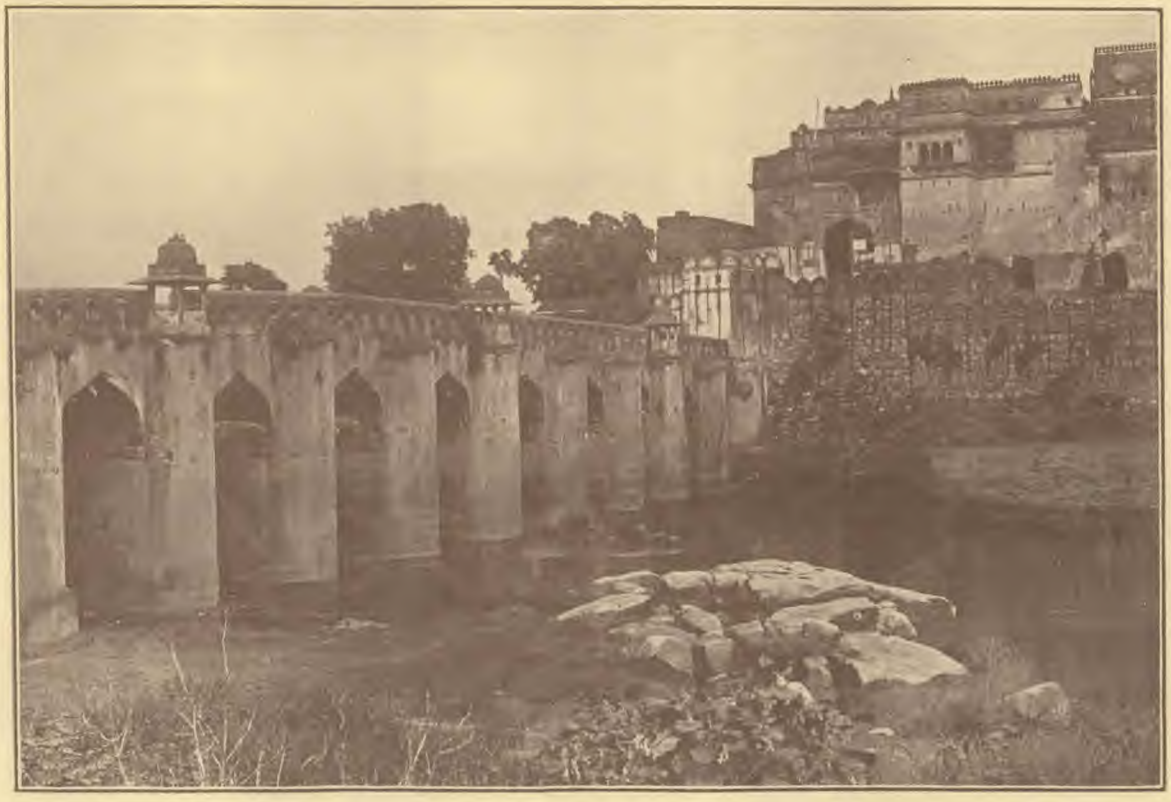
THE ORIENTAL WATCHMAN AND HERALD OF HEALTH



G. I. P. Railway Publicity Bureau

THE BRIDGE, ORCHA

Read in this Issue—

DODGING THE DENTIST'S DRILL

THE Danish government is experimenting with a motor car that can be converted at will into a submarine, a boat, or an aeroplane. The craft can travel over land on pneumatic tyres, cross a river as a boat, convert itself into a submarine, or unfurl telescoping wings and rise into the air.

THE new James River Bridge at Norfolk, Virginia, U.S.A., four and one-half miles in length, is called the longest highway bridge in the world. It cost about £1,200,000, and was built in the record time of eleven months. The speed limit for motor cars is forty-five miles an hour, and it is unlawful to travel at less than twenty. The bridge is unpopular with pedestrians because it takes an hour and a half to make the crossing on foot.

COIN-IN-THE-SLOT typewriters for public use in hotels and postal and telegraph offices have been designed by a German firm. After he has placed money in the slot, a depositor may make 1,000 strokes with the machine. Attached is a device which counts the strokes as they are made, and warns the user when he is approaching the end of the number. When, 1,000 strokes have been made the machine automatically locks until another coin is deposited.

IT is easy to see whether every cylinder of a motor-car is firing properly when the motor is fitted with a set of new transparent spark plugs. The insulator of each plug is made of a glasslike material having great resistance to heat. It makes visible from the outside the flashes within the cylinder. Absence of a flash in the "window plug" shows that a cylinder is "missing." The colour of the flash ranges from a deep orange to a pale blue. Blue shows the most perfect combustion, and orange denotes maximum in efficiency.

A CONGRESS of women, in which nine nations were represented, met in Paris recently to draft a Woman's Charter of Nationality. The work was undertaken at the request of the League of Nations, to which a report will be submitted this month. The aim is to ensure that women shall have the right to retain their nationality when they marry. If a Dutch woman, for instance, marries an American citizen, she forfeits her nationality and she does not automatically become an American citizen. She remains a woman without a country. In France she may decide for herself whether to adopt the nationality of the man she marries or to remain free. Under the proposal of the congress it is intended that all the states belonging to the League of Nations shall adopt a similar rule.

MEDICAL circles, it is said, are animatedly discussing the world's record telephone consultation between the noted Harley Street specialist, Dr. H. Moreland McCrea, and Dr. Julian Smith, of Sydney, Australia. Dr. Smith cabled to Dr. McCrea that he intended telephoning to him. The call came through at the scheduled time, and Dr. McCrea clearly heard Dr. Smith read the details of a complicated and dangerous case. Another call was arranged for twenty-four hours later, and meanwhile Dr. McCrea prepared a serious of suggestions for the treatment of the case, which were heard with perfect clarity in Sydney. This remarkable consultation over 12,000 miles of space was described to the King, who expressed keen interest. Doctors believe that it is an epoch-making event, because in future patients previously treated in one part of the world may quickly consult their own doctors if they fall ill in a far country.

RECENTLY an exhibition of 18,000 dahlia plants was held in Mecklenburg, Germany. All of them were varieties never before shown publicly. The square in front of the station was abloom with 4,000 pelargoniums. More and more care is being given each year to beautifying the railway stations in Germany.

SOME butterflies give out as fragrant a scent as flowers. The Green-Veined White smells like sweet-briar, and the Silver-Washed Fritillary like fresh violets. A South American butterfly has a distinctly chocolate odour. It is only the male insects that have a scent. These perfumes come from scales on the wings which are associated with glands secreting a volatile oil.

WHILE most persons think of silver as a metal used principally for coinage and electroplating, these two fields do not account for the absorption of the world's annual production of about 250,000,000 ounces. Silver is widely used in the chemical industry, particularly for vats in making acetic acid. The precious metal likewise is employed for stills, condensers, taps and cocks in the chemical plant, and is used in the milk, cider, and jam industries, and in making artificial silk. In the food industry it has been found to be insoluble, and hence cannot endanger the human system.

PROFESSOR LUDWIG NAGY, who is in charge of excavations near Budapest, has made an extraordinary discovery. In the cellar of a house which was burned in Roman times the excavators found the bronze keyboard and silver pipes of a hydraulic organ. An inscription on the side shows that it was made for the magistrate who had once ruled there about 200 B.C. The works of Hero mention such an instrument, but none has been found till now. The organ is not large. Its longest pipe is only three feet. The workmanship is very beautiful. The lower part of the organ, doubtless of wood and leather, has mouldered away. Fortunately, the fire did not melt the metal parts of the organ.

CAPTAIN INGEBRIGTSEN, the proprietor of a Norwegian whaling company, recently landed a £40,000 whale. He did not know its value until the stomach was opened, and he found in it a piece of ambergris weighing 131 pounds. Only two larger pieces are known to have been found, and this is the first of any size to be obtained in the Norwegian coast. As today's price is in the neighbourhood of £20 an ounce, Captain Ingebrigtsen's whale is worth over £40,000. In the normal way his catch would not have been worth more than £400. Ambergris is a growth which develops in the digestive organs of a sperm whale. It has the unique property of perpetuating the odour of any scent, so that to the maker of perfumes it is essential.

THE Lindbergh light is a great beacon mounted upon a steel tower that soars 135 feet above the roof of the sky-scraping Palmolive Building in Chicago, U.S.A. Six hundred and three feet above street level, this 2,000,000,000 candle-power searchlight sweeps a circle that reaches twelve states, and is the hub of a revolving wheel of light 1,000 miles in diameter. From the Canadian border on the north, to Memphis, Tennessee, on the south, and from Buffalo, New York on the east, to Omaha, Nebraska, on the west, the shafts of this aerial beacon nightly guide and cheer the daring air mail men and other flyers on their way.

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The CARE of the HAIR

What to Do for Dandruff. How to Shampoo the Head. How to Prevent Baldness and Grey Hair.

By Dr. M. L. Handshuh

WHEN a new fashion appears, try it if it be attractive, but notice the effect in a mirror before venturing to adopt it. It may be just what you have long been waiting for. Sometimes you can adopt only a part of that style, but do not be afraid to do so if it is becoming.

Little girls should have their hair cut short at least once during the growing period. It strengthens the roots of the hair and increases its luxuriance later in life. In fact, it is much better for children's hair to be kept cut short altogether.

Of Interest to Teachers

Chalk dust, to which all teachers are subjected more or less, is extremely trying to even the healthiest hair. It dries the oily secretions of the scalp and gradually deadens the growth. The remedy is in applying something to take the place of the oil. Try this tonic, applying with a sanitary dropper every night and rubbing in with the finger tips: one-fourth ounce of glycerine diluted in witch-hazel to fill a two ounce bottle.

To "Wake Up" the Hair in Hot Weather

If the scalp does not perspire unduly in warm weather and proper precautions are taken, the moisture will improve the appearance of the hair. After a few hot nights, which causes one to awaken with damp locks, shampooing is, of course, the right thing. Should this be inconvenient, a wash cloth wrung out of warm water should be used briskly on scalp and hair. This should be repeated several times, and the water changed once or more. After this the vigorous use of a dry towel will so brighten and "wake up" the hair as to ensure a repetition of this treatment.

Baldness is, in many cases, the result of ignorance and neglect of scalp hygiene

After a "spell" of hot weather the hair does not come out in combsful. If it does, the above treatment, or better still the following advice, if strictly carried out will cause the dry, dead hair which has come away to be replaced by a healthier new growth.

Just before retiring massage the head with damp and dry cloths as directed, then with a suspicion of lanolin and vaseline in equal parts on the finger tips, keeping it carefully off the hair, massage again thoroughly. Few people are aware of the wonderful effects of lanolin as a promoter of thick healthful growths of hair. Vaseline (or sweet oil) is used merely to make the lanolin malleable. The less of the first used the better, as while the lanolin will be absorbed into the scalp like magic during the night, the other grease will not. Like magic, too, if its use is persevered in, this will give satisfaction, for a few pence, that few if any of the expensive skin foods will give.

Dandruff

This is only the cuticle coming off in particles. When the scalp is well cared for, dandruff will have no chance to accumulate. The shampoo twice a month and the daily brushing as described will usually do away with the trouble. If excessive and obstinate, however, shampoo the hair once a week with six or eight eggs and plenty of hot water. Rinse well, dry the scalp quickly and follow with a vigorous massage with the finger tips. A simple and effective tonic is made of one pint of bay rum, one pint of soft water, and a teaspoonful of salt. Put in

a bottle and shake before using. Rub it well into the scalp each night. Never remove dandruff with a fine comb. The process irritates the scalp and increases the trouble.

The Egg Shampoo

While speaking of this, which is even more invigorating to the hair than the soap shampoo, let me assure my readers that if the hair is well rinsed, there will be absolutely no odour adhering to the silky strands.

No soap is necessary when eggs are used; they make fine suds. Use seven or eight eggs—even more if the hair be very heavy. Not the yolks alone, but the entire egg should be used. They stimulate both the oil glands which bring nourishment to the hair, and those supplying the natural colouring material. Fill a wash bowl with very hot water. Hold the head over the bowl, and rub in part of the eggs; scrub and rinse thoroughly. Use the rest of the eggs, rubbing your fingers into the scalp vigorously, and finish with a bath-spray rinsing. Should your hair need this invigorating tonic, by all means try it.

Baldness

Sickness, worry, excessive study, excessive venery, or indeed anything else which exhausts the nervous energy, will produce baldness. Women are less subject to it than men. Sometimes in men it is caused by much wearing of hats which exclude the air, causing an overheated condition of the head. In one instance, a man who had become quite bald in this way was known to secure an abundant growth of hair merely by going one summer without a hat, or in case of need wearing a straw hat with a brim shading his face but with the crown cut out. Brushing, rubbing, or massaging the bald place several times a day so as to make it red with the friction will help in restoring the vitality of the hair follicles. An onion cut in two, one-half rubbed vigorously over the scalp in the morning, the other at night, has been persisted in till it proved successful.

To Prevent Grey Hair

The same causes which produce baldness will also lead to the gradual destruction of the hair's colouring matter, resulting in grey hairs, at first few in number, but soon increasing.

