tiring

day, I attended—very reluctantly, I must admit—a simple social gathering, at which I had been urged to be present. During the evening a selection from Jerome K. Jerome's well-known book of humour "Three Men in a Boat," was recited; also Mark Twain's celebrated toast, "To the Babies." At the end of two hours I emerged from that gathering a new man, and walked home with light heart and light step, chuckling with positive glee over the sparkling gems of wit and humour from those celebrated masters.

He is a wise, skilful, and up-to-date physician who can successfully divert the morbid mind of his over-wrought patient into the healing channels of wholesome mirth and merriment. While we need men who make us think, and urge upon us the undoubted blessings of hard work, we also owe something to those who make us laugh. For if, as the wise man says, there is "a time to laugh," and "a merry heart doeth good like a medicine," then those who help us to make the most of our opportunities in this direction may certainly be regarded as benefactors of the race.

The Role of Bilivaccines in Cholera Epidemics

(Continued from page 7)

the absolutely inadequate number of inoculations carried out, but, under the automatic influence of the same factors that governed the quelling of epidemics a hundred years ago, when vaccination was still unknown.

Probably the budget set aside by Government for Public Health does not allow the authorities to do more than what they are doing, but this is exactly what provides a very strong reason why Bilivaccination—now known to be as effective as the inoculation and free from the drawbacks of the latter—should be promoted, and why the training of the public to self-vaccinate with Bilivaccine Tablets should be furthered. One has to go to the doctor to get inoculated but it is only necessary to buy from the nearest chemist the requisite doses of Bilivaccine, to bilivaccinate oneself and his family.

To illustrate the difference between the state of affairs in this Presidency and the action taken by health authorities in France: In similar circumstances, suffice it to say that during the last epidemic of typhoid in Lyons (France) in November 1928, the authorities, besides mobilising all their resources for wholesale inoculations, issued several notifications to the public, exhorting them to make use of Bilivaccine and get self-protected. As many as 125,000 doses of Antityphoid Bilivaccine were then used by the authorities and the public, within

seven days, and the result has been seen in that the epidemic was wiped out in three weeks.

Whatever may be said to the contrary by interested parties, facts and figures are here to prove that if Bili-vaccination by Mouth were given a fair chance under present epidemic conditions in this presidency, cholera would have subsided long ago, and the heavy national loss that represents the appalling share of human lives claimed by the disease would have been spared to India.

The Solar Holiday of the Ancient World

(Continued from page 9)

heathen cult, and find no origin in the Bible. Above them all in popularity is the first day of the week, commonly observed in memory of the resurrection of Jesus Christ, but bearing the title of sun worship and the pedigree of paganism.

A Modern Apostasy

Baal worship was the downfall of Israel when they rejected Jehovah. Sun worship in its disguised form has been the great error of modern Christendom. When the Sabbath of the Bible, the commandment of God's Decalogue, is cast aside for a day brought from heathenism,—the counterfeit of the truth,—serious error will follow. There would be no doctrine of evolution among the followers of Jesus Christ, if they had remembered the Sabbath day made in honour of the six literal days of creation week. "Remember the Sabbath day, to keep it holy. . . . For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day; wherefore the Lord blessed the Sabbath day, and hallowed it." Ex. 20 : 8-11.

A failure to keep the Sabbath in honour of the Creator of the heavens and the earth will cause men to worship that which is not God. Paul declares that when truth is rejected, men worship and serve "the creature rather than the Creator, who is blessed forever." Rom. 1 : 25, margin.

Babylon, the original seat of sun worship, has poured her doctrines over all the world, until the day that was instituted by her in rebellion against Jehovah has come into almost universal acceptance. Only a "remnant," declared John, as he viewed the condition of the church in the last days of earth's history, will "keep the commandments of God, and have the testimony of Jesus Christ." Rev. 12 : 17. But God is calling sincere men and women who have learned the truth, who are followers of the Bible and the Bible only, to break with this compromise that came from sun worship.

God's Call

"Babylon is fallen, is fallen," is the angel's warning cry, "that great city, because she made all nations drink of the wine of the wrath of her fornication." The denominations have been polluted with practices and festivals from pagan worship, until at last the final warning comes from God to His people: "Come out of her, My people, that ye

be not partakers of her sins, and that ye receive not of her plagues." Rev. 14 : 8 ; 18 : 4.

