

THE
ORIENTAL
WATCHMAN
AND HERALD OF HEALTH



G. A. Hamilton

COOL REFLECTIONS FOR APRIL
TWIN PEAKS (22,200 FT.) AND GORDAMAH LAKE (16,600 FT.) NEAR KINCHINJUNGA

Read on page 16—

Our Special Correspondent's Report on the
DISARMAMENT CONFERENCE AT GENEVA



THE world depends largely upon the province of Quebec for its supply of asbestos. In 1930 more than four million tons were mined in this one province.

THE world's largest radio station is being built in Moscow by the Soviet. This new station is supposed to be ready by May of 1932. It is not difficult to imagine what it will be used for.

THE average depth of the ocean is 12,500 feet. In the Mindanao Deep, between the Philippines and Japan, is the greatest depth, 35,410 feet.

GENERAL JAMES BARRY MUNNIK HERTZOG, Premier of South Africa, has decided that the "pound" is no longer a fit name for the Union's unit of currency. "Pound" he said, suggests something that has gone off the gold standard. The assembly most heartily agreed with the premier's sentiments, and soon the South African branch of the Royal Mint will strike a new basic coin containing 118 grains of fine gold. The new unit will have exactly the same value as the present unit; but it will have a nice new 100 per cent South African name—"the Rand." And most appropriate is this name, for out of South Africa's Rand gold fields has come \$1,040,000 worth of the precious metal—nearly half of the world's supply of monetary gold.

THE oldest living thing in the world, so far as is known, is the General Sherman tree in Sequoia National Park, California. It is as old as history itself, having begun to grow between four and five thousand years ago. It was a large tree before the golden age of Greece, and before the Egyptian pyramids were built. It is 273 feet high, and 102 feet in circumference at its base. There is said to be enough timber in its trunk to build 500 five-room houses.

"TWO hundred years ago the average person had at his command three slave-power units, either in person, horse-power, or water-wheels. Today after about six generations we each have on the average about one hundred and sixty-five slave-power units at our command, mostly in copper wires or tanks of petrol," says Dr. C. C. Farnas of Yale University U.S.A. He predicts a coming age of leisure when we will have more machines even than now, and will work two or three hours a day. He admits that he does not know how the social problem of so much leisure time will be solved. "What to do? How to keep out of trouble?" are questions that will need to be answered. Most of the offences against law are committed by those who had too much leisure time—time they did not know what else to do with.

ALL employees of the Gaw-O'Hara Envelope Company of Chicago must put a specified amount in the savings bank every week. A bank teller sits by the paymaster every Saturday and collects the deposits. The worker, of course, can do what he pleases with his savings, but if any employee will accumulate \$300 (Rs.2,000) toward the first payment on a home, George D. Gaw will contribute an equal amount. This bonus has been in operation ten years, and Mr. Gaw finds that home-owning workmen are happier and more efficient. He regards his contribution as a highly profitable investment.

A MOTOR highway from the tip of South America up the Pacific Coast through the United States and Canada to northern Alaska is planned by the engineers and public works' officers of the western hemisphere. The United States has provided \$1,050,000 (about Rs.4,200,000) to complete the Panama Canal Zone's unit in this highway. Roads paralleling the Pacific Coast already exist in the United States and in Alaska, and Canada is now working on the project.

AN expedition to Churchill, on Hudson Bay, for the purpose of photographing the aurora borealis is announced by the press bureau of the Canadian National Railways, says *Nature*. Churchill has been chosen because it is in the direct line between the auroral and the magnetic poles, and on the path of the maximum light frequency of auroral waves. The expedition, which is now at work, was, on recent advice, to remain for about six weeks, and hoped not only to photograph the aurora, but also to measure its height. In order to record the complete range of colour in the aurora, special cameras have been designed.

SOME day railway sleeping-carriages may be made of aluminium instead of steel. The Pullman Company of America is building an aluminium carriage for experimental purposes which will probably be exhibited at the Century of Progress Chicago's world fair. A car with an aluminium body would cost more than an all-steel one, but it would be from 30 to 40 per cent lighter.

THE 200-inch telescope now building at Pasadena, California, will be the largest in the world. It is expected that it will make available to the eye at least a billion and a half stars. The moon will appear to be but 25 miles away and objects thirty feet apart on its surface, would be seen separately.

X-RAYS is to be taken of the lungs of the new students at Yale University, U.S.A., in the future. This is to be done to detect the presence of tuberculosis in any of its manifestations, and it is hoped will be the means of preventing breakdowns. Out of the 1602 first examined, 283 or 17 per cent gave evidence of an infection potentially dangerous, but which could be helped in most cases.

RUSSIA has abandoned the five-day week. A six-day uninterrupted week is to be substituted. Six hours is the working day limit.

SALVATION ARMY representatives from England are soon to be sent to Devils Island, the French penal colony off the coast of Guiana, to work among the prisoners sentenced to life there. The French government has approved the plan.

SOMETHING new in rat catching is an electrical device. It is wired to the house current and baited with cheese squeezed into the meshes of a copper screen. When the rat touches the screen with his nose he meets a shocking fate—gets 220 volts through his body, and is killed instantly.

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How Is Your HEART How the Body Works—IV

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

THE heart is a hollow, muscular organ. In fact, it is just a specialized muscle, its walls being composed of a particular form of the "unstriated," or "involuntary" variety. It is situated in a fairly central position in the body between the lungs, about two-thirds of the organ being on the left side of the sternum, or central line of the chest. It reaches from the second rib above to the sixth rib below, and is enclosed in a fibro-serous sack, or *pericardium*, which prevents overdistension of the heart and also helps to hold it in position. There is a small amount of fluid between this membrane and the heart to prevent friction.

Two Hearts

Many animals have two separate hearts and in man the heart really consists of two halves joined together.

Each half of the heart is divided into two parts, making four cavities in the whole organ. The two upper cavities are called *auricles*, and the two lower ones *ventricles*. The openings between the auricles and ventricles are guarded by strong membranous flaps, or valves, which prevent any escape of blood backwards.

The walls of the ventricles are thick in comparison with the walls of the auricles, the left ventricle in particular being about three times as thick. The reason for this is that this particular part has to propel or force the blood to all parts of the body, as we shall see later.

The inside of the heart is lined by a thin membrane termed the *endocardium*.

We have already learned that contraction is the feature of muscular tissue, and this is the special work of the heart. By this means the blood is forced through the arteries to all parts of the body and returned back again to the heart through the veins. On its way back, the impure blood passes through the lungs, thus becoming oxygenated, or purified.

Wonderful Muscle

It is very difficult to exhaust, or even tire heart muscle. In fact, this power of the heart to contract is really wonderful. It will continue to function in all positions of the body and under most trying conditions as, for example, during a fever—a condition which always imposes upon it a great strain. In some animals the heart has been known to beat for nearly twenty-four hours after death, even after removal from the body. And yet in some respects the heart is a delicate and sensitive organ, and in view of its great importance to the body it is most unwise to treat it with anything but the greatest respect and care.

The Pulse

The contraction of the heart is termed the heart beat, and in a normal young adult the average rate is seventy-two beats per minute, or four beats to every respiration. It varies considerably with age, and in women it is slightly lower than in men. The rate of the heart is greatly increased by all forms of exertion or exercise. It is also profoundly influenced by the emotions such as anger and fear.

The heart is controlled by nerves from the brain and it is in this way that it is influenced. Two nerves, the *vagus* and the *sympathetic*, are mainly responsible for the heart's action. The action of the sympathetic nerve is to accelerate, while the *vagus* retards it. It is by a combination of impulses from these two nerves that the steady, regular action of the heart is maintained.

With every beat of the heart, a wave travels through the arteries. This impulse, or wave, is known as the pulse. It can be detected at any point where an artery of sufficient size comes near the surface. The usual point to feel the pulse is over the radial artery on the under surface of the wrist on the thumb side. The throb of the carotid arteries also can be very distinctly felt on either side of the neck.

In early youth the pulse rate is highest, being about 120 beats per minute during the first year of life. It gradually falls until at the age of twenty-one it is seventy-two. Here it remains fairly stationary until the age of sixty, when it gradually rises again through old age to seventy-five or eighty. Lying down reduces the pulse rate by about ten beats per minute.

Blood Pressure

At every contraction the heart expels four to five ounces of blood. It does this against a definite resistance which is called the blood pressure. Energy is also used to impart velocity to the blood. The heart, therefore, performs a considerable amount of work in its action. In actual figures the work done is two foot-pounds per beat. (One foot-pound represents the force required to raise a weight of one pound to the height of one foot).

The work of the heart is greatly increased by any form of exercise such as running, and as this organ takes rather a long time to return to its normal rate, the work done during and after such periods of exertion is enormous. Perhaps an example will make this more clear. A man rode a bicycle quickly up a steep hill. At the bottom the rate of the heart was seventy-six and at the top 144. The extra work done during this time was 316 foot pounds. But the time taken by the heart to return to its normal rate was forty-seven minutes and during this time 2,448 foot-pounds of extra work were performed. This makes a total of 2,764 foot-pounds, or approximately one and a quarter foot-tons. This gives some idea of the extra work the heart has to do. There are few things more important to life than the proper care of the heart. With care this organ will last and work well from birth to old age, but if abused or wrongly used much suffering and premature death will result.

There are three great enemies of the heart:

alcohol, toxins, and strain. In a person who takes alcohol regularly the muscular fibres of the heart become replaced by fat. This condition is very common in beer-drinkers and is often the cause of a fatal termination in such diseases as influenza and pneumonia. When the heart is called upon to do extra work there is not sufficient muscular tissue to respond, and the fatty fibres rupture, causing sudden death.

Such toxins as are present during fevers are very injurious to the heart. The toxin of rheumatism is especially so. In fact most cases of valvular disease of the heart can be traced to a rheumatic origin in early life. Prevention, then, is the important point here.

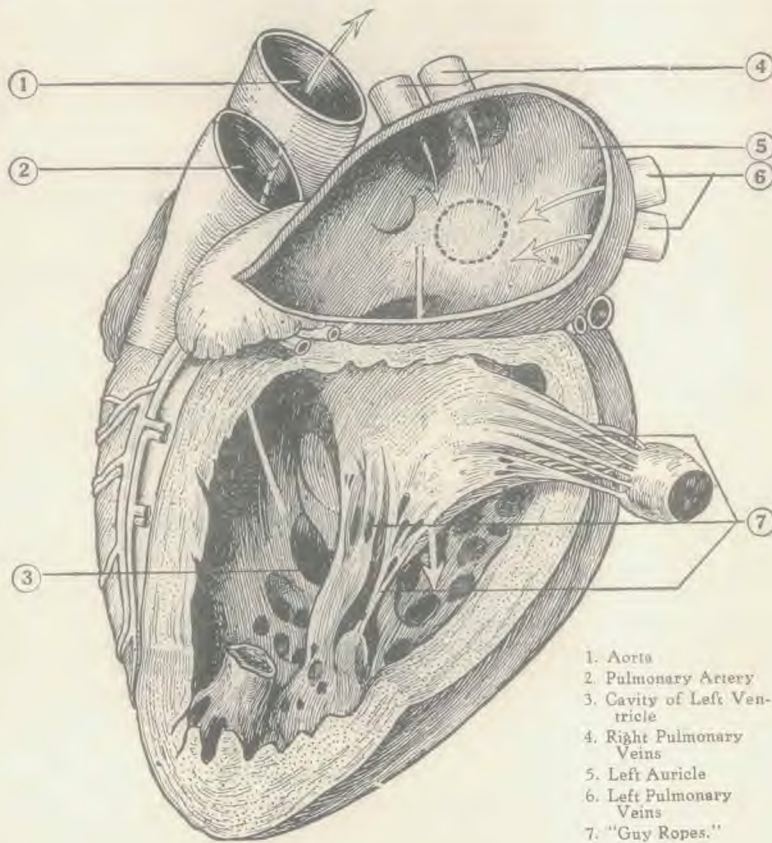
The avoidance of strain is most important because it causes so many deaths. Almost any organ can be cured by rest, but the heart never gets absolute rest from the moment we are born.

It has to be content with a little respite between each beat and the period of slackened activity during sleep. It is unwise, therefore, to place too great or too sudden a strain upon the heart. This does not mean that we must rest all the time. Exercise is as good

for the heart as for any organ. But it means that we should get eight hours' sleep each night and, if possible, rest for half an hour or so during the day.

Once the age of forty-five is reached, it is most unwise suddenly to sprint after a bus or train, run upstairs, dig hard and fast in the garden, take violent exercise, or indulge in strenuous outdoor games. These things are so liable to cause sudden collapse and death if the heart is not just as it should be.

Then there is mental strain. Anxiety, worry, anger, and excessive emotion all injure the heart and are especially dangerous after middle life is reached. Avoid these dangers, live a simple, regular, temperate life and you will not need to worry about your heart.



1. Aorta
2. Pulmonary Artery
3. Cavity of Left Ventricle
4. Right Pulmonary Veins
5. Left Auricle
6. Left Pulmonary Veins
7. "Guy Ropes."



DEPRESSION

By J. Phillips

THERE is surely something gone wrong with our world," remarked a fellow-traveler, who had carefully read his newspapers and had noticed that nearly 30,000 people had met with violent deaths in one month either through earthquakes, race riots, fires, etc. Another person, an employee in the railways of Burma said, "There is trouble all over the world." Still another stated it thus, "The world is gone mad." There is much of truth in all these conclusions.

Wherever we go, and with the majority of people with whom we speak, one of the main subjects of conversation is the general depression into which the world is plunged. We did not talk much about world-wide catastrophies till the world war of 1914-1918. Now a second danger has spread over the world in the form of depression—sometimes called world-wide business depression—and the frequency with which these world-wide events are happening is itself rather depressing.

