

THE
ORIENTAL
WATCHMAN
AND HERALD OF HEALTH



G. I. P. Railway Publicity Bureau

VIEW OF THE LAKE, BHOPAL

Read in this Issue—

LONGER LIFE AND BETTER LIVING



AN English physician has devised an apparatus and a method by which a child with cross eyes may learn to work the two eyes together. The instrument, called a cheiroscope, and used something like a stereoscope, can be used as a sort of game, and thus will be more likely to keep up the interest of the child.

AN unbroken record of the earth's weather extending back 4,000 years, has been reconstructed by two scientists, Dr. Andrew E. Douglass of the University of Arizona, and Dr. Ernst Antevs of the University of Stockholm. For their achievement they will each receive the Research Corporation prize awarded through the Smithsonian Institution.

MR. J. F. J. MALONE recently demonstrated a new type of engine at the Royal Society of Arts. Hitherto, all heat engines have been driven by gases, the water in a steam engine turning into a gaseous form to produce the power. Mr. Malone's engine runs on power produced by the dilatation and compression of water with changes of temperature. The engine can be adapted for locomotives, ships, power-stations, mines, and has many other uses. It will be silent, will not overheat, and is free from the risk of explosion. Wood fuel is sufficient to run it. A ship having this type of engine can attain full speed within four hours of its furnaces being started. Its power would be generated thirty-three per cent cheaper than on a vessel driven by super-heated steam engines.

AEROPLANES are being constructed in Germany that will fly at heights of more than six miles and at extremely high speeds. One aeroplane has been built for research in this work. It is to be an experimental laboratory for the study of the conditions in the stratosphere. Rockets and balloons have previously been used for exploring the stratosphere. The aim of the new machine is to reach high altitude and to find paths which can be used as regular aeroplane trade routes.

The cabin of the plane is double-walled and airtight. A small compressor keeps the air pressure normal. The motor and steering is done by levers in the cabin working in airtight shafts. There is a special motor with an air pump to supply enough air at high altitudes.

THE Potato Virus Research Institute at Cambridge has discovered a means of saving millions of pounds worth of potatoes. Dr. Salaman, Director of the Institute, and his colleagues have given many years to research on the subject. After isolating certain seedling potato plants it was found that they were completely immune from common blight. These potatoes only need adequate breeding and selection to obtain a stock that will be acceptable for the table as well as be immune from blight. Both stem and root of these seedling potatoes have been sprayed with blight for 20 hours at a time without any bad effects. Commercial potato farms have begun using seed from this stock in order to grade the potatoes up to proper size and value.

To complete the research in this direction will involve spending from £10,000 to £20,000. Blight, however, is even more expensive. Blight destroys one-tenth of the potato crop of Great Britain and Ireland, with a resultant loss of from £3,000,000 to £5,000,000 a year.

A HUMMING bird which lives in the forests of Cuba is said to be the world's smallest bird. Even the adult cock-birds rarely turn the scale at more than one-twentieth of an ounce. In requires nearly 400 of these little birds to weigh a pound.

THE one-hundred inch reflector at the Mount Wilson Observatory, U.S.A., has reached the limit of practicable size for a glass mirror. The distortion of images from the expansion and contraction of the glass is so great that a bigger reflector is not possible. Quartz is different; its change of size according to the changes of temperature is almost zero. A reflector is being made of quartz in the Thomson Research Laboratory at Lynn, Massachusetts, U.S.A. Quartz flour which is fed into a special oxy-hydrogen torch, moved by a clock-work mechanism, is sprayed on a curved base of melted sand. When of the proper thickness and curvature, the mirror will be ready for use in the two-hundred inch telescope which was made for the California Institute of Technology. This new telescope, it is said, will enable astronomers to penetrate into space three times as far as now.

A 16-OUNCE jar of honey, no matter how good, is hardly worth a 40,000-mile journey. Yet that is the total distance travelled by many bees to provide the nectar necessary for just that amount of honey, according to C. B. Gooderham, apiarist of the Canadian Government. Mr. Gooderham has figured it out mathematically. A honey-bee weighs approximately only 1/5000 of a pound, and during the honey flow on each trip she carries approximately half her own weight of nectar. It therefore requires approximately 10,000 flights to gather a pound of nectar. Furthermore, Mr. Gooderham states, nectar loses about half its weight through evaporation. Taking all this into consideration, as well as the fact that each return flight averages about two miles, it is figured that bees have travelled at least 40,000 miles to provide sixteen ounces of honey. So it is no wonder that the little honey-bee is unlucky enough to be born in summer lives but a brief six weeks. Bees born after this summer rush have an average life of seven months.—*Science Service.*

SEVENTY years ago, in Russia, platinum was considered to be a cheap substitute for gold, and twelve-rouble pieces with a face value of twenty-four shillings were coined from it. One of these coins recently sold for thirty-five pounds.

Platinum is the heaviest metal obtainable commercially and the purchaser of an ounce receives a very small piece for his money. Platinum is nearly twice as heavy as lead, and fifty per cent heavier than mercury.

Platinum is practically indestructible. It remains untarnished after years of exposure to the air, and is unaffected by strong heat, which would completely burn other metals. For these reasons platinum is used extensively in scientific research work and in certain chemical manufacturing processes.

The largest quantity of platinum owned by one firm is about three hundredweight, probably. The present value of this amount is approximately £100,000 for a small cube whose sides measure little more than eight inches.

Platinum expands less than any other metal when heated. For this reason, nearly one-fifth of the world's output of platinum is used in the electrical industry. Platinum is popular for jewels. Also, because of its hardness and resistance to corrosion, it is used in the manufacture of the more expensive artificial dentures.

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The PRE-MEMORY MIND

*Of Great Importance Are the Early
Experiences in a Child's Life*

By Belle Wood-Comstock, M.D.

THE baby is born, a bit of plastic material. It has within it possibilities, potentialities, instinct, but it has no habits, no character, no mental actualities. With the material at hand there is to be developed habit of action and thought, which will result in character formation and intellectual power.

As soon as baby is born, habit begins to be formed, and is the result of constant repetition of the same situations. This involves both physical and mental habit. There is the physical as regards sleeping, bathing, eating, etc., but also mental as regards dispositional reactions and psychological interpretations, for baby's disposition manifests itself early in response to surrounding conditions. His powers of desire, anticipation, and ability to "figure out" are among the very earliest signs of his individuality as a human being.

One way baby is short is in the power of memory, and herein lies the tale of this article. Fortunately his memory is long enough to serve as the foundation for habit. His memory is as long as is necessary to fit his needs, and it develops quite fast enough during his first years. A "spoiled" baby, being adjusted from an irregular programme, with its tax of irritation on both his physical make-up and his nervous system, to a regular daily plan, often has to have several days of "crying it out," until, habit having been formed, he peacefully coincides with the plan outlined for him. The few days over, he has no memory of



how or why it happened. His baby distress at having to lie when he wanted to be taken is all forgotten, and he fits happily into his new programme. Habit is stronger than memory, and all is well. It is a blessing that baby does forget. Mother decides that baby should go to sleep without his bottle in his mouth, as has heretofore been his habit. For two or three days, baby remonstrates with vigorous protestations at having to go to sleep without any beguiling; but his protests being ignored, a new habit is formed, and baby soon forgets that he ever did go to sleep with something to suck in his mouth. Like the mother in "twilight sleep," he has his trial, but his memory of it is gone as soon as it is over. A woman in labour under conditions of "twilight sleep" has just as much pain

and is quite conscious of it at the time, but her ordeal over, the memory of it is entirely gone, and once in the past, her pains are to her as if they had never been. The drugs given her to produce this result make her temporarily like the infant in this respect.

Upon our realization of the importance of this shortness of memory during this early period of habit formation, lies the welfare of that important foundation, the subconscious mind. Might we not call it the pre-memory mind? The things that happen to a child before he is three are all forgotten. Nearly everything that happens before he is five is forgotten. Many things in his life before he is six or seven are not remembered. But the habits

formed during these early years have a very definite effect upon the entire after life. The child has no memory of how or why his early habits were formed. He has forgotten the disciplinary measures (or the lack of them), and he has no memory of the early methods used in his training. He does not know why he tends to do certain things in a certain way. They just seem to come natural to him. He does not remember that, like any little animal, he had to be patiently trained, or perhaps was neglected, until certain habits became "second nature," we say. Of such importance are the early experiences in the child's life that it is difficult to separate those things that have become natural to him as a result of early training from those things that are natural to him because of his inheritance.

As already suggested, not only is this true of those things that pertain to his physical life, but also they are true of those things that have to do with his mental, psychological, and emotional processes. Temperamental, emotional, and mental reactions are so modified by the environment of the first five years of his life that the line between hereditary and acquired traits is faint and illy defined. It is during this period that powers of self-control and inhibition are developed, that tendencies toward violent temper reactions, self-will, hysterical manifestations, whining, petulance, finicky eating, are either strengthened or checked. And it is at this time in his existence that his fundamental mental attitude toward life, its ethics and relationships, is determined in great measure.

For example, at the end of the first year most babies begin certain unhappy and unethical manifestations. These usually have to do with situations where their desires are crossed. It is a very human element. The impulses they have at this time are very like the ones that we older people get when things go wrong or when we are irritated by what seems to us to be the unreasonable action or attitude of some fellow human, but which we have, let us hope, learned to control, or better still, to overcome entirely. The baby's expression of this irritation is somewhat varied. It may be head bumping, screaming, kicking, spitting, breath holding, slapping, scratching, hair pulling. Every parent will recognize his child's own peculiar manifestation. At once this tendency toward improper expression must be checked. Never must baby be allowed to indulge in any of these things. At once by summary disciplinary measures, the baby's potential power of self-control must be brought into action and cultivation. If when he first begins to slap somebody in the face, his hands are vigorously slapped, he soon checks his impulse to slap, and his latent inhibitory force begins to develop. A swift spanking when he begins to bump his head, and his repetitions of the act are few and guarded. Soon the habit that is of the greatest fundamental importance to him all through life is formed—that of

checking his impulse to do something that he feels like doing. But the habit of control being once established, not only are the impulses for these irregular manifestations in great degree forgotten, but also the spankings that cured him. Such corrective measures may seem drastic, but when used wisely and peremptorily in the incipiency of certain tendencies, there can be little question but that it is the easiest and best method. It is simply a nipping in the bud, a quickly turning into the right way the little feet that are tending to begin the wrong. The wrong way soon forgotten, the right way becomes the easy, natural way, correct habit is formed, and there is developed in the pre-memory mind an inhibition toward certain things that, if allowed to develop, would have made him antisocial, antagonistic, and unhappy throughout his entire life. As he grows older, he does not know why he seems naturally to check certain impulses. It is not "naturally" that he does this, but because it was trained into him when he was yet a little animal, and became a part of what we speak of now as his "subconscious mind" or "self."

Baby's psychology, in after years, his mental mould, his thought of others, his ethical relationships, his mental relation to life and to his own physical and mental self, depend very largely upon the way he was dealt with and the environment in which he lived before he was five years old.

While these things are to an extent true on through even later years, they are never so entirely true as during these first five. During this time, whatever the training or lack of it, the details will be forgotten long after the character development has become more or less fixed, and certain characteristics have become a part of the individual. The ideal can never be reached as long as parents themselves are subject to human frailty and error in human judgment. But I verily believe that if babies and very young children could have the proper training during the early pre-memory years, every problem in connection with rearing the older child and the adolescent would be solved. It

would not always be in the way of physical chastisement (although this is the normal period for a certain amount), but it would more often be attractive positive educational example and influence in an atmosphere of gentleness and harmony. It should never be forgotten by parents that that which has become a part of the subconscious mind, is the thing it seems almost impossible for an individual to get away from; that thing which is the greatest help or the greatest handicap in an individual's life. It may be the well-spring of buoyancy and conscious power or a weight of depression and inferiority sense.

To treat our children of three and five and six (and older) as mere emotional assets to be played with one moment and scolded the next, can only tend to develop in them a sense of weakness, irritability, and antagonism that will, (*Turn to page 29*)



Why MILK

Becomes

an ESSENTIAL FOOD

By D. H. Kress, M.D.

MILK comes nearer being a complete food than any other one of the various foods which appear on our tables. It alone contains all the various essential food elements. Not merely does it contain these elements, but these elements, seventeen or more in number, are arranged in just the proportions to meet the needs of the human body. Especially does this apply to the infant and rapidly growing child.

