

The Oriental
WATCHMAN
& Herald of Health



Photo by H. Dargewitch.

A PASS ON INDIA'S NORTHERN FRONTIER

Read Page 12—

DOES GEOLOGICAL SCIENCE CONFIRM
 THE FLOOD STORY



OFFICIAL announcement is made of the fact that Russia has risen from third to second rank as a world oil producer. Thus it displaces Venezuela, which drops back to third, while the United States remains first.

SIAM spent the last week-end in June changing its form of government. One of the few absolute monarchies left, an almost bloodless revolution supported by the army and navy, changed it almost over night into a constitutional form of government. His Majesty, King Prajadhipok, signed the new constitution on June 27 and it was put into force from that date.

A NEW kind of cotton crop is being grown in North Carolina. It is known as the "combination cotton crop." On a ten-acre field the University of North Carolina has sown cotton broadcast like grass. The mature crop is mown like hay, and the entire plant, cotton, stalk, and leaves, is converted into cellulose, the raw substance from which explosives, paper, artificial silk, and many other things are manufactured. There is no picking or spinning to be done.

So that "gangsters" and fleeing drivers may not escape pursuing police cars in crowded city streets, an inventor of St. Louis, in Missouri, U.S.A., has devised a pistol which shoots a small celluloid shell about the size of a hen's egg. Upon hitting the body of a fleeing motor-car the shell leaves a large splash of red dye. This identifies the car as one wanted by the police. The barrel of the pistol is about 3 inches in diameter, and the projecting mechanism is a spring which will shoot the shell more than 300 feet. The nose of the shell is soft rubber, underneath which is a pin valve that releases the dye.

SACRED cigarettes are the latest fad in Soviet Russia, according to a report recently brought back by J. N. Clinton, foreign service secretary of the National Young Men's Christian Association. These new cigarettes, which are widely advertised, are made of tobacco rolled in paper cut from Bibles. Mr. Clinton cited this as an indication of the "appalling" spirit of atheism prevalent under the Soviet regime. He expressed the conviction, however, that the great mass of the people in Russia are forced to subscribe to the atheistic doctrine against their conscience.

THE plain, old-fashioned name of John has the honour of being the most popular one in the United States. Eight per cent of the men bear this sensible name. By origin it is English, and dates back to very early times. William is the name next in favour. Then follow James, George, Charles, Robert, Frank, Harry, Henry, Joseph, Walter, Thomas, Arthur, Edward, and Clarence, in the order named.

THE Holland tunnels—the whole 8,500 feet of them—are washed every week. The work is done by a huge robot, bristling with gadgets, cranes, and water-spraying brushes operated by a high-power compression engine, mounted on a truck. The machine is manned by eight men, and simultaneously scrubs wall, ceiling, platform, and curb. Four nights each week are spent on the job, which requires 15,000 gallons of water.

AS if earthquake were not enough, it is followed by a violent eruption of Lotosobi volcano, which was in turn followed by extensive floods in the Dutch East Indies.

BRAZIL claims to have unearthed the largest diamond in the world in the state of Matto Grosso. It is said to weigh 57½ carats, and the finder to have refused an offer of over twelve lakhs of rupees.

HOLLAND has lost the Zuider Zee. An eighteen mile dyke between Weitingen and Friesland shuts out the North Sea, makes it into the Ijssel Lake, and makes it possible to add to the Kingdom of Holland another 500,000 acres of land. All the nation rejoices, except the fishing villages along the old Zuider Zee, whose occupation is now gone.

THE Battle of Bombay still continues to rage in the streets. The police fire on defiant crowds of both Hindus and Muslims. The last few days of June and the beginning of July saw an average of five killed and 80 wounded per day, that were reported to the authorities. Business is at a standstill in the affected areas.

THE British Post Office in spite of hard times, showed a neat little surplus of £10,000,000 in 1932, which is not bad for these years of depression. It makes one wonder why the Indian Post Office in spite of cheap labour has to make the highest charges, and still runs at a loss. There is something about lower prices to stimulate trade.

THOSE who fought for the repeal of prohibition in Canada made wonderful promises of improved conditions under the Liquor Control Acts. But what are the facts? Have their promises been fulfilled? It is interesting to compare some statistics for the years 1922 and 1930:—

	1922	1930
Indictable Offences	15,720	23,457
Convictions for Drunkenness	25,048	35,789

From 1926 to 1930 murder increased 81 per cent; manslaughter 51 per cent; liquor law violation 220 per cent.

MOTOR fatalities and drinking. Clipped from the *Times of India*.

"An American reader who has been studying the statistics for motor-car accidents in England and the United States is alarmed at the probable consequences of the repeal of the Eighteenth Amendment. 'The record of automobile fatalities in England,' he writes, 'is one to 118 cars. Automobile fatalities in the United States (Dry) are one to 1,121 cars. Yet England has better traffic and better enforced laws. What then do our countrymen anticipate the return of liquor to the United States will do? It will mean nine deaths by motor to every one when dry.' That seems to be taking an unduly pessimistic view of things. There are limits of self-destruction beyond which people will not go."

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

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Will Lausanne Cure *this* WORLD'S HEADACHE?

Is there a SOLUTION to the present ECONOMIC
SLOUGH of DESPOND?

By J. C. Craven

THE year 1932 will in all probability go down in history as the year of conferences.

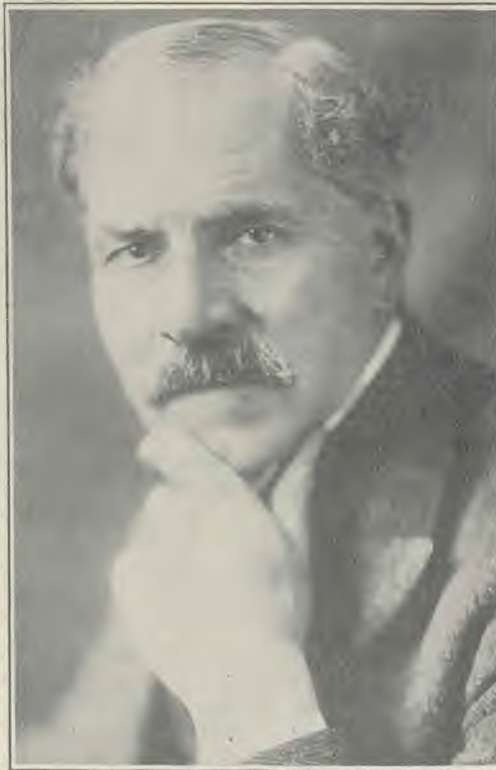
The first conference of any note was the Four Power Conference when the leading representatives of Germany, France, Italy, and Great Britain gathered together in London in an endeavour to bring about a solution of the economic situation which prevails in the Danubian countries. These small countries of Southern Europe clustered around the river Danube have for years been building up tariff barriers in an attempt to protect themselves from foreign competition and develop their own industries. This restriction of trade brought about business depression and tariffs were further increased for revenue purposes, resulting in almost complete stagnation of trade, as, the countries being so small, it is impossible for them to be self-contained. Finally, the leading nations of Europe realised that unless something was done, the Danubian countries would go bankrupt and loans made by the banks of France and England would be lost. The purpose of the Conference was to lower the existing tariffs between these countries of South-

ern Europe and unite them as a strong economic unit. The Conference failed, however, because

France and Italy were afraid that this union would be detrimental to their own foreign trade.

The great Geneva Disarmament Conference followed and is still continuing its deliberations. Can anyone forget the wonderful appeals that were made at the first public session when the Conference was given over to the representatives of various organizations which have been working for world disarmament. The impassioned and brilliant address of the young man, Mr. James Green, will be remembered for many years. In concluding, he said in those memorable words, "I stand before you as an attorney for the defense, begging for a reprieve. It is my generation which will be called upon to surrender all we consider worthwhile in life in order to become targets for machine gun bullets and victims of the latest poison gases. It is the young men

and women of my age who will be commanded to commit suicide. It is my generation which will be requested to destroy the best of human culture, perhaps civilization itself, for causes which future



Ramsay MacDonald, Premier of Britain

historians will discover to be erroneous, if not utterly stupid or actually vicious."

How far these appeals have been lost sight of is clearly evident in the weary wrangling that has been, and is still, going on. One nation does not agree with another as to what should be regarded as a defensive or an offensive armament. The world is rapidly losing hope and fearing that nothing tangible will result from this great conference which began with so much glamour and blowing of trumpets. The eyes of everyone are now turning from Geneva to Lausanne, the thirtieth international conference held since the Great War, and the question arises on all lips, "Will Lausanne heal the world's headache? Will it ease the burden of taxation I have to bear? Will it raise the price of rice, wheat, jute, and hemp? Will it ease the almost unbearable position of the cultivator in India, Burma, and Ceylon? Will it abolish the dread of unemployment and starvation?"

It is an open secret that Mr. Ramsay MacDonald who has always worked so untiringly and magnificently for international peace and prosperity feels that more depends upon the Lausanne Conference than any other and that should it fail the world will face the greatest crisis in its history. Mr. Ramsay MacDonald was elected president of the Conference on the proposal of Monsieur Herriot of France, and seconded by Signor Grandi of Italy.

In his opening address he said that the present international trade was probably less than one half of that in 1929, while the total number of unemployed in the world stood at between twenty and twenty-five millions. Mr. MacDonald further said, "In this crisis there is no France, Italy, Germany, America, or Great Britain. There is nothing smaller than the world. There is nothing less than the system which is crumbling." He concluded with the grand appeal, "Fear nothing, and issue bold proposals, which, by their very character will command the support of the whole world."

The Conference is called to consider reparations and war debts, and three main alternatives face the leading representatives of the nations. Firstly, an all-round cancellation of reparation and war debts; secondly, scaling them down on a percentage basis; thirdly, an adjournment until a later date, after prolonging the moratorium for inter-governmental debts which expired on June 30, 1932, but which Great Britain has agreed to extend until the end of the Conference.

It is generally believed that America would favour complete cancellation of war debts and reparations despite the tremendous sacrifice it would mean to the nation, especially at a time when the worst financial blizzard that has ever

been known is raging over her vast continent, providing the European countries show a genuine desire to disarm.

Mr. Neville Chamberlain said in an address before the whole Conference that the British Government in spite of the burden under which they were already labouring would be willing to share in the general wiping of the slate, providing all the governments concerned participated. This, he added, would mean to Britain the loss of about Rs.27,000,000,000 which represented the difference between the British war debt payments, and receipts from reparations and funding agreements. He concluded by saying that he was convinced that confidence could only be restored by such a radical measure.

But will confidence ever be restored even should all debts and reparations be cancelled? is the question uppermost in the minds of all the thinking men of India, Burma, and Ceylon, and, in fact, throughout the whole world.

Lausanne will be followed by the Ottawa Conference at which representatives of India and the British Commonwealth of Nations will endeavour to lay plans whereby Empire trade, which has languished to such an appreciable extent, may be increased.

Then, later in the year, a great conference will be held in London at which all the leading nations in the world will be represented, including America, and it is hoped that many of the present economic problems will there be solved.

In the Scriptures we read, "This know also, that in the last days perilous times shall come." 2 Tim. 3:1; and further refer-

ring to the same period, "Men's hearts failing them for fear, and for looking after those things which are coming on the earth." Luke 21:26.

Surely the times are perilous and the unprecedented number of world international conferences which are being held reveal that the leading men of all nations are living in fear and dread as to what tomorrow will bring. Was there ever a period in the recollection of men when it could so truly be said that men's hearts were failing them for fear?

The extremely critical appearance of world events are but a sign of His soon coming, and the Master says:

"Immediately after the tribulation of those days shall the sun be darkened and the moon shall not give her light, and the stars shall fall from heaven and the powers of the heavens shall be shaken. And then shall appear the sign of the Son of man in heaven: and then shall all the tribes of the earth mourn, and they shall see the Son of man coming in the clouds of heaven with power and great glory." Matt. 24:29, 30.

Then and then only will this world's headache be cured.

"WE FACE NOT THE
WRECK OF A
NATION BUT THE
WRECK OF A
WORLD"

—SIR GEORGE PAISH—

Noted Economist

The Body

A Chemical Laboratory

By F. A. Wyman

CRASH! Boom!!"
Bits of wood and glass flew in all directions. The end of the house across the way blew outward and a man half flew, half tumbled, into the garden. Clouds of dense smoke rolled from the house, and men, women, and children appeared coming from every house on the street. My neighbour had intended going into the match business. He had made and sold some very good matches. Then in his ignorance of the laws of chemistry he had made a wrong mixture of the chemicals which had exploded and blown him through the end of his house. And he and his match business were wrecked.

If you were to step behind the scenes in some large chemist shop or into the laboratory of some large hospital, you would see a company of thoroughly trained workers busy making tests and carefully combining chemicals according to the laws of chemistry. The laws of chemistry are exact and sure. A right mixture will give the same result each time. A wrong mixture may be dangerous.

Nature is one great wonderful laboratory. The human body is one of the interesting laboratories of nature and contains five departments, the mouth, the stomach, the small intestine, the liver, and the colon. The laws of chemistry rule in the body just as in any other well regulated laboratory. Just as a bad mixture in the laboratory is dangerous, so in the body a wrong mixture may bring very distressing results.

Take for instance the chemical we call calcium or lime. Three per cent of the weight of the body is lime. Ninety-nine per cent of this is in the bones. There is practically no lime in the flesh, hence the deficiency of lime in flesh foods.

What Lime Does For Us

1. Lime gives strength to the bones and teeth. Children, because they are growing, need an

abundance of lime. Those whose diet contains an insufficient amount of food lime grow slowly because of the lack of lime for bone building.

2. When lime is deficient in the blood the muscles lose their tone and become weak.

3. The blood contains only eight-tenths of a grain of lime to one pint but this small amount is absolutely essential to maintain normal beating of the heart.