Colouring the hair artificially is a very dangerous practice. Wholesome food, exercise, and proper care of the scalp will do more to keep away grey hair than all the lotions that ever were made.

If you would keep your hair right, you must keep yourself right, both mentally and physically. Unhappiness, sorrow, or some other severe harrowing shock can be told almost immediately by the hair. It has lost its lustre.

When both the scalp and the general health are kept in a vigorous condition, there is little danger of the early appearance of grey hairs. The colour of the hair may, therefore, be preserved to an advanced age by attending to its perfect cleanliness and vitality, which regular shampooing, brushing, trimming, and hygenic living will accomplish.

Remember that no one who lives in a mental atmosphere of fret and worry is living healthfully. No surer way to invite grey hairs could be contrived than to worry about their coming, or about any other subject under the sun. It will bring them. The thoughts which travel along the brain-paths have not far to go to reach the colouring material of the hair, and the tissues of the face. Don't think shrivelled, selfish, dried-up, wrinkled thoughts. Think all the joy-thoughts, love-thoughts, beauty-thoughts you can, by taking note of all the sweet and gracious things in the world about you, and yourself adding to the list at every opportunity.

GIVING

By Lida Williams Brocker

"I would be giving, and forget the gift,"
I would help those in need their loads to lift,
And then forget the deed; for this I know—
That every act of love helps my soul grow.
But if my gift I flaunt in the market place
And win a little glory for a space,
I blot it out. The gift is then but dross,
And I have suffered some unmeasured loss.
But when I give my service or my self
Rejoicing, then forget the act itself,
And find another act of love to do,
A blessing comes that lasts the whole day through.
And so it is my joy has come to be
In little things the world will never see.

FRUITS

are among Nature's Best Contributions *to* Man's Dietetic Needs

Among other advantages, fruits "are an important source of food minerals for the building of blood, bone, nerve, and in fact, all tissues."

By George A. Cornforth

I HAVE been pondering in my mind the subject of why fruits are valuable in the diet. They used to be regarded as luxuries, or nonessentials, like confections—something to be eaten for pleasure between meals, but not an essential part of the diet. But the advertisements of the orange growers, and some of the canning companies are convincing people that some fruits are really valuable, and perhaps almost indispensable in the diet. What is true of oranges, lemons, bananas, pineapples, and tomatoes is true also of the other fruits—apples, pears, grapes, berries, and the rest.

Fruits are valuable in the diet because of the vitamins they contain—whatever it is in fruit that builds vitality, affords protection from disease, and stimulates growth.

Besides this they are an important source of food minerals for the building of blood, bone, nerve, and in fact, all tissues. Their nourishment is largely in the form of predigested sugar, energy food.

Except in very moderate quantities refined sugar is health destroying, and it is too bad that people should be encouraged to believe that there is health in the free use of it and to act upon that belief.

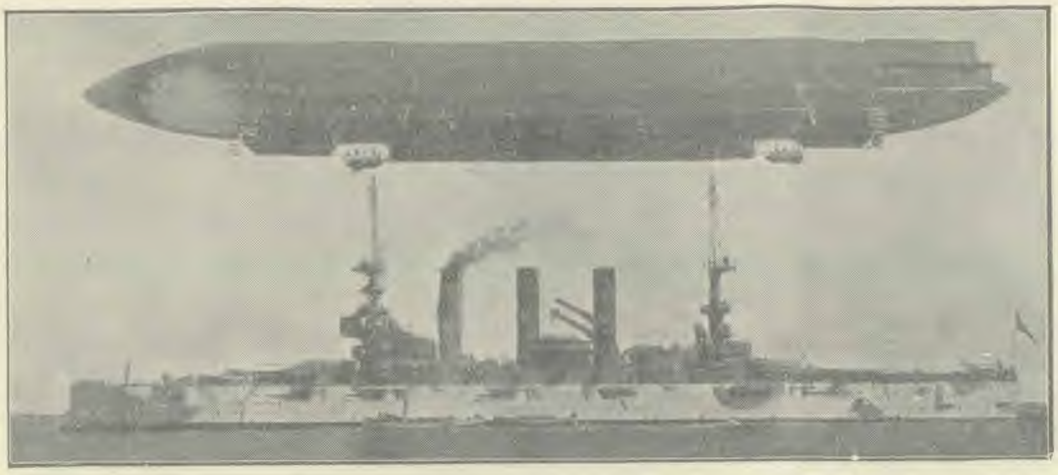
In fruits, nature has, on the other hand, supplied us with a sugar that is all ready for use by the body as a source of energy and health, without the need even of digestion, and with its full accompaniment of minerals that nature caused to grow with it. That is the reason why fruit juices are so valuable in sickness—the body is nourished by them even when food that requires digestion cannot be taken.

Moreover the acids of fruits are effective germicides. Probably no disease germ can live in pure lemon juice. Apple juice has the power to destroy the germs of Asiatic cholera, and blueberry juice destroys the germs of typhoid fever. It is marvellous how the Creator has put germicidal power into natural foods that nourish us and harm nothing but the germs, while the germicides that men prepare (effective germicides to be sure) would kill us, or at least damage us, if taken to destroy the germs that may be working havoc to our health.

The acids of fruits are used as fuel in the body, and the ash which they leave is alkaline; thus fruit acids which are acid to the taste and acid in their effect in the stomach increase the alkalinity of the blood—help get rid of excess acid in the blood. Perhaps they may be thought of as blood purifiers. Their laxative nature also makes them valuable cleansers.

Other valuable dietetic qualities of fruit are their appetizing flavours and odours and attractive colours, all of which make their appeal in stimulating the appetite. Another valuable characteristic of fruits is that they are ready to eat, and delicious, raw, cooked by the sun, with their full vitamin and vitality-building force and delicate flavours unimpaired by cooking. (*Turn to page 28*)

PRESENT-DAY EVENTS— *their* MEANING?



Monsters of the air have taken part in modern warfare

NINETEEN centuries ago the disciples came to Jesus and asked Him a very profound question. He had previously told them of the destruction of their beautiful temple, as well as other events pertaining to the end of time. The disciples, full of anxiety, said: "Tell us, when shall these things be? and what shall be the sign of Thy coming, and of the end of the world?" The question was a fair one. The Author of the Gospel answered their earnest inquiry with all the characteristic force at His command. He reviewed outstanding world events along through the centuries until we are face to face with a disturbed, distressed, and troubled world right down here in the twentieth century.

The days foretold by Him and characterised by the prophets as well as the apostles as "*the last days*" are with us. Events bristling with interest stand out before us on every hand. Many hearts are asking what they mean. Never before in the history of man in any generation have mankind been privileged to live in such an age. It is filled with developments of unusual intensity and interest to the great and the small.

A noted historian said: "There is no philosopher in the world that can forecast the historical evolution of a single day. The historian is completely dumb before the problems of the future. Time will come and go, it will fulfil its purpose in the calendar of man-life. Its events and issues will be evolved with scientific exactitude out of the antecedent conditions. No man living can predict what aspect and event will be. The tallest son of the morning can neither foretell nor foresee the events before us."

Science with all its attendant blessings to mankind, does not reveal the meaning of present-day world events.

Philosophy, whilst it has its place, fails to tell us the meaning.

Scholars of our day stand speechless and confounded before these perplexing issues of current life.

Modern religion fails us to answer God's challenge. The church has become like the world. Selfish, indifferent, pleasure-loving, proud, until there is little to distinguish between her and the world. She seeks popularity rather than truth. She seeks pleasure rather than God.

Political and social problems abound. The world is everywhere disturbed. No country or religion escapes them. I need not tell you they exist. You know it and you know that their rapid increase calls for a prophet to throw some light on the present intricate state of affairs.

Storms are becoming more and more frequent. Few portions of our world escape the serious losses sustained in the loss of property, life and money.

Never before in the history of man have such delicate economic developments taken place in connection with the labour problem. Today it faces us like a monster that needs to be met.

Earthquakes follow each other in rapid succession. Death, sorrow, and the monetary losses are uncalculable They increase even in those sectors of the world where scientists have told us there would never be earthquakes. Since the end of the nineteenth century they have increased approximately 300 per cent numerically and almost that same proportion in loss of money and life. Sir Napier Shaw, speaking on earthquakes said: "We are getting earthquakes because the world is getting tired of carrying its immense load which never grows

The Awakening East
and
Other World Conditions

By G. W. Pettit

lighter. Among its immense tasks is the duty of supporting its outside crust and one of the clearest signs of advancing age is that it can not always do so."

Nations of earth are arming for war whilst on every hand they are proclaiming peace. Hatreds are being fanned into a mighty destroying fire. The canker of war becomes more of a peril as the years come and go. You must of necessity uproot humanity in order to uproot war.

Wealth is being heaped up in colossal heaps. Vaults are bursting with gold. Men of wealth have become so strongly entrenched into the vitals of nations that they can bring about a financial crisis over night. They gain whilst the great middle class are required to pay the fiddler. Hundreds of millions are cornered by the rich in stock and bonds, and the poorer are made all the more poor.

Outstanding on the world-horizon today we see the awakening East. The less fortunate nations are bidding for a place in the sun. Men are stunned, dazed, perplexed, alarmed, and do not know which way to turn. Business conditions are not being made the more hopeful. Men and women are committing suicide hoping to hide their faces from the perils of the hour.

The future looks dark as it is viewed from the natural trend of world events. Millions of thinking men and women, everywhere, would like a solution to these conditions.

Science, philosophy, history, religion, politics, wealth, learning and twentieth century statesmanship all fail to give us a sane answer to these bewildering world events. It is therefore natural that you should ask, "What do these things mean?"

Prophecy Sheds Light on the Dark Picture

Let me call your attention to some of those prophecies. They are sure. There are no uncertainties. A clear picture stands out in bold relief which brings hope to the perplexed heart, and sunshine to the face.

Prophecy speaking on the social outlook vividly portrays a picture that we all may understand. It is found in 2 Tim. 3 : 1-5, and reads :

"This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, (*Turn to page 27*)

Photo, F. M. Wagstaff, Rangoon.

Pegu suffered disastrously last year in the earthquake in Burma

The Treatment of HEART DISEASE

Cardiac Cases Among School Children

By Taliaferro Clark, M.D.

Perpetual vigilance is one of the obligations of parents.

MANY persons with chronic heart disease maintain a fair condition of health for years under favourable conditions. A diseased heart, however, performs its work under a special handicap, requiring increased exertion. The exercise of a muscle within healthful limits is followed by increased size and power. However, there is a limit to the ability of a muscle to accommodate itself to long continued and increasing strain. It becomes weaker, thinner, and less able to function than formerly. In the case of heart muscle, the increase in size and strength in response to the greater demand on the energy in diseased conditions is called compensation. The process of thinning with lessened ability to function is called decompensation, which is characterized by breathlessness, pallor, and rapid pulse on slight exertion. The treatment of heart disease largely depends on the presence or absence of symptoms of decompensation. Therefore, for the purposes of treatment heart cases have been classified into:

1. Cases without symptoms of insufficiency or decompensation.

2. Cases that previously presented symptoms of decompensation, but not at present.

3. Cases in which symptoms are present.

4. Cases of possible heart disease characterized by abnormal heart sounds and irregular action without definite structural lesions.

5. Potential heart disease in persons having rheumatic symptoms, chorea, frequent attacks of tonsillitis, decayed teeth, and the like.

The actual treatment depends on the classification, and comprises:

1. Limiting physical activities.

2. Avoiding emotional excitement.

3. Rest in bed for a prescribed number of hours each day.

4. Avoiding the use of drugs except under the supervision of a physician.

5. Improving nutrition by attention to the diet.

The class to which a case of heart disease belongs must be considered carefully when prescribing exercise. Children who are without symptoms of decompensation and have never presented such symptoms, should be encouraged to lead normal lives, with the habitual amount of physical activity. However, they should not be allowed to participate in competitive exercises and physical contests.

Cardiac cases that presented symptoms at some time previously should indulge in diminished activity, slightly diminished if the symptoms are mild, and greatly diminished if the symptoms are marked.

Regulated exercise is of distinct benefit in the treatment of properly selected cardiac cases. The amount of exercise to be given at any one time is determined by the appearance of the symptoms of decompensation. This is known as tolerance. When the tolerance of an individual case for exercise is once determined, regulated exercises are carried out systematically with improvement, and to an increased extent as determined by the tolerance.

Rest in bed is of special importance in the treatment of cardiac cases presenting symptoms of decompensation, such as shortness of breath, pallor, and rapid heart action. It is much better that the period of rest should be one with prolonged rest in bed, thus giving the damaged heart greater time to recover its tone, than for the rest to be broken into short intervals with more or less prolonged intermissions. In severe cases rest in a hospital is a better procedure than in the average home, depending on the amount of intelligent co-operation that may be expected of the parents. Whenever possible, the period of rest in bed should be followed by recuperative treatment in a convalescent home or similar establishment. Another important consideration in the case of children with cardiac disease is attention to their nutrition. The heart of a growing child increases in size proportionately with the body. Therefore, nutritional conditions which interfere with the proper growth and development of the body, exercise a harmful influence upon the heart itself. No treatment of heart affections in children will be completely successful without careful supervision of their diet, with the view of promoting body nutrition as greatly as possible. It has been found in examination of school children that a greatly higher percentage of those classified as undernourished have heart disease than of the children who are properly nourished.