The perfect food for the human infant is mother's milk, but next to mother's milk in civilized lands is cow's milk. Whole wheat bread is frequently spoken of as being "the staff of life." Possibly it is true that next to milk it comes the nearest of being entitled to this claim, and yet "man cannot live by bread alone." It is either deficient or else entirely lacking in some one or more of the essential food elements, this is especially true of the white breads. Aside from this, bread is an acid forming food, and if eaten alone tends to decrease the alkalinity of the blood, favouring the development of a condition known as acidosis, with its many unwelcome and distressing symptoms from which so many in civilized lands suffer. Combined with milk, whole wheat bread or rye bread makes a most excellent food for the growing child. Milk being an alkaline food, combines perfectly with cereals, neutralizing the acid base of such foods and thus aiding in maintaining the normal alkalinity of the blood.

The proteins or tissue builders of the milk are of a high quality, superior to all other animal proteids. It also supplies the carbohydrates, so important in building up the fatty tissue and sup-



plying heat and energy to the body. This element is furnished as lactose or milk sugar which does not tax the organs of digestion, but is readily assimilated.

Milk, too, is especially rich in calcium, an element which is deficient in most other foods. Calcium is the element which enters into the construction of the bones. Defective teeth in early childhood and later in life are due to a deficiency of this element in the food. Calcium is also essential, combined with potassium and sodium, in maintaining the normal contractions of the heart muscles. A deficiency in any one of these elements is not infrequently responsible for disturbances of the heart attributed to other causes. This deficiency inter-

feres with the rhythmical contraction and relaxation of the heart.

If only one half of any one of the seventeen essential elements is present in food, the system can appropriate only one half of any of the other essential elements, although they may be present in normal amounts. An impoverished condition of the body may, therefore, often be accounted for in this way.

These mineral elements are frequently removed from cereals in the process of preparation for the table. They are either removed from cereals in milling, with the removal of the covering of the grain, or else in the case of vegetables they are dissolved in the water in cooking and poured down the kitchen sink. So long as this is done, milk is a necessity. Its use with such meals goes a long way toward counteracting the development of the deficiency diseases so common. (Turn to page 28)

IS WAR a NECESSITY?

By W. L. Emmerson

FROM time immemorial the earth has been deluged with the blood of conflict, and in our day bitterness and strife seem to be as rampant as ever.

Every now and then there is an outburst of hostility in Palestine between Jew and Arab. In South Africa the interests of Briton, Boer, Indian, and native African are constantly clashing. The racial problems of India and the Far East are becoming steadily worse.

Europe has just emerged from the greatest upheaval in history, yet the war spirit, far from being obliterated, becomes ever more evident.

Thinking people, naturally, are asking the question, "Must these things be? Is there no way out of this welter of strife and bloodshed?"

Exaltation of Hate

There is a very considerable school of thought, whose representatives periodically express themselves on platform and in the press, which suggests that war and strife are a necessity, that they are, in fact, among the factors which make for human development and progress.

The latest glorifier of war is Sir Arthur Kieth, the famous anthropologist, who in the course of his recent Rectorial Address at the Aberdeen University declared it to be indispensable to the well-being of civilisation.

"Nature," he says, "keeps her human orchard healthy by pruning; war is her pruning-hook. We cannot dispense with her services."

Enlarging upon the theme in his "Ethnos; or the Problem of Race," he thus explains his conception of the path of human progress. Nature, according to him, is constantly striving to perfect new and higher types, in mankind as well as in the lower forms of life. The differentiation of mankind into races is her method of accomplishing this. One race is set against another, and out of the conflict the fittest survive and are perpetuated, whilst the less fit are killed off or die in other ways.

"Nature had hundreds of these experiments in human production on foot throughout the latest geological period of the earth's history—the Pleistocene period. Out of the medley of types which inhabited the earth in remote times have been evolved, under conditions of unceasing competition, the races which were found in possession of the world at the dawn of the historic period." These were the yellow or Mongolian type, the brown or Indian type, the black or Negro type, and the white or European type.



The Hon. Srinivasa Sastri, who was appointed by the Government of India to go to Africa during this year in connection with the interests of the Indian in that country.

Since the dawn of history these four main types of man have been, as it were, "pawns upon the chess-board of evolution." And "race prejudice, race competition, race antagonism, patriotism, self-determination, etc.," have constituted "part of the machinery which nature has employed for the evolution of new and higher races of mankind."—Pages 40, 41.

Man Frustrates Nature

Modern man, according to Sir Arthur, has upset nature's plans for the development of humanity. Industry and commerce have necessitated more and more the breaking down of the exclusiveness of race. They have encouraged the free and harmonious intermingling of earth's peoples.

This, he says, is all wrong. "We are too obsessed with the 'peace and plenty' attitude. We

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are too enamoured with the Biblical attitude towards life—we want to live amicably under our own vine and fig-tree. We shrink from hardship and suffering."

But nature is unwilling to submit to this prevention of her designs. She is constantly seeking to escape from the chains in which human reason and sentiment have enthralled her, and the periodic outbursts of hostility are, according to him, simply evidences of the "constant strife" which has been and is still "going on between man's reason and his inherited instincts."

The choice which humanity must make, therefore, is thus set forth:—

"What must I do? Bring race building as practised hitherto by nature to an end and have eternal peace? Or permit nature to pursue her old course and have, as a necessary consequence—war? Man has to choose the one course or the other. There is no intermediate course possible."

Realising the awfulness of the conclusion to which he has come, and which he admits is "harsh and repugnant" even to himself, Sir Arthur Keith endeavours to tone down this bald statement by adding:—

"They must realise, recognise, and bring all their inborn tribal instincts and racial prejudices under the rule of reason. It is only thus that the diverse races of mankind can live in the same world and yet preserve their respective heritages."

An Issue Which Must Be Faced

But this is merely begging the question. If nature has reached its present level through constant struggle between species and species, then that principle must still be operative, and in the interests of the race, anything contrary to it should be rigidly expunged from human nature. If evolution is true, then might is right. The battle is to the swift and the strong, and there must be no quarter.

A Faulty Basis

Fortunately, however, there is no need for us to settle down to this bloodthirsty and immoral philosophy of progress, for the Darwinian doctrines of natural selection and the survival of the fittest upon which it is based are turning out to be an entire misconception of the operations of nature.

True, there is in the world a struggle for existence. That cannot be denied. The struggle does tend to exterminate types which are not adapted to their environment. And in consequence there is a tendency for the fittest types to survive, when they have come into existence.

But how have these fittest types come into existence? By natural selection? Not at all. Natural selection is not a creative agency. It can suppress, it can exterminate, but it can originate nothing.

As Korsinsky has said: "The struggle for existence, and selection connected with it, is an agency tending to restrict the development of forms already produced by checking further variations, but never contributing to the production of new forms. It is a principle antagonistic to evolution."

Another scientist puts it very apply. Natural selection, he says, "may explain the survival of the fittest, but it cannot explain the arrival of the fittest."

So by whatever process man has come to his present level of development, it is not by the agency of natural selection. The Darwinian theory is now well discarded by the majority of progressive scientists, and Sir Arthur Keith and the others who share his views are fighting a losing battle.

Finding a Reason

If then war and strife are not factors which condition man's progress, whence do they come?

There is another explanation, the explanation of the Bible, which Sir Arthur Keith so much despises, but which actually provides the one reasonable and satisfying answer to our questionings.

According to the Scriptures, the factors which make for war are not *original* traits of human character, but *intrusive* ones. They are the result of man's alienation from his Creator and a prostitution of the powers beneficently bestowed upon him in the beginning.

"From whence come wars and fightings among you?" asks the Apostle James. "Come they not hence, even of your lusts that war in your members? Ye lust, and have not; ye kill, and desire to have, and cannot obtain: ye fight and war." James 4: 1, 2.

Man was never intended to develop at the expense of his fellow-man. The divine plan was that the whole human race should grow in grace and knowledge by mutual co-operation and constant communion with God.

But when man severed his association with God and set out to blaze his own trail through the experiences of life, he broke down also the concord between man and man.

And so long as the link between humanity and God remains broken, disharmony upon earth must continue to increase in intensity and bitterness.

War is not a *necessity* in the sense of being part of the nature of things, but it is *inevitable* while the human heart remains the same. "There is no peace, saith my God, to the wicked." Isa. 57: 21.

The Way to Peace

The way to peace on earth is by reconciliation with heaven. When fellowship (*Turn to page 26*)

"NERVES"

Simple Home Treatment That Is Within Easy Reach of Every Nerve Sufferer

By George De Arana

RECENTLY a prominent health specialist said that almost fifty per cent of his patients were nerve sufferers and many of these were chronic neurasthenics. And such a state of affairs is not surprising.

The constant rush and noise of traffic, which has shaken and sometimes damaged the most solid roads and bridges; the monotony of being a mass production robot; the emotional strain consequent upon the seeing of moving pictures and the reading of sensational novels, not to mention the lurid crime reports of the newspapers; the hasty consumption of vitamin and mineral-depleted "patent" foods; all these conditions bring the strain of modern life to bear particularly on the nervous system.

Some of these stresses can be and are best avoided, but others come to us whether we like it or no, and must be met by the development of the requisite nerve force. This is possible if we are prepared to mould our lives along healthful lines.

"Nerves" Can be Cured

One of the peculiar and most marked characteristics of the nerve sufferer is his belief that he will not get any better and that it is useless to expect any recovery. This is the reason for much insanity and suicide. This attitude of mind must be got rid of, for cases of extreme nerve weakness and even of mental instability, such as shell-shock, have yielded to careful treatment at the hands of a nerve specialist or in a naturopathic institution. The neurasthenic should realize that a cure can be effected and that the desire and will to recover is half the cure.

Of course, the complete recovery of a very nervous person is not a speedy process, but if proper advice is sought and carried out, a marked improvement will be evident in a short time.

Dangers of Repression

The attitude of mind must, however, be changed in the right way. When a person is told not to worry he may just try to repress the unpleasant thoughts and refuse to allow them expression. Such an effort to stem the tide of fear and worry often proves a disastrous failure. The reason is that such thoughts and emotions have become habitual and subconscious; they have made a "track" for themselves in the brain, and any effort to keep them off this track is like trying to prevent a locomotive running along the metals. The effort of will to stem such habitual thoughts

absorbs an enormous amount of mental and nervous energy and generally the effort will break down and the old thoughts will again flood the mind with greater and more hurtful force than before, or the suppressed feelings will find expression in some other and perhaps even more harmful way, such as hysteria or insanity.

The depressing thoughts must be neutralized. When they enter the mind an opposite kind of thought should be contemplated. If the individual fears some event or circumstance he should try to think how such circumstances in the past have probably not been disadvantageous at all. Make a particular effort to think of the pleasantness that is attached to what has usually been regarded as wholly distasteful.

Thinking of oneself should also be avoided. Everything that takes one's mind off self is greatly beneficial to the neurasthenic. A hobby that is not too strenuous for body or mind, and which is at the same time interesting, should be cultivated. If possible it is a great help to get a complete change. If one can utilize the week-ends in some entirely different way from the normal occupation of the week it is a great advantage. Daily walks into the country are very beneficial if not too tiring.

Nothing excites and burns up nervous energy more than the reading of sensational novels and the crime reports of the newspapers, and the seeing of exciting or moving plays or pictures. Even good literature and music, if it is heavy and tragic, should be avoided, as the emotions are easily set in turmoil in very nervous persons. Healthy reading of a light kind and listening to music that is bright and cheerful are, however, of much help to the nervous sufferer. Cheerfulness should be the chief aim of the neurasthenic and pleasant company, reading, and the habit of selecting pleasant associates to fill the mind will help to supply the desirable mental attitude.

Having gained a mental mastery of the nerves one is well on the way to nervous health, but to make the cure complete the nervous tissue itself has to be restored to normality.

Rest and Sleep

Plenty of rest is of the utmost importance. All rush and hurry should be avoided and the patient should learn to relax physically and mentally.

Sleep, which is one of the greatest requirements for rebuilding depleted nerve tissue, often evades the nerve sufferer. When such is the case

it is quite a good plan to bathe the feet in hot water and take a glass of warm milk last thing at night. No violent exercise of either mind or body should be taken for at least an hour before retiring, but a short walk is often very beneficial. A few gentle but deep breaths should also be taken.

