

THE
ORIENTAL
WATCHMAN
AND HERALD OF HEALTH



G. I. P., Railway Publicity Bureau

CHARLOTTE LAKE, MATHERAN

Read in this Issue—

HOW TO LIVE ANOTHER YEAR



A LAUDER made of aluminium, weighing only four ounces, was exhibited recently in London.

IGNOR BALAZZI, an Italian, who has already invented a diving-tower that has been successfully operated at 1,000 feet, announces that he has perfected another, in which a diver is able to work at a depth of 3,000 feet. It is constructed of light sheet steel. The interior is covered with rubber, and there are six unbreakable windows.

AT the Mount Wilson Observatory in California, where the great 100-inch telescope is installed, the astronomers have announced that 30,000,000 star clusters are within reach of the telescope's vision. The discoveries of these astronomers, with the aid of their gigantic telescope, have convinced them that the universe is not static, but expanding. They have found no physical boundaries to the universe.

A CRYSTAL-CLEAR substance, known as sakaloid, has been made by an Englishman out of sugar or treacle. It is causing a good deal of interest in sugar-producing countries. It can be moulded in any shape or form, or can be rolled into plates like glass. It is an excellent electric insulator, and is transparent to ultra-violet rays. Like bakelite (which was made from carbolic acid), and like the casein extracted from milk, which is made into umbrella handles, etc., this sakaloid may become an important world commodity.

A DEMONSTRATION of a moving-picture camera, which can take ten times as many exposures a second as the machines now in use, has been given before the Academy of Sciences, Paris. From 2,000 to 3,200 views a second can be recorded by this machine, the invention for Dr. A. Magnan and M. Huguenard. By means of it one may see exactly how a fly works its wings when flapping them ninety times a second. This opens up new possibilities to biologists, and also to aviators, who may learn much from such films depicting the flight of insects and small birds. The inventors expect to perfect their machine to a point at which it will record 10,000 exposures a second.

THE lyre bird is one of the most timid creatures in the Australian bush. It is so named from its beautiful tail, whose main feathers curve like the arms of a lyre. It is famous for its wonderful power of mimicking every other bird in the bush—the greythrush, pilot bird, butcher bird, whip bird, parrot, cockatoo, and the kookaburra that laughs and chuckles. Mr. Tom Tregellis has spent eighteen years studying lyre birds in their native haunts, thirty miles from Melbourne, Australia. For the past eleven years he has spent his week-ends in a home made out of a hollow tree trunk. The lyre birds have grown used to him, and one follows him about like a dog. He has seen them dancing on mounds which they make on the ground. These mounds are four feet across, and the males prance up and down them showing off their beautiful tails. When the broadcast was made, a mirror was placed on the ground close to the microphone which was connected to a telephone a quarter of a mile away. The bird mimicked all the other birds of the bush as he watched his reflection in the mirror. The broadcast was transmitted and heard even in England.

ONE place which is not complaining about bad business is the United States Patent Office. Inventing, it seems, is going on as usual. Last year was the biggest on record, with 117,789 applications and 49,599 patents issued. In the past ten years more patents have been granted than in the first century of that country's history.

THERE is a plant, named stevia, which grows in South America and contains elements that tastes sweeter than sugar. A very small piece is sufficient to sweeten a cup of coffee or tea. Two French chemists discovered that this plant contained a chemical union of common glucose and another compound which has very little taste. These two, combined, are intensely sweet—three hundred times sweeter than cane sugar.

THERE is a new invention which may enable the blind to read ordinary print with the aid of electricity. When a spot of light is passed through a printed sheet and thrown on to a photo-electric cell each letter sets up electrical impulses whose variations correspond to its shape. By means of relays the electrical impulses can be used to raise embossed marks on a very thin sheet of aluminium. These are easily read by the blind man's sensitive fingers. The embossed sheets may be kept permanently, or can be flattened out between rollers for future use. In its present form the apparatus enables printed matter to be transferred to the aluminium sheet and read at the rate of twenty words a minute.

DR. CARVER, a negro scientist, who is the agricultural chemist of Tuskegee Institute, U.S.A., is co-operating with a member of John Hopkins Institute in the development of a vegetable food for babies. This will be used in Africa and China, and other places where milk is not available. Dr. Carver has made many other wonderful contributions to science. He has derived 202 useful products from peanuts; 118 from sweet potatoes; and 300 colours and tints from the red clay of Alabama where Tuskegee Institute is. Among these colours is a blue that is stronger than any other on the market, and is said to be identical with the long lost secret of the blue tint used to paint the tombs of ancient Egyptian kings. Dr. Carver is now on the trail of the famous Egyptian purple, another lost secret.

IN the town of Guelph, Ontario, Canada, is a prison which has no walls or bars, and no guards with guns or clubs. A prisoner can escape at any time if he feels so inclined. This prison has been in operation for over twenty years. It contains a thousand acres of farm and orchard land, a woolen mill, a cannery, a wood-working factory, a bed factory, and a quarry. There are 700 prisoners who do all the work, and many of them are some of Canada's most dangerous criminals. A hundred of them are in for life. Each prisoner has a comfortable place to sleep in; good food to eat and plenty of work and entertainment to keep him busy. He is taught a trade, if he has none already, and the money paid for it is kept for him until his release, or sent to his family. There has never been a riot in this prison, while escapes average not more than two a year. A similar institution is run on similarly successful lines in Massachusetts, U.S.A. These two examples, and the number of them is increasing, go to show that prisons can be run successfully on scientific and humane principles.

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How the BODY WORKS

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

THE human body is the most wonderful piece of mechanism the world has ever seen. The past century has indeed witnessed inventions, but the finest of these appear but crude contraptions when compared with the human machine.

Just as there is a difference between the body and human productions, so there is a difference between the minds responsible for these. One reveals the thoughts of a wonderful, clear, and intelligent brain and calls forth our admiration for the inventor. The other bears unmistakable evidence of a divine Author and directs our thoughts to Him. It seems impossible to believe that anyone can study Nature or the human body without being impressed with the existence of a supreme, divine Creator. All the wonderful structure of the human body did not come together by chance or by evolution from a lower order of things. The whole mechanism—every cell, fibre, and organ—bears evidence of the fact that it is the work of a personal, supreme Being whose knowledge, wisdom, and power exceed the limits of human comprehension.

Origin of Life

When we get down to the very beginning of things we find that man starts life as a single cell. This female cell, or ovum, when fertilized by the

A HAPPY NEW YEAR TO ALL

A Health Resolution

WHEREAS, The fullest enjoyment of life and its largest usefulness are impossible without health of body, and recognizing that I owe it to myself, to my friends, and to my family to keep myself in as good physical condition as possible, thus sparing myself needless suffering and loss and saving others from unnecessary labour, expense, and anxiety; and,

WHEREAS, My own health is largely dependent upon my own relation to the laws of health, through which God works to give His creatures physical wholeness; therefore,

I resolve, That for the new year I will faithfully do my part in conforming to the simple laws of life, and will, so far as possible, seek by all rational and reasonable effort to make use of the natural means of health. To this end I will observe personal hygiene and cleanliness, eat and drink for strength, be temperate in all things, and do all within my power to attain and maintain the best possible physical condition.

male element, divides and multiplies rapidly into many smaller cells. These gradually arrange themselves into various layers and groups, becoming slowly differentiated until they form the organs and structures of the human body.

An adult, fully-developed body is still composed essentially of cells. These are minute particles of *protoplasm*, or living matter, surrounded by a thin membrane and containing a nucleus. Protoplasm is the basis of all life. All the complex workings of the body depend upon cell life for their action. Our health, our emotions, our failure or our success in life can all be traced to the condition of these tiny structures.

As development progresses, the cells become further grouped together to form tissues and organs, and these again are arranged in systems. Thus we have the *osseous* system, or skeleton; the *muscular* system; the *circulatory* system, comprising the heart and blood-vessels; the *respiratory* system; the *nervous* system, consisting of the brain, spinal cord, and nerves; the *digestive* system; etc.

In this series of articles we hope to study something concerning the structure, functions, and care of the various systems. In other words, we will take up a few simple facts from the anatomy,

physiology, and hygiene of the body which everyone should know.

Anatomy is the study of *structure* and deals with the way the body is made. Thus the shape, size, or position of an organ in the body would come under the heading of anatomy. *Physiology* is the study of *function* and has as its object an understanding of the complex processes of the body such as digestion, the action of the heart and other organs. *Hygiene* deals with the care and intelligent use of the body so as to keep it in good working order.

The Human Machine

The human body is a structure capable of thought and intelligent, independent action. These qualities distinguish it from all man-made machines. In structure it consists of a bony framework, or skeleton, around which are grouped the various organs and muscles. Tissues are interposed between these like packing material to make the structure firm and compact, and the whole is covered by an external membrane or skin.

The body is controlled by one supreme governor, or brain. This acts through the nerves which spread out to reach every part of the body. In this way the brain is able to send out impulses to every organ and tissue, and by another set of nerves it receives messages from these distant structures. By this means harmony and co-ordination are established between all working parts.

The body, being a machine capable of action, requires energy for the production of any movement, however small. This means that some form of fuel must be supplied to the body from without. In the case of man-made engines, the fuel is in the form of coal, petrol, or oil, but in the human body it takes the form of food. This food is taken into the body and is digested, burnt, or oxidized to

produce heat and energy. The nervous system keeps the body temperature constant in health at about 98.6 degrees F.

Energy in the form of digested food is carried by the blood-stream to all parts of the body. This we may think of as being composed of two parts: (1) energy supplied to the cells to do work; (2) nourishment necessary for repairing wear and tear. Therefore we need various kinds of foods. Such substances as carbohydrates supply heat and energy, while others, called proteins, are used as repair material. The amount of protein—meat, eggs, milk, etc., therefore, should form but a small proportion of an ordinary diet.

Waste Products

But not all the food taken into the body can be used. There is always a certain amount of "ash" or waste material left as a residue and also the end products of combustion. If the human machine is to function freely and well, all these waste products must be removed and as quickly as possible. Therefore we have the excretory system comprising the skin, kidneys, bowels, etc., which filter out all poisonous matter from the blood and turn it out of the body.

Oxygen is always necessary for life and work; therefore the body must have a liberal supply of this element. A limited supply of oxygen means sluggish action and imperfect oxidation. Oxygen is obtained by the lungs from the air we breathe. The blood-stream picks it up and carries it to all parts of the body. Besides carrying oxygen and nourishment to all the body cells, the blood on its return journey to the heart picks up and removes the waste matter.

If we get these few general points in mind about the human body they will serve as a basis for future studies. Next month we will take up the study of the skeleton and the muscular system.

House Blessing

*Bless the four corners of this house,
And be the lintel blest;
And bless the hearth, and bless the board,
And bless each place of rest;
And bless the door that opens wide
To stranger, as to kin;
And bless each crystal windowpane
That lets the starlight in;
And bless the roof-tree overhead,
And every sturdy wall;
The peace of God, the peace of man,
The peace of love, on all.*

—Arthur Guiterman.

DISARMAMENT

OR

DESTRUCTION

By C. M. Snow

THAT was a remarkable meeting held in Albert Hall, London, on July 11, when the leaders of the three parties in British politics addressed the same audience from the same platform. It is known to the whole world that England is honestly trying to lead the world away from war and toward the peaceful settlement of international difficulties. She is the strongest supporter the world has today of the principles that made the League of Nations a reality. She has gone farther than any other nation has dared, or seemingly wanted, to go in the decrease of armaments on land, on the sea, and in the air. She has looked longingly for others to follow her lead—and has looked in vain.