The successful treatment of heart disease also includes the removal of foci of infection, such as decayed teeth and other septic mouth conditions, and the removal of adenoids and diseased tonsils.

Possible and potential cardiac cases must be considered as active cases, and subjected to repeated examination and re-examination by the physician for proper classification and exercise and rest.

The provision of adequate school health supervision in a community and the regular medical examination of the children is an important factor in the control of heart disease among children.

Mention has been made of the large percentage of cardiac diseases in children under the tenth year of age. The discovery of children who have had heart disease or who have heart disease or who are possible and potential cardiac cases connotes the application of proper relief measures and the necessary systematic supervision, exercise, diet, and environment. From the community standpoint the school nurse and her follow-up work in the home, is of incalculable value in the safeguarding of the lives of the little ones.

1. The duties of the nurse in the home, are to emphasize the importance of school examinations and re-examinations for the proper classification of the condition, from time to time, so that the suitable remedial measures may be applied.

2. To inform parents of the abnormal condition and the necessity of rest in bed when prescribed, the kind of diet needed, the amount of exercise that should be permitted, and the freedom from emotional excitement that is demanded. She should emphasize that every child with a cardiac condition, however mild, should be considered an active case and a candidate for periodic re-examination.

The Way

By Nathaniel Krum

Why do we bow at mammon's gilded shrine,
With hands outstretched and lips that move to pray,
While, standing in the shadow, pleadingly,
Christ beckons, Come, "I am the living Way"?

Turn we to earthly pleasures, passing, vain,
For solace that our Lord can give?
Turn we to modern gods of Ekron, or
Bow low the knee to Baal that we might live?

Turn, turn from earth's vain promises of good,
Give thine own self to Christ, He calls today,
Yea, stands within the shadow, beck'ning, Come,
Thou weary one and rest, "I am the Way."

The FLY— More than a Nuisance

His Danger as a Disease Carrier

By Nina M. Munson, R.N.

ON a health bulletin standing out in bold, black type as a heading, are the words: "Beware of the Common House Fly." Beware of him, indeed, for he is so *common* we may forget his presence, or overlook his particular role as a disease carrier. He is no longer considered just an annoying nuisance; he is known as altogether filthy, "murderous," "a disgrace," "the most dangerous animal on earth," —a thing to be looked upon with distaste, distrust, and apprehension.

The parent fly lays eggs several times during one season, estimated at about one hundred to one hundred and fifty eggs at a time. If the eggs are in a warm place which will favour early hatching, they become maggots in a few hours. From maggot develops the pupa, from pupa the winged fly. This development takes approximately two weeks, and those one hundred or one hundred and fifty flies are ready to bring forth their families; and by the end of the season that one fly is capable of adding to the fly population somewhere in the vicinity of 5,000,000,000,000 flies.

Bristly hairs cover the body and the six legs of this two-winged insect. He has no teeth, so he cannot bite and in this way spread infection, but he has a digestive apparatus that quite completely makes up for the lack of teeth!

How many times have children watched a fly walk over the window-panes or a mirror, or other smooth surface, and wondered why he didn't fall or even slip. To him it is very simple. Between the claws on each foot there is a pad that is soft and sticky, which enables him to perform this feat. Think what this sticky pad can pick up by way of filth as he flies from garbage can to decaying matter, from decaying matter to whatever form of putrefying matter he can find. He is born in it, he thrives in it, but he won't *stay* in it. He likes to investigate in the pantry, kitchen, dining room, and every place where food can be found.

We have heard children wondering and marvelling at the ability of the fly to eat away a sugar lump or a piece of candy, actually leaving a hole in it in a short time where he has eaten. He simply dropped his proboscis (suction tube), and seemed to get the food by some sort of magic. This is the magic he uses: He stores his food as a liquid (as he has no teeth) in his crop. When he comes to a solid, he liquefies it by regurgitating or vomiting some of the contents of his crop through his suction tube. This, mixed with a generous supply of saliva, dissolves the solid, and it is sucked up into his stomach, or crop. There is a depression left from this process, and who knows what more? Where was he before he came to feast off the sugar, dessert, cream pitcher, baby's tray? What made up the contents of the liquid in his crop which he deposited on the solid to liquefy it?

Some of the diseases flies are capable of transporting through their feet, hairy bodies, contents of the substance regurgitated, and specks, are typhoid fever, summer diarrhœa (which takes the lives of so many little children during the summer months), cholera and epidemic dysentery, infantile paralysis, scarlet fever, smallpox, tuberculosis. It is said that tuberculosis sputum particularly appeals to the fly. The flyspecks from flies that have feasted on tuberculosis sputum may contain germs that are capable of causing tuberculosis infection for about fifteen days from the time they are excreted. All germs can pass through the fly without their virulence being lessened.

You have noticed light and dark flyspecks on the mirror or windowpane. The dark ones are those which pass through the fly, the light ones are from his nauseating habit, while resting, of drawing a drop of the liquid in his crop to the end of his suction tube. He may either deposit it where he rests, or suck it back again into his crop. When he deposits it, we have to wash off this germ-filled material from our mirrors or windows; and worse still, he may deposit it where we do not even see it.

Think what it may mean to spoon one of these germ-laden creatures from the pitcher of milk, then pour a glass for baby sister! or to shoo the fly from the nipple on the nursing bottle, and place the nipple, without cleansing and sterilizing, into the mouth of the babe. Or, think what it may mean to leave the children to take their afternoon nap where flies have free access to their lips.

In the July, 1930, *Southern Medical Journal*, an article appeared by Dr. Marvin Smith, stating that eggs and larvæ of the common house fly have been found in human intestines. In ten days from the time these larvæ were found and placed under screened protection, adult (*Turn to page 29*)

Does CONSCIOUSNESS *Exist* After DEATH?

Man's True Nature

By J. C. H. Collett

Do the dead witness the actions of the living?

HAS man a consciousness that survives after death, an intelligent entity that persists independently of the body after the latter has succumbed to that physical change which we call death? To this question the greater part of the world, past and present, answers "yes." The belief that there is something in man which continues his existence after death is an extremely ancient one. It is well developed in the mythologies of the ancient nations—in those for instance of the Egyptians, the Greeks, and the peoples of northern Europe. Leading religions of the world embody this same doctrine of life after death, and man's natural immortality, as one of their principal teachings.

Now we may as well state the truth at once, and say that the soul does not survive the death of the body; that there is no consciousness after death; and that therefore nothing may be said to persist after death except, by the principle of the conservation of matter, the physical elements out of which the body was constituted during life.

Let us proceed to examine some scientific reasons which compel to belief that consciousness does not exist in death.

Let us first seek for some idea as to what consciousness or thinking really is. The different tissues of the body are composed of cells which by their activity give rise in the body to products of various kinds. Thus the cells of glandular tissue when active produce their respective secretions—saliva, tears, gastric juice, etc. The bone cells by their activity manufacture bone, and keep the bony framework of the body in repair. And now, what about the brain cells? What is the product of brain-cell activity? That the brain cells are active no one will deny. Product of some kind, by analogy, there must be. What is that product? If that product is not thought, consciousness, we would like some one to arise and tell us what it really is. Thought then, or consciousness, is the product of brain-cell activity. The active brain cell is to be looked upon as the cause, and thought as the result. We only think those thoughts which have come to be associated with the particular brain cells that may be active in us at any particular time. Thinking, we repeat, is the result of nerve-cell activity. Since in death the various classes of body cells become inactive, and in a short time suffer dissolution, the various products resulting from their activity must likewise come to an end. The brain cell is the basis of thought, and if the foundation be removed, the superstructure must also perish. It is as inconsistent to say that thought is produced in death as it is to say that gastric juice, or saliva, or tears, are produced in that condition. In other words, man in death is quite unconscious, and the soul non-existent.

Now let us continue our scientific examination of this question from a different angle. To truly estimate the effect of death upon the consciousness, let us consider three brain states or conditions. The first that we shall take is sleep. In sleep the condition of the brain is one of anæmia. The brain cells lack their full supply of blood; they are under-nourished, so to speak. And what is the effect upon consciousness? Consciousness

is lost, though, of course, it may easily be revived. Now consider a case of surgical anæsthesia. The brain condition here is one of poisoning—a somewhat more serious condition we must admit than one of simple anæmia and consequent sleep. And note that the more serious condition is accompanied by an even more complete failure of consciousness, for with the brain anæsthetized, the subject's body may even be cut and lacerated without his being aware of it. And now to consider the third state, the state of death; the condition of the brain in death is one of destruction; and we must surely admit that, as there is no condition more serious than that of destruction, so, by analogy, and as regards the loss of consciousness that accompanies these abnormal brain states, there can be no greater loss of consciousness than that which occurs in connection with death.

The vitalizing blood may once again flood the impoverished cells, and the sleeper awake to consciousness; the noxious fumes may be dissipated from the poisoned brain, and the patient may return to consciousness and to the knowledge that he has passed safely under the surgeon's knife; but from the loss of consciousness that accompanies the dissolution of death there can be no recovery nor return save by an act of the Creator similar to that which first brought a human soul into existence. We have once again proved that thinking and consciousness perish in death.

The writer once heard this truth of mind extinction in death well illustrated in the course of a public lecture to which he had the privilege of listening. The lecturer pointed out that if a man were to be struck over the head sufficiently hard, he would fall to the ground unconscious, knowing nothing. He then observed how strange it is that any should believe that if the prostrate individual were to be dealt a second blow, somewhat harder than the first, so that he was killed by it, he would then regain consciousness in death and know everything. This illustration reveals the popular belief in the persistence of the soul after death as precisely equivalent to the statement that a little rain wets, but that a little more makes everything dry. Yet we deny the latter statement on the basis of our experience; we surely have cause enough to deny the former as well.

And now let us pass on to an examination of what the Bible has to say relative to the question we are discussing. When we do so, we find that the Bible is in harmony with the conclusions we have reached by science regarding the extinction of the soul in death.

We shall let the Bible speak for itself in a series of quotations, and offer a brief comment as may seem necessary.

Job 14:21 contains these words with reference to a dead man: "His sons come to honour, and he knoweth it not; and they are brought low, but he perceiveth it not of them." This means that a man, once he is dead, knows nothing at all about the prosperity or adversity of his children upon earth. In other words, this is a denial of consciousness in death.

Psalm 6:5 states the relationship between God and dead people as follows: "For in death there is no remembrance of Thee: in the grave who shall give Thee thanks?" This is a statement that dead people have no apprehension of God, nor any appreciation whatever of His goodness. In harmony with this, Ps. 115:17 reads: "The dead praise not the Lord, neither any that go down into silence." And the prophet Isaiah records these words of Hezekiah, king of Judah, when God miraculously healed him of a disease that would otherwise have proved fatal: "For the grave cannot praise thee, death cannot celebrate thee: they that go down into the pit cannot hope for Thy truth." Isa. 38:18. In the verse previous to the one just quoted, Hezekiah, addressing God, makes this significant statement, "Thou hast in love to my soul delivered it from the pit of corruption." This means that the grave is a "pit of corruption" for the human soul. The soul perishes in death; and as if to emphasize the fact that those who are dead can neither praise God nor apprehend His truth, Hezekiah, in the nineteenth verse exclaims, "The living, the living, he shall praise thee, as I do this day." (Isa. 38:19).

Christ risen is the pledge of the general resurrection

In confirmation of this truth that in death there is absolutely no knowledge of God, Jesus Himself says in Matt.22:32, "God is not the God of the dead, but of the living." And He offers this fact as a proof of the resurrection, for God had declared Himself to be the God of Abraham, Isaac and Jacob who were dead, and for God to be their God in harmony with His own statement, Abraham, Isaac and Jacob would have to live again through a resurrection.

Dodging the DENTIST'S DRILL

Vitamin C and Its Relation to Teeth

By Nina M. Munson, R.N.

IT has often been said, and written, that "a clean tooth never decays." Then why do so many of us, after vigorous and faithful compliance with the rules of oral hygiene, continue to sit long hours in the dentist's chair while he drills out decay or fits in artificial teeth? The reason, it would seem, has been discovered through recent research by scientists, whose studies show that brushing the teeth plays only a small part in preventing tooth decay.

The teeth are formed and kept healthy by the foods taken into the body, not from the paste or powder that may be rubbed on the enamel. Brushing the teeth alone might be compared to giving a house a coat of paint to keep it shining on the outside, in an attempt to save it from inside wear and tear. We can keep our teeth shining on the outside by daily brushings, but perhaps they continue to decay because we neglect the most important part, that of supplying the material to keep the inside in good repair.

The teeth are supplied with little blood vessels as well as with nerves, of which we are all quite aware during an attack of toothache. Just as the blood vessels carry nourishment to and waste from organs and tissues in other parts of the body, they must carry nourishment to and waste from the teeth. When this nourishment is deficient, the teeth do not receive what they need to keep them in health. The result becomes evident in decaying of the tooth substance or in various gum disorders, or both.