Sun, Air, and Water

Bathing—water, sun, and air bathing is an excellent nerve tonic if carried out with care. Discretion as well as enthusiasm should be exercised, particularly with sun-bathing. The body should not be exposed to the sun for too long at a time; ten minutes or a quarter of an hour is quite long enough to bathe at first. If the skin should become slightly irritated, the application of a little olive oil or vaseline will be found effective. Almost as good, and much easier to perform, is an air-bath. The body should be completely exposed, taking care to avoid draughts and chill.

Splendid results have been obtained by means of water treatment, and if one can afford the means and can obtain the services of a skilled hydropathic expert, the nerve sufferer will be amply repaid. However, if the facilities of a hydropathic institution are not obtainable, there are a number of simple home treatments which may be practised with no little benefit. A tepid or preferably warm bath may be taken with advantage in the morning. The addition of a little salt will considerably enhance the tonic effect.

The diet of the neurasthenic is, of course, of the utmost importance, though space will not permit very considerable reference to this factor here. It goes without saying that drugs are worse than useless. They merely numb the nerves and distort the sense impressions which the nerves receive; at the same time they absolutely ruin the nerve tissue.

One of the very finest nerve-builders is milk. Two to four glasses of warm milk should be taken daily; this should be sipped slowly.

The diet of the nervous person should be highly nutritious, but at the same time light and easily digested. Fatty foods should be particularly avoided, as well as hot foods and drinks, which inhibit the nervous action of the digestive organs and cause nervous dyspepsia. Needless to say pastries, pies, spices, and condiments should be entirely eliminated from the bill of fare. Food that is rich in minerals and vitamins should be taken in liberal quantities, for example, green vegetables and fresh fruits, especially those rich in iron.

From what has been said it will be seen that the nerve sufferer need not despair of a recovery. If he has a real desire to be well, if he will endeavour to cultivate cheerfulness and mental poise; if he will give due attention to diet, rest, and the adoption of a clean, healthy manner of living, then recovery will be certain.

Winds

*Today I climbed a round, bare hill
And stood alone where strong west winds
Swept over me; raised high my face
To their sharp touch, as one who finds
A balm for sorrow; flung my arms
Wide to their eager, swift embrace,
While to their wild melody of psalms
Quivered and broke. White laughing wind,
Like crystal waters flowing past,
That cleansed and purified my mind
Of paltry things I had held fast
For overlong, cooled scorching fires
Of restlessness and vain desires.
Peace rode the winds on that high crest
And touched my heart with strength and rest.*

—Virginia Eaton.



How It Came to be Written

By Lionel H. Turner

*John's wonderful
Friend, who came
to draw him and
men like him with
"the cords of a
man, with the
bonds of love."*

THAT was a wonderful day for John, when he first met his friend. Often and often he had lived it over again since. Its memory had grown sweeter and more sacred with the passage of time, till now in the mellow fullness of age, it had assumed the setting of the gateway to life itself. Other things—ostensibly bigger things, were fast becoming dim in the obscurities of failing recollections; but as the mists of time distilled in his memory, this scene emerged ever clear, and fresh, and vivid.

Somehow it seemed the beginning of things—things so wonderful that he could not express them even to himself. He had soared to realms of thought and feeling in that friendship far beyond the possibilities of language. They seemed to belong to another life—another world. He could not tell of them; there were no words. So with the calm majesty of one who has dwelt with Him who is greater than kings, and with an unobtrusive simplicity that somehow unconsciously achieves a

sublime eloquence, he just told about his friend—that first meeting and its sequel.

John Meets His Friend

He had come from the sea and his daily toil to hear that strange strong man of the desert who was stirring the whole nation; to the plains where Jordan's turgid mountain waters banked up in leaden sluggishness, to carry winking bubbles, and occasional driftwood slowly along its surface—because there the mighty preacher uttered his stinging denunciations, and there he delivered his message, and there he baptised. And John stayed. It was tremendously interesting. The man was telling of One greater than he who was coming. And what a man he was! John had never heard anything like it. There had never been such a man. The young fisherman was fascinated, and he came again and again till there grew up in his heart a great longing to meet this Man and know Him. Then—one day He came.

John would have known Him even without

MOST Wonderful Story

the Baptist's exclamation at the sight of Him. It was not His appearance; there was nothing remarkable about His appearance; nothing to vindicate anything of what had been claimed for Him; but there was something that drew John irresistably, and he followed, scarcely realising what he was doing. The man turned. What a personality! What a strange mixture of greatness and friendliness, of singleness of purpose and bending interest, of majesty and intimacy. And as one who knew all and understood, and in a closeness that brushed aside all form and embarrassment and generated in a moment that intimate atmosphere of friendship that comes only after long acquaintance, He spoke, "What seek ye?"

Half shyly, in an eager irrelevance that revealed his deep desire, John answered, "Master, where dwellest Thou?"

"Come and see," He invited, "and he went and abode with Him that day." Thus with the simplicity of children the young fisherman and the Master of the world had become friends.

John Follows His Friend

Early one morning He called for John, and together they left the seaside, and John entered upon a new course in life. His Friend had something greater for him to do. There followed an association that grew as they became acquainted into a love surpassing the love of women. And to John there was manifested a life so beautiful that he struggled in vain to express his appreciation of it. There was never a life like it. This Friend was a man, every inch of Him, fearless and strong, a personality that radiated the magnetism that drew men to love and follow Him. He could have made of Himself anything He wished; but that never seemed to occur to Him. He never thought of Himself. He seemed to have no ambition but to help the poor people. He was a man of power; He could hold multitudes spell-bound by His words; people forgot time and work and everything while He was speaking. But John loved best to talk with Him alone. Such a fullness there was in His words, in His associations; and in His presence such contentment, that after a time John too lost all ambition but to stay by his Friend, and to live as He lived. There was nothing greater. His selfish interests seemed a worthless waste now; he could not step out of the presence of those sublime ideals to return to a meaningless, selfish existence. So he stayed.

And he remembered wonderful things that happened in the next three years; how that one day they came upon some madmen in a desolate spot among the rocks, and how they came charging

madly down in the dreadful, unreasoning violence of insanity. John was no coward, but there was something uncanny about their reckless precipitousness, and their insane, uncalculating fury; so he turned and ran with the rest. But his Friend stood fearlessly in their path and calmed them into sanity. And he remembered how often his Friend had stood in that same calm dignity that knew no fear, alone in the face of angry mobs bent on killing Him—how the majesty of His bearing disarmed them and they were powerless before Him.

So Humble In His Greatness

He recalled, too, when his Friend was most popular, how the crowd would follow Him, and how, though He loved the solitude of the wooded country and the lake, and though the crowded city may have jarred on His spirit, He would stop to sympathise with the poorest outcast of society. And one time during those early days, when some of them would have taken Him and made Him king, yet his Friend remained the same toward him through it all. The Master had many friends, but none so intimate as John and his humble fisher associates. And John learned to love Him in His greatness best of all.

He seemed unconscious of His rank among men, for He stooped far below His class to associate with the poor and despised, who probably had nothing in common with His lofty thoughts. It was *not* just the popular condescension of the great, comfortably conscious of bestowing a privilege. It was infinitely more than that. John remembered that day when He made friends with the tax-gatherer: how pleased with himself the tax-gatherer was! It seemed to exalt him out of all reason, for he was presumptuous enough to gather a lot of his confederates, get up an entertainment, and invite Him whose favour was daily courted by some of the most influential in the country. What a ridiculous idea! But He went. And John loved Him for it. Certainly John despised the traitorous mercenaries himself, but it was something to see those complacent social favourites discomfited; and what a man his Friend was!

The Tragic Misunderstanding

Then how quickly He became unpopular! They could not understand, so they turned against Him. Even John felt he was not grasping the grand idea that his Friend was working out, but his confidence never tripped over the most apparent departure from custom, or what he felt to be the most undiplomatic move, and he felt a grandeur and vastness in the enterprise that was not lessened by his inability to grasp it all. (*Turn to page 27*)

RHEUMATISM

Some Helpful Suggestions for the Treatment and Prevention of This Disease

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

THE term "rheumatism" is popularly applied to all aches and pains in the joints and muscles. In strict medical language, however, the term is applied only to rheumatic fever, a disease produced by a specific micro-organism. It is as distinctly due to a special germ as typhoid fever, smallpox, or scarlatina. The inflammatory affections of the joints not due to this special germ are medically called "arthritis," and may be due to a number of different germs. The term "arthritis" simply means "inflamed joint."

One of the most dreaded forms of arthritis is that which follows gonorrhœa, and is often called "gonorrhœal rheumatism" or more correctly gonorrhœal arthritis," as it is brought about by the germ or the toxin (the poisonous excretion of the germ) that causes "clap" or gonorrhœa. This, as a rule, affects only one knee, and is extremely difficult to eradicate.

The following fevers and germ-produced diseases are sometimes accompanied by painful inflammation of the joints: Typhus, scarlatina, smallpox, typhoid fever, influenza, blood-poisoning, tuberculosis, and erysipelas. Such inflammations of the joints are medically called "infective arthritis," and not rheumatism, although from their outward appearance one could hardly differentiate them from acute rheumatism.

The best known infective arthritis is—

Rheumatoid Arthritis

This disease is popularly known by a number of names, such as rheumatic gout, chronic rheumatic arthritis, chronic rheumatism, arthritis deformans, and nodose rheumatism. When the disease seemingly affects the cartilages and the bones about the joints, it is frequently called "osteoarthritis." When permanent changes have taken place in the joints in this disease, a cure is very rare, although the disease may be considerably mitigated.

This disease is a germ disease, due mostly to germs developed in and around the teeth, and sometimes the tonsils. Other possible causes are post-nasal growths, suppuration in the nasal sinuses, middle ear, the womb or its appendages, and the urinary tract, and also disease of the colon (large bowel).

It is a great mistake to have decayed teeth with surrounding inflammation filled. If the inflammation does not subside, the teeth should be extracted. One is wise to keep their own teeth as

long as possible, and filling decayed cavities is advisable, but not when there is any inflammatory mischief.

This disease occurs in all ages and in all conditions of life. It is more common after forty years of age and in women than in men; it attacks the poorer classes more than the wealthy, and is not due to high living or excessive proteid food. It thus differs very considerably from—

Gout

which is undoubtedly the result of high living with insufficient muscular work. Gout is the result of disorganised metabolism, the necessary changes in the food for nutrition and removal of waste products after it has been digested and absorbed into the blood; it is distinguished from all inflammatory affections of the joints referred to as not being caused by micro-organisms or their toxins (poisonous excretions.)

Gouty patients eat more proteids than are necessary, more than the system can assimilate, and upset the organs that have to do with metabolism by fatty, sweet, and rich foods generally. The liver especially separates the surplus nitrogen out of our foods and passes it on as uric acid and urates to be excreted by the kidneys. The amount of nitrogenous substances excreted by the kidneys should always correspond with the intake. If it does not, the nitrogenous waste products accumulate in the system, causing aches, pains, and joint trouble.

Muscular Rheumatism

is also often caused by faulty metabolism. It may be due to injury resulting in inflammation about the fibrous covering of muscles and nerves. The medical name given to this trouble is "fibrosites," indicating that it is an inflammatory condition of the fibrous tissues. If the blood is not kept in a freely circulating alkaline condition, muscular rheumatism, such as lumbago and wry neck, may result from exposure to damp and cold. Micro-organisms have nothing to do with muscular rheumatism. If the blood were in a perfectly healthy condition, muscular pains probably would not occur except perhaps as the result of accidents.

Rheumatic Fever

True rheumatism is now recognized, like all other fevers, to be caused by special micro-organisms. Chorea (St. Vitus's dance) is very closely connected with the same germ. This micro-organism has been found in the blood, the valves of the heart, the pericardium (fibrous covering of the heart), and the tonsils. (Turn to page 26)

JAPAN'S Increasing POPULATION *Threatens World Peace*

By Alfonso N. Anderson



A bit of the picturesque coastline of Japan. The irregular nature of Japan's coastline presents a large variety of rugged scenery.

EVER since the dawn of history the possession of land has been an important consideration in the life of man. Physically we are of the earth earthy. The chemical constituents of our bodies are derived from the soil. Modern organic chemistry and the science of nutrition prove that man was indeed formed of the dust of the ground.