Viscount Cecil spoke literal truth on the platform of Albert Hall on that day when he declared that "the nations must choose between disarmament and self-destruction;" but the character of their activities at the present time indicates that they are more anxious to enter the lists of self-destruction than to enter the lists for disarmament. What England has done in the matter of decreasing her fighting forces and her engines of war has astonished the world. They seem to look upon her as foolhardy in view of what they themselves are doing to increase where England is decreasing. Commenting on this condition and this paradox, the *British Weekly*, of July 16, remarks:—

"The hopes and prayers of Christians everywhere will attend that great Disarmament Conference which is to meet in Geneva in February. Our own country has set an example by reducing its forces already to the lowest limit which is permissible in view of our mandates and imperial responsibilities. Successive governments have taken heavy risks in this matter, so that, in the words of the *Times*, 'The British army has now barely sufficient effectives to garrison these Islands and the Empire; the air force holds the fifth place numerically among the air forces of the world; and our navy is below the strength which a very few years ago was declared to be the minimum compatible with national safety.' Statesmen need to be supported in every good work by renewed expressions of popular approval; and in the majestic Albert Hall demonstration the voice of Britain was heard above the contentions of the economic



Mr. Lloyd George, speaking at the London disarmament gathering, made the statement that the world would "never effectually renounce war until it was renounced, not on a scrap of paper, but in the hearts of men."

warfare now raging on the Continent. The heads of the three great parties met on a common platform, and they met as personal friends. . . . Hundreds waited in the blazing sunshine to watch the arrival of the procession from the steps of the Memorial. . . . Far away in the highest gallery men and women stood for two hours. It is the presence of this standing audience which assures us that the immense rotunda has been filled to its capacity. . . .

"The greatest of living soldiers, Sir William Robertson, presided over London's disarmament gathering. In downright sentences he recalled the promise of the allied Powers that if Germany accepted the humiliating provisions of the Peace Treaty, they also would reduce their military and naval forces. Great Britain alone among the victorious nations had kept that promise. The

chairman spoke no word about the 'pomp and circumstances of glorious war.' . . . He regards war with unmitigated horror, and his personal influence will be strongly felt at next year's conference."

The speech of Mr. Ramsay MacDonald, in the interests of international peace and the reduction of armaments, is said to have electrified the audience with its fire and eloquence, and seemed to be the utterance of a prophet, pleading in the interests of common humanity. He declared that "disarmament was an international quest. Alone a nation may pioneer, but alone it cannot attain." "One nation can challenge, can set an example, can strike shame into others; or, again, one great people, seeking its own security, may not only thwart the purposes of others, but drag them down, down, down." The solemnity of deep conviction was in these words.

Mr. Stanley Baldwin referring to the Prime Minister's great speech, spoke of his own vision of "some dark *Vehmgericht* of bloodshed in the passage on 'secret books' which are compiled in preparation for the evil day." The orator's powerful voice rang through the great hall as he declared that disarmament or "the great Armageddon struggle must come at last, and the end of all will be the uniformity of exhaustion. Mankind will be almost wiped out. Man is to be exhausted, and all his works of civilisation are to be obliterated. That is the end that faces the peoples who say we are going to trust our national security to the accumulation of armaments."

Mr. Baldwin declared that England was bound by treaty and by honour to international disarmament. He spoke of the resolution that he and others had made on Armistice Day that "we would fight against war for ever." Speaking of what England had done already in the way of disarmament, and of London's present vulnerability from the air, he stated that England's air force, soon after the signing of the peace treaty, had been cut down from 3,300 machines to 300, and nine-tenths of the personnel had been disbanded. He declared that "our one hope is in the League of Nations," and he pleaded that the United States would come in. He had faith that the cause of peace would "win through," and perhaps in years to come "our prosperity may recognise that we did, with a brave heart and with faith, do all that was possible for men to do in these most difficult, critical, and troublous times."

Mr. Lloyd George was enthusiastically received. He pleaded for the reaching of the same objective, the disarmament of the nations and the real renunciation of war. He put into his speech some such dry witticisms as that "the angel of peace had never been so often toasted as since the treaty of Locarno." Also that while "the nations had renounced war, they had forgotten to renounce the preparation for war." He emphasised the fact that the world would "never effectually renounce war until it was renounced, not on a scrap of paper, but in the hearts of men."

The outstanding remarks of the occasion were those in which the fact was stressed that without

disarmament the great last struggle would certainly come that would wipe out civilization, exhaust humanity, and obliterate the works of man. While the Prime Minister declared that "Geneva must give results," the nations know that when they gather there in the persons of their representatives, it is more than likely that those representatives will be so hedged about by instructions from home governments that they will have no ability to bind the nations to real, effectual disarmament. Then the race for preparation will go on more feverishly than ever; and the knowledge of what the other nations are doing will act as a further incentive to still greater preparations. So great will the strain be that some of them, feeling that war is preferable to the nagging strain and burdens, will risk all in the fatal plunge.

Why They Cannot Do It?

The leaders of the nations do not understand why it is that all the nations, including themselves, cannot get down to a real peace footing; but the Word of God has faithfully warned us that in the last days the spirit of preparation for war would fill the world. So do we see it today. The prophet of God saw "three unclean spirits," the "spirits of devils, working miracles, which go forth unto the kings of the earth and of the whole world, to gather them to the battle of that great day of God Almighty." Rev. 16:13, 14. And those same spirits, when their work of preparing the nations for the last great battle has been completed, will gather "them together into a place called in the Hebrew tongue Armageddon." Rev. 16:16. East and West, North and South, will have their representatives there at that time. The clashing of selfish interests, stirred up by the spirits of demons, will bring them there. The West, determined to protect its interests, will have its armies on that old battle-field. The East, determined to be no longer exploited and lorded over, will be there to "see the West to bed." The clash of interests on that battle-field will end the warfare of the nations. How deep into this international holocaust the fighting men of the nations will go, no man living can tell. But upon that tragic meeting place God will cause His own mighty ones to come down; and while they fight each other and blaspheme His name, He will answer their challenge and call the hate-inspired world to solemn judgment.

Heaven Answers Men's Challenge

That will be a time of terror and distress, of calamity and destruction. At that time the record states that "the seventh angel poured out his vial into the air; and there came a great voice out of the temple of heaven, from the throne, saying, It is done. And there were voices, and thunders, and lightnings; and there was a great earthquake, such as was not since men were upon the earth, so mighty an earthquake, and so great. And the great city was divided into three parts, and the cities of the nations fell; and great Babylon came in remembrance before God, to give unto her the cup of the wine of the fierceness of (Turn to page 26)

Are You OVERWEIGHT?

Suggestions for Safe Reduction

By G. H. Heald, M.D.

WHY are some persons inclined to overweight, regardless of how they eat? Why is one member of a family a "fatty," and the others decently slender, when apparently they all eat about the same amount? Why is it that some persons, even though they take exercise and restrict their diet, find it impossible to keep the weight down to a point considered safe by the insurance companies?

Of one thing we may be certain, in every case of overweight the energy income is greater than the energy outgo. That is, the overweight person takes in more energy than he uses. He has such superb digestion that all the energy of the food enters the blood without waste. But his capacity for burning up this food is not so good as his digestion, so a part of every meal, being unburned, is stored as fat. Either there is too much intake, or too little outgo of energy, or both. In most cases there is too much intake, for accompanying the excellent digestion there is also a magnificent appetite. The overweight person, except in rare instances, has such an appetite that it is hard for him not to eat too much for his own good. His craving for an excess of food is perhaps his greatest physical temptation, and one that usually he is not strong enough to withstand. What he eats never seems an excess.

A normal person, when on a natural diet, will by instinct eat enough to keep him in average weight, and no more. If he takes less exercise, his appetite calls for less food, and he eats less. If he exercises more, his appetite calls for more, and he eats more. In summer, when less food is needed to keep him warm, his appetite calls for less. In winter, when the body fires must be fanned into more vigorous action, his appetite increases accordingly. By means of an appetite that is regulated as delicately as the finest thermostat, there is a balance between his energy intake and his energy outgo that keeps him at practically an even weight well within the normal limits. But should this person become addicted to deserts, confections, and the like, he might lose that delicate instinct that tells him when he has had enough, and then he may find that he has to deny himself in order to keep down his weight.

Abnormal Appetites

Some persons (by inheritance or otherwise) have an appetite that keeps them underweight. They find it hard to eat to keep their weight up to the mark. Others have an appetite that is never satisfied except by eating a quantity of food that keeps them overweight. Even when they are eat-

ing more than enough, they believe that they are denying themselves and practising commendable self-control. And they certainly do have a hard time to keep from overeating.

In some cases they may not be eating too much for a person doing hard work; but with their sedentary habits they do not do the work that would burn up the excess food. And with the person much overweight, anything but a sedentary life is very irksome. Because of the layer of fat blanketing them on the outside, they do not have the effect of cold weather to stimulate their tissues to burn up the excess food. Not only are they disinclined to take exercise, but they are more or less unfitted for exercise. The heart is hampered by a layer of surrounding fat, and by the deposition of fat cells between the muscle cells of the heart, so that exercise, unless cautiously taken, may be dangerous. If, despite all this, they take, by sheer will power, a considerable amount of exercise, their appetite is likely to be so ravenous they eat enough more than usual to make up for all that has been burned by exercise.

In fact, their appetite regulator (if I may use the expression) is wrongly adjusted, and they cannot be satisfied with a quantity of food that will keep them at a normal weight, so they must fight a ravenous appetite, or else be content to remain over weight, with the accompanying inconvenience, and the danger from diabetes and other lifeshortening complications.

Constant Battle with Obesity

So the person with a tendency to obesity, has a constant battle with himself that other people cannot understand. It is a struggle in which he usually comes out the loser. Possibly his ability to control his appetite might have been strengthened earlier in life; but now he would almost prefer the disabilities of obesity and the dangers of diabetes to what appears to him to be a "starvation diet." Even when he is holding his level at, say, 50 per cent overweight, he is making a commendable sacrifice, and if he is induced by his doctor or other outside influence to make an actual reduction of a few pounds, the agony of an unsatisfied appetite is so great that he loses heart, and goes back to his old diet.

In some cases of overweight there may be an abundance of some of the ductless glands, causing the failure to burn up a normal amount of food. But there is nearly always a ravenous appetite that demands food, food, and more food, and never has enough.

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World-Wide DEPRESSION a The Cloud Ha



By Alonzo L. Baker

Photo taken at the time of the arranging of the Peace Treaty. The world is just awakening to the fact that war is a costly thing and that the signing of the articles of peace is only the beginning of trouble.

UNEMPLOYMENT breaks the human spirit. Under its relentless pressure the soul gives way to blank despair. Unemployment takes hope from men's eyes and content from the faces of mothers and children. It drives the lilt and laughter out of a million homes, and fills them with foreboding and fear.

The Situation Is Not Bertering

And unemployment is not decreasing, but rather increasing the world around. Germany has some 5,000,000 men without jobs; England's crushing dole allowances are running up a deficit of £1,000,000 a week; Australia is in serious straits; America faces the most crucial winter of her existence from an economic standpoint, the fiscal year showing about two hundred million pounds deficit in the Federal budget. With the one exception of Russia, the story could be repeated in every nation the world around. Indeed, President Hoover, in his Indianapolis speech of June 15, declared that "business depression is the dominant subject before the country and the world today. Its blight stretches from all quarters of the globe to every business place and every cottage door in our land."

The threatened financial collapse of Germany has focussed all eyes upon the instability of the world's credit structure. Financiers and money kings are rushing from nation to nation either in person or by wire, feverishly seeking to bolster up credit so that a world avalanche can be avoided or postponed. The gravity of the situation can be appreciated from the statement of Ramsay Mac-

Donald, Premier of Britain, who said to an international group who met at Chequers to discuss ways and means in the present emergency:—

"If we cannot find a solution to the present crisis, it will be difficult to stay the flood before it has overwhelmed the whole of Central Europe, with consequences—social, political, and financial—which no one can estimate. Time is against us. Every day adds to the risk of a collapse which will be outside human control."