The world is truly suffering with business depression, but the moral and spiritual depression is even worse. This latter phase, like the former, is also world-wide. Modern inventions have brought about mighty changes, some for the uplift and betterment of humanity, but many or most for the destruction and increased depression of the human family.

A Rangoon newspaper recently stated that it seems very deplorable that science and invention have brought into use such a large number of devices that are now employed for the destruction of men. Aircraft, submarines, poisonous gases, ships, and a hundred other things are being employed for the killing of men in warfare. Most of the inventive genius seems to be in this direction, especially since the days of the World War.

Even the labour-saving devices, which should relieve us of drudgery and save women and children from the galling, grinding boredom of a hundred years ago, are being employed by greedy industrialists and millionaire financiers to add to their wealth and incidently to throw men out of employment. The large amount of unemployment and consequent grief of the labouring classes may be traced in part to the use capitalists make of machinery. A quotation from *Current History* of November 1931 may be of interest:—

"To begin with, the increase in production per worker, expedited by newly created efficiency experts and industrial engineers, has displaced far more workers than the resultant increase in production has absorbed elsewhere. In the boot and shoe industry, for instance, 100 machines have replaced 25,000 men; in the automobile industry one alteration in the manufacture of automobile frames has permitted 200 men to do the work of 2,000. A machine has been invented which can make 73,000 electric light bulbs in twenty-four hours; before its invention in 1918, an individual worker spent a whole day making forty. A machine has now been contrived which can make 32,000 razor blades in the same time that one man formerly produced 500. In the glass bottle industry, an automatic glass blower can turn out as many bottles in one hour as forty workers."

Again who will deny that modern pleasure inventions have not brought a distinct loss to morals and religion? The only god many follow is pleasure.

Read the placards advertising the recent shows at the cinema such as "Part Time Wives," "Doctor's Wives," and others, and one is led to believe that modern shows have pleasures not unmixed with evils. Evil is too often fostered at pleasure resorts, and these in turn have been very largely responsible for the tremendous increase of crime. Truly there is something gone wrong with the world when so much unemployment exists in every land, when crime is rapidly on the increase, and when greed



Unemployed teasingly led by agitators

and commercialism make the few rich at the expense of the poor. We do not find fault with science and invention, but rather with the use to which they have been put. These things have much to do with the world-wide depression.

But what does the future hold in store? What is the evident meaning of these modern movements so full of danger? We are not yet finished with depression. Even the present year is one that brings much apprehension to statesmen, and there are at least six items which if not settled correctly contain serious dangers for the world. Here is the war between Japan and China which has already caused so much anxiety. Then there is the question of separation or non-separation for Burma, the all-India federation proposed together with the Congress activities, the important Disarmament Conference now in session in which leaders are seeking to make the world safer by doing away with certain implements of war, the Reparations Conference fraught with so many difficulties, and the elections this year in Germany and America. In answering the question, What is the evident meaning of these modern movements so pregnant with danger? a Buddhist friend declared that he was convinced that the end of the world must be near. He believed all these abnormal conditions occurring together was proof, and he felt that now is the time for people to follow God and prepare themselves with all earnestness.

This conclusion is the same as we are forced to take when dealing fairly with important prophecies of the Bible. The question was once propounded to Christ, "What shall be the sign of thy coming and the end of the world?" The answer was made plain when our Lord pointed out several conditions which are stated as follows: "For nation shall rise against nation and kingdom against kingdom," "there shall be pestilences and earthquakes in divers places," "Because iniquity shall abound," "the love of many shall grow cold," "Upon the earth distress of nations with perplexity," "men's hearts failing them for fear," "This gospel of the kingdom shall be preached in all the world," "and then shall the end come," Matt. 24:3-14.

The end of the world comes when all these things shall take place. That the nations are preparing for war while holding peace conferences is also very evident to any careful observer. These conditions just mentioned, as distress of nations, earthquakes, wars, race riots, increase of wickedness, are being rapidly fulfilled. Another prophecy concerning war preparations is very interesting, for it shows that evil spirits have much to do in preparing the nations for war.

"For they are 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. Behold, I (Christ) come as a thief. Blessed is he that watcheth, . . . and he gathered them together into a place called in the Hebrew tongue Armageddon." Rev. 16:14-16.

But there is hope for those who believe God and trust in Him. He will bring salvation to all who follow Him. Our greatest need is to prepare ourselves, to put away all half-heartedness as well as all sin, to seek God with all our hearts. "And it shall come to pass, that whosoever shall call on the name of the Lord shall be saved." Acts 2:21.

The Lasting Impression of a Thoughtless Word

By Mrs. Myrtle G. Cady

WHEN I was a small child my family lived in a timber-getting village of northern Wisconsin. Our home was near the junction of two rivers.

One warm summer day a lady from the country came to the village over one of the bridges, and stopped, as was her habit, to rest and make herself more presentable for shopping. On her way home she stopped again, this time leaving her parasol. My mother soon noticed it, and knowing a long walk in the hot sunshine would result, called me to carry it to the lady.

She was nearing the bridge. I ran as fast as I could, thinking, childlike, "How pleased Mrs. V— will be to get the parasol! I am sure she will say, 'You are a nice little girl to bring it to me.'"

She had reached the middle of the bridge when I called to her, "O Mrs. V—, here is your parasol; I've brought it to you." She stopped, turned, took the parasol, looked down upon my upturned face, and with a sigh exclaimed, "Oh, *my*, how freckled you are!"

I felt as if I should sink down. Needless to say, I turned back, sick at heart, shocked at the terrible news of the blemish I now felt I had.

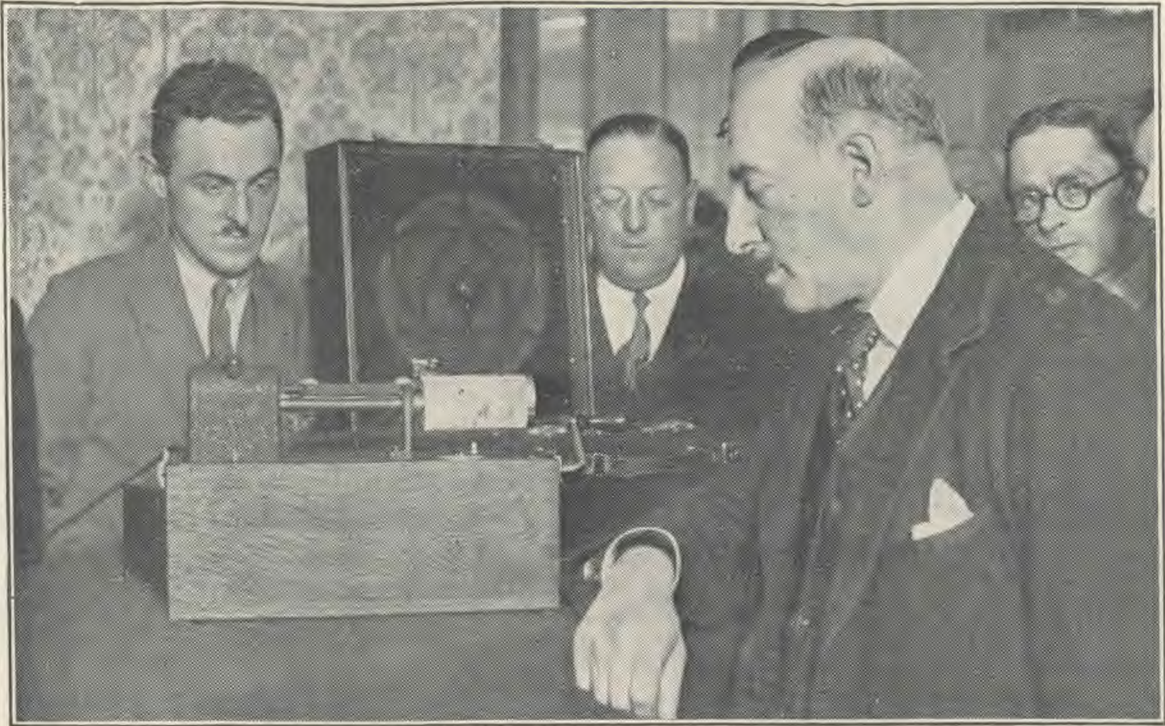
I did not tell my good mother. I did not cry. There was no way to express that deep, lasting hurt.

Never again did that thoughtless woman have the opportunity to see my childish face. I ran out of sight, I crossed streets, I hid anywhere, that I might escape a repetition of that painful experience.

Years afterward, when I had grown to womanhood and was teaching a high school farther north, I was called home to be present at the funeral of my aged grandmother. This woman was there, watching with the family, showing her kindly feeling. Then, and only then, did I feel that I must not run from her presence, for now I had older grown, and must not let a childish dislike sway me.

We never met again. A few years later she died, never knowing the unnecessary pain and disappointment she had caused a small, sensitive girl.

We as older people should pause and consider before remarking about the seeming blemish or peculiarity of anyone, especially a child, who may be sensitive.



A Telo-Vision MESSAGE

for the WORLD of 1932

By J. L. Shuler

ONE of the most tremendous messages to the world of 1932 is, "Fear God, and give glory to Him; for the hour of His judgment is come." If men will turn the dial of their attention to Rev. 14:6-14 they will find that this quotation is a part of a special threefold message from God for this very hour in which we live.

This is the hour of God's judgment. A careful study of Dan. 8:14; 7:9, 10; Rev. 11:18, 19; 14:6, 7 and co-related scriptures will show very clearly that the hour of God's judgment began up in heaven in 1844.

Through the years since 1844 this investigative judgment has been going on. Beginning with those who first lived upon the earth, the cases of each successive generation down through the centuries of the past and on to the people of the last generation, have been and are being brought before the bar of God in heaven for decision for eternal life or destruction, every name is called, and every case closely investigated. Names are accepted, names rejected.

At some point of time the cases of all the dead will have been adjudicated, and the court will turn its attention to the records of men and women

alive today. One by one these will be dealt with and finally, when the last case has been settled, the door of mercy will be shut, and the judge will issue the decree which declares that everyone's future is eternally fixed: "He that is unjust, let him be unjust still: . . . and he that is righteous, let him be righteous still." Rev. 22:11.

When Mercy's Door Closes

Notice that after this divine decree is issued, there is no more opportunity for forgiveness of sin—"He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still." After this, there cannot be any change of heart or pardon for the sinner. The door of opportunity for salvation is closed.

The pronouncement of this decree will mark the close of man's opportunity for pardon, salvation and regeneration, or what is often called the close of probation. It is made very plain in Rev. 22: 11, 12, that this decree which marks the close of man's opportunity for salvation is pronounced just before the return of Christ. *There is then no such thing as a second chance or future probation for sinners in any future age beyond the coming of Christ at the end of this gospel age.*

The close of Christ's intercessory for sinners marks the close of the investigative judgment, when the last case is decided for life or death. Thus the hour of God's judgment in heaven covers the closing era of human history between 1844 and the close of probation, and is contemporaneous with the proclamation of the threefold message in the earth, of which it is the keynote, as recorded in Rev. 14:6-12.

The Time of the Seven Last Plagues

No living man can tell the precise date when the pronouncement of this no-more-mercy-decree of Rev. 22:11 will mark the ushering in of the great day of the Lord or the day of His wrath. It will come, as Scripture says, like a thief in the night. 1 Thess. 5:2; Rev. 3:3. But the Scriptures do indicate the approximate length of this little interval between the pronouncement of this decree of Rev. 22:11 at the close of Christ's priestly work in the heavenly sanctuary and His appearing before the world on the cloud at the end of time. And the Bible also tells what will happen during this little interval.

It is made plain in Rev. 15:1 and 14:9, 10 that the seven last plagues are the unmixed wrath of God, or the *wrath of God, without mercy*. As long as Jesus intercedes for man in the heavenly temple, there is mercy for the sinner. Hence it is evident that the wrath of God without mercy as contained in the seven last plagues cannot come upon the world as long as Jesus continues His work as Priest and Intercessor. And it is also evident that when Jesus finishes His work of intercession for sinners, then the wrath of God without mercy, or the seven last plagues, will be poured out. Thus a careful reading of Rev. 15:5-8 and Rev. 16:1 will show that when the time comes for these plagues to be poured out, the ministration of mercy in the heavenly tabernacle closed, the temple was shut to man's prayers for pardon and salvation, and "no man was able to enter into the temple, till the seven plagues of the seven angels were fulfilled."

The close of Christ's work as Priest, or the close of probation will mark the beginning of the pouring out of the seven last plagues. On the other hand a comparison of Rev. 16:17-20 with Rev. 6:15-17, shows that the coming of Christ on the cloud takes place at the end of the last one of these plagues. Thus we know that the seven last plagues cover that little interval of time between the close of Christ's work as Priest and His appearing to the world on the cloud.

Going on a step further we learn in Rev. 18:8, that these plagues will "come in one day." And, if this is a definite prophetic day, according to the Scriptural rule of counting a day in prophecy as a year, our reader then can readily see that this little interval between the close of probation and the coming of Christ during which the plagues will fall, is approximately one year in length, and that the seven last plagues will be poured during the last year of human history.

Your Case Pending

The work of the investigative judgment cannot and will not last longer than the time required for the giving of the threefold message of Rev. 14:6-12 to the world, because this proclamation of this message will be immediately followed by the pouring out of the seven last plagues and the coming of Christ to execute judgment. The phenomenal advance of this threefold message into all the world at the present time indicates that the end of the investigative judgment and the coming of Christ is very near.

No man knows how soon his own name may come up in review before God. And when your name appears, what will the record reveal? If Felix trembled when Paul preached to him of a "judgment to come," how dare we be indifferent to the warning "the hour of His judgment is come? Are you ready for the judgment?" How will you stand its searching test?

Remember, there are only two possible issues from this judgment. The judgment will bring to us exaltation to eternal life and an everlasting home in the kingdom of God; or will bring condemnation, and eternal loss. And this most solemn matter as to which of these will be our portion will be determined by the way we respond to this message from heaven.