In the beginning, man was lord of a spacious domain, containing every good thing in abundance. His was the perfect environment. His adaptation to this environment was perfect. And man himself was a perfect being. But he played, to use an Oriental figure, mah-jongg with the devil, and he lost. The triple perfection was shattered. However, even after relinquishing his title to the perfect estate, he still had abundant space, though labour and sorrow became necessary in order to graciously teach him humility, trust, hope, and consecration.

With only one pair in all the world, the problem was not then one of over-crowding. But with the increase of the human family by geo-

metrical progression have arisen many pathological conditions and inequalities in the occupation of territory and in the holding of lands. Nowhere is man satisfied with his present lot. Everywhere we see signs of restless dissatisfaction.

Japan, as a member of the triumvirate of leading nations, and as the first nation of the most populous, rapidly awakening continent, presents certain problems of great importance to herself and to the world. The matter of chief concern is her rapidly increasing population. In spite of her gigantic strides in modern industry, this nation is primarily an agricultural people. While the population increases by leaps and bounds, the extent of her territory remains practically the same. The recent census report gives 64,447,724 souls living in the Japanese archipelago. The rate of increase, which is now no less than a million a year, is itself on the increase. How to feed, house, and clothe the entire population is a matter of serious concern. Mr. Jusuke Tsurumi, speaking recently in America, called attention to his nation's dilemma in these striking words:—

"Japan feels the inexorable hand of economic necessity at her throat. Will she starve or will she explode? . . . Japan stands at the parting of the ways, bewildered for the moment as to which direction to take."

Fukeiki

Everywhere one goes in Japan today one hears the word "*fukeiki, fukeiki*"—"financial depression." Taxes are in arrears, but nothing can be done about it, the condition is so general. Some farmers are paying taxes in unthreshed rice. Cases of suicide and the annihilation of the suicide's family for lack of means of livelihood are becoming more and more common. Many innocent daughters are being sold into lives of shame in order to pay off intolerable debts. Usually the consideration is only a few hundred yen, but it is a large sum to the indebted. And year by year he must pay extremely high rental for his paddy fields. In every line of business the hard times are keenly felt. There is a great reaction from the war-time boom, when the *narikin*—newly rich—were engaged in enjoying every luxury they might desire.

Mr. Tsurumi sums up his country's present predicament as follows: "She is surrounded by three insurmountable walls: the anti-Japanese immigration laws, which prevent migration; the high protective tariffs, which exclude her manufactured goods; and the peace walls, which exclude acquisition of land and raw materials." With a population increasing a million a year, these obstacles are serious in the extreme.

A large number of the Japanese islands consist of mountains, a fact that aggravates the density of population in the cultivable regions, made up of small plains and innumerable diminutive, irregular valleys. One Japanese editor remarks: "Looking over the facts, however, of the real conditions in this country, with an insignificant number of emigrants abroad, with no definite policy of food supply yet formulated, while the difficulty of living and obtaining work is becoming ever more acute, we cannot very well be satisfied at this increasing population as a sign of national development."

A striking feature of the recent census report is the increase of city population as compared with that of the rural districts. The conveniences of city life, the higher wages, the educational advantages, the amusements, the glamour of the metropolitan setting, attract each year large numbers of the rural population. Reconstructed Greater Tokio, with its busy, wide boulevards now replacing the pre-earthquake narrow streets, stands third largest of the cities of the world. Morally, this trek to the cities is not a wholesome sign. History, both Biblical and secular, witnesses to the demoralising effects of the abnormal concentration of population in the Sodoms and the Vanity Fairs of the world.

Japan is a picturesque country. An irregular coastline presents a large variety of rugged scenery. From sacred, "peerless" Mount Fuji and the mighty Japan Alps down to such lesser peaks as

"Spirit Mountain," the many highlands, covered with glistening snow or lovely, rare Alpine flowers, possess a delightful charm. But while the mountains are made to bring forth valuable metals, timber and charcoal, they are an obstacle in the way of man's progress in subduing the earth into a fruitful habitation.

The people of this empire are wide awake and intensely industrious. They work from earliest dawn until late at night in the fields and terraced paddy plots, in the sweatshops and stores. But ease and prosperity are generally phantoms just beyond reach of weary, out-stretched hands. The present hard times, unemployment, and frequent catastrophes tend to accentuate the difficulties of living, often beyond the breaking point. While the people of the middle class are well fed, there are many who die through lack of calories, vitamins, and mineral food elements. Others choose to end their own existence. It is a sad picture, but its shadows are not at all overdrawn.

The publicists and statesmen of this progressive nation are not oblivious to the seriousness of the present situation. Many proposals are being studied. It is generally recognised that emigration is not a feasible solution. Further industrialisation to any great extent, for the time being, seems quite impossible. In the meantime the population continues to mount higher, and the sustenance of so many newcomers can scarcely be maintained by an impoverished third estate on limited land holdings.

Factors in the General Unrest

We venture no solution of Japan's dilemma. It is but one of the difficulties to be met with everywhere in this world of sin. However, we are called to sympathise with those who are flesh and blood like ourselves, children of the same All-Father.

The great inequalities in population and territorial possessions of the nations may be factors in the general unrest that will sweep all nations into the vortex of Armageddon, the world's last war. A race-consciousness that results from a marked increase of knowledge without God, general disillusionments and mutual suspicions with cordial hatreds are stirring the passions of men in many quarters of the globe. On the other hand, a vast multitude from every nation will not despair nor be stirred by the spirits of demons into hatred and war. These are they who shall obtain perfection of character by faith and obedience. "Here are they that keep the commandments of God, and the faith of Jesus." Rev. 14:12.

Suffering on account of overcrowding, disappointments, disillusionment, malnutrition, disaster, and death are not the worst calamities to mankind. Sin is far worse than all these. Sin itself is a hideous monster. "The wages of sin is death"—eternal death. Rom. 6:23. But the stern warning is counter-balanced by the loving promise in the same verse: "The gift of God is eternal life through Jesus Christ our Lord." The promise is also an invitation to accept the inheritance that shall never pass away. (*Turn to page 30*)

EDITORIAL



A Personal Return

THE Second Advent will be a personal return of Christ. This truth is one of the most prominent doctrines of Holy Scripture. Though the doctrine enters little into the daily thought of many people and multitudes ignore it altogether, the event will be of vast consequence to our world.

The Lord's return will be visible and audible. There will be no secret return. The world will know when that event is taking place. Vast numbers of earth's inhabitants will wail because they did not make the necessary preparation. Others will rejoice because they have patiently waited in expectation of the glory to be brought to them. Those who, for Christ's sake, are shaping their course toward the highest and noblest goals of life may well take courage.

Prophets and apostles, penning their words by inspiration, declare the glory of the theme. Peter wrote concerning the foreviews of oldtime seers, and shows that the Spirit of Christ who was in them "testified beforehand the sufferings of Christ, and the glory that should follow." 1 Peter 1:11. The Sacred Writings, then, speak of His humiliation and of His coronation. Firstly, He humbled Himself to live the life of a lowly Man on earth, and, with His Divinity clothed with our nature, died for helpless sinners. Secondly, He will come again as earth's crowned King. There are thus two grand divisions of Bible prophecy.

Christ did not teach, and the apostles did not teach, that the Second Advent was to be fulfilled in the death of every Christian. On the contrary, in 1 Corinthians 15, death is shown to be an enemy.

In a certain degree, the coming of the Lord Jesus will duplicate the events of His Ascension. What prophecy was made at the time of the Ascension? This we will now consider.

The Ascension took place at the Mount of Olives. The disciples were there, and they had been learning from the lips of Christ about the power they were to receive to be His witnesses, His final message delivered, earth could hold the

Saviour no longer and He ascended in the sight of His followers. Finally they saw Him no more.

The cloud which received their beloved Master we judge was a cloud of angels. Two angels had a definite duty to perform on behalf of the disciples. This we perceive from the following words:

"While they looked steadfastly toward heaven as He went up, behold, two men stood by them in white apparel; which also said, ye men of Galilee, why stand ye gazing up into heaven? this same Jesus, which is taken up from you into heaven, shall so come in like manner as ye have seen Him go into heaven." Acts 1:10, 11. So He whose life blessed other lives will come again. And there will be strong marks of similarity between the Ascension and the Second Advent. As there was a personal ascent, so there will be a personal descent. When about to ascend, the Lord spoke words of encouragement to His disciples. Then remember that Christ said on a certain occasion, "The hour is coming, in the which all that are in the graves shall hear His voice." John 5:28. He went up in full view of His disciples. In this connection read the following, "Behold, He cometh with clouds; and every eye shall see Him." Rev. 1:7. When He left them "a cloud received Him out of their sight." - Acts. 1:9. He will return with a cloud of angels. Rev. 1:7, (before quoted). Again we read in Matt 24:30, 31, "They shall see the Son of man coming in the clouds of heaven with power and great glory. And He shall send His angels with a great sound of a trumpet, and they shall gather together His elect from the four winds, from one end of heaven to the other."

It must be observed, however, that the Lord will not touch the earth at that time, but will remain in the air till His people are gathered to Him. Then the triumphant host will ascend with Him, the finishing touch of immortality having been imparted, and they will be brought into their heavenly Father's presence—the trophies of the victorious work of Christ. (See 1 Thess. 4:14-18; 1 Cor. 15:51-55.)

*The Force that flung the far suns into space
Pushes and throbs through an eternal plan;
The Mind that chains the singing stars in place
Implores fulfilment in the mind of man.*

—Angeła Morgan.

LONGER LIFE *and*

The pro

By Louis A. Hansen

THE search for the elixir of life has been a long one. Philosophers and alchemists of olden time have sought the something which was supposed to be the secret of long life. Many have travelled far looking for the Fountain of Youth.

The record of the many schemes offered as the secret of long years is full. Famous and infamous, savant and swindler, have announced new and marvellous means of lengthened life. And too often have such found a following of a multitude eager to drink any draught that promised length of days.

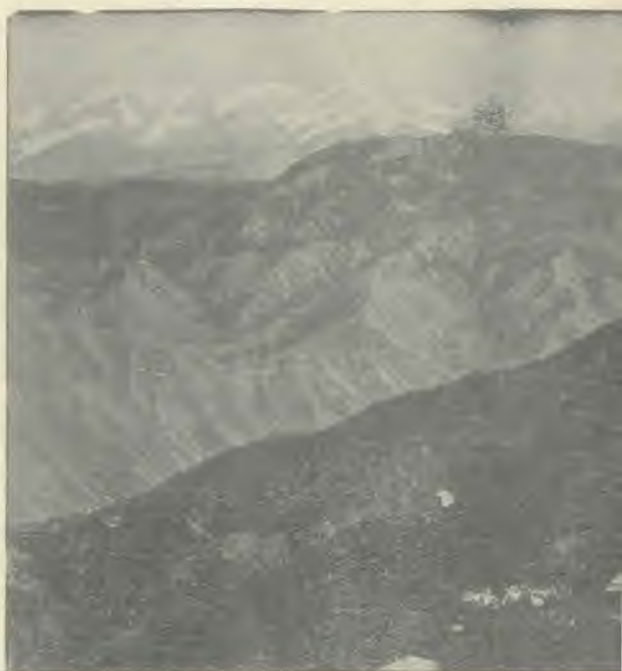
The search for long life is still on. Its pursuit follows various courses. Some devious and doubtful, absurd, and inconsistent, and others more rational and reasonable. Out of the maze of mystical and meaningless methods of exploration and exploitation there appears a more hopeful prospect of lengthened days. Guideposts are now being erected that point the way to longer living.

We still see much that is false offered as the secret of good health and long life. All sorts of nostrums to drink, every kind of appliance, ever so many schemes, countless cults, and nobody knows how many theories, make their claim to bring the one and only way to life, health, and happiness. And they all seem to find subjects enough to keep them going.

We have recently had the pseudoscientific scheme of rejuvenation through the implantation of monkey glands. Goat glands have been offered for the renewal of youth. The list of drugs for restoring vitality is legion.