Montagu Norman, governor of the Bank of England, the very stronghold of financial conservatism, declared a few days ago, "Unless drastic measures are taken to save it, the capitalist system throughout the civilised world will be wrecked within a year. I should like this prediction to be filed for future reference."

The precipitating factor in the German collapse is, of course, reparations. The world is just awakening to the fact that war is a costly thing, and that the signing of the articles of peace is only the beginning of troubles. Germany's annual payments to other countries run upwards of £100,000,000, and Germany is expected to keep this up for more than a half century in the future—until 1987! In other words, grandchildren and perhaps great-grandchildren of those who were running the affairs of Germany in 1914-1918 will have to pay the bill.

In this particular period of universal business depression Germany simply came to the place where she could no longer balance her budget and keep up the payment of reparations to the Allies.

Universal HEART FAILURE

Its Silver Lining

President Hoover saw that a year's cessation of reparation payments was the only thing that could save the day for Germany, and not for Germany alone, but for several other European countries as well; for these days the nations are so bound together economically that no major power can collapse without profound effects on all others. The United States has an investment in Germany of some £600,000,000 which is also at stake.

The year's moratorium is at best only an expedient, for the payment of reparations is not cancelled, but merely postponed. Astute students of finance, such as Sir George Paish of England, give it as their opinion that unless there is a decided change of policy on the entire question of war bills, we face a complete breakdown of credit and trade "in the early future."

Over-Production Our Nemesis

The background of the world's present financial dilemma is largely made up of over-production in both agricultural and industrial commodities. The earth has never produced so much wheat as it has of recent years. On the Chicago grain exchange wheat recently went down to two shillings a bushel, the lowest since the year 1848. And wheat is not the only over-produced thing either; for cotton, fruit, sugar, potatoes, etc., are all grown in a greater abundance than the world can consume.

There is more coal being mined than the world can burn. More oil gushes from the bowels of the earth than can be utilised. We have come to the strange pass where there is a famine because we have too much food, and people die of cold because we have too much fuel!

Machines Replacing Men

Our industrial and scientific civilisation has of recent years been going at breakneck pace in the production of labour-saving machinery. We have perfected bottle-making machines, so that a single machine operated by one man turns out as many bottles in a day as fifty-five men did formerly. Newly made rubber-heel machines manufacture as many heels in a day with eight operators as former machines did with five hundred operators. One machine and one man displace twenty-seven men in loading pig iron. A dispatch from Belgium reads: "The accelerated development of machinery is rapidly cutting down the number of jobs."

These highly perfected machines, these "robots" of modern civilisation, affect our economic structure in two ways, both very disastrously. In the first place, their amazing speed enables us to turn out huge quantities of goods in a very short

time. Second, they displace thousands of men each month who are dependent upon their daily work for their daily bread. As a result, we have overproduction, with a consequent slow down or shut-down of the factories, and a great army of the unemployed.

The speed of our machines upsets the law of demand and supply, and their very cleverness casts upon society the intolerable burden of an army of unemployed whom they have thrown out of work.

And as if all this were not enough, to the woes of occidental civilisation is added Russia. Russia, under the Communistic regime, is the avowed enemy of all capitalistic nations with their systems of stocks, bonds, banks, credits, corporations, individual effort and initiative, etc. With fiery zeal Russia has embarked upon the ambitious plan of breaking down capitalism wherever it is found. Stalin and his advisers have decided that the most effective way of doing this is to flood the world with goods. Their strategy calls for them to deliver at any and all foreign ports wheat, timber, and a great variety of fabricated goods, at a price considerably lower than any capitalistic nation can produce them. They reason that if they do this, all the factories and farms of these hated nations will "go broke," tens of millions of men will be out of work and out of food, and upon such chaos they can bring about their much-talked-of "world revolution," out of which they hope will emerge a world Communist order of things.

Russia's Threat to Exports

Such nations as America, England, and Germany have built up their great industrial strength to a considerable extent through the exportation of goods to the four corners of the world. If Russia captures any major portion of that trade, as she seems destined to do, then all the industrial nations will be plunged further into the black depths of the economic quicksands.

Thus, from any and every angle the financial outlook is none too bright, and dark and ominous clouds cling to the horizon despite a thousand exhortations to optimism. Our machine civilisation with all its high-pressure competition and relentless drive has put us in a vicious circle, and thus far no economist or statesman has even glimpsed a way out of it.

Human Problems Too Great

In a recent address, Robert Maynard Hutchins, the president of Chicago University, said:—
One half the world is starving to obtain the goods the other half is starving to (Turn to page 28)

How to Feel

YOUNG at FOURSORE and FOUR

By James Hayward

This matter was prepared as a "talk" by Mr. Hayward for an Australian broadcasting station. We feel sure that our readers will find pleasure and profit in perusing it.

GOOD MORNING, everybody. "How are you?" I am quite well, thank you, free from aches and pains. I wish everyone was as well as I am. If they were, there would be no hospitals and nurses except for accidents, and many of those would not occur if people were in good health and mentally and bodily alert. I travelled to New Zealand four years ago, and round the world alone last year.

Lest you may think I am one of those who have been strong and healthy from birth, I will just say: When I was a baby they said I could not live, but I did. Then at three years I had scarlet fever, and a few years later I had measles. In those days it was thought necessary to have these diseases; but now we know better.

As a boy I was delicate, and as a young man constantly being doctored for something or other, until I was forty. There is a saying: "A man is a fool or a physician at forty." I chose to be a physician to myself.

How I Found Health

My first prescription was: "No fish, flesh, or fowl."

I have not eaten any of these for forty-four years; so I feel fit at "four-score and four."

No doubt you are curious to know what I live on, so I will tell you. Foods are of various kinds and are used by our wonderful bodies for various purposes. Here follows a description which I have found most helpful. Note it and copy it down:—

Out of 100 parts of food:—

4 parts to be Protein, or body-building.

1 part to be Mineral matter, for bones and teeth.

20 parts to be Carbonaceous, for burning in the body, to enable us to do work.

75/100 parts to be water, for carrying the food that we have digested to all parts of the body, to repair the waste that is daily going on.

Protein Foods

Now I will tell you what are the protein foods apart from flesh foods. They are: milk, cheese, eggs. Milk is a nourishing food, and is especially good for children, but it should be sucked or taken in very small quantities with a teaspoon so that it can be mixed with the saliva in the mouth.

Protein may also be obtained in a pure form from the vegetable kingdom: Gluten from wholemeal bread, which is much more wholesome than

white, and a preventive of constipation, which white bread produces.

Nuts are a splendid protein food.

Nuts contain a large percentage of protein and fat, as well as mineral matter in small quantities.

Almonds and raisins are excellent foods, and go well together; so also Brazils, walnuts, hazel nuts, and chestnuts all contain a large amount of food in a small space.

Dried figs and dates are also valuable foods that go well with nuts, which must be chewed well. A nut-mill is helpful to those whose teeth are deficient.

Menu for Breakfast

Almonds, Brazils, dates, figs, raisins, apples, grapes, bananas.

Wholemeal bread, butter, wholemeal biscuits.

Make a small selection from the above, say, Brazils and raisins, with a little wholemeal bread, and a little butter, as the nuts are rich in fat.

The foregoing with one or two biscuits and an apple or a few grapes makes an excellent and satisfying breakfast.

Nothing to drink for an hour or two, when a glass of lemon water can be taken.

Lunch

For lunch, a salad composed of some of the following: Lettuce, onions, carrot (grated), celery (stalk and green top), beet (boiled), spinach, tomato, cress (which you can grow in a box).

Chop fine and serve with a dressing composed of 1 tablespoonful of olive oil, 1 dessertspoonful of lemon juice in place of vinegar, and 1 teaspoonful of honey or brown sugar (a larger quantity in ratio for a family). Grated mild, fresh cheese or some cottage cheese scattered on the top makes a "savoury salad"—delicious! Eat with a few of the lunch biscuits mentioned before, and a little butter, and you have a lunch for the Prince of Wales.

Nothing to drink for two hours, when a glass of lemon water can be taken as before—nothing to eat with it.

[Note.—Use only fresh, mild, lactic-acid cheeses and cottage cheese. The putrefactive types of cheese should never be taken into the stomach.—Ed.]

Dinner (7 O'clock)

A vegetable soup or stew of any of the salad vegetables, or stewed onions with baked potatoes

How one, delicate and ailing from birth up to forty years, made himself healthy and strong, and is now a hale, active octogenarian.

and cooked spinach, cabbage, or cauliflower. Don't throw the water down the sink, but use it for soup.

Another good dish is macaroni cheese. Well boil the macaroni in milk before putting in the dish and adding the mild cheese, grated, or cottage cheese, and a little tomato, with a few Gran-Bits or grated crust on the top. This may be eaten as it is or baked in the oven for twenty minutes or more.

Another excellent dish is vegetarian eggs and bacon:—

On an iron or aluminium plate put a tablespoonful or so of olive oil. Cut a tomato and put the slices round the plate, and then break an egg in the oil, and put the plate on the gas for a few minutes until the albumen becomes white. Then lift contents of the iron plate on to a plate and serve.

For breakfast, in place of "eggs and bacon" for a family, cook several eggs on a tin in the oven. A little grated cheese may be added, and at dinner a little of cooked vegetables—vary to taste.

A baked apple or stewed fruit may be taken as a sweet course.

Nothing to drink for two hours, then one or

two glasses of lemon water, hot or cold, may be taken, or if desired, a cup of Ovaltine before going to bed.

I take a pint flask of warm lemon water with me, and drink once or twice when I wake in the night, and finish it in the morning, using some as a mouth-wash.

A quart of water is needed per day; and the best time for taking it is first thing in the morning, cold, and the last thing at night, warm. Don't drink anything hot. If you perspire freely, you may need three pints per day of water, which is the best solvent known.

Avoid Self-Poisoning

Avoid alcohol altogether. I attribute some of my good health, at 84½, to being a life abstainer from both alcohol and tobacco.

In tobacco there are no less than five different poisons. Not only tobacco but flesh foods also contain poison. Man and all animals make poison in their bodies, which is carried off by the kidneys and other ways daily. A man can expel the poison he makes, but if he eats a beef (*Turn to page 29*



Nuts are a splendid protein food. Loading boats with ground-nuts at Pondicherry.

The Common COLD

Its Causes and CURE

By O. W. Hellestrand, F.C.S. (Lond.)

A COLD is a disease of the blood and the digestive organs. To be more explicit, it is an indication that the digestion and the blood are deranged.

It is generally believed that exposure to cold, damp air, or to draughts will cause colds. This is not the real cause. The body has to be prepared, through improper living, to develop a cold.

Causes of Cold

Anything that irritates or weakens the mucous membrane may in the end cause colds. Those who are careless about their manner of living invariably suffer for their errors.

There are many factors that cause colds. The most important one is improper eating. Germs as a cause has been over-stressed. If bacteria were the real cause of colds, we could never be rid of colds, for the bacteria are with us always. But if we keep the body well balanced, the blood sweet and clean, and the digestive tract in good condition, they can do us no harm. When we keep our systems clean and healthy, the germs cannot gain a foothold.

Colds may be caused by eating too much protein, sugar, starch, or fat. They may be due to under-mastication, combining too many foods, eating too frequently, eating too much meat, and eating when nothing should be taken, as the times of great excitement, worry, and weariness. They are often due to overeating of concentrated foods.

Nine times out of ten, children with colds are overfed. These children often have skin eruptions in addition to colds. When children are fed so much that the skin, kidneys, bowels, and lungs cannot rid the system of excessive impurities, the mucous membrane of the head is pressed into service. If the amount of poison in the blood is still too great the skin may become so irritated that inflammation ensues and then we have external eruptions.

