

THE
ORIENTAL
WATCHMAN
AND HERALD OF HEALTH



G. I. P. Railway Publicity Bureau

ROAD TO GANESHKIND, POONA

Read in this Issue—

DO YOU SUFFER FROM NASAL TROUBLE?



THE new president of France is an ardent advocate of total abstinence from strong drink.

BY a recent decree of the Chinese Ministry of the Interior, it is no longer proper to kowtow to government officials. In meeting an official the polite tourist, instead of kneeling and touching the floor with his forehead, will keep on his two feet and make three polite bows.

THOUSANDS of people at Prato, near Florence, in Italy, recently watched a dancing comet. An object that looked like an ordinary falling star, instead of continuing its normal trajectory, began to dance upward and downward and from side to side. After a performance that lasted twenty-five minutes the comet vanished.

THE marble floor of St. Peter's in Rome has been so worn by countless multitudes in the last three hundred years, that the replacing of it has long been under consideration. Several popes have wished to do this work, but the expense seemed prohibitive. However, the will of the late Cardinal Merry del Val provided the funds, and the new marble slabs are going into place. Care is being taken to preserve the same colour and design as the original pattern.

WHEN oils are extracted from vegetable seeds, enormous pressure must be used. Hydraulic presses crush the seeds and squeeze out the oil. A filter cloth is used in the press to separate the oil from the seeds. Best for this purpose is cloth woven from human hair. The hair of a Chinaman seems much more suitable for the purpose than any other. Last year more than 1,500 tons of human hair were exported from China.

TWO Australian youths have constructed a light monoplane themselves. They worked for a year to produce the machine. A converted 14 cylinder motor cycle engine provides the power. The plane is sixteen feet long, with a wing span of twenty-five feet. It can range for 100 miles and has a top speed of 60 miles per hour. Its trial flights at Sydney have been very successful. The two boys are now qualifying as pilots in order to use their own machine.

A BOMB that could chase an aeroplane in the air and could destroy it is the amazing war weapon proposed by an inventor of San Diego, California. Launched from the ground automatically, the self-propelled rocket bomb would be guided in the air by the sound of the motor of the aeroplane. No matter how the pilot might twist and turn, the bomb would follow until it overtook the machine. The impact would explode a charge of high explosive. Dr. Gustav Rasmus, who has designed this unique weapon of defence, is secretly testing it with working models. If it is found to be practical, the rocket would be used in the following way: For firing the bomb would be set in a motor-like stand connected to sound detectors. The sound of an aeroplane passing overhead would start the bomb electrically. Its rocket motor would enable it to travel fast enough to overtake the swiftest aeroplane. In the air the bomb would be guided by sensitive "ears" housed in knobs on the rudder flaps. At impact on any one of five points would detonate a charge of high explosive in the head of the bomb.

IN the neighbourhood of 60,000,000,000, sixty billion, cigarettes a year, most of them made in America, are used by the Chinese.

ON her recent expedition to the North Pole, the Graf Zeppelin discovered several new islands. More than 50,000 square kilometres of unknown land were charted. It was also found that some of the Arctic islands depicted on maps were non-existent.

TO aid in the war on cancer now being waged all over a world-wide front, the New York Memorial Hospital is having built a giant 900,000-volt X-ray tube. It is said to exceed by 300,000 volts the most powerful X-ray machines now in medical use.

IT has been found that radium poisoning (such as that encountered by the workers in a watch factory who would touch the radium paint brush to their lips) can be treated successfully by the use of viosterol, the artificial source of vitamin D, now often used to replace cod-liver oil.

CONVINCED that virtually all raw materials required for motor-car construction may be raised on the farm, Mr. Henry Ford is conducting extensive experiments on 3,000,000 acres which he has purchased in southern Michigan, U.S.A. He has set the former owners of the land to work for him at five dollars (£1) a day. The farmers were ordered to grow a tremendous number of cantaloup melons. Although officials of the Ford Company declined to reveal the purpose of the unprecedented crop, Mr. Ford himself, on an inspection of a farm, told one of the farmers that the world was overburdened with surplus farm products, and that he was convinced that the surplus could be employed for manufacture. Mr. Ford added that he believed he could extract alcohol for print out of melons, using the remainder, after the alcohol had been extracted, to make a cheap substance serviceable as wood.

PICTURES of written or printed matter are now sent by wire much faster than the former method of breaking the words up into letters, and the letters into Morse or other signals. Sixty pages of printed matter can be sent by telegraph in an hour each page containing from 500 to 1,500 printed words. The matter to be telegraphed is scanned by a ray of light, which reflects the light and dark parts of the letters on to the photo cell. The photo cell creates an electric current whenever light from the white part of the paper strikes it, but no current is generated when the light is obscured by the black of a printed letter. The sending instrument thus sends into the telegraph line an endless string of signals. These signals are used at the receiving office for controlling the amount of light given by a special kind of lamp filled with the rare gas, argon. The flickers of light from this organ tube are focussed on a piece of travelling photographic paper which passes through a developing path. The telegraphed message comes out in this way at the end of the machine. The invention is used to send large black and white drawings, and printed and type-written documents over long distances.

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

VOLUME 7, No. 11

November, 1931

BRACE UP

Pure Water, Fresh Air and Happy Thoughts

By B. M. Heald

TO be fagged is to be tired of being tired. Some people are born tired. Others acquire tiredness, and still others have it thrust upon them, and it seems to afflict about all classes alike—the high-toned, the low-toned and the no-toned. But unless paralyzed there is little excuse for dragging one foot behind the other.

The most dangerous time for being afflicted with that fagged-out feeling is between the ages of thirty-eight and fifty. However, if you have lived sanely and sensibly and have passed the age of fifty-five, you are quite sure of living until seventy-five. But between thirty-eight and fifty look out.

The majority of moral break-downs come during this age. More bank embezzlements, divorces, desertions, and dastardly deeds are committed at this time of life than at any other. Why? Because there has been a background of abnormal bodily abuse.

Brain-fag is caused by worry, anger, agitation, and an antagonistic attitude of mind. Brain-fag follows in the path of brain storm. There are groups of causes. Impure imagination is one.

Between thirty-eight and fifty, our weaknesses often get the better of us. We become victims of vice and violence, and like the "one hoss shay" we go all to pieces in one short day.

Do not wait until you begin to fag. Begin now to check up, cheer up, and clean up the present. The past is beyond recall. Let bygones be bygones. You have a bright, clean future and you can redeem the time.

You must master your

mind. Master melancholia. Be moderate in all things; and above all dodge drugs and dopes.

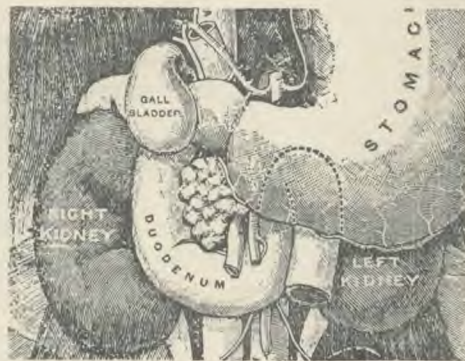
Watch your food. Ninety per cent of fagged-out people have played-out stomachs. You may buy a classy new car and a cozy new cottage, but your stomach is the only stomach you will ever have and it's yours forever. Take good care of it. You do not put spicy sauces in your eyes. Why do you put them in your stomach? Its lining is as delicate as that of the eye. You cannot blame your stomach for non-support, treating it as you do. No sensible, self-respecting stomach will stand for such a strain as you are giving it.

You need not fag at fifty. Your body, brain, and blood should be best at that age. With a half century of wisdom and work behind you, and a fearless future ahead, why should you worry? The best part of your life is just ahead.

The average length of life should be threescore years and ten, so if you are thirty-five, you know where you are going and are halfway there. At fifty, you are more valuable than at half that age.

But you cannot destroy your body and mind and expect to have health. You cannot eat your cake and keep it at the same time. Do you want kick and snap in your knee joints? Do you want clean thoughts, teeth, and tonsils? Do you want to feel fit? Then eat vitalizing vitamins and vegetables. Drink plenty of pure, sparkling water. It will clear up your complexion, aid your digestion, and will not keep you awake at nights.

Remember, nights were made to sleep in so that you will not (Turn to page 30)



Become better acquainted with your stomach's needs

SPIRITISM

By J. C. H. Collett



Greek woman at a heathen oracle

FOR the living know that they shall die, but the dead know not anything: neither have they any more a reward; for the memory of them is forgotten." Eccl. 9:5. Here we have a statement that dead people know nothing and remember nothing. The latter part of the verse does not mean that we cease to remember the dead, but that their subjective memory comes to an end in death. Verse 6 goes on to say, "Also their love, and their hatred, and their envy, is now perished; neither have they any more a portion for ever in any thing that is done under the sun." What could be more forceful or more definite than the latter statement that the dead have no interest or part whatsoever in any earthly affairs? And the first part of the verse tells us that all emotion perishes in death.

Throughout its text the Bible maintains the doctrine of complete unconsciousness in death. The Bible likewise confirms the conclusion we reach by science that consciousness or thinking is a product of brain-cell activity. We may understand this from the record given of man's creation in Genesis the second chapter and the seventh verse. We read, "And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul." Now what is this synthesis? The inanimate body was formed of the earthly elements; the life principle, spoken of throughout the Bible as "spirit," was infused; and upon that

vitalizing into activity of the cell elements of the body, something resulted, a product was forthcoming—a living soul. In other words, a being resulted characterized by consciousness, intellect, emotion, will, and the power of moral apprehension. Now the Bible not only presents consciousness as arising from the combination of the life principle with the physical matter of the body, but it presents consciousness as something that is dependent for its existence upon the constant maintenance of that union. In Psalm 146:4 these words are said of one dying, "His breath goeth forth, he returneth to his earth; in that very day his thoughts perish." Now glance at this analysis for a moment. We have the union broken that was maintained by the mighty power of God during life; the life principle is withdrawn; the body becomes inactive and inanimate; and the living soul, that flourished in the sunshine of that union, now, in its dissolution, perishes. Certainly the Bible doctrine is that there is no survival of consciousness in death, and in this, as we have already reflected, it is in harmony with the soundest science.

For the almost universal misbelief that has always prevailed regarding man's true nature, there must be some cause. Now the Bible enlightens us regarding the origin of this lie about man's nature that has been foisted on the human race. Sin originated with Satan in heaven. And since lying is sin, it is not difficult to conjecture that lying in general, and this lie in particular about man's nature, likewise originated with Satan. The Bible teaches this, for it speaks of Satan thus—"He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it." And the Bible further teaches us that the particular lie which states that man does not really die in death originated with Satan shortly after man's creation, so that it is a very hoary abomination. We read in Genesis that when God placed man in the garden of Eden and prohibited him, upon pain of death, from eating of the tree of the knowledge of good and evil, Satan, through the medium of the serpent, persuaded man to disobey by saying to him, "Ye shall not surely die." This was a contradiction of what God had said. That lie quickly fastened itself upon the human race until practically the whole world was under its thralldom. The world has not as yet emerged from that thralldom.

Device of the Adversary

To give colour to his lie, Satan invented Spiritism or pretended communication with the dead. But the beings that communicate with the living in the spiritistic seances are not the unconscious dead, but evil spirits, fallen angels, Satan's agents for the deception of the human race, who come to men and women impersonating the dead in order to make them believe in the lie which says that man in death still lives and enjoys a conscious existence. Everyone who accepts the spiritistic communications as messages from the dead, is the victim of a colossal hoax. This hoax has ensnared many prominent men with a reputation for learning, like Sir Oliver Lodge the scientist, and the late Sir Arthur Conan Doyle. The truth of the matter is that the wisest among men is but as a babe if he falls into the hands of an arch-deceiver like Satan. There is a statement in the Bible which warns us that the wisdom of this world is foolishness with God.

The Bible not only enlightens us regarding the state of the dead, but it also specifically prohibits any attempt at communication with the dead through spirit mediums, such as is common today, and such as was common in the days of ancient Israel. This is not strange, for we would expect that if God informed us in the Bible of man's true nature, He would also inform us therein of a mighty attempt to deceive us on that same question. The Bible stands as a sure guide and a mighty safeguard against falling into error. The spirit mediums in ancient times were called witches, and were said to be in touch with

"familiar spirits." Let us look at a few Bible statements regarding that class of people.

"Regard not them that have familiar spirits, neither seek after wizards, to be defiled by them." Lev. 19:31.

"And the soul that turneth after such as have familiar spirits, and after wizards, I will even set my face against that soul. The man also or woman that hath a familiar spirit or that is a wizard, shall surely be put to death." Lev. 20:6, 27.

"Thou shalt not suffer a witch to live." Ex. 22:18.

"And he (the king) dealt with familiar spirits and wizards: he wrought much wickedness in the sight of the Lord, to provoke Him to anger." 2 Kings 21:6.

We should surely accept the Bible as the book of truth, and should be careful not to have any dealings with Spiritism. God is greatly displeased with all who do so.

The Bible claims to contain the oracles of God, God's answer, through chosen human instrumentality, to all the questions that vitally affect man.