4. This small amount of lime in the blood is essential also to enable the blood to coagulate or clot.

5. Lime is an essential element of blood, lymph, nerves, the brain, and the glands of the body as well as the bones, and these tissues suffer if deprived of this element.

6. Lime regulates the nutrition processes and is therefore essential for the activity of every cell of the body.

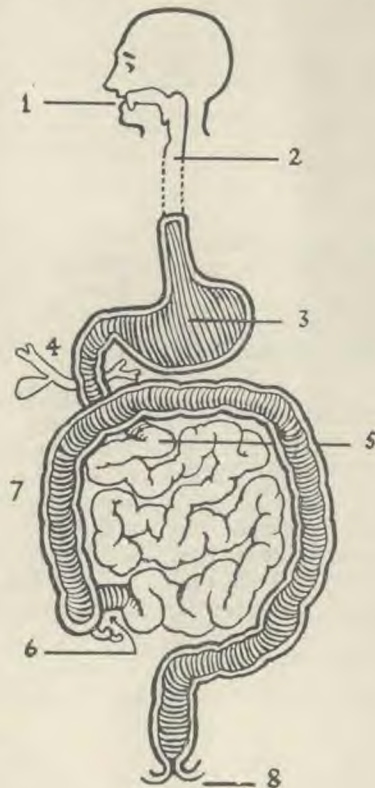
About ten grains of lime is eliminated from the body every day. Therefore our food should include at least fifteen grains of food lime each day. Where are we to procure our daily lime rations?

Where We Get Our Lime

It has been abundantly proven that lime to do us much good must be the lime that is made in Nature's laboratory. All the chemists in the world cannot make one ounce of food lime. We will find food lime in the greatest abundance in almonds, beans, peas, dahl, lentils, leafy green vegetables, wheat bran, molasses, egg yolk, and milk. Some one or more of these should be a part of every meal we eat.

Foods Very Deficient in Lime

The foods most deficient in lime are cane sugar, honey, bananas, beef, butter, polished rice, white bread, and most fruits. Some of the above have been popularized as the staff of life to many thousands. Which means that there are hundreds of people about us literally starving for lime. Is it any wonder that tonics are in demand?



The Human Laboratory

1, Mouth, 2, Esophagus, 3, Stomach, 4, Gall Bladder and Bile Duct, 5, Small Intestine, 6, Valve Joining Small and Large Intestines, 7, Large Intestine or Colon, 8, Rectum.

Another Necessary Chemical

Another essential element is iron. There is said to be only one part of iron to 24,000 parts of body weight and yet this forty grains or so is absolutely necessary to the life activities of the body. The iron of the body is found almost exclusively in the blood, being the red colouring matter or hemoglobin. Without iron the body cannot make the red blood-cells which are being diminished at the rate of 7,000,000 every second. There are 25,000,000,000,000 of these little oxygen carriers in the blood of an average adult with a combined surface of about half an acre. The life of a red cell is about six weeks.

Why We Need Oxygen

Not only does the body laboratory need iron with which to manufacture 7,000,000 new red cells every second but iron is needed by each cell to enable it to carry oxygen. The iron in the red cells has a special chemical property which enables them to absorb a large amount of oxygen. Oxygen is used for the fires of the body in burning up waste. The iron in the red cells carries the oxygen from the lungs to the millions of body cells and carries back again to be excreted by the lungs the burned-up waste. This waste is called carbon dioxide and is by far the most important of all the body excretions. Without the essential iron in the blood the number of the red cells would soon be greatly depleted and the waste of the body could not be properly burned for want of oxygen. The poisonous products of the body wastes would therefore pile up in the tissues and the body forces would be crippled. The symptoms of insufficient iron are languor, weakness and shortness of breath.

The Necessary Iron Ration

Physiologists tell us that we should eat about one-fourth of a grain of food iron each day. Here again our chemical must be procured from Nature's laboratory. The light from the sun co-operating with the green portions of plants produces food iron. And so we find our iron in wheat, bran, egg-yolk, lentils, peas, leafy green vegetables, almonds, olives, and red meat (because of the blood still in the meat). Some of these should be included in the menu of every meal.

A Noted Dietitian's Rule

Dr. J. H. Kellogg, noted dietitian says, "In general it is sufficient to make sure that the food contains a sufficiency of lime and iron. Where these elements are present in sufficient amounts, the other essential salts are practically certain to be present."—*The New Dietetics*.

A Dangerous Chemical Change

There is a general chemical change which sometimes takes place in the body, long overlooked by physiologists but better understood today. It is a condition called acidosis.

The blood and the tissue fluids are normally slightly alkaline. This slight alkalinity is essential to health. On the other hand the body wastes

are all acid. When body waste piles up in the tissues so that the alkalinity of the blood and tissues is diminished, we find an acid condition in the body and we call it acidosis. As in the laboratory an acid or wrong mixture may be dangerous, so in the body laboratory an acid condition may bring about an explosion (breakdown) from which the body will never fully recover.

Dr. Haven Emerson, former Health Commissioner of New York City, tells us that in that great city during the past fifty years the mortality from scarlet fever has diminished 99 per cent, diphtheria 95 per cent, infantile diarrhoea 95 per cent, and tuberculosis 79 per cent. This sounds encouraging, but note what he has to say about degenerative diseases. Cancer has increased 175 per cent, heart disease 187 per cent, diseases of the arteries 663 per cent and diabetes 1,150 per cent.

Acidosis is often the active cause of Bright's disease, skin disorders, heart trouble, high-blood-pressure, diabetes, nervous-breakdown, neuritis, loss of endurance, mental confusion, etc.

How We Get That Way

Usually those who eat a highly proteid diet suffer more or less from acidosis. Especially is this true of those who use flesh foods. When there is too much proteid it has to be burned in the body as fuel. Oxidized in the body the sulphur in the meat becomes sulphuric acid and the phosphorus becomes phosphoric acid; and these acid poisons clog up the eliminative functions and destroy the fine alkaline balance of the body. Fats also, when taken in excess, are not properly used in the body and these fatty acids cause acidosis. Meats, meat extracts, all broths, and eggs, are highly acid forming. Cereals should be used sparingly. Legumes, excepting the soy bean and the lima bean, which are said to be alkaline, are acid and should be used in moderation. Fruits, especially citrus fruits, with the exception of prunes and rhubarb, when oxidised in the body leave an alkaline residue and are very helpful in keeping the alkaline balance. All green vegetables and vegetables are strongly alkaline and aid in the same way as do fruits. Milk is also slightly alkaline.

Modern dietetic research points the way, advising the one desiring to keep in good health to follow a diet low in protein, moderate in whole cereals and nuts, and abundant in green and root vegetables and fruit. Milk is also a very helpful addition to the diet. Such a diet as the above guarantees the body laboratory the essential lime and iron ration and shuns the bad chemical mixture, acidosis, with its multitude of ills.

Disease Abnormal

LET it never be forgotten that health is natural and normal, and that disease is abnormal. If nature is given a fair chance and is faithfully assisted, then her recuperative and regenerative powers are wonderful.—*Selected*.

The KING'S DREAM



A Story of Old BABYLON

By F. H. Loasby

THERE is perhaps no especial reason why a king's dream should be of any more importance than that of a commoner, but in this particular instance it was. Indeed, it both was, and is; for, although it all happened centuries ago, the significance of the dream is really greater today than when it occurred.

The king in question was Nebuchadnezzar, king of Babylon, and a very famous man. From investigations it is probable that King Nebuchadnezzar was Kaldu, that is, a Chaldean, of a tribe settled in the marshes on the shores of the Persian Gulf. He became king of Babylon, or Chaldea, about 606 B.C. It was in that year also that King Nebuchadnezzar besieged the city of Jerusalem, and carried into captivity a number of the princes and people of the royal house of the Jews. Among these young Hebrew captives was one Daniel, of whom we shall have more to say later.

Nebuchadnezzar the king, like most people, sometimes dreamed dreams, which dreams were interpreted by the so-called wise men and astrologers attached to the court. One would not pretend that these wise men were really able to divine the meaning of dreams, supposing that

dreams in general are capable of meaning; but they were really very ingenious in supplying some kind of alleged meaning for them. Indeed, so fertile was the imagination of the Chaldean wise men and astrologers that it is not surprising that in the course of time to be known as a "Chaldean" carried with it frequently the suspicion of charlatry and more or less wilful deception.

Having dreamed a dream, Nebuchadnezzar naturally called in his wise men to supply an interpretation of the same. This interpretation would doubtless have been supplied, and every thing would have gone off as happily as usual, except for one rather disturbing factor,—especially disturbing for the wise men,—that the king had forgotten the dream.

This was decidedly unfortunate for the wise men, especially when they had to admit that their wisdom did not extend to the length of recalling dreams. Now, Nebuchadnezzar was one of these "direct action" monarchs whose patience was easily exhausted. Therefore, when he discovered that no satisfaction was to be obtained from his wise men he promptly had the entire fraternity handed over to the public executioner. Among those upon whom the sentence of death fell was Daniel the Hebrew, who had by this time

evidently been included in the brotherhood of wise men.

When the soldiers came to take Daniel, he requested that he be given time, so that he might have an opportunity of presenting himself before the king to make known to him the interpretation of the dream. Respite was granted him, and he sought his fellow Hebrews to discuss the matter.

Now, as we learn from history, the Babylonians worshipped many gods; while Daniel, being a Hebrew, was of course a monotheist, worshipping only the God of the Israelites. So Daniel and his Hebrew friends sought help from God, and the secret of the forgotten dream was revealed to Daniel in a night vision. It is proper, therefore, to call Daniel a prophet, for so he proved to be.

Turning now to the subject matter of the king's dream, we find it to be most remarkable. In short, as revealed to King Nebuchadnezzar by Daniel the prophet, it seems that in his dream the king saw a great image in the form of a man. Remarkably enough, the image was not composed of one material only, but of several. For instance, the head of the image was made of gold, the breast and arms were of silver, the thighs were made of brass, and the legs of iron, while the feet were composed of a mixture of two materials, namely, iron and clay.

The image described above was evidently what Nebuchadnezzar had seen in his dream, for, without any dissenting note from the king, Daniel the prophet commences to state the meaning of the dream. With proper deference to the greatest monarch of the times, the prophet lightly sketched in words the power, strength, and glory of the great Babylonian empire, after which, with unexpected and dramatic abruptness came the words,—"Thou art this head of gold."

It is obvious then, that the head of gold on the great image of the king's dream represented Nebuchadnezzar himself, or speaking more generally, Nebuchadnezzar's kingdom of Babylon. We have only to study the pages of history to discover that this kingdom was indeed well represented as a "golden" one. For commencing with the father of Nebuchadnezzar, a new era of Babylon's glory commenced. Between them, father and son made Babylon one of the wonders of the ancient world. Nebuchadnezzar the king reigned 43 years, and he

made Babylon the mistress of the civilized world. The capital city of Babylon was noted for its beautiful temples and palaces. It was also the centre of literary culture, and abounded in work of art. It reflected honour upon the remarkable king who was at once a warrior, an engineer and a man of letters.

But Babylon has passed away, and only its ruins remain today, some of them disinterred from the sands which for ages have covered them.

Daniel the prophet, in continuing his interpretation of the king's dream, had said to Nebuchadnezzar, "And after thee shall arise another kingdom inferior to thee."

When we glance again at the pages of history, we find this interpretation to be literally fulfilled. Several kings followed Nebuchadnezzar, but Babylon was never again the golden kingdom that it had been. It gradually grew weaker and weaker, until surrounding kings, who had been subject to Babylon, now commenced to raise the standard of revolt. The combined armies of the Medes and the Persians advanced upon Babylon, and on July 1, 536 B.C. the mighty city fell into their hands with scarcely a blow struck.

Thus was fulfilled the second portion of the dream-prophecy. In other words, the breast and arms of silver in the great image of the king's dream represented the Medo-Persian empire, which in 536 B.C. became the world empire superseding

Babylon. This great empire continued for two centuries or more, and the names of its great rulers, such as Cyrus, and Darius, are amongst the most famous that history contains, while many are the imposing ruins which still exist as witnesses of their greatness.

But this empire also was to pass away, for in further elucidation of the dream of Nebuchadnezzar, Daniel the prophet stated that a third kingdom, of brass, should arise, which should bear rule over all the earth. Obviously the meaning is that the Medo-Persian empire also should pass away, and in its place was to rise another so-called universal kingdom, typified by that part of the image, namely, the thighs, which were of brass.

Turning again to the record of history, we of course discover that it was the Greeks who succeeded the Persians as the next great world-power. The outstanding figure in Grecian



The Golden Headed Image

ilitary history
ing, of course,
Alexander the
reat. However,
en before the
ys of Alexander
d his Macedoni-
s, the struggle
ad been on be-
ween Medo-Per-
a and Greece,
e first period of
hich struggle
ad been closed
y the Grecian vic-
ry at the battle
atea as early as
79 B.C. It was
onsiderably more
an one hundred



The stone smiting the image on its feet of iron and clay

ars later, however, that the Medo-Persian empire
as finally overthrown and its territory seized by
reece. Thus in the spring of 334 B.C. Alexan-
er the Great crossed the Hellespont—that narrow
rait which divided Europe from Asia,—with
irty-five thousand disciplined troops, to com-
ence the conquest of the Medo-Persian empire.
e path of march, and the tremendous distances
aversed by Alexander and his army, can best be
nced on the map. The conquest of the Medo-
ersian empire occupied five years, and the story
ally divides into three distinct chapters, each
arked by a world-famous battle. The closing
enes were those of the Battle of Arbela, near
cient Nineveh, where the Persians were decisively
defeated, 331 B.C. They never gathered
other army, and the capitals of the empire,
abylon, Susa, Ecbatana, Persepolis,—great “store
ies,”—surrendered to Alexander with enormous
easure of gold and silver, and the Medo-Persian
mpire was at an end. In its place was establish-
the Grecian empire of Alexander the Great, the
kingdom of brass.”