Those who fail to eat of fresh fruits and vege-

tables get into toxic condition. They overeat of the concentrated, staple foods, such as meats, fish, refined sugar and cereals (especially white-flour products,) and fats, all of which are comparatively poor in the mineral salts that are essential for physical welfare. These salts are found in abundance in whole products, such as granose biscuits, raw fruits and raw vegetables, and in fresh milk. In the careless cooking of vegetables, a large portion of the salt is lost.

Constant breathing of impure air is a great factor in producing colds, because insufficient oxygen is taken into the system to purify the blood.

Anything that lowers physical resistance increases the tendency to colds. Tea, tobacco, coffee, alcohol, worry, anger, jealousy, prolonged exposure to heat, cold or moisture, overwork, fatigue, laziness, close housing, and too warm clothing are some of the factors that produce colds. But improper eating is by far the most important cause. Colds are products of the table. *People eat themselves into colds.*

Treatment of Colds

The proper way to treat a cold is to cleanse the system of the wastes and impurities that are clogging it. Asperin and similar preparations, also opium and quinine mixtures, are frequently given; but these help only to lock the toxins up in the system. They may, for the time being suppress the trouble, but do not remove the cause and in the long run only do harm.

The proper treatment is to *cleanse the system*. When the cold appears, give a laxative and wash out the colon with a warm water enema. Repeat until

the alimentary canal is open and free from waste, but it is not necessary or advisable to use drastic cathartics. Any mild laxative will do, such as cascara, castor oil, or Alophen pills.

In order to relieve the engorged mucous



Those who fail to eat of fresh fruits and vegetables get into a toxic condition. Use fruit juice and fruit drinks freely

membrane and to make the skin active, a hot bath is advisable to cause sweating. The sweating will eliminate poisons through the skin. While in the bath plenty of water should be drunk. If there is any tendency of faintness cloths wrung out of cold water should be placed on the head. After the bath the patient should go immediately to bed and remain there for seven or eight hours. Plenty of lemon or orange drinks without sugar should be taken. The patient should keep well wrapped up until the perspiration ceases.

In the first stages of a cold, I have secured excellent results by withholding foods and by giving lemon juice and bicarbonate of soda (baking soda). Squeeze the juice of one lemon into a large glass, and water till the glass is about three parts full, and add about one-third of a level teaspoonful of soda.

About an hour after this, Marmite broth may be taken, made as follows: To a cup of hot water add one-half teaspoonful of Marmite. If any water poured off unsalted vegetables (such as peas, cabbage, carrots, beans, etc.) is at hand, this is excellent to use with Marmite. A quart of this may be drunk if desired. Of course it will be necessary to add more Marmite to the larger quantity of fluid. A drink of this kind is rich in alkaline mineral salts, which restore the blood into its normal healthy condition and thereby clear the cause of the cold out of the system.

Do not neglect a cold. *When you feel a cold coming on, refrain from food.* You may however, have all the lemon or orange juice (no sugar to be added) or clear Marmite broth you desire.

Take an enema if possible, or otherwise clean out the bowels.

Avoid drugs (quinine, aspirin, and similar preparations).

Get a good sweat up by means of a hot bath, and go to bed immediately, and keep warm—keep well wrapped up.

Use fruit juice and fruit drinks freely.

If this kind of treatment is instituted just as soon as the cold appears, it will rout the cold in twenty-four hours in nearly every case; and one

will experience better health after the cold is gone.

But there must be no feeding during the cold [Nothing more than fresh juicy fruit. Oranges are excellent.—Ed.]

When the cold is gone, begin to eat in a balanced way. Do better than you did previously, and there will be no more severe colds.

It is impossible to retain good health if one partakes of too much food, or lives almost exclusively upon concentrated, staple foods. And this is especially true of those who work indoors.

Those who are in the habit of catching colds, may be sure that their mode of living is wrong, otherwise they would have not enough poison in their system to produce inflammation of the mucous membranes, with an excessive flow of mucous.

Rules for the Prevention of Colds

1. *Take sufficient exercise.* Those who live in cities should take five or more minutes of vigorous exercise morning and night, and besides walk one to three miles in the open every day. Those who work with their hands should take corrective exercise to keep their bodies in good condition. Work and exercise are two different things.

2. *Breathe deeply of fresh air.* Get as much good air as possible. At night have the windows open, or better still sleep out of doors. Fresh air at night helps to bring individual vigour and a clear head in the morning.

3. *Drink sufficient water.* One's drinks should be chiefly water. At least it should be a fluid not containing drugs, as do tea, coffee, and alcoholic drinks.

4. *Avoid fits of temper.* Those who wish to have the best of health have to avoid violent temper and cultivate mental poise and equanimity.

5. *Don't wear too many clothes.* Wear no woollens next to the skin.

6. *Eat properly.* By far the most important point is to eat properly. Those who eat as they should will find it almost impossible to take colds. Eat slowly. Masticate everything thoroughly. Overcome the habit of gulping down foods.

*Yet, in the maddening maze of things,
And tossed by storm and flood,
To one fixed trust my spirit clings;
I know that God is good!*

—Whittier.

How History Was MADE at GENEVA

By G. F. Enoch



A scene at Geneva, where the historic Calendar Reform Conference was held.

SINCE releasing to the daily press the story of the crushing defeat of the Calendar Reformers before the special session of the League of Nations last month, additional items of interest have been received concerning the details of the great debate that has made history. The story is a most encouraging one for it shows how a Divine Providence still overrules in the affairs of men, oftentimes using the weakest of instruments to accomplish its ends.

The 111 accredited delegates, representing 42 nations, were seated around three long tables, accompanied by a number of "observers," invited to sit with them and assist in bringing before that august body the facts that would enable them to arrive at a just decision.

In the membership of the Assembly were numbered some of the leading men of the world, ambassadors and statesmen, men who mingle with kings and presidents, those representing the legislative councils of the world. No greater proof can be presented of the importance placed on this matter of Calendar Reform by the League of Nations, than the size and personnel of this delegation, brought together at great expense, to give over an entire week to the settlement of a question that intensive propaganda had been agitating for some time.

The Calendar Reformers were there in force. Press campaigns had been conducted by them for

months previous, chiefly in Great Britain and America, the extravagant claims of which had called forth some notable rebukes. President Hoover had been compelled to issue a statement disassociating the Government from the so-called "National Calendar Reform Committee." In England a Parliamentary Committee had been established in the House of Commons to foster their plans, and several prominent men like Sir Josiah Stamp, and Mr. Gordon Selfridge, had lent their names to the propaganda.

But here again extravagant claims of support called forth denials from such men as Dr. Kirk, Vicar of Christ's Church, Westminster, and Mr. Citrine of the Trades Union Congress. Both the National Free Church Council and the Federal Council of the Evangelical Free Churches of England came out in strong opposition. The Lord's Day Observance Society was also led to oppose the "blank-day" Calendar.

The Calendar Reformers should have taken warning at the rising tide of opposition. At the June Session of the Preliminary Committee, and in their newspaper publicity they had confidently stated that the only opponents of the change were the Jews and Seventh-day Adventists. The first they bitterly attacked with all the venom of anti-Semitism, the latter they passed off lightly as too insignificant to be noticed.

But the International Religious Liberty

A brief account of the defeat of the Calendar Reformers at the recent session of the League of Nations.

Association, an organization of the Seventh-day Adventists, took upon itself the burden of arousing the religious conscience of the world—a task which its representatives in every land pushed with vigour. This awakening world-conscience was ignored by the Calendar Reformers, who came to the League Assembly flushed with the sure hope of certain victory.

During the first two days of the debate, they seemed to have everything their own way. The case for Big Business, and for rationalization and for the compilation of statistics, never before had a more eloquent or convincing presentation. As the debate progressed, the "Reformers" became more and more arrogant, and in the confidence of victory, allowed anti-Semitism and misrepresentation of Seventh-day Adventists to creep in.

The Seventh-day Adventists had eleven representatives present, registered as "observers," coming from America, Australia, South Africa, England and other European nations. By a kind overruling Providence exceptional facilities were granted this delegation for addressing the Assembly. Although the original plan had been that only one representative of each delegation should be heard, yet the Assembly was profoundly impressed by the size and representative character of the Seventh-day Adventist delegation representing six world-Divisions. Invitations were extended to C. S. Longacre of America, R. A. Anderson of Australia, and A. S. Maxwell of England, to address them. Then at the close of the debate, Dr. J. Nussbaum of Paris, was asked to reply to some of the arguments, particularly to some of the misrepresentations.

This closing speech by Dr. Nussbaum, seems to have been a memorable one. It was the crisis hour of the Session. A Divine Providence clothed Dr. Nussbaum with power as he held the Assembly enthralled. Distinguished gentlemen afterwards

referred to the exquisite eloquence of this masterly address. One ambassador said that he had never before heard such beautiful French. "It was perfect," he said.

From that moment the tide was turned. Sir John Baldwin, the head of the British delegation arose and said that it appeared to His Majesty's Government that all further action should be suspended until there was more general agreement and a genuine public demand. Representatives of Germany, Italy, the Netherlands, Czechoslovakia, and France said likewise.

The Chairman then called for a contrary opinion from among the accredited delegates. Not a single voice was raised in behalf of Calendar Reform. The thoroughness of the defeat of the Calendar propagandists was overwhelming.

They left the Conference utterly dejected. "You Adventists have set this reform back a hundred years," said one. "I shall never live to see it now," said another. The victory was complete.

This story is as interesting as any of the olden times, such as the story of David and Goliath. It will hearten and encourage many a soul throughout the world in these days when it is fashionable to doubt the intervention of a Divine Providence in the affairs of men. Blessed are those eyes that are anointed to see such evidences of the active working of God in the affairs of men in this our own day. There can be no doubt but that the week is the most ancient institution among men. The most devout men of all religious persuasions in the past have considered it as Divine. It has been preserved through the ages by the hand of God. Therefore whosoever lifts up his hand against the week and its sacred days, lifts up his hand against God. There is no more certain way to court defeat and disaster. Let the devout in all lands thank God and take courage. A Divine hand is still at the wheel of the universe.

*In men whom men condemn as ill
I find so much of goodness still,
In men whom men pronounce divine
I find so much of sin and blot,
I do not dare to draw a line
Between the two, where God has not.*

—Joaquin Miller.



HOW TO LIVE

JANUARY 1, like a birthday, marks the turn of another leaf. It is another milepost in life. We may not think so much about how far we have come as we do of how much farther we may go.

No one can with certainty say he will live another year, just because he has always done so. Accidents are too common for us to ignore what might happen. This year in the United States more than 30,000 people will meet death by automobiles. There are ever so many ways of losing life if we are not careful.

But barring accidents, most people may live another year if they will. There is no decree of fate that says certain people must die at a certain time whether or no, the "my-time-has-come" sentiment notwithstanding. The statement of the palmist is, "The days of our years are threescore years and ten," and the addition, "and if by reason of strength they be fourscore years," indicates that a person may with reasonable expectation look forward to a possible eighty years. A number of centenarians can prove that even this is not an arbitrary age limit.

While longevity is primarily a matter of heredity, it ultimately depends upon how we treat our inheritance. The Bible statement regarding life's span, as already quoted, gives good ground for believing that man is normally prepared to live his allotment of years, and that the large mortality of infancy, childhood, youth, and middle life is not the inevitable order.

The marked achievement in reducing mortality in the younger age groups, particularly of infancy and childhood, demonstrate that the human death rate is not an immovable factor. Certain measures of control are effective in lengthening life. Because of the saving of young life the average length of life in the United States is now fifty-eight years. Medical science is now endeavouring to combat the diseases that have such high death rates in middle and after-middle life.