Our attitude toward Jesus Christ and His truth in these closing years of human history determines our eternal destiny. Thus Jesus declared: "Also I say unto you, Whosoever shall confess Me before men, him shall the Son of man also confess before the angels of God; but he that denieth Me before men shall be denied before the angels of God."

In this closing hour of God's judgment, when the coming of Christ is at the door of this generation, He also stands at the door of our hearts. Rev. 3:20. He will dwell in the heart of every one who opens the door by a constant surrender of the will to Him, and will fulfil in him the requirements of God's holy law.

Avoid Play with Young Babies

BABIES under six months should not be played with at all. It is not for the baby's amusement that one plays with a baby; it is merely for the older persons' pleasure. The less they are played with at any age up to a year or more the better, unless the playing is well timed as to meals and bedtime. There should be no playing within an hour of meals, either before or after, nor within one or two hours of bedtime or napping time. Playing with infants tends to make them nervous and cross, disturbs their sleep, disturbs their digestion, and perhaps causes undesirable conditions in other respects. But if one must play with baby after six months, make the play gentle, not boisterous, of short duration, and not with a whole family or gallery of spectators looking on, perhaps joining in.—*Selected.*

BANANAS

(Plantains)

Their Value as a Food

By E. W. Melson

THE business of eating is not a rare or remote experience in life. On the average, half or more of the family income is spent for food. To the wage earner food is the largest single item in the family budget. "The leading economic question before the people is the purchase of staple goods at moderate cost," says an editorial in the *Journal A.M.A.* The answer to this problem lies in a knowledge of food constituents, the purpose they serve, the amount required, and their cost.

The chief requirement of the human mechanism is fuel for the generation of heat and energy. This is the chief requirement of all power plants. In general terms, it may be stated that a healthy man weighing 150 pounds requires a food intake of approximately 3,000 calories a day if engaged in ordinary work in a temperate climate. A calorie is the amount of heat used up in raising the temperature of a pint of water four degrees Fahrenheit.

The chief foodstuffs that enter into the production of energy and heat are carbohydrates and fats. The former are found in starch and sugars which are supplied, for the most part, by cereals, vegetables, and a few fruits. Fats are of either animal or vegetable origin. There are no carbohydrates in animal foods except the sugar in milk. Without the development of grains, cheap roots, and tubers as the dominant elements of the human diet, the present population of the world could never have existed. These foods must form a great bulk of the total human bill of fare.

Energy Value of Bananas

Among the foods whose nutritional value has received exhaustive research is the banana. Most fruits are regarded as important because of the more or less intangible "accessory food substances" in which they are believed to be especially rich. "But it is well to bear in mind in the case of the banana," according to Drs. Myers and Rose in their studies of the fruit in the laboratories of Pathological Chemistry at the New York Post-graduate Medical School and Hospital, "that its caloric value is very high, in fact, higher than that of any other common fruit in its natural state. Furthermore, bananas may be readily obtained at any time of the year, and at a cost per calorie about half that of other fruits. The banana has been called the 'poor man's fruit,' and the facts would appear to justify this appellation."



In numerous analyses of the edible portions of the ripe banana by eminent authorities, this summary of its constituents is presented: The pulp contains about 75 per cent water; 22 per cent of sugars, of which dextrose and levulose form a major part in easily assimilable form. Its starch content is about 1.3 per cent, while in protein it carries 1.3 per cent, and in fat the low ratio of 6 per cent. The percentage of mineral elements is .8 per cent.

Significance of Constituents

Dr. Walter Hollis Eddy, Professor of Physiological Chemistry in Teachers' College, Columbia University, in recent contributions to the *American Journal of Public Health*, gives the significance of these elements: "The high water content makes this fruit a valuable insurance against overconsumption of cold drinks in hot weather. It also supplies a satisfactory sweet without the danger of excess sugar. Its caloric value lies mainly in its carbohydrate content. Of the 100 calories provided by three ounces of banana pulp, 88 are furnished by the carbohydrate.

"The banana's low protein value is an asset in certain ways, permitting us to increase calories without adding excess protein and weight. It means, however, that we must not rely on the fruit to supply this element. While the fat content of the banana is negligible as a source of calories, it is important as a holder of the fat-soluble vitamin A, for which the fruit is a valuable source.

"The proportions of minerals are more significant than the actual amounts. The preponderance of calcium and magnesium over phosphorus, makes the ash alkaline in reaction, and combats tendency toward acidosis. The use of bananas helps to combat the acid tendencies of meats and cereals in the diet. In iron content, small as it is, it exceeds that of any other fruit except strawberries. And its cellulose is an excellent natural roughage for ameliorating tendency to constipation."

Protective Elements

Because the bulk of food is utilized in creating heat and energy—or if taken in excess, is stored as fat—we commonly consider the number of calories in the diet as the unit of measure on the amount of food eaten. The calorie, however, measures only one of the essential functions of food.

While out of the daily ration of two pounds of food, 80 or 90 per cent may be utilized in the body for oxidation, and thus (*Turn to page 29*)

Not Where but WHEN IS

By Robert Leo Odom

MANY thousands of boys and girls today are told by Christian parents that Satan is the "old bogy man." An ugly creature, with hoofs like a goat's, wings like a bat's, pointed ears, a set of horns, and dragging a whiplike tail with a barbed spike on its end, they say, is the ruler of hell fire. He goes about hunting for naughty children.

The devil himself, modern mythology tells us, is general overseer of hell by God's own appointment. When a sinner dies, this red-skinned monster eagerly awaits the fall of the wretched soul into the mouth of the infernal caverns, where he catches it on his three-pronged fork. Once it has landed there, the imps immediately proceed to the eternal task of roasting a never-dying soul over the flames of torment. Yet it is said, also, that the spirits of the wicked become bad angels, and go about tempting men to do evil.

These superstitions, planted in tender minds, have become woven into the religious beliefs of many people. Some who have been taught them have become infidels because they could not believe such fables. Many think that the devil, like Santa Claus, really does not exist at all. If nobody's faith in God were affected by these falsehoods, it would not be worth mentioning them. But error must be severed from the truth.

Devils are Fallen Angels

The devils are not the spirits of wicked men now dead. They are angels who have fallen, just as sinners among us are men who have fallen. By this is meant a spiritual, or moral, fall. Angels are a higher order of beings than man, "for Thou has made him [man] a little lower than the angels." (Ps. 8: 4, 5.) They were created, and like Adam, were pure and holy in character. Of Satan God says: "Thou wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee." Eze. 28: 15. Satan was in Eden before a sinner had died upon the earth. And the "cherubims" guarded the gates of Paradise ere Cain had slain his brother Abel. (Gen. 3: 1-4, 24.)

Lucifer was once in heaven, holding the exalted position of "the anointed cherub that covereth," by God's election. Cherishing a desire for supremacy and worship, he rebelled against God and led off some of the angels. (Isa. 14: 12-20.) And Lucifer, "the shining one," became Satan, "the adversary."

When Adam and Eve were seduced into joining his rebellion, Satan got a foothold in this world, and has tried to set up his kingdom here. Jesus designates him as "the prince of this world" (John 12: 31), and not as general superintendent of hell.

Convinced that his nefarious work was unjustifiable, holy angels assisted Christ in expelling the devil from heaven. "He was cast out *into the earth*, and his angels were cast out with him," Rev. 12: 7-9. The devils are on earth now, working with all cunning and deceit to stir up rebellion in the world. When Satan once came into one of the councils of God, he was asked, "Whence comest thou? Then Satan answered the Lord, and said, From going to and fro in the earth, and from walking up and down in it." (Job 1: 6, 7.) He gave the same answer on another occasion. (Job 2: 1, 2.)

Judgment is Future

"The prince of this world is judged" (John 16: 11), but the judgment has not yet been executed. Were not the love of God so long-suffering, and so many honest people deceived by his sophistries, the devil and all his followers would have been wiped out of existence long ago. But when "this gospel of the kingdom shall be preached in all the world for a witness unto all nations; . . . then shall the end come," (Matt. 24: 14.)

Christ met people at every turn who were possessed with devils, and He broke their power over them. Those wicked angels are not in fire at the present time. Both Peter and Jude say that they are "reserved . . . unto the judgment of the great day." Jude 6; 2 Peter 2: 4.

The devil knows this, and Heaven sends this warning: "Woe to the inhabitants of the earth and of the sea! For the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time." Rev. 12: 12. This doubtless explains why the devils cried out when Jesus approached, "Art Thou come hither to torment us *before* the time?" Matt. 8: 29. The devils know that their punishment is yet future.

Why should God condemn to torture human beings that Satan has led to ruin, and let him, the instigator, have the pleasure of punishing them while he goes free? It is outlandish folly to believe it, when it is "everlasting fire, *prepared for the devil and his angels.*" (Matt. 25: 41.) It was never intended that a human being should perish there. But if sinners persist in following the devil after every means of salvation has been extended to them, they will have to be bedfellows with him in the lake of fire.

Inconsistencies

I have seldom attended a funeral where the dead have not been sent on to their rewards, especially to heaven. When the minister is asked to harmonize the doctrine of torment in hell at death with that of punishment at the future judgment, he finds himself in difficulty. Yet he often speaks with the authority of a judge about the

HELL?

"Even as Sodom and Gomorrah are set forth for an example, suffering the vengeance of eternal fire."



state of the dead. Infidels love to seize the theological contradictions for their atheistic quibbling.

Such inconsistencies have the effect of weakening many persons' faith in the Bible. Some are led to wonder whether the whole Christian religion is resting upon a mass of contradictions and confusion or not. But the Scriptures nowhere teach prejudgment torment. Even the story of the rich man and Lazarus, upon which this notion is based, does not say that the rich man's soul went to hell, or that he went there immediately after he died. In fact, the words "soul" or "spirit" are not mentioned in the whole narrative. (Luke 16: 19, 31.)

A judgment is a court of trial for determining whether or not the accused is guilty; if guilty, what his punishment shall be; and finally, for executing the sentence passed upon him. No other reason for the judgment can be given in so far as it relates to the party on trial.

Why should the righteous Judge torment His creatures over a long period of time before He sits to determine whether or not they deserve the punishment? No civilized people would tolerate such mis-called justice. Would a judge in our courts send a man to the gallows or to years of hard labour before granting him a hearing or a trial? No. "Shall mortal man be more just than God? Shall a man be more pure than his Maker?" Job 4:17.

It may be replied that God knows whether or not a man is saved or lost, that He is infinitely wise and cannot err. But those who present this argument forget that we are human, finite in understanding, and that God is just and merciful in dealing with us. The judgment justifies Him before all the universe in His dealings with sinners.

Paul reasoned with Felix of "judgment to come," (Acts 24:25) And Peter says that God does "reserve the unjust unto the day of judgment to be punished." (2 Peter 2:9.) Paul declared to the Athenian philosophers that God "hath appointed a day, in the which He will judge the

world." (Acts 17:31.) And to the Romans he wrote of "the day when God shall judge the secrets of men." (Rom. 2:16.)

It is "in the day of judgment" that Jesus said men would give account for every idle word. (Matt. 12:36.) Note that it is "in the day of judgment," and not at death, that men shall be rewarded. "The wicked is reserved to the day of destruction. They shall be brought forth to the day of wrath." (Job 21:30) Christ declared that it would be "in the day of judgment" that it would be more tolerable for Sodom and Gomorrah, for Tyre and Sidon, than for the cities that rejected His personal testimony. (Matt. 11:20-24.) In that day, also, the "men of Nineveh" and the "queen of the south" would rise up to condemn the unbelieving Jews. (Matt. 12:41, 42.)

An Unreasonable Doctrine

If men go to hell at death, then are brought up and placed in the graves, raised up, and judged, and then returned to hell fire, is that not sending them to hell twice for the same offence? If pre-judgment torment is truth, then a double dose of hell awaits every impenitent soul. Pre-judgment punishment of sinners is a doctrine that tends to malign the holy character of God. If we say that the judgment follows torment to determine whether or not the sufferers deserved it, we charge God with negligence. If we say that some who have been in hell may not have deserved it, we charge God with incompetency and the crime of torturing innocent people. If we say that the judgment is to convince sinners that God made no mistake when He sent them there, it is to say that men suffer before they are convinced that they deserve it.

It is time to wipe out this libel and slander against the justice of God. God is just. And when His dealings with men are plainly understood, all the saints of God will sing the unanimous verdict: "Great and marvellous are Thy works, Lord God Almighty; just and true are Thy ways, Thou King of saints." Rev. 15:3.

A Merry HEART vs.

DRY BONES

By Lessie M. Drown

HOW glad we are that Solomon chose wisdom rather than some other desirable thing when given his choice of gifts. His proverbs are gems of wisdom. We find in them not only innumerable precepts for right conduct, but also principles of health hygiene and materia medica.

Oh, no, the proverbs do not speak of X-rays, vaccines, thyroids or arteries, but give only general principles which hold true for all time. It is one of these principles we are going to consider now, "A merry heart doeth good like a medicine: but a broken spirit drieth the bones," especially the first part, "A merry heart doeth good like a medicine."

The proverb does not say *like a drug, or like an antitoxin, but like a medicine*. A medicine is that which has curative properties, hence a merry heart has potentialities for curing illness and disease.

If any of us, feeling the need of a health restorative, should ask our physician for a merry heart or how one may be obtained, he would think us crazy. He might tell us that the heart is a pear-shaped organ, with a right and left auricle and a right and a left ventricle, and he honestly thinks it is. He also honestly thinks man is a marvellous construction of two hundred and eight bones six hundred muscles, a circulatory system, a nervous system, and various systems and parts. He gratefully realizes that these systems and parts will be sufficiently deranged from time to time to furnish him with a comfortable livelihood.

He knows much, but there is also much about man, and especially about the heart of man, that he does not know. We wish that during those long years of preparation he might have learned certain things; for instance, that "a merry heart doeth good like a medicine."