Dear reader, this great book of truth, this blessed Bible, "able to make you wise unto salvation," comes to you today pleading with you to accept and follow it. That you may not pass by its clear right to be regarded as the one complete revelation of God to men, is the earnest prayer of the one who has written the preceding lines in an attempt to establish the truth in your soul.

Receptivity

By Lois V. Pryor

*I asked a blessing from His heavenly store,
But self-filled life had room for nothing more,
Until the quiet voice spoke in my prayer:
"First empty vessels you must Me prepare."*

*I brought my empty thoughts; His grace to fill
Them with His wisdom—light to do His will.*

*I brought my empty words; in them He poured
The power to speak aright and praise the Lord.*

*I brought my empty heart; love He bestowed
Till life and joy were full, and overflowed.*



INFLUENZA

*Shall We Hamper
Nature so that
She Can Ill-protect?*

By A. L. King

*Ventilate your home
and keep away the
scourge.*

CIVILIZATION has led many of us, to our detriment, to believe that we must live in hot, ill-ventilated houses during the winter. Not content with living in such a foul atmosphere, away from all the health-promoting properties of natural light and fresh air, we make our bodies subsist on a denatured diet, and one that lacks many vital elements required by nature. The absence of wholemeal bread, bran, uncooked vegetables, fresh fruit, and the presence of flesh foods, white bread, tea, coffee, and alcoholic drinks are characteristic features of civilised diet. These two factors, namely, bad ventilation and improper diet, so hamper nature that she cannot protect us from the set of symptoms that go under the name of influenza. If the diet were to be reformed so as to include an abundant supply of fresh fruit and vegetables, wholemeal bread, nuts, and milk, at the same time deleting all kinds of flesh foods, white bread, tea, coffee, and alcoholic liquors, nature would get her dietetic wants supplied; and this reformation, in conjunction with an ever-plentiful supply of fresh air, sunlight and exercise, would do more than anything else to rid us of this scourge. Until such radical changes in our mode of living occur, we will always be subject to the unpleasant symptoms of influenza for the simple reason that nature cannot protect us if we continually violate her laws. If not interfered with, she is only too anxious and willing to perform her house-cleaning and keep the body free

from poisons whose presence strongly disposes to influenza.

Treatment

If the prophylactic powers of nature have been disregarded and influenza has penetrated a weakened defence, the symptoms must be controlled without being suppressed and the reserve forces of the body should be assisted to eliminate and burn up all toxic products.

To this end the patient should be put to a warm bed in a well aired room when the symptoms first manifest themselves; at first, there is a general feeling of weakness and malaise, with pains both in the limbs and back, and soon the temperature rises and remains so until nature has eliminated the poisons from the body. The pains, aches and the profuse perspiration are indicative of a toxic saturation of the organism, and an effort on the part of nature to eliminate the poisons. To help her in this work, the skin, kidneys, and colon, which are the three main excretory organs, must be encouraged to activity.

The colon should be cleansed daily with a large enema of salt and hot water (tem. 102 degrees; this not only washes away a lot of decomposing debris, but stimulates the organ to increased activity. At the same time, all food should be withheld from the patient, save the juice of three oranges and a little glucose daily; if the patient is very weak, a little lactosa or (*Turn to page 30*)

Do You Suffer from NASAL Trouble?

By Leslie D. Trott, M.D.

THE tissues of the nose help to prepare air for the lungs by acting as a filter, or cleanser. Picture the amount of dust in an ordinary living room each day, and you then can appreciate the valuable work done by the tissues in your nasal cavity.

The nasal cavity is divided into two chambers by a middle partition known as the septum, composed of bone and cartilage. From each side wall three bony shelves project towards the septum and, with edges curved downward, extend almost the full depth of the nose. These are named the turbinate bones—upper, middle, and lower. Underneath these shelves, or turbinates, openings are found that lead into certain bony spaces (sinuses) as well as openings for the tears from the lachrymal duct. Lining the nose, covering the septum and turbinates and walls, and following into all the sinuses in one continuous sheet, is the mucous membrane. The same variety of membrane extends on down, covering the throat, mouth, œsophagus, stomach, etc., also the larynx, trachea bronchi, and alveoli of the lungs. That which affects one part may affect any other part or all; hence the importance of knowing how to protect this membrane from disease. All over the surface of the mucous membrane of the nose are very fine, constantly moving hairs (called cilia), which act as a conveyer belt for the dust particles. Over the turbinates this membrane is richly supplied with blood-vessels, and has the power to swell very rapidly and become engorged with blood for warming the air and giving fluid for secretions. When other parts are engorged or swollen, it is due to severe irritation or disease.

The back part of the nose has two openings, corresponding with those in front, thus making direct passage for the air into the upper part of the throat, then into the larynx, trachea, and lungs. On each side of the nose, beneath the eyes, in the bone of the cheek, there is a space (or sinus) that has a connection with the nasal cavity through a small opening. This space is called the *maxillary sinus* (or antrum), and is found already formed in newborn babes, though no larger than a bean.

May Affect Eyes

Above the eyes and nose, beneath the bone of the brow and extending upwards, are the *frontal sinuses* which also open into the nasal cavity. These do not begin to form until the third or fourth year, and in some persons may never develop, or

only one may be found. The size also varies a great deal.

Just beneath the frontal sinuses and extending backward in the bone under the brain are the smaller *ethmoid cells*, from six to ten in number on each side, with very thin partition walls. Separating these cells from the eye, there is such a thin bony wall that it is called the "paper plate." Disease here causes much difficulty with the eyes. The openings into the nose are very small, and are easily blocked through swelling or inflammation.

In the back part of the nose, almost in the centre of the skull, are located the *sphenoid sinuses*. They begin to develop at four months, and enlarge to full size by the sixteenth year.

A sinus never becomes diseased in and of itself, unless by actual injury in accident. The nose is the entrance way, and a simple cold is the first step. When a simple cold becomes a severe one, then it has stepped over into one or more sinuses. Frequent colds, long-drawn-out colds, colds with profuse discharge, all should be warnings to investigate the sinuses. A chronic catarrh may be the forerunner of serious sinus disease. A person may have a sinus infection during a simple hard cold, and not realize the fact at the time. Later he may develop some other disease such as neuritis or arthritis; and when he is examined by a careful physician, it is found that the sinus contains pus, and was the point from which the disease entered the blood. For many months or years this may have been present without the knowledge of that person, except as a "catarrh" of the nose or the throat. This occurs in childhood more frequently than we realize.

Loss of Smell

Not alone should we think of the actual discomfort of the nasal discharge in sinus disease, nor yet of the general diseases that may follow an infection of one or more sinuses, but the loss of the sense of smell, which so frequently follows. Life has lost many of its most delicate pleasures when we have destroyed our sense of smell. Let us, therefore, take in hand our simple colds at their very beginning.

The mucous membranes becoming swollen during an acute cold shut off a mass of bacteria and secretions that rapidly increase in volume. If this happens beneath one of the turbinates, the increased pressure forces the fluids and bacteria through the openings into the empty sinuses. Irritation frequently swells the tissues at these openings,

and then the bacteria are bottled up in this warm moist place, where they grow at a tremendous rate. This may bring on so much pain and suffering that we visit a physician who washes out the pus, at last leaving the sinus clean. But in many cases we may not be aware that the sinus has been invaded and a battle between the natural secretions and the bacteria is waged for many months or years. During this time the membrane lining the sinus has become thinned, thickened, or weakened, so that penetration of bacteria may take place into the circulating fluids of the body. In addition, the constant escape of some of this irritating substance, with or without bacteria, from the sinus into the nose and down the throat leads to chronic "catarrh," with possible infection of adenoids, tonsils, or pharynx. At this stage it belongs to the physician to help you; but let me mention a few things that to my mind are important for all to know in preventing sinus infection.

First of all, you must study the mechanical efficiency of your nose; for example, there must be sufficient space on each side of the nose for free breathing even under severe exertion. Also the walls must be smooth and reasonably straight so that blowing of the nose will be effective in clearing out accumulations of dust and secretions. This may require the service of a physician who can examine the bony conformation and remedy the defect surgically if necessary. A very slight operation may be all that is needed.

Where Infections Start

Keep the fingers away from the nose unless they are well scrubbed and the nails thoroughly cleaned. Wash the hairs at the entrance of the nose with soap and water, and do not try to free the dried secretions by picking with the fingers or pulling out the hairs. Very dangerous infections

have thus been started. Start with a clean handkerchief at least every morning.

Protect yourself from impure, dusty, bacteria-laden air. Country air under ordinary conditions is superior to that of any city. Avoid crowded, poorly ventilated public halls. Superheated air without the addition of moisture is a danger, especially in dry climates.

Proper clothing of the body prevents congestion of the mucous membrane of the nose. Therefore the limbs should be protected from chilling; this means legs, ankles, feet, arms, wrists, and hands. Neither must we forget in this age of motor-cars to protect the back of the head from chilling. Deafness is hastened by habitually subjecting one's self to the chilling of the back of head and neck by rapidly moving air.

The Influence of Diet

Any habit of eating that deranges the stomach causing increase of mucus, and thus, if continued, makes a "catarrhal condition." This chronically inflamed mucous membrane makes a favourable soil for bacterial invasion. Guard against over-eating, and take your light meal in the evening. Do not eat between regular meals. Concentrated sweets should be eaten only when the stomach contains food that will dilute them; otherwise they are irritants. Fried foods retard digestion. And please remember your five or six glasses of water a day.

Not the least important are the alkalizing foods. Harmful bacteria cannot prevail when our body tissues are bathed in alkalized body fluids. Such foods as vegetables and fruits supply us with these salts. The dangerous foods from this standpoint are flesh meats, especially chicken and oysters.

Forbearance

*Hast thou named all the birds without a gun?
Loved the wood-rose, and left it on its stalk?
At rich men's tables eaten bread and pulse?
Unarmed, faced danger with a heart of trust?
And loved so well a high behaviour,
In man or maid, that thou from speech refrained,
Nobility more nobly to repay?
O, be my friend, and teach me to be thine!*

—Ralph Waldo Emerson.

PIMPLES and BOILS

Their Causes and Treatment

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

ACCORDING to Littre, the term "acne" (the medical name for pimples) is one altered by a copyist from the Greek *akme*, a point. On account of the disease occurring at the age of puberty, it is sometimes called "juvenile acne," and as it takes several different forms the adjective "polymorphic" is often given to it. The different forms are due to the action of two different germs—the *acne bacillus*, which produces the pimple, and the *Staphylococcus albus*, which causes pus to form.

The essential predisposing factor is seborrhœa, the disease that is recognized as dandruff. The glands at the root of the hair in the scalp, face, neck, and back normally secrete just sufficient oily matter to keep the hair moist. When the secretion does not escape from the mouth of the duct of these glands, it thickens and forms sebaceous matter. The *acne bacillus* invades these sebaceous collections and produces slight inflammation and the "pimple," and the *Staphylococcus albus* produces the points of pus.

The earliest appearance of acne is the development of black-heads (comedos); the sebaceous matter does not escape from the orifice of the glands, and becomes black with dirt.

At puberty hairs develop on different parts of the body, which development brings increased activity to the sebaceous glands at their roots. The skin is constantly excreting waste products from the blood. If these are not regularly removed, they clog up the sebaceous glands, and the germs gaining an entrance bring about unsightly acne. The disease, as a rule, is especially active from the ages of sixteen to twenty-five. As a person becomes older, he seems to acquire an immunity from the two sets of germs, but this is not always so.

At puberty we have the three special predisposing factors of acne—sexual maturity, excessive development of sebaceous glands, and an increase of appetite, which increases the waste products in the blood and clogs up the mouth of the glands. If the youth would live on plain food, the waste products would not become excessive and the skin would consequently have a normal action and thus acne would be avoided.

Under a healthful regimen, the liver, the kidneys, and the lungs remove most of the waste products—the "physiological ashes"—but when rich food is used, the liver especially is overburdened and throws some of its work on the skin. Excessive sweets, starchy foods, fats (especially cooked fats), pastry, cakes, fried foods, jams, and marmalades all tend to make the skin sluggish.

Kenneth Wills lays special emphasis on "pig-fat" as a cause of acne. Lack of fresh air, exercise, and sunshine, and constipation all tend to make the skin sluggish and predisposed to acne.

Acne mostly appears on the face, the neck, the chest, and the upper part of the back—the parts of the body well supplied by sweat glands. When woollen singlets are worn and daily sponging is omitted, the waste products are not removed from the skin, with the result that acne develops. Cotton or silk garments absorb the secretions from the skin and lessen the tendency to skin irritation. A daily warm bath is a good preventive of the disease.

Treatment of Pimples

Treatment consists in the avoidance of the foods mentioned, eating freely of fruit (especially uncooked), green vegetables, and drinking a liberal supply of water. Tea, coffee, and cocoa should be avoided.

The sebaceous glands are rendered less active by the use of X-rays in small doses; they dry up the sebaceous secretions and thus deprive the germs of nutriment. Artificial light given with a mercury vapour or carbon arc lamp produces wonderful results. The ultra-violet rays have a powerful germicidal action; they raise the germ-destroying power of the blood and increase a person's resistance to infection by the germs causing the disease.