The outstanding causes of death in adult life are heart disease, Bright's disease, cancer, diabetes, and tuberculosis. The last-named disease—tuberculosis—occurs at all ages. The others belong to middle and after-middle life—that period of life when man should be at his best, when he can render the highest service, when he is most needed by his family, and when another year of living means much.

Overeating, excessive use of sweets or meats, or intoxicants, cause kidneys to break down. Too much strain on the heart, too much violent exercise, pumping blood through hardened and narrowed arteries, cause the heart to fail. An unrelieved irritation, perhaps from a pipe or snaggy teeth,



maybe from too hot foods or drinks taken into the stomach possibly because of other dietetic errors, may lead to cancer and death.

These are the degenerative diseases, so called because of their insidious effect in breaking down the health and the resistance in general, until their open manifestation may make it too late for repair or cure. An absolute essential to any possible cure is the removal of the cause. Too often the cause is in some established habit that cannot easily be broken.

Recall the psalmist's expression, "by reason of strength," in connection with the prolonging of life. This does not necessarily mean muscular strength as of a giant—a Hercules or a Samson. Rather it is that life vitality within the blood that resists invasions of disease and the onrush of premature death. It is that defense power the

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repared to live out his time. ld, and he must die some- are old at forty and some s not easy to set a certain ld age. Dr. Osler gave us a rally accepted, "A man is Hardened arteries mean a ng, toughening of the skin, and a diminished elastic-

ity of the heart. The body loses its pliability and also its ability to rebound.

The actually aged need, of course, to recognize they are elders. It is about as bad as any youth's folly to try to make themselves young and act accordingly. On-creeping age calls for certain regards and restrictions. To disregard lessening vitality, only uses it up that much quicker. To add to their years old persons should avoid over-eating, excessive exercise, and loss (*Turn to page 27*)

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is causes the blood to produce an antidote, or antitoxin, d to increase greatly its white corpuscles to resist and ercome the bacteria and their poisons. Thus the body protected against acute contagious or communicable seases.

The body is also able to protect itself against the generative processes. Various organs can do a certain amount of compensatory work. If nutrition and elimination are good, the possibility of arresting and controlling disease of the lungs is better than would be the case if the nutrition and elimination were poor. Some of the organs

AUTO-INTOXICATION

Evidenced by Physical and Mental Dullness or Sluggishness, etc.

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

THE term auto-intoxication signifies a poisoning of the system by substances produced within the body itself. The products of germs in diseased gums (pyorrhœa) and tonsils, for instance, when absorbed into the system, produce forms of auto-intoxication. The most common form of auto-intoxication is that due to absorption of by-products of digestion. Food has been taken too freely, of the wrong nature, or too frequently, with the result that digestion is not carried on properly and by-products are formed that are absorbed into the system.

Most sufferers blame their livers or their kidneys, and especially speak of sluggish liver; the fact of the matter is these organs are overworked and are by no means sluggish. An overworked organ, however, finally becomes diseased and unable to function satisfactorily.

Some Symptoms

Pain in the back with highly coloured urine, with perhaps a sediment on cooling, is often spoken of as kidney trouble. On examination of the urine, however, it is found to contain urates, phosphates, and excessive acid, due to an improperly treated alimentary canal. When the kidneys themselves are diseased, the excretory cells throw into the urine albumin as well as waste products of metabolism (the chemical changes that take place in the nourishing of the body); this means loss of nutriment material, and also of that which enables the kidneys to do their work.

In most cases the backache and water or sediment will disappear when the digestion is attended to. Light diet, a cutting down or abstinence from flesh foods, and the avoidance of sweets and foods cooked with or in fat, quickly makes the patient normal again. These abnormal conditions often and generally occur in feverish conditions, but clear on the taking of plenty of water and the disappearance of the fever. Even in feverish conditions, a dark, acid water with sediment does not mean kidney disease.

We are constantly meeting either people who complain of being physically and mentally dull and sluggish; they enjoy an active life, but the body and mind seemed to be depressed in some unaccountable way; even a night's sleep does not remove this stupid, sluggish condition. These sufferers feel they need to take frequently some form of stimulant, such as tea, coffee, or alcohol, in order to keep their machinery in going order.

The popular solution is that the liver is sluggish, although the digestion seems to be good, and they very rarely have an ordinary bilious attack.

In these cases the tongue is often slightly coated, with yellowing fur at the back part, the bowels are inclined to be costive, and the urine may be of dark colour. Frequently these symptoms give most trouble on rising in the morning. The day's work seems to quicken the circulation and to some extent remove the sluggish feelings, but such people never really enjoy their work thoroughly; they have to force themselves to work and think, and find their memory very deficient.

Exercise, unless it produces perspiration, often intensifies the sluggishness, but as a rule perspiration clears the mind considerably, for the waste products to some extent are excreted in the perspiration. A good opening of the bowels will also produce favourable results. Perspiration produced by hot treatments gives no relief as a rule.

The morning cup of tea seems a necessity to these sufferers; if, however, the evening meal had been omitted, the cup of tea also could be omitted. Lemon juice in water after meals often gives great relief.

Treatment

A night's rest is valuable not only on account of the rest it gives to muscles, nerves, and brain cells, but also to the stomach and alimentary canal generally; but a late evening meal keeps these organs at work, and does not allow the blood to free itself from impurities. Excretion of waste products is really slower at nights because the circulation is quieter, hence the sluggish morning condition.

A careful attention to diet will generally remove these sluggish symptoms. Only three meals should be taken in the day; no food, not even fruit, should be taken between meals. The evening meal should be very light, or made a fruit meal. Avoid all rich foods, such as those cooked with or in fat or butter, and those cooked with eggs or baking powders. Avoid bulky foods, such as milk puddings. Fruit should be taken at the close of the morning and the evening meal.

In most of these cases, there is a deficiency of acid in the stomach; this can be supplied by the juice of a half lemon without sugar, after meals. Keep the bowels regular by suitable diet, such as the wholemeal foods. All foods must be very thoroughly masticated. *(Turn to page 29)*

Hypertension—

HIGH Blood PRESSURE

Diet an Important Factor in the Treatment of This Disease

By C. H. Heald, M.D.

THIS condition is often discovered during the life insurance examination of a person who possibly supposes himself to be in rugged health. Though, in its earlier stages, there may be nothing to indicate to the patient that he is not in the best of health, it is a progressive condition, for which no cure is known, though the progress of the disease may be materially retarded by a well-regulated life.

The cause of essential hypertension is not definitely known. Often the patient is of a "nervous" temperament, with a tendency to worry and take life too seriously. Physically there may be a high-keyed nervous system, with an unstable vasomotor system, shown in early life by easy flushing, and the presence of moist, clammy extremities. Probably the condition is at least partly due to some hereditary trait.

If possible, the hypertensive patient should be under the care of a physician who is more interested in regulating the diet and the general life habits than in controlling the blood pressure by means of drugs. The following directions may be helpful to those who must depend on home facilities. Their value will depend on faithfulness in carrying them out. First in importance is—

Relaxation.—Periods of rest and relaxation materially lower the pressure; and even though the pressure comes up again, the rest given the heart during the time of the lowered pressure is life saving. In hypertension there is a steady increase in the heart load, which tends to hasten the time of heart failure. So that lightening the heart load, even temporarily, tends to postpone the time of a heart crisis. The following are suggested: (1) Eight hours' sleep every night. (2) One or two rest periods during the day, of half an hour or an hour, preferably with sleep. It should be at least physical and mental rest, not conversation and planning. (3) An occasional week-end in bed. (4) A week or two in bed four times a year. One is wise who spares his heart before it begins to show signs of coming heart failure. Almost as important is—

Emotional Relaxation, with avoidance of worry, mental irritation, and other depressing emotions which tend to increase the pressure. The hypertensive patient should be relieved of cares and annoying details. What work he does should be congenial work. He should not have to meet persons who annoy him, and should be shielded from any unpleasant episodes that come

up in the family. If some member of the family can shunt such annoyances it will accomplish more for the patient than anything the doctor can do. Much of the benefit in sanitarium and hospital treatment that is attributed to some particular diet, is usually due to the fact that the patient is temporarily having the benefit of mental and emotional relaxation.

Exercise.—Unless the heart is nearing a crisis, the patient is better off to have regular exercise. The amount permitted will depend on the heart condition. The exercise should not be fitful, but a regular amount, depending on the patient's capacity. Golf and tennis may not be too strenuous for some patients, but the patient must know his limitations and should not let interest in the game lead him to overdo, for that means strain of the heart that may undo weeks of careful health building. Walking within the patient's ability is excellent exercise. Perhaps the best form of exercise is work at some hobby in which the patient has an intense interest.

Diet.—There is a difference of opinion among the men who have given the most study to this subject. Some believe that a patient is better off on a moderate protein diet, say 75 grams of protein daily. Other observers believe that there is a distinct advantage in using a low-protein, base-forming diet, and we suggest that the hypertensive patient adopt this diet.

A number of physicians have by animal experiment found reason to surmise that a low-protein, base forming diet would be excellent for hypertensive patients. Such a diet has been tried out by them and others on human subjects with good results, pressure in some cases being reduced to normal without any other treatment.

I now quote from a paper on "Essential and Nephritic Hypertension," by Dr. G. K. Abbott, of the Glendale Sanitarium and Hospital, Glendale, Calif., in "Medical Papers," published by the Pacific Press Publishing Association, Mountain View, California.

"These experimental facts and clinical experiences led . . . to the initial temporary use of what I call the overbalanced diet, that is, for a week or two excessively low in protein and as high as possible (by diet) in alkaline ash. This diet consists of the exclusive use of fruit and fruit juices for three to five days, following which there is gradually added green leafy vegetables, then other vegetables, until by the end of ten days a

full diet of fruit and vegetables is attained, with free use of fruit juices between meals.

"This diet is without breads, cereals, or grain products of any kind, without nuts, nut foods, eggs, cheese, cottage cheese, or even milk, except that cream is used in cooked vegetables and with certain fruits. Ripe legumes are excluded, but green peas and string beans are included, also ripe cured olives and olive oil, also butter. Salt is restricted, but not salt free.

"Such a diet, when fully reached, contains 18 to 25 grams of protein depending upon the use of the higher protein vegetables (potatoes, green peas, etc.). Pastries and confections are excluded, but sugar is used freely in fruits and fruit juices. Following this, ten days or two weeks of an exclusive fruit and vegetable regime, a glass of milk a day is added, and also one or two half slices of whole-wheat bread daily. Sometimes two glasses of milk a day are added. The milk and the bread add from 11.4 to 22.8 grams protein daily, making about 29.4 to 47.8 grams. Some patients are kept for a longer time without milk or bread, but usually not over a few weeks."

It seems that to get the best results the hypertensive should be under the care of a physician who understands his case and who knows the principles of this method of treatment. Physicians who are familiar with this method believe they get much better results than by any other.

There is no question that the patient who for some reason is unable to avail himself of the services of a competent physician, will be much better off to confine himself to a diet that is low in protein and is balanced on the alkaline side.

In all cases where there is no marked tendency for water to collect in the tissues, it is allowable to drink freely of water. In dropsy cases and in some heart cases salt should be restricted.

Though some doctors believe that diet restriction is not an important matter in hypertension and that the diet should be fairly liberal, they should remember that sudden deaths from apoplexy or from heart failure (doubtless high-pressure cases) not infrequently follow a banquet or a heavy dinner.

Though it is important that a patient should know his physical limitations and understand that his affliction demands a changed life and that many things he once could do with apparent impunity must now be avoided, in order to prevent some grave brain or heart accident, his attitude should not be one of worry or fear, as these emotions would help to hasten what he most fears. Knowing his limitations and dangers he should be thankful that he is no longer going blindly, but has the knowledge through which he may regulate his life so as to conserve his bodily forces. Some persons with high pressure live longer than their doctors expect.