The Protestant Reformation came about as the result of the obedience of sincere men and women to the conviction of their hearts as found in the textbook of Christianity, "the Bible and the Bible only." The Dark Ages were lighted when the Word of God was studied anew by men. Protestantism was a protest against a compromise with truth. But Protestantism has likewise compromised in some of the practices of baptized paganism, by observing the first day of the week and by other practices not in harmony with the Bible. If the traditions of men are to be accepted as a star of guidance, where will be our obedience to God? God is calling men and women to the knowledge of the compromise that was brought about in early Christian history. His warning is away from pseudo-Christianity and back to the verities of truth found in the Bible. This is the call of the hour.

The Sabbath institution that was created at the close of the first week of this earth's existence is still the Sabbath of the Lord. There have been counterfeits instituted by one who proclaimed, "I will be like God," but those who will enter into the city of God are those who have shunned a compromise with truth, and who love God enough to "do His commandments, that they may have right to the tree of life, and may enter in through the gates into the city." Our decisions now are of eternal weight. The Bible and the Bible only is the sincere guide of men and women who are searching for a sure platform of truth. If a teaching is in the Bible, obey it; but if it is not there, remember that it is not of God.

Shall the Babe be Normal?

(Continued from page 5)

mother always has an effect on the condition of the child. The body of a newborn infant weighing six pounds should contain more than an ounce of lime, all of which must be stored up before it is born. This lime can be supplied only by the diet of the mother.

Dr. Lucas, pediatrician in San Francisco, makes the following statement: "While diet and hygiene are important factors in the production of rickets, I am of the opinion that the diet of the mother during pregnancy and the time the child is at the breast is equally important in determining the susceptibility of an individual to rickets."

Average Diet Low in Minerals

Statistics show that the average dietary in some parts of the world is low in minerals, especially calcium. This is particularly true of the diet of the poorer classes in large cities, who cannot afford sufficient quantities of the mineral-supplying foods, such as fresh fruits, green vegetables, and milk. In the light of our experimental observations, which agree well with clinical experience, we dare to believe that when the dietary of the expectant mother is planned to include liberal quantities of mineral salts in their proper propor-

tions, a long step will have been taken toward the eradication of rickets,—a disease which has baffled the medical profession for so many generations.

"Is my child normal?" The mother can be fairly sure of a normal child when she has received good prenatal care and the advantage of a well-equipped modern hospital, followed by good, careful nursing after the confinement. The child will then have a foundation upon which to build, and much greater possibilities for usefulness in this competitive age of ours.

First-Aid Hints in Poisoning

(Continued from page 12)

should be avoided, as they dissolve the phosphorus. Albuminous drinks, such as white of egg or milk, may be given. A purgative of sulphate of magnesium (Epsom salts) is helpful. Old turpentine or the French oil is also a good antidote.

Corrosive Sublimate

Corrosive sublimate—a double chloride of mercury—is usually sold by chemists in the form of tablets for making antiseptic solutions. In sufficient strength it will destroy all germinal matter, but when taken into the stomach it is a violent poison. It has a decided metallic taste, and produces burning in the stomach, vomiting, and often diarrhœa. Often the vomiting prevents the poison from killing the patient. Later on there may be irritation of the kidneys. Death may not take place for a week or more.

No emetic or stomach-pump should be used, as the stomach may be ruptured thereby. Empty the stomach with a stomach-tube as soon as possible. The white of eggs and milk are excellent remedies. One white of an egg, beaten in a cup of water, will neutralise four grains of the poison. After the stomach has been well washed out and the above antidotes have been given, large doses of Epsom salts followed by copious draughts of water should be given. Stimulants may be needed to overcome the heart depression. The patient should take milk freely.

Spirits of Salts

(Hydrochloric Acid)

The chief treatment is the destruction of the acid with an alkali and dilution with copious draughts of water. Give a dessertspoonful or more of bicarbonate of soda (baking soda) in a cup of water, or calcined magnesia (half an ounce in half a pint of water or milk). Liquid ammonia freely diluted may be given if the above remedies are not at hand. White of egg, water, milk gruel, linseed tea, and arrowroot all soothe the irritated stomach.