We shall not stay to tell of the military ex-
pits of the Greeks, but rather pass on with the
ther meaning of the story of the king’s dream.

We recall that the image in the dream had
s of iron, and we find that this is intended to
vey the meaning that the fourth kingdom, that
the kingdom which was to succeed the Grecian
ngdom, was to be known as the “kingdom of
n.”

It is a matter of historical fact that the king-
m which followed the Grecian kingdom as a
ult of the rise and fall of empire was that of
me. Indeed, Rome has been termed the great
on monarchy,” and its manner of attaining to
rld eminence may briefly be noted.

We have already noted that as far as the
ecian empire was concerned, the central figure
s Alexander the Great. Great as far as the
queror of nations may be so termed; but not
at enough to control his appetite and passions.
died of drunkenness in the city of Babylon, 321
The empire he left soon became the object

of internal war-
fare, and his own
generals fought for
over twenty years
before they were
able to arrive at a
division of terri-
tory.

In the mean-
time, growing up
in the west, in
Italy to be precise,
was that hardy
nation which was
soon to “break into
pieces and destroy
the nations,” in
other words, the
fourth great em-
pire of our story,

the “iron monarchy of Rome.”

By 266 B.C. Roman conquest had united all
Italy. One hundred and twenty years more made
her mistress of the Mediterranean lands. Rome
now stood prepared to conquer and absorb all
powers that stood in her way. By 146 B.C. Rome
was the sole great power. She had conquered and
absorbed and brought within her sphere of influence
many nations, including the heritage of Alexander
the Great. As one historian has said,—“When
Rome ruled she was not only the greatest, but
practically the ONLY power of which the states-
man and the philosopher took any cognisance.”

This then, was the fourth successive kingdom
which occupied the world’s stage of action. It was
typified by the legs of iron of the great image
which Nebuchadnezzar saw in his dream centuries
before Rome came upon the scene. So the prophet
interpreted the dream, and so history has corrob-
rated the prophet’s interpretation.

Rome ruled a mighty empire, and the relics
of her occupation may still be found in cold
northern countries and in burning tropical lands.
But she was not to continue for ever.

We have already noticed something peculiar
with reference to the feet of the great image which
Nebuchadnezzar saw in his dream. The feet, with
the toes, were part of iron and part of clay. Not a
very good combination, almost an impossible one as
far as stability is concerned. Now, upon this re-
markable circumstance there hangs a tale. The
interpretation of the dream made it clear that the
kingdom above referred to, namely, the great empire
of Rome, was to be divided, and as a result of this
division, some of the parts would be “strong,” some
“broken,” that is, weak. If we turn again to history
we find that to be exactly the case, and in this wise.

The great Roman empire continued for cen-
turies. It saw the era known as B.C. pass away,
it saw the new era A.D. come, and several cen-
turies of it pass, and still Rome stood firm. But
in time the symptoms of weakness began to be
apparent. Rome began to deteriorate. Luxury and
idleness were accomplishing what no other enemy
had been able to do. Hirelings (*Turn to page 28*)

How

Food is Assimilated

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

WHEN gastric digestion is complete, the stomach contents are passed on into the duodenum, or first part of the small intestine. It is in the small bowel that the final stages of digestion take place. Here, again, certain juices with digestive properties act upon the food, breaking it down still further into bodies which can be absorbed by the intestinal cells.

One of these juices is the bile. This is a rather thick, alkaline fluid made by the liver, the largest gland in the body. It may be regarded as an excretion as well as a secretion. When not required, it is stored in the gall-bladder, a receptacle placed between the lobes of the liver. When digestion is in progress, bile is poured out and reaches the intestine by means of the bile duct.

Bile is a most important fluid. It contains certain salts and two pigments, red and green, to which it owes its characteristic colour. Under abnormal conditions, the bile becomes viscid and these salts are precipitated, forming what are known as gall-stones.

The exact function of bile is not very clearly understood. It is thought to assist in the breaking up of fats and to aid absorption. It also plays a part in promoting the normal function of the bowel, as is proved by constipation developing when it is absent. The importance of bile is emphasized by the fact that in its absence metabolism is seriously interfered with. Also when the bile duct is blocked by a stone, bile may appear in other situations and give rise to jaundice.

The Pancreas

Another agent which plays a part in digestion in the small intestine is the pancreatic juice. The pancreas is a large gland somewhat resembling the salivary glands in the mouth. Like the gall-bladder it empties its secretion into the intestine by means of a duct, the pancreatic duct. It also is an alkaline fluid containing three ferments, trypsin, amylopsin, and steapsin. Trypsin acts upon proteids as did the pepsin in the gastric juice, breaking them down into peptones. Amylopsin converts starch into sugar, and steapsin saponifies fats.

It will thus be seen that the pancreatic juice resembles, in many respects, the combined action of the saliva and gastric juice, with the additional action on fats. It therefore represents a kind of final stage, completing the action of the former ferments which may not have been fully carried out.

Lastly, the digested matter, or chyme as it is now called, is subjected to the action of a juice secreted by the glands of the small intestine itself, known as the succus entericus. This, by the action of a ferment, invertin, acts upon cane-sugar, converting it into grape-sugar.

Absorption

All the food now taken into the body by the mouth is reduced to a simple, liquid form. It is still, however, in the intestinal canal, and to be of any use to the body it must enter the blood-stream and lymphatic system and be conveyed to all parts of the body.

The epithelium of the small intestine contains certain structures called villi. These are small conical projectors from the lining membrane of the bowel containing certain specialized cells. They possess the property of selecting the elements which they require and passing them into the circulation. The food elements are absorbed by these villi and then carried round to all parts of the body to be taken up by the various cells for building up into the body and to be used to produce energy.

The products not required remain in the intestinal canal and pass along, still in a fluid state. When the large intestine is reached, water is absorbed, rendering the contents of the bowel semi-solid. By the normal action of this part of the intestine the waste matter is propelled along and finally expelled.

Excretion

The residue left after digestion is completed may be compared to the ash which remains after a fire. No fire can burn brightly unless the ash be removed at regular intervals. Not only is the waste matter in the body of no use, it is also harmful and highly poisonous. Should it remain in the bowel for any length of time it may be partly absorbed into the blood. When this happens, auto-intoxication, or self-poisoning, is the result. This is a very dangerous action.

If we wish to enjoy good health, therefore, it is absolutely essential that the intestine be healthy and function normally. This means at least one action of the bowels daily. Failure to attend to the calls of Nature in this respect is certain to bring disease sooner or later. Constipation is an exceedingly common complaint today, and one which is responsible for many serious diseases and much falling off in health and vigour. (*Turn to page 30*)

DOING *the* BEST *for* Your BABY

By Nurse H. Bull
(Midwife, London Exam.)



MOTHER" is a beautiful name, and almost every young woman looks forward with a great deal of pleasure to the time when she will have a baby, which will be her own. The trouble is, however, that few of them think beyond this, and give serious consideration to the tremendous responsibility involved in the training of their babies.

There is no experience through which a woman can pass which will test and tax her love and endurance so much as having a young life entrusted to her care. But, on the other hand, there is no other work that produces such beautiful results as the life of a well-trained, lovable child.

To make a success of her baby, the young mother will need above all things knowledge and "unlimited patience." Many things must be studied and learnt if the mother desires health and happiness for her treasure, and the principles of healthful development must be carried out with unremitting perseverance.

Some ask, are not all babies born healthy and happy? We wish they were. Thousands, unfortunately, are born with predispositions to various diseases. The tendency to rickets, tuberculosis, and poor teeth, is very common. Delicate nervous systems abound. It is amazing that so many are as healthy as they are, considering the conditions under which they were born. But while sometimes the obstacles to development are well-nigh insuperable, often the initial handicaps may be entirely overcome by love and care. Every mother, therefore, has an opportunity of showing what she can do in contributing her share towards the building of a healthy generation.

Don't Spoil the Baby

A properly-trained baby, during the first few months of his life, will do little else but sleep, and if well managed will seldom cry. A certain amount of crying is good for him, as it gives exercise to the chest, lungs, arms, and legs, but if he is warm, properly fed, and comfortable there is no need for very much.

We pity the mother who rushes to her baby every time he makes the slightest whimper. She is asking for serious trouble latter on, which often results in much unhappiness between the parents.

Excessive crying, on the other hand, is an

indication that something is wrong, and should be looked into immediately and the remedy found.

Overfeeding

Sometimes it may be due to colic resulting from overfeeding. Therefore see that the child does not take his food too quickly or for too long at each feed.

Pain may also be caused by baby's swallowing too much wind with his feed. This can be avoided by care in giving the feed.

Position for Feeding

The baby should be fed on the mother's knee in an upright position, not lying down. Give him an opportunity of getting rid of his wind at least once during the feed and again at the end of it. Hold the child firmly, encircling him with the left arm, his head resting in the hollow of the arm. If breast-fed hold the nipple firmly between the first and second fingers of the right hand, and press the fullness of the breast away from the child's mouth. Sometimes the weight of the breast prevents the nipple being firmly sucked by the child, and this is one cause of swallowing too much wind.

He should take fifteen to twenty minutes over each feed. If there is sufficient milk in one breast make sure that he well empties it, as the last milk is richest. When the breast is too full, draw some off before feeding. This will prevent him having too much food. If there is not sufficient milk in one breast, he should be put to each breast for ten minutes.

Be sure to keep the nipples clean by washing them with boric lotion before and after feeding. If any cracking of the nipples occurs, apply tannin and glycerine. A small quantity of these may be bought quite cheaply in the proper proportions at any chemist's.

Be Regular

Feeding baby on time is most important. Do not postpone his feed time because he happens to be good or asleep. A baby should not have to cry for those things which are essential to him.

The usual interval between feeds during the first three months is three hours, after which they should be given every four hours. In some cases doctors and midwives will recommend the longer interval much earlier. (*Turn to page 30*)



Does Geological Science Confirm *the* FLOOD STORY

By Robert S. Fries

MANY ask the question, "Does modern science prove the story of the Flood to be true?" Our former articles answered this question from the standpoint of the credibility of the Bible narrative, by citing the marvellous engineering skill shown in the construction of the ark and the remarkable evidence of ancient records corroborating the Bible narrative, "Ask now the beasts, and they shall teach thee; . . . or speak to the earth, and it shall teach thee: and the fishes of the sea shall declare unto thee: (Job 12:7, 8) that there was a Flood. Look about you. Everywhere are evidences that a Flood of waters once covered the earth. Let us note a few of these.

Climate

Some thousand years ago the climate of our earth was uniform the world over. Once the arctic regions were as semitropical as Florida is now. And suddenly the climate changed. Evidence will be presented showing that this change of climate was caused by the Flood. As Nordenskiöld says in the *Geological Magazine*, volume 12,

page 531, "The animal and vegetable relics found in the polar regions uniformly testify that a warm climate has in former times prevailed over the whole globe."

The scientists accompanying Donald Macmillan, arctic explorer, found a vein of coal, six hundred miles from the north pole, which was thirty feet wide and was exposed in the side of a cliff. Microscopic studies of the coal revealed fossils showing that the area in the north had once been covered with giant sequoias. The scientists declared that "these trees existed at a time when the earth was covered with a warm vapour, and the temperature all over the world was the same."

The U. S. Geological Survey has found plenty of fossil coral in the arctic regions. As coral grows only where the water temperature is 70° Fahrenheit, this is another unimpeachable line of evidence showing that once our earth enjoyed the same uniform tropical climate the world over.

This radical and world-wide change of climate was not gradual, but it "became suddenly extreme, as of a single winter's night," as we shall show.

"Ask Now the Beasts"

Once the largest land animals that ever walked on earth—the huge dinosaurs, mammoths, giant camels, the elephants, etc.,—were everywhere. All these huge animals lived by feeding on semitropical vegetation. The semitropical climate is gone—so are the animals. Why? It is a mystery no scientist can solve, unless we believe the Bible story of the Flood. Prof. Elmer S. Riggs of the Field Museum, in his report, April 28, 1925, of his South American expedition, says: "All these early animals apparently died off about the same period, as all were found together with their bones intermingled. This demise is incidentally one of the mysteries of science that have been explained only by conjecture." So science cannot explain why our earth is a vast burial ground for those extinct animals. But the Bible tells us the reason.

Dr. R. S. Lull, speaking of the giant dinosaur dynasty, says: "One of the most inexplicable of events is the dramatic profound extinction of this mighty race." Let us be impressed with this "dramatic extinction," for it came not slowly through "geological ages," but it took place suddenly. The eminent geologist Henry Fairfield Osborn declares that "the cutting off of this giant dinosaur dynasty was nearly, if not quite, simultaneous the world over."

Alfred Russel Wallace says: "We live in a zoologically impoverished world from which all the hugest, the fiercest, and strangest forms have recently disappeared; and it is, no doubt, a much better world for us now that they are gone. Yet it is surely a marvellous fact and one that has hardly been sufficiently dwelt upon—this sudden dying out of so many large mammalia not in one place only, but over half the land surface of the globe. We cannot but believe that there must have been some physical cause for this great change; and it must have been a cause acting almost simultaneously over large portions of the earth's surface."—*Geological Distribution of Animals*, pages 149-151.

The evidence is absolutely conclusive that the universal genial climate changed suddenly to the merciless cold of our present arctic climate. Dana declares: "The genial climate of the Champlain period was *abruptly* [italics Dana's] terminated; for carcasses of the Siberian elephants were frozen so suddenly and so completely at the change, that the flesh has remained till these modern times untainted."—*The Geological Story Briefly Told*, page 271.

These huge animals are found in a perfectly natural condition frozen in the mud banks of Siberia and Alaska. Some have undigested grass in their stomachs, while some have unchewed grass in their mouths. Incased in frozen mud, their flesh is untainted by decay. Men have eaten of their flesh, and pronounced it palatable.