In co-operation with the Chicago Dental Research Club, an outstanding doctor in Chicago made an extensive study of more than one hundred and sixty persons suffering from pyorrhœa, tooth decay, or some gum disorder. It was revealed in each instance that vitamin C was deficient in the diet. As soon as the diet was changed to one containing vitamin C, improvement was noted. Arrested tooth decay, firm gums, and healing and curing of bleeding gums were the result, and many cases of pyorrhœa were cured.

Another of the leading authorities today on dentistry has pointed an accusing finger at an insufficient supply of lime, or calcium, as the cause of pyorrhœa. Also, in his laboratory he has found that the tartar which collects on the teeth is due, not to mouth secretions, but to a lack of lime in the diet.

A diet rich in vitamin C may be obtained from the generous and daily use of oranges, lemons, tomatoes, peas, grapefruit, cabbage, potatoes, spinach and other green leafy vegetables, bananas, sprouted grains, and milk when green pasturage is afforded the cows. Since vitamin C may be destroyed by heat during the process of cooking, as far as possible these articles of diet should be used in their raw state. Vitamin C in tomatoes is little affected by heat; therefore, when the fresh tomatoes cannot be procured, the canned product will supply this vitamin.

Calcium, or lime, is present in fruits vegetables, molasses, yolks of eggs, whole-grain cereals, but its richest source is milk. Concerning the value of milk as a source of calcium and the amount (one quart daily) needed for each child to insure calcium storage in the body, a reliable book on nutrition states: "To substitute vegetables for all of the milk would be pratically impossible, even if their calcium could be as well utilized, since about four pounds of such as are relatively high in calcium would be required, and no child could eat so much in a day. "It has been estimated that one pint of milk will meet the daily calcium requirment for adults, in addition, of course, to other foods.

Those articles of food added to the diet in greater amounts for the cure of dental trobles, of course can be added to the diet of those who apparently have healthy teeth and gums as a means of preventing disease and decay. "An ounce of prevention" is worth a world of after work. The diet of young children in particular should be rich in calcium and vitamin C. Orange and tomato juice can be given to the child in the very early weeks of life, beginning with a very small amount and increasing as the little one becomes accustomed to it and as he grows older. Though the mother nurses her child, the needed supply of bone-building material will be lacking unless her diet contains in abundance the foods which furnish this material. Many a mother has sacrificed from one to a whole set of teeth, basing the calmness with which she accepts this misfortune upon the adage, "A tooth for every child." But she has lost her teeth because the demand made upon her system for lime during the formation of a new life was greater than the supply. Her diet was deficient in bone-building (*Turn to page 19*)

EDITORIAL

A Calendar Scheme Which Defies Religion and Abolishes Familiar Birthday-and-Wedding Anniversary Dates

IN October the League of Nations will make its momentous decision on the Calendar question. Will it decide in favour of the "blank-day" principle? If it does, we fear the world's troubles will increase.

The fact cannot be ignored that there are many thousands of people in the world who would deeply deplore the adoption of a calendar scheme which would break the continuity of the week, which is a Divine institution. Such a step would be an act of profanity.

We have grown used to our present Gregorian calendar. If we retain it we shall retain our present birthday dates, and wedding anniversaries will fall on the same old dates which so many happy husbands and wives must surely have a keen sentiment in favour of. If we lose our Gregorian calendar, imagine the disappointment of many to see old familiar dates cast aside. It is surely legitimate for a fond parent to wish that baby—that rosy faced infant with her sparkling eyes—might keep her true birthday date without change.

The forthcoming International Conference on Calendar Revision called by the League will convene at Geneva and over thirty nations have actually appointed delegates. Of the three principle schemes of calendar revision before the League, not one is free from the objectionable feature of the "blank-day" device.

What is the "blank-day" principle? What are the main points of the scheme that has been made the subject of so much propaganda by Big Business interests? Its promoters propose that the 365th day of the ordinary year be not counted among the days of the week. As leap year has 366 days, the promoters would have two days dropped out of the count. Notwithstanding their plan, it must be viewed as self-evident that, if the Reformed calendar comes into force, the blank day will be a real day whatever way the world may spend it. So sometimes we would be faced with the strange innovation of an eight-day week.

The Calendar Reformers wish to see the year divided into thirteen months instead of twelve as we have now. Twenty-eight days would be assigned to each reformed month, so each month would be of equal length. If there were nothing more to the scheme than this, perhaps no one would make very strenuous opposition to it. But we have already pointed out that the "blank-day" principle comes into the plan. That is the fatal feature.

We can easily imagine the difficulty the promoters must have been in. Thirteen months multiplied by twenty-eight would give them 364 days. This is short of an ordinary year by one day, and short of leap year by two days. So those surplus days were dismissed in the manner we have shown.

They wish to see their Reformed Calendar put into force on Sunday, January 1, 1933. At the end of 1933 the break in the continuity of the week would take place, due to the final day of 1933 being regarded as no day at all as far as the week is concerned. Throughout 1934 the new-calendar week would be a mere human contrivance without Biblical foundation, and an unworthy substitute for the seven-day cycle which has been continuous from the creation week made known to us in Genesis, chapters 1 and 2. The work of the reformed-calendar promoters takes no account of God's plan: It defies the arrangement. It attacks one of the foundations of religion. It is irreligious.

The weekly cycle spans all the previous centuries. For about six millenniums the septenary cycle has been preserved. We believe the Creator Himself has guarded it for a sacred purpose.

In Genesis 1 we are shown the works of our Creator from the first day to the sixth, this last being the day on which our first parents were created. The day began with the dark portion and the light portion closed it. Thus we read in verse 5, "The evening and the morning were the first day."

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

The giving of the Sabbath to man was one of the Creator's acts of benevolence. The last day of each septenary cycle would bring him this precious boon, reminding him of the power of the Eternal One to whom he owed his being, and who was every day the supplier of his needs. It is easy to see that the recognition of this fact would tend greatly to sustain his love and trust.

The continuity of the week and the permanence of the Sabbath are doctrines which have plenty of Biblical support. Thus in Ezekiel 46 : 1, we read, "Thus saith the Lord God; The gate of the inner court that looketh toward the east shall be shut the six working days; but on the Sabbath it shall be opened, and in the day of the new moon it shall be opened."

Our Saviour Himself was its upholder and guardian. We turn to Luke 4: 16, "He came to Nazareth, where He had been brought up: and, as His custom was, He went into the synagogue on the Sabbath day, and stood up for to read." Sabbath-keeping was our Lord's established custom. And in the Acts of the Apostles we find that the Sabbath was still the great day of spiritual privilege and blessing, as it had always been in the past. One quotation in this connection will suffice: "When the Jews were gone out of the synagogue, the Gentiles besought that these words might be preached to them the next Sabbath. Now when the congregation was broken up, many of the Jews and religious proselytes followed Paul and Barnabas: who, speaking to them, persuaded them to continue in the grace of God. And the next Sabbath day came almost the whole city together to hear the Word of God." Acts 13 : 42-44. It must be evident that as the Holy Spirit inspired the men who wrote the Holy Scriptures, the terms they used were the terms of the Holy Spirit Himself; and as He, in verse 44, moved His penman Luke to employ the word "Sabbath" in writing of the day the Jews and religious proselytes had their synagogue open for their Sabbath-day assemblage, it is plain that the self-same day was the Christian Sabbath and that no change-over to the first day of the week had been made.

In fact, Church History reveals that several centuries of the Christian era passed away before Sunday, the ancient solar holiday of the pagan world, established itself strongly in the church, having been brought in by spurious converts who were very tenacious of the rites and superstitions they had cherished before coming under church influences. It was a pitiable apostasy—this gradual ascendancy of Sunday, which caused the true seventh-day Sabbath to pass by degrees out of men's thoughts.

Returning to the calendar question, it may be mentioned that history shows that in this our Christian era a calendar change took place involving the abandonment of the Julian calendar and the adoption of the Gregorian or the one we have now in use; but records also reveal—and this is the important point—that the change did not tamper with the historic seven-day week. Our ancestors, in this respect at least, were wiser than certain calendar inventors of the present time.

The Revised-Calendar enthusiasts want to see their new system begin on January 1, 1933. Supposing it should actually be put into force on that date, the change would not affect the Seventh-day Adventists and other Christian Sabbath-keepers, and the Jewish observers of the Sabbath, till that year, 1933, had run its course. But in 1934 the Sabbath would fall on "Friday" of the Reformed Calendar. In 1935 it would fall on "Thursday." Leap year will come in 1936, an inclusion of two blank days would occasion two movements of the Sabbath, that is to say, it would move backward first to "Wednesday" and then to "Tuesday." There would, however, be a temporary return to regularity for the full year 1939.

Conscientious Sabbath-keepers would continue to observe the historic week, which would in most years bear no relation whatever to the New-Calendar week, and thus their day of rest and worship would be a wandering one. This would involve them in hardship in various ways. Many business men, we presume, would object to employing a man whose Sabbath was changing its place in the week every year.

We hope that the League of Nations will safeguard those who cannot sacrifice their religious principles, and who have consciences which they dare not smother.

Each Day

Wouldst shape a noble life? Then cast
No backward glances toward the past.
And though somewhat be lost and gone,
Yet do thou act as one newborn.
What each day needs, that shalt thou ask.
Each day will set its proper task.

—Goethe.

DISEASE AN

How to Avoid Th

Report of lecture given before the New Building, Sydney, Australia, on Tues

G. I. P. Ry. Publicity Bureau

IT has been said that we are the architects of our own destiny. It is equally true that we are the architects of our body, and by the wise choice of good food we can build healthy, disease-resisting bodies. It must be admitted that of recent years people have been paying a good deal more attention to the why and wherefore of disease. They are spending a good deal more of their time reading in the magazines and newspapers matters pertaining to health.

The people have been set thinking, and when people are set thinking about their health some good is sure to come of it. That has been the case in America and England. In the British Empire much of this is due to Sir Arbuthnot Lane. He is one of the pioneers of the New Health crusaders. It would be well if in every country a leader of his type could be found to help and teach the people how to live, and to practise habits of reform.

A Peculiar Situation

A study of vital statistics reveals an interesting and apparently contradictory situation, namely:—

While certain specific diseases have been brought under control—so much so that, of recent years, several have ceased to give any cause for public anxiety—other diseases not classified as infectious continue to spread, affecting larger numbers each succeeding year.

And this in spite of special clinical study and laboratory experiments carried on all over the world. "Researchers" have wasted millions of pounds of public money and are prepared to waste further millions, so long as a deluded public will furnish them with funds for their futile experiments. Neither cause nor cure for these diseases appears to be forthcoming.

As to treatment, the mind is burdened beyond measure with the number and variety of means suggested, and that have one main feature in common, namely, they are not successful.

Typhus, typhoid, malaria, yellow fever, and diphtheria have practically disappeared from civilised countries during the past twenty-five years. The cause has been discovered, prevention has done the rest; knowledge of the enemy and his methods of working enabled science to concentrate on his destruction.

In the second group, diseases not contagious that are increasing in spite of sanitation, health weeks, crusades, health hints in the daily press, radio talks, etc., are appendicitis, arteriosclerosis, Bright's disease, cancer, neurasthenia, epilepsy, diabetes, and heart disease. These are taking an annually increased toll of human lives, to say nothing of the misery and suffering entailed before t curtain drops.

Not the least disquieting feature in the increase a spread of these diseases is the fact that they are alm entirely peculiar to civilized people. Past history is record of ancient civilisations, which grew, develop reached their zenith only to disappear from some inher weakness, to make way for ruder cultures and m vigorous races. These in time went through the sa orderly procession of growth, development, maturity, s decay to be in their turn supplanted by newer peoples a inferior cultures. Is now the twentieth-century civili tion apparently to traverse the same road and be destro by some internal weakness—social, political, or econom

The fact remains that medicine has so far failed halt or stem this rising tide of disease, which threat our destruction in the near future.

Surgery is called in to run a tilt against the ene where medicine has failed, and it may be pointed out th

ITS CAUSES

and Build Health

in the Assembly Hall of the Education
y O. V. Hellestrand, F.C.S. Lond.)

pots in or near our cities, such as the Bund Gardens at Poona, invite an early morning ramble.

a few exceptions, surgical cases are simply the end-ucts of neglected medical ones. Functional derange-ts are allowed to run on until anatomical changes call the knife, and a living but mutilated creature returns e from the hospital.

Causes of Disease

I believe that *toxæmia* is the main cause of disease. emia means that the system is poisoned, whether ematically, or unsystematically, conciously or uncon-asly, directly or indirectly. It is a result of poison g generated in the body. Auto-intoxication is caused he absorption of poison due to delayed elimination in intestinal tract. These toxins from the bowel are rbed into the blood stream.

An accompaniment of toxæmia, frequently, is *enerva-* That means a lowering of bodily vitality. It means the vital forces are below normal, not sufficient, aps, to put one in bed sick, but, nevertheless, not right up to par. When you have toxæmia plus enervation, the inevitable result is disease.

The kidneys excrete the end-products of metabolism in combination with eight or ten of the elements—sulphur, calcium, phosphorus, chlorine, potassium, sodium, etc.—but if these elements are not present in the dietary in sufficient abundance, defective elimination follows, with retention of deleterious waste products in the system.