Some physicians do admit that laughing is good for the liver, but quite likely they explain it as having something to do with the muscular action of the diaphragm, which arouses the liver from its sluggishness, and sets something or other into activity. Or perhaps their explanation is by way of the nerves or circulation. Why seek an explanation? Why not accept it on faith, and rejoice that it is so?

We would not think of contending that a merry heart, that is, a joyous nature, is a cure for all ills, but if this proverb does state a real health principle, let us think more about it and put it into practice.

A certain religious sect recognizes this truth, and gives it a definite place in their creed. How-

ever much we may differ from them in theology, we have to admit they maintain a high standard of health. And how comfortable they are for friends and neighbours. We can know them for years and remain in blissful ignorance of the state of their gall bladder and gastric juice. They practice their belief in right thinking.

It may be said that the choice of a merry heart or a broken spirit is not ours to make. True it is not. We would not deny the existence of a vast amount of genuine grief, sorrow, disappointment, and disillusionment in the world. These real causes for a broken spirit are beyond our control. There is, however, a vast array of pseudo-sorrows which are largely within our control, as the worries, fears, and jealousies. These are far more detrimental to health than are the real sorrows, which tend to have a cleansing, uplifting influence.

Many people suffer more in the aggregate over the things that never happen or over some question of thwarted wishes or wounded vanity, than over those things which are worthy of grief. It is a question of disposition, and disposition means inclination, or bent. Whether one is inclined toward cheer and happiness or toward worries and jealousies, may be as much a question of health as of character.

Once upon a time in the long-ago days a group of people in the city of Philippi received a letter from a dear friend who was at the time imprisoned in Rome. This letter contains admonition which might help any of us toward training our minds and hearts into those channels that lead to health. The letter says in part:—

"Whatsoever things are true,
Whatsoever things are honest,
Whatsoever things are just,
Whatsoever things are pure,
Whatsoever things are lovely,
Whatsoever things are of good report;
If there be any virtue,
And if there be any praise,
Think on these things."

What a wonderful prescription! What an antidote for the poisons of a morbid disposition! Not for one moment would we belittle the rules of health pertaining to what we shall eat and drink, and how withal we shall be clothed. These ought we to observe, but the other should not be neglected. None of us want dry bones, so let us add to those other health principles, which we have already accepted, this one which Solomon gives us:

"A merry heart doeth good like a medicine."



Use Your Limbs DAILY

By H. F. De'Ath



IMPORTANT as is a proper diet for restoring and maintaining health, exercise is even more so. The man whose food is not ideal, but who leads an active life, stands a better chance of physical fitness than he whose diet is perfect, but who neglects daily exercise in the fresh air.

However liberal the diet may be, or however wisely selected, the body must have sufficient activity to use up the nourishment taken in; otherwise the system becomes clogged with poisons.

In these days of increasing mechanical transport and the necessity of economizing time in order to be even with business competitors, the tendency is to neglect the all-important matter of exercise. To eat heartily and then loll about all day, either in a car or a chair, is not doing justice to the physical or nervous system.

Discretion in Exercise

True, judgment and discretion must be exercised in this connection. If the heart is weak or otherwise affected, moderation must be observed. Hence it is always advisable to consult a physician as to the kind and amount of exercise one needs. Middle-aged and elderly people naturally require less physical activity than younger people, as they usually take less food.

If one happens to be staying for rest and recuperation at a real medical hydro, there is always the advantage of taking exercise under the eye and direction of an experienced doctor, who prescribes carefully not only the diet of the patient, but also the daily exercises.

Morning drill is a popular and regular feature.

Each exercise is performed to bright, lively music, which adds greatly to the enjoyment and so to the benefit of the occasion. Moreover, every muscle is brought into play. Those of the arms, legs, hands, head, neck, waist, shoulders, and chest are all used in turn. At the end of the half an hour



allotted for the exercise at such an institution, the whole body has been suitably drilled, and the lungs filled to their full capacity. Deep breathing is very essential to health. Hence walking briskly in the open air, skipping, tennis, croquet, any exercise in fact that causes one to fill the lungs full of fresh air and to empty them as thoroughly, are highly recommended to the fairly vigorous.

Walking an Ideal Exercise

For most people walking is the ideal all-round exercise. Nearly every muscle is thereby brought into play. Walking, however, is always more beneficial when done with an object in view, as this leads one's mind away from the actual exercise, so that it is done less consciously.

It is never good to watch too closely any part of the body. Being fearfully and wonderfully made, it is rather shy and sensitive, and so does better work when its owner is not watching it too strictly.

The Daily Sweat

The great aim of exercise is to keep the blood circulating vigorously, and to induce perspiration. The daily sweat, especially if produced by normal, natural exercise, is a far greater contribution to body and mental health than anything one can take into the system.

The taking of medicine has been such a deeply-rooted and wide-spread habit that doctors, in order to satisfy their patients, are obliged to mix up for them some nauseous or pleasant concoction, which perhaps in most cases does neither good nor harm.

Especially is exercise needed by those whose minds have become morbid and depressed. To those who are in normal physical health, steady occupation in the garden is one of the best tonics for the nerves. It occupies the mind as well as the body. The cultivation of a small kitchen or flower garden combined with the tending (*Turn to page 27*)





The DIVINE

Measuring ROD

By H. Christensen

"There was given me a reed like unto a rod; and the angel stood, saying, Rise, and measure the temple of God, and the altar, and them that worship therein." Revelation 11:1.

THREE facts in this passage are worthy of notation, namely, that he should measure the temple, measure the altar, and measure the worshipper. The same reed is used to measure all and the measuring is done by the messenger of God in the gospel dispensation as the end of the world is approaching, and further, the measuring is at the special request of God.

The temple may represent the church, the altar the ministry, and the worshippers the congregation. Upon these three the "reed" of heaven is laid to determine the character of each. Well may we then ask the questions, Does the church reach the full measure of the rod? Does the ministry? And do the worshippers? Is the church consistently built and finished or are its furnishings too meagre and neglected, or perchance it may be too lavishly embellished? Will the house of God with a dance hall on one side and a theatre on the other meet the standard of the measuring "reed" of heaven? What about the ministry? and what will be the verdict concerning the people composing the congregation?

Before this matter can be determined we must ascertain the truth concerning the measuring reed. There can be no doubt that the measuring is to determine the character of each, whether it is clean or unclean, holy or unholy. To the worshipper the voice of Heaven speaks, "Keep thy foot when thou goest to the house of God" (Ecl. 5:1), and to the ministry, "Be ye clean, that bear the vessels of the Lord" (Isa. 52:11). God's measure, the great detector of "sin" is laid on His people in the last day, and upon His church with its ministry to enable them to prepare for the judgment impending.

God accepts responsibility for cleansing the human heart and life if "we confess our sins," (1 John 1:9) but "sin is the transgression of His law." (1 John 3:4). One will confess only that which he believes and understands to be wrong and sinful, thus there must be an instrument or standard by which sin may be made known. Therefore, Paul in Rom. 3:20 declares, "For by the law is the knowledge of sin." Carrying his argument further lest he be misunderstood he said in Rom. 7:7, "I had not known sin, but by the law; for I had not known lust (covet), except the law had said: 'Thou shalt not covet.'" This last clause identifies the law, by which is the knowledge of sin, with the ten commandments.

To emphasise the responsibility of man in obeying the law the Apostle James uses the unique illustration of a mirror. One who steps to the glass and takes a look at himself and goes off forgetting what he looks like, is as the man who reads the law, discovers himself a sinner, and fails to do that which is contained in the law and fails to apply the promises of the gospel to his life. The one who does and continues in the things contained in the law we are told is blessed. The apostle further calls these ten commandments the "law of liberty" and the "royal law" (see James 2:8-12).

Should one discover upon looking into the glass that the face is besmirched and soiled he would not attempt washing in the glass, and because this was an unsuccessful method and could not be done, surely he would not break the glass. Only one void of reason would do so, and therefore, should we discard the law because it cannot justify? Emphatically, No. The gospel is heaven's cleansing agent. He, Jesus Christ, will forgive and cleanse if we confess. So we conclude, the law is a mirror in which we see ourselves, our defects of character and life. And the gospel may be likened to the soap and water which cleanse. That the law makes no one a sinner, more than the mirror besmirches the face, is clear, but both reveal the facts. Soap and water are good but unless applied do not cleanse, and so it is with the gospel.

There are three parts in human experience, past, present, and future. The deeds of the law cannot atone for the past failures nor justify one's life, it cannot accept him in the present nor can it insure him against future failure. These must be provided for in some other way. Obedience to civil law today does not justify the transgression of yesterday, nor does obedience today necessarily mean obedience throughout all the future. To clear the past one must pay the penalty or be pardoned and for the future the will must be invoked and not the law. A thief is a thief no matter how pious he may seem until he has cleared his guilt.

The great law of God has existed from the beginning in as much as the devil sinned from the beginning, for Paul says, "Where there is no law there is no transgression," and if no transgression there is no sin for sin, we learned, is the transgression of the law. (See 1 John, 3:8; Rom. 4:15) This divine measuring reed will be in use until the end of time for we are admonished to "so speak

and so do as they that shall be judged by the law of liberty." James 2:12.

In view of the approaching judgment when every life will be measured by this reed the messenger of God was sent out with it to measure God's professed people. If ministers of God fully sensed the solemn responsibility resting upon them they would cry aloud in every land and in every church and raise high the sacred standard of God and lay upon themselves and upon their people this rod that they may know what Heaven requires of them in these days of peril, lawlessness, and perplexity. These are unusual days. The Good Book says of the righteous, "Ye are the salt of the earth." A full recognition of God's law and the giving to it of its place in the church would do much to stem the rising tide of lawlessness and crime.

"There are many preachers who love to dwell upon the gospel alone. They talk sweetly and beautifully of the fatherhood of God. This is well. It is more than well, it is essential. Sometimes they go beyond this and declaim against the preaching of the law, intimate that it belongs to a past age, a less civilized society.

"Such a gospel may rear a beautiful structure; but its foundation is on sand. No true edifice can be raised without its foundation being dug deep by repentance toward God, and then shall the rock be reached and the building shall be through faith in Jesus Christ. The law without the gospel is dark and hopeless, the gospel without the law is inefficient and powerless."—*"Lecture IV; Lectures on Preaching," Rev. Matthew Simpson.*

"Think not that I am come to destroy the law," says Jesus, "I am not come to destroy but to fulfil," and then He goes on to teach in that wonderful sermon on the mount, "For, Verily I say unto you, till heaven and earth pass, one jot or one tittle shall in no wise pass from the law till all be fulfilled. Whosoever therefore, shall break one of the least of these commandments, and shall teach men so, he shall be called least in the kingdom of heaven; but whosoever shall do and teach them, shall be called great in the kingdom of heaven." Thus God has measured a man and given his estimate of him and this estimate is based upon man's attitude toward Heaven's reed. Of Jesus the prophet declares, "He shall magnify the law," and this while *men* belittle it at times. This magnifying was done both in His life and teaching. He lived it. It was written in his heart. He enlarged the law by declaring that murder was more than the overt act, and that it reaches into the heart and mind, and hatred of a brother is a violation of the precept which says, "Thou shalt not kill."

The perfection of God implies perfection in government, and this further implies a perfect law. The Psalmist says, "The law of the Lord is perfect." Paul declares it, "holy, just, and good." Rom. 7:12. This perfect law Jesus died to uphold when He sought to save men from its penalty. The law uncompromisingly demands the life of its transgressor and in his place Jesus paid the penalty for his transgression. What amazing love for me!

What a tribute to the perfection of the law and its eternal binding claims upon the life. Of it James says, If we offend in one point we are guilty of all. (James 2:10.) Solomon sums it up thus: "Let us hear the conclusion of the whole matter: Fear God, and keep His commandments for this is the whole duty of man." "Blessed are they that do His commandments, that they may have right to the tree of life, and may enter in through the gates into the city," is God's last inspired message through Bible writers, and His closing appeal to his people. Rev. 22:14. Now He requires us to apply to our lives that divine standard to measure ourselves to see where we stand, and to us today as to the young man he says, "If thou wilt enter into life, keep the commandments." Matt. 19:17. This is possible through Jesus Christ our blessed Lord and Saviour.

The Abuse of Alcohol as a Medicine

By Dr. Howard A. Kelly

Emeritus Professor of Johns Hopkins University

THERE is no single disease in the world of which alcohol is the cure. Since alcohol cures no disease, it is not a medicine. It has no place in medical practice. It creates only an illusion of vigour that does not exist.

All this has been proved by innumerable tests. A typist of known speed and accuracy has taken alcohol in graded quantities. His speed and accuracy decreases in proportion to the alcohol he takes. Two men may play tennis or chess equally well. Give one of them a single glass of beer, and he will be easily defeated by the one who abstains. Start ten men of comparable vigour up a mountain side, five of whom have taken drinks as stimulation. These five will fail in the climb. So mild a drink as a pint of beer will lessen their physical and mental prowess by from 10 to 15 per cent. Innumerable tests have proved that alcohol does not stimulate them or make them capable of greater accomplishment. Instead, it depresses them, lessens their power.

It has been shown that one spoonful of liquor lessens the ability to form quick judgment and to act on that judgment. That lessening of mental and physical ability can be and has been measured. Split seconds in this strenuous age may mean life or death. Giving a driver alcohol endangers life.

Yet the drinker believes himself stimulated. To him his faculties seem much alive. As a fact, they have been clouded, and it is the haze of them that mellsows all about him. The power of reasoning, of quick judgment, of effective action, has been inhibited, but he knows it not.

Alcohol is a habit-forming drug. Its prescription to a person as a tonic when he is weakened by disease is developing the alcohol habit in him. If it were possible to mass the army of drunkards in America that has been recruited (*Turn to page 27*)

Beating Swords Into Ploughshares

CLANG! Clang! Clang!
A thousand hammers upon a thousand anvils!