What more proof could one ask that these beasts were killed by a sudden change in the climate?

"The Fishes of the Sea"

Not only were our climate, vegetation, and animals affected by this sudden physical change, but "the fishes of the sea shall declare unto thee" the story of a sudden and mighty extinction of a world teeming with life.

The fossil remains of fishes large and small are found everywhere in coal beds, in oil beds, and embedded in the rocks of mountains. These fossil remains give striking evidence that they were buried alive. Hear some noted authorities: Referring to the vast deposits of fossil fish, De la Beche, in "Theoretical Geology," page 225, says: "A very large portion of them must have been entombed uninjured and many alive, or if not alive, at least before decomposition ensued."

We quote David Page in "Ages of Fishes:" "These fishes seem to have thronged the waters of the period, and their remains are often found in masses, as if they had been suddenly entombed in living shoals by the sediment which now contains them."

Every geologist knows that the remains of fishes and animals are literally entombed in vast layers covering miles and miles in extent, and scattered in profusion everywhere on the earth's surface.

Hugh Miller, in "Old Red Sandstone," shows that these fossil fish present every evidence of an unnatural death. "The figures are contorted, contracted, curved; the tail in many instances is bent around to the head; the spines stick out; the fins are spread to the full as in fish that die in convulsions." This argues that they were instantaneously buried by some great geologic disturbance.

The evolutionists' "million-year theory" could never operate quickly enough to catch millions of fish alive and bury them suddenly, for as Professor McFarland, University of Pennsylvania, says in his book, "Fishes the Source of Petroleum," page 400: "It can be definitely said that a large proportion of the (*Turn to page 25*)



The Mammoths of Siberia



The DOCTOR SERVES

By Dr. Bernard Fantus

AS therapeutics, in its two subdivisions, prophylactic and restorative, is the chief end and aim of the physician's work, it may be surprising for many to learn that the word is derived from the Greek "therapon," meaning "servant." This lowly original meaning of the term may seem in marked contrast to the mental picture most of us have of the masterful person we call "doctor" or the pompous individual who styles himself "healer." It was, however, actually a wise and trained servant or slave who, in classic Greece and Rome, attended the wounded or sick warrior and applied the then known remedies. True, there were in those times also the healers, certain members of the priesthood who made a pretence at supernatural powers: and who, in point of fact, knew more of the natural remedies than the slaves by reason of traditions handed on secretly from generation to generation as part of their craft.

Why then does the doctor of medicine, the lineal descendant of that ancient priest caste, prefer to style himself therapist or servant rather than curer or healer? It is modesty born of knowledge for he knows that Nature heals. All the doctor can do is to serve the best interest of the patient, while Nature works the cure.

This wonderful curative power of Nature is, on the whole, nothing more mysterious than is life itself. It is indeed a part of the vital process, so well defined by Herbert Spencer as the "continuous adjustment of internal relations to external relations." Sickness then is nothing more or less than life maintaining itself under abnormal conditions. It is the function of the therapist to remove the abnormal conditions, the cause; or, if he is unable to do so, the effect; or, if it is impossible to do either, to permit life to maintain itself as comfortably as may be under the abnormal circumstances.

Specific therapy, or treatment that has a special curative relation to the disease, is unfortunately available to a limited degree only, as we have

but few specifics. When it is available, therapy achieves some of its most conspicuous triumphs. As examples may be mentioned the use of quinine in malaria, of certain arsenicals and mercury in syphilis, of thyroid in hypothyroidism, of insulin in diabetes mellitus, of iron in certain forms of anæmia, of diphtheria antitoxin in the treatment of diphtheria, and of tetanus antitoxin in the prevention of tetanus.

When specific therapy is not available, the physician is by no means helpless. Like a plant, disease can, in general, become established only when three forces co-operate: the seed, the soil, and something that does the sowing. In tuberculosis, for instance, in which we have as yet no way of killing the tubercle bacillus (the seed), cure is often compelled by making the body (the soil) unsuitable for its growth, because of the exuberant vitality, by means of rest, graded exercise, good food, fresh air and sunshine. Just as the germs of decay cannot attack the leaves of the tree as long as they are well nourished, so the tubercle bacillus cannot flourish in the thoroughly healthy human body. When to cite another example, by reason of age or other ineradicable condition of lowered resistance, a person becomes unduly susceptible to colds, we can still maintain health by means of climate that minimizes the liability to chilling (the thing that does the sowing.)

When the doctor can do nothing against a disease along the lines indicated above, should he proceed to knock out its manifestations as the movie hero knocks down the villainous gang besetting my lady fair, according to the slogan *Contra-ria contrariis curantur*, imputed to the so-called allopath; or should he obey the law *Similia similibus curantur*, embraced by the so-called school of homeopathy? If he is wise, he will commit himself to neither doctrine. Disease is not as simple an affair as some simpletons seem to imagine. It is a complex interplay between destructive and restorative phenomena. Inflammation, for example, is generally wholesome reparative reaction the antagonizing of which, as by the excessive use of cold, may in case of infection lead to disaster. Fever favours development of immunity. As long as it remains within bounds of harmlessness, it is not to the patient's best interest to reduce it.

Most coughs are useful in aiding in the expulsion of offending material and so are the many diarrhoeas. Any one who indiscriminately attempts to check all coughs, diarrhoeas and fevers acts just as foolishly as a policeman who attempts, in a pitch-dark alley, to interfere with his club in a fight between a holdup man and his victim. He may hit the robber, but the chances are great that he may knock out the citizen instead. There are some kinds of cough and diarrhoeas that the physician may check all to the benefit of the patient. The only way to discover these is to understand the cause thoroughly; that is literally what diagnosis means.

The diagnosis must be sufficiently complete for the doctor to comprehend whether the natural reaction is adequate and needs no therapeutic interference, whether it is deficient and needs stimulation, or excessive and needs subduing. For Nature works according to general laws and is essentially blind in her actions. It takes, for instance, a long time and much suffering for Nature to get rid of a decayed tooth or a piece of dead bone that the surgeon can remove in a few minutes.

Surprisingly often does a natural reaction lead to a vicious circle: as, for example, stagnation causes the contents of the first part of the large bowel, the cecum, to become so foul as to produce spasm of the distal colon, which in turn leads to still greater stasis in the cecum. The physician secures therapeutic triumphs by breaking in on a vicious circle at its most accessible point. By soothing the spastic distal colon by means of oil enemas, the physician relaxes the spasm and permits the escape of the offending material.

Symptom therapy, that is, securing the relief of distressing symptoms to the extent of making the patient as comfortable as his best interests permit, is another way in which the physician serves. Assuaging pain is, next to prolonging life, the doctor's most important business. Nevertheless, the physician worthy of the name will not remove pain without at the same time doing all that can be done to remove its cause. For well he knows that most commonly pain is a danger signal. Many a wreck results from the unwise use of pain killers. Throttling the headache or eyestrain without relieving the strain leads to further ruin of the eyes. Soothing syphilitic headache without putting a stop to the intracranial inflammatory process that it indicates permits this process to ravage man's most precious tissue with the ultimate establishment of grave and incurable disease of the nervous system. Killing kidney headache, without protecting the kidney against further damage, only too often kills by way of uremia. Even in hopeless and malignant cases, such as inoperable cancer, the physician is able to serve. Here he can use his art of pain annihilation to an unrestricted degree and provide comfort, inspire courage and dispense cheer.

In incurable, nonmalignant conditions such as hardening of the arteries, Bright's disease, valvular heart disease, and disturbed bowel function from extensive intestinal adhesions, the physician can do a great deal more than that. He can so adjust the demands life makes on the crippled organ as to permit the handicapped individual to enjoy a comfortable and efficient existence for a much longer period than Nature unaided would have granted. Indeed, by periodic health examinations such conditions may be discovered in their incipiency and, by wise management, kept from reaching a handicapping degree for a long time.

One of the most important functions of the physician is to recognize and properly to take care of the patient's own "disease-picture complex," which means what the patient himself thinks about his ailment and how he feels toward it, for to the patient this complex represents the real disease. Curiously enough, this complex is more often wrong than right, for the degree of physical suffering is no indication of the seriousness of the condition; fears may exaggerate and hope minimize the appreciation of the real seriousness of the case. Thus tuberculosis often is so painless a disease that for this very reason, it kills because of neglect of its early curable stages. Neuritis, on the other hand, as painful as any cancer can be, is generally not serious. If, however, a person with neuritis is convinced that he has cancer, he suffers quite as terribly as though he really had the malignant disease. These are the cancers that are cured by mental impression.

Suggestion may produce, aggravate and lead to neglect of disease, as well as help in the cure. A person may be just as truly unable to move his limbs because his mind has accepted the idea that he cannot do so as if the nerves going to the muscle had been cut. Yet the latter condition can only be recovered from slowly, as the nerve tract becomes reestablished; while the former may be cured instantly, seemingly miraculously by a sufficiently accepted countersuggestion.

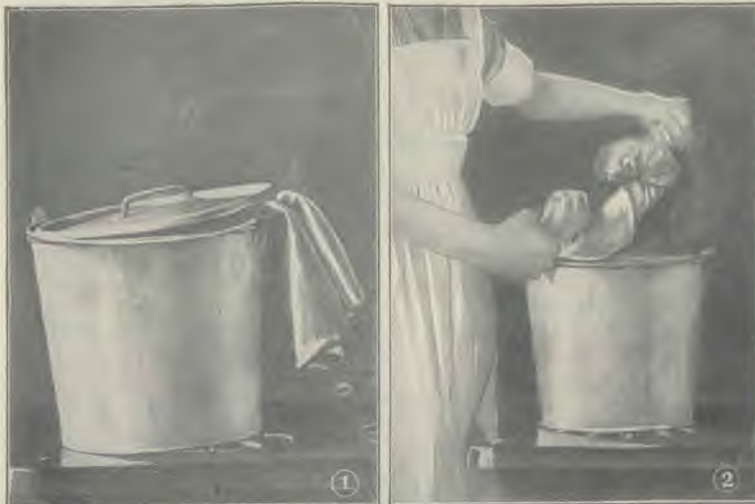
Of late, psychoanalysis has revolutionized our understanding and treatment (*Turn to page 27*)

*Serving the sick in the
Fiji Islands*



The FO

By
L. A. Hansen



1. Spread out on the table the cloth for the dry covering. Fold together in three thicknesses so as to make a long, narrow piece, the cloth or cloths to be used inside. Twist this as in wringing clothes, and immerse the entire cloth, except the two ends, in the boiling water. The ends may be held out of the water by applying the cover tightly over the pan. Leave until thoroughly soaked with the boiling water.

2. To wring, grasp the dry ends, twist the cloth several times, then stretch out. This wrings out the boiling water without burning the hands.

3. Place the hot cloth on a dry one that is large enough to fold over well.

4. Roll it up to retain the heat while carrying it to the patient.

though other means of obtaining practically the same results are possible; for example, by wrapping a hot brick, a hot stone, or a bag of hot salt in moist cloths, or even in wet paper. The object is to secure moist heat at as high a temperature as can be borne by the body.

The best material for making fomentation cloths is a half-wool-and-half-cotton blanket, not necessarily new. Divide a single blanket into four cloths. Two of these are to be used for the wet cloths,—that is, wrung out of hot water; and the other two are for dry cloths, in which the wet ones are to be wrapped. Any similar goods, such as an old shawl or discarded underwear, may be used. Woolen and cotton mixed goods is preferred, as the wool serves to retain the heat and the cotton prevents too much shrinkage. While towels may be used if necessary, they are not so good as mixed woollens.

Provide a vessel sufficiently deep to hold enough water to cover the cloth entirely. If heat is available near the patient it is best to use the fomentation directly after wringing from the water, which is kept boiling. A pail of boiling water may be brought to the patient's room, and the fomentation wrung from it and applied

directly to the patient. The pail should be kept covered in order to retain the heat. Fomentations may be kept well heated and carried some distance by wringing out of boiling water and allowing them to remain tightly twisted until they are brought to the patient's bedside. One or several fomentations wrung tightly and kept twisted may be kept hot for some time in a pail, and thus be taken to the patient's room. They should be left tightly twisted until applied to the part to be treated.

The Preparation

One of the dry cloths should be spread on a flat surface. It is preferable always to reserve the same cloth or cloths for dry use. This keeps them more soft and fluffy and nicer to handle. The cloth for wet use should be folded loosely in the shape in which it is to be used suited to the area to be covered. If it is for the spine, it should be folded its full length about six inches wide; for the stomach or abdomen, a wider fold is desirable. Leave enough of the ends of the cloth available for holding with the hands. Hold the cloth by each end, keeping the ends out of the water with the rest of the cloth completely covered. Should the ends of the cloth accidentally fall

AMONG the more simple measures of hot treatment, none is more valuable than the fomentation. While it is a simple measure, it is a very powerful one. It may be highly effective for good, and it may, if not properly given, do harm. Although we speak of it as a simple measure of treatment, this should not give the idea that it is so simple that no particular care need be given to its proper application. Water treatments in their various forms are very effective, often accomplishing results not easily obtainable, if at all, by any other means. Their proper application may be of great value in the home, and it is well worth while to give them study enough to be able to apply them successfully. The more skill one has in giving these treatments, the better; the possibilities for good results will be greater and the liability for doing harm lessened.

The fomentation might be called a hot compress. It involves the application of moist heat to local areas of the body. It is most commonly prepared by wringing cloths out of boiling water,

MENTATION

and HOW to GIVE IT

to the boiling water, they may be held with a dry towel in the hands. Hot cloths may also be wrung out of boiling water by placing them in a towel, keeping the ends of the towel dry. The heating may be hurried by pressing the cloth on the bottom of the vessel, thus bringing it more directly in contact with the heat.