Treatment by vaccine therapy is especially useful where pus appears in the pimple. Brewer's yeast in doses of from one to two ounces daily is sometimes very beneficial. The yeast may be taken in several doses three times a day after meals.

The thorough application of soap containing sulphur and salicylic acid (5 per cent of each) will prove efficacious in mild cases; the lather should be allowed to remain on the skin several minutes; the black-heads should always be expressed. A suitable face powder can be made from equal parts of talc and oxide of zinc, with 2 or 3 per cent of sulphur. Use twice daily.

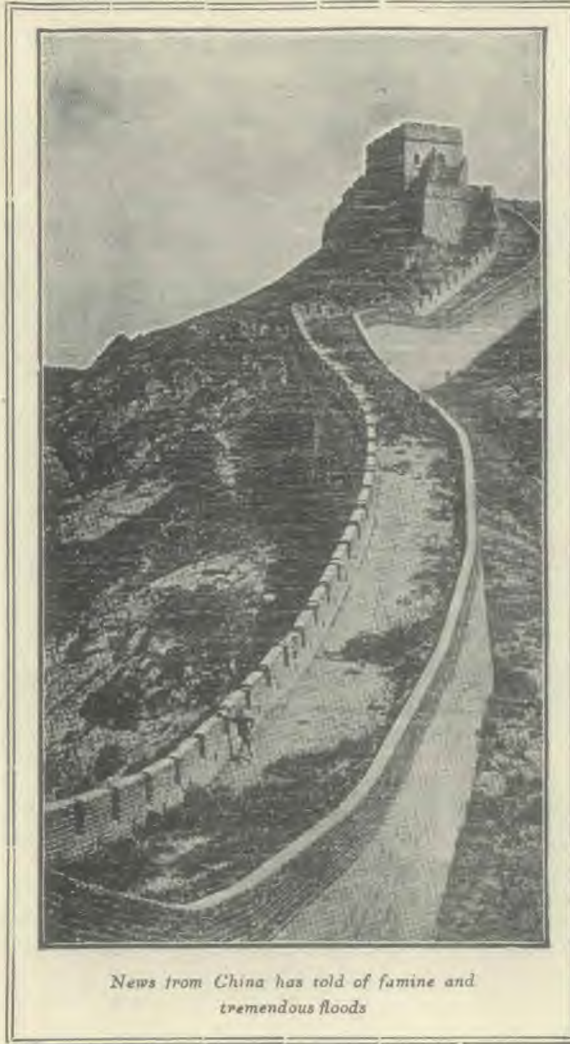
Boils

Boils, like acne, start in the neighbourhood of the hair-follicles, and are found chiefly on the back of the neck, the trunk, and the buttocks. The germs are of a more irritating nature (*Staphylococcus pyogenes*), and produce deeper and more extensive inflammation.

The intense inflammation causes death of tissue and thus forms the "core" in the centre of the boil. When the irritating core (*Turn to page 26*)

The PERPLEXED

By E. Hilliard



News from China has told of famine and tremendous floods

TODAY the world is confronted with the most perplexing problems within the history of mankind; problems that the wisest statesmen seem unable to solve. The finances of the world were never in a more precarious condition than now. Strong and what were once regarded as dependable banks have seemed to be on the road to insolvency. Just recently Great Britain lent a helping hand to Austria's embarrassed financial condition, assisted Germany, and promised, no matter what happened, to support India's credits. She warmly welcomed Mr Hoover's debt moratorium, although it involved a sacrifice of eleven million pounds sterling. Every one seemed wonderfully pleased that England was able and willing to assist her sister nations out of her abundant wealth. But in a few weeks a

sudden change came, and according to an editorial in the *Maarav Mail*, of August 13, 1931:—

"Gold began to leave London, the Bank of England rate was raised to check the outflow, but it failed to have that effect."

This changed rejoicing to fear and anxiety, and the people on every hand were asking, "What is the matter?" During the debate in the House of Lords, after the second reading of the finance bill, Lord Lothian warned the peers that "next March the country would be faced with a situation of a totally different kind from that which had faced the Chancellor for many years past. They were going to be faced with a crisis far more serious than any which has confronted this country within living memory."

It is astonishing, even alarming, how terribly the markets of the world have been and are still being shaken. Thoughtful men see that the world is approaching a stupendous, unavoidable crisis in many ways.

The nations are still grappling in their unaided wisdom with the unemployed problem, and it is fast becoming a menace to the peace and prosperity of the nations, and especially so in the United States of America. The world is overloaded with bread material; and yet many poor people are suffering for lack of food. Under the heading of "Too Much Wheat for a Hungry World," the *Literary Digest* of June 6, 1931, states that there are eleven wheat producing countries,—United States, Canada, Russia, Australia, Argentina, Bulgaria, Hungary, India, Poland, Roumania, and Jugoslavia."

These countries furnish the bulk of wheat for the rest of the world. The Lord has blessed them with a bumper crop this season, and they have on hand an exportable surplus of 364,000,000 more bushels of wheat than the importing countries need. This condition of affairs has forced the price below the cost of production, and the wheat-growers are praying for a crop failure. The *Minneapolis Tribune*, published in the United States, in commenting on the situation, says:—

"The wheat growing nations of the world are thus reduced to the irrational business of praying for crop failures so that there will not be so much bread in the world, and so those who are bread-hungry will have to pay more for it. . . . We who have been praying for our daily bread are now praying that it be taken away from us, as strange a departure in theology as it is in economics."

WORLD

But the Eye of Faith Looks Expectantly Beyond

The religious world has been praying for centuries, "Give us this day our daily bread" and no one has ever thought of praying, "Take it from us," until the present time. Such petitions will eventually be answered and the petitioners themselves may experience the pangs of hunger. Christ, in His instruction to His disciples relative to the condition of the world just prior to His second advent, predicted that there would be famines and pestilences in different parts of the world. See Matt. 24:7. This prediction has had a partial fulfilment in the three greatest famines the world has ever known, viz: the terrible famine in India in 1878, the one in Russia a few years later, and the great famine in China that took such a heavy toll of life. China is now not only suffering from famine, but from tremendous floods that are devastating great portions of that vast empire and sweeping away their crops, leaving them homeless and destitute.

These death-sweeping agencies, with the perplexing problems that are now confronting the world, are in fulfilment of the Saviour's words, recorded in Luke 21:25, 26: "Upon the earth distress of nations, with perplexity; . . . men's hearts failing them for fear, and for looking after

those things which are coming on the earth," and are unmistakable omens of the near approach of our Lord to abolish sin and to reward His faithful, expectant people.

The prayerful student of God's holy word will discern these omens of Christ's return, and through deep repentance, confession of sin, and faith in the promise of abundant pardon, will be ready to exclaim, "Lo, this is our God; we have waited for Him, and He will save us." Isa. 25:9.

"No story has the power to move and melt and change the hearts of men as has the story of the cross. No mother ever sang it over the pillow of her babe without tenderness; no child ever read it without a throbbing heart; no living man can peruse it with utter indifference; and no dying man ever listened to it without emotion." In that solemn hour when you and I stand between two worlds, no object will be of such infinite importance to us as the cross of our Lord and Saviour. It should have a place in our daily meditations. It will melt our hard natures. It will heal the heartaches. It will kill sin. It will bring to the penitent soul new life. It will bring the blessing of God upon us!"



Parliament Buildings, London

Eating ^{for} a THRILL or for Health, WHICH?

By G. H. Heald, M.D.

NOTWITHSTANDING the great light that has come to us in recent years regarding an adequate, wholesome diet, the mass of the people, in some respects, are not eating so wisely as did their grandparents. Many people, though on lighter jobs, are not on a lighter diet. While there are more "white collar" jobs than formerly, requiring little or no muscular work, there has been no corresponding reduction in the food intake. There are some reasons. In the older days foods were simpler. At least for the mass of the people, there were not so many kinds of delicacies and sweets—ice-creams, sundaes, bonbons, and various dishes temptingly displayed in restaurants, in lunch rooms, in bakeries, in confectionary stores. Moreover, the people had less money to spend on the so-called "better standard of living," which too often leads to anything but a better standard of health. The result of this higher living is apparent in the tendency to increase of the degenerative diseases that take off most of the middle-aged folk, thus depriving them of the "ripe old age" which should crown every life.

The public-health machinery has done wonders in saving millions of baby lives, thus increasing the general average of life. But it has not been so successful in saving adult life; for though it is practical to insure clean milk supplies and provide other useful sanitary measures, it is not possible, or desirable, to say to Mr. Adult, "Eat this much and no more." For better or worse, Mr. Adult must be the arbiter and master of his own fate.

Such considerations have led not a few doctors and insurance officials to endeavour, by educational methods, to improve the health habits of the people of mature age. At the recent Detroit session of the American Medical Association, Dr. Willard J. Stones of Pasadena read a paper on diet, in which he said:

"In the prevention of conditions characterized by degenerative changes affecting the heart, arteries, and kidneys, prior to the stage of chronic disability, much may be accomplished by proper diet. The changes apparently most necessary in our national dietary involve, for maintenance of health after maturity with moderate activity, *lessened consumption of meats and fats, moderate consump-*

tion only of sugars, and increased consumption of fruits and vegetables."

What seems to impress Dr. Stone as most serious in the modern dietary, is the enormous consumption of sugar. I believe he is right.

In 1821, we are told, the people of the United States were using *per capita* seven pounds of sugar a year. That would mean 35 pounds a year for a family of five. Sugar was then a luxury, not to be afforded except in small quantities. By 1911 the sugar consumption had increased to seven pounds a month and by 1926 it was over 121 pounds a year, 10 pounds a month—a *pound of sugar every three days, for every man, woman, child, and baby*; As there are many who do not eat nearly that much sugar, others must greatly exceed that amount. Large quantities are used in the sweetened soda fountain drinks, and in the bottled drinks, in sweets and desserts, which may be taken at all hours.

And the end is not yet, for the sugar men are still trying by advertising to increase the sugar consumption, and there is no educational agency so potent as a persistent advertising campaign.

When a person uses a large quantity of sweets he is likely to make one of two mistakes. Either the foods rich in vitamins are crowded out of his dietary, or else, in eating enough of the good foods to get a sufficiency of vitamins and salts, there is an overconsumption of foods.

In either case, the foundation is being laid for invalidism, degenerative diseases, and shortened life. And as Dr. Stone says, "Cultivation of taste for sweets in children to the exclusion of other foods also cultivates malnutrition, with faulty bone growth and carious (decayed) teeth. Among adults one penalty is obesity."

Dr. Stone directs attention to the increasing incidence of diabetes and of gastric and duodenal ulcer, which, as he says, "has been largely increased in the two English-speaking countries whose consumption of sugar leads the world." In connection with this statement it is interesting to study the per capita consumption of sugar in four important countries, the United States, the United Kingdom (Great Britain and Ireland), France, and Germany, as estimated by the United States Department of Agriculture:

Year	U.S. pounds	U.K. pounds	France pounds	Germany pounds
1871	36	44	17	12
1881	43	64	22	15
1891	61	78	26	21
1901	71	91	24	27
1911	83.9	92	39	42
1921	102.4
1925-26	121	95	44	51

Overweight is not only an inconvenience, but a life shortener. Diabetes is more likely to appear in those who are overweight than in those who are more spare. The same is also true of gall bladder disease. In heart disease and in hypertension the prospects are less favourable with those who are overweight.

It has been shown by life insurance experience that after the age of thirty-five there is a strong tendency to increase in weight, so much so that the "average" weight after that age is higher than the optimum weight, the weight most favourable to long life. Before thirty the average weight is less than the optimum weight. That is, before thirty, one stands a better chance for long life if he is somewhat heavier than the average. After thirty-five one stands a better chance for long life if he weighs a little less than the average. And with advancing age, the "average" weight continues to increase more rapidly than the optimum weight. That is, the average person continues to add more to his "excess baggage" as he ages. His power to burn up food has diminished, and he does not need so much food as formerly, but for one reason or another he continues to take in food at the same old rate, adding materially to his own discomfort and danger. This pathological overweight is the result very largely of the overuse of sweets, desserts, and other foods prepared to please the palate, rather than to furnish needed nutriment.

Some of the conditions that take early toll of the heavyweights are diseases of the heart, blood vessels, and kidneys. Cancer is also more common among overweights. The overweights are more likely to have diabetes. And one does not need to be noticeably overweight to be handicapped when it comes to the race for a ripe and useful old age. One has, we may say, the privilege of balloting for his future longevity. Every time he indulges in a heavy meal, or an unbalanced meal, he casts a blackball against himself. Balloting against one's chance for long life may be wonderfully exhilarating indoor sport for a time; there may be jesting, gaiety, and laughter, but later there may be a day of reckoning, a day of vain and serious regrets.

To those who have the unfortunate tendency to add unnecessary weight I would say, Don't think that it is fate, that you cannot help yourself, that it is a family trait, and so on, and do not say that the abstemious life is too hard a life. The probability is that your family trait is an abnormally good appetite. One way to scotch that over-craving for "nice" foods is to place on your table foods that minister to good nutrition, but not to overeating. Let the "goodies," the desserts, and

the other things that tempt you to overeat, be banned from your table. Take not a mouthful of any food, sweets and the like, between meals.