Normal, natural foods contain all these necessary elements in abundance. But the foods that commercialism decrees shall form our dietary are so sophisticated, polished, refined, adulterated, prccessed, demineralised, denatured, etc., that the greater portion of it is no longer fit for food. To please the eye, tickle the palate of consumers, and swell the dividends of food manipulators, good, wholesome and nourishing food, fit to raise the finest crop of human beings, physically, mentally, and morally, is so processed as to become almost worthless as food, and ends in being the most potent agent in destroying the national wealth.

Cancer and Diabetes

When all this is taken into consideration, why express surprise at the increase of cancer, diabetes, etc? Cancer kills 6,000 Australians every year. Australia averages sixteen cancer deaths a day, and at the current rate 600,000 of our present population are doomed to die of that terrible disease. Among women between forty-five and sixty years, one in four is liable to a cancer death. More men (12 per cent) die from cancer than do women.

In the United States there are 1,000,000 diabetics—one person in every 100 has diabetes. That disease is increasing at an alarming rate. The increase of diabetes by leaps and bounds within the past generation or two has aroused great concern in various countries. The number of cases increases with advancing years, and is greatest at middle age, or approximately between the ages of forty to sixty years.

The primary or direct cause of diabetes is always one and the same, namely, pancreatic injury. It is conceivable that such injury might rarely arise from mechanical accident; and rarely also is it known to arise from tumours, stone, or other gross destructive processes in the pancreas.

It seems fairly clear that by far the chief cause of diabetes lies in infections and toxins that are carried to the pancreas through the blood, thereby injuring the islands of Langerhans. The increased use of cane sugar throughout the civilised world seems to be a big factor in the enormous rise shown in the statistics for diabetes. It is undoubtedly true that for any (*Turn to page 30*)

How Much PROTEIN *Do We Need?*

What Are the Most Desirable Protein Foods?

By B. E. Crawford, M.Sc., M.D.

THE proteins, or nitrogenous foods, are absolutely necessary for the building and repair of the muscles, nerves, and other tissues of the body, and to supply the circulating albumin of the blood lymph. (Protein is found in lean meat, eggs, cheese and grains, and especially in nuts and legumes—peas, beans, and lentils.)

It is far better that the amount of protein should be not much in excess of the amount required for the growth and repair of the tissues, and that the fuel for supplying energy and heat to the body should be derived chiefly from carbohydrates and fats.

The experiments of Horace Fletcher, together with the experiments upon thirteen United States soldiers, five professional men, and eight trained athletes, prove beyond any doubt that vigorous health can be maintained on one-half the amount of protein called for by the ordinary dietary standards, and without increasing the amount of carbohydrates or fats.

The average man engaged in hard physical work requires during twenty-four hours no more than fifty grammes (about one and two-thirds ounces) of protein represented by approximately eight ounces of lean beef, or four or five averaged-sized eggs, or eight ounces of cottage cheese.

The fact has been thoroughly demonstrated that a man can enjoy vigorous health, and at the same time engage in hard physical work, while subsisting on a diet containing less than one ounce of protein in the twenty-four hour's rations. This amount of protein is contained in three pounds of potatoes or cabbage, which are both exceedingly low in protein content. The same amount of protein may be derived from less than one pound of bread. Nearly all of the ordinary foods, therefore, contain an ample supply of protein good material.

A good degree of health has been maintained for more than one year on a diet consisting entirely of potatoes, margarine and water.

Physical exertion does not make it necessary for the system to have more protein food, and does not appreciably increase the excretion of urea. The amount of protein food required by the system and the quantity of urea excreted, are practically the same, whether or not the person is working.

On the other hand, if an excess of nitrogenous foods is indulged in and the individual does not take sufficient exercise, there is likely to be imperfect oxidation in the body, resulting in the formation of uric acid and urates, and an excess of urea. Extra work is thus thrown upon the liver and kidneys, and ultimately a gouty, rheumatic condition is likely to develop. Many obscure diseased conditions have their origin in the excessive use of proteins.

The important point to remember in selecting the diet is not to include a large percentage of protein, but to be sure that the right kinds of protein are included; for some are complete, while others are incomplete.

There are eighteen important constituents of protein and the complete proteins contain a supply of all of these. In the complete proteins one or more of these constituents is lacking. The proteins of cereals and legumes are incomplete, and must be supplemented by those contained in the various green foods, as lettuce, cabbage, spinach, beet tops, etc., or by the proteins contained in milk.

The Protein Foods

The more important proteins, or nitrogenous foods, are meats, fish, cheese, milk, cottage cheese, eggs, peas, beans, lentils, nuts, and cereals.

Lean meat and fish contain approximately 21 per cent protein: cheese, 25 to 33 per cent; milk, 3.5 per cent; cottage cheese, 21 per cent; eggs, 15 per cent; peas, beans, and lentils, from 22 to 26 per cent; nuts from 15 to 27 per cent; macaroni, 9 per cent; cereals, from 7 to 14 per cent.

Flesh foods are a convenient source of easily digested protein. There are, however, various reasons why it is highly desirable to derive the necessary proteins from other sources than meats or fish.

Animals are subject to many diseases which render their flesh unfit for food. Most of these diseases can be detected only by post-mortem examination, and in some cases only by the use of the microscope. Many serious and often fatal diseases in man are caused or communicated by meat eating. Among these are tuberculosis and cancer. Swine's flesh is unfit for food, for it is filled with impurities, and harbours parasites.

When an animal is killed, the tissues do not at once cease their activity. Waste products continue to be formed and accumulate in the tissues. When the flesh is used for food, these waste products and poisons throw a heavy burden upon the eliminative organs, and tend to produce diseases of various kinds. Fish sometimes feed on sewage from cities, and so become unfit for food.

Flesh Foods Unnecessary

Flesh foods are not needed to maintain muscular strength or vigorous health, for all the food elements are supplied by the vegetable kingdom, and in a cheaper and more wholesome form than in flesh meats.

The system may be able to put forth more intense effort for a short time when liberally supplied with meat, but for steady work and long endurance, vegetable foods serve the needs of the body much better.

The weakness which is frequently felt when meat is discarded and other suitable foods supplied to take its place, is due to the fact that meat is stimulating to the system, and is therefore missed the same as any other stimulant to which one has become accustomed.

Cheese is a highly nutritious protein food, though not entirely safe, for it may contain the germs of ptomaine poisoning, and frequently harbours bacteria of various kinds, among which are the bacilli of tuberculosis and typhoid fever. If eaten at all, it should be cooked sufficiently to destroy all disease-producing germs. Not infrequently cheese causes diarrhœa.

Milk from healthy cows is a nearly perfect food for young children, and for some adults. Others are made ill by using it. Those who are suffering from any form of skin eruption usually find it beneficial to avoid the use of milk.

Some persons who cannot use sweet milk, can take sour milk or butter-milk without any trouble. It is easily digested, tends to check putrefaction in the intestines, and has considerable nutritive value.

Goat's milk is much more desirable than cow's milk, especially for infants and children, also for invalids and convalescents. It may be quite safely used without sterilising, as the goat is not subject to tuberculosis, and is, in fact, the healthiest of all domestic animals. The milk has almost twice as much fat as cow's milk, and is, according to the Journal of the American Medical Association, "the purest, most healthful, and most complete human food known."

Cottage cheese, rightly made from milk properly soured, is a highly nutritious and easily digested protein food, consisting largely of the precipitated casein of the milk. It is of special value in gouty and rheumatic conditions, as the casein does not contain nuclein, which is the chief source from which uric acid is derived.

Eggs contain all the elements of nutrition except carbohydrates. Eggs combined with potatoes, rice or bread and a small amount of butter constitute a complete and well-balanced diet.

The legumes—peas, beans, and lentils—are valuable foods for those who can digest them without difficulty. Lentils are less liable to cause flatulence than either peas or beans, because they contain a smaller proportion of sulphur, and the protein of lentils is more completely digested than that of the other legumes. Green peas contain 7 per cent protein, are easily digested, and are an excellent green vegetable.

Nuts are a highly concentrated food and rich in protein, peanuts containing 25.8 per cent, walnuts 27.6 per cent, almonds 21 per cent, filberts 15 per cent. Cocoanuts and chestnuts contain only a little more than 6 per cent.

Used in moderation in connection with other foods, nuts are well adapted to take the place of flesh meats.

Cottonseed meal contains a large amount of protein, and may be used in making a bread which is a good substitute for meat, and which is cheap and easily digested. For this purpose one part of the meal should be mixed with four parts of cornmeal or wheat flour.

The cereals,—wheat, oats, Indian corn, barley, buckwheat, and rye—contain from 10 to 12 per cent protein, and rice from 7 to 8 per cent. They are not perfect foods, however, even with the addition of fats; for their proteins, like those of the legumes, are incomplete, and must be supplemented by proteins from other foods.

Dodging the Dentist's Drill

Vitamin C and Its Relation to Teeth

(*Continued from page 13*)

elements; therefore her teeth were called upon to help meet the shortage.

A further observation made is that not only does one find better tooth health when one's diet contains sufficient vitamin C, but the general health is improved; one does not suffer from fatigue as readily, and the body is in a better condition to resist infections.

We should continue the use of the toothbrush, for it plays an important part in oral hygiene, but we should not expect that which is far beyond its ability. Though soap and water used externally are an important aid in keeping our bodies well and strong, we would not expect this external treatment to be the sole source of health.

During the last few months there has been a number of magazine articles on the important place of diet in the development of the teeth and the prevention of tooth and gum disorders. But in reading them do we check by them our own diet and the diet of those for whom we are responsible? Surely few discoveries by scientists in the field of disease offer as pleasant and natural a method of cure and prevention. For who would prefer the buzz and impetuous darts of a dentist's drill to a diet of health-giving vegetables and fruits, including one pint of orange juice and one pint of milk a day?

OUR HOMES

Unvexed

By Susie M. Best

I KEEP my soul in placidness,
No world concerns can vex,
I simply give to God to solve
The problems that perplex.

Cheerfulness in the Home

By Arthur W. Spalding

"A MERRY heart doeth good like a medicine but a broken spirit drieth the bones." Proverbs 17 : 22.

You can do almost anything you want to if you are cheerful about it. Along with other good qualities, cheerfulness is a chief ingredient in the art of making the baby mind, winning your husband's co-operation, running the house aright, and keeping well and strong. "A merry heart doeth good like a medicine." But just you get sour, fretful, impatient, black-browed; and then if anything goes right it will be a miracle of black magic. "A broken spirit drieth the bones."

Set your mental house in order. Put your will on the side of sunshine. Not only do you need good cheer to help you through your duties, but your husband needs your good cheer to make home the harbour of peace every man requires when he comes in from the battle with the world. And, most of all, your children need the glorious sunshine of cheerfulness in the home in which to make their souls grow vigorous and strong. Home: "A world of strife shut out, a world of love shut in."

Do you say, "Good morning"? So much depends upon how you start the day. If you feel as you need to feel, why, you just want to say, "Good morning!" in the most cheerful, happiest tone of voice. And if you are not feeling as you need to feel, why, then a happy-toned "Good morning!" will help you to feel that way. Of course, there are other things that help too. Leaving off late or heavy suppers is one. Sleeping all night in fresh air is another. Taking a briskly cool shower bath or a towel rub on arising would be another, if the circumstances are propitious. A word with God and the consciousness that He is with you is the greatest of all. And then to say, "Good morning, sweetheart! Good morning, dear!" starts the world rolling in the right direction.

And when you want some favour, or when you want something done, what is the way to make the request or the command? You will have noticed that the way any person does it depends upon his state of mind, habitual or temporary. A bully who roars his orders at the weak can become very soft-voiced and cringing if he is frightened. But a parent has no right to be a bully. The father and the mother must be superior to the small-mindedness that makes the tyrant. They have infinite values at stake, in the characters and the destinies of their children, and they must handle them with the sureness, the understanding, and the love that invite cheerfulness.

Say, "*Please* get me my thimble, Jennie." Say, "Thank you, dear; that was very thoughtful of you to give mother your chair." And when you say, "I beg your pardon," say it is like a royal beggar, not like a truculent prize fighter. A merely formal "please" so many times is made to sound like an ultimatum that it has no value; and "I beg your pardon" so often really means nothing but, "I decidedly differ with you." What a travesty on the grace of the words!

"Well, but it is easier to *say*, 'Be cheerful!' than to *be* cheerful," Yes, certainly. That is the difference between hypocrisy and Christianity. Of the scribes and Pharisees Jesus said: "Do not ye after their works: for they say, and do not." Our religion must be a religion that enables us to find the causes of our faults, and to remove them, that we may be doers and not sayers only. What, then, can we do to establish and maintain the habit of cheerfulness? There are physical causes of gloom, and there are spiritual causes.

As young mothers, you have often said, when the little baby was cross, "Baby is sick." This combination of "sickness" and "crossness" continues throughout childhood. This you know without being told; but did you know that "crossness" of others too often affects the health of little children? When nagging, faultfinding, harsh words are their portion, the lives of little children become dwarfed and narrow. Their growth is impaired. The nervous system is affected, the circulation of the blood is hampered, the digestive juices are checked.