Work quickly when wringing the wet cloth. A little delay will let the cloth cool too much and thus frustrate the purpose of the treatment. The wet cloth should be placed in the dry cloth without its being opened too much, thus preventing the loss of heat as much as possible. To wring the cloth, twist rather tightly and then pull with both hands. In wringing the hot cloth, just before pulling at one end on the edge of the vessel with the hand holding it just outside the edge, then pull with the other hand, and the water will run into the vessel without burning the hand. Remember that the wet cloth should not be untwisted until it is ready to be placed within the dry one.

The dry cloth should always be folded so as to cover everything within it, not leaving wet ends exposed to burn the patient, or to get cold and wet the patient and the bedding. The size of the complete fomentation should be a little larger than the area to be treated.

The Application

When placing the wet cloth within the dry, allow one thickness of the dry cloth on one side and two thicknesses on the other. The patient, at first, may be sensitive to heat and can not stand the fomentation with only the single thickness between, whereas the double thickness can be borne. As the patient becomes accustomed to the heat, the single thickness side may be applied. A fold of two of a towel may be used to protect the patient from too much heat. A towel is also desirable from the standpoint of neatness or cleanliness, especially if the fomentation cloths are used on more than one patient.

Bear in mind that the fomentation should be hot. That is suggested in its very name. It should not be allowed to become a cool compress. The thickness between the fomentation and the patient should not interfere with imparting the heat at a high a temperature as can be borne.

The heat of the fomentation may be prolonged by placing a hot water bottle over it. Alternately lifting each end of

the fomentation a few inches, or the attendant raising one end of the fomentation and rubbing the palm of the hand between the fomentation and patient will help to accustom the patient to the heat.

Change the fomentation when the patient begins to feel comfortable. A good way to secure the full benefit of the heat is to leave the dry cloth on the patient, simply opening it to permit the exchange of the wet cloth for a newly heated one. In this case the newly heated one is not untwisted until it is directly placed within the dry cloth covering the part treated. Two wet cloths folded together will retain the heat longer. Treating a large area may require the use of two wet cloths together. (Turn to page 29)

5. After placing a towel over the area to be treated, apply the fomentation, tucking it in well; then, to protect the bedding from dampness, adjust another towel over the fomentation cloth. Keep an iced cloth on the head, changing whenever it becomes warm.



6. With a dry towel wrapped about the hand, reach under the fomentation and towel already on the patient, and wipe off all moisture. The patient can endure a hotter fomentation if the moisture from the preceding one is wiped off.

7. To change the fomentation: Have another rolled and ready to apply. Then put the hot fomentation, ready to unroll, in place as the old one is taken off. When the fomentations are finished, wipe off the area with a cold wet towel; then dry. Three fomentations are called a set. More may be given if necessary to relieve pain.



"Time Is Against Us"

By O. A. Skau

THE above striking statement of Ramsay MacDonald, Premier of Britain, is very significant when viewed in the light of the Scriptures. Centuries ago God gave man a prophetic view of the happenings of the last days of this world, and in that connection gave several signs by which the people living in the closing days of earth's history might know the times and the seasons.

Jesus told them in answering a question of His disciples one day, what would happen shortly before His second advent. "And there shall be signs in sun and moon and stars; and upon the earth *distress* of nations in perplexity for the roaring of the sea and the billows; men *fainting for fear*, and for *expectation* of the things which are coming on the world: for the powers of the heavens shall be shaken. And *then* shall they see the Son of man coming in a cloud with power and great glory." Luke 21:25-27, A.R.V.

Truly, "time is against us." God's appointed time for this period is here, and we cannot expect anything else. He has said that it will come, and it must happen. He speaks, and it is done; He commands, and it stands fast. Ps. 33:9.

Dr. Butler, President of Columbia University, New York, U.S.A., some time ago said, "The clock of time is about to strike the most portentous hour in the history of the world. The dazed perplexity of the world's most trusted leaders is a token of the condition of all nations." What language could better express in modern speech the statement of Jesus recorded in Luke 21:25-27? Men's hearts failing them for fear. Yes. Kindly note the following statement also, "The mind of the human race is now in a dangerous state. . . Human thought is in an *abnormal paradoxical condition*. Some fearful influence is agitating the lower faculties of the mind of man. . . The mind of the human race is in a *dreadful condition*."—*Edgar Lucien Laskin, psychologist*.

What led such men as Eastman of Kodak fame and Kreuger the match king, and others, to commit suicide? Do we not find the answer in the above?

Events at the present time are singular in their intensity and extent. Never before has the world been in such a state of unrest as it is now. There is something in the past which is akin to the present, and this is mentioned in Luke 17:26, A.R.V. "And as it came to pass in the days of Noah, even so shall it be *also* in the days of the Son of man." And again, "Likewise even as it came to pass in the days of Lot," Luke 17:28, A.R.V.; "After the same manner shall it be in the day that the Son of man is revealed." Luke 17:30, A.R.V. Wickedness

is stalking about everywhere today—yes, even worse than in the days mentioned above. It is no wonder that the leaders are perplexed.

"Time is against us." What next? "Every day," says Ramsay MacDonald, "adds to the risk of a collapse which will be outside of human control." The collapse came in the day of Noah in the form of a great flood. It came in the day of Lot in the form of fire. It *will come* to us in our day in the form of wars, floods, and pestilences. The events are outside of human control. History teaches that things happen according to the dictates of God, not that He takes pleasure in the sufferings and death of the human race. No, He is only foretelling what will be the result from the course adopted by the human family. "Unless drastic measures are taken to save it," says Montagu Norman, governor of the Bank of England, "the capitalistic system throughout the civilized world will be wrecked within a year. I should like this prediction to be filed for further reference." It might be of interest to place with this God's statement concerning the same difficulty. "Come now, ye rich, weep and howl for your miseries that are coming upon you. Your riches are corrupted, and your garments are moth-eaten. Your gold and your silver are rusted; and their rust shall be for a testimony against you, and shall eat your flesh as fire. Ye have laid up your treasure in the last days. Behold, the hire of the labourers who mowed your fields, which is of you kept back by fraud, crieth out: and the cries of them that reaped have entered into the ears of the Lord of Sabaoth." James 5:1-4, A.R.V.

Do you see any significance in the fact that over two thousand banks failed in the United States of America in 1931?

Dear reader, have you heard of people who have stored their money? Do you have any idea as to how much some have been able to store away in a short time? Do you know that Henry Ford of America has stored up more money in less than 25 years than Adam could have stored up had he saved 500 dollars per day from the day of his creation till the present time? Six thousand years of constant and persistent saving of 500 dollars (or Rs.1,500) per day would today be a very respectable sum, yet it would not equal the enormous wealth of some men today. Herbert Hoover, the president of the United States of America, said a while ago, "The world is groping for a solution of the labour problem. If we cannot solve it *progressively* our civilization will go back to chaos."

With this very significant statement we may very profitably connect the following statement from the *Madras Mail* of May 31, (Turn to page 2?)

As the

DENTIST SEES IT

By R. O. Williams, D.D.A.

DOCTOR, my gums bleed almost every time I brush my teeth. What can I do about it?"

"Well, let's see if we can find the cause. The X-rays show the bony process that surrounds the teeth to be normal. If you had pyorrhœa to any appreciable extent, this bony supporting tissue would look eroded or wasted away. So we rule that out.

"I do find a little hard deposit on the roots of some of your teeth, just under the gum. Brushing such a gum, with rough calculus underneath, would doubtless injure it and make it bleed. This can be taken care of by thorough cleaning."

"Then I see a filling that does not fit on the gum margin. We call this an 'overhanging filling.' Such always irritates the gums and makes them bleed easily. The best way to care for that usually is to replace the filling.

"What do I see here? You have no 'contact' between these teeth."

"That is the worst place in my mouth for bleeding. Food frequently gets caught there."

"The filling you have here lacks contour. If it restored the proper shape of the tooth, it would touch the one next to it tightly at a ball point near the chewing surface. Teeth in tight and normal contact do not permit food to wedge between them, and dental floss should not be necessary. If this is not corrected soon, you surely will have pyorrhœa start in this locality. It will be necessary to replace that filling. The others look to be in good condition.

"These are the only causes for bleeding that a mouth examination reveals, except that your gum tissues are, as we speak of it, in poor tone.' Healthy gums are light pink in colour and hard and firm and hug the teeth tightly at the necks. Yours are too dark a red and soft, and a little swollen between the teeth. What do you eat? Tell me what you had for breakfast."

"Well, I had a poached egg on toast and some stewed prunes, some oatmeal porridge, a banana, and a muffin with butter and honey."

"That sounds good. A little on the acid side, but amply nourishing. However, you haven't given your gums and

teeth a bit of exercise. If you had managed to get a large apple or orange and a good handful of nuts into that breakfast, so much the better."

"Function, or exercise, is the law of life. Our organs must have exercise to live. The mouth is our 'chewing organ.' All the exercise it gets comes from the normal excursions of coarse or natural foods over tooth surfaces and down over the gums. This stimulates the circulation of blood around the teeth. Between the root of the tooth and the bony process is an elastic pad richly supplied with blood vessels. This elastic pad is thick in childhood and gets thinner with age. Pressure on the teeth causes a very slight squashing action on this pad, and stimulates the flow of blood up alongside the root to the gum margin. Then the forcing of food down nature's little 'sluiceways' between the teeth and on to the gum, is the correct stroke for massaging the gums and stimulating circulation in them. It is the free circulation of good blood in any tissue that keeps it healthy, in good tone, and resistant to infections. This is amply induced by exercise supplied in eating natural foods in as near a natural condition as possible. We save our teeth by using them.

"The following is a list of foods that are especially good for (a) cleaning the teeth through their scouring action, (b) for supplying the mineral and vitamins so necessary for teeth and gums if they are to maintain a strong, healthy composition, and (c) to provide the exercise (*Turn to page 29*)



A Little Prayer

O LORD, I know not how to pray,
But bless us all, I ask;
O give us strength to do Thy will,
And carry out each task.

Without the help of Thee, O Lord
The end would be the grave;
With Thee, there is eternity,
For Thou hast come to save!

Donald W. McKay

Teaching Truthfulness

A Message for Parents

By Arthur W. Spalding



WHAT reason is there for being truthful? Of course it is a part of our religion; but if our religion is worth anything, it has a reason for every one of its tenets. About the

only reason most of us could give the child, if he should be so thoughtless as to ask why he should tell the truth, would be that he should be good, and to be good he must be truthful. And that is not a very satisfactory answer. "Good," good for what? Nothing is good unless it is good for something.

Thinking Straight

And truthfulness is good for something. First, it enables us to be accurate. Most of life's evils come from inaccuracy. The mind that is trained in inaccuracy becomes incapable of thinking straight and true, and consequently brings to its possessor many troubles that straightforwardness would avoid.

To the child this truth may be illustrated by showing him that you have to practise throwing straight to hit something when you want to. If you always throw wildly, or if you let the stone slip out of your fingers, you will not be able to hit the mark when you try. If you tell something that is not so, it is like letting the stone slip out of your fingers; the more times you do it, the less you are able to hit the mark, to tell the truth, when you want to and need to.

In the second place, truthfulness has an effect upon our social standing. It does not take long for a liar to get the reputation of being unreliable, and such a reputation makes one most uncomfortable, with the feeling of inferiority that greatly hampers all one's activities. Teach your children that if they want to stand well with their companions, they must tell the straight truth.

In the third place, truthfulness has an effect upon our economic standing. The business world knows that the man or the woman whose word

can be trusted, can be trusted with money, or credit, or opportunity. To be known as a truthful person is a greater commercial asset than to be known as a moneyed person. Truthfulness pays.

"In the Inward Parts"

But greatest of all the values of truthfulness is the value it gives us of knowing God. "Behold, Thou desirest truth in the inward parts." Psalm 51:6. The consciousness of being truthful, honest, foursquare, produces a spirit of readiness to meet God as a Father day by day. On the other hand, the consciousness of being untruthful produces a feeling of separation, which, if continued, will separate us completely from companionship with God.

In teaching this great truth, and in giving this ability to our children, example comes first in importance. We cannot merely memorize precepts about truth telling, and through these teach the ability. Truth must be "in the inward parts" of us parents. We must face every situation honestly, tell the truth without fear of consequences to ourselves, and so despise lying, prevarication, evasion, that we shall ourselves never be guilty of it. Out of that experience will spring our ability to teach our children.

Truthfulness a Habit

Truthfulness is a habit, and a habit developed from careful observation, clear thinking, control of the imagination, and exact expression. In this sense the very little child cannot be said to be either truthful or untruthful. He merely says what he thinks, and the border line between fact and fancy is often undiscernible to him. His powers of observation are not developed, his reasoning processes have scarcely begun, his imagination generally is rampant, and his ability to express himself is limited. He is not to be condemned for inaccuracy of statement due to his limitations. Instead thereof he is to be led without chiding to the correction of his statements by more careful observation and exact statements.

My six-year-old came in and told me that a neighbour's hen was sitting on a thousand eggs. Upon inquiry, I found that he had given one quick glance, and then had run home as fast as he could to "tell mother." He meant to be truthful. I told him that usually only eleven, twelve, or thirteen eggs were put under one hen, and I told him to ask the neighbour how many he used. He did so, and was a little bored when he reported to me the actual number. "A dozen eggs" does not sound nearly so romantic as "a thousand," but it is much nearer the truth.

Vivid Imaginations

Gradually with his natural development, and with parental guidance, the child comes to the point where he can better distinguish between fact and fancy. But most children keep a lively imagination, which peoples their play world with imaginary characters, or makes of animals and inanimate objects companions in speech and action.

One day my little girl came in and said, "Mother, do you know what I have been doing?"

I've been out talking to the chickens. I stood on one side of the yard, and they stood on the other. And I said, 'Now, chickens, you must be good, and not fly over the fence; for the beans are just coming up, and the first thing you know you'll be picking them off.' And they stood there and listened to me, and they put their heads on one side and then on the other—just like this,—and they said, 'What? What?' And I said, 'Yes, that's so! And now you remember, or I'll have to chase you out of the garden, and set Queen on you, too.'