A New Anaesthetic for Childbirth

IT is now more than eighty years since Simpson first used chloroform to relieve the sufferings of a woman during childbirth, and great has been the gain to humanity and to the art of obstetrics which has resulted therefrom. Nevertheless, even today the majority of cases of childbirth are conducted without any anaesthesia, for two reasons; firstly, many women do not ask for an anaesthetic because they are ignorant of the fact that labour pains can be alleviated without damage to themselves or their child; and, secondly, there is the practical difficulty experienced by the doctor in giving an anaesthetic in the home.

As a leading article in a recent issue of the *Lancet* points out, the use of anaesthetics in labour has definite obstetric advantages. "The memory of unrelieved pain in a first labour causes in many women grave apprehension of the coming ordeal in subsequent pregnancies—a quite unnecessary additional strain which does not conduce to the welfare of either mother or child. Again, if pain is duly relieved, and the patient's condition during labour gives no other cause for anxiety, doctors and relatives are likely to agree to let delivery be spontaneous, whereas if the woman is distressed it is common for the patient's friends to beg the doctor to force the pace by forceps delivery. The

most marked advantage noticeable at the end of a labour which has been made painless is the absence of shock or exhaustion."

Owing to certain disadvantages inherent in the use of chloroform as an anaesthetic, many investigations have been made of late with a view to discovering an easy, safe, and efficient method of producing anaesthesia during labour. Quite recently, experiments have been made with a drug called *avertin*, and Mr. J. S. M. Connel, F.R.C.S., reports favourably in the *Lancet* on its value in relieving pain after an experience of its use in some fifty cases. The technique of administration is simple, and it appears to be effective in mitigating the pain for a sufficient period. He emphasises, however, that the preparation does not give a painless labour, but that "with *avertin*, it is possible to make things so easy for the patient that she has no devastating pain, no prolonged backache, no exhaustion, and no memory of a terrible experience to jaundice her outlook upon life." It is to be hoped that the *avertin* method of anaesthesia will be extensively tried by the general practitioner, and that the results obtained will be as favourable as those recorded by Mr. Connel.—*New Health*.

OUR HOMES

Joyous Inclination

AND can we think it is from painful duty

The flowers turn their faces toward the sun,
From which come light and warmth, to give them beauty,
And strength, and colour, till the day is done?

Can we not find as holy joy in turning

Our hearts to Him, the source of all our good?
More fully every hour His will divining,
The love, the glory, of His fatherhood?

—Irene Stanley.

Relieving Motor Tension

By Ruth L. Frankel

I WISH I could teach Mary to eat better," sighed Mary's mother. "She begins all right, but after a few minutes she just squirms and wriggles, and stops eating altogether. It doesn't matter what she has, either. She behaves the same whether it is ice-cream or spinach."

"Hm!" answered Cousin Jane, who had come to visit. "She seems to have a hearty appetite and to be perfectly well. I wonder if it's just a case of motor tension."

"Of what?" asked Mrs. Jones.

"Motor tension. You see, small children have the greatest possible difficulty in sitting still. Even some adults find it hard. You've seen the crowd at the ball game rise up and exercise at the end of the innings. That is to relieve cramped muscles. And that's for adults. Little children find it much more difficult to sit still than grown-ups. In fact, for some it is next to impossible to remain in one position for more than a few minutes."

"But they have to sit at their meals," put in Mrs. Jones. "What am I to do?"

"Why don't you let Mary get down when she reaches that strained point and walk once or twice around the table? That should take the kinks out of her legs, and let her come back relaxed enough to be able to continue her meal."

"It doesn't sound logical to me," answered the mother, "but I have scolded and nagged and punished and coaxed until I'm beside myself. A four-year-old who can eat beautifully shouldn't be such a problem, I'm sure."

"No. She shouldn't," admitted Cousin Jane. "But very often feeding problems arise more from

the strain resulting from cramped muscles than from actual dislike of the food. It's perfectly evident that when a child begins to swing her feet and kick the table, or to squirm about on her chair, she's not doing it just to be naughty, but because she has to work off some accumulated energy. And you'll find it less nerve-racking for you, if you let her work off that energy by complete activity, such as walking round the table, than if you fight her and try to compel an impossible control on her part."

"I'm going to try it," said her cousin.

And the very next day, when Mary began to kick the table and to forget to eat, her mother instituted the game of "walking the wiggles away."

"Wouldn't you rather walk around the table than kick it?" she began quietly.

Mary looked up. "Yes. May I really get down?"

At her mother's smile and nod, the active little body slid happily off the chair, and Mary started trotting round the table.

"Just go enough to get the kinks out of your legs," suggested mother, and after two turns a pleased little girl climbed back into her chair, and happily attacked her food with never a squirm, while a delighted mother made a mental note of one more worry conquered.

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Little Builders

KATHERINE and Dorothy were sisters. Their father was a contractor. That means that he worked at building houses for other people. Dorothy and Katherine's mother often took them to see a house that was being built. Sometimes their father would let them go with him to a house that was nearly finished. There they would play all afternoon in the sand that was left by the plasterers, or they would build houses out of bricks or blocks of wood that the workmen had dropped.

Soon these little girls knew the names of nearly all the different things that a house is made of.

Now Katherine and Dorothy were very good little girls, most of the time; but they had one very bad habit. They did not like to eat the things that were good for them. Dorothy did not like milk or porridge. Katherine just couldn't eat whole-wheat bread. Neither of them liked vegetables, except potatoes; but both of them were very fond of sweets.

Their mother was perplexed about all this. She wondered how she could make her little girls willing to eat the things that would make their bodies grow strong, and keep them well.

One day she took them to see a very beautiful house that their father was building. The house was almost finished, and would soon be ready to live in. She took them all over the house. They even went up to the attic, and down to the basement, where the men were putting in the furnace and the water pipes and the wires for the telephone and the electric lights.

"Dorothy," said mother, when they had come back to the porch, "can you tell me all the different things father is using to make this house?"

"Why, yes," answered both girls at once. "Father has told us that many times."

"There are bricks and lime and cement and sand and timber," said Dorothy.

"Yes, and paint and glass and lots of other things," added Katherine.

"Why doesn't father use just bricks?" asked mother.

"He couldn't make a house out of just bricks, mother!" exclaimed Dorothy. "Why, he just has to have mortar to hold them together; and he can't make doors and cupboards out of bricks."

"He couldn't make the boards and timbers stay where he wanted them without nails and screws, either; and the house wouldn't look nice at all without plaster and paint," said Katherine.

"But don't you think it would be easier to make a house if he didn't have to use so many different things?" asked mother.

"Maybe it would be easier, but the house

would not be very good; and I don't believe it would look so nice," said Dorothy thoughtfully.

"Then each of these things is needed to make a good house, is it?" You think it wouldn't be a good house if father used only one or two of the things that were the easiest to use, or that he liked the best?" persisted mother.

"Of course not," answered both the girls.

"Did you ever think that your body is like a house?" said mother.

"Yes, mother, Miss Morris told us about that at school," said Dorothy. "She said we got lime from milk, and iron from vegetables, and woody fibre from grains and other things. Why, those are some of the very same things father makes houses out of!" she exclaimed.

"But how are my little girls to get the lime and iron and the other things their bodies are built of if they do not drink milk and eat vegetables and fruits and good whole-wheat bread?" asked mother. "Do you think they will be able to build a good house out of just two or three things that they like best?"

"No, I don't think they will," the children said.

"Then suppose we call ourselves the builders," said mother. "I will be the contractor, and you will be the workmen."

"And we will put everything into our houses that is needed to make them strong and beautiful," agreed the girls.—*E. R. Olmstead.*

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MEATLESS RECIPES

Recipes for the New Year

SPINACH CROQUETTES

2 cups cooked spinach, 4 raw eggs,
4 hard-boiled eggs, $\frac{1}{2}$ teaspoon salt,
1 cup bread crumbs.

Put hard-boiled eggs through a colander. Mix with the chopped spinach. Beat the eggs well and add salt. Add to the spinach mixture and mix thoroughly. Form into croquettes. Roll in bread crumbs, place in buttered pans, and bake until nicely browned. Serve with onion sauce.

SURPRISE CROQUETTES

2 cups mashed potatoes, 4 tablespoons cream,
1 teaspoon onion juice, 2 egg yolks,
1 egg white, Grated cheese,
Salt, bread crumbs.

Add the cream, onion juice and salt to the mashed potatoes and beat until smooth. Add the beaten egg yolks. Form into croquettes, make dent in each and fill with grated cheese. Press the potato around the filling. Beat egg white and add a little water. Dip croquettes in egg white, roll in the bread crumbs, place on oiled tins and bake until brown. Serve with white sauce.

VEGETABLE CHOWDER

1 cup chopped carrots, 1 cup chopped turnips,
1 cup chopped celery, 3 cups diced potatoes,
8 cups water, $\frac{1}{2}$ cup butter,
 $\frac{1}{2}$ cup diced onions, salt.

Mix together all of the vegetables except the potatoes and simmer in the butter ten minutes. Add the potatoes and cook in a covered pan for five minutes, then add the water and cook until the vegetables are tender and can be forced through a colander. To the puree add the seasoning and the parsley. Reheat and serve.

LIMA BEAN CROQUETTES

3 cups cooked lima beans, $\frac{2}{3}$ cup bread crumbs,
1 tablespoon butter, $\frac{1}{2}$ teaspoon sage,
3 eggs, salt.

Put the beans through a colander, add remaining ingredients, shape into croquettes. Roll in the bread crumbs, then in slightly beaten eggs and then in crumbs again. Place on oiled tins and bake until brown. Serve with tomato sauce.

TOMATO SAUCE

4 large tomatoes, 1 tablespoon onion juice,
1 cup water, 2 tablespoons butter,
 $\frac{3}{4}$ teaspoon salt, 2 tablespoons flour.

Cook the tomatoes, onion juice, salt, and water for fifteen minutes, then strain. Melt the butter, add the flour and strained tomatoes, stirring constantly. Cook until the starchy taste is gone.

CREAMED POTATOES AND CELERY

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

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

SCALLOPED CAULIFLOWER AND EGGS

1 medium-sized cauliflower, 2 cooked eggs,
2 teaspoons flour, 2 teaspoons butter,
1 cup milk, salt, $\frac{1}{2}$ cup bread crumbs.

Break the cauliflower into small flowerets and let stand one-half hour in salt water. Then wash again and cook in boiling water, adding salt just before it is done. Drain, place a layer of cauliflower in an oiled baking dish, then a layer of sliced eggs, then a layer of white sauce made of the butter, flour and milk. Sprinkle the crumbs on top and bake in a moderate oven until brown.

BRINJAL CREOLE

1 brinjal, 1 cup minced onions,
3 tomatoes, 2 teaspoons butter,
1 cup bread crumbs, $\frac{1}{2}$ cup grated cheese.

Slice brinjal in one-fourth-inch slices, peel, boil in salted water for a few minutes and drain. Peel tomatoes and slice. Chop onions and let simmer in the butter until light brown. In a buttered baking dish alternate egg plant, tomatoes and onions. Cover with bread crumbs and grated cheese. Bake until nicely browned.

PUMPKIN PIE

$1\frac{1}{2}$ cups mashed pumpkin, $\frac{2}{3}$ cup brown sugar,
1 teaspoon cinnamon, 1 teaspoon salt,
2 eggs, 2 cups milk.

Steam and strain fresh pumpkin or bake it. Put it through a colander, add all the remaining ingredients. Line a pie tin with a good pie crust, fill with the pumpkin mixture and bake, first in a hot oven to bake the bottom and sides of the crust. Reduce the temperature and bake slowly until set or, until a silver knife inserted in the centre will come out clean. Serve with whipped cream.—F.