Funk and Wagnalls have recently issued a book, "Grow Thin on Good Food," which may be a great help to many who have hard work conquering a stubborn appetite, but the "good food" does not include much, if any, sugar. The book, however, is prepared for meat eaters, and a vegetarian will have to adapt it to his needs.

I Have No Time

TAKE your time! And time you will always have, if you avoid all things of secondary importance and devote yourself only to urgent matters as they occur.

Take your time over eating! Masticate your food slowly and thoroughly, and let cheerfulness be your guest. Learn to be cheerful first and foremost—it is your best medicine.

Take your time over your work! Work carried out with system and regularity, with thought and serenity, will take you further and will be better in the end than if done with haste or erratically.

Take your time over your recreation! Quiet, peaceful recreations are the best, for you can take them comfortably. Avoid exciting entertainments as far as possible. . . .

Take your time. Think of this continually and practise it.—*Die Lebensreform.*

THOS. COOK & SON, Ltd.

(Incorporated in England)

In co-operation with

WAGONS-LITS CO.

Head Office: Berkeley St., Piccadilly, London W. 1

300 Branches throughout the World

Tours of all descriptions arranged. Itineraries planned. Train reservations and hotel reservations made. Rail and Steamer tickets issued to all parts. Inclusive Independent Tours arranged. European Tour Managers engaged to accompany Tourists. Steamer passages engaged to all parts of the world. Baggage received, stored and forwarded. Insurance effected. "INDIA" pamphlet free on application.

Thos. Cook & Son, (Bankers) Ltd.

(Incorporated in England)

Letters of Credit and Travellers' cheques cashed and issued. Drafts issued and payment effected by mail or telegram at all principal towns in the world.

Current Accounts opened and Banking Business of every description undertaken.

LOCAL OFFICES: { BOMBAY, CALCUTTA, DELHI, SIMLA
RANGOON, MADRAS, COLOMBO.
BAGHDAD, SINGAPORE, ETC.

Keep Fit

by AUTO-MASSAGE

By W. Lucas, M.D.

IF the skin is to be kept in a healthy, vigorous condition it must be exercised. Auto-massage is a method for exercising the skin.

Let us try to understand what massage is and what it does. The word "massage" is supposed to come from the Arabic MASS, which signifies "pressing the muscular parts of the body with the hands, and exercising traction on the joints in order to give suppleness and to stimulate vitality."

The value of massage has been known to mankind for thousands of years. In the ODYSSEY the Greeks are described as rubbing and kneading the heroes on their return from battle. The theory of the modern practice of massage is indicated in an account by Captain Cook of the treatment of sciatica by the Pacific Islanders. It appears that the commander was suffering with a pain ranging from the hips to the feet. Some natives went on board with the express purpose of curing the disorder. A bed was spread on the cabin floor and he submitted himself to their directions. They began to squeeze him with both hands from head to feet, but more particularly in the region of the pain, till they made his joints crack. After bearing with these somewhat heroic measures for a quarter of an hour, he was released. The operation gave him immediate relief, and he was thus encouraged to submit to further treatment before going to bed. His physicians repeated their prescription the next morning and evening, after which his pains were entirely removed and the cure was completed.

Since that time massage has become a recognized science and is now utilized in most of our modern schools of healing. The practice consists of rubbing, stroking, and kneading the human body in order to stimulate the action of the skin, to assist metabolism in the tissues, to accelerate the circulation of the blood, to relieve pain, and to correct deformities. It has a very healthful action upon the spine, and assists very considerably in freeing the body from poisons.

Indeed, massage has a similar effect to that of muscular exercise in that it improves the circulation and clears away waste products from the tissues. It also has an extremely beneficial action upon the nervous system. Contraction of muscles is made through the nerves, and by means of massage the small muscles may be involuntarily set in motion without any strain or effort in the nervous system. Massage also enables the nerves to secure their full share of nutrition.

Practically all the muscles of the body can be reached by auto-massage, except those of the back between the shoulders, but friction can be applied to them with the aid of a towel, a long-handled bristle brush, or massage roller, or they can be treated with the aid of a second party.

In carrying out the process the feet should first be given attention. The skin should be gently but firmly pinched and rolled between the thumb and forefinger, after which the small muscles of the foot should be kneaded from below upwards. The foot should then be held firmly and moved freely in all directions. Next, the ankle should be treated in a similar manner, being stroked from the toes to the lower part of the leg. Circular friction should be applied to the leg and the muscles of the calf well kneaded. The hands and arms can then be dealt with in a similar manner. Attention should be devoted to the thighs, buttocks, back, and neck—friction, kneading, and stroking being applied in turn. Afterwards the skin and the underlying muscles of the abdomen should be well rolled. The chest should be manipulated in an upward direction along the breast-bone and the pectoral muscles kneaded. Lastly, the muscles of the neck should be dealt with in a downward direction.

The above auto-massage movements form a sort of passive physical exercise and are of great health benefit. Sedentary workers will especially profit by them. After the confinement and physical inactivity of the day the brain-worker needs some form of activity which will be thoroughly refreshing, which will relieve the nervous tension incidental to the strain of work, and restore a normal balance between mind and body.

Auto-massage, or at the very least, friction, should be made a daily habit by all. The best time to take this is first thing in the morning before dressing or in the evening after undressing. Never mind how cold the bedroom is; a vigorous rubbing of the whole body will bring about a feeling of warmth, and remember that not only will the skin receive great benefit, but this kind of self-treatment helps the nutrition of the whole body. Indeed, I know of no more powerful stimulant to the skin, which becomes clearer, softer, and smoother when given treatment of this nature.

To those who have not yet tried any regular plan of exercise I would strongly recommend this method. It costs nothing except in time and will undoubtedly yield excellent results. I know this from personal experience in (*Turn to page 26*)

EDITORIAL



The Hastening End

"The Day of the Lord Cometh." Joel 2:1

IT is not our purpose in this short article to outline all the great and solemn events of "the Day of the Lord" concerning which some of the seers of old wrote under the direction of God, for this period covers more than a thousand years, ending in the complete renovation of this sin-spoilt planet; but we would make reference to one of the most momentous events to take place at its commencement. Christ Himself spoke in the clearest terms of His personal Second Advent when He addressed His disciples not long before His death, resurrection and ascension to heaven. On one occasion men gathered to Him in quest of information and their question was responded to by a discourse which is rightly much quoted by many who believe and teach that the coming of the Saviour is soon to take place. Thus we read, "As He sat upon the Mount of Olives, the disciples came unto Him privately saying, Tell us, when shall these things be? and what shall be the sign of Thy coming, and of the end of the world?" Matt. 24:3. In the course of His prophetic pronouncements in that sermon our Saviour said,

"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 heaven shall be shaken. And then shall they see the Son of man coming in a cloud with power and great glory. And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh." Luke 21:25-28.

We have reason to believe that the roaring of the sea and the waves, thus predicted, was a most clear reference to violent storms at sea and very especially to those mighty and destructive tidal waves which commonly follow earthquakes in coastal regions. Reports not long ago from Japan and from New Zealand were not in this respect different to the usual reports of such occurrences.

We would say further that there are many things in the modern world contributing their elements to the present day (*Turn to page 29*)



Photo, F. M. Wagstaff, Rangoon

Part of Peñu City, Showing Ruins after Earthquake

FRESH air is a first essential to health, winter or summer. No one can safely inhale impure air for any length of time. The long nights of a long winter bring a liability to considerable bad air unless proper care is taken to safeguard against it.

With a number of persons in a room for some time, the air becomes vitiated, or robbed of its oxygen, so necessary to the making of pure, healthy blood. The air becomes charged with carbon dioxide and other impurities thrown off by the lungs.

The "crowd poison" that accumulates in a poorly ventilated room where there are a number of persons is sure-enough poison. The used-up air breathed out contains real poison, that has its injurious effect when breathed over and over. It does not take long to make a roomful of air unfit for breathing purposes.

Usually among a number of persons there are some who have catarrh, decayed teeth, or bad breath, and the air of a room is made bad all the faster. Various odours are given off by the bodies. All this helps to literally poison the air. Proper ventilation is necessary, not only to bring in the elements of pure air, but to let out the various accumulated impurities.

Living in close, ill-ventilated rooms is weakening to the entire system. Breathing over and over the impurities of bad air throws extra work on the lungs in getting rid of the poisons. At the same time the lungs are deprived of the fresh air which they need for normal work. Fresh air is food for the lungs. Substituting poison-laden air for good, pure "lung food" cannot help having serious effects.

The ill effects of bad air are not confined to the lungs themselves. It is in passing through the lungs that the blood is purified. But it is by means of pure air that this is done. When the air in the lungs is already laden with impurities, the blood cannot well give off its impurities, which are to be passed off by means of the air in the lungs. This means an impure blood stream that cannot supply life and tone to the body.

With the entire system enervated, or weakened, through a poor blood supply, one is easily susceptible to "catching cold" and is liable to respiratory troubles in general. It is in the over-heated and poorly ventilated room that there is danger of taking "cold," not in the cold, pure air of outdoors.

In numerous post-mortem examinations in hospitals of the United States and Europe half the cases examined show scars on the lungs, indicating that at some time tuberculosis has been present. Though the

Dangers of IND

By L

person may not have known that the disease was present it was there and was cured without special treatment for it. This shows that tuberculosis is curable in its early stages and that under suitable conditions the body can recover itself of the disease.

We are more or less exposed to the germs of tuberculosis and other respiratory diseases most of the time. These germs float in the air and are taken into the lungs. It is not by the use of medicated air breathed through a vaporiser or some other instrument, that these germs are best controlled. Any medicine strong enough to kill the germ directly will injure the lung tissue.

The best and natural remedy against germs of consumption and diseases of the nose and throat is pure air. It is a prime requisite in the treatment of tuberculosis. Instead of sending the patient to a specially favoured



The Animal World Team

OR LIVING

nsen

mate in some distant state, provision is made for care at me by supplying plenty of fresh air, outdoor life, rest, and table food. By such provision the body is able to resist and overcome disease germs.

Shallow breathing, impure air, inactivity, an impoverished diet, and poor digestion give a poor quality of blood; the lung tissues are weakened, and disease germs find a fertile soil for growth and activity. These are conditions favorable for disease development.

If fresh air is an important factor in the cure of disease, it must be that it is a real remedy. Its value as a natural medicine holds good in disease or in health. That fresh air is the same whether we are ill or not; it has the same good qualities regardless of our condition. If fresh air is curative in disease conditions, it is valuable as a preventive against disease.

But we need not think of fresh air in the terms of medicinal values. Let us regard it as the wholesome health builder that it is and a constant essential to health. Let us welcome its presence in full measure, and do all we can to get it pure and clean.

Look constantly to your fresh-air supply. In the effort to conserve heat do not shut out necessary fresh air. While fresh air is not necessarily cold air, overheated air is pretty sure not to be fresh air. Bear in mind that a temperature of 65 degrees to 70 degrees F. is better for comfort than a higher temperature. If this may at first seem cold, wear more clothing. Adding more clothing is cheaper than using more fuel and is better for the health.

It is easy to let oneself get accustomed to a room temperature that is too hot for one's good. It may be just as easy to learn to live in a lower temperature and a more wholesome temperature.

We may help the indoor conditions of winter by bringing in as much of the outdoor as we can. A simple ventilating device is possible, allowing an inlet of fresh air and the exit of impure air without cooling off the house. If there are two windows in the room, raise one at the bottom and lower the other at the top. Windows on opposite sides of the room thus arranged afford a very excellent means of ventilation. If there is but one window, raise one sash and lower the other; the cool fresh air comes in at the lower opening and the warm air, rising, leaves at the upper opening.

A window board about four inches wide and long enough to reach across the window may be placed at the bottom of the window against the stops in such a way that a space is allowed between the board and the sash. Then with the upper sash lowered a little, a good ventilating system is provided. If the board is placed directly under the sash, with the lower sash raised on the top of the board, the space between the two sashes where they overlap permits the entrance of fresh air. The top sash should be lowered to allow the exit of impure air. If it is borne in mind that it is important to have fresh air, effort will be made to secure it. The more persons there are in a room, the more fresh air is needed. The opening for its inlet should be according to the number of persons to be supplied.

With fresh air available in such liberal quantities and at such low cost, no one should starve the system for the want of it. Remember that good air, for one thing, makes for health.



in the Fresh Air

What Is the SIGN of GOD'S AUTHORITY?

By Ervin Wright

SINCE the time Lucifer rebelled in heaven, God's right to govern the universe has been challenged. And today, as never before, men are reiterating Satan's doubt. Some make the question a challenge; some try to ignore the question entirely; and still others would soften down the question by saying that while God is the moral governor of the universe He is not exacting in His requirements of His creatures. But this question cannot thus be turned lightly aside, for on each man's answer hangs his eternal destiny. It is more than a question for this life; it is an issue that involves the life hereafter.