"And then that old rooster with the biggest comb, you know, he says, 'What do you know about that! Can't fly over the fence, hey?' And I said, 'No, sir! Now chickens, you might as well be good first as last, for Queen is an awful dog to pull out tail feathers.' And then they went to eating again. And I came in."

That is romancing, but that is not untruthfulness. It is nothing to be condemned. She actually had stood out in the poultry yard and carried on the whole dialogue, interpreting the chicken's clucks and noises. Instead of rebuking such an imaginative story, the parent may enter into the spirit of the play, and carry it on, or at least answer appreciatively. What mother of a little girl is not familiar with the play life of Doll-land, the imaginary conversations, the incidents and situations created by the imagination of her child?

The Make-Believe

Indeed, the spirit and the practice are carried through life into motherhood. Hear the young mother talking with—*with*, not *to*—her four-month-old babe. He can do nothing but gurgle and coo and make eyes, but that does not hinder the mother from making out a full-fledged dialogue in what she conceives to be the language of Babyland.

Well! I wouldn't say that she was telling any falsehoods, would you? though, looking upon her precious offspring, you have to admit she is very flatteringly imaginative.

Says Agnes Lewis Caviness: "Recognize the real and the make-believe in story as you do in play, and be sure you make plain which is which. If your child comes in with a big, impossible yarn his playmate has told him, you can say, 'Yes, but wasn't it too bad he did not tell you that was a made-up story!' Or if he recounts some equally impossible adventure of his own, don't rail at him for lying to you. Tell him rather that that was a great old make-believe, wasn't it? but that you like really-trulies much better."

Dealing with Prevarication

But when the child makes statements that are not fact, because he hopes for some advantage thereby, either to gain a coveted favour or to avoid unpleasant consequences, we have a wholly different case. The self-interest of our human nature constantly invites misrepresentation and prevarication. The child is by no means free from the temptation and the practice. It takes the purity and unselfishness of Christian grace to overcome the tendency.

On the part of the parent there are two attitudes, aside from an example, that help greatly in overcoming this fault in their children.

First, let your child know that you expect him to be truthful: it is a family trait, and he must uphold the honour of the family. If he ever does tell a lie, you are shocked; and your child will know it. Feel, and make him know you feel, that such a thing in your Christian family is almost unbelievable. (But you know you can't put that thing over unless it is real. You can't be a liar yourself, and have feelings of a truthful person. Actually hate the lying in yourself, and your attitude of horror at a lie will be real and convincing.)

Henry Ford says of his boyhood: "Once, when I told a lie, mother made me suffer the experience of a liar. For a day I was treated with contempt, and I knew that I had done a despicable thing. There was no smiling at or glossing over my short-comings. I learned from her that wrongdoing carries with it its own punishment."

But when the impression has been made, do not overdo it. Should a child be made to feel that for some wrong or even for a series of wrongs he is stigmatized for all time? Our heavenly Father does not so treat us. Every child should be made to feel that the moment he repents and means to do better, God will forgive, his parents will forgive, and the community will forget. What chance has a sensitive child to grow to have confidence in himself and pride in right doing, if he is told that he cannot be trusted—that he lies so much nobody will believe him? Let the lesson be taught, let the penalty be paid, but let there be forgiveness and confidence again.

Be Your Children's Confidants

Second, reward truth telling, when it involves confession of wrongdoing, by refraining from punishment. From our children's earliest years, we made it a rule to encourage their telling us everything they had done or that happened within their knowledge. Mostly their tales were of innocence and good will and deed; but because, when the tale was evil, we did not scold or otherwise punish them at the time, they grew into the habit of telling straightforward tales, as we often found by confirmation from neighbours. Later, the opportunity would be taken to bring up the matter, and a lesson would be taught as to the right action.

Sometimes the misdemeanour would be of a nature that necessitated some deprivation later, to impress the lesson, but the punitive idea was subordinated to the constructive. We felt that to keep our children coming to us with their joys and sorrows, their brave acts and wrong deeds, so we could advise and guide them, meant more in the shaping of their characters than the punishments that their reticence would otherwise make infrequent. Many mothers and fathers have cause to regret the opposite course, when they find that John and Mary have stopped talking, and their reticence makes a wall beyond which parents cannot pass.



FOR THE CHILDREN

Never Touch It

CHILDREN, listen; do you know
There's a weed—we've seen it grow—
That is poison and unclean?
Never touch it, dry or green.

Of its leaves are rolled up round,
And with foolish boys are found.
Of them smoke this poison roll,
Risking health, and life, and soul.

Many great men shun this weed,
And their example you should heed.
Mighty deeds by those are done,
Who this poison always shun.

If you would also do things great
Give it your unceasing hate.
If you'd live a life worth while,
Never touch a weed so vile.

—A. E. Taylor.

The Prizes of Health

By Keston Brooke

SOME people seem to have all the luck," declared Tommy to his mother one dinner time. "Jimmy Smith's won the form prize again this year."

Mother looked up from the table.

"But it may not be luck, Tommy," she said. "He may be working harder than he used to —."

"No it isn't that," pursued Tommy, "he's not a swot, and I know for a fact that he doesn't work late at night. It must be luck because two years ago he was the dullest chap in the form."

Tommy seized his knife and fork and started to eat his dinner rapidly.

"If you wouldn't eat so fast," remarked Mother, "perhaps you would be able to win prizes too." Tommy laughed.

"As if that has anything to do with it! I tell you it's just sheer luck."

With that Tommy bolted the rest of his dinner so that he would have time to pay a visit to the sweet shop at the end of the village before he went to afternoon school.

Down the road he met Jimmy Smith.

"Hallo, Jimmy," he cried. "I'm jolly glad you got the prize." Jimmy's eyes sparkled.

"Thanks, but the best news is that my father's given me ten whole shillings and he says I can buy whatever I like with it!"

"Really," exclaimed Tommy. "I guess you're going to buy all the bull's eyes, sugar candies, and jam pastries in the tuck-shop."

Jimmy shook his head.

"No, thank you," he said. "I gave up eating those things about a year ago —."

"But you always seemed to be so fond of sweets and —." Jimmy nodded.

"I used to eat so many of them that I had no appetite for really good food, and I always felt very sleepy. I found it difficult to do my lessons and to concentrate on what the master was saying. Then after a bad bilious attack, the doctor told me not to eat any sweets or pastries, and to have plenty of fresh milk, fruit and vegetables."

"And you took his advice?"

"Yes, I did. - Within a few days I felt better. I didn't have bad dreams and didn't get sleepy."

"Did—did you find you could work better?" asked Tommy.

"Rather," Jimmy answered. "My brain was clearer, and I was able to follow what the master was saying. I found that work became easier."

Tommy looked thoughtful.

"Do you think that's why you managed to win the prize?" asked Tommy.

"I'm sure of it," responded Jimmy.

"And do you think I should be able to work better if I didn't eat so many sweets and had plenty of fresh fruit and vegetables?"

"Yes," answered Jimmy, "good health is the biggest thing of all."

"Oh," exclaimed Tommy. "I thought it was just luck. I'm going to start getting healthy!"

The Little Birch Seed

MANY, many years ago a great rock on a hillside split down through the middle. Little by little dust sifted into the crack. Leaves fell in and rotted. By and by there was enough earth in the crack for mosses and ferns to grow.

Time passed. The mosses and ferns withered and turned to dust. Then there was enough earth in the crack to make a bed for a little seed.

A tiny, feathery birch seed that the wind sent flying along one day fell into the crack. The sun shone softly on it. The summer rain patted it down in its cosy, earthy bed.

In time the little seed sent a pale green shoot up into the air and a tiny white root down into the earth.

Every day it pushed its little green stem farther up; every day it sucked food with its little hungry mouth roots.

Day after day, season after season, the little birch pushed its trunk upward and its roots downward. The sunshine warmed it, the rains watered it, and it drew its food from the earth.

When long years had passed, a mighty birch tree stood on the hillside. Its branches made a home for the birds, under its shade children played and the whole hillside was more beautiful because a little seed had been brave enough to grow in a crack between two pieces of rock.—

Dorothy C. Retchloff.

MEATLESS RECIPES

Protose, a Meat Substitute

By R. A. Beckner

12 oz. peanut butter,
1 teaspoon salt,

12 oz. raw gluten,
1 pint unsweetened
cold Postum.

Method—Put the nut butter and gluten together through the food mincer four times, until thoroughly mixed. Salt. Then add as much of the Postum as needed to work into a stiff batter with the fingers. The amount of liquid used will vary with the season and with the amount of water still in the gluten.

Place in a double boiler or an oiled tin that has a cover, such as a cornflour tin, Quaker oats tin, large baking powder tin; or Rowntree's 1 lb cocoa tin, being square, makes a nice shaped loaf.

Steam cook for at least six hours. This may be done by placing the tin in any tall vessel such as a No. 10 size fruit tin, about half filled with water kept boiling. An inverted tin makes a good cover.

The postum is for moisture, colour and flavour. Water could be substituted if desired. The proportion of nut butter or gluten may be varied to suit the taste.

When done, the loaf should slip out easily on to a platter. May be served hot or cold, or as a roast with tomato or any tasty sauce as a dressing. If served cold, some like a little lemon or lime juice with it. Diced and added to any curry five or ten minutes before it is taken from the fire, gives a fine flavour. Will keep, if not eaten, for 48 hours in the hot season, and twice as long in the cool.

Method of making peanut butter and gluten is given below.

HOW TO MAKE NUT BUTTER

The peanuts may be obtained raw, shelled or unshelled, in almost any bazaar in India. Roast in a moderate oven (or in hot sand) only until the thin pink skin will come off easily. Avoid getting them very brown. Put through the food mincer twice, using the nut butter, or solid, cutter.

HOW TO MAKE RAW GLUTEN

Take about two to two and a half pounds of flour. Add water a little at a time making a lump of dough as hard as can be thoroughly worked. Cover with water and let stand for one hour.

Knead the lump in the water with the hands until it is all broken up and the little lumps of cream coloured gluten begin to form. Pour off the

first water, gather up in handful and wash (a thin stream from the tap is the best) rubbing between the hands until all the lumps of flour are gone, and you have a spongy lump of gluten and the water is fairly clear. Squeeze out all the water you can. You should get about 12 ounces of wet raw gluten from this amount of good flour. Any fresh white flour of good bazaar quality will do. Old or mouldy flour will not yield much gluten as it will not form a lump easily.

PROTOSE AND RICE CROQUETTES

1 cup cooked rice, 1 teaspoon salt,
1 cup protose, mashed, 1½ teaspoons sage,
2 tablespoons chopped onion browned in a little oil.

Mix the ingredients. Form into long round croquettes, dip into beaten egg and water (1 egg and 1 tablespoon water), then roll in toasted bread crumbs, and lay on an oiled pan. Bake in a hot oven till heated through.

PROTOSE TIMBALES

2 cups stale bread crumbs,
1 cup hot water,
2/3 cup finely chopped walnuts,
2 eggs, whites and yolks beaten separately,
2/3 pound of protose,
2 teaspoons salt,
2½ teaspoons sage, a bit of bay leaf, crushed.

Moisten the bread crumbs with the cup of hot water. Mash the protose. Mix all the ingredients except the whites of the eggs. Fold in the stiffly beaten whites last. Put into well-oiled cups, and bake in a pan of hot water till set. Serve with olive sauce or peas.

PROTOSE BAKE

1 lb. protose, ½ cup tomato juice,
2 onions, 1½ teaspoons Marmite,
3 sage leaves, 1½ tablespoons butter.

Cut the protose into six equal slices spreading each with the Marmite and part of the butter. Brown the onions to a golden brown in a tablespoon of the butter, adding the minced sage leaves. Salt to taste and put equal quantities of browned onions between each slice of protose. Bring the slices together and put in an oiled baking dish. Pour over this one cup of water and the tomato juice with a teaspoon of salt. Cover and bake in a slow oven for one hour. A slow baking for one and a half hours enhances the flavour.



The

DOCTOR SAYS



Value of Milk. *Ques.*—"I have at different times read that milk is to be preferred to cream as a food. I understand milk has a higher percentage of protein than cream. I gather from my reading that cream has more vitamin A than milk."

Ans.—You need all parts of the milk, both the fat and the protein. It is the cream that has the vitamin A. It is the cream that furnishes the much-needed fat to the body. On the other hand, the "skim" part of the milk contains most valuable protein, and the whey (which is often thrown away or given to the calves) contains the milk sugar, a most valuable preventive of bowel putrefaction, and essential mineral salts. The whole of the milk is good. Of course milk should be from cows that are properly fed and cared for, and should be protected from contamination with germs.

Olive Oil. *Ques.*—"Is olive oil a good food? If taken at meals, will it interfere with digestion of other foods?"

Ans.—Olive oil is a good food, and can be eaten at meals with other food, but it contains no vitamin A. You must be sure to have sufficient butter or other foods containing this vitamin, such as green vegetables or yellow vegetables in abundance. Olive oil can be spread over food, such as dried beans, etc., or you can use it made up in mayonnaise dressing.

Goiter; Rapid Heart. *Ques.*—"My goiter is small. I am taking iodide of potash. Heart is rapid. Will the medicine help the goiter? What causes a leaky heart? Why are my nerves so bad? Is it the leaky heart? Will the goiter get bigger?"

The trouble is not that your goiter is getting larger. It may not enlarge. But it is probably poisoning you. Your rapid heart indicates that you probably have beginning exophthalmic goiter, which may be accompanied by bulging eyes, with rapid heart and great nervousness, or at least toxic goiter, with rapid heart. The trouble is likely to continue getting worse. The remedy probably would be an operation. I doubt that iodide would hold it in check.

Ear Infection. *Ques.*—"About a week ago my ear began to hurt badly. The doctor said it was a boil. After it broke, he washed it out. The ear still pains severely, and I cannot hear from it. What shall I do? The nearest specialist is fifty miles away."