Clang! Clang! Clang!

Swords, spears, bayonets, shells, guns—all the paraphernalia of war—behold it coming in car loads, train loads and ship loads to be hammered into ploughshares and pruning hooks.

For Geneva has become, in effect, a mighty blacksmith's shop.

The dream of the ages has come true at last.

More than sixty nations are gathered here today, weary of war, fearful of the future, burdened beyond bearing with war-begotten debts, ready at last to say, "Let us beat our swords into ploughshares and our spears into pruning hooks and let us not go to war any more."

Never before has such a conference as this been held. It is unique in the history of mankind.

Men have talked for centuries of such a gathering. Idealists have pictured it as a glorious and beautiful possibility—a dream to be sought and prayed for.

Now the dream is reality. From every part of the habitable globe leading men have come to discuss face to face a definite programme for the limitation and ultimate abolition of armaments.

"Assembled here are the chosen spokesmen of seventeen hundred million people," said the president of the conference in his opening remarks. "There is no human being, whether his home is in one of the great centres of industry and population, in the deserts of Africa, in the jungles of the East, or amid the ice of the Arctic regions, who has not someone here to speak in his name."

And all have come, as it were, with all their accoutrements of war, ready to lay them upon an altar of general sacrifice, willing to see them beaten upon the Geneva anvils into instruments of peace.

No conference was ever called with a more lofty purpose, or with greater possibilities, if successful, of unlimited blessing to mankind.

The curse of war has hung over the human race since the dawn of history. The full measure of misery it has brought to men, women, and little children, is too terrible to contemplate. Its horrible trail of blood and tears and terror runs through all the centuries of the past and stains the record of every nation that has lived.

To drive war from the earth has been one of the ambitions of men. The wisest and the best have grappled with the monster and time and again have laid him low for a season. But always it has risen again and dashed their hopes to the ground.

By conferences and peace treaties, by balancing of the Powers, by building up mighty protective armaments, the nations have tried again

The ANVILS

The Story of the Great

By our Special

Artist



and again to preserve themselves from this scourge but always in vain.

Now at last a new effort is being made, on a wider and grander scale than ever before. One of the primary causes of war, men now agree, is the existence of armaments. Obviously, if there were no armaments, there could be no war. So the cry has been raised from every end of the earth, Away with armaments and peace shall reign for ever!

The ramifications of this mighty modern movement to reduce armaments and abolish war are amazing and inspiring. Only at an international centre like Geneva can one begin to appreciate their far-reaching influence. In every nation anti-war societies of all kinds and descriptions have been organized. The best men and women everywhere, those who care not only for themselves but for the generation to come, have banded themselves with devotion and sacrifice to agitate for peace and disarmament.

And now, largely as a result of the public interest created by this universal agitation, the leaders of almost every nation under heaven have gathered to face the problems involved and, if humanly possible, discover a way of escape.

GENEVA

Disarmament Conference

President at Geneva

Well



Disarmament

The estimate of the importance placed upon this meeting by the Governments of the world is indicated by the names of the delegates they have appointed.

Great Britain has named the Prime Minister, Mr. Ramsay Macdonald, Mr. J. H. Thomas, Sir John Simon, and many other well-known celebrities, as its representatives.

The United States is sending Henry L. Stimson, the Secretary of State for Foreign Affairs, Hugh Gibson, its ambassador to Belgium, and other men of similar capacity.

Germany has sent Dr. Brüning, the Chancellor of the Reich, Dr. Groener, the Minister for the Reichswehr, and Dr. von Bülow, Secretary of State.

France is represented by M. Tardieu, M. Paul-Boncour, and a distinguished company of its military, naval and air administrators.

Italy has sent M. Grandi, its Minister for Foreign Affairs, also various admirals and generals.

So we might continue the list. Every country, from the Great Powers down to the smallest independent states, have endeavoured to send the best men they can spare. One mixes with men from Japan, China, Siam, Brazil, Persia, Afghanistan, Argentine, Bolivia, Chile,

Last Hope of a War-Weary World

Cuba, Egypt, Guatemala, Haiti, Honduras, India, Liberia, Mexico, Peru, Turkey, Uruguay, Venezuela, besides those from all the nations of Europe.

Perhaps most significant of all is the presence of M. Litvinoff and a group of important associates representing the Union of Soviet Socialist Republics.

What a gathering of the best brains of mankind! Surely from this concentration of wisdom deliverance shall arise for a war-weary world. Surely here and now, before this brilliant assembly terminates, the evil spirit of war shall be exorcized from the human race.

The hope of the world is centred today on Geneva. The responsibility that lies upon these national representatives is tremendous.

As I gazed down upon the vast throng gathered for the opening session of the Conference in the *Salle Ou Conseil General* I saw not only rows upon rows of delegates, not only massed phalanxes of observers, not only serried ranks of reporters, not only the illuminated tribune and the batteries of press photographers, but hovering above them all, the concentrated, throbbing hope of mankind. And I heard not only the voice of the president as Mr. Arthur Henderson made his opening address, to the assembly, but the voices of multitudes in the ends of the earth crying, "Deliver us from war, safeguard our homes, save our children; we are depending on you."

How heartfelt is this longing, how earnest is this hope, can only be appreciated as one reads the comments on the Conference which flow into Geneva from the newspapers of the world. While in the stronger countries a certain amount of apathy may exist, yet in all the smaller lands, where the inhabitants live in constant dread of interference from their more powerful neighbours, the yearning for the success of the meeting is intense. In Holland and Belgium, for instance, the leading daily newspapers have organised a great national petition, signed by all readers over eighteen years of age, and addressed to the General Disarmament Conference, urging it, "with the greatest possible insistence and in the interests of humanity to take such measures as will lead to the disarmament of nations."

Everybody here realises how huge are the stakes for which the world is gambling. Success must mean a long period at least of rest from the burden of war and armaments, but failure must inevitably lead to a revival of the race for national security, an enormous increase in the manufacture of weapons of war, and ultimately the outbreak of a world conflict more terrible and ghastly than any dare to contemplate. (Turn to page 26)

What, When, and

HOW TO EAT

"Diet Cures More Than a Doctor"

By Daniel H. Kress, M.D.

CHEERFULNESS should be cultivated at all times, and especially during the meal hour. A good rule is to "never eat when mad or bad or sad, only when glad."

Contentment and simple foods form a very happy and agreeable combination. Each is needed to make good digestion possible.

Eating a great variety at any one meal is injurious. Animals thrive best on simple foods and few kinds; so will man. By eating not too great a variety at any one meal frequent changes may be made, and that sameness that leads to disrelish of the meal may be avoided.

Thoroughly masticate your food, and do not make a practice of eating freely of *soft, starchy foods*. Eat with such foods something that demands mastication.

Regularity a Great Essential

Regularity of meals is essential. There should be an interval of at least five hours between meals, as a rule.

Ordinarily three meals a day are ample. For brain workers, whose habits are sedentary, two meals are better than three.

The evening meal should be light, and composed of foods that are easy of digestion. When sleeping, the stomach should be empty and at rest.

Vegetables and fruits do not make the most desirable combination. They should not, as a rule, be eaten at the same meal.

Sugar and milk used together, or preparations in which they are combined, favour fermentation, and should not be used freely.

Cane sugar and jelly used freely tend to produce catarrh, and should be used sparingly.

Milk is a food, not a drink. Eat some food requiring chewing with it or else sip it slowly. If saliva is mingled with it, the formation of hard curds is prevented.

Acid or subacid fruits should not as a rule be eaten at the beginning of the meal. They should be reserved to near the close, so as not to interfere with starch digestion.

Walking the Best Exercise

Sleep immediately before or immediately after eating retards digestion, so does hard mental or physical work. A few minutes of rest and relaxation before meals and cheerful, moderate exercise for thirty minutes after meals has a beneficial influence on digestion. Walking is the best of all exercises.

Meat is not a necessity. The proteins of the nuts, grains, legumes, and cottage cheese are ample

to meet the demands of the body. Nuts, olives, and cream serve fats in the best form.

Pepper, mustard, and pickles are irritants, and should not be indulged in. Extreme irritation and ulceration of the stomach may frequently be traced to their continuous use.

The use of hot foods, or hot drinks should be avoided. They tend to debilitate the mucous membrane of the throat and stomach.

When a catarrhal condition of the stomach exists, hot drinks of water may be taken a half hour before meals with benefit, for a time.

Tea, Coffee, and Cocos Injurious

Tea, coffee, and cocoa are not compatible with the best of health. They should be given up entirely. Much of the nervousness and irritability is caused by their use.

Copious drinking at meal time or immediately after should not be indulged in, especially by those who subsist largely upon starchy foods. A half glassful of water may with benefit be taken at or near the close of any meal.

The best time to drink *freely* of water is when the stomach is empty,—at night before retiring, in the morning soon after rising, or a half hour before meals. Drink at these periods aids in cleansing out the stomach or answers the purpose of an internal bath.

Deep breathing, singing, or laughter improves the intra-abdominal circulation of the blood, and improves the quality of the digestive juices secreted. They are an aid to digestion.

The intestines and other abdominal viscera must be kept in place. Displacement cripples the organs in the performance of their function, and encourages pelvic congestion. If the muscles of the abdomen are flabby, they should be developed by suitable exercise, since they form the normal support of these organs. If they are so placed that they cannot be developed, a suitable abdominal support may be worn with benefit.

Air, Sunshine, and Optimism

When sitting the muscles of the trunk should be energized. When walking the body should be kept erect and elasticity should be put in to the step.

Immediately after arising in the morning, some moderate exercise, followed by a cool or cold plunge or hand bath and friction with a dry towel is beneficial. If the cold bath is not enjoyed, a hot bath followed by a short period of exercise before dressing, allowing the skin (*Contd. on page 19*)

EDUCATION *without* HEALTH A LOSS

*What Shall It Profit a Community if
It Gain the Whole World and Lose Its
Own Boys.*

By Louis A. Hansen

WHAT shall it profit a child to gain a world of knowledge and lose his own health? What good is knowledge without health? The more knowledge one gains at the cost of health, the worse off he is, for he is paying the highest price for something he cannot use after he gets it. The more such knowledge, the less health; hence the greater the gap between the high attainment of knowledge and the low state of health, and the greater the loss in pursuing such knowledge.

It is better to have less knowledge, if need be, and bring up the health development. One can use profitably only the education that his health will support. Intellectual culture is inefficient to the degree that physical strength is lacking. The closer education is confined within the limits of health, the better the education will be, and the more can be accomplished with it after it is obtained.

But does education need to be cut down in order to meet the demands of health? or can education set its aim high with an assurance that its attainment does not mean a loss? Can health be brought up to a high level and hold its own? Can both health and education be raised to a high level and hold its own? Can both health and education be raised to a high level and hold together?

True education includes health culture. Health and education should be considered inseparable, the education naturally including that which makes for health, and health naturally growing out of education. But note, we mean *true* education, not merely a scholastic learning of literary facts, mathematical rules, and theoretical deductions.

There is such a thing as obtaining a large amount of knowledge from books and the school-room that does not educate for real life and living. It is education that can be put to use that counts. To know ever so many things and yet be ignorant of the essentials of healthful living, is not great knowl-

edge. The wisest man in head knowledge may be a fool when it comes to taking care of his body. A knowledge of dead languages is not much to one who is ignorant regarding his own living organism.

"Know thyself," is not a bad precept in educational aim. To know the limitations of one's physical being as well as its possibilities, and to know how to live so as to make the most of one's physical powers, is a long step in real knowledge.

To make health instruction and training a part of education will not detract or subtract from the value of education. Intellectual work will not suffer by giving attention to the body and its needs. On the contrary, educational aims may be set all the higher when based on a sound physical foundation. There is scarcely a limit to the possibilities of a sound mind that makes wise use of knowledge, and is backed up by the health of a sound body.

As the school child or student is urged to study, let the health requirements have proportionate attention. The study time is no more important than the time for eating. Punctuality at school is important, and so is going to bed on time. Neatness in dress and appearance should be accompanied by cleanliness of body. The more mental work and school confinement, the more important is exercise. Posture should be emphasized at home as well as at school.

Parents have a part in this educational work as well as teachers. Right habits of living should be impressed early in life, lest wrong habits be formed. Indeed, the early health education at home lays the best kind of foundation for the education of school life.

The teacher does full duty only as he makes practical application of lessons in hygiene and physiology. The teacher's work is efficient only as the practical value of health principles is impressed. Physiology, like religion, is of value only as it is applied.

to cool off, may be taken. Clothing should not be put on while the skin is hot. A hot, cleansing bath taken daily is desirable.

Air and sunshine should be welcomed into the living rooms. More people die of air starvation than of food starvation. The sleeping room should always be well ventilated. Hot air is debilitating to the lungs and paves the way for tuberculosis.

Look upon the bright side of life. Do not fret or complain. Worry and discontent are a greater injury to the digestion than errors in diet. If inclined to find fault or feel blue, remember that

the trouble probably exists within, not without.

Strive to make the world happier and better. Be a blessing to the needy. "If you are feeling blue, something for some one else go do,"—this is the best remedy for despondency. Talk health, talk hope, and talk faith.

Thoughts influence, favourably or unfavourably, the digestive processes—therefore, "whatsoever things are true, whatsoever things are honest, . . . whatsoever things are lovely, whatsoever things are of good report; . . . think on these things."

A knowledge of right-doing is one of the best remedies for diseased bodies and minds.