Satan's Plan

Satan would have men think that they can govern themselves; that the creature's will is equal or superior to the Creator's will as the final court of appeal in every choice or decision of life; that men know of themselves what is right and what is wrong, if anything is wrong at all; that they need no one superior to themselves to direct their wills. And hence nothing in all the world so strikes across the will of sinful man as a "You shall not do this" or a "You shall not do that." This is not a fancy piece of theological speculation; it is just a page from every one's book of life, and a condition that every one must admit is true.

The great law that cuts across the will of every one is the Decalogue. According to the standards set forth in the Decalogue, all are sinners. Everybody has broken some or all of the Ten Commandments. But by what authority can this law point out all mankind as sinners? Is the Decalogue without authority?

What Makes a Law Authoritative?

When the enemies of Daniel in the Medo-Persian Empire wanted a certain law passed, they came to Darius and said, "Now, O king, establish the decree, and sign the writing, that it be not changed," Dan 6:8. In short, for this law to be authentic or authoritative, Darius, the head of the empire, had to affix his signature to it, thus showing who it was that demanded obedience. "Anciently it was customary for kings to use a ring, containing their name, initials, or monogram for this purpose. Jezebel, the wife of Ahab, 'wrote letters in Ahab's name, and sealed them with his seal.' 1 Kings 21:8. Of the decree issued under Ahasuerus for the slaying of all the Jews throughout the Persian Empire, it is said that 'in the name of King Ahasuerus was it written, and sealed with the king's ring.'" Esther 3:12. These seals signified that the powers making these laws were adequate to enforce them and to punish any violator of them.

Three Essentials

There are three essentials embodied in every official seal; viz., the name of the lawgiver, or official; his official position, or title; and his territory, or the extent of his jurisdiction.

Then for the Decalogue to be authoritative, it must first bear the signature, or name, or seal, of its maker. And secondly, the maker of it must be adequate to enforce it or to punish the violator of the law.

Where is the seal of the Decalogue? The Decalogue has ten parts, and we shall examine each part to determine if this law is without authority.

The first commandment of the law states: "Thou shalt have no other gods before Me." Ex. 20:3. There is nothing in this section to denote who the "Me" referred to is. There is nothing here to indicate authority or territory of the Lawgiver. Such a prohibition might come from any source. Any heathen could allege that this commandment came from his god. We must look further for the seal of the law.

The next commandment says: "Thou shalt not make unto thee any graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth: thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate Me; and showing mercy unto thousands of them that love Me, and keep My commandments." Ex. 20:4-6. The name of God is here and also the extent of the jurisdiction of the commandment, but the official title is missing, and hence this cannot be the seal of the law.

In the third commandment God's name only is found. It reads: "Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh His name in vain." Ex. 20:7.

That Fourth Commandment

Passing by the fourth commandment for the moment, let us consider the fifth: "Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee." Verse 12. Still some of the essentials of a seal are lacking.

In the last five commandments a seal cannot be found, for the name God is not even mentioned. See verses 13-17.

Let us come back to the commandment that

we passed by, the fourth, and examine it. It states: "Remember the Sabbath day, to keep it holy. Six days shalt thou labour and do all thy work; but the seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: for in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it." Verses 8:11.

Here we have revealed the seal of the Decalogue, which makes the whole of it authoritative, for here is the name of the Author, "The Lord;" the official position, *Creator*, for He "made;" "heaven and earth," the extent of the jurisdiction of this law. The One who created all things can certainly enforce His law and punish its violators. See Eccl. 8:11-13; 3:17; 12:14.

Since the fourth commandment alone gives the name of the Lawmaker in that way which shows Him to be Creator of all things, we have in it God's undisputed right to rule or to command; it is the very *sign* of His authority. And he who acknowledges the authority of Jehovah must acknowledge His *sign* of authority.

Sabbath Keeping a Sign

Apparently a man might have no other gods before the Lord, he might never make a graven image, he might never swear, he might never dishonour his parents, he might never kill, commit adultery, steal, lie, or covet, and still be unconverted. He might even be an infidel. There are many who pose as moral men who never acknowledge God as their Sovereign and who claim they are as good as the Christian. But let one of those men begin to keep the Sabbath in spirit as well as in letter, and he is a marked man. The keeping of the Sabbath commandment, unlike any of the other commandments, instantly sets a man apart from the rest of humanity, for he is marked with God's divine mark, or sign. The Sabbath marks him as God's man. This is evident from the Scriptures themselves. Says the Lord Himself of His Sabbath, "It is a *sign* between Me and you throughout your generations; that ye may know that I am the Lord that doth *sanctify* you." Ex. 31:31. The word here translated "sanctify" is in the Hebrew *kadash*. "The word *kadash* is to consecrate, separate, and set apart a person or thing from all common or secular purposes to some religious use."—*The Treasury of Scripture Knowledge*, on Ex. 13:2. Here the word sanctify means to set apart men as God's own people, and the sign of this setting apart is the keeping of the Sabbath.

Creation and Re-Creation

The Sabbath is God's everlasting sign of His creatorship. He says, "It is a sign between Me and the children of Israel forever: for in six days the Lord made heaven and earth, and on the seventh day He rested, and was refreshed." Ex. 31:17. "The Sabbath is the great sign of God's

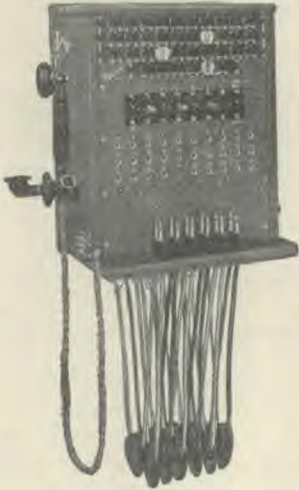
creative power wherever and however manifested, whether in creation or redemption; for redemption is creation—re-creation. It requires the same power to redeem that it does to create. "Create in me a clean heart." Ps. 51:10. "We are His workmanship, created in Christ Jesus unto good works." Eph. 2:10. At each recurrence of the Sabbath, God designs that it shall call Him to mind as the One who created us, and whose grace and sanctifying power are working in us to fit us for His eternal kingdom.

There are thousands who can today testify to the truthfulness of these statements. They have settled it in their own hearts that God's government is just; that God has the right to govern the universe, not only things inanimate but His creatures as well; that God does not require of His created intelligences anything that He would not do under similar circumstances—as seen when Jesus, the second Person of the Godhead, tabernacled with men for a while. They have in these closing days of the great controversy between God and Satan cast their lot in with those who will render obedience to God in all Ten Commandments.

To you, reader, we repeat the invitation that Moses gave his father-in-law: "We are journeying unto the place of which the Lord said, I will give it you: come thou with us, and we will do thee good; for the Lord hath spoken good concerning Israel." Num. 10:29.

TELEPHONE SYSTEMS

for
PALACES, HOSPITALS, ETC.



MAGNETO

SWITCH BOARDS

TELEPHONES

AUTOMATIC

SWITCH BOARDS

TELEPHONES

ERICSSON TELEPHONES LTD.,
21, Old Court House St.,
CALCUTTA.

Your

WALL of RESISTANCE

By Paulson Neall, M.D.

VERY few adult persons pass through life without at some time having had tuberculosis. Ninety-eight out of every hundred of them never know it, and only two out of every hundred ever come to light at all. More significant also is the fact that practically every person who reaches adult life, particularly those who live in large cities, is at some time infected with tuberculosis. This does not mean that he has the disease, nor does it necessarily mean immediate danger. Millions of children are infected by impure milk, or by contact with careless tuberculosis patients, or from picking up crude sputum during their play with marbles, or ball, or rope on the street and playground.

The germs of tuberculosis when they enter the body act differently from those of any other germ disease. In measles, scarlet fever, smallpox, diphtheria, for example, when the germs enter the body, that is, when a person is infected, there is a definitely known period of incubation, so-called by the doctors, between the time of entrance and the breaking out of the disease. Thus we know that within so many days or so many weeks after infection a person is likely to develop the disease. Not so with tuberculosis. The period between the time of infection and the onset of the disease may be five years, ten years, or twenty-five years. Or the disease may never develop at all.

The tissues of the human body treat tuberculosis germs very much the same as they treat any other foreign body, such as a grain of sand, or a piece of shot that is swallowed. They build a wall of cells around the invader. This wall of cells gradually tends to harden in a normal healthy individual and becomes stronger, or as we say, more resistant.

When, however, that peculiar individual thing which we call resistance is lowered and the vitality of the body is reduced by previous disease, by overwork, by self-indulgence, or by bad food, the wall of resistance holding back the invading germs weakens and danger results.

For example, a boy may be infected within the first five years of life and never experience any unfavourable influence. In fact, this infection may and probably does convey a certain degree of helpful immunity against tuberculosis. But suppose, that at the age of sixteen or eighteen this boy goes to work in a factory. His wages are not large, his work is hard, and he, untrained in proper habits of health, spends his leisure time in ways that are not conducive to building resistance. He tries to do what so many young men do—work by day and

dance or dissipate all night. The inevitable follows; he breaks down with tuberculosis. Because of insufficient rest, faulty habits of eating, undue physical strain, self-indulgence of various kinds, and failure to realise the value of health, this young man has broken his wall of resistance.

The result may be tuberculosis. The imprisoned germs that have been lying, perfectly harmless, in his body for ten years or more, and that might have remained there for the rest of his life without causing disease, are released and begin an active growth in the tissues of his lung.

The tuberculosis associations of the world are working to teach men and women how to build healthy, resistant bodies against tuberculosis. Constant good health insures against this disease. To teach people the value of health before they lose it, is a task of tremendous importance and beset with many difficulties.

TROPICAL PIANO

Specially built for India



S. ROSE & CO., Ltd. have a splendid selection by the
World's Best Makers

NEW PIANOS Rs. 1,050 to Rs. 6,950

USED PIANOS from Rs. 650

Used Pianos are those which have been hired out for different periods and although reduced in price are guaranteed to be perfectly sound and in excellent condition.

PIANOS FOR SALE OR HIRE

and on the monthly payment system

MUSIC and MUSICAL INSTRUMENTS
of every description, the largest and best selection in India, and prices right. Write us on any matter in this connection in which you may be interested, we shall be pleased to supply information.

FORT, BOMBAY

S. ROSE & CO., Ltd.

Telegrams: "ROSEBUD" BOMBAY.



Parents as Associates

By Bell Wood-Comstock, M.D.

THE learning of obedience and a certain degree of self-control during the pre-memory years, is of fundamental importance. But ranking with positive education in this line, which often must necessarily be of a disciplinary nature, is the influence upon baby of the personality of his fellow humans and of the apparent relationships between the members of the family about him. Baby, in his habit development, becomes almost always a replica or duplicate of his elders.

This effect of association not only holds true during baby years, but continues to be true in very great degree as the child grows older, even through the years of youth and adult life. It is to an extent true that any one of us tends to become more or less like the speech and behaviour atmosphere in which we live.

Let an American live for years in an English country, and he becomes essentially English in his personality. The English baby born in China and cared for by a Chinese amah learns Chinese as easily and as early as the amah's own child. This being all true, what our child is and will be is determined in great measure by what we are in our relationships to him and with each other in the home about him.

Repeated irritation of spirit, sharpness of voice, unkindness of word and action, yes, even subtle lack of honesty and integrity are absorbed by the child's impressionable emotional nature, and as surely given out by the child's developing personality.

The way things are done in the home, what and how words are spoken, expression of eyes and face, courtesy or the lack of it, regularity or the lack of it, co-operation or the lack of it, healthfulness or the lack of it, kindness or the lack of it, beauty of friendship or the lack of it, religious faith or the lack of it, teachable spirit, qualities of respect, deference, loyalty, reverence, or those of egotism, criticism, disrespect, disloyalty, irreverence,—whichever or whatever of these are the habit, they will surely duplicate themselves in the children of that home.

Hereditary factors will always modify the personality of the child. Because of hereditary propinquity, some things will be absorbed by one child and others by another, but in the shortcomings or long suits of any child may be read conditions in his home.

A thing that just "isn't done" in any individual home, isn't done by its developing children. On the contrary, things that the older members of the family always do, the children will almost invariably do.

So true is this that could every home be ideal in its atmosphere, I suppose very little direct training, so called, of children would be necessary. If, instead of playthings, children could be playmates; if they could ever be treated as companionable individuals, instead of being nagged in a way that would alienate the best of friends; if along with a firm insistence upon obedience, proper recognition were ever accorded them as to their rights as individuals; if they were ever treated with courtesy and respect, having, at the same time, proper examples of integrity and ethics all about them, they would tend to grow unconsciously—subconsciously—into the right way, and obedience would follow with much less of insistence and demand and with minimum of ordinary disciplinary measures.

Parental love is great, mother love is wonderful, but until this love is able to transcend impulse and selfish inclination, it is not sufficiently great and not wonderful enough. The trouble is parents too often suffer from the same lack of self-control and nobility of spirit that they find so difficult to train out of their children. Too many have come up in their own childhood under conditions not altogether conducive to self-mastery and spiritual culture. But with a full recognition of the great need and parental lack in view of it and with sufficient love for their children and desire for their welfare, it may be possible for the parents in any home to consecrate themselves so fully to their task, that much more may be accomplished for the children in that home than could possibly be done in any other way.