THE improper elimination of waste from the body is, I think, the greatest cause of ill health, for this indicates the retention of poisons that should be got rid of, and retained poisons make unhealthy body cells.—*Leonard Henslowe.*

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Of course, a burn of any severity should be seen by a physician as soon as possible after it is sustained. It sometimes happens that under this film-like covering produced by the tannic acid, suppuration takes place, in which case further treatment is necessary. This can be given only by a physician.

Tannic-acid solution should be freshly made, but that can be done readily in any household by adding the dry acid to the proper amount of sterile water.

Picric-acid gauze is very useful and operates in much the same way. While both of these tend to relieve the pain, in severe burns the pain is so great that anodynes may be necessary and, of course, these must always be given by a physician.—*Selected.*

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Begin Health Habits Early

(Continued from page 17)

develop some time after recovery from the disease itself.

Certain preventive measures are now used to guard children against these serious childhood enemies. Vaccination against small-pox, immunization against diphtheria, scarlet fever, and typhoid fever are possible through suitable measures which the physician will provide. In cases of whooping cough, dependance must be placed in proper protection against exposure to the disease. Keep the young child away from other children who are coughing. All cases of whooping cough should be isolated. It is a dangerous disease, especially to the child under two years of age.

Tuberculosis, formerly the captain of the men of death, because it stood at the head of mortality diseases, is being conquered through intelligent care, treatment, and preventive measures. It still has its dread and its dangers, however. Children are susceptible to the disease through contact with those who have it or from drinking un-pas-

teurized milk from tuberculous cattle. Care should be taken to provide children with milk that is known to be safe.

With the proper preschool precautions against disease, and general protection of the health, the child comes to school age more fit for school life. A thorough physical examination, however, should be given the child before entering upon any school work. This examination should cover weight and height, to see that they come up to the average; eyes, ears, teeth, heart, lungs, and other organs. An examination should be made for tonsils and adenoids and bad teeth. The slightest defect should have its proper attention and early correction.

The Cotsworth Calendar Proposals

(Continued from page 15)

come out against us with many dollars and Big Business and much propaganda; but we come to thee in the name of the Lord of hosts whom thou wouldst defy.' For the introduction of the proposed method of Calendar Reform, whereby the weekly cycle is interrupted, involves an act that is nothing short of impious defiance of the Almighty, and should be resisted by all who acknowledge His authority in the affairs of men.

"In conclusion, therefore, we would ask, on behalf of our entire world membership, in the name of religious liberty and freedom of conscience, that this Preparatory Committee shall refuse to give its approval to any proposal for the Reform of the Calendar which embodies the Blank Day principle.

Our Great High Priest in His Heavenly Temple

(Continued from page 20)

Well, I will not read more on this thought of the throne. But can you see why it was that God gave to Israel the representation of the throne of God with the law under that throne and the holy shekinah just above that throne? Can you see what God was trying to teach Israel? Can you see what it means to go into the divine presence of the God of the universe with sin, with the stain of sin? Can you see what it means to be presented to the God of the universe seated upon His throne without one stain of sin? God was trying to teach Israel the great plan of salvation by which every stain of sin would be removed and that fitness of character, that purifying of the soul, that coming into harmony with Him through the plan of redemption that would enable His children to stand in His presence or to meet Him when He comes in the clouds of heaven.

[This lecture was delivered at the Council Meeting of the Southern-Asia Division of the General Conference of Seventh-day Adventists, held at Poona, and lasting from December 17, 1930, till January 3, 1931, inclusive.—Ed.]

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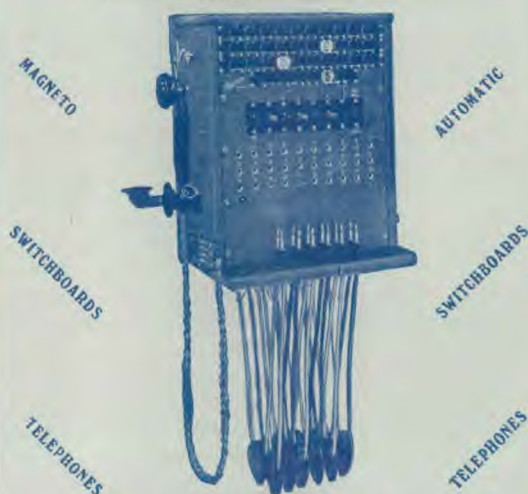
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