Why Finland Gave Up Prohibition

THE following is the opinion held by American Prohibition advocates of Finland's decision to drop Prohibition:—

When the anticipated wet result of the recent referendum on prohibition in Finland was reported in the world's news, the Board of Temperance, Prohibition and Public Morals of the Methodist Episcopal Church expressed the opinion that the result was in part brought about by the activities of liquor trade associations and allied organizations actively supported by certain European governments. That statement was supported by facts within the personal knowledge of the Board's research secretary, who represented the United States government at the International Congress on Alcoholism held at Lausanne in 1928 and who has been an unofficial observer on other occasions in which official hostility on the part of the wine-growing countries to the temperance measures attempted to be put into effect by the Northern European countries has been fully discussed. The Minister of the government of Finland to the government of the United States, in a restrained and courteous statement, indicated that the government of Finland had no knowledge of outside pressure in connection with the prohibition referendum. Attention is, therefore, called to the following irrefutable facts, which are recorded in the diplomatic journalistic history of Europe during the past decade:—

1. The wine producing countries of Europe have made use of economic pressure and punitive trade measures to break down prohibition in the Northern European countries for many years past. In 1922, Iceland yielded to a Spanish threat of an embargo upon Iceland's fish and was compelled to suspend her prohibition laws. Spain and Portugal, as well as France and other European countries, have steadfastly pursued a policy inimical to certain basic trades of the northern countries, during such periods as those countries have attempted to enforce hygienic and social measures against intoxicating wines.

This situation was formally recognized by the International Conference at Geneva, which said, "The Conference affirms the right of each sovereign state to impose on the traffic in fermented and distilled liquor, in the interests of hygiene, any measures which such state deems to be desirable; it requests that in no case shall the alcohol-exporting states impose the abrogation of those measures as the condition for the conclusion of a commercial treaty, require the importation of an annual contingent or the interdiction to alter their alcohol legislation during the time of validity of a commercial treaty.

2. In 1924, Spain, France, Greece, Hungary, Italy, Luxembourg, Portugal and Tunis, effected an agreement establishing an International Wine Office in Paris, France. The text of the agreement defines this office as a "state institution." Since the actual establishment of this office, in 1927, other countries have adhered to the agreement,

including Roumania, Austria, Czecho-Slovakia and Bulgaria. At its session in July, 1927, the International Wine Office formally decided to launch an active movement against prohibition in the United States and in Finland. This office has maintained close alliance with the International League Against Prohibition, concerning which a press despatch from Paris, France, dated October 28, 1922, said, "A fund reaching many millions of francs has been pledged by the wine interests of Europe to make a 'merciless' campaign in the United States and other countries.

"The American campaign will be carried on in co-operation with the liquor forces of the United States, it was learned today."

President Count Bertrand De Mann is quoted in an Associated Press despatch of October, 1922, as saying, "We have 100,000,000 people behind us and millions of dollars which we will spend in a merciless fight to destroy prohibition in the United States."

In a copy of the trade journal of the French Wines Exportation Commission, *l'Exportateur Francais*, for June 19, 1924, on page 699, is a lengthy editorial on French wine propaganda in foreign countries. Here are selections:—

"It is in the following countries that our propaganda has been most intense: England, Canada the United States and Sweden.

"The year 1923 will be reckoned in Canada as one of the most striking in the history of prohibition; the anti-prohibitionist campaign, advancing from place to place, (*Turn to page 29*)

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These Be the Potters

By Agnes Lewis Caviness

THE sons of Judah; Phares, Hezron, and Carmi, and Hur, and Shobal—"Just names!" I burst out. "For the fourth day,—just names to read; when I need food."

But I read on—every other verse sometimes, skipping the longer ones.

"And Jokim, and the men of Chozeba and Joash, and Saraph, who had the dominion in Moab, and Jashubilehem. And these are ancient things.

"These be the potters, and those that dwell among plants and hedges: there they dwelt with the king for his work."

Almost desperately I closed the book there and left the chapter, to go downstairs to the countless duties that make up a mother's day. But the last words I had read rang in my ears as I cleared the breakfast table and straightened up the dining room,—*"These be the potters."* So I washed the dishes, stopping to answer the door-bell, comfort the baby, and put the children's rubbers on so they could go out to play.

"These be the potters,"—much more appropriately, "These be the potterers," I said to myself, recalling my Scotch grandmother's expression, "just pottering." "Yes, undoubtedly, these be the potterers," I smiled grimly, as I scraped the frying pan.

"And those that dwell among plants and hedges,"—cabbage plants, probably, or tomato plants," I muttered, looking out at the garden, as I went down to sort the clothes.

"At any rate, we are certainly hedged in." I had come down to realities that morning, and the ground under my feet felt very gritty. Sometimes my head is in the clouds, so that the sordidness of earth and all things earthly escapes my eyes; but this morning my fancies had forsaken me. Idealism takes wings at prospect of the family wash, and company to dinner, besides the regular routine.

I waded through the crowded day,—trying to be mother to my babies, gracious hostess to my husband's guest, besides being cook, housemaid, and laundress, all in one. But in it all, there was much satisfaction. I love the sight of gleaming white clothes on the line; there is joy in seeing rooms grow fresh and inviting under one's hands; in preparing and serving a simple wholesome meal; and in seeing the "gude man's" pride as he introduces the rosy-cheeked children, who come to the table in their clean gingham dresses.

I pushed through the day, but all along the undercurrent I felt tugging at my heart was the



There is so much "pottering" about house work

verse of the morning. As I put the babies to bed, and washed the dishes, and took in the clothes, it came to me again, and again,—

"These be the potters, and those that dwell among plants and hedges."

But there was more of the verse, I thought, and I kept feeling about in my memory for the other phrases; so when the work was done, I went up to my Bible to find it. Turning the leaves with my sore fingers (I suppose I shall never learn to wash easily), I read it again:—

"These be the potters, and those that dwell among plants and hedges; there they dwell with the King for His work."

And there in the twilight, the full beauty of the picture grew upon me until its radiance fairly shut out all common vision.

O little mother who stays at home, *we* are the potters! The delicate, plastic clay of childhood is in our hands. We may make of it what we will. Only as we work with loving fingers, can we hope to produce a vessel of strength and beauty, fit for the King's use.

Sometimes we feel hedged in by our many burdens, hedged in from a wide acquaintance with congenial men and women, hedged in from the world's broader view. But, if this be true, we are also, thank God, hedged in from the world's heartlessness, its grasping bitterness and sham.

"With the King."—Priceless privilege is ours! We may dwell with the King! The Guest of the home in Bethany may be our guest. Before Him, our feverish anxiety over non-essentials must vanish. Before Him, our fretfulness at childhood's untiring energy and questioning must be shamed into silence.

"For His work."—What a purpose it puts into our lives! I feel the drudgery slipping out of my burdens, as I say it. "For His work,"—then my narrow selfishness must go too. "For His work,"—not mine, but *His* blessed, wonderful work of building character!

O little mother who stays at home, we must thank God that we "be the potters."



Apple House

BERYL was going down a wide, beautiful street in Healthland. Suddenly she stopped. There before her was the queerest house she had ever seen. It was like a big apple. As she stood gazing at it, the door opened.

"Good morning! What do you think of our house?"

"Isn't it funny?" said Beryl, taken by surprise.

"Would you like to come in? Our house is very beautiful, but it is the family of healthmakers occupying it that make it what it is. Come in, and let me introduce you to our family."

Beryl was very curious by this time concerning the strange house, so she needed no second bidding to enter.

"I will introduce you to all the family who are here. Ah, there's Sheila Sugar. Come, Sheila. This little girl wants to know something about our happy family. We couldn't do without Sheila, you know, for no girl or boy would eat us if Sheila with her sweet taste were not in our household. She helps to build the body, and is much better than those white sugars."

"Oh, who is that?" asked Beryl, as she spied a podgy little person on the stairs.

"That's one of the acids. Come here, Alfred! This is Beryl. Tell her about yourself."

"I'm of great importance," said Alfred, proudly. "You see, my work in the body is to make the saliva flow freely, and to keep the mouth clean."

"I'm just as important," piped in another little podgy person, "because I help to clean the teeth. You eat me at the end of your dinner and see"

"Ansley, Ansley," exclaimed Beryl's hostess, "you must remember that you have not been introduced yet, but anyway, Beryl, he is a little person whom we could not lose. Would you like to come up to the play-room? I think most of the others are up there."

"I'd love to," said Beryl, and she followed her hostess up the stairs that wound round and round the apple-core to the large, airy play-room where many little voices were heard gaily chattering.

"These little folk are simply wonderful in the making of a healthy body. This is Sally Salts, Beryl. Her duty is to keep the blood pure and clean. There is no need for me to tell you, of course, that much illness is brought on because the blood is not kept pure and good. So you see what a necessary person Sally Salts is. Now Christopher Crispness, come and report yourself to Beryl."

Christopher left his perch by the window and came forward.

"You may not think that he would be of any great value to the body, but he is. You see, when

a boy or girl eats us Christopher Crispness makes it necessary for him to chew hard, and that chewing is wonderful for the gums and teeth, giving them exercise and so strengthening them."

"Who is that funny little person?" asked Beryl as a fuzzy head appeared from under the table."

"Oh, we can't do without her. Her name is Florrie Flavour. People wouldn't care to eat us if we didn't taste nice, so Florrie makes it her business to give us a good taste."

Just then there came a violent noise from outside, and a great banging at the door, which burst open to admit several round little bodies, tumbling over one another. They soon righted themselves, however, when they saw the visitor.

"These little people live next to the skin, and they are the most useful members of our family. That is why you should not peel an apple, but eat the skin. Now I have shown you all who are in at the moment. It is getting late, and I expect you are anxious to be off home. So let's go downstairs."

Beryl said good-bye to the large family in the play-room, and then followed her hostess.

"It has been lovely to see all the dwellers in the Apple House," she said. "I had no idea that it contained so many good little folk. I am going to eat lots of apples now, because I know how much they will help me to keep well and grow big and strong"

"That's good: I do wish all girls and boys knew more about our Apple House family, and how important we are in the making of a healthy body, then I know there would be far more children eating us and growing well and strong."

"I'm so glad I paid this visit to you. Thank you very much for showing me round. I will never forget about the Apple House."—*M. P.*

The Story of a Sponge

THE sponge was once a little house, and in it lived ever so many tiny animals. Every one of the holes in the sponge was a little room for one of these very little animals.

The house was away down in the ocean fastened to a rock. The tiny animals never had to go out of the house where they lived, not even to get something to eat. A very fine thread reached out from every room and drew in from the water the food that was needed.

There were ever so many other sponge houses on the rock, all filled with tiny animals, too.

One day the sponge house was suddenly torn from the rock and jerked up out of the water by a pair of iron hooks. A sponge fisherman had seen the settlement. They were tossed on the shore and covered with sand to dry. All the little animals in the houses died because they could not live without water. So the little rooms were empty.

By and by the sponge houses were washed and soaked in something to make them white, and then they were sent to the shops, where we buy them.—*R. D. Moore.*

MEATLESS RECIPES

EAT

MORE

FRUIT



IT is said that no person needs to be seeking the elixir of life when he is eating his quota of fresh fruits and vegetables. Lack of these causes constipation, and improper elimination never fails to result in impaired health in time.

Of all the articles which enter the list of good foods none are more wholesome and pleasing than the fruits which Nature so abundantly supplies. No other class of foods contributes more favourably to the essential needs of nutrition. From the wide range provided, suitable selections may be made for all conditions of age, health and disease.

Ripe fruits supply nutriment in a form most easily and readily absorbed, and their juices are converted into blood and energy quicker and with greater ease than any other form of food. The alkalizing action of fruits and their juices makes them the best of all blood purifiers.

All fruit to be eaten raw should be perfectly ripe and sound. Owing to the large percentage of water in its composition, fruit is very prone to decomposition; hence over-ripe fruit should not be eaten, as it is liable to ferment in the digestive tract. Fruit which has begun, however slightly, to decay should be rejected. As the juice circulates through its tissues in much the same manner as the blood circulates through animal tissues, though not so rapidly, the circulation is sufficient to convey to all the parts the products of decomposition. All fruits should be thoroughly cleansed before serving.

The following are a few wholesome and attractive, yet inexpensive, ways of using seasonable fruits.

PINEAPPLE SALAD

1 pineapple cut into 2 bananas,
cubes, 1 lettuce,
3 large oranges, $\frac{1}{2}$ pint of mayonnaise sauce.

Cut the oranges in half and carefully remove the interior part from the rind. Take off the pith and remove the pips. Cut the oranges into small pieces, peel and slice the bananas. Mix these and the pineapple with the mayonnaise. Then fill up the orange cases and serve them on a bed of well-washed and drained lettuce leaves.

STRAWBERRY AND BANANA MOULD

This is a delicious and refreshing sweet for hot days. Hull, wash, and crush a pound of fresh, ripe strawberries, peel, cut up, and mash three very ripe bananas; and add to the strawberries, and mash together, then sweeten to taste; add the juice of two oranges, and stiffen with fruit jelly. Pour into a wetted mould and set aside to cool, then turn out and garnish with a few slightly crushed and sweetened strawberries, which have been prepared at least an hour before they are required. Serve with cream.

STRAWBERRY CHARLOTTE

To a box of ripe strawberries add a tablespoon of sugar and mash with a fork. Make a custard of 2 eggs and $\frac{1}{2}$ pint of milk and set aside to cool. Dissolve 2 dessertspoons of powdered gelatine in a little hot water and stir into the custard. Add the mashed strawberries, beat all together, and set on ice. Serve with whipped cream.

MANGO SOUFFLE

Peel and slice three or four green mangoes, stew till tender, adding sufficient sugar to sweeten. Beat for a few minutes with a fork, and then add two dessertspoons of arrowroot previously moistened with a little cold water. When quite thick stir in the stiffly beaten whites of two eggs, and beat thoroughly for about five minutes. Set aside to cool and serve with a custard sauce made from the two egg-yolks. (Turn to page 27)



The

DOCTOR SAYS



Ques.—"In the issue of your paper for January 1932, there was an article over the name of Dr. J. H. Kellogg headed "Don't Eat Liver," in which he states that an eminent physician holds that all those who eat liver are sure to die of Bright's disease. This is a very alarming statement for those who like myself suffer from pernicious anæmia, and who rely on fresh liver diet to keep going, as fresh liver is very cheap and liver extract is very expensive.