Almost everything under the sun has been vaunted as a panacea for human ills. And while one cure-all after another has had its brief existence, giving way to something else as vain and worthless, the lure of the incredible, however crude or curious, is the one thing that seems to live on. People seem ever willing to grasp at any straw on which to float out of the sea of misery. The quack, the charlatan, the nostrum vender, seem sure of support. The more preposterous a fraud may be, the more prosperous its flaunting.

But we are also offered that which is sane, sensible, and substantial. Scientific research, laboratory experiment, and a careful study of statistics are making available a store of knowledge that gives fairly certain guidance in health preservation and life extension. Sound theory, based on accurate observation, is pointing the way to reliable means of longevity.



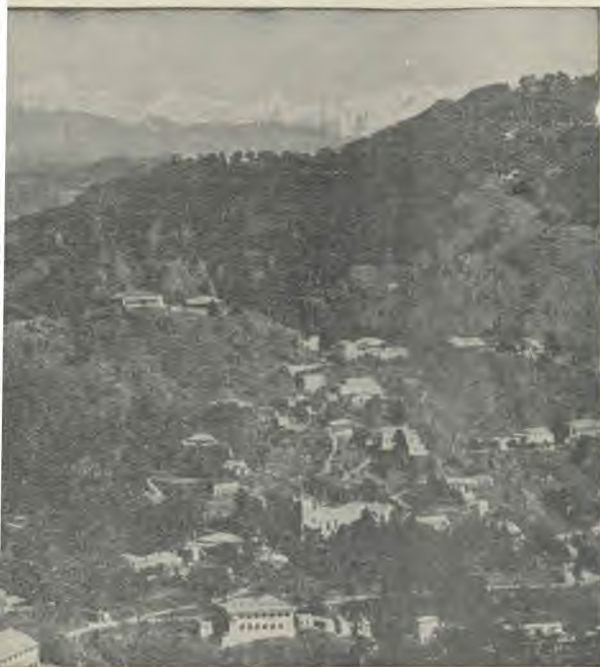
We are all familiar with the picture of father Tim—long and stooped, wrinkled and bald, with flowing beard and carrying a scythe and hour-glass. It is not a true-to-life photograph, but an artist's fancy that has been perpetuated until it is the accepted representation of time. Just as though our days are numbered and time is seeking to cut us off.

Some of us can remember when age had its distinctive class. A man of sixty generally wore a gray beard and black clothes and carried a cane. He was usually counted out of active affairs. Women of that age wore a distinctive elderly garb, and spent much of their time piecing quilts and discussing the wild ways of youth. Sixty was regarded as advanced age, one to be honoured but one which called for retirement.

Today time is not particularly designated by a gray beard. The hourglass has given way to the electric clock that never runs down, and the scythe is out of date. Men of sixty are smooth-faced, often dressed in knickers or in colours. If a cane is carried, it is not for walking; it more likely has given place to the golf stick. Elderly ladies are not so listed at the age of sixty. And they are not generally quilting. They are often the life of some social affair, if not making records at swimming or flying. You have to be a good guesser to tell the age of the elderly nowadays.

BETTER LIVING

of the body will keep it in a state of defence against bacterial attack from without, and prevent degenerative processes within.



We may not all live in such health giving surroundings as these, but we may all wisely apply the principles of health building wherever we may be.

Today some of the most responsible positions are held by men of sixty and past. Industrial leadership, business guidance, capital control, legislative responsibility, governmental departments, and even rulership may be found among those who are past threescore or more.

It is not that everybody is living to a good old age, and their best. But enough are doing so to assure us that there is not an arbitrary dead line that must bring decrepitude. There is a natural limit, to be sure, as to how long men and women may live, but authority seems to be good for pushing that limit beyond the accepted age.

More than fifteen years have been added to the average length of life in the United States in the last half century, until it is now fifty-eight years plus. Health authorities are giving serious study to adding more years through the better control of disease. It is considered possible that the average might be stretched to seventy years or more.

The longer life span of today is not based upon one chimerical scheme or fanciful dream. It is the result of intelligent recognition of natural law in relation to cause and effect and a wise application of principles of health building. Well-directed measures of sanitation, hygiene, and quarantine have eliminated a number of

diseases that formerly showed high death rates. Many problems of disease control have been solved, with many more people living longer in consequence. Disease prevention is now the larger field of medicine.

To speak of disease prevention does not imply that disease is a mysterious something outside the body seeking entrance. Disease is not a thing in itself, but a physical state due to certain changes within the body. Bacteria may attack the body, and if it is undernourished, overtired, run down, or weakened, a diseased state may result. We may call the disease by a name, tuberculosis, typhoid, malaria, or influenza. But these diseases, as such, are not stalking about trying to invade and overcome our bodies. Abuse of the body may cause certain breakdown changes, with abnormal conditions following. And the doctor may speak of diabetes, Bright's disease, arteriosclerosis, neuritis, arthritis, and so forth. Here again it is an actual state of the body, and not that some evil thing has taken abode. The fight against disease means taking proper care of the body. The proper care of the body will keep it in a state of natural defence against bacterial attack from without, and prevent degenerative processes within.

It is largely through the reduction of infant and child mortality that the average life has been lengthened. More people are thus brought to adult age. This, however, brings more to make up the large and needless mortality rate in middle age, a matter of grave concern to those interested. For those living through the middle-age period, the life expectancy is improving somewhat.

The most stubborn obstacle to further gains in the average life span is that of wrong individual living habits of grown-ups. Old habits are hard to change, and it is impossible to change the fact that wrong habits of living invite disease and premature death.

Along with the saving of child life should go child training in health habits. Good habits do not break easily, and childhood is the time when most habits are formed. Right living in childhood and youth is the best guarantee against the degenerative diseases that are now cutting down so much the middle-life average. It is also the surest way of reaching a happy and useful old age.

The secret of living longer is living better. And that means better living in every way. Length of years in invalidism is of little advantage. Life is not measured by years only. (*Turn to page 29*)

Facts and Fallacies

about DIET

By S. McClements, M.R.C.S., L.R.C.P. (Lond.)

IT is scarcely necessary for me to remind my readers that the many different substances that may be served as food are composed of seven simple materials: proteins, fats, carbohydrates, mineral salts, vitamins, cellulose, and water.

Proteins are most abundantly present in such foods as lean of meat, egg, cheese, and the gluten of wheat; and their function is to act as body-building material in growing animals, and to repair the living body tissues that vital activity is constantly destroying. It is important that we should know how much protein is required to make good the loss from vital activity, for it has been demonstrated in the physiological laboratory that all excess of protein not required by the tissues is harmful to the body, because upon the liver and kidneys is thrown the unnecessary burden of eliminating the surplus food. As a result, these organs are prematurely worn out and become incapable of performing their normal functions of destroying and eliminating the natural body wastes.

Physiologists have endeavoured to determine the protein requirement of the body by practical experiment and, after years of conflict of opinion, they are all agreed that a low protein intake is not only consistent with good health, but actively promotes it. To quote Professor Chittenden, "The smallest amount of protein with non-nitrogenous food added, that will suffice to keep the body in a state of continual vigour, is the ideal diet."

Fats, although not absolutely essential as food constituents, are extremely useful as concentrated source of energy. If eaten in excess, however, there is a strong tendency for the normal alkalinity of the blood to be diminished, and intestinal putrefaction is encouraged.

Carbohydrates include the starches and sugars, all of which, during the process of digestion, become converted into glucose. This is absorbed into the system where it is oxidized and becomes the most important source of heat and energy. The human frame is well adapted to a dietary very rich in carbohydrates, and energy in this form is more easily used than in any other.

Mineral salts containing calcium, sodium, iron, potassium, and magnesium, are found in spinach, lettuce, wholewheat meal, egg yolk, lentils, figs, almonds, potatoes, etc. Their presence is necessary for the formation and repair of bone, muscle, and blood; indeed, human and animal

life would not survive if they were absent from the food.

Vitamins, like mineral salts, come from the plant and vegetable world and their functions are to prevent certain specific diseases such as rickets, neuritis, and scurvy. Just recently it has been proved that vitamin A plays a very important part in helping the tissues to overcome infective diseases.

Cellulose is an indigestible kind of carbohydrate that forms the coarse fibrous portions of greens and the outer covering of cereals. It is not acted upon by the human digestive juices and so serves to give the food bulk, enabling it to move along the alimentary canal at the proper rate. It is by means of the roughage formed from cellulose that Nature prevents constipation and the accompanying evil of auto-intoxication.

The most important element for the sustenance of life is *water*, as it is well known that a human being, if he had the choice of having only one of the food elements mentioned at the commencement of this article, would live longest if he selected water. Its presence is essential not only as a medium in which living matter flourishes, but as a carrying agent to bring nutrition to the millions of cells that form the tissue and to remove the waste products such as urea, uric acid, and creatinine. It should be taken freely between meals as its ingestion at mealtimes promotes excessive secretion of hydrochloric acid in the stomach, and at the same time so dilutes the gastric juice that the digestive ferments are not in sufficient concentration to do their work completely.

Second-hand Materials

All food, including mineral salts and vitamins, come originally from the vegetable kingdom; flesh-foods of all kinds, while they may contain tissue-building and energy-producing foods, are second-hand materials saturated with waste animal products, which throw upon the eliminatory organs the double burden of removing the poisons normally manufactured in the human mechanism and those produced in the animal. . . . In addition, the individual cells that form the tissues, instead of being bathed with healthy lymph from the blood, are chronically subjected to the injurious effect of the poisons formed from animal proteins. Understanding this, it requires no great mental effort to realize why such degenerative diseases as cancer arteriosclerosis, chronic Bright's disease, diabetes,

and gout are so prevalent amongst carnivorous animals, including man.

On the other hand, clinical experience demonstrates that people who adhere to a properly balanced non-flesh diet, while they may be subject to the acute infections, are rarely ever troubled with any of the above diseases. It is obvious, then, what doctrine we who have the welfare of our fellow-men and women at heart ought to preach.

Flesh Foods

But unless they are taught that vegetarianism is a positive doctrine, and does not mean simple abstinence from meat, disaster lies ahead. I have known several people become fanatical in their anti-vegetarian views because they had not learned that their new diet should contain a large percentage of uncooked food. A meat-free diet, consisting of cooked vegetables, lentil and nut roasts, is almost certain to be productive of dyspepsia and accompanying mental sluggishness. But a diet rich in vegetable salads and uncooked fruit with milk, cheese, eggs, whole wheaten bread, butter, and potatoes, is the healthiest obtainable. The adoption of such a diet overcomes intestinal intoxication and tissue poisoning, prevents the onset of chronic skin diseases such as psoriasis and eczema, and promotes a surprising degree of bodily and mental vigour.

Indeed, with very few exceptions, no one can experience the pleasure of perfect good health unless his or her diet conforms to that just outlined. When we are assailed as food faddists it is well to remember that primitive man, before the art of cookery had been discovered, lived upon the products of the earth as presented by the generous hand of nature; and our less remote ancestors, men who formed Wellington's armies, lived on a somewhat similar diet. They were tall, handsome, vigorous men, each one superior to two of his adversaries.

Diet and Childbirth

The uncooked or fresh-food diet is especially beneficial for expectant mothers. Too often they are taught to eat a lot of concentrated food in order to give the growing foetus ample nourishment. The result is the difficult and painful birth of large babies weighing anything from seven to ten pounds, and the consequent damage of maternal tissue with the all-too-frequent super-vention of fatal child-bed fever. In other words, the high maternal mortality (1 in 150) is largely due to the disproportion between the size of the child and the mother. A mother fed on a correct diet should give birth to a child whose weight does not exceed six pounds; the head at birth being comparatively soft, and the actual birth giving little pain.

Choice

I cannot think two thoughts at once;
But in sequence
I can choose the ones I favour
From among the mental travellers
That come my way
To ask a moment's lodging.



I stroll in quiet lanes with Spring
When sunlight thickly coats
The fresh, broad fields;
And, one by one,
I gather flowers of varied hues—
Passing the brambles by—
And I bear them blithely home
To be my floral guests.
Why do I not as nicely pick,
With an eye for usefulness or beauty,
The guests of my mind?

—*Mary J. Elmendorf.*

Mind your FEET

By David Nolan

THE feet are two of the most useful members of the body. Without them our activities would be considerably curtailed, and the many pleasures we derive from outdoor-exercise would be for ever gone.

Walking is the best means of maintaining health. How essential, then, that the feet should be well cared for and kept in the best possible condition.