Ans.—It appears to me that the drum-head may have burst, and that possibly you may never hear any more out of that ear. But there is a chance that under the care of a specialist you may be able to get your hearing back. So I would suggest that you make every effort to see the specialist. I cannot be sure from your description just the nature of your trouble, but the specialist should be able to do very much more than the ordinary doctors could do for you.

Hair Wanted. *Ques.*—"Please give a prescription to have black and thick hair grow on the face for one who has only scanty growth now."

Ans.—The only remedy for such a condition is to be born again with a better tendency for growth of hair. We know of nothing to suggest.

Falling Hair. *Ques.*—"In a thirty year old man I see round patches on the face owing to fall of hair. He complains of an itching sensation on the face before the hair falls off. Please give the reason and remedy for this."

Ans.—The description suggests possibility of an infection at the root of the hair. The person should consult a physician who would have a microscopic examination made of the hair roots to ascertain if infection is present. This would determine the nature of treatment required.

Sprains. *Ques.*—"What shall I do for a sprain?"

Ans.—The best and quickest way to relieve the pain of sprains and bruises is to administer very hot applications (or fomentations) followed by cold compresses or ice-bags. The hot fomentation may be renewed every fifteen minutes for two or three hours, the cold compresses being maintained in the interval.

Cramp in Legs. *Ques.*—"How shall I relieve cramping in the legs?"

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

Where cramp in the legs occurs at night in bed, an effective remedy is to take a hot leg-bath just before retiring, this leg-bath to be followed by a heating compress worn during the night. To make the heating compress, wring a cotton stocking dry out of cold water and put it on. Over this wet cotton stocking, wear a worn dry woollen one. Or a towel may be wrung dry out of very cold water, applied to the leg, and covered with a mackintosh and flannel. Oiled silk may take the place of the mackintosh.



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Does Geological Science Confirm the Flood Story

(Continued from page 13)

remains consist of entire fishes in which every scale is still in position, every fin is extended as if in life attitude."

"All of this conclusively proves that when myriads of such fishes were simultaneously killed, their bodies were stranded or deposited within a few hours or a few days at most after death, so that the flesh, the liver, and other soft parts were unquestionably inclosed and intact when sediment sealed them up."

Some scientists declare that our oil fields have been produced from animal and marine life. Doctors prescribe "ichthyol ointment" for healing cuts and bruises. Ichthyol means "fish oil," and it is pumped from the bowels of the earth, where ages ago myriads of fishes were entombed.

Thus the earth is a vast burial ground, crammed with the remains of animal and marine and plant life that met death suddenly and were buried in some terrible catastrophe caused by sea water. These fossil remains are found in strata sometimes thousands of feet above sea level. The only conclusion a thinking person can arrive at is to admit that land and sea have at some time exchanged places over the greater part of our globe.

A Topsy-Turvy Earth

But "speak to the earth, and it shall teach thee" the same story of a mighty convulsion of nature. Hundreds of scientists could be quoted in corroboration, but such citations, after all, would be useless. Our eyes tell us that the Bible record is true. Anywhere we look on the earth's surface, can be found evidence of a sudden and mighty upheaval caused largely by ocean water.

Darwin was forced to this conclusion: "What then has exterminated so many species and whole genera? The mind at first is irresistibly hurried into the belief of some great catastrophe; but thus to destroy animals, both large and small, in southern Patagonia, in Brazil, on the Cordillera of Peru, in North America, and up to Bering Straits, we must shake the entire framework of the globe."—*Darwin's "Voyage of the 'Beagle,'" pages 172-176.*

Yes, indeed; "the entire framework of the globe" was shaken, and modern science confirms the record in Genesis of how a beautiful "paradise," teeming with animal, marine, and plant life, was wiped out of existence and buried by a violent cataclysm.

On fossil remains or mountain peaks, one word is written large; the word inscribed in Holy Writ—F-L-O-O-D.

We are now ready to examine briefly the Bible record. We shall discover that the book of Genesis gives a clear and satisfying answer to the question, "What killed all these animals and fishes, and buried them?"

"In the beginning" water covered the earth entirely (Genesis 1:2), "and the Spirit of God

moved upon the face of the waters," bringing order out of chaos." "And God said, Let there be light; and there was light." On the second day God created our atmosphere by dividing the waters from the waters. A clear understanding of what took place on the second and third days of creation will help us in solving the problem of what took place during the Flood. Mark the language of Genesis 1:6, 7: "And God said, Let there be a firmament [the word "firmament"—which is also called "heaven"—refers to atmospheric heaven, see Genesis 1:20] in the midst of the waters, and let it divide the waters from the waters." Hence the atmosphere was between the waters above and the waters beneath. "And God made the firmament [atmosphere], and divided the waters which were under the firmament from the waters which were above the firmament." The Bible states that a great envelope of water surrounded the earth. This acted as a blanket to keep the earth at the same temperature without any sudden changes. Here, then, in these verses is the Bible explanation of what science affirms,—that a genial tropical climate then prevailed all over the world.

Creation's Story

Now mark what took place on the third day of creation: "And God said, Let the waters under the heaven be gathered together unto one place, and let the dry land appear: and it was so." The earth that was in the centre now came to the surface, and the waters went inside of the core of the earth. The Syriac translation brings this out quite strikingly. "And on the third day God commanded the waters that were below the firmament to be gathered together unto one place and dry land to appear: and the waters were gathered together into seas that were under the earth and within it and upon it." Thus the water and land changed places. Turn to a text in 2 Peter 3:5, and you will understand what the apostle means when he says that in the beginning "by the word of God the heavens were of old, and the earth standing out of the water and in the water." Note the expression "standing out of the water and in the water." Thus we see that the great mass of earth formed an outer shell resting on the great seas of water. The vast oceans now occupying three fourths of the earth's surface were inside of the earth, and not on the outside.

Genesis 2:6 tells us that "there went up a mist from the earth [see Psalm 104:6, 7, A.R.V.], and watered the whole face of the ground." When the new earth is the home of God's redeemed, the Edenic conditions will be restored. John says: "I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea." Rev. 21:1. Once more the great bodies of water will be on the inside of the earth.

The Flood

In this beautiful Paradise man dwelt, his every need supplied by a loving Creator. But sin entered, and although men knew God, "they glorified Him not as God, neither were thankful."

They rebelled against God, and "changed the truth of God into a lie, and worshipped and served the creature rather than the Creator." Romans 1:21, 25, margin. At that time, even as in our time, "the earth was filled with violence" and "the wickedness of man was great in the earth, and . . . every imagination of the thoughts of his heart was only evil continually." Genesis 6:11, 5.

Then as now, God sent a last warning message, "Behold, I will destroy them with the earth." Verse 13. Not only was mankind to be destroyed for their wickedness, but likewise the earth whereon man dwelt. Noah was told how this destruction of mankind and the earth was to be accomplished. God said, "And, behold, I, even I, do bring a flood of waters upon the earth, to destroy all flesh, wherein is the breath of life, from under heaven; and everything that is in the earth shall die." Verse 17.

But God made provision for the replenishing of the earth. By divine power animals were led into the ark, and all of mankind who wished to be saved could find a refuge with Noah. Angels of God shut the door of the ark. Then, as it will be in our day, Heaven's fiat went forth, "He which is filthy, let him be filthy still: . . . and he that is holy, let him be holy still." Rev. 22:11. God placed the stamp of eternity upon their characters, and the Holy Spirit no longer spoke to wicked hearts. The door of mercy was shut. Soon the judgments of God began to fall. Dark clouds filled the heavens, and terror-stricken men saw for the first time the flash of lightning and heard the roar of thunder. Screaming with fear, they ran to the ark, pounded on the closed door, and cried, "Noah, let us in! We believe your message. Let us in!" But it was too late. The day of salvation was past.

A Terrific Cataclysm

The falling rain came faster and faster, and then "the same day were all the fountains of the great deep broken up, and the windows [margin, "floodgates"] of heaven were opened." Genesis 7:11. "Water appeared to come from the clouds in mighty cataracts. . . . Jets of water burst from the earth with indescribable force, throwing massive rocks hundreds of feet into the air, and these in falling buried themselves deep in the ground." The earth shook to its very foundations; the waters inclosed within its bosom burst forth with violence and overflowed it.

"From the highest peaks men looked abroad upon a shoreless ocean. . . . How those doomed sinners longed for the opportunities which they had slighted! How they pleaded for one hour's probation, one more privilege of mercy, one call from the lips of Noah! But the sweet voice of mercy was no more to be heard by them. Love, no less than justice, demanded that God's judgments should put a check on sin. The avenging waters swept over the last retreat and the despisers of God perished in the black depths."

What a changed world met the gaze of Noah and his family as they left the ark! Paradise was gone. Where once had been beauty and grandeur,

desolation and ruin were seen. "The mountains; once so beautiful in their perfect symmetry, had become broken and irregular. Stones, ledges, and ragged rocks were now scattered upon the surface of the earth." Centuries have passed since this awful catastrophe, but the earth still bears the scars and marks of the awful Flood. This witness of jagged rocks, of strata formed by the flood waters in going and returning, of fossil animals, fishes, and vegetation, mutely testifies to the truthfulness of the Genesis record.

The Lesson of the Flood

"By the word of God . . . the world that then was, being overflowed with water, perished: but the heavens and the earth, which are now, by the same word are kept in store, reserved unto fire against the day of judgment and perdition of ungodly men." 2 Peter 3:5-7.

As surely as the Flood came, so surely will the wrath of God again be visited upon a godless and wicked generation. "As it was in the days of Noe, so shall it be also in the days of the Son of man." Luke 17:26. Another storm is coming. Soon the earth will again be swept by the desolating wrath of God, and sin and sinners, and the earth, will be destroyed. Again the message is heard, "Prepare to meet thy God."

Who can doubt that there was a Flood? The Genesis account is sensible and credible. It is in perfect accord with true science. This harmony is marvellous when we consider that the Bible was not written by men of scientific attainments. It was fully completed when true science was in its swaddling clothes. Instead of recording the foolish babblings of the wise men of antiquity, the Bible states truth thousands of years ahead of what was in those days called science.

Was there a Flood? Yes, a thousand times, yes. "Yes," replies the earth. "Yes," reply the vast fossil cemeteries of animals and fishes. "Yes," reply the coal and oil beds that once were mighty trees and luxuriant undergrowth.

And last but not least, Jesus, the Son of God, declares there was a Flood. "For as in the days that were before the Flood they . . . knew not until the Flood came, and took them all away; so shall also the coming of the Son of man be." Matt. 24:38, 39.

Reader, what thinkest thou? And "what shall the end be of them that obey not the gospel of God?" 1 Peter 4:17. The door of mercy will soon close forever. Enter now while the Spirit pleads.

Fruit and the Complexion

To ensure a good complexion, fats should be used sparingly. No outward applications will produce a clear, healthy skin. That desirable condition can be attained only by a judicious and simple diet, in which salads and fresh fruit have a proper place. Their medicinal properties cleanse the body of its impurities, thus aiding in eliminating them from the body.—Albert Broadbent, *F.S.S., F.R.H.S.*

"Time Is Against Us"

(Continued from page 18)

1932. The Bruening Government has resigned and President Von Hindenburg has accepted the resignation. "This crisis," says the *Madras Mail*, "which has plunged Germany into a grave situation on the eve of the Lausanne Conference, was due to President Hindenburg's inability to agree to some of the measures which Dr. Bruening, Chancellor, intended to include in an emergency decree. The President is particularly opposed to a scheme to expropriate part of the estates of big landowners, especially in East Prussia, for the redemption of State loans made to them. This land was to be used for settling unemployed and impoverished peasants.

"The situation resulting from Dr. Bruening's resignation is one of the utmost gravity in Germany and is bound to have serious repercussion on Europe generally."

"Germany holds the key position in Europe and whatever happens within her frontiers must have profound repercussions beyond them. The political movements within Germany are therefore of special and peculiar importance to the world."

The troubled state of the minds of the leading men today is another unmistakable evidence of the time in which we are living. Slowly, perhaps, but surely the Bible predictions are being fulfilled. Is it possible that this old, time-worn and war-torn world of ours can recover from her sickness and once more occupy a position of apparent peace and prosperity? I am afraid not. Notice what Dr. Dumesnil, a Frenchman, has to say on this point.

"My Lords, the cardinals, archbishops, and bishops—reverend canons, priests of all sects—Reformed, Calvinists, Lutheran, Anglican, etc.

"See how your prophecies have become true—you proclaimed that the war was holy, just, and you promised us a regenerated world as the aftermath. But come and see how regenerate it is—farmers allow things to rot because they do not get more than normal rates—the new rich gamble away the people's money by the million in a single day—while there are no funds for education, hygiene, and public charities.

"Preach on! You are howling over a graveyard! France and Europe is a great corps whose putrescent miasma will poison and choke you together with your churches.

"The hour of the great settlement is drawing nigh; bankruptcy, general ruin, a new war, revolution, epidemics, cataclysms—all these scourges will sweep over a doomed humanity dancing upon the graves of 10,000,000 corpses.

"Blind, erring, wandering shepherds, I am not cursing you! I only wish I could save you from the consequences of your unfaithfulness—as to the world, its doom is sealed."

"For whatsoever things were written aforetime were written for our learning that through patience and through comfort of the Scriptures we might have hope. So then each one of us shall have to give account of himself to God." Rom. 15: 14; 14: 12.

The Doctor Serves

(Continued from page 15)

of many formerly obscure nervous ailments, though an informal psychoanalysis has long been practiced quite as successfully by experienced physicians. It is now a generally accepted fact that nervousness is the result of improper modes of living, and that it is curable in proportion to our ability to discover what is wrong in the mode of living and to remedy it.

Teaching the proper mode of living is as decidedly the physician's work as is the prescribing of drugs; for it should be remembered that "doctor" means "teacher."