The

DOCTOR SAYS



Ques.—"Is it harmful for one with rheumatism to use tomatoes?"

Ans.—Tomatoes are not detrimental but are beneficial in rheumatism. Sugar is often injurious, and is so to quite an extent in this complaint. I have known persons with rheumatic trouble who have been quite easy for weeks or months and then have taken a little sugar or candy, and perhaps that night the pains would begin to give trouble. So if you sweeten your tomatoes or use considerable sweetening in other things, that might increase your rheumatic symptoms.

Ques.—"What is the best local treatment for a slight hardening of the wax in one ear, where the person is well informed in natural food requirements for general health?"

Ans.—For removing earwax when its presence is disturbing, syringe the ear gently with warm alkaline solution. To a pint of water slightly warmer than the body (say 105°) add a heaping teaspoonful of baking soda. By means of a fountain syringe, with reservoir about a foot higher than the head, allow the water to flow gently into the ear passage, while leaning over a basin. But unless the wax is causing disturbance, you should not attempt removal, for any manipulation may cause enough irritation to result in increased secretion of wax. It is best, even in so simple a matter as removal of wax, to have it done by a competent ear specialist.

Ques.—"What causes palpitation of the heart? Is it a serious symptom? What can be done for it?"

Palpitation may result reflexly from gas on the stomach or other bodily conditions, or it may be caused by mental excitement, or unaccustomed physical exertion.

It is a common symptom in exophthalmic goiter, in heart disease, in anemia, and in neurasthenic or hysterical conditions.

So it will be seen that this symptom may indicate a condition that is of little consequence, or a condition that is serious.

The relief of palpitation is to be obtained by removal of the cause. This will, in many cases, require the skilled attention of a doctor.

Ques.—"Is olive oil or any other oil beneficial in massaging the abdomen in the last three months of pregnancy? Do the parts massaged absorb any oil?"

Ans.—Massage, properly applied, may help to develop the abdominal muscles. But massage unskillfully applied may do more harm than good.

The principal use of oil in massage is to make the work easier. Some oil is absorbed, but this is not the main object of using oil.

Ques.—"My father has swollen ankles which he has had for two years. He cannot walk well because of stiff ankles. The doctor calls it arthritis."

Ans.—Your father's arthritis may come from some point of infection in his teeth or tonsils, or in the sinuses about his nose.

He should go to some good hospital, and have a thorough examination to determine just where the germs are that are causing his arthritis. Then he will probably need some surgical work or dentistry. The sooner he has this done the better.

Ques.—"Can anything be done for a running sore on the ankle of an elderly man about eighty years of age?"

Ans.—An old wound in an elderly man is often very persistent. Apply vaseline to the sore and then expose to the sunlight or electric light daily. The carbon or light and water-cooled quartz light are also very good, but the sunlight or electric light is usually more available.

Ques.—"Why are some people overweight? Is it 'just natural,' or is it because they overeat?"

Ans.—There are several reasons for being overweight. In some cases it is a family trait, and very few of the family escape it. It may be the family trait is a fondness for the pleasures of the table. In some cases it may be a cook who specializes in good things and sets a very good table with an abundance of desserts to be eaten after the family has eaten all they should, so overeating becomes habitual with the family. It may be because of some trouble with the thyroid or with the pituitary gland—a condition which would not yield to diet alone.

Your trouble may be too good a cook, a liberal table, and a splendid appetite, and a demand by your appetite for more than you need. It may be that you are by inheritance of a heavy build. Some persons are heavy even when on a spare diet; at least that is what they claim. However, one doctor recently took a number of patients who made this claim, and putting them in a hospital where they could get no food except what he prescribed, he found he could make them weigh what he wanted them to; so he believes that all over-weight is due to overeating.

Ques.—"When I go swimming, my lips and face turn blue. What is the probable cause of this? Is there liable to be any harm from going in the water when it affects me this way? I don't stay in long, but get cold in about fifteen minutes. None of the rest complain of the water's being cold."

Ans.—I doubt that bathing will do you much good under the circumstances. Better spend most of your time on the beach in the sunshine, then just take one plunge, before dressing. You do not react well.

Ques.—"What diet is best suited for a leaky heart, also for a blood builder, in case of anemia?"

Ans.—A leaky heart is caused by infection, and is in no way made better or worse by the diet, for the leak is entirely mechanical.

For anemia you should eat foods rich in iron. The leafy vegetables, especially those rich in the green coloring matter, such as spinach, are excellent. Tomatoes also are fine, and strawberries. Egg yolk is one of the best sources of iron. The whole grains,—wheat, oats, etc.,—dried beans, and dried peas are good sources of iron. Many other vegetables contain good supplies of iron, but if your blood is poor, avoid white bread and all foods made out of milled grains, such as many of the breakfast foods—cornflakes, for instance.

Ques.—"Can a person twenty-five years of age, with a damaged heart, by taking excellent care of himself, live to old age? Will tobacco used moderately and not inhaled affect the heart?"

Ans.—One doctor gave as his prescription for long life, "Get an incurable disease and the disposition to give yourself the proper care." You remember the fable of the hare and the tortoise. The tortoise won because of the overconfidence of the hare. If you know your weakness, and how to care for it, you may live longer than many who live as if they had health to squander.

The doctor sometimes has to tell a tobacco smoker that he cannot do anything for the patient's heart unless the patient discards tobacco. For weak heart I would certainly suggest leaving off such a handicap as tobacco.

Ques.—"Is it a good plan to give blood transfusions in anemia? The patient is walking about."

Ans.—It is often a great advantage to give blood transfusion in a case of anemia. It would depend on the severity of the anemia and whether it will yield to simpler measures.

BABY'S

SLEEP, BATHING & CLOTHING

By Mrs. T. J. Evans

WHEN baby sleeps, he grows. During the first few weeks of life a healthy infant sleeps from eighteen to twenty hours a day. As he grows older, he requires less and less sleep. At six months of age he may take sixteen to eighteen hours of sleep a day; at one year, thirteen to sixteen hours a day, up to two years, when it should be from twelve to thirteen hours in the twenty-four.

It is important that baby's sleeping period should be regulated from birth. Even after a child is three years old, it is best that the nap be at the same time each day. Never give baby medicine to induce sleep. Soothing syrups often contain drugs that are dangerous for an infant to take. On the other hand, walking the floor is unnecessary. Habits are easily formed, and once formed are not easy to break.

There are many things that can be done to induce sleep; for instance, baby can go to sleep better just after a bath or when the bowels have been emptied. This makes sleep restful. It is not absolutely necessary for the household to be quiet, for when baby is young he can become accustomed to going to sleep when there is noise; but the older he gets, the more sensitive he is to noise.

Do not take baby out late at night. You are stealing flesh off his little body when you rob him of necessary sleep, just as much as if you were depriving him of his food. Nature's sweet, undisturbed sleep is baby's safeguard, and requirement for daily growth and development.

Big pillows are not best. See that there is sufficient protection from cold under baby as well as over him. Often a fond mother smothers her little one with covers, while the mattress is thin, and the cold comes up and reaches the child through the mattress. Bedding should be aired and sunned every day. There should be no unpleasant odour in the nursery. In extreme cold weather or in cool sleeping apartments, pin the covers over the baby's shoulders, and give him long sleeves to protect his hands.

If baby sleeps with his mouth open, grinds his teeth during sleep, if his muscles twitch, or he wets the bed frequently, such symptoms should be reported to the family physician.

It is wise to turn small infants about every hour while sleeping. During the first week or so the head should rest an inch below the body.

This helps to remove the mucus in baby's throat. Do not cover his face. Keep him comfortable by using hot-water bottles if necessary.

Test each bottle by placing it next to your face. Also see that it does not leak.

The daily bath for baby is needed to keep the skin clean. Besides the cleansing bath, a tepid bath acts as a tonic. Bathing also equalises the circulation.

The temperature of the bath should be regulated according to the age. Have the water at 99 degrees to 100 degrees at birth, gradually diminishing to 90 degrees to 95 degrees at six months, and to 85 degrees to 90 degrees at one year. Do not guess, but use a bath thermometer for testing the bath.

Until the cord drops off, the baby should be given just a sponge bath. It is best to place him on a padded table with heat thrown on body. The cord is cared for as the doctor will direct. If no doctor is present at birth, pure alcohol on sterilised cotton is used over stump of cord and well around it, placing a sterile piece of gauze over it. Because the cord is the most frequent avenue for infection, it is necessary to keep it clean. In homes where there is no sterile gauze, a piece of clean cloth can be heated on the stove or in the oven until it is a golden brown. This will give a dressing free from harmful bacteria.

In bathing the baby, hold him with your left arm, well supporting the back, neck, and head, leaving the right arm free for washing baby. Because of the large pores on the soles of the feet and the palms of the hands, keep the baby's hands and feet exceptionally well bathed to help elimination. Do not use strong soap on the tender skin of a baby. Never use a hard instrument in cleaning baby's ears or nose. Keep the nails cut close to prevent scratching. Use the toothbrush as soon as teeth appear.

The most important thing to be considered in clothing the baby in cold weather is that the same amount of clothing should be on each part of the body, guarding well the parts farthest from the heart. The ankles and the wrists should be especially protected. Where the blood comes next to the skin, extra protection should be used in order not to chill the blood. If the skin is kept warm, the blood is not allowed to become congested. This precaution will prevent many attacks of illness in cold weather.

It is carelessness or ignorance, and not a kind Providence, that causes little ones to suffer and die prematurely.

More clothing and more air is a good slogan for baby, yet it must be understood (*Turn to page 27*)

Disarmament or Destruction

(Continued from page 6)

His wrath. And every island fled away, and the mountains were not found. And there fell upon men a great hail out of heaven, every stone about the weight of a talent; and men blasphemed God because of the plague of the hail; for the plague thereof was exceeding great." Rev. 16:17-21.

The armaments of men, no matter how ingeniously and powerfully made, cannot compete with the armoury of Heaven. God will answer, at Armageddon, the challenge and the blasphemy of the infidel, the atheist, the higher critic, the modernist, the communist, and the unbeliever of every species. The God who has been defied, mocked, blasphemed, and ruled out of the universe by presumptuous man, will speak at that time in a language which man cannot answer. A reference to that battle when heaven answers the challenge of earth, is found in the twenty-fifth chapter of Jeremiah. God says (verse 29), "I will call for a sword upon all the inhabitants of the earth." Then the inspired writer continues:—

"A noise shall come even to the ends of the earth; for the Lord hath a controversy with the nations, He will plead with all flesh; He will give them that are wicked to the sword, saith the Lord. Thus saith the Lord of hosts, Behold, evil shall go forth from nation to nation, and a great whirlwind shall be raised up from the coasts of the earth.

And the slain of the Lord shall be at that day from one end of the earth even unto the other end of the earth: they shall not be lamented, neither gathered nor buried; they shall be dung upon the ground." Verses 31-33.

That is what this world is facing, and it is facing it now. The preparations for war are preparations for that very event. This world is driving on toward Armageddon with all the speed with which demons can inspire men. In spite of the League of Nations, selfish national interests will be put before every other interest in the world and the same feverish anxiety to prepare for war that is now manifested will go on till the crash comes—and God answers the challenge of men in destroying them that "destroy the earth." Man is planning today such weapons of destruction as the world has never before known, weapons that will destroy all life—human, animal, and vegetable. God is the Author of life, and man, urged on by wicked spirits, is planning its destruction. God does not intend always to remain quiet while this counterworking of the divine plan is carried out. We have this further reference to Heaven's answer to the challenge of man:—

"And the nations were angry, and Thy wrath is come, and the time of the dead, that they should be judged, and that Thou shouldest give reward to Thy servants the prophets, and to the saints, and them that fear Thy name, small and great; and shouldest destroy them which destroy the earth. And the temple of God was opened in heaven, and there was seen in His temple the ark of His testament: and there were lightnings, and voices, and thunderings, and an earthquake, and great hail." Rev. 11:18, 19.