Yet these valuable members are too often neglected, and the little care and attention they periodically need is seldom thought of until they begin to become weak, painful, and troublesome.

To keep fit one must have feet that are in a good condition, for poor feet invariably affect the general health of the body.

It is most unfortunate that owing to climatic conditions we have to keep our feet in such unnatural surroundings. Encased in dark shoes and stockings during the cooler months of the year, excluded from light and air, the circulation is bound to be affected and the feet become weakened.

In the warmer months, of course, we have ample opportunity of taking off these coverings and allowing the sun and air to get to them. This, combined with exercise, will be found the best treatment for keeping them healthy and strong.

Foot Troubles

Foot troubles are very prevalent today. Some people have poor feet from birth. Such conditions as flat foot, bunion joints, deformed and weak arches, and corns may be experienced in early years. On the other hand, there are others who acquire these conditions later in life due, perhaps, to disorders like rheumatism, or to ill-fitting footwear, unsuitable occupation, dampness, etc.

If the feet are continually giving pain and discomfort, making life a continual misery, the best thing to do would be to put oneself in the hands of a qualified chiropodist who would endeavour to give relief and comfort again, and, provided the condition is not too far gone, would, by careful padding and strapping, assist the feet to regain their normal state.

Much, however, may be done at home to keep the feet healthy and strong, and in this connection the following suggestions may be found helpful:

1. Wash the feet well every night before retiring, using a good soap and a small nail-brush. Apply soap freely and afterwards rinse in cold water. Dry thoroughly with a rough towel. It is important to remember that washing does not imply soaking the feet, which is a different thing entirely and not to be recommended.

2. The nails should be cut, but not too short. They are intended for protection and should never be cut below the edge of the nail bed. They should always be trimmed straight, or slightly concave, leaving the corners free. Round cutting is usually the cause of ingrowing toe-nails.

3. Rubbing is an excellent method of stimulating the circulation and can be done by oneself at bed-time. Occasionally damp salt may be rubbed well into the feet. This acts as a stimulant and strengthener. This should be followed by a hot foot-bath.

4. Weak feet are greatly benefited by the alternate use of hot and cold water. For this treatment two small baths are necessary, one for hot water and the other for cold. The feet should be immersed in the hot water for about two minutes, followed by half a minute in the cold. After making about six changes finish off in the cold bath.

5. The free use of powder has often been suggested but this is not always to be recommended, especially where there is any tendency towards perspiration. Those who have dry feet may benefit by sprinkling a little between the toes.

6. Attention to footwear is very important. Socks and stockings should be well aired by turning them inside out every night. Better still, have a second pair which can be worn on alternate days. The boots or shoes should be rubbed around inside with a dry cloth and dusted with a little powder. Zinc and starch is quite good. This is the more necessary where the feet become hot and swollen.

7. For excessive perspiration of the feet rub with methylated spirits or witch-hazel. This acts as a stimulant, astringent, and cleansing agent.

Foot Exercises

Exercising a little every day will do much to strengthen and restore the feet to their normal tone. The exercises given below can be done in three or four minutes, morning and evening, and much benefit will accrue from their regular performance.

1. Position: Hands on hips and the left (or right) leg raised. (a) Point the toe well down towards the ground. (b) Point toe well upwards towards body.

2. Position as before. (a) Describe a circle with the toe moving from inwards to outwards. Keep the leg steady, movement taking place at ankle joint. Repeat twelve times.

3. Position: Hands on hips. (a) Raise heels. (b) Lower heels, coming down on outside borders of the feet. Repeat twelve to twenty times.

OUR HOMES

The Basket

INTO the basket of the day
Put each thing good and each thing gay
That thou canst find along the way.

Neglect no joy however small,
And it shall verily befall
Thy day can scarcely hold them all.

Within the basket of thy day,
Let nothing evil find its way,
And let no frets and worries stay.

So shall each day be brave and fair,
Holding of joy its happy share
And finding blessings everywhere.

—Priscilla Leonard.

The Value of a Struggle

By Edith L. Reid

DONNIE'S tiny fingers were earnestly engaged in trying to fasten his sandal. Time and again he almost got the end of the strap through the buckle, but each time it slipped. Donnie's brow grew puckered and his face was flushed.

"Poor little man!" mother exclaimed, discovering his situation, "I'll fix it for you."

"He could have buckled it himself after a while, if you had left him alone," said grandma.

"But I can't bear to see him struggle so hard," Donnie's mother explained.

"Struggle is essential in character building, according to my notion," grandma answered. "It's good training to let even the tiny tots struggle along to victory. Then they are growing."

"But I love to help him," protested mother.

"There you are," grandma insisted pleasantly. "That's the point that I am trying to make. Your love sometimes deprives Donnie of a great privilege."

"But while he is small and where I can help him, I like to think I am making things easy for him. He'll have worries enough when he is grown and has to stand alone."

But before grandma had time to expand her suggestion further, they both became absorbed in watching Donnie. He had unbuckled his sandal and was again concerned with the problem of getting the end of the strap through the buckle. They watched him for a few moments in silence. The baby fingers tried and failed and tried again. But at last the strap slipped through and he fastened it securely.

Donnie jumped to his feet. His eyes were

dancing with joy. His face was beaming with victory. "See!" he exclaimed. "Look, Donnie did it!"

His mother folded him in her arms and confessed to grandma, "You're right; he never looked like that when I fastened his shoe."

This is only one example of many daily instances when over-solicitous mothers allow the desire to serve to stand in the way of true character training. If the child is building a house of blocks and it falls over two or three times, many a mother will stop her sewing and complete the structure with her own skilful hands. She dislikes to hear him fuss. His cry of impatience is the signal for her to rush forward and smooth out the difficulty.

"Let mother help you" is one of the favourite phrases in the vocabulary of motherhood. But it will be wise for all mothers to consider carefully whether or not their help will be a real kindness. If a child attempts something that is within his power to accomplish, even though it should entail prolonged struggle, mother should not interfere by doing it for him.

The real test of mother love is to stand by and supervise indirectly, knowing that this self-restraint on her part is for the lasting good of the child. To commend him when he has conquered an obstacle, and to encourage him to attempt still further problems in child life, is the kind of help that advance character building.



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Timmy Plays Truant

By Daphne Lacey

IT was a lovely spring day. The sun was bright and warm, and the wind whispered in the leaves and swayed the flowers to and fro.

Timmy glanced at the clock, kissed his mother good-bye, and ran out into the sunlight.

It was ten minutes to two, and already Timmy could hear the school-bell ringing in the distance.

It was such a beautiful afternoon. What a shame to be shut up in a dark old schoolroom learning what was the capital of Russia and how nine times five make forty-five.

A naughty little thought darted into Timmy's brain.

Why go to school at all? It could not possibly matter just for this once. His feet wavered uncertainly.

Ding, dong! Ding, dong! went the school-bell.

Thumpity, thump, thump! went Timmy's heart, as very slowly he turned around, and then broke into a run in the opposite direction—away into the cool, green woods.

A big white butterfly came hovering over the ground, and Timmy, cap in hand, was soon in full chase after it.

There was plenty to do and to watch in the woods. There were insects to catch, and there was the merry little brooklet where tadpoles wriggled along; and Timmy, lying perilously balanced on the bank beside it, endeavoured to catch the slippery little creatures between his fingers.

There were squirrels that raced up and down the trees and chattered at him angrily, to show that they didn't approve of naughty little boys who stayed away from school; and sometimes a frightened rabbit would go scuttling through the bushes.

In this way Timmy wandered on and on until the sun didn't seem so warm and the breeze was beginning to grow chilly. He realised that it must be nearly his supper-time, for he was getting hungry.

Timmy's legs ached and dragged. It seemed such a long way back—miles and miles.

Suddenly he heard voices, gay, laughing voices, recognized as those of his school fellows. There was also a sound of running feet and crackling twigs.

"Don't forget the kettle!"

"Oh, mind that cup!"

"Three cheers for Miss Mayhew!"

"Hip-hip-hooray!"

Timmy stood still in bewilderment, when suddenly someone caught sight of him.

"Why, there's Timmy! Timmy, where have you been?"

"Such fun, we had a surprise holiday. It was Miss Mayhew's birthday! one of them informed him.

Miss Mayhew herself overheard the remark and turned to greet the crestfallen truant.

"Why, Timmy, what became of you this afternoon?"

"I—I," mumbled Timmy, "I just didn't go to school, and I'm so tired!" He gulped back his tears.

Miss Mayhew patted his curly head kindly.

"What a pity. I kept it a secret till the very last minute, so that it should be a surprise. You mustn't run away like that again. You never know what you are missing. We've had such a good time, haven't we, children? And I'm afraid we've even eaten all the cake, Timmy!"

"And we played hide-and-seek in the bushes, and all the games you like best!" cried Freddie Gordon.

"Miss Mayhew brought all the things to school with her, and when the bell went, she told us she had a surprise for us and would we like a picnic." The reciter stopped for breath, and someone else took up the story, eager to enlighten Timmy.

"And so we just put our books back into the desks, and Miss Mayhew fetched the baskets and and we went into the woods, and we had iced cakes, and biscuits, and fruit and cream. Oh, it was fun?"

Poor Timmy's mouth watered at the thought of the treat he had missed. He (*Turn to page 30*)

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MEATLESS RECIPES

A Menu for the Festive Season

| | | |
|---------------------|-----------------------|------------------------|
| | Fruit Cup | |
| Tomato Bisque | | Wheatmeal Rolls |
| Frozen Cheese Mould | Mayonnaise | Celery Hearts |
| | Pistachio Nut Loaf | |
| Cauliflower | Mashed Potatoes | Gravy |
| | Steamed Fruit Pudding | Lemon Sauce |
| | Asparagus Au Gratin | |
| Apricot Ice | Cereal Coffee | Mixed Nuts and Raisins |

FRUIT COCKTAIL

$\frac{1}{2}$ cup powdered sugar, 1 cup canned cherries,
 $\frac{1}{2}$ cup orange juice, $\frac{1}{3}$ cup grapefruit juice,
 1 cup canned pear cubes.

Mix together the sugar, orange juice and grapefruit juice and chill. Remove the pits from the canned cherries, using either the white or red variety and cut the pears into cubes before measuring. Place fruit in cocktail glasses, fill with liquid.

TOMATO BISQUE

3 cups stewed tomatoes, $2\frac{1}{2}$ tablespoons vegetable
 4 cups vegetable broth, butter,
 4 tablespoons chopped onion, 2 tablespoons nut paste,
 1 sprinkle of thyme, salt
 A large sprig of parsley, to taste.

Put vegetable butter, parsley, onion, seasoning into a small saucepan, and let simmer for a few minutes. Add all the liquids, and boil gently for 30 minutes. Dissolve the nut paste in a small quantity of warm water, and add to the soup. Mix well, salt to taste, strain, and serve.

PISTACHIO NUT LOAF

$1\frac{1}{2}$ cup pistachio nuts, 2 cups green peas pulp,
 1 cup bread crumbs, $\frac{1}{2}$ cup thin cream or rich
 2 teaspoons grated onion, milk,
 $1\frac{1}{2}$ teaspoons salt.

Wash the nuts in cold water and plunge into boiling water for two minutes, remove and rub off the skins between clean, dry cloth, or slip them off with a sharp knife. If the nuts stand long after cleaning they turn brown.

Cook $1\frac{1}{2}$ seers of peas for the pulp. Brown the fresh bread crumbs to a golden colour. Brown the onion in a very little butter. Mix the browned onions with the peas pulp, add the cream and salt and fold in the browned crumbs and nuts. Reserve a few of the nuts to sprinkle on the bottom and sides of the buttered baking pan. Fill the pan with the mixture and bake in a moderate oven forty-five minutes. Turn out the nicely browned loaf on a hot platter and serve with a well seasoned gravy.

FROZEN CHEESE MOULD

$\frac{1}{8}$ box vegetable gelatine, 1 cup fresh shredded
 1 section of cream cheese, pineapple,
 1 cup whipped cream, 1 small bottle stuffed
 1 cup raw mayonnaise, ripe olives.

Dissolve the gelatine in two tablespoons of hot water. Mash the cream cheese and add slowly to the whipped cream which has been combined with the mayonnaise. Slice the olives, drain carefully and fold all ingredients lightly together. Place in a mould, spread with wax paper, cover and pack in ice and salt (two parts of ice to one of salt) for three hours. Turn out on to serving dish. Garnish with lettuce hearts and serve with mayonnaise.