We therefore see that, in spite of the self-healing tendency of Nature, the physician is by no means superfluous. The true physician is a student of Nature (Greek physis), who by his understanding of her laws as they relate to health serves his clients in the same manner as a lawyer does in the affairs of human law.

A Morning Task

ALWAYS wash your stomach in the morning. A glass of cool or even mildly warm water, improved by lemon or orange juice, drunk upon rising will accomplish this. It is as necessary as bathing the face or washing the teeth. Water is the greatest of all dirt chasers. Wash thyself!—*Clarke Irvine.*

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The King's Dream

(Continued from page 9)

were her soldiers, and the true Roman spirit had almost gone.

Now came the opportunity that the thousands of barbarians who dwelt beyond the Rhine and the Danube were looking for. These tribes, savage and unorganized, were led by their tribal kings, and had already given much trouble to the Roman legions on the borders of the empire. The sunny south lands of the Roman terrain, with the wonders and riches of a strange civilization, fascinated these savages, and created within them a desire to possess themselves of its treasures. The pressure of fiercer barbarians behind them, and the needs of their own ever-increasing population, had caused them from time to time to overflow into the Roman Empire itself, where they were either incorporated into the Roman army, or settled on land given by the Roman authorities. As time went on, the barbarians within the Roman empire, and those on the outside, learned to unite their interests, and thus by about 400 A.D. with the degeneration and exhaustion of the Roman spirit, the barbarians began to overflow the borders of the Roman empire as conquerors.

By the middle of the fifth century A.D. then, we may say that the barbarians had fastened themselves upon the lands comprising the Roman empire, particularly the great western section of it. There were quite a number of barbarian tribes and sub-tribes, but the ten main tribes, dividing among themselves the Roman territory, are not difficult to trace in the history of the times under consideration.

The reader will at once notice that herein is fulfilled that part of the king's dream which relates to the feet of the great image. The ten toes of the feet of the image being understood to represent the ten barbarian kingdoms which, as stated above, occupied the Roman territory upon the decadence of that great empire. In other words, it may be understood that the European nations now existing represent the "toes of the image" of King Nebuchadnezzar's dream, inasmuch as they are the descendants of those barbarian tribes above mentioned. For instance, the English nation are the old Angles and Saxons; the French are the old Franks; the Germans are the old Allemanni, (and are so called to this day,) to mention only a few.

To return again to the peculiar composition of the feet of the image, the unstable mixture of iron and clay, we find that the prophet Daniel explains that this may be taken to mean that some of the above mentioned kingdoms which seized the Roman territory would be "strong," and some "weak." This we find to be the case. Such countries as England and France are strong; while such countries as Spain and Portugal are weak.

We are further informed that just as iron and clay, although mixed together, will never really become amalgamated; so the ten kingdoms will never again become one empire. Such men as Charlemagne, Napoleon, and perhaps the Em-

Kaiser of Germany, have made the attempt, but the dream-prophecy has been too strong for them all.

The prophet also declares that although they shall "mingle themselves with the seed of men," yet they shall not cleave one to another. That prophecy has been most emphatically fulfilled, for, although practically every royal house in Europe is related by marriage, and treaties and agreements of various kinds exist between them, most of these arrangements have proved abortive as far as bringing peace is concerned, as witness the greatest war of history a few years ago.

Another remarkable fact noticed by Nebuchadnezzar in his dream was that a stone from the mountainside, not detached by hand, struck the great image upon its feet, whereupon the image, with its several components, collapsed and broke into pieces so small that they were carried away by the wind.

The prophet explains this to mean that in the days of "these kings," that is, in the days of the kings or kingdoms which have established themselves upon the soil of the old Roman empire, the God of heaven is to set up His kingdom which shall never be moved. Here is a very vital thought, one that affects us all. We are even now living in the very days when the kingdoms of this world are to pass away, and the kingdom of God, which is to endure for ever, is to be established on this earth. No man knoweth the day or the hour, but that it is near, and may occur at any time, the dream-prophecy, substantiated by history, and supported by the present-day conditions of this world, abundantly testifies. It will be a kingdom "wherein dwelleth righteousness." How many of our readers are prepared for it. (The account of the dream-prophecy may be found in the second chapter of the Book of Daniel.)

The Fomentation and How to Give It

(Continued from page 17)

A more intense effect of the fomentation may be obtained by alternating cold and hot applications. After each application of a fomentation, give a brief quick application of cold—with a towel wrung out of cold water, with a piece of ice, or with the hand which has been dipped in cold water. The cold application should be very short; if with a towel, about thirty seconds; if with ice, only a few strokes should be given.

Usually three hot applications are given, the treatment lasting from fifteen to thirty minutes. The duration of each application is from five to ten minutes, according to the degree of heat and the manner in which the patient bears it. Those accustomed to taking fomentations can take them quite hot. Close the treatment with application of cold to the part treated, then thoroughly dry and cover. Guard against chilling during treatment.

Use care constantly against burning. While it is desirable to have the application as hot as possible, it must not be too hot. If the patient

insists that the fomentation is too hot, lift it at once. Don't attempt to be judge for the patient and determine what is best for him, insisting that he must stand it even if it is too hot. Guard bony prominences where there is very little flesh. Special care is necessary in treating the unconscious, paralyzed, aged, or very young persons who cannot protect themselves against burning. Serious accidents have resulted from carelessness in this respect causing burns that have been very difficult to heal.

The fomentation is valuable for the relief of pain. It may also be used for drawing blood from one part of the body to another to relieve congestion. A brief application is stimulating, while a prolonged application is sedative in its effect. Fomentations to the spine will often help to induce sleep.

In acute inflammation of the surface tissues, as in a bruise, applications should be short, the entire treatment lasting from five to ten minutes. Repeat the treatment every two or three hours, using cool compresses in the interval. In meningitis make the applications of heat very short, the entire treatment consuming only three to five minutes. For sedative or soothing effects, apply fomentations to the spine. Use them only moderately hot, and prolong the treatment.



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As the Dentist Sees It

(Continued from page 19)

which keeps the teeth and gums healthy through stimulating complete and full circulation of blood.

1. "Raw nuts, all kinds.

2. "All fruits, especially firm apples and oranges.

3. "Raw vegetables, especially celery, ungrated carrots, cabbage, and lettuce.

"Many people are inclined to eat sparingly of the natural foods, which are our real source of tissue structure. It is well to make one of these selections of food the *major* dish of every meal. Elderly people and those of sedentary habits may need to emphasize the fruits and eat sparingly of raw vegetables. There is ample provision for the needs of all in God's great storehouse of nature."

The Law of Life

By Marion Conway, L.R.C.P., S.E.L.M.

THE law of life consists in making good or giving back. What we take or use up in living must be given back, or life will come to an end.

There are sixteen elements that go to form the foundation of life, and there is not a single living thing in this world whose bodies do not contain them. The chief of these are calcium or lime and the salts of sodium and potassium. Our bodies get them through the food we eat and through food alone; and they must be taken in the right quantities to enable the different organs of our body, the chief of which are the heart, the lungs, and the brain, to function properly.

Life is made up of a number of lesser lives or cells, each a life in itself. Your life is therefore made up of millions of smaller lives that are continually dying and new ones are taking their place. If the supply fails or is poor in quality or quantity, your life suffers—you get sick or die. This supply must therefore be kept up by what you eat and drink assisted by oxygen, the gas that helps the food and turns it into heat and power.

To make an engine work it must be fed with coal, and the coal must burn before it can give out the heat that moves the engine. Now the coal cannot burn unless it has air or oxygen. If you light a fire in a closed-up place you will find that it does not burn brightly and soon goes out, because it has no air. So the food we eat must first be changed into fuel by means of our digestion and burned by the oxygen of the air that we breathe into our lungs, before it can give us the heat and power that makes us move and think and live.

After the food you eat has been changed into fuel by your different organs of digestion, namely the mouth, stomach, intestines and the liver, assisted by the oxygen you breathe into your lungs, it is carried to all the little lives or cells by the blood which feeds them.

Blood consists of a fluid called plasma in which are a number of living cells called corpuscles.

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Because of the advance in price on the quality of paper used in the "Oriental Watchman and Herald of Health," also the increased customs duty, the publishers have been compelled to pass on a part of that increase to the subscribers. Beginning with September 1, 1932, the following rates will be in force:—

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They are divided into red and white. The red corpuscles collect the oxygen from the air we breathe and take it to all the different parts of our bodies by means of the blood-vessels. They also take back all the poisonous gases and other substances to the lungs to be purified by the inspired air. You will now see how important it is that you should breathe air that is as pure as you can get it.

The white corpuscles are the policemen who wander about in the blood, looking for all the poisonous germs they can find. But instead of getting rid of them by putting them in gaol they eat them, which is much more satisfactory. There is one policeman or white cell to guard every five hundred red cells. But when thieves are about

you have to put on extra men to guard your property, so Nature, in time of sickness when the germs are plentiful in your body, increases the number of white cells to three or even six times the number.

So you see how important it is that you should know what to eat, and how and when to eat it. Also that the air you breathe should be as pure and as full of oxygen as possible, so that your big life as well as all the other little ones should be healthy and strong and as useful as you can make it.

How Food is Assimilated

(Continued from page 10)

It is best to have a set time daily, preferably in the early morning, for the bowels to act. In this way the intestinal function may be trained and a regular habit formed. The question of habit time is a most important point in bowel hygiene. It should be strictly adhered to whether there is any desire for defecation or not. This, together with a correct diet and proper habits in general, should overcome all cases of constipation in time. Drugs or the enema usually make matters worse in the end and must in any case be regarded only as temporary measures. Many drugs, such as the various preparations of "salts," create a definite habit and should be used only in those cases where, for some reason, an occasional purge is necessary. In those cases where the bowel requires stimulating by artificial means for a longer period or fairly frequently because of previous bad habits, it is best to use the simple enema or a drug such as cascara, which is not so likely to form a habit. It cannot be over-emphasized, however, that no trouble should be spared to develop the intestinal function in a normal and healthy manner. Sluggishness of the bowels, if a little trouble is taken to find out the cause, can almost always be traced to bad or careless habits and errors in diet and digestion. One of these causes is the common failure to eat fruit for breakfast.

Doing the Best for Your Baby

(Continued from page 11)

The best times for feeding are 6 a.m., 9 a.m., 12 p.m., 3 p.m., 6.15 p.m., 10 p.m. We suggest a little longer interval for the last two feeds because if fed at 10 p.m. instead of 9 p.m. there is the possibility of his sleeping longer and the mother obtaining a good night's rest.

Baby's Weight

Baby's weight each week will be the safest guide to his progress. A normal healthy child should gain every week from five to six ounces. In some cases babies will put on eight ounces one week and only two or three the next, and then continue to put on the correct amount. Mothers need not, therefore, be anxious if baby should not put on his usual amount at different times. But if he shows a deficiency in weight week after week, wakes up crying thirty minutes before his next feed, and continues to cry until fed, he is requiring a little more food at each meal.

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What may we hope for the future? What will be the end of present world conditions? What mean the continued preparations for war? What portend the low rumblings of social discontent which we hear on every side? the class wars which exist? Do these conditions presage ill for the future? or are they necessary processes in the period of evolution and re-establishment following the political, social, industrial, and religious upheaval caused by the Great War?

A JOURNEY TO HAPPY HEALTHLAND : *by Belle Wood-Comstock, M.D.*

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

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

PEACE OR WAR : *by John L. Shuler*

In a world which is becoming, with each passing year, more closely knit together, war and bloodshed have no rightful place. Humanity greatly desires peace, and statesmen are seeking to maintain it. It is still the hope of multitudes that the goal expressed in the slogan, "The War to End War," used so often during the great European struggle, has indeed been reached. And yet, more than a decade after the Armistice and the close of the great holocaust, we still see upon the horizon the clouds of armed conflict.

Notwithstanding sincere efforts on the part of the leading nations to establish permanent peace, never in the history of man were the times more ominous, or pregnant with greater events. A spirit of change is rampant throughout the whole world. A feeling of anticipation regarding the future is widespread. Everywhere we meet people who are anxiously scanning the political horizon, and asking, "What next? Where are we going? Will it be peace or war?"

THE OTHER SIDE OF DEATH : *by Carlyle B. Haynes*

A KNOWLEDGE of man's past conditions can be acquired from history. From a study of current events a knowledge of his present condition can be gained. But his future—who shall tell us of it? And upon what authority shall we rest our confidence that there is to be a future?

The whole scope of human vision is bounded by death. Death brings to a close all human plans, hopes, and joys. Human reasoning cannot pierce its blackness or bring its secrets to light. Its impenetrable darkness is not lightened by any of the innumerable philosophies of men. It is an enigma, a mystery, a black and forbidding cloud, which will reveal its secrets to no one. We may wander through all the mazes of human knowledge, and explore the very depths of thought of the wisest of men, and travel over all the paths which men have trodden for ages, but we shall find not one ray of certain light which will illuminate that untravelled path before us and upon which our feet may enter at any time. Read of what is on the other side of death.

WHAT IS COMING : *by Carlyle B. Haynes*

TODAY we are facing a new order of things. And we do not yet know what it will be. There are possibilities in each new day that are appalling. Tremendous movements are now taking place overnight which heretofore have been stretched over generations. A new world is in the making.

Nothing is sure or certain as far as human wisdom can discern. Nothing is substantial. That upon which we have built our civilization may be swept away overnight. We may expect anything and be certain of nothing.

Beneath the shifting shadows forecast by events to come, many an anxious watcher stands, peering into the gloom-curtained future, seeking to penetrate its mists.

A vague impression has taken hold of men everywhere that some great event lies just in the future, whether for good or ill they do not know. And all the anticipations of men are gilded or clouded by this impression of coming good or ill. We hear voices on every side each proclaiming its own view of the future in tones poetic, oracular, prophetic, sublime, or ridiculous, but what is really coming?

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