Happiness is as essential as food if a child is to develop into normal manhood or womanhood.

Praise, cheerful words, as well as the instilling of confidence in a God in heaven, act as a stimulant. The eyes become brighter, and even the pinched face will lighten up when love is manifested by a kind word. This has definite therapeutic effect.

To keep up such a cheerful programme day after day, mother herself must be at her physical best. "Sickness" and "tiredness" and "crossness" are boon companions even at the age of forty. Little hands will lighten the burdens if you are not too particular; and a word of praise and "thank you" could accompany even a task poorly done. "If he ran the measure of his strength, what matters all the rest?"

See that your children and you yourself get enough sleep, and in cool, fresh air. If you can sleep outdoors in a sleeping porch or elsewhere, that is best. Next best is sleeping with the windows open. Restful sleep is necessary to build up nerve tone, without sleep you can be cheerful only by the wasteful expenditure of spiritual energy.

Next, be sure that your food habits are right; that you have nourishing food, rightly cooked and appetizing; that you eat at proper intervals, neither too much nor too little.

Exercise is necessary. The duties of the house, rightly performed, are to a woman in health good exercise, and an excellent aid to cheerfulness. It should be possible, also, for a woman to get outdoor exercise. The flower garden and the lighter work in the vegetable garden furnish opportunity for healthful, invigorating exercise. Bathe frequently, and secure regular and thorough elimination of body wastes. Keeping the body in working order is of great importance in the maintenance of good spirits.

Plan your working programme within a working limit. Eliminate every nonessential. Even though it seems difficult to smile, to sing, and to be cheerful, if you do it the reaction felt will make for better health to yourself, to your children, and to your home.

Make your surroundings as cheerful as you can. If you have grounds about your house, even no more than a small yard, make them attractive with grass, flowers, and shrubs. Within the house, the colour scheme of your walls has much to do with the state of your nerves. Make the inside of the house light. The walls of the living rooms should be a cheerful tint; and the less light the windows admit, the lighter should be the walls. How much flowers help to brighten and cheer the room, you know. Bring in cut flowers in season, those which you yourself have grown, if possible; in winter keep some potted and flowering plants. Well-selected and cheerful (not loud) pictures on the walls do their part in maintaining cheerfulness.

Do whatever you can to make music in the home. It pays to expend time and effort and money to a reasonable degree to learn to play good instruments,—piano or organ, and individual instruments of music. For music is of great value in maintaining good cheer in the home.

While good health makes for cheerfulness, it takes the right mental attitude to insure cheerfulness. And even good health itself is dependent in great degree upon a healthy state of mind. As our little children have faith in us, in our power to provide for them and protect them, and so in great part maintain a cheerful outlook, so are we to have unwavering confidence in our heavenly Father, and maintain that connection with Him which will banish our anxious cares. "Be not therefore anxious, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? For after all these things do the Gentiles seek; for your heavenly Father knoweth that ye have need of all these things. But seek ye first His kingdom, and His righteousness; and all these things shall be added unto you. Be not therefore anxious for the morrow: for the morrow will be anxious for itself. Sufficient unto the day is the evil thereof." Matt. 6:31-34, A.R.V.

Begin each day with the assurance that God is with you. It is His promise; take it. "Cast thy burden upon the Lord, and He shall sustain thee: He shall never suffer the righteous to be moved." Ps. 55:22. Casting all your care upon Him; for He careth for you." 1 Peter 5:7. Our heavenly Father has not called you to be a parent without planning for grace to sustain you under your burdens. With full confidence ask for a due measure of His faith, hope, love, and good cheer for this day, and you will have it.

The daily study of the Bible is of great value. A few minutes spent in memorizing Bible passages will preserve them for your use at times when you cannot read; and you will find that the turning of your mind upon these words of God will serve in many a crisis to keep your spirit within its bounds of word and thought.

And let God's great house of Nature be your study and your joy. Some of you are shut up in cities, and perhaps you have counted yourselves fortunate to have all the conveniences of city life. I would not lead you to be discontented, save with that noble, cheerful discontent that leads to a betterment of conditions. But I do say to you with all earnestness,—and to you likewise who live in the country, who too often dwell amid God's handiwork with little thought of its purposes in your spiritual lives,—I do say to you all, that you should seek frequent opportunity to be alone with God, or with your children and God, in the midst of God's great creation, cut off from the works and the pride and the self-glorification and the evil of man.

What Time Is It When The Clock Strikes Thirteen?

YOU may ask, what has a clock to do with children's health? A good deal, when you know the right answer.

When the clock strikes thirteen, it is time to get the clock mended, because a clock that strikes thirteen is out of order. The strike of a clock may tell quite a little about the condition of the clock.

But it is not so much whether the clock is in good order that we want to talk about as it is about whether our boys and girls are in good order. And the strike of the clock may have a good deal to do with that. We will tell you how.

Many of us do a good many things on the strike of the clock—get up in the morning, eat breakfast, go to school or to work, eat dinner, and so forth. The clock tells us just when we should do certain things, and by minding the clock our day's programme runs smoothly, we all work together nicely, and everything goes better.

Now, we ought to mind the clock when it is time to go to bed. It is just as important to mind then as at any other time. For some people, that is hard to do. May be they will stay up and stay up, no matter what the clock says. And then, what do you think may happen? They may get out of order, as the clock does when it strikes thirteen. If so, it is time for them to get mended, or put in order again; that is, they become ill and have to be made well.

The night was made for sleep. We have a good long day for work, play and study. And that long day makes us tired in body and mind. We wear out a lot of little cells and break down a great deal of body tissue. During the night the body and the brain get rested, because the worn-out cells and tissues are renewed, or made over. The next morning we feel rested and ready for another day.

Now, if we make a day too long, there are more cells and tissues worn out. With the day running into the night, the night is that much too short. It would be too short for an ordinary length day, and it is much too short for a day that is too long. So you see, not only do we wear ourselves out much more than we should when we stay up late, but we do not have time to get fully rested before we have to begin another day.

Many boys and girls, big and little, and many men and women, are sick just because they rob the night of its time for sleeping. They will not get well until they learn to go to bed on time.

Children need more sleep than older people. And the younger the child the more sleep is needed. You know how the baby sleeps nearly all the time; that is a baby's principal business. As the baby grows older it needs less sleep, but still a good deal.

You can tell by your age and by the clock when you should go to bed. Do not let visitors, wireless, or anything else keep you from getting all the sleep you need. And if you mind the clock about going to bed on time and do the other things necessary to health, the time need not come when you will have to be "mended" by a doctor. The clock will not strike thirteen for you.—*Life and Health.*

Water, Pure Water

WE do not always stop to think how much we need water. There is so much of it almost everywhere that it seems very common, and we don't always think about how much it is worth to us.

Water is found wherever men live, because it is necessary for them to have it in order to live. It is very important to health, and for our good in many ways.

Much of the body is water. The blood, the digestive fluids, all of the liquids of the body, depend more or less upon the body's being supplied with water.

When we are thirsty, it is a call of the body for water, not just because the mouth is dry or the weather is warm. The need for water is within the body itself. Anything that satisfies our thirst, whether it be lemonade, orange juice, grape juice, milk, watermelon, or whatever it may be, does it because of the water it contains. The more pure water in it, the better does it satisfy real thirst. Anything with much sugar will make us more thirsty.

The food we eat must be carried to all parts of the body in order to build up the entire body, but that food has to be put in solution or liquid form in order to be carried by the blood to the very finger tips and through all the little channels. It takes water to put the food in such form.

Then, too, water within the body dissolves the wastes of the body, putting them in such form that they can be brought back with the blood to be sent out of the body.

When you wash your hands and face, the water dissolves the dirt or other waste matter on the skin, thus getting rid of it. Washing dishes cleans them of food and grease. Washing clothes takes out the dirt, making the clothes sweet and clean. The bath which you take so often each week dissolves the impurities that are on the skin and in the pores.

The water we drink helps the body to dissolve the wastes within it and to wash itself inside, as well as to do many other necessary things.

It is important that we use water inside and out. We must keep our hands, face, and whole body clean, not only for looks, but for our health. Dirt may carry many disease germs, and if these should get into the body, they would cause disease.

The impurities of the body would, if not removed, cause illness. Water helps the body to get rid of these impurities, and *(Turn to page 30)*

MEATLESS RECIPES

Some Simple, Tasty Entrees

STEAMED LETTUCE AND PEAS

1 small head lettuce,
2 cups green peas,
1 tablespoon chopped onion,
1 cup bread crumbs,
1 tablespoon melted butter,
½ teaspoon salt.

Prepare lettuce cups by slipping one leaf of lettuce inside the other. Mix the other ingredients and fill the cups. Tie together with string and steam one-half hour. This makes a nice luncheon dish.

TOMATOES CLAIRE

6 large tomatoes or qt. tinned tomatoes,
2 teaspoons salt,
½ cup bread crumbs,
3 cloves,
1 onion,
6 eggs.

Stew the tomatoes with seasoning until most of the juice has evaporated, add the crumbs Place in an earthern baking dish and drop the eggs on top of the tomatoes. Cook until set and serve at once. This is also an attractive luncheon dish.

ASPARAGUS RAREBIT

1 tablespoon butter,
1 tablespoon flour,
½ cup milk,
½ teaspoon salt,
2 cups asparagus,
1 cup grated cheese.

Melt the butter, stir in the flour, then add the milk and cook until thick. Add the cheese and salt and stir until cheese is melted. Cut the asparagus into short lengths and after heating thoroughly, add to the cheese sauce. Serve on fresh buttered toast.

CREAMED POTATOES AND CELERY

2 cups diced steamed potatoes,
1 cup chopped celery,
2 cups milk,
4 tablespoons melted butter,
4 tablespoons flour,
1 teaspoon salt,
1 tablespoon grated cheese.

Mix the diced potatoes and the celery together. Make a cream sauce by blending the flour, butter and salt, and adding the warm milk slowly. Bring to a boil and pour over the diced potatoes and celery. Place all in a baking dish and sprinkle the grated cheese over the top. Bake until nicely browned.

ASPARAGUS AND OLIVES AU GRATIN

1 small tin asparagus,
¼ cup ripe olives,
1 cup white sauce,
1 tablespoon butter,
½ cup buttered crumbs,
1 hard-boiled egg,
½ cup grated cheese.

Place a layer of cooked asparagus in a greased loaf pan. Sprinkle with the olives stoned and cut crosswise, and the egg sliced thin. Cover with the white sauce and sprinkle with buttered crumbs and grated cheese. Bake until crumbs are brown.

BAKED CORN

2 tablespoons butter,
1½ teaspoons flour,
1 cup milk,
2 cups corn,
1 tablespoon sugar,
1 teaspoon salt,
2 eggs.

Melt the butter, add flour and mix well. Add milk gradually and bring to boiling point, stirring constantly. Add corn (fresh from the cob, if you can get young, tender corn), sugar, salt and heat thoroughly. Remove from the fire and add the well-beaten eggs. Pour into a greased baking dish and bake in a moderate oven twenty-five minutes or until firm.

STUFFED CAPSICUMS

6 capsicums,
¾ cup chopped lettuce,
¼ cup chopped tomatoes,
½ teaspoon onion juice,
1 tablespoon butter,
6 teaspoons chopped brinjal,
6 tablespoons chopped celery
1 teaspoon salt.

Steam the chopped vegetables until tender and season with the butter, onion and salt. Select medium-sized, firm capsicums, cut off the one end and take out seeds. Steam the capsicum shells if necessary and fill with the steamed dressing. Bake in a moderate oven until nicely browned.

BAKED BRUSSEL SPROUTS AND CHESTNUTS

1 pint brussel sprouts,
1 cup cooked chestnuts,
2 teaspoons flour,
2 teaspoons butter,
1½ cups milk, salt.

Parboil brussel sprouts, (tinned ones will do) drain, add the cooked chestnuts. Then over all pour the cream sauce made by blending the flour and butter adding hot milk slowly and cooking in a double boiler until thick. Add salt.

CHEESE AND MACARONI LOAF

¾ cup macaroni,
1 teaspoon parsley,
2 teaspoons chopped onions,
1 tablespoon chopped green capsicum,
1 tablespoon butter,
½ cup grated cheese,
1½ cups milk,
1 egg,
1 teaspoon salt,
½ cup bread crumbs.

Cook the macaroni in boiling, salted water for twenty-five minutes, and drain. Chop the onions and the peppers and let simmer in the butter a few minutes. Place a layer of macaroni in a buttered baking dish, then a layer of capsicum, onions and cheese. Repeat until dish is full. Pour over it the milk mixed with the egg. Cover with buttered crumbs and brown in a moderate oven. Serve with tomato sauce.—*F.*

The DOCTOR SAYS

Ques.—"What should I do to get rid of a peculiar form of giddiness that has harassed me for the past 12 years or more? The peculiarity of the complaint is that as long as I am sitting, even on my push bike, I don't feel giddy, but the moment I get on my feet, whether standing or walking, the trouble starts, accompanied with a heavy feeling on the top of the head. The vertigo is more pronounced especially after meals when the feeling is like when one is drunk with sleep. There is invariably a bitter taste in the mouth particularly after I eat any sweets. I am troubled with no kind of acidity, heart burn or uncomfortable feeling about the stomach, but my intestinal tract seems heavily loaded with mucous, due apparently to a chronic catarrhal affection. My bowels are very irregular, and difficult to move. My age is 78½ and my blood pressure is rather low—about 125 or so."