Ans.—It is quite correct that liver feeding has been found helpful in the treatment of anæmia, so also has the use of arsenic been found beneficial. It is also true that both are poisonous. Arsenic is a chemical poison and liver has the action of a protein poison. Both must be used with care and discretion.

The mere fact of the liver being an animal organ does not necessitate its being free of detrimental effects. The thyroid gland is also an animal organ and has certain therapeutic values but its uncontrolled use would be definitely detrimental. Liver therapy when indicated should be used under a physician's diet.

Recently it has been observed that the use of yeast extracts such as "Marmite" has an almost liver-like beneficial effect in the treatment of tropical anæmia. The copious use of raw green vegetables and drinking the fresh juice extracted from the same is also very beneficial.

Ques.—"Kindly recommend the preparation of any cream or lotion to lessen or destroy the superfluous hairs on hands and arms without injuring the skin?"

Ans.—We know of no preparation for the removal of superfluous hair which is not injurious to the skin and even injurious to health itself.

Ques.—"What is the remedy for a tendency to umbilical hernia?"

Ans.—The only remedy is a repairing of the defect by a surgical operation or the wearing of a suitably well fitting support.

Ques.—"Are there any vitamins in canned milk? How much, if any, is it inferior to whole fresh milk? Are there any vitamins in powdered whole milk? How does it compare with whole fresh milk?"

Ans.—Powdered milk contains some vitamins. It is well also to take freely of tomato (canned tomato is practically as good as fresh for this purpose), lemons, green vegetables, etc. Even fresh milk may have little vitamins if the cows are fed on dry food, with nothing green.

Canned milk contains some vitamins; but it would seem to me advisable to use also some other vitamin-containing foods, as stated above. As regards vitamin content, I believe fresh milk to be superior to any preserved milk, by whatever process, provided the fresh milk is clean. One decided advantage of the preserved milks is that they are sterile—germless.

Ques.—"Have bad backache. Limbs also ache. Have broken arches. Could this cause the ache? What kind of shoes should be worn to correct the trouble?"

Ans.—I can not be certain as to the cause of the ache. Weak feet will cause backache, and this may be the cause in this case; at any rate, it is the first thing to attempt to remedy.

If overweight, try to reduce to your normal weight by a light diet, reducing the amount of starchy foods, sweets, butter, etc., to a point where there is a loss of weight of about half a pound a week.

There are dealers who specialize in foot-form or other sensible-shaped shoes. It is possible that you can get much relief by the use of the right kind of shoe.

Ques.—"In what way does worry affect the child of an expectant mother? If she worries over a certain thing, does this thing afterwards show in the child?"

Ans.—There is much said and written about birthmarks of which there is no proof. Sometimes we hear of a woman seeing some accident, and the coming child having a mark to show for it. When such stories are carefully sifted down, it is found that there is nothing to them. Of course worry is not good for either mother or child. The expectant mother should live hopefully and cheerfully.

Ques.—"Without our knowledge our daughter has been taking — tablets to reduce her weight. Are they dangerous?"

Ans.—To take anything that reduces weight, unless it is under the advice of a doctor, is dangerous. The girl who loses weight is at the same time losing health, sometimes in a way that she can never regain it. Even the practice of reducing by cutting down the diet has put many a girl on the tuberculosis list.

While the tuberculosis death rate is going down for the whole population, it is going up for young women, and there are long waiting lists of young women anxious to get into tuberculosis hospitals when there is room, young girls who foolishly tried to make themselves thin!

Some day the girls will get over the craze. Normally, the healthy young woman should be moderately plump.

Ques.—"Is it true that cooking sugar with fruit changes it from cane-sugar to fruit-sugar? I saw this statement some time ago in a health journal."

Ans.—The cooking of cane-sugar together with fruit does not change the cane-sugar into fruit-sugar. It does however, add an acid producing factor to the fruit with which it is cooked, thus lowering the natural valuable alkaline ash contributing value of fruit.

The conversion of carbohydrates into fruit-sugar is a chemical process performed by the sun in the process of ripening. This chemistry is also performed by certain digestive juices and ferments within the body.

In this connection it may be well to mention that an excess use of sugar can be the direct or contributing cause for such conditions as rheumatism, neuritis, neurasthenia, and still other abnormalities resulting from lowered alkaline tissue reserve.

Cane-sugar being an acid forming factor it must be combined within the body with valuable alkaline salts drawn from the tissue. This means drawing on health reserve. Under such circumstances it is evident that the popular use of table sugar, sweets, and pastries is definitely antagonistic to health interests. It seems quite certain that this free use of sugar is a causative factor in the increase of chronic ill-health.

Ques.—"What can I do to relieve gas on the stomach in case of a diabetic who has acute attacks of indigestion?"

Ans.—You might get relief by giving hot water to which you have added some essence of peppermint, or a drop of oil of peppermint (shake well after adding), or possibly soda mint tablets might give some help.

For permanent benefit you should, if diet prescription permits, use more milk, especially soured milk.

OBEDIENCE

By Eunice Winn Smith

IN this age, when thoughtful people are alarmed over the lawlessness of youth, parents ought to face their responsibility, and lay a foundation for obedience to law. This should be done while the children are most responsive.

Little children love the voices of their parents, from whom they receive love and kindness, and to whom they turn for the supply of their every need. They are naturally quick to come at their parents' call and to do their bidding. They love approving smiles and words. It is very important that parents retain this quickness of response and willingness to obey.

Of course, commands should always be kindly, and there should not be so many that there is not time to see that they are obeyed. Fathers and mothers should require that their very little children obey without question. The child of six months to two years or even three is scarcely able to reason why he should or should not obey.

No thinking parent would permit his child to go out-of-doors in zero weather without being properly dressed, no matter how much the child cried or begged to do so. The same wisdom should govern all commands and permissions given by parents. The young child is incapable of deciding the best things for himself, so he should be taught the habit of unquestioning obedience during these early years. This habit becomes the foundation for obedience to school laws, to community laws, and to state and national law.

As children get old enough to understand, the reasons for commands and for requiring obedience to them should be pointed out. This will help the children to appreciate their parents' thought for them. Then, as soon as the child is able to rely somewhat upon himself, the wise parents will give him opportunities to make decisions, and accept the responsibility for his acts. This change from reliance on parents and their judgment to reliance upon himself must be made very gradually. However, the sooner control by parents can be changed to self-control by the child, the better it will be for the child. The child should be given more and wider opportunities for self-control as he grows in ability to think and reason. The wise parent, keeping in the background, will make the child feel his freedom to choose while at the same time giving him assurances that he has a friend who will help him if he makes a mistake.

As children grow older, unless parental control has gradually grown into self-control, there is certain to be trouble in the home. When they can think for themselves and sense their physical ability

to do things, they cannot be *forced* to obey without disastrous results. The child who is capable of thinking and acting for himself and is forced to obey against his will, is apt to become a rebel, disobedient at every opportunity; to parents, to school authorities, and to the law of the country. On the other hand, the child who has a yielding disposition and is forced to obey is harmed in another way; his will grows weaker and weaker, and he becomes a man dependent upon others for his decisions.

The happy solution then seems to be: to require unquestioning obedience from the very young child, establishing a habit and attitude of respect for and obedience to authority, to explain purposes for commands and for requiring obedience to them as fast as reason and understanding are developed; to change parental control to self-control, gradually, as the child becomes capable of assuming responsibility for his conduct, wisely assisting, guiding, and supporting him in constantly lessening degree. The result will be a responsible, self-controlled, law-abiding school boy, college man, and citizen.



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The Anvils of Geneva

(Continued from page 17)

Mussolini has declared that this Conference is of the greatest importance. "Not only the existence of the League of Nations, but the fate of mankind is at stake. I would draw the attention of public opinion to the enormous stakes. The year 1932 will bring us either destruction or progress. Western civilization must look to itself or lapse into chaos."—*Neue Freie Presse (Austria.)*

Lord Cecil, to whose influence the calling of the Conference is to no small degree due, writing in *Time and Tide* said: "It is, then, no exaggeration to say that the most probable political consequences of an unsuccessful Disarmament Conference are that the competition in armaments will revive: competition not merely between individual states, but, what is far worse, between two powerful groups of states manœuvring for superiority. It is only too likely that this most dangerous development will be accompanied by withdrawals from the League of Nations, a policy of despair of which we have quite recently had a forewarning. I do not believe for a moment that the League, once more tainted with partiality, and with its moral prestige ruined by failure to achieve one of the chief tasks for which it was created, would very long survive. Nothing but the fading reaction against the last war would then stand between Europe and another far more terrible fratricide."

Similar sentiments are being expressed in Germany. In the *Berliner Morgenpost*, under the title, "Now for Disarmament!" one finds a description of the next war that will follow in the wake of failure.

"Chemical warfare, and probably also bacteriological warfare, will not develop with the course of the war, but will open the war and determine its course. Most probably every country involved will at once attack the most populous cities of the enemy country from the air and lay them in ruins, with the bodies of the population entombed beneath. The culmination of the 'chivalrous game of war' is the plague bacillus bomb: one direct hit can infect the whole continent! There is no need to strike a city: one infected village will do, for the disease will spread from that village all over the world. . . . All now depends on whether the moral development of mankind is sufficiently advanced to hold the overbearing war-spirit in check."

Bearing these solemn warnings in mind we look down once more upon the sea of faces below us in the *salle ou conseil General*. The president is still speaking. He has outlined the history of the growth of the disarmament movement since the conclusion of the Great War, mentioning all the treaties and pacts and conferences, and all the preparatory work both within and without the League. He has pointed out the imperative need for disarmament because of the desperate economic and financial situation. He has shown how the world might save £800,000,000

a year by abolishing armaments and removing the fear of war. He has told how the maintenance of armaments on their present level constitutes a menace to the peace of the world.

Now he is reaching the climax of his final appeal.

"The world wants disarmament. The world needs disarmament. We have it in our power to fashion the pattern of future history. Behind all the technical complexities regarding man-power, gun-power, tonnage, categories, and the like, is the well-being of mankind, the future of our developing civilization. Mankind is looking to this Conference, with its unrivalled experience and knowledge, its unchallengeable representative authority and power, its massed wisdom and capacity, to bestow the gift of freedom from the menace to peace and security that the maintenance of huge national armaments must ever be. . . .

"If we fail, no one can foretell the evil consequences that might ensue. But of this we may be certain: the world would again be in danger of falling back into the vain and perilous competition of rapidly expanding armaments. That is the inexorable alternative to success. Are we ready to face our task?"

All eyes are fastened upon the speaker, all ears are strained to catch his closing words. Again the vision passes before us of the anxious, weary, waiting world without. Again the voices reach us from every land calling for help, deliverance, hope and settled peace.

The anvils of Geneva seem already to be at work. Their clanging sounds like the music of silver bells.

But hark!

What is that discordant note?

Surely that was the explosion of a shell or the bursting of a bomb? Louder and louder it grows. There is added the hum of aeroplanes, the tramp of troops, the shrieks of women, the groans of dying men.

It is the sound of war!

O pathetic tragedy! O strange, terrible paradox! As the great Conference opens, across the ether comes the tidings of the conflict and the carnage in the East. Even the first meeting is postponed that this new war might be considered by the Council of the League.

Are the best efforts of man always foredoomed to failure? Is the problem of war too great for human minds to solve? Or are there devils at work against whose plots and machinations more than human wisdom is required?

It is even so. God holds the solution in His own hands. Men strive in vain without Him. But in His own time He will bring peace on earth. He will break the bow and cut the spear asunder. At the coming of the Son of man will wars cease to the ends of the earth.

The anvils of Geneva must give place to the anvil of God.

Eat More Fruit

(Continued from page 23)

ORANGE CREAM SHAPE

Peel 4 oranges and put rind in a pint of milk for 1 hour. Meanwhile soak $\frac{3}{4}$ ounce gelatine in 2 teaspoons milk. Boil the flavoured milk with 2 tablespoons of sugar and pour on to the gelatine. Strain and let it get cold. As soon as it begins to set, add the juice of the 4 oranges. This must not be added till gelatine, etc, is quite cold. Whisk the mixture till it bubbles, pour into wet mould and set. Serve with cream.

RASPBERRY ICE

2 quarts raspberries, 2 cups sugar,
4 cups water, $\frac{1}{2}$ cup lemon juice.

Boil sugar and water for five minutes. Wash and press raspberries through a sieve. Measure three cups of juice and pulp. Add lemon juice and stir into syrup. When cold, freeze.

FRUIT NECTAR

$\frac{1}{2}$ cupful sugar, 1 cupful pineapple juice,
1 cupful strawberry juice, 1 cupful orange juice,
1 cupful raspberry juice, Juice of one lemon,
Water according to taste.

Boil sugar and water for five minutes, cool. Mix and stir well all the fruit juices, add to the syrup. Set on ice to cool. Slices of pineapple or fresh strawberries or pumelo may be added. Additional sugar or lemon juice may be added according to taste.

FRUIT COCKTAIL

1 cup diced oranges, 1 cup diced bananas,
1 cup diced pineapple, 1 cup fresh strawberries,
Powdered sugar.

Mix fruits. Serve in stemmed glasses with a teaspoonful of powdered sugar.—*F.*

The Abuse of Alcohol as a Medicine

(Continued from page 15)

through these liquor prescriptions and march it to the next convention of the American Medical Association, this question would be settled forever. If it were possible to pile up the dead from motor-car accidents that have resulted from a lessened efficiency of drivers who had been drinking prescription whisky, or who had formed the liquor habit through having it prescribed by doctors, the nation would be appalled.