The influence of father or mother for good, lies more in the beauty and integrity of the life than in any words that can be said. Few parents fail to give their children proper advice. To give advice is the easiest thing in the world, but why is it that advice is taken so lightly, so often scorned by the youth of our land? It is because the influence of the life has not been behind it. The father or mother who would hold the boy or girl during his precarious adolescent years, is the parent whose life before that child has been one to be honoured—yes, and admired. For the qualities of unselfishness, kindness, happiness, consistency, and integrity are always admirable, and no one has keener insight or is a more faithful judge than a child who day by day lives in the shadow or the sunshine of the parent's influence.

As the years go by, the parent who can remain the child's cherished friend and confidant is the one who will continually hold his child from evil and lead him to the good. The time so often comes in the home experience when the physical love of the child for his parent is weighed in the balance with a developing awareness of his parent's weaknesses and inconsistencies. The strength of the one weakens as the consciousness of the other strengthens, until finally the baby ties of instinctive need and desire for parent strength and parent help are broken, and the child goes out on his own, disillusioned and uncertain as to what there is of stability and anchorage in human experience.

The earliest influence of (*Turn to page 29*)



The Honeybee's Song

I AM a honeybee, buzzing away,
Over the blossoms the long summer day;
Now in the lily cup, drinking my fill,
Now where the roses bloom under the hill;
Gayly we fly, my fellow and I,
Seeking for honey our hive to supply.

Up in the morning, no laggards are we,
Skimming the clover tops ripe for the bee;
Waking the flowers at dawning of day,
Ere the sun kisses the dewdrops away,
Gayly we sing, as onward we wing
Back to the hive with the treasure we bring.

No idle moments have we through the day,
No time to squander in sleep or in play;
Summer is flying, and we must be sure
Food for the winter at once to secure.
Bees in a hive are up and alive,
Lazy folk never can prosper and thrive.

—elected.

What Happened at the Health Makers' Club

THERE was a great discussion at the Health Makers' Club. Nine of the members were debating among themselves which was the most important in the building of a child's body.

Patrick Potato, brown, podgy, and smiling, stood up, and addressed the club.

"Ladies and gentlemen," he said, "I claim to be the most important health-maker, because in me are valuable mineral salts and starch. If a child eats me every day, especially when I am baked, he will grow very big."

"That's quite true" said Bossie Pure Milk, stepping forward, "but can anyone deny that a child who has a pint of me every day will grow twice as much as a child who has little or none of me?"

"Hear, hear," said everyone, but as the shouting died away, Harry Whole Wheat, with a broad smile, rose to his feet rather uneasily, for he was so fat that he could not move quickly.

"Can anyone tell me what a child would do without me?" he asked, looking round triumphantly. No one could, so he went on. "If every child would eat me instead of my naughty cousin, Willy White Bread he would live long and healthily. I am made of grain, one of the most important builders of the body."

Susie Spinach was the next to make her voice heard.

"I help to make good blood" she said, shaking her green leaves, "and everyone knows how one must have good blood to feel well and have a healthy skin."

"Certainly your part in health-making is very important," agreed Caroline Carrot, "and I, too, help in this great work."

Rosie Apple, round-faced and radiant with smiles, arose.

"Yes" she said, "there is nothing so important as good rich blood, and without eating a lot of me a child cannot keep his blood pure and good."

Willie Walnut had been trying to make himself seen and heard for a long time, but he was so small that he had been completely eclipsed by the taller and stouter members of the club. However, at last he managed to remind the club of his presence.

"I am very important," he began, "in giving strength to boys and girls. Then I am a very good form of nourishment. Every child must have a lot of me and my brother nuts."

"Hear, hear," came the cry.

Cosy Longsleep Bed then stood on his hind legs and all were silent as his voice sounded forth.

"You seem to think," he said, "that all that a child has to do is to eat. I admit that eating good things—such as our honourable members here—is a very important factor in health-making. But children have only three meals a day and there are other members who have to take charge of the rest of their time. For instance, Walter Work Well, Peggy Play, and Stanley Study, are all very much needed in making health. And then, what about Peter Pure Water for washing several times a day and for drinking between meals, and also Tommy Toothbrush? Most important they are, most important! And then what about, ahem! myself? I have charge of nearly half of the child's life. The body must have rest, you know, else it will not get a chance for the worn-out tissues to be mended."

"Very true, Mr. Cosy Longsleep Bed," said Frederick Fresh Air from his seat by the window, "but even you are not much good without me. For no matter how long a child may sleep, his rest will not do him much good unless I am admitted through the window. And then, how pale and sickly are those boys and girls who do not come out of doors and search for me during the day! Who can disagree with that?"

Not a single protest was raised.

"Well," said the president of the club, rising to his feet. "Some very good arguments have been put forward tonight. As I have listened to each one I have been greatly convinced of the necessity of your part in health-making. All that I can say is that all of you are absolutely needful in the making of a healthy body, and every child must have each one of you if he wants to grow up healthy and big and strong, and enjoy his play and work."

"Hear, hear," said everyone, and with faces aglow with smiles they retired for the night.—
Miriam Petavel.

MEATLESS RECIPES

Nuts as Food

NUTS are among the choicest of foods furnished us by nature. Botanically they are fruits. They are the most nutritious of all food substances except clear fat, like salad oil. Because they are so rich in nourishment, they should be eaten with intelligence.

Nuts, with the exception of chestnuts, are rich in fats, pecans being nearly three quarters fat. So far as the protein of different nuts has been studied, it has been found to be of high biological value. Nuts supply the A and B vitamins and are also rich in iron, lime, and phosphorus. With very few exceptions, such as peanuts and chestnuts, they require no cooking, and are best eaten raw, as cooking impairs their delicate flavours.

To eat them with raisins, as is often suggested on menus, is good; but they should be made a substantial part of the meal, not something to be eaten to "top off on," in addition to an already sufficient amount of food.

Another good way to eat nuts is to eat them with raw vegetables, either plain or in salad, as nuts with shredded cabbage, or with celery, or with grated or ground carrot, or with Jerusalem artichokes sliced thin, or with cucumbers or radishes. A little lemon juice or French dressing (made with lemon juice) may be used on the raw vegetable. A raw vegetable salad, nuts and whole-wheat bread make a wholesome meal.

If takes only one-half ounce of nuts, which is three walnut meats, three Brazil nut meats, or eight to twelve almonds, to equal two ounces, or a small piece of steak.

But to cater for those who wish to have a hot dish with gravy as the principal dish of the meal, nuts may be combined with other food substances to make loaves, timbales, croquettes, and rissoles.

CASHEW NUT MEAT

3 tablespoons peanut paste, 1 cup warm water,
2 cups tomato juice strained, $\frac{1}{2}$ cup dalya,
 $\frac{3}{4}$ cup white flour, browned, $1\frac{1}{2}$ teaspoons sage,
 $1\frac{1}{2}$ teaspoons Marmite, fresh or dry, rub-
1 cup cashew nuts, crushed, bed fine,
2 teaspoons salt.

Clean the cashew nuts carefully; remove the skins, then crush them but not too fine. Brown the white flour in a pan over the fire until a light golden brown. Cook fresh tomatoes without any water. When cooked rub them through a coarse sieve to remove the seeds and skins. Mix the peanut paste in the warm water to make smooth, add the salt, sage, also the Marmite dissolved in a tablespoon of hot water. Add the hot strained tomato and gradually beat in the browned flour

and dalya. Add the crushed nuts and turn the mixture into two buttered tins with close fitting covers, filling them half full, and stand them in a degchi half full of boiling water, cooking over a slow fire for three hours. The full amount may be turned into a double boiler and steamed in that way, if preferred. This may be served with a brown sauce, or when cold sliced and browned in a little butter and served with browned onions.

WALNUT CUTLETS

$\frac{1}{2}$ pound of grated wal- $\frac{1}{4}$ pound of fine white
nuts, crumbs,
 $\frac{1}{4}$ pint of white sauce, 1 egg,
1 lemon, seasoning.

Put the white crumbs and sauce into a double saucepan to heat; add the grated walnuts, lemon-juice, and seasoning, and lastly the egg well beaten. Mix well. Turn on to a floured board, and with well-floured hands form into a long roll. Cut into slices 1 inch thick, and with two floured knives shape into triangular pieces. Brush with egg, roll in breadcrumbs, and fry in deep fat.

CREAMED CHESTNUTS

Boil the peeled chestnuts till tender in as small a quantity of water as possible without scorching them, so that the water will be nearly evaporated when they are done. Combine the cooked chestnuts with cream sauce. Tomato sauce may be used instead of cream sauce.

BAKED CHESTNUTS

Put shelled and peeled chestnuts into a bean pot. Cover them with the broth from vegetable soup, or with water to which a little tomato juice, grated onion, browned flour, butter substitute, salt, thyme, and savoury have been added, and bake till tender. The chestnuts should be somewhat juicy when done.

CHESTNUT ROAST

2 cups mashed chestnuts, 2 cups bread crumbs,
 $\frac{2}{3}$ cup milk, $\frac{1}{2}$ cup cream
1 tablespoon grated 2 eggs,
onion, 1 tablespoon chopped
 $1\frac{1}{2}$ teaspoons salt, parsley,
1 tablespoon butter.

Prepare the chestnuts as for creamed chestnuts and mash. Brown the onion in the butter; add the fresh crumbs and brown slightly. Beat the eggs, add the milk and cream, seasoning and chestnuts, fold in the bread crumbs and bake in an oiled baking pan in a moderate oven for forty minutes. Turn out on a hot dish and serve with a white sauce to which is added chopped green parsley.



The

DOCTOR SAYS



Ques.—"What is Psittacosis? What are its symptoms? Is it a fatal disease?"

Ans.—Psittacosis, or Parrot Fever, is an acute infectious disease, characterized by fever, and chiefly affects the lungs. The symptoms are: Sudden onset with rise of temperature to about 130° F., and headache in back part of head. The course of the fever is about three weeks, and a pneumonia quickly develops affecting a large area of the lung. The abdomen is distended. The fever gradually falls to normal. The disease is fatal in about forty to fifty per cent of cases.

Ques.—"What is the best emergency treatment of a sprained ankle?"

Ans.—The best emergency treatment of a sprained ankle is the application of ice, and then bandaging the ankle. Later, application of heat will give great relief to the pain.

Ques.—"My little girl breathes through her mouth, especially when asleep. This seems to be causing deformity of mouth. What can I do for this trouble?"

Ans.—Very likely your child needs her adenoids removed. Have her examined and the adenoids removed if necessary, and you will find this mouth breathing trouble leaving the child.

Ques.—"What is the most digestible way of preparing eggs for food?"

Ans.—When we think of the most digestible way of preparing any food, we usually think of the time taken for digestion. Softboiled eggs are digested most quickly. One reason that we want protein, such as in eggs, to digest quickly, is that it putrefies quite rapidly, and when it is digested quickly, the body is spared the products of putrefaction.

Ques.—"Beginning several hours after nearly every meal, I have a dull, steady ache in my stomach, lasting until next meal time. What does it indicate, and what should I do?"

Ans.—Your disorder is very likely functional rather than organic. Your stomach is working too rapidly, due to nervous exhaustion, and instead of the pain being an indication that you need more food, it is an indication that your stomach needs rest. Do not eat when too tired, or worried, or excited. Eat slowly, and talk and think only of happy, pleasant things while eating. Rest after meals, and in a general way give your whole body and mind a rest, and you will find that the pain in your stomach will leave.

Ques.—"Why are we told that pickles are unwholesome articles of diet, and yet we can eat fresh cucumbers, and they are wholesome?"

Ans.—Pickles are practically indigestible, for they are hardened by the action of acetic acid and salt, and even sometimes by alcohol. In the stomach they cannot be acted upon by the gastric juice, and become a source of irritation and chronic disease. Cucumbers, on the other hand, when fresh and crisp, are very wholesome, and quite easily digested. Use lemon juice if you want to add a dressing to the fresh cucumber.

Ques.—"I am overweight, and wish to reduce. Can you give me some advice about my diet?"

Ans.—One of the first things that you must do is to stop eating between meals. The things that one is tempted to eat between meals are usually of high caloric value. For instance, an average serving of ice cream yields 500 calories, a chocolate malted milk the same, and a chocolate bar nearly as much. Fats are also high in caloric as well as heat values, so you must take butter, cream, and cheese very sparingly.

Make clear soups, vegetables, and salads a large part of your dietary. Mineral oil may be used instead of olive oil in your salad dressings. Drink plenty of water so that your food can be properly oxidized, and elimination be helped. Put no cream or sugar in your cereal coffee, and drink fruit juices instead of cocoa and other more nourishing drinks. You do not need to fear that you will be getting too spare a diet, for the average person eats from 50 to 100 per cent over what he needs anyway, and the excess is often stored as fat. If you are in doubt as to your general health, see your physician, and he will outline your diet more particularly in regard to your individual case.

Ques.—"I am troubled with insomnia, and as a result feel very depressed. What can I do to overcome this trouble?"