Ans.—The description of your condition suggests that the cause may be due to unbalanced diet in which the acid ash forming foods predominate. These are bread and cereal products, meats of all kinds. Fats and oils, eggs, particularly the white of eggs. You may try out the influence of your diet by eliminating the above mentioned articles and for a time using only milk, vegetables both cooked and raw (raw, green leafy vegetables very important) fruits and their juices. Also the yolks of eggs may be used. Vegetables must not be cooked in ghee or fats.

The description supplied does not give sufficient data for a more positive opinion but the above suggestions are well worth trying out.

Ques.—"What are the effects of alcohol on the heart?"

When a poison such as alcohol enters the body, the system immediately begins to rid itself of the poison, and the heart, to aid in this work, must exert itself beyond its normal work. As a result of an increase in the heart rate, we find the heart soon fatigued and weakened. Even a slight increase in pulse rate adds an amount of work on the heart in a day equal to lifting several tons a foot. Besides being fatigued and weakened by the continued use of alcohol, the heart is deprived of nutrition, and soon degeneration of the tissues appears. Another change that comes to the heart through use of alcohol is the thickening of the lining of the heart. Then the valves of the heart become lax, and the walls of the blood vessels leading to the heart lose their elasticity. Finally all blood vessels in the body are thus affected, and with the degenerative changes in the tissues of the heart itself, any sudden increase in the demands on the heart becomes too much, and the heart ceases to function altogether.

Ques.—"Do shoes that are too narrow cause corns?"

Ans.—More often shoes that are too short cause corns, because the toes are pushed back, and then the shoes seem too narrow. Get your shoes long enough, and then you can wear a narrower shoe, and also you will find your corns disappearing,—unless they are too large, and even those will greatly improve.

Ques.—"I feel tired all the time. What can I do to feel better? Should I stop work?"

Ans.—Possibly you are not eating enough, and so the body is calling for more food. If your elimination is poor, correct this, and you will find your appetite improving. With a better appetite, and getting more food, you will sleep better, and so not feel so tired. If you do not improve, you should have a vacation, and get the needed rest.

Ques.—"I have a black place on my face, which began as a mole, but is gradually increasing in size. The surface is rough. What is this condition, and what can I do for it?"

Ans.—You very likely have what is called a rodent ulcer, and should consult a physician at once. The physician will very likely remove the ulcer, and in a short time the wound will be all healed up. This is not a condition that needs to worry you unduly, but should be removed.

Ques.—"What can I do for facial neuralgia?"

Ans.—For facial neuralgia, relief is wanted at once, as the pain is usually very severe. Application of dry heat, such as electric pad or electric light, often is most effective. Where electricity is not available, you can even take a hot stove lid, wrap in flannel, and apply to face. Moist heat may be tried, as fomentations, hot water bottle, etc. Then as the pain subsides, get after the cause. Autointoxication and constipation must be cleared up. General elimination by hot baths, electric bath, Russian baths, packs, etc., is very good. Look for some focus of infection, as bad teeth, infected tonsils, etc., and remove if possible. Sometimes the pain can be relieved by cold instead of heat, and if heat remedies fail, try application of cold.

Ques.—"I have been taking a cold shower every morning during the hot weather. Should I continue it during the cold weather?"

Ans.—Continue your cold shower during the cold weather, but see that you have a warm room to take it in, and also that you get the same reaction that you are getting now. After a cold shower, the body should be pink and glowing.

Ques.—"My baby is under-nourished, and I have been advised to put her on goat's milk. Should I do this, and why is it better than cow's milk?"

Ans.—I would advise you to put your baby on goat's milk at once. Goat's milk is more nearly like mother's milk in content, and seems to be more easily digested than cow's milk. So when a baby has got to the place where cow's milk is not being digested put it on goat's milk, and in most cases it will begin to gain at once, and the general run-down condition to improve.

Ques.—"What may be the cause of a persistent headache between the eyes?"

Ans.—A persistent headache between the eyes, and often just above the eyes, is usually due to an infected condition of some of the nasal sinuses.

Ques.—"Just what is meant by the word 'malted' in names of foods as 'malted nuts,' or 'malted milk'? What purpose is served by malting?"

Ans.—The word malted in "malted nuts" or "malted milk," means the addition of malt-digested cereals to the nuts or the milk. The purpose served by malting is to increase the digestibility of these products.

Ques.—"I take colds very easily when in the least draught or change of temperature. The cold is mostly in my head, as my eyes and nose are affected. What can I do for this condition?"

Ans.—A person subject to frequent colds is usually constipated. So see that this condition is corrected. Then you may tone up your body by taking cold baths every morning. Be sure you get a good, glowing reaction from the cold baths or sprays. Then be sure you are not dressed too warm but see that there is an equal distribution of clothing all over the body, and especially see that the extremities are warmly dressed.

When Children
"Go Off Their FOOD"

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

MOTHERS often complain of their children having poor appetites, or being "finicky" about their food.

This is largely a matter of correct training in habits of eating and the responsibility rests more with the mother than the child. We would offer a few suggestions which may help some perplexed mother over a difficult problem.

1. All meals should be served regularly. Even though the grown-ups of the family are obliged to eat at irregular hours, baby's meals must be strictly on time.

2. Nothing should be allowed between meals unless it is a drink of fruit juice or water. Eating between meals is one of the most potent causes of a poor appetite at regular meal hours.

3. All foods should be properly prepared and attractively served. Pretty cups and plates and special child's cutlery go a long way toward creating an interest in the food.

4. The child's meals should be varied from day to day. Children are particularly susceptible to the depressing influence of a monotonous dietary.

5. Suitable food in the correct amount should be placed before the child. Should it remain uneaten, there should be no urging. It is best to make no comment whatever. A little later the child may be hungry and ask for food, but nothing should be given until the next meal hour. Again a suitable meal should be placed before the child Quite likely this will be eaten; but if not, express no concern. Remove the food and offer no more until the next meal. If this plan is carried out kindly but firmly, the child, if healthy, will soon become sufficiently hungry to enjoy suitable food at proper times. Firmness in the matter of eating between meals will establish a good habit which will do much toward establishing the child's future health.

6. Endeavour to cultivate in the child a taste for all wholesome foods. This can be done far more readily by patience and tact than by coaxing and reproaches.

If after several tactful attempts to introduce a new and desirable food, it becomes evident that the child has a distinct dislike for it, do not require it to be eaten. After a considerable time, the same food may be offered, without comment, in some new form and often will be eaten quite cheerfully.

7. Young children should not be allowed to eat rich pastry, fried foods, complicated or highly seasoned dishes, pickles, and unripe or overripe fruit. And certainly tea, coffee, and alcoholic drinks should never be given to children.

8. Even a healthy child occasionally "goes off his food." This should occasion no alarm on the part of the mother. It is nature's warning that the body machinery has been slightly overworked. Ensure a good evacuation of the bowels, give plenty of water or fruit juice to drink, and only such light food as the child desires. If he does not recover his usual appetite within a day or two, or if any symptoms of illness appear, as pain, vomiting, diarrhœa, fever, or rash, consult a physician without delay.

9. A child's food should be varied according to the season of the year. In cold weather, warm cereals, gruels, soups, vegetables, and puddings are in order.

On very hot days substitute for these hot dishes, flaked or puffed cereals with cold milk or cream, sliced tomatoes, and fresh or jellied fruit in place of puddings.

A little fruit salad or stewed fruit with cereal flakes and cream constitutes a delicious and wholesome sweet at any season of the year.

The ALLERGIC DISEASES

Hay Fever, Asthma Urticaria (Hives,) Eczema, Migraine (Sick Headache)

By G. H. Heald, M.D.

ACCORDING to Dorland, allergy is "a condition of unusual or exaggerated specific susceptibility to a substance which is harmless to a majority of the members of the same species." This definition may need defining, but perhaps an illustration will suffice. A familiar example of allergy, or sensitization, is the tendency to have hives after eating strawberries. Now the strawberry, to most persons, is a wholesome, delightful fruit; but to those who are sensitized to this fruit, it acts as a poison. Sometimes such a sensitive is said to have an idiosyncrasy, an unusual susceptibility, for that fruit. Such an idiosyncrasy we call allergy. Other examples are, the tendency to have hay fever or asthma after being exposed to the pollen of certain plants, or to the emanations from the skin, hair, or feathers of certain animals or birds, or to have asthma from eating eggs or certain other foods which are harmless to the ordinary person. The direct cause of the hives, hay fever, asthma, or other allergic diseases is some protein which is strongly irritant to susceptible persons, but harmless ordinarily to most people. This irritant protein usually acts through one of the mucous membranes of eyes, nose, mouth, throat, or stomach, and even through the skin, for susceptibility to ivy poisoning and similar plant poisonings seems to belong to the same category.

When a person is sensitized in this way, so that he is susceptible to attacks of hay fever, asthma, hives, allergic eczema, migraine, or other allergic condition, inquiry will usually reveal the fact that it is a family trait, other members of the family being also sensitives. One may suffer from hay fever, another from asthma, another from hives or eczema after eating certain foods, and so on. The child does not necessarily suffer the same type of allergy as the parent. The parent, for instance, may be an asthmatic and the child may have a rash after eating certain foods. Most sensitives are usually sensitive to more than one irritant, so that even if one of the offending things is discovered and avoided the trouble may still continue until the others are discovered and avoided.

Doctors can readily test a patient by scarifying, say the arm, in a number of places, and inoculating each of these places with one of the suspected substances. If one or more of the tested substances are irritant to the patient it will be shown by an angry reaction at the places where these substances were inoculated. There will be no reaction at those places where some inoffensive substance was inoculated.

Dr. Balyeat, who has given much study to the subject of allergy and has written a book on allergic diseases, says that allergic persons are usually superior in mental power and in general health. It is estimated that about 7 per cent of the population are allergic, and that from 1½ to 2 per cent have hay fever, and that two thirds of the hay fever patients finally become asthmatics.

The plants whose pollen is most commonly instrumental in causing hay fever have inconspicuous flowers. Their pollen is distributed by the winds, and at times the air is full of their pollen. Ragweed in one of its forms is one of the most common of these wind-pollinated plants, and causes a large proportion of the autumnal hay fever or asthma. Goldenrod, which pollinates about the same time as ragweed, is often thought to be the cause of hay fever, because of its more conspicuous flowers, but its pollen is spread by insects not by the air. It is true, however, that sensitive persons coming in close contact with goldenrod, roses, or other flowers whose pollen is not airborne, may sometimes have an attack of hay fever, as when a room is decorated with a quantity of goldenrod for some gathering. Sensitives in the party may have a hard time.

In early spring, the pollen of certain trees causes hay fever, and somewhat later pollen from some of the grasses may cause hay fever in susceptible individuals; and this, perhaps, explains the name, hay fever.

Perennial hay fever or asthma (lasting throughout the year, or coming at irregular times independent of the pollination of certain plants), though sometimes caused by pollen, is usually caused by the dust coming from the skin of animals (horses, cows, rabbits, chickens, etc.). Persons handling animals in a circus may become sensitive to their dust. Sleeping on feather pillows or feather mattresses not infrequently brings on an attack. Other dusts may have an allergic effect. For instance, wheat flour, whether in foods or as a dry dust in the air is very irritant to some persons. Some are unable to eat foods containing any wheat.

Orris root, the bulbs of certain European irises when powdered, is irritant to many, causing hay fever or asthma, or perhaps a rash, so its use in certain face powders and in sachets is the unsuspected cause of much misery, for a very sensitive

person even though using no powder, may be affected if others in the room use an orris powder.

Pyrethrum and insect powders should not be overlooked when looking for the cause of a perennial hay fever or asthma, also the dust that settles on woodwork.

Sleeping on a feather pillow is said to be the cause of asthma in one sixth of all asthmatics. When there is a constant congestion of nose and frequent sneezing at night, the cause is very likely the dust from feathers. Get a kapok pillow.

Eczema beginning in early childhood, particularly if there is history of allergy in other members of the family, is almost surely allergic, and may be relieved by discovering and avoiding the offending food.

Balyeat believes that heredity determines whether or not a patient will develop hay fever or asthma, and at what age the difficulty is likely to appear, and to some extent, the group or groups of protein to which he is likely to be sensitive. The earlier the symptoms develop, the larger the list of proteins to which he is likely to become sensitive.

Sensitiveness to foods usually begins during the first ten years of life, particularly the first eighteen months of life. Allergic eczema also begins early.

For hay fever or asthma of pollen origin, which comes on at a definite time every year, one may avoid trouble by moving into another zone or can take a sea trip. Much relief can be had at night by screening the open windows with muslin to keep out the pollen.

Present-Day Events—Their Meaning?

(*Continued from page* 7)

unthankful, unholy, without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, traitors, heady, highminded, lovers of pleasure more than lovers of God; having a form of godliness, but denying the power thereof, from such turn away."