ASPARAGUS AU GRATIN

Make neat rounds of crisp fried toast. Grill slices of tomato. Place on the toast and cover with a few asparagus tips. Sprinkle with cheese and place in oven until cheese is melted.

STEAMED FRUIT PUDDING

$\frac{3}{4}$ lb seeded raisins, 1 teaspoon cinnamon,
 $\frac{1}{2}$ lb currants, $\frac{1}{2}$ teaspoon salt,
 $\frac{1}{2}$ lb butter, $1\frac{1}{4}$ cups milk,
 $\frac{1}{2}$ lb candied citron, 1 qt. stale bread
 1 cup sugar, crumbs,
 5 cups chopped apples, 2 cups flour,
 Juice and rind of one-half lemon.

Cream the butter and sugar. Add the seasoning. Add the milk and one cup of flour alternately. Mix the fruit with the remainder of the flour and turn into the cake mixture. Fold in the grated bread crumbs and lastly the apples. Turn into a mould and steam for five hours. Serve with lemon sauce.
(Turn to page 30)



Ques.—"Will mineral oil aid in preventing appendicitis? Will the use of mineral oil become a habit?"

Ans.—Mineral oil may possibly aid in the prevention of appendicitis in cases where there is a tendency to constipation. But probably appendicitis is usually an infection carried down from some other infected spot, such as the tonsils. I do not think the use of mineral oil need become habitual, but it is somewhat expensive, and the same result can often be obtained by the use of laxative foods.

Ques.—"What causes too much acid in the stomach? Does this condition cause ulcers? Can it be cured by diet?"

Ans.—I do not know that I can tell you much regarding the cause or whether hyperacidity causes ulcer of the stomach, or ulcer of the stomach causes hyperacidity. I do know that the two are associated frequently, and there are some doctors who think that the ulcers come first.

Diet certainly has much to do with hyperacidity. One class of foods tends to increase the amount of acid in the stomach, and does nothing to neutralize the acid or combine with it. This is cereals, including bread, and especially the foods which are dextrinized, such as toast, zwieback, brown crusts, and the like.

While eggs tend to increase the acidity, they also combine with the acid in such a way as to render it less irritating. Meat is even stronger in causing acid secretion, but it also combines with the acid to render it less irritating. I think the ideal food, in cases of hyperacidity, is milk, and especially cream; for these foods do not increase the tendency to form acid, and on the other hand, they neutralize a considerable quantity of acid.

So if I were you, I would use very largely of milk and its products, and go very sparingly on the cereal foods. Egg yolk, butter, olive oil, and the like tend to protect the stomach wall from the intense acid, so are usually well borne.

Ques.—"What can one with beginning arteriosclerosis do to stay the process?"

Ans.—First, have your doctor make sure that any focus of infection (as in tonsils, or gums, or nasal sinuses) is cleared up.

Second, keep down your weight to a little below the average for your age and height. This may mean a reform of your diet habits.

Alcohol, tobacco, tea, and coffee may increase the blood pressure and the tendency to arterial hardening, but eating in excess of the body's needs is more damaging to the arteries.

Live a calm, quiet life. Do not get excited. Nothing is so likely to raise the pressure as a brain storm. All depressing mental conditions are unfavourable.

Avoid muscular strain—anything which greatly increases the pulse rate or causes panting.

Ques.—"Why do my ankles sometimes swell? Is it the kidneys?"

Ans.—As to the swelling of the ankles, it may be due to the heart or to the kidneys. It would take an examination to determine which.

Ques.—"What can one do for hands, and especially fingers, that are dry, cracked, and painful? Vaseline and salve do no good. Glycerin helps a little."

Ans.—Use glycerin and rose water, or equal parts glycerin and water, or glycerin and witch-hazel, on the

affected parts, and do not wash with water. Wear gloves at night, after rubbing in thoroughly one of the greaseless skin preparations.

Ques.—"Is erysipelas a contagious disease or a family disease? What can be done for prevention and cure?"

Ans.—To your first question I might answer, "Both;" for erysipelas is to some extent contagious, and can be transmitted by contaminated clothing and the like. The members of certain families manifest a very low resistance to the germ, and so are quite liable to infection. To this extent the disease seems to have a hereditary feature.

Prevention would include all antiseptic precautions, to destroy the germs and prevent their spread. The patient should be isolated, and his laundry and clothing and the bedding disinfected. Particularly dangerous is it for some of the erysipelas germs to get into a wound, even a pin scratch. The inflammation may be spread over the face as a result of picking the nose with an infected finger.

Among the local applications that have been recommended for erysipelas are, picric acid, 1 part in 100 of water; Epsom salts, a saturated solution; salicylate of soda, 5 parts to 100 of water. One other highly recommended application is buttermilk, giving the patient all the buttermilk he will drink, and applying buttermilk to the inflamed area.

If possible, the patient should have the attention of a regular physician.

Ques.—"What is the cause of diabetes, and is it curable by natural means?"

Ans.—Diabetes is caused by a failure of a portion of the pancreas to secrete a substance—insulin—which enables the body to use sugar. As the body cannot use it, the sugar is passed off as waste. The breaking down of pancreatic activity may be due in the first place to overeating, especially of sweets and starches. The diabetic is usually overweight. In some cases, perhaps, in an early stage, a diet that borders on starvation may greatly relieve the trouble. But after it is well established, about all that can be done is to keep the patient under permanent observation, regulating his diet carefully and furnishing insulin according to the body's need. The insulin is in no way curative, but merely takes the place of the insulin which the body fails to secrete.

Ques.—"Kindly give some instruction on care and preservation of the hair. Is common face soap injurious to scalp and hair?"

Ans.—If your scalp is free from dandruff, about all you need to do is keep a good circulation in the scalp. This may be done with massage. With the fingers of both hands spread and applied to the scalp, move the scalp vigorously in various directions over the deeper tissues. Do this twice a day. You can keep it up for say five minutes and get a vigorous circulation, and in this way better nutrition of the hair. But more important than this, you should be very careful to avoid dandruff by never using comb, brush, or towel used by another. I suspect that in some barber shops where they are not careful enough to sterilize combs, etc., one can very easily become inoculated with the germs of dandruff.

If you have dandruff, it is necessary to give vigorous treatment for the same and keep it up for a long period, for the germs may be down in the lower layers of the outer skin and perhaps in the mouths of the glands, so it is difficult to reach them all.

Any good toilet soap is good for the hair; but when the natural oil is removed in this way, it may be better to use some good oil to replace it.

How to Avoid CANCER *in* WOMEN

Much of It Is Easily Prevented

By Brooke Bland

THE primary cause of cancer is still obscure, but the secondary, or exciting, cause for the most part is known. This is especially true of cancer in women, and it is this secondary phase of the trouble that the doctor can conquer. It is comparable to smoke that precedes a flame and hence can be subdued.

Cancer rarely, if ever, begins as a cancer whether on the surface of the body or in some organ in the interior of the body. It almost invariably has its starting point in some simple, feelable, and often visible thing, as a lump, an abrasion, an ulcer, or a common sore which persists and refuses to heal. This early stage is not cancer but an ordinary condition responsive to treatment.

If these simple, painless, apparently harmless conditions were more seriously considered by all the people everywhere and given proper attention, say for a period of ten years, the prevalence of cancer would diminish almost to nothingness.

The observance alone of the rules herein laid down for the short span of a single decade would largely result in the conquest of the disease, would almost wipe it from the map.

The disorder may arise in womanhood at any age. It may be found in young girls and in those who have reached or passed the equator of life's span. For the most part it is found in those who have reached the meridian of life; namely, from the fortieth to the fiftieth year, and at this time it is responsible for more casualties than all the infectious diseases combined.

Speaking now more intimately of the disease as it occurs in women, I may say that no organ in the body is free from attack. Cancer may occur everywhere, though the organs commonly affected are the breasts in women who have not borne children and the organs of reproduction in those who have borne children.

In women, more than one-third of all cases of the disease develop in the uterus (womb), the organ chiefly concerned in childbearing. More than 95 per cent of the cases of cancer developing in this organ are found in women who have had children and especially in those who have had more than one child.

It is almost physically impossible for a woman to give birth to a baby without sustaining

some injury, however slight, to some part of the birth canal. The most frequent site is the neck of the womb, and it is here that more than 75 per cent of the cases have their origin.

Let me here make a beseeching appeal to all mothers to observe the rules outlined by the family physician during pregnancy and to be absolutely certain that they receive the highest type of service during and after the birth of their children. If injuries of the uterus could be prevented or if they were corrected immediately after confinement, the menace of cancer, so far as it effects that organ, would be almost completely overcome.

It has been conclusively demonstrated from a study of many thousand cases that cancer seldom if ever develops in the uterus after lacerations have been repaired. On the other hand, a woman with an unrepaired laceration in the neck of the uterus cannot be looked upon as safe from future trouble.

The best safeguard against cancer is for a woman to have all lacerations or injuries properly cared for. It is the best possible form of life insurance.

There is nothing one can point to that definitely predisposes to or favours the development of cancer of the breast. A small, painless, hard lump in the breast substance appears. In the majority of instances the lump is not cancer but a forerunner of the disease. Rarely is cancer associated with pain in the breast or anywhere else, and it is a safe working rule to follow that the patient who complains of pain in the breast does not have cancer.

Cancer never gives rise to discomfort or pain until it reaches extensive proportions. As long as a lump in the breast is allowed to remain, it is a menace, and by having any abnormality of this sort promptly removed you can materially aid in overcoming cancer. To ignore it is to court trouble. Cancer usually announces itself in a characteristic fashion and hence it provides all of us an opportunity to help blot it out.

"SOAK every night two tablespoons of raisins with two tablespoons of water and the juice and pulp of a lemon. Take on rising in the morning. It is excellent for constipation."

Rheumatism

(Continued from page 12)

Rheumatic fever occurs in both sexes and at nearly every age, but it is rare after fifty years, and in infants. It is rare in the tropics, where much fruit is eaten. The rheumatic virus may gain an entrance to the body through the nose, throat, and teeth. The tonsils, however, constitute the commonest focus of the disease.

The most serious fact of the disease is that it attacks the heart, and may produce permanent disease. If, however, the rheumatic tendency is overcome, life may be prolonged to a good old age—the disease in these cases is not progressive, and is not followed by degeneration of tissues. The writer once examined a man who had this form of heart disease at 104 years of age, and who stated that it had existed for fifty years.

Rheumatism in Children

Children occasionally have what may be called rheumatic heart conditions without any history of rheumatic fever except St. Vitus's dance (chorea) and "growing pains." "Growing pains" are not natural; they show a tendency to rheumatism, and should receive careful attention. Such children should abstain from all flesh foods, and eat freely of fresh fruit and green vegetables (with meals); they should be comfortably clad, but not excessively. Outdoor exercise and well-ventilated bedrooms are essential.

Preventive Treatment

Diseases of the nose, throat, tonsils, teeth, and the gums should receive special attention. Damp clothing should be changed at once. Outdoor exercise keeps the circulation free and the skin and other excretory organs active. Those predisposed to rheumatism and infective arthritis should live in well-drained districts; low-lying, clay-bottomed soil is especially injurious.

The diet is of utmost importance. Foods that leave in the system acid waste products, such as all flesh foods, must be avoided. Denatured food, such as white bread, and foods made from white flour, should give place to wholemeal bread and wholegrain foods, such as granose, oatmeal, corn flakes, etc. Professor Sherman of Columbia University states that whole-wheat flour contains twice as much calcium (lime), more than four times as much phosphorous, and five times as much iron as does white flour. It is better to avoid all so-called refined manufactured cereal foods. Daily bathing of the body is helpful.

Treatment of the Fever

The patient should remain in bed for a week after the temperature falls to normal. While the fever is at all high, the patient should live on fruit juices and milk given at different times. Orange and other fruit juices freely administered give better results than any drug treatment. There is no fear of overdoing the fruit juice.

The heart's action should be watched, and if at all irritable should be quietened down by cold water applications. A small hot-water rubber

bottle filled with cold water and placed over the heart, may be used for half an hour at a time four or five times a day.

Of course, rheumatic-fever cases should always be watched by a medical man.

Is War a Necessity?