The past generation that so freely prescribed whisky had another practice—that of bleeding the patient—which has now been abandoned. The reverse operation—blood transfusion—has taken its place. That generation put whisky into the patient and took blood out of him. Modern practice, reversing the process, takes the whisky out of him and puts blood into him.

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Use Your Limbs Daily

(Continued from page 13)

of a few fowls is at once one of the most soothing and pleasurable occupations. But any occupation is better than none for the mentally tired and depressed.

To avoid colds during cold weather, which invite the most speedily fatal diseases, pleurisies, croup, and inflammation of the lungs, called pneumonia, we need to compell ourselves to walk with sufficient vigour to keep off a feeling of chilliness. Hence the importance of keeping away chilliness by exercise, and cooling off slowly after exercise.

An Outstanding Example

The most prodigious workers of the world know the value of exercise to maintain physical fitness. At seventy-six Mr. Mellon, secretary to the United States treasury, walks daily to and from his office at the White House, Washington. "While clerks and cleaners spin by in their cars," says a well-known writer, "the great man walks."

Your Health

"The six best doctors, anywhere,
And no one can deny it—
Are Doctors Sunshine, Water, Air,
Rest, Exercise, and Diet."

Lather for Loveliness

LOTIONS, washes, paints, powder, lip-stick—the whole tribe of beauty preparations—what are they, after all, but painting the rose and gilding the lily! The secret of an effective toilet is the delicate texture of a scrupulously clean and healthy skin.

A celebrated beauty specialist has stated that for cleansing there is nothing so good as pure soap and plenty of water. Europe's loveliest women have passed through his world-famous salons, and to one and all he recommends a daily lather treatment. And though his soap, it is true, costs so many guineas a tablet, the woman of ordinary means can achieve a like success with any one of the toilet soaps that are produced in such profusion. The art of soap-milling has been brought to such scientific perfection that the most delicate skin has nothing to fear from its regular and frequent use. Indeed, the subtly smooth and fragrant lather of a good soap acts as a tonic to the skin without causing the least harm to its silken texture.

For the fullest benefit to the complexion, this lather treatment must not be confined to the exposed surfaces, though naturally they become more obviously soiled by air-borne grime. An appreciable amount of impurities, sufficient to rob the skin of its radiance, is produced by the action of the glands under the skin and needs to be removed. The skin, too, is in one piece, and one portion of it reflects the health or ill-health of the rest. For its perfect condition, an all-over lather is ideal. The froth bubbles its way into the pores, which are opened by its warmth and the gentle friction by which it is applied. Water is a solvent for most of the soil which accumulates on the skin, warm water being a better solvent than cold.

For a really luxurious bath, water which has been softened by boiling is par excellence a beauty treatment. Water can be made less trying to a super-sensitive skin by adding to it sufficient bran or starch to give it a soft feel. To avoid clogging the waste-pipes, the bran should be tied loosely in gauze or muslin and be allowed to steep for five minutes. A handful of bran to the toilet basin makes a delightfully soothing solution, and serves well to cleanse the face, shoulders and arms. Those strange treatments, such as "mud packs," which have a vogue from time to time, are, in effect, warm baths that induce perspiration and so effect a cleansing from within, and have no virtue that honest soap and water does not possess. Indeed, the scrubbing required to remove the "treatment," and the various applications necessary to restore the skin after treatment, are actually damaging to its texture.

The warm lather should be applied to the body with gentle, even movements, rubbing it well in with the palms of the hands, and sponging off thoroughly before drying briskly with a warm towel.

In this way a daily complete lather treatment cleanses the blood of its poisonous wastes, and

clears the skin of the clogging material that imparts a dullness and sallowness to it. Blotches, blackheads, and other imperfections disappear under the daily stimulation of the minute blood-vessels near the surface, and the consequent quickening of the stagnant circulation imparts a brightness to the eyes and a glow to the cheeks that the most expensive "beauty preparation" will fail to bring.—*Health and Cleanliness Council.*

Influence of Home on Children

(Continued from page 30)

force it on them when they were little children. Did you ever hear a man say that he was estranged from religion because his parents were so Christ-like in their lives? Little folk who hear only half that is said to them, see all that goes on around them. Impressions unconsciously received are the most abiding and the most powerful. The example of parents is more powerful than any precepts that fall from their lips. Important as is the training of children, more important still is the life that we live in their presence. Children not knowing our temptations and our provocations may misjudge us on occasion, but in the long run they will come to pretty accurate conclusions.—*Watchman-Examiner.*

Cold Feet

THE best remedy to alleviate cold feet is the use of an alternate hot and cold foot bath. Have two vessels of water, one as hot as you can bear, and one as cold as you can obtain, in which you can place the feet alternately. Have at hand a kettle of boiling water, to increase the heat of the hot water as you can stand it. Keep the feet in the hot water for about a minute, then dip them quickly into the cold water, and then back again into the hot water. Keep this up for about ten minutes, finishing with cold water; and then dry the feet thoroughly.

This, of course, is only a temporary expedient. There is some maladjustment of the glands of internal secretion, or some other trouble that is causing your cold feet. This should be determined by examination by a competent physician.

It is possible that you are engaged in some sedentary occupation and are not having enough active exercise, and that a daily walk of several miles would be of great advantage to you. If you are working on cold floors, it would perhaps be well for you to wear felt shoes.—*Selected.*

"LABOUR to keep alive in your breast that little spark of celestial fire, called Conscience.

"True friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity, before it is entitled to the appellation.

"I hope I shall always possess firmness and virtue enough to maintain what I consider the most enviable of all titles, the character of an "honest man."

Reader, will you not take hold of the hope that is given us—the only hope that this doomed world can offer—and yet the grandest hope that imagination can picture? No penance to perform, no debt to pay, the gift is *free*—Christ died that all might be saved. Your soul is precious in His sight—He would have died for you alone.

The world will not last much longer, and life itself is uncertain. Why not accept Him now, and do His will so as to be ready when He comes?

Bananas

(Continued from page 9)

measured properly by calories, the remaining 10 to 20 per cent, which is fully as essential to health and life as the more bulky fuel portion, cannot be measured in this way.

The mineral salts and the vitamins, while insignificant in quantity, are just as vital to health as the food burned. Some authorities have stated that a single mineral or a single vitamin, which in quantity may be less than one thousandth of the weight of the food, is absolutely essential to life. Experiments have shown that a deficiency of these elements in the diet leads to results as serious as a deficiency in the quantity of food.

According to Dr. Eddy, "the vitamin evaluation of the banana shows it to be an excellent source of vitamin A, to which we owe the ability to grow and to avoid infection. As a source of B it is only fair, but has proved as potent in the prevention of beriberi as the tomato. As a preventive of scurvy its vitamin C is about equal to the orange and tomato. And it may replace either of these as an antiscorbutic. The banana has also shown very perceptible strength in vitamin E, the fertility essential, but its lack of vitamin D renders it of little value in the treatment of rickets. This disease ordinarily yields to sunshine, ultra-violet lamps, the use of cod-liver oil and some irradiated foods, such as its recent incorporation in white bread."

The digestibility of any fruit is largely a matter of ripeness, and the banana is no exception. The banana is ready for eating when it is all yellow, and is especially good when brown-flecked.

Why Finland Gave Up Prohibition

(Continued from page 20)

gained over two provinces, Manitoba and Alberta; two other provinces, Ontario and Saskatchewan will soon yield to this effort. The Wines Exportation Commission may lay claim to a preponderant share in this success as being the only French or foreign organism which brought all its forces to bear in the battle."

"... There (the United States) as elsewhere, the French Wines Exportation Commission, has had every reason to congratulate itself on the valuable aid afforded it by the International League of the Adversaries of Prohibition, with which it works in perfect harmony."

3. The failure of leading whisky and wine-exporting countries to adhere to the Helsingfors Convention of 1925 definitely encouraged smuggling of alcoholic liquors, as the treaty was binding only on the Baltic countries and was evaded by the Swiss, Czecho-Slovakian, and even the Siamese flag over liquor smugglers.

4. Only a few weeks before the referendum took place, the former French premier, Tardieu, now again elected premier, gave an astounding interview to a Finnish journalist in which he said that he did not see how the Finns could accept such unreasonable legislation as the prohibition law, and further asserted that France, the European banker of the moment, would prefer to grant loans to those countries which buy her products, referring obviously to wine. This interview was widely reproduced in Finland and we are unable to see how, in the circumstances of the Finnish people and government, it could be held to be without influence.

The truth of the matter is that not only prohibition, but every restrictive measure upon alcoholic beverages is faced by the well-financed, insidious propaganda and disintegrating influences of the organized liquor trades, operating against the prohibition laws of many nations, operating in many cases with the formal approval of liquor-exporting countries. We must, therefore, adhere to our opinion that the result of the prohibition referendum in Finland was affected by outside pressure.—*The Indian Social Reformer.*

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Why?

WHY should the "Match King" and the "Kodak King" care so little for life that they want it no longer and commit suicide?

Iver Kreuger, a man able not only to dominate the finances of Sweden, but to have no small share in the world of money in Berlin, London, New York, Paris and other centres; and whose death causes the shares of the various companies in which he has interests to depreciate by millions of rupees in a day; a man who apparently had the power to gratify every wish the heart could express or desire, whose life should be complete if that were humanly possible, in possessing more power than most of the kings of old; and yet becoming so fearful, so dissatisfied with life that he was willing with his own hand to "loose the silver cord, to break the pitcher that it return no more to the fountain," while yet as it were in the prime of life. Why?

Then while we are trying to solve the riddle, to find an answer to our question, the next day's paper brings to us the news that another money "king" has fallen, by his own hand. George Eastman, as a boy, knew what it was to be poor; but he won his way to success and wealth by enabling us to see with our own eyes and at our

own table, how the rest of the world looks, lives and eats. Called the "Kodak King," he made millions of money by developing the camera and photographic processes from the plaything of the rich to become the necessity of the common person. Perhaps no other man, unless it be Edison, has had the product of his brain and hands so widely known. His money piled up so fast that he desired to see it put to the use of mankind in general, so he gave large sums to educational and research work, said to be as high as Rs. 20,00,00,000, and still he remained as one of the multi-millionaires of America. Surely a man who had done so much for others, and who had all that one could seem to need or want, surely life would be sweet to him and he could say with the man in the parable, "Soul, thou hast much goods laid up for many years; take thine ease, eat, drink, and be merry!" But no, life was not sweet. The untold millions did not satisfy, the future looked dark and fearful. So not content to let Him who has the power to give life as well as withhold it, choose when to say, "Rest," with his own hand he pulls the switch, breaks the current, and the light and life is gone. Again we pause and ask,—Why?

The burden may have been too great, and the nervous struggle for M. Kreuger too intense with all the business ramifications reaching out into almost every country in the world. It may be that disappointment at the failure of the League of Nations to even favourably report on his 13-month Calendar with its blank day, after he had spent thousands, if not millions, of money and months of time and energy promoting it, was too great for Mr. Eastman to endure. These may be some of the immediate causes, but it would seem that we have reached the time of which James writes when he says in chapter five, "Go to now ye rich me, weep and howl for your miseries that shall come upon you. . . . Ye have heaped treasure together for the last days. . . . The coming of the Lord draweth nigh." And again we are seeing the fulfilment of the words of the Master as given in Luke twenty-one, "Men's hearts failing them for fear, and for looking after those things which are coming on the earth." Happy the man who can see in these trying and perplexing times not things about which to be afraid and distressed; but, as they truly are, signs of the approaching day. The WATCHMAN says, "The morning cometh."

R. A. B.

Influence of Home on Children

NOT all the children of godly homes follow in the footsteps of their parents. It is generally true, however, that if you "train up a child in the way he should go, when he is old he will not depart from it." The unconscious influence of parents is more lasting and more effective than their conscious efforts.

Often you hear men say that they were estranged from the church by the dogged persistence of their parents. They got a distaste for religion because unwise parents tried to (*Turn to page 28*)

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HEALTH for ALL

Doctors say that—

MOST PEOPLE NEVER THINK OF THEIR HEALTH, until they lose it. One reason for the wide-spread poverty and lack of progress in some parts of India is the large amount of time lost on account of sickness.

MOST SICKNESS IS PREVENTABLE. Sickness is the result of a violation of the "laws of Health." By observing the "laws of Health" it is possible to avoid at least eight-tenths of the sickness with which the majority of the people are afflicted. A knowledge of the "laws of Health" and the care of the body would enable most men to increase their efficiency and earning power many fold.

VIGOROUS OLD AGE is the natural birthright of every man. But the average length of life in India is only twenty-two years. By observing a few simple rules it is possible for nearly everyone to increase his expectation of life by many years.

HEALTHY HAPPY CHILDHOOD is also the birthright of every child. The happiness and future welfare of the child is influenced in a large measure by prenatal factors. The sex life of the parents; the care of the expectant mother; the use or non-use of alcoholic drinks by the parents all affect the future of the child. Reliable information on these topics is much sought after.

EMERGENCIES arise in every household.

Are you prepared to meet them. If your child should suddenly go into a convulsion or push a pea into his nose would you know what to do? Do you know how to bandage a wound so that the bandage will stay where it is put? Would you know how to stop bleeding from the face or scalp or what to do for a scorpion sting or snake bite?

If the life of your son or another member of your family were dependent upon your nursing and care would you know what to do? Or if the doctor required your intelligent co-operation would you be able to give it?

A three hundred page work by A. C. Selmon, M.D. will give you reliable information on all these matters and many others. The language is so simple and non-technical that even a child can follow the instructions which are given. In the short time that it has been published more than forty-eight thousand families have been helped by it in India.

The fifty chapters which it contains are packed with helpful information. There are five coloured plates and sixty-eight other illustrations. It can be obtained in the following languages: *Bengali, Burmese, English, Gujarati, Hindi, Kanarese, Marathi, Malayalam, Tamil, Telugu and Urdu.* Other languages are in preparation.



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