Such were to be the characteristics of the church in the "*last days.*" We are solemnly admonished to turn away from the evils here recorded in the church. The church and the world have never seen so many of them before their eyes as now. The church is afraid to teach these great Bible truths for fear of condemning their guilty consciences.

Political disturbances. In Luke's Gospel chapter 21, verses 25 to 27, is set forth a true statement of fact as Christ said it would be in this very time. It reads: "And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations with perplexity; the sea and the waves roaring; men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of earth shall be shaken. And then shall they see the Son of man coming in a cloud with power and great glory." In so few words how could the keenest scholar, the noblest diplomat, and the tallest scientist of earth, better describe our *present day* and what its events mean?

Christ points to earthquakes, increase of disease, and distressed nations. Just before the final great plunge of man these things were to be.

Financial *difficulties* of our times are set forth in the Epistle of James, chapter 5, verses 1 to 8. "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." Then he adds: "Behold, 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. Ye have lived in pleasure on the earth, and been wanton; ye have nourished your hearts, as in a day of slaughter. Ye have condemned and killed the just; and he doth not resist you. . . . "Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh."

This picture is true to life in our very day. It is the ever-growing conflict between capital and labour. The rich are "heaping up" their riches, whilst the poor are undernourished and are living in hovels laden with microbes of disease and death.

The awakening East is ever before us, Throughout China, Japan, Burma, India, Africa

and the island world of the orient we see a new dawning. This day has been graphically described by seers of old. Allow me to read from Joel's prophecy, chapter 3, verses 9 to 16.

"Proclaim ye this among the Gentiles (nations); prepare war, wake up the mighty men, let all the men of war draw near; let them come up: beat your ploughshares into swords, and your pruning hooks into spears; let the weak (nations) say, I am strong . . . Let the heathen (nations) be awakened; and come up to the valley of Jehoshaphat (Armageddon) . . . put ye in the sickle, for the harvest is ripe: come, get you down; for the press is full, the fats overflow; for their wickedness is great. Multitudes, multitudes in the valley of decision: for the day of the Lord is near in the valley of decision." Verse sixteen describes a coming of the Lord, an event foreshadowed by the awakening East. That we have reached a new day, none can doubt. The British Empire sees and has all along been very sympathetic with the general awakening, and this has led the leaders of the Empire to plan wisely for the future with the larger interest of the great masses ever in view. Instead of unjust criticism I feel that we should obey the injunction of the Bible and pray for those in authority. I thank God for this day fraught with such possibilities and so dangerous to humanity if they turn their faces against the divine call to keep our eyes on the meaning of all this.

This is a dark hour for the world. She is in the midnight of sin. She is like the antediluvian world, forgetting her God. She is forgetting her duty to warn the world. Christ through the apostles spoke of this very hour in which we now live in the Second Epistle to Peter, chapter 3:3-5 and chapter 1:19-21.

Bible prophecy swings back the curtain and permits us to gaze beyond *present-day world events* and to see *what they mean*.

This Very Time

Bible prophets, the Saviour Himself, and the apostles have all called our attention to the "*last days*." The Inspired Book of God has named these days as the *last ones*.

We have come to the last days.

We near the hour when time shall end and eternity begin.

We near the time when this world will end and a new one will begin. The old world is growing old. It is groaning from within and without. Disease is setting in as in old age. Her blood is weakened through many years of indulgence in sin.

Our eyes long for a better world. We desire to draw aside the curtain which makes plain the present and the future. There is to be a coming Deliverer. We see a new kingdom that will *never end*. We find a climate stretched out before us in that *new world* that we can long enjoy.

Pain, sorrow, trouble, perplexity shall never enter. Death shall be *no more*. No more cruel messages sent either under the sea or through the air telling us of the tragic death of some dear one.

Signs everywhere indicate a soon coming Christ. I rejoice in that *blessed hope*. Without His Word and obedience to His requirements there is *no future hope*.

There is a bright side to the picture we see in the world. There is real joy in knowing what He has said; then seeking to live by His divine grace a separated life from worldliness and its fleeting pleasures. Christ is coming, the end is nearing.

The events of today, those most interesting world events which your daily papers record are all harbingers of a *soon coming Deliverer*, soon to appear in the vaults of the sky for His people. With John let us pray, "*Even so come Lord Jesus.*"

Fruits are Among Nature's Best Contributions to Man's Dietetic Needs

(*Continued from page 5*)

Do you not agree that nature reaches the climax of food production in giving us fruit—the most delicious, the finest of foods?

I have been told that during the World War when soldiers came back from the front exhausted and almost suffering from shock, the first thing they wanted to do was to open a can of tomatoes and eat a considerable quantity, and they were refreshed at once—a good illustration of the effect of fruit, though perhaps we do not often think of tomatoes as fruit.

Nature grows a larger variety of fruits than

of any other one class of foods, more than three hundred kinds being known.

The next question that occurs to me is, How should fruit be used in the diet? We do not recommend eating even fruit between meals. Some people find that making one of the three meals entirely of fruit is a healthful practice. Fruits constitute a natural and healthful desert, except for a meal including coarse vegetables with which fruits do not digest so well. But melons may be used as a desert with a vegetable meal, or squash pie or pumpkin pie or bread and honey.

During the time of growth fruits have been exposed to germs of various kinds, especially fruits that grow close to the ground, and should therefore be carefully washed before being served. It is well to eat the skin, soft cellulose, and it is impossible to remove the skin without removing much that is valuable immediately under the skin, but the skins of oranges, grapefruit, and bananas are thick, and can be removed without rejecting any part of the fruit that is valuable.

Bananas are usually eaten before they are fully ripe. They are not at their best till all the green colour has disappeared from their tips, and small brown spots have appeared on the skins. Then they are sweet and mealy and digestible, and ready to nourish children and even babies. For babies they should be rubbed through a sieve to make them into a pulp.

I am wondering if the orange *juice* habit is not being carried to extremes. I have met people who thought that the pulp of oranges was not fit to eat. But the orange pulp is laxative, and the whole orange eaten is more laxative than the juice alone. Of course, when a person is very sick and must have only predigested nourishment, the juice alone is ideal. As a curative measure for cold or fever when it is desirable that the patient take large quantities of alkalinizing nourishment, the juice is most valuable, because one can take the juice, thereby obtaining effect, of from ten to twenty oranges a day, but could not eat that many oranges.

For a new delightful flavour for breakfast try this:

Slice a fully ripe banana into a dish. Pour over it a little strained honey, then sprinkle with chopped nuts, and you have a delicious treat.

This is a good way to serve grapefruit!

Pare a grapefruit so as to remove all the white skin, taking care not to waste more of the pulp than is necessary. With a sharp knife cut the pulp from the membrane on both sides of a section, so as to remove the section free from membrane. Continue till all the sections have been freed from membrane. Place them in a dish, pour a little honey over them, and allow to stand for several hours, and you have more delicious grapefruit.

Here is one of the prettiest of fruit salads:

On a bed of lettuce on a salad plate place a slice of canned pineapple. In the middle of the pineapple place a cone of cottage cheese. Against the cone of cottage cheese rest the backs of three sections from a large orange, the sections standing on end. On the top place a spoonful of whipped cream, letting a little of the cream flow down between the sections, and on the whipped cream make a cross with a thin piece of preserved red cherry and a thin piece of preserved green cherry.

The Fly—More than a Nuisance

(Continued from page 10)

house flies developed. The reaction of the intestinal contents does not seem to kill the larvæ. They feed off the blood they can draw from the soft mucous membrane of the colon. When the maggots are found, they are filled with red blood cells. The fly eggs are carried into the intestines on food that has been eaten, upon which flies had been permitted to light for even an instant. Dr. Smith continues: "Every human being in the world who eats food upon which flies have been permitted to light is susceptible. . . . It is my belief that the more we study the habits of the common house fly, the greater enemy of the human family we shall find him to be. . . . We know that their eggs and larvæ can and do live in the human intestine, and that the larvæ are blood-suckers."

Preventing the breeding of flies is a direct aim at their extermination. They should by all means be swatted or caught, once they have grown wings; but this is secondary to eliminating every possible source of their breeding.

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Picnic grounds and camping grounds are apt to be found swarming with flies. It does not end matters simply to brush the flies aside with, "Oh, well, you have to expect flies when you go on a picnic. You'll get used to them!" That does not lessen their danger as disease carriers, or the virulence of the germs they leave on everything upon which they light.

Declare war on flies this season. Every person who does so is performing a real service to mankind. Destroy their breeding places, protect windows and doors with tight screens, use a sticky fly paper that will catch both the fly and his germs, and swat, *swat*, SWAT!

Disease and Its Causes

(*Continued from page 17*)

person who has diabetes, even in latent form, sugar is one of the worst possible foods, and will tend to develop the activity and severity of the disease rapidly and dangerously.

Healthy people are tempted by the sweet taste of foods and drinks to take more calories than they actually require. They eat enough for their real needs, and then eat a rich desert or sweet besides.

Dr. E. P. Joslin has shown that 90 per cent of all diabetics, especially beyond the age of childhood, have been above the average normal weight before they become diabetic, while the development of diabetes in an adult who is below average normal weight is a rarity.

It is well to remember that overeating and obesity are almost always associated together. Moderation in diet, healthful exercise, and strict limitation of sweets will decidedly diminish the number of diabetic cases.

Healthy Himalayan Tribes

Lieutenant-Colonel McCarrison, of the Indian army medical service, spent nine years among wild Himalayan tribes. He did an average of four hundred major operations yearly and never saw a case of gastro-intestinal illness, and these people, living on the simple foods of nature—grains, fruit, and vegetables, with a certain amount of milk and butter—he tells us are of magnificent physique, preserving until late in life the characteristics of the young. They are unusually fertile and long-lived, and are *endowed with nervous systems of notable stability*.

McCarrison is exceedingly insistent upon the inclusion of milk, green leafy vegetables, and entire grains in the normal dietary—in which stand his extensive experience with a large number of army men and with the wild tribes of Himalayan India fully justify him.

I believe that honest ignorance to a great extent can be cleared away by the educational work that the New Health Society is doing. In spite of this good work, we still find numerous people who defy health advice and prefer to live according to their own notions. These must continue to furnish a large element in our mortality, which seems to be due to a defect in human nature. The true epitaph for many people must still be: "He died as the fool dieth."

Rules for Health

In conclusion, let me leave with you fifteen rules for good health:—

1. Ventilate every room you occupy.
2. Keep your feet clean, dry, and well shod.
3. If you are an indoor worker, be sure to get your recreation out of doors.
4. Sleep in the fresh air always—in the open if you can manage it.
5. Always wash your hands before eating.
6. Do not overeat.
7. Eat freely of fruit and of leafy and coarse vegetables.
8. Eat slowly, chew thoroughly.
9. Drink six to eight glasses of water daily.
10. Evacuate thoroughly, regularly.
11. Stand, sit, and walk erect.
12. Keep the teeth and gums clean.
13. Work, play, rest, and sleep in moderation.
14. Keep serene; worry is the foe of good health. Cultivate good companions.
15. Avoid self-drugging.

Water, Pure Water

(*Continued from page 22*)

this means that it helps to keep the body healthy. So after all, water is a real medicine, only it doesn't taste tasty like the medicine that comes in bottles. And it does for the body and the health what bottled medicine cannot do.—*Life and Health.*

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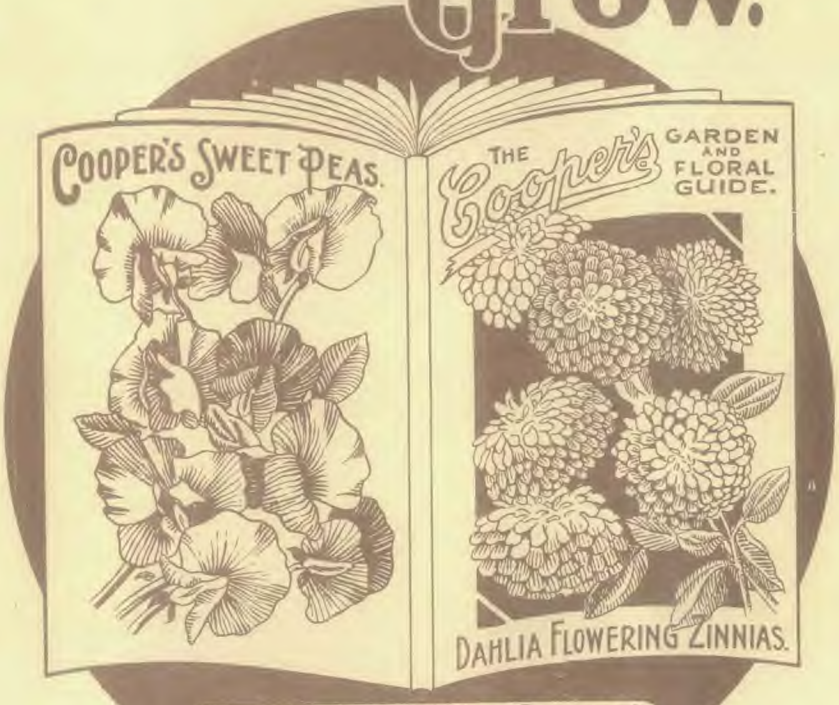

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