Here is reference to the same great events spoken of in the previous scripture. God has been faithful in His warnings; and when we see the world preparing for its part in that last great battle, and know that heaven will answer earth's challenge when God's time has come, we are left without excuse if that crash of human interests and that day of eternal destiny come upon us and find us unprepared. Christ Himself has warned His followers to watch and to be ready, for now it is high time to awake out of sleep.

Phosphorus in Food

A POPULAR fallacy is that fish is an ideal brain food, because of its phosphorous content. Phosphorus is an important constituent of the brain, but it has yet to be demonstrated how this element is connected with mental activity. Proper activity of the brain depends upon the purity of the blood and an adequate supply of it, and not on the presence of any single element. Kale, radishes, watercress, and Brussels sprouts all contain, weight for weight, more phosphorus than does fish, and in these vegetables it is not accompanied with any of the poisons inseparable from fish — *A. Millwood.*

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How to Live Another Year

(Continued from page 17)

of sleep. Eating lightly of suitable foods, taking plenty of rest and sleep, free water drinking, and maintaining good elimination mean much toward living another year.

Any one, old, young, or middle-aged, can depend on the natural protective forces of the body, if one will but guard them. They will take care of us if we will take care of them. The heart, lungs, liver, kidneys, stomach, intestines, skin, and all other organs will function if we let them. They will serve their uses if we keep them from abuses. It is not the normal wear and tear that hurts them, but our excesses.

As we think of living through 1932, we do not have to take the whole year at once. The days come as the dates of the calendar pass. Like tearing off one leaf at a time from the desk calendar pad, so can we take the days one by one. We can live the year only one day at a time anyway. But it is the day-by-day living that indicates what the year will be.

Some of us may think of the year in its seasons, and know the troubles of living through some particular part of the years. Yes, the year has its seasons, its variable weather, and its various health hazards. But those need have no special fear for those who are living a daily health programme. The body is amply able to meet the varying conditions of wind and weather, heat and cold. Indeed, the entire year may be one of health getting to him who is living for health.

A sensible health programme will make seasonable health provision. Clothing, under and outer, will be suited to weather conditions. The diet will be according to the needs of season, age, and occupation. Exercise and rest will be regular requirements. Hygiene, sanitation, and cleanliness will have their place the year through. Pure air will be a constant rule. The free use of water, inside and out, will do its part to keep the body in good order.

To the one practicing the positive principles of health little need be said of the things to avoid. The one builds health, the other breaks it. You can't do both at the same time. Watching the hours of sleep is its own protection against the results of losing sleep. Moderation in eating obviates the results of overeating. Guarding against too strenuous exercise precludes a breakdown from overwork. Wear rubbers when it is raining and you won't get your feet wet, nor the cold that usually follows. It is just a matter of doing the things you ought, that will prevent your suffering the consequences that would otherwise result.

Living another year through is a matter of observing what may be regarded as little things of everyday living. The regular practice of a thing is what counts. One cigarette, one glass of

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beer, one indulgence of gormandizing, one late banquet, one night's loss of sleep, would probably hurt no one of average health. But no one, even in the best of health, can long stand a constant repetition of any of these.

A wise procedure in assuring living another year, and more, is to have a thorough annual physical examination, and ascertain just what may be the health status. Unsuspected abnormal organic conditions may be determined and measures adopted for their correction. An intelligent individual adjustment can the better be made. More serious development of a bad disorder may thus be arrested. Big insurance companies are finding that periodic health examinations pay, in the warding off of many impending deaths and the payment of policies.

Living better means better living as well as living longer.

Baby's Sleep, Bathing, and Clothing

(Continued from page 25)

that one can even overclothe baby. Prickly heat is a warning symptom of an overheated skin and that the child is too heavily clothed.

The physiology and anatomy of every part of the body must be carefully studied if baby is to receive intelligent care.

World-Wide Depression and Universal Heart Failure

(Continued from page 9)

dispose of, and we see no way of bringing them together. The intelligence of the race has failed before the problems the race has raised.

"The machinery we have invented produces results we did not foresee and cannot avoid. The industrial organisation that has developed carries us along we know not whither, we know not why. We have more money, more food, more things, and more power than at any time in history. We are poorer, hungrier, more helpless, and more confused than ever before."

The editor of the *Sheboygan* (Wisconsin, U.S.A.) *Press* in a recent editorial laments the fact that we have no leaders "to guide nations through the maze of unrest, uncertainty, and seeming unrealities which have produced a strange and disquieting attitude upon the peoples of the civilised world." The editorial closes with this paragraph:—

"From any viewpoint, it is a perplexing problem and one that cries for a solution. Is there anywhere in the world a man competent to offer a solution, a man big enough, liberal enough, and humanised enough to serve as a teacher and a leader for a world that is threatened with collapse?"

Both this editor and President Hutchins

sense the fact that the world is out of hand, and that we need some superman to guide us out of the pit into which we have been thrust.

Perhaps as never before, war time not excepted, men's hearts are failing them for fear and for looking after the things that are coming upon the earth. The foe is so intangible, so elusive, the remedy for our present distresses so obscure, that men everywhere feel they are up against a more baffling problem than has faced any previous generation. And they are, too. When so complex and intricate a thing as our present civilisation goes awry, it is doubly hard to bring it back to normalcy. The problems that confront us today are peculiar to this modern age, and no precedent can afford us guidance.

This situation, however, has not been unforeseen. Long ago when the disciples came to Jesus, asking Him what should be the sign of the end of the world (see Matt. 24:3 and Luke 21:25-27), Jesus told them that great confusion and perplexity among the nations, and men's hearts failing before the insuperable problems of the time would be an indication of the near end of the human regime in world affairs. He affirmed that the very existence of such a condition would be a sure indication that He, Christ, was soon to appear the second time to cleanse the world and to establish His kingdom.

Universal heart failure, then, was long ago foretold by Christ as the great disease of our day. And it needs thus to be, for the world must realise, as President Hutchins has declared, that "the intelligence of the race has failed before the problems the race has raised;" else how shall they ever feel the need of Jesus Christ, His leadership, and His kingdom. Men must see the need of something better before they will desire something better.


A Time for Optimism

Please note this contrast: After Jesus had said that men's hearts would fail them for fear, then He gave this injunction: "When these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh." Luke 21:28.

In other words, Christ says that the man who really understands the portent of present conditions, and who knows that distress upon earth is but a prelude to the establishment of a divine order of things by Christ Himself, can be an optimist in the midst of despair, can raise the voice of courage in the midst of discouragement, can hope in God's plan in the midst of the breakdown of men's plans.

The present state of the world economically may take a turn for the better some of these days, but it can be only temporary at best until the day that divine intervention and divine power institutes a new order of things. Then capitalism and Socialism and Communism will disappear under the beneficent and just rule of the Sovereign of men. Then want and privation and unemployment will be everlastingly banished; for every man shall abide under his own vine and fig-tree.

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Then hopelessness and despair and heart failure will not be found, for the redeemed shall come with songs and everlasting joy upon their lips.

Let us therefore face the present perplexities with hope, for their evil day is not for long; soon shall come the time when Christ shall establish His kingdom, to which there shall be no end.

Are You Overweight?

(Continued from page 7)

For the overweight person, there is one sure remedy: Learn to eat less of the energy foods. To this end, the meal should be made up quite largely of foods that are bulky without furnishing much energy, such foods as the coarse vegetables and the fruits. Some potato is allowable, but the less bread, cereals, puddings, pastries, etc., he eats, the better. Fats should be avoided, even butter. Among the fruits, oranges, grapefruit, and berries, are preferable to those which are rich in starch and sugar, such as dates, prunes, dried figs, raisins, grapes, and bananas. Laxative foods such as these will have the added advantage of moving quite rapidly through the intestine, so that there will be less absorption of nutrition.

If one has the courage to do it, two meals (not larger meals!) will be better than three. To reduce, one should discipline himself to take some vigorous exercise every day. But if he is unaccustomed to exercise, he should begin very gradually, as spurts or unusually hard work by a person who is soft from a sedentary life, will do more harm than good. Preferably he should be under the supervision of a *qualified* physical trainer (not every self-advertising, so-called physical trainer is qualified) who can prescribe his exercise according to his physical condition and his needs.

Auto-Intoxication

(Continued from page 18)

The writer has had excellent results from acid nit. mur. dil. in water after meals, as in prescription below:—

Acid nit. mur. dil.....5 drams
Water to.....4 ounces

Dose: One teaspoonful in two tablespoonfuls of water (or more) after meals.

IN addition to the toxic causes of arteriosclerosis, high blood pressure itself sooner or later leads to hardening of the arteries. All the stresses and strains of life have the same baleful tendency, it matters not whether these produce local stress in some one part of the circulatory system or in all the parts.—*Dr. G. K. Abbott.*

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How to Feel Young at Fourscore and Four

(Continued from page 11)

steak or mutton chop, he is also taking the poison of the bullock or sheep. He cannot get rid of this additional poison fully, so it is stored up in his tissues, predisposing him to rheumatism and many other diseases.

Exercise and Happy Mind

Don't forget to exercise. Walk where you can. Breathe deeply in the open air; fill the lungs full, then hold the breath for a second, and then quite empty them. Then take another deep breath, and so on a hundred times during the twenty-four hours. This will purify the blood, and the blood will repair the body and keep it well and happy.

Health hints to remember:—

"A contented mind is a continual feast."

"An apple a day keeps the doctor away."

"Eat more fruit."

"Keep right, when you are right."

"Early to bed, and early to rise, makes a man healthy, wealthy, and wise."

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Don't Eat Liver

It is well known that the livers of carnivorous animals are very poisonous. Arctic explorers tell of persons being made very ill by eating dog's liver, and hog's livers are often the seat of abscesses. The fact is *all livers are bad*. Until very recently all authorities on diet have cautioned against the use of liver and other viscera.

The discovery two or three years ago that the liver manufactures a substance which is necessary for the process of blood making, has led to the eating of liver in cases of pernicious anæmia. Up-to-date doctors, however, do not advise patients to eat liver, but give them an extract which has been prepared from the livers of healthy animals and from which the unwholesome elements have been removed. Unfortunately the prominence which has been given to the benefits to be obtained by persons suffering from pernicious anæmia by eating liver has created a widespread but false impression that liver is a particularly wholesome food and that it is beneficial in all cases of anæmia and malnutrition. This is not by any means the case; in fact, the very opposite is the truth.

Careful experiments conducted by Dr. Newburgh, of the University of Michigan, have shown that the liver is really a very poisonous substance. Its use in any but very small quantities produces fatal effects. Rats fed upon a diet consisting largely of liver developed acute inflammation of the kidneys within a few days and died within a short time. Even small quantities of liver after a few weeks caused degenerative effects in the liver and other vital organs. An eminent physician, whose name has been prominently connected with liver feeding, said recently, "Of course every one of these people who are eating liver will die of Bright's disease."

The free eating of liver would cause premature death. The public should be warned against the use of liver. All the benefits that could possibly be derived from the use of liver may be secured by the use of the liver extract.—*Dr. J. H. Kellogg.*

HEALTH is the right of every human being. Illness or impaired health is the result of broken law. Disease cannot develop until vitality becomes so lowered that toxins, or body poisons, are locked up within the system. Enervation is the root, and toxæmia or auto-intoxication, the soil of disease. These two conditions may be brought about by circumstances beyond the control of the individual, but too often they are the direct result of disregarding the natural laws of health.—*Selected.*

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