(Continued from page 7)

with God is resumed, harmony among men will follow as day follows night.

Yet this road man will not take. When Jesus came to bring "peace on earth" at His first advent, His message was scornfully set aside. He came "to His own," but even they "received Him not." Today the way of peace still remains unheeded, while the spirit of hatred is leading the nations on to self-destruction.

When God Takes a Hand

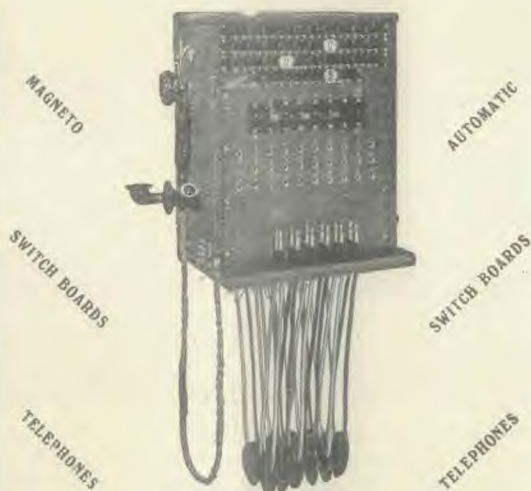
But though mankind is plunging headlong to disaster, God will not permit His plans for the world to be forever frustrated. When man has done his worst, God will take control of affairs and establish His own kingdom of eternal peace.

I WOULD advocate walking as the ground work of all physical fitness. Five miles a day. You cannot beat it—and the more the better.—*Andre Rolet.*

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The Most Wonderful Story

(Continued from page 11)

He felt sorry for his Friend when the crowds rejected Him. It grieved him to think of them turning in blind, unseeing fury on One who had no thought but for their best good. What a tragedy of misunderstanding! It saddened his Friend, too; He looked wan and deeply meditative; but John could not help Him. It was all beyond his comprehension. He felt that things were getting out of his reach. The two were seldom out of each other's company now. John had that strange presage of disaster, the consciousness of walking on into darkness to the end. If he could only have understood!

John Sees His Friend Again

But it was all very clear now; now that he could look back on it all from the vantage ground of subsequent experience; now after the long years had passed and he was old. Ah, yes, he understood now, for he had seen wonderful things since those terrible days when his Friend's life and mission had ended so tragically, so abruptly, and apparently in such failure. He remembered that he had never expected to see Him again. He had thought that that was the end of it all. But he had seen Him when the grave had yielded Him up, and years later he had seen Him once more in vision. He had seen Him seated on the throne that controls the universe, and around about that throne were "every creature which is in heaven, and on the earth, and under the earth, and such as are in the sea, and all that are in them," and he heard all these saying, "Blessing and honour, and glory, and power be unto Him that sitteth upon the throne, and unto the Lamb for ever and ever." Rev. 5: 13. And again he had seen heaven opened, and behold "a white horse; and He that sat upon him was called Faithful and True, and in righteousness He doth judge and make war. His eyes were as a flame of fire, and on His head were many crowns; and He had a name written, that no man knew, but He Himself. And He was clothed with a vesture dipped in blood: and His name is called the Word of God. And the armies which were in heaven followed Him upon white horses, clothed in fine linen, white and clean. . . . And He hath on His vesture and on His thigh a name written, KING OF KINGS AND LORD OF LORDS." It was John's Friend.

His Friend's Mission Had Not Failed

John was old now, very old, but he understood. And as those scenes of his youth were revealed again in the illuminating rays of life's sunset, he saw them in a new and wonderful significance. He knew now that that Man who came into his life and filled those wonderful three years with all the wealth of the richest association any man has known, was his God come down from His throne to draw him and men like him with "the cords of a man, with the bonds of love"; that his Friend was no other than the Word that was from the beginning who made the worlds by the Word

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of His power; the everlasting God to whom David ascribed the "greatness, and the power, and the glory, and the victory, and the majesty." He knew now that his Friend's mission had not failed. The marvellous fact that his Friend had tried so hard to explain to him had at last dawned on his soul; that "God so loved the world, that He gave His only begotten Son, that whosoever believeth on Him should not perish, but have everlasting life," because "He gave His life a ransom for all."

And as the wonder of it thrilled his soul, he sat down to write the most wonderful story in the world. You can read it there in the Book. Some will tell you it is only a myth, but you will know different as you read and study it with prayer for God's enlightenment. It is full of the simple but powerful assurance of that humble fisherman who knew his God so intimately because He was his Friend. It is full of the glorious certainty of one who has seen Him as a humble toiling man, "a man of sorrows and acquainted with grief"; and yet also as the One "that rideth upon the heavens," "King of kings and Lord of lords."

So he wrote that we too might have fellowship with his Friend; that His life which was the light of men, might come into the darkness of our self-centred existence, that we too might walk with Him, and sit at His feet, and listen while He speaks the words of life; that we might learn the wonderful truth that "greater love hath no man than this, that a man lay down his life for his

friends." Then, when, once again, as the Majesty of the universe, He comes to turn the last solemn page of earthly history, the Man who walked the streets of earth and took up the little children in his arms, John's Friend and our Friend, too. And then while this earth's day is drawing into night, and they that know Him not are like these great, gray ghosts of clouds slipping in sinister silence over the dead eastern horizon into eternal night, we may be there with John in the glory where the west lights up in the crimson loveliness of sunset.

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Green Vegetables Necessary for Blood Building

BECAUSE the blood contains iron, it has been the practice of physicians for many centuries to administer iron in various forms to persons suffering from anæmia. In some cases, patients have seemed to be benefited, but the more scientific methods of checking results employed in modern times have raised many doubts in the minds of progressive physicians with reference to the value of these products of the chemical laboratory. Numerous investigators in recent times have published results which show that something more than iron is needed for rebuilding the blood.

At the Thirteenth International Physiological Congress recently held in Boston, Dr. A. Zih reported a series of observations on rabbits which showed that these animals on an adequate diet rich in vitamins and other food factors became anæmic if not supplied with green vegetables. Such rabbits, if given grass after they became anæmic, rapidly recovered.

The author concludes that chlorophyll, the green colouring matter of plants, is somehow essential for the production of red blood corpuscles. This same belief has been reached by many observers in recent years.

Green vegetables should be made a liberal part of every day's bill of fare. Persons suffering from anæmia should eat liberally of spinach or other greens at least twice a day.—*Selected.*

Why Milk Becomes an Essential Food

(Continued from page 5)

The fat in milk is furnished in an emulsified form instead of as a free or neutral fat as found in meats. In an emulsified form fats do not interfere with the digestion of the proteid or other food elements as is the case with free fats. They are not so apt to produce fermentation or the formation of butyric acid.

The fat in milk also contains that vital something known as vitamin A. This vitamin is needed for the promotion of growth in children. When deficient in the diet, growth is interfered with. The vitamins in cereals and vegetables though present, are frequently destroyed in preparing the foods for table use. They may be destroyed by supercooking, or by the addition of baking soda. Since milk furnishes practically all the vitamins, it is highly important to furnish milk with such foods.

Before cooking of vegetables and fruit and milling of cereals was invented, man undoubtedly lived on fresh fruits, cereals in their natural state, nuts, and probably the green leafy vegetables. In these were supplied all of the essential food elements.

Primarily all these elements are derived from the soil, air, water and sunshine. They are stored up by the vegetable kingdom as food for the

animal kingdom. The cow derives these elements from this source, furnishing them in the milk. In civilized lands milk remains a necessity so long as dependence is placed on the prepared foods which are at present furnished on our tables.

The time was when milk was a source of danger and many of the diseases of childhood were due to its use. Of recent years great care is exercised in securing the milk. The milking is done under more sanitary and cleanly conditions, it is carefully bottled, and before being delivered to the consumers, is pasteurized. This makes it a safe food for the modern table. Pasteurization or boiling of milk may destroy some of the vitamins, but milk that is boiled forms a softer and a smaller curd, and is better adapted for human consumption. In some of the best baby hospitals all of the milk supplied to infants is boiled. The vitamins may be readily supplied by giving a little orange juice between the feedings.

There are those who say milk disagrees with them. It should be remembered that milk is a *food* and not a *drink*. The infant gets its supply in a minute stream. The suction necessary stimulates the salivary glands and incorporates the saliva with it. The saliva prevents the formation of large hard curds, which is apt to be the case when taken as a mere drink. The small soft curds formed when milk is taken in a natural way are readily digested even by the infant. They seldom cause disturbance. The best way is to take with milk some bread or crackers; something that requires mastication, or else suck it through a straw. In either case this incorporates the needed saliva and makes it more digestible.

Again milk may disagree when wrongly combined. Sugar when freely used with milk does not make a suitable combination. It is apt to produce fermentation. So long as we use devitalized and super-cooked foods, milk is a necessity in the maintenance of health for old and young.

Longer Life and Better Living

(Continued from page 17)

Leaving out the joy of living would not leave much in favour of long living.

Seneca said, "Nothing is more dishonourable than an old man, heavy with years, who has no other evidence of having lived long except his years."

It is normal for the aging to show certain changes. They naturally incline to drop out of many activities; both their desire and capacity for carrying on diminish. Interest and enthusiasm may lag. Adaptability to change and adjustment to new conditions are more difficult. There is less inclination to new undertakings, all of which is but natural with the normal ebbing of powers. It is when these changes appear around middle age that they indicate premature failing of powers and early aging.

A good definition of real health is this: "Health is the highest degree of efficiency prolonged over the greatest period of time." It is the quality of life that renders the individual fit to live most and serve best."

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"The Pre-Memory Mind"

(Continued from page 4)

in almost every case, become a part of their subconsciousness. Remember that the effect of all the young child's surroundings, his early training, the attitude of his superiors toward him, the atmosphere of his home about him, is all registered permanently in his subconscious mind, the actual events themselves being forgotten. And remember that at this time in his life, he must be not only trained to self-control and a proper attitude and reaction toward life's uncertainties, but also he must have built up within him as a part of his subconscious mind the sense of self-respect and dignity upon which he can build consciously and effectually in later years. Remember that while this is especially true during, say, the first five years of his life, it is true also up to the age of adolescence. And remember that the age of adolescence is the age of reaction, favourable or unfavourable toward the subconsciousness developed in pre-memory years.

"CRAMPING of the muscles of the legs is a frequent neurasthenic symptom. A very painful form sometimes occurs in elderly people as a result of hardening of the arteries of the legs. A cramping muscle can generally be relieved by firm pressure made by grasping the limb with the hands."

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A Menu for the Festive Season

(Continued from page 23)

LEMON SAUCE

1 pint boiling water, Juice and rind of one lemon,
1 cup sugar, 3 tablespoons flour,
2 tablespoons butter.

Braid the flour with cold water and add the boiling water. Cook twenty minutes in a double boiler. Cream the butter and sugar and add the lemon. Pour the hot liquid over this, stirring all the time. Cool and serve on pudding.

APRICOT ICE

1 qt. tin of apricots, 2 lemons,
6 oranges, 1 cup sugar.

Put apricots, both juice and pulp, through a colander, add juice of six oranges and two lemons. Sweeten to taste and freeze as for ice-cream. When frozen, pack.—*F.*

ALCOHOL is not a medicine, it aggravates disease and hastens death, it is productive of physical and mental degeneracy, and should be no longer prescribed by intelligent physicians. It is the best possible persuader of diseases, and damaging even in small quantities.

—*Dr. DeWit G. Wilcox.*

Japan's Increasing Population Threatens World Peace

(Continued from page 14)

To the sufferer, Christ offers healing of soul and body. To the disappointed, He gives "the peace of God that passeth understanding." To the sorrowful, He grants perfect solace. To the weak, He proffers the strength of the eagle and of the lion, kingly, unafraid. To the discouraged, He points out the way of hope with eternal foundations. To the dying, He promises the resurrection of eternal life. To the poor, He guarantees the pure gold of Ophir—riches that neither moth nor rust can corrupt. To the vanquished, He vouchsafes triumph over the mighty tyrants—Satan, sin, and death.

Timmy Plays Truant

(Continued from page 22)

loved iced cakes and cream and games as much as any other little boy, but he had missed it all through being so naughty!

It was a very weary, hungry, and regretful Timmy that slowly opened the garden gate that evening, and we think it will be a long, long time before Timmy plays truant again.

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