Ans.—Insomnia is often caused by nerve exhaustion due to auto-intoxication. Chronic constipation is often a great factor in insomnia. The colon should always be emptied before retiring, by enema if other means fail. Depression is due to overtaxed nerves and fatigue poisons. Look for your trouble in your intestinal tract, and quit your worrying.

Ques.—"What is the difference between natural and acquired immunity to a disease?"

Ans.—Some people have in their own blood certain elements that prevent certain infections from causing disease in the body. This is called natural immunity. The putting of these certain elements into the body, either by having the disease or by giving a vaccine or serum, gives the same immunity, and is called acquired immunity.

Ques.—"Why does eating between meals spoil one's appetite at mealtime?"

Ans.—The stomach has a certain routine it performs when food enters, and a small amount of food calls for as much activity as a large amount. As it takes three to five, or even six, hours for food to leave the stomach, eating between meals begins the digestive cycle, and at mealtime the stomach is busy, and there is no desire for more food. Thus very little is eaten, and as a result, the stomach has to keep on working long hours with an insufficient amount of food, and an undernourished and run-down condition of the body is the result.

Ques.—"My child persists in sucking her thumb. What is the harm in this, and what can I do to prevent it?"

Ans.—Thumb sucking may cause the mouth to be out of shape, and also seems to cause the child to have digestive disorders. The habit often is very hard to overcome. One of the most successful methods has been to put a splint on the child's arm so the elbow cannot be bent; then the hand cannot be put to the mouth. Another method recently recommended is to put a celluloid band around the base of the thumb, which permits use of the thumb in eating or playing, but prevents the child from sucking the thumb.

Ques.—"My gums bleed very easily. What can I do for them?"

Ans.—Brush your teeth twice daily with salt or soda. Rinse mouth with salt or soda water. Get some soda perborate and massage into gums with fingers once daily. Consult your dentist if condition does not clear up.

Ques.—"Can you tell me what are the causes of overweight?"

Ans.—The following are a few of the causes of obesity, or overweight: Heredity, not enough exercise, improper diet, and an unbalance of the endocrine glands.

The Care of the BODY

By D. H. Kress M.D.

AIR as well as fuel is needed to keep the vital fires burning briskly. In mid-ocean when there is a perfect calm, we expect the boat to make good time. But this is not always the case. The engineer will tell you there is not sufficient draught, or air, to keep the fires up. There can be no heat without oxygen. Often in stormy weather with the winds contrary, the increased draught makes it easy to keep up steam, and the ship ploughs her way through difficulties at a marvellous rate.

Many lack energy, and move sluggishly through life's waters, because they insist on living in calm, stagnated atmosphere. They are dying of air starvation.

The blacksmith keeps his fires red-hot, because, by means of a bellows, he sends a stream of air upon the fuel. Nature has provided man with a pair of bellows to keep alive the vital fires. If they burn low, no one is to blame but himself. To be of benefit, air must be carried throughout the system, for oxygenation takes place in the tissues.

Exercise is Nature's way of "raising the wind." The heart is the great central wheel of life; and from its cavities blood is sent out in spurts of great strength and force to the stomach, the liver, and other organs. This stream of the life sent out from the heart, operates all the functions of the body; it is like a stream of water which operates many mills. When the life stream moves slowly through the body, all the body functions are lessened. In order that we may have activity of brain, stomach, liver, and other organs, we must have a rapid life stream. The more active the stream, the more vigorous and active the life will be: and the slower its movement is, the slower and weaker are the vital organs.

One who is deprived of exercise can hardly form a correct judgment of anything, for his brain is inactive. He has to run up a column of figures four or five times in order to obtain a correct result.

Exercise is one of the most important means of waking up the circulation. When a man's heart is beating at the rate of sixty a minute, let him exercise vigorously, as in running to catch a train, and it beats 140 to 150 times. This increase of activity produces an increase of brain activity and stomach and liver activity—it improves and increases the appetite.

The average man eats about five pounds of food a day—that is, fluid food, not solid food. Five pounds of food a day is 150 pounds a month; so he eats his own weight every month. While taking on 150 pounds of new matter every month, he is throwing off that amount through the breath

and the excretory organs during the same period. The more rapidly this movement of matter can be made to take place, the more rapidly he will be reconstructed. The thing to do to encourage these changes is to stir up the stream of life.

The eyes of the chronic invalid are usually dingy, and the skin is dirty. This indicates that impurities have accumulated. Often cosmetics are used to hide this dirt in the skin, but the entire system, the tissues and the blood, is filled with impurities.

Pure blood can only be obtained from pure food. If, through wrong habits of life, our bodies become saturated with impure or diseased matter, to effect a cure it is necessary to send a rapid stream of pure blood through all parts of the body to wash out impurities. To wash a garment with dirty water would not cleanse that garment. How shall a body, that is polluted with dirt, be cleansed? There is but one way. Make and keep the blood clean. This necessitates pure food, pure air, and exercise. If we wish to avoid contamination of

A Reliable Pocket Watch for a Low Price The "MARVEL"



The "Marvel" watch has been made by us to satisfy the wants of many people who require a low priced, yet reliable timekeeper.

Size as illustrated, 10 jewel lever movement, strong nickel case, inner dome, crystal shape with thick flat glass, or lens shape.

Guaranteed 1 Year

Rs. 11-4

FAVRE LEUBA & Co., Ltd.

BOMBAY and CALCUTTA

the body and make the blood pure, we must discard meat, tea, coffee, and other unwholesome things, and practise exercise, bathing deep breathing, and all other means by which the blood is rapidly moved through the body, purifying it.

Exercise, by raising the temperature of the blood, stimulates perspiration; and perspiration carries with it impurities from the blood. When we perspire, we lessen the amount of fluid in the body, and that produces thirst. We drink water to satisfy the thirst, and thus a constant stream of water passes through the blood and tissues, and washes them. These are washed the same as a garment is, except, in one case we put the garment into the water, while in the other case, we put the water into the body.

A great trouble with invalids is in their incorrect and relaxed positions. When a person settles down in a relaxed position, the abdominal muscles cease to support the viscera, and the stomach bulges out. In order that the stomach may be held in place, it is necessary to stand erect, raise the chest, and draw in and energize the abdominal muscles. To get into the right position for standing or walking, put the hips, heels, shoulders and head against the wall. Then bend the head back enough to throw the chest forward. This will give a proper position. To sit right; sit so that the weight will rest upon the thighs with the body energized and the hips and shoulders striking the back of the chair.

Gravitation is all the time pulling down. As soon as we relax the muscles that hold up the head, gravitation pulls it down, and we assume a weak appearance. If the abdominal muscles that hold the stomach are relaxed, gravitation pulls down the stomach and other viscera. To maintain a correct position, it is necessary to throw energy into every muscle of the body. It requires the outlay of force and energy to sit, stand, and walk erect; it requires conscious force to stand straight, to keep the stomach in its place, and to keep the kidneys and liver where they belong.

The man who loses his interest in life, cares little how he looks; he relaxes. He probably will stand crooked and sit crooked. You can usually tell a man's mental condition by the way he sits, stands and walks. Proper care of the body means more than supplying it with the right kind of food. It includes exercise and a right mental poise.

"Keep Fit by Auto-Massage"

(Continued from page 14)

my own case, for it is a practice to which I adhere every day of my life.

The majority of patients who come to me for Nature-Cure treatment also speak in terms of highest praise of massage, and testify to its wonderful effect upon their general health. They sometimes come to my clinic feeling weary, worn, and sad, and after a brief session of massage and other natural treatment, go away feeling younger in mind and body, with spirits uplifted and depression dispersed.

THE AMERICAN EXPRESS CO. INC.,

(Incorporated in U. S. A.)

Foreign Bankers and Travel Agents.

Offices in all Principal Cities

Throughout the World.

BANKING DEPARTMENT

Current Accounts and Foreign Currency Accounts carried. Traveller's Cheques, Letters of Credit and Drafts issued. Telegraphic and Mail Transfers effected. Dollar Money Orders issued payable anywhere in the United States. Foreign Money Bought and Sold.

TRAVEL DEPARTMENT

Rail and Steamer Tickets booked on all Lines. Hotel reservations made. Travelling bedrolls supplied. All classes of Insurance effected.

INDEPENDENT AND CONDUCTED TOURS ARRANGED

A WORLD SERVICE

BOMBAY OFFICE

Temple Bar Building

143 Esplanade Road

Calcutta Office

14 Government Place, East.

Colombo Office

Church Street

Cable Address: AMEXCO

Safeguard your funds by carrying AMERICAN EXPRESS TRAVELLERS CHEQUES payable anywhere.

Money Refunded if lost uncountersigned.

GENERAL AGENTS FOR THE NEW YORK CENTRAL LINES.

Pimples and Boils

(Continued from page 9)

is expelled, the wound starts to heal at once. When boils continue to form for months or years, the disease is called "furunculosis." There is, as a rule, only one opening in the skin in the case of a boil; this fact distinguishes it from the carbuncle, which has several openings.

Treatment of Boils

Boils require mild, unirritating treatment. Their treatment by poultices, soap and sugar plasters, and drawing ointments only increases the trouble and spreads the disease.

The general treatment in regard to diet and the cleansing of the skin is the same as for acne. To relieve pain, hot fomentations with a 1 in 4,000 solution of mercuric chloride are useful. In the earliest stages, application of mild tincture of iodine may abort the boil. Unna's mercury and carbolic plaster is also very efficacious at this time.

When softening occurs, the boil is better opened with a sharp scalpel. Keep the boil free from irritation and cold by application of dry sterile gauze. Brewer's yeast and the vaccine treatment are of special value, as in acne.

CHRIST'S

Glorious Ministry

in the Heavenly Temple

Lessons from the Golden Candlestick and the Service of Aaron and His Successors

A Lecture by Pastor O. Montgomery

THE heavenly sanctuary is the place of Christ's ministry. Therefore it is the centre of His power. We pray for power, for strength, frequently. The heavenly sanctuary is the storehouse of the infinite power of the Godhead, which is in Christ Jesus. And He ministers there, dispensing that power, sending it forth. It is the headquarters of the Holy Spirit, for it is from the heavenly sanctuary that the Holy Spirit goes forth to minister.

Let us pass into the holy place, the first apartment of the earthly or typical sanctuary, and notice the furniture in that first apartment and the service carried forward there, in part.

The sanctuary was always pitched with the entrance to the east. Those who entered faced west, and as Israel worshipped they faced west, and as they confessed their sins before God they faced west. I think there was quite a lesson in this for Israel, for they turned their faces away from the sun gods of the idolatrous nations that were all about them, and from which they had been called out, and away from which they were being led by the Lord. And He so arranged their worship that when they worshipped Him, and when they brought their offerings, and when they approached the throne of His grace they always had their backs to the east. Their backs were turned against the gods of this world and the gods worshipped by the world at that time.

And now as we come into that first apartment, what is the piece of furniture that we find on the south, or on the left as one entered, going from the east toward the west? You find the candlesticks. How many lamps on that candlestick? Seven lamps. There was a candlestick with seven branches, three on each side with the centre branch or stem, and there were bowls and lamps on each of these branches, so that there were seven lamps in this golden candlestick, and it was on the south side. Now you will find the full description of this candlestick with its bowls and lamps in the twenty-fifth chapter of Exodus. Beginning with the thirty-first verse you have the instruction that God gave Moses for the making of this candlestick.

The candlestick was made of pure gold. It was beaten gold. It was wrought by the workman's hammer, all beaten out carefully by a skilful workman. There is a lesson in it, a beautiful spiritual lesson. Even in the flowers and in all of the shaping and in all of the description of the candlestick is a beautiful lesson. You must remember that it took many many blows, some hard blows, some light blows, some very delicate blows, carefully directed blows, of the workman's hammer to finally perfect that candlestick and each bowl and each flower that was wrought in it. Keep that lesson in mind as we go over to the New Testament to discover what this candlestick represented.

Now John was permitted in holy vision to see the heavenly sanctuary. He was permitted to look right into heaven and see the heavenly temple, as you will learn in Revelation the first chapter and the twelfth to the twentieth verses.

"And I turned to see the voice that spake with me. And being turned, I saw seven golden candlesticks; and in the midst of the seven candlesticks one like unto the Son of man, clothed with a garment down to the foot, and girt about the paps with a golden girdle. His head and His hairs were white like wool, as white as snow; and His eyes were as a flame of fire; and His feet like unto fine brass, as if they burned in a furnace; and His voice as the sound of many waters. And He had in His right hand seven stars: and out of His mouth went a sharp two-edged sword: and His countenance was as the sun shineth in his strength. And when I saw Him, I fell at His feet as dead. And He laid His right hand upon me, saying unto me, Fear not; I am the first and the last; I am He that liveth, and was dead; and, behold, I am alive for evermore, Amen; and have the keys of hell and of death. Write the things which thou hast seen, and the things which are, and the things which shall be hereafter."

Who was speaking to John? Christ the Son of God. Where was He? In the midst of the candlesticks. Now what more does He say? "The mystery of the seven stars which thou sawest in My right hand, and the seven golden candlesticks

The seven stars are the angels of the seven churches: and the seven candlesticks which thou sawest are the seven churches "

What does the word seven in the Scriptures represent? Completeness. Then the candlestick in the sanctuary represents the church of God, the church of Christ Jesus. God was teaching Israel His care and His ministry of the church. And what is the church of God? It is the body of Christ. He is the Head of the church, and the church of God is the body of Christ in this world. Of whom is it composed? Of believers. The believers are the members of Christ's body, and those who are members of Christ's body, are redeemed sinners transformed into saints. So then, the body of Christ are His redeemed here in this world, and the body of Christ is His church, and He is the Head over all things to the church. So the seven candlesticks that John saw are the churches of the living God. And the stars that He held in His hand as He stood in the midst of the churches are spirits of God,—the seven angels of the church.

That is a beautiful figure. Will you just call to mind how Christ through the Holy Spirit, and through the truth of His Word, and through the ministry and help of holy angels deals with each redeemed soul in order to fit him as a lively and beautifully polished pure gold decoration of the candlestick? What does He do? Many blows are required of the workman's hammer to shape the bowls and stems and knobs of that candlestick of old. Will it take very many chastisements and very many blows, if we may use that figure as we are using it, of the workman's hammer to fit you and to fit me as one that can properly represent His pure gold, beaten fine and refined seven times in the refiner's fire, to be a decoration to the glory of His church here in this world, and to be a glory to the Son in the world to come?

While the priest was trimming and lighting one lamp, all the other six were burning, so that the lamps were continually burning.

Who trimmed and lighted the lamps? Aaron, and after Aaron, Eleazar, and after Eleazar, his son, and so on. Who only could trim and light the lamps? The high priest. A common priest could not do it. A Levite could not do it. Only the high priest could trim those lamps and light them and keep them in order and he must do it every morning and every evening.

There were three things that took place every morning and every evening, in this service, and they took place simultaneously. The whole burnt offering, the meat offering and drink offering, were offered before the Lord at the brazen altar in the court, and the lamps were trimmed and lighted by the high priest at that, every time. The otherservice was the burning of the incense at the golden altar.

There was a special kind of oil that was used in those lamps. The Lord gave instruction regarding the preparation of it as He gave special instruction concerning the shewbread and the incense burned on the altar. You will see that in Ex. 27:20, 21.

What lesson do you get from the thought that only the high priest could trim those lights? Only One can minister for us. Only One can be Head of the church. Christ is in the midst of the church, and it must be the one who most fully and directly typified Christ in His ministry who could fill them with oil. So it was as the representative of our great High Priest that the high priest trimmed those lights, and filled them with oil.

I have already referred to that marvellous three-fold typical service that was celebrated each morning and each evening in the sanctuary. The whole multitude of the people during that morning hour when the whole burnt offering, and the meat offering and the drink offering were being offered on the brazen altar, and the priest was renewing the lamps and was burning the incense before the Lord, the whole multitude were doing what? Praying. With their faces toward the sanctuary they were all in solemn, earnest prayer. And the ministry of God's grace was a continual ministry to them even as the burning of the incense and the burning of the lamps was a continual ministry before the Lord, and even as the fire was never allowed to go out on the brazen altar nor on the altar of incense so we have the beautiful lesson that God's ministry, grace and His divine presence and the efficacy of His pleading never ceases. It is a continual intercession for us.

Turn over to Zechariah the fourth chapter. Notice this vision that was given to Zechariah for Zerubbabel. What was Zerubbabel doing? He

HALL'S SANITARY WASHABLE DISTEMPER

Hall's Distemper is the modern decoration—clean, healthy, easy to clean. Sunny rooms can be made cool, dark rooms bright, small rooms to look larger, all by a clever choice from the beautiful range of Hall's Distemper
- - - Shades. - - -

HALL'S for WALLS

Send for Shade Card
and Prices to: -

WILLIAM JACKS & Co.,
P. O. Box 369
CALCUTTA

was building the temple. He was meeting with opposition. He was having a hard time. God saw that Zerubbabel needed to have some encouragement. He was looking to the material things all around him. He was wondering how they were to be able to get the work done in the face of the opposition, and God sent a message to him of encouragement.

"And the angel that talked with me came again, and waked me, as a man that is wakened out of his sleep, and said unto me, what seest thou? And I said, I have looked, and behold a candlestick all of gold, with a bowl upon the top of it, and his seven lamps thereon, and seven pipes to the seven lamps, which are upon the top thereof; and two olive trees by it, one upon the right side of the bowl, and the other upon the left side hereof. So I answered and spake to the angel that talked with me, saying, What are these, my lord? Then the angel that talked with me answered and said unto me, Knowest thou not what these be? And I said, No, my lord. Then he answered and spake unto me, saying, this is the word of the Lord unto Zerubbabel, saying, not by might, nor by power, but by my Spirit, saith the Lord of hosts. Who art thou, O great mountain?"

What are these difficulties and these hindrances that bring discouragement and fear? "Before Zerubbabel thou shalt become a plain; and he shall bring forth the headstone thereof with shoutings, crying, Grace, grace unto it."

Read the whole chapter and you will find that the lesson that God brought to Zerubbabel through Zechariah was that He who is in the midst of the golden candlesticks, He whose presence is right by the candlesticks, the Mediator of the covenant, the Head over all things to the church, He will be the source of their strength. He will be their power. Through His Spirit, through His might, all the mountain of difficulties will be made a plain. God will lead His servant on triumphantly to success.

Concerning the oil that was in the lamps, I understand that it represents the Holy Spirit. Take just one more lesson before we leave the candlestick. Remember the parable of the ten virgins. How many of them were wise? Five wise and five foolish. They had oil in their lamps. What did the oil represent. The Spirit of God. The wise had, beside their lamps, a supply of oil. They had vessels and in the vessels was oil. The wise had those vessels full of oil so they could replenish or renew the oil. The foolish had neglected to have their vessels filled with oil.

[This lecture was delivered on December 22, 1930, at the Council Meeting of the Southern Asia Division of the General Conference of Seventh-day Adventists, held at Poona, and lasting from December 17, 1930, till January 3, 1931—Ed.]

The Hastening End

(Continued from page 15)

"distress of nations" which the prediction pointed to so plainly.

Having, then, the signs of the times and the stirring message of Holy Scripture to warn us, let

If

IT IS TO BE OF

Granite

OR

Marble

WRITE TO

EDWIN DUCKETT & SONS

SCULPTORS

MONUMENTAL

ECCLESIASTICAL

ARCHITECTURAL

Address:—East Street, Poona

us with all diligence make sure work of repentance, trusting in His power to save and help us, and be prepared to meet Him in peace and gladness at His coming.

Parents as Associates

(Continued from page 21)

home atmosphere is on the pre-memory mind. Then later, but still long before the child can understand or analyze home conditions, their influence is registered in his subconscious make-up, casting a more or less permanent mould. Finally, that which has been subconscious comes out into the conscious, and receives an incisive analysis often to the extreme discredit of the elders.

May we not say that the depth and extent of parent love, yes, even of mother love, may in great degree be determined by what the parent is willing to accomplish for himself and in his own experience in order to live and to be that which is most needed by his dependent child?

NOR love nor honour, wealth nor power

Can give the heart a cheerful hour

When health is lost. Be timely wise;

With health all taste of pleasure flies.

—Gay.

Published Monthly by
THE ORIENTAL WATCHMAN PUBLISHING HOUSE,
Post Box 35, Poona, India.

P. C. POLEY, *Editor*
Single Copy, 8 Annas.

Subscription Rates: Single yearly subscription, Rs. 4-8-0, in advance. Special club rate three years' subscription, Rs. 12-8-0. Postpaid, V. P. P. ans. 2 extra.

Change of Address: Please give both old and new addresses.

Expiration: Unless renewed in advance, the magazine stops at the expiration date given on the wrapper.

No magazines are sent except on paid subscriptions, so persons receiving the WATCHMAN without having subscribed may feel perfectly free to accept it.

Notice: We have been notified of late by several of our subscribers of instances where their number of the WATCHMAN has failed to arrive. We have an excellent mailing system, similar to that used successfully by our larger sister Publishing Houses in other parts of the world, so we feel the fault is elsewhere and does not rest with us. If any of our subscribers have not been receiving their magazine regularly we will consider it a favour to have them tell us about it, and the number of lost or missing copies will be made good by extending their subscription.

Published and Printed by J. C. Craven..
at and for the Oriental Watchman Publishing House,
Salisbury Park, Poona. 921-31

Brace Up

(Continued from page 3)

tire out. Do not spoil your nights at the craving call of caffeine. Caffein is a habit-forming drug. It stimulates and spurs you, but you fag out afterward.

Get acquainted with nature's laws. Remember, it is as much a sin wilfully to violate nature's laws as to violate the laws of nature's God.

You do not want to spend your days living in a sick body. But remember you cannot get well doing the very things that produce sickness. Neither can you get well thinking about your liver kinks and stomach aches. What you need is the regenerative, restorative power of nature in your body. Healing of the body comes from within—not poured in from a bottle, or spread on from a box. Nature does not bother with pills, potions, and panaceas to bolster itself up. Health building is done under contract with nature. Disease is no little devil that gets under your skin. Disease is merely having some part or parts of the body that are not properly functioning. Pain is only a warning that there is something wrong. It is nature's danger signal hung out.

Do you want to know about nature's cures for fagged and sick bodies? Well, here are a few: proper diet, pure water, fresh air, radiant sunshine,

happy thoughts, buoyant music, massage, vibration, heat, light, electricity, hygiene, radium, oxygen baths, sun baths, electric baths, Russian and Turkish baths, baths inside and out, exercise, sleep, rest, faith, hope, charity.

Influenza

(Continued from page 6)

especially soured milk) may be taken in the intervals between drinking and orange juice. Fasting not only prevents the system from being overloaded with the poisonous waste matter of food, but leaves the eliminatory organs free to deal with the influenzal poisons.

The frequent applications of hot packs to the spine serve the triple function of relieving pain and making the skin and kidneys more active; the power of the hot pack in stimulating the two latter organs is supplemented by the abundant consumption of water.

The severe headache that frequently accompanies the complaint is due to congestion of the blood vessels of the brain and its membranes, and is best relieved by cold head compresses, and hot packs to the legs and feet. If the patient is subjected to such a regime, the influenzal attack is almost always broken up in a few days, and gradually the patient should be restored to a normal physiological diet.

A Journey to

HAPPY HEALTHLAND

By Belle Wood-Comstock, M.D.

THROUGH stories the author develops for the children a complete system of health habits that are in full harmony with the latest findings of medical science. These stories, though teaching technical principles, are very interesting, so much so in fact that the tendency will be for the child to want to hear or read for himself the entire book in one evening. There are, however, fifteen chapters, each of which could profitably form the basis for a bedtime story.

The colourful cover graphically depicts an imaginary voyage arranged to avoid sickness and land the boy or girl safe in "Health Harbour."

For Your Child, Sweets or Books?

The sweet tooth as opposed to the keen mind: In America per person Rs.50/- is spent on sweets, ice cream, and soda to Rs.3/- for books; or over 16 times as much for sweets.

Price only Rs.1/-

Order by V.P.P. from

THE ORIENTAL WATCHMAN PUB. HOUSE
POST BOX 35, POONA

ALL HOSPITAL SANITARY EQUIPMENTS IN STOCK

WORKS AND STORES
CREEK LANE
CALCUTTA

DIRECTOR
S. K. CHAKRAVARTI B.E.
(A.M.I.E. IND.) (M.I.P. LOND.) ETC.

PIPE DEPOT
BOW BAZAR ST.
CENTRAL AVENUE CORNER

S. K. CHAKRAVARTI LTD.

SANITARY ENGINEERS, PLUMBERS
WATER WORKS AND DRAINAGE
CONTRACTORS

MISSION ROW, CALCUTTA

TELEGRAMS
"LAVATORY" CALCUTTA

TELEPHONE
CALCUTTA 2492

CONSULT US FOR MOFUSSIL STATION SANITATION

A Question of Great Public Interest!

At the present time there is a world-wide agitation for

A Revised Calendar

SUGGESTIVE revisions have been made from time to time, but up until now not much progress has been made. The exponents of a recent suggestion are busy throughout the world agitating the adoption of their idea. This is a matter of great public interest. Great principles are at stake. The suggested revision sets 1933 as the year for the adoption of the new calendar. What will this mean to the world and to individuals?

In his book just published entitled—

THE STORY OF A LOST DAY

Francis D. Nichol examines this world-wide movement. Every year a day is to be lost out of reckoning or, in other words, there will be one blank day every year. You will want to be informed on this proposal.

ORIENTAL WATCHMAN PUBLISHING HOUSE,
POST BOX 35, POONA.

Please send me per V.P.P. one copy of "The Story of a Lost Day" for Rs. 1.

Name

Address

Send today for a copy of this most interesting book. Striking three-colour cover.

96 pages, illustrated,

Rs. 1/- per copy

Cooper's Seeds Grow.



Catalogue FREE on Request

N. COOPER & CO.,
NAPIER RD. T.M. WADIA. **POONA.**

Fresh Vegetable and Flower Seeds always in stock

Ask for free illustrated catalogue

REGISTERED